



# THE BEST OF TIMES

## MARCH 2016

Published Monthly since 1997 by  
the Upper Merion Senior Service Center  
a Non-Profit 501(c)(3) Organization  
Serving the Senior Community

**UPPER MERION SENIOR SERVICE CENTER**  
**650 SOUTH HENDERSON ROAD**  
**KING OF PRUSSIA, PA 19406**  
**TEL: 610-265-4715**  
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**WEBSITE: [www.umssc.org](http://www.umssc.org)**  
**EMAIL: [info@umssc.org](mailto:info@umssc.org)**  
**HOURS: MONDAY THRU FRIDAY**  
**9:00 AM TO 3:00 PM**

### OUR MISSION STATEMENT

THE OBJECTIVE OF THE UPPER MERION SENIOR SERVICE CENTER SHALL BE TO IDENTIFY AND TO ASSIST IN MEETING THE NEEDS OF OLDER ADULTS IN A MULTI-USE ENVIRONMENT FOR PHYSICAL, EDUCATIONAL AND RECREATIONAL ACTIVITIES.

### OFFICERS:

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Dick McCann, Vice President  
Helen Cabrey, Secretary  
Harlyce Grossman, Treasurer

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Mary Meere and Arthur Powell

### STAFF:

Cynthia L. Eastman, Executive Director  
Shirley Robey, Executive Assistant  
Beth Cassidy, Receptionist

### "Best of Times" Editors:

Mary F. McCree and Shirley Robey

### GOALS

- Increase membership.
- Work to increase funding for operational support: investigate new sources of funding in cooperation with local businesses and government agencies.
- Continue the development of innovative programming.
- Maintain our working partnership with the Upper Merion Area School District and Upper Merion Township.
- Explore the potential for new opportunities for services.
- Search for educational opportunities for members as part of our lifelong learning efforts.
- Help members remain healthy and active through participation in recreational, educational and leisure activities.

## MONTHLY MESSAGE

Dear Friends,

A friend of mine very happily reported he saw his first crocus and not only that but his yard has been filled with Robin Red Breasts for over a week. I think Spring must be coming soon.

Lots to do to prepare your gardens and also lots going on at the Upper Merion Senior Service Center.

BIG Bingo on Saturday March 5.

As you know, AARP is doing free tax preparation on Thursdays which one must come to the Center and sign up for appointments. Only a few appointments left.

We have several trips coming up. Also our *Unwhine and Paint* class on March 30. Registration forms are in the Info Center and on our website. Our Flea Market Room opens on March 21<sup>st</sup> from 9:30 AM to 1:30 PM, not on Fridays. Time to bring in your donations. Flea Market is on Saturday, April 23. Many more details in this newsletter.














At the end of the newsletter is the ballot for nominees of the UMSSC Volunteer of the Year Award. Be sure to think about who you would like to see receive the award this year. The ballot box is in the lobby.

*Open to the community*, plans are in the works for our 2<sup>nd</sup> Annual Wellness Expo to be held Tuesday, May 3 from 1:00 to 4:00 PM. The community is invited to come and **Get Phit with the Phillies Phanatic** who will make a special guest appearance. We hope to see you there!

Happy St. Patrick's Day and best to all for a very Happy Easter. *Come spend some time with us and remember to always say something nice about UMSSC.*

*Mary McCree, President*

***Upper Merion Senior Service Center (UMSSC) is an equal opportunity institution that will not discriminate on the basis of race, color, religious affiliation, national origin, sex, age, marital status or disabilities in its activities, programs or employment practices***

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p><b>KATHY TUROSSINSKI</b></p>	 <p><b>REBA CAHALL</b></p>	<p><b>1</b></p> <p><b>9:00 MATTER OF BALANCE</b>            9:30 COMPUTER CLUB            9:30 BRIDGE            9:30 POKER            11:30 CHAIR EXERCISE            12:30 PINOCHLE            1:00 KNITTING/CROCHETING            12:45 BAND PRACTICE / INSTRUCTION</p>	<p><b>2</b></p> <p><b>10:00 BOARD MEETING</b>            12:00 TAI CHI            1:00 LINE DANCING</p>	<p><b>3</b></p> <p>9:30 CANASTA  <b>10:00 TAX PREP (Hourly til 2:00 PM)</b>            10:00 FINANCIAL/INVEST. DISCUSSION GROUP            10:15 BINGO            12:30 CHAIR EXERCISE</p>	<p><b>4</b></p> <p>10:00 SING-A-LONG</p>	 <p><b>UMSSC BIG BINGO SPRING FUND RAISER 11:00 AM</b></p>
<p><b>6</b></p>  <p><b>NANCY D'ANTONIO</b></p>	<p><b>7</b></p> <p>9:30 MAH-JONGG            10:30 CURRENT EVENTS  <b>12:00 ZUMBA GOLD</b>            1:30 YOGA</p>	<p><b>8</b></p> <p><b>9:00 MATTER OF BALANCE</b>            9:30 COMPUTER CLUB            9:30 BRIDGE            9:30 POKER            11:30 CHAIR EXERCISE            12:30 PINOCHLE            1:00 KNITTING/ CROCHETING            12:45 BAND PRACTICE / INSTRUCTION</p>	<p><b>9</b></p> <p><b>10:00 GENERAL MEETING</b>            12:00 TAI CHI            1:00 LINE DANCING  <b>1:00 GARDEN CLUB</b></p>	<p><b>10</b></p> <p><b>9:30 NURSE</b>            9:30 CANASTA  <b>10:00 TAX PREP (Hourly til 2:00 PM)</b>            10:00 FINANCIAL/INVEST. DISCUSSION GROUP  <b>11:00 OUTREACH-BRIGGS</b>            10:15 BINGO            12:30 CHAIR EXERCISE</p>	<p><b>11</b></p> <p>10:00 SING-A-LONG</p>	<p><b>12</b></p>  <p><b>PAT D'ANTONIO</b></p>
<p><b>13</b></p>  <p><b>DAYLIGHT SAVINGS BEGINS</b></p>	<p><b>14</b></p> <p>9:30 MAH-JONGG            10:30 CURRENT EVENTS  <b>12:00 ZUMBA GOLD</b>            1:30 YOGA</p>	<p><b>15</b></p> <p><b>9:00 MATTER OF BALANCE</b>            9:30 COMPUTER CLUB            9:30 BRIDGE            9:30 POKER            11:30 CHAIR EXERCISE            12:30 PINOCHLE            1:00 KNITTING/CROCHETING            12:45 BAND PRACTICE INSTRUCTION</p>	<p><b>16</b></p> <p><b>9:30 VALLEY FORGE CASINO</b>            12:00 TAI CHI            1:00 LINE DANCING</p>	<p><b>17</b></p> <p>9:30 CANASTA  <b>10:00 TAX PREP (Hourly til 2:00 PM)</b>            10:00 FINANCIAL/ INVEST. DISCUSSION GROUP            10:15 BINGO            12:30 CHAIR EXERCISE</p> 	<p><b>18</b></p> <p>10:00 SING-A-LONG  <b>11:15 FRIDAY FLICKS</b></p>	<p><b>19</b></p>  <p><b>HARRY BAILEY</b></p>
<p><b>20</b></p>  <p><b>FIRST DAY OF SPRING</b></p>	<p><b>21</b></p> <p><b>9:30 FLEA ROOM OPEN</b>            9:30 MAH-JONGG            10:30 CURRENT EVENTS  <b>1:00 BOOK TALK</b>            1:30 YOGA</p>	<p><b>22</b></p> <p><b>9:00 MATTER OF BALANCE</b>  <b>9:30 FLEA ROOM OPEN</b>            9:30 COMPUTER CLUB            9:30 BRIDGE            9:30 POKER            11:30 CHAIR EXERCISE            12:30 PINOCHLE            1:00 KNITTING/CROCHETING            12:45 BAND PRACTICE / INSTRUCTION</p>	<p><b>23</b></p> <p><b>9:30 FLEA ROOM OPEN</b>  <b>9:30 QUILTING</b>            12:00 TAI CHI            1:00 LINE DANCING  <b>1:00 GARDEN CLUB</b></p>	<p><b>24</b></p> <p><b>9:30 RAINBOW DINNER THEATER</b>  <b>9:30 NURSE</b>  <b>9:30 FLEA ROOM OPEN</b>            9:30 CANASTA  <b>10:00 TAX PREP (Hourly til 2:00 PM)</b>            10:00 FINANCIAL/ INVEST. DISCUSSION GROUP            10:15 BINGO            12:30 CHAIR EXERCISE</p>	<p><b>25</b></p> <p><b>SENIOR CENTER CLOSED IN OBSERVANCE OF GOOD FRIDAY</b></p>	<p><b>26</b></p>  <p><b>MARY REDFERN</b></p>
<p><b>27</b></p> 	<p><b>28</b></p> <p><b>SENIOR CENTER CLOSED IN OBSERVANCE OF EASTER HOLIDAY</b></p>	<p><b>29</b></p> <p><b>9:00 MATTER OF BALANCE</b>  <b>9:30 FLEA ROOM OPEN</b>            9:30 COMPUTER CLUB            9:30 BRIDGE            9:30 POKER            11:30 CHAIR EXERCISE            12:30 PINOCHLE            1:00 KNITTING/CROCHETING            12:45 BAND PRACTICE / INSTRUCTION</p>	<p><b>30</b></p> <p><b>9:30 FLEA ROOM OPEN</b>            12:00 TAI CHI            1:00 LINE DANCING  <b>1:00 UNWHINE &amp; PAINT</b></p>	<p><b>31</b></p> <p><b>9:30 FLEA ROOM OPEN</b>            9:30 CANASTA  <b>10:00 TAX PREP (Hourly til 2:00 PM)</b>            10:00 FINANCIAL/ INVEST. DISCUSSION GROUP            10:15 BINGO  <b>11:30 OUTREACH-LEACH</b>            12:30 CHAIR EXERCISE</p>	 <p><b>DONNA COHEN</b></p>	 <p><b>DON MCCREE</b></p>

## OUR BOARD OF DIRECTORS



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## UPCOMING EVENTS

**AARP 2015 TAX PREPARATION: THURSDAYS ONLY UNTIL APRIL 14:** It's that time again! Free tax preparation for seniors by AARP. Appointment sign-up book is at the Reception Desk. One hour limit appointments begin at 10:00 AM until last appointment at 2:00 PM. Bring your tax documentation including your receipted real estate tax bills. If all appointments are taken a waitlist will be started. **No appointments will be taken over the telephone; you must sign up in person.**

**MATTER OF BALANCE TUESDAY, MARCH 1, 8, 15, 22, 29; APRIL 5, 12 AND 19 FROM 9:00 AM TO 11:00 AM:** Eight (8) Session Program presented by Bryn Mawr Hospital emphasizing practical strategies to manage falls. Learn to view falls as controllable, set goals for increasing activity, make changes to reduce fall risks at home and exercise to increase strength and balance. **Please sign up at the Reception Desk.**

**UMSSC 7<sup>TH</sup> BIG BINGO CA\$H PRIZE\$ SATURDAY, MARCH 5, 2016.** Advance Sale Tickets\*: \$20.00 Day Of Tickets\*: \$25.00 Doors Open 11:00 AM Games Start 12:00 PM Refreshments for sale\*\*. (\*No One Under Age 18 Will Be Admitted \*\*No Outside Food Or Beverage Permitted) **Registration Forms is attached to this Newsletter** and are also available at the Info Center in the Lobby or on our website UMSSC.org.

**VALLEY FORGE CASINO WEDNESDAY, MARCH 16** (Cut-off date Mon., March 14). **THE OFFER FOR GROUP IS \$20.00 IN SLOT PLAY:** This offer does not cost anything but **TO TAKE ADVANTAGE OF THIS OFFER YOU MUST COMPLETE REGISTRATION FORM AVAILABLE AT THE SENIOR CENTER OR ON OUR WEBSITE AT [WWW.UMSSC.ORG](http://WWW.UMSSC.ORG).** *All new and renewal casino memberships or one-day passes are handled by Valley Services (not UMSSC). Cash or credit card will be accepted by Valley Services. If you have any questions you can contact Valley Services at 610-354-8118. If you are planning to take the Shuttle please register in advance. Shuttle departs the center at 9:30 AM and returns at 2:30 PM.* For those driving, please meet in the Casino lobby between 9:30 AM and 10:00 AM. **THE RAMBLER NOW MAKES A STOP AT THE CASINO. Everyone must bring a valid photo ID.**

**FLEA ROOM\* OPENS STARTING MONDAY MARCH 21:** Bring in your donations or come in to shop. The Flea Room will be open **Monday through Thursday from 9:30 AM to 1:30 PM (NOT OPEN ON FRIDAY'S).** Acceptable donations are children's books, appliances and electronics (in working order), knickknacks, decorations, etc. Donations of used clothing, junk or broken or non-working items not accepted! *All profits from sales benefit the Senior Center.*

**(\*NOTE: starting week of March 21 pinochle and bingo will be held elsewhere until after the Flea Market & Bake Sale on April 23)**

**RAINBOW DINNER THEATER THURSDAY, MARCH 24 AT 9:30 AM: COST \$50.00 MEMBERS \$55.00 NON-MEMBERS INCLUDES TRANSPORTATION, LUNCH & SHOW "NANA'S NAUGHTY KNICKERS". BUS DEPARTS CENTER AT 9:30 AM. (REGISTRATION FORMS AT INFO CENTER)** Nana has a little business on the side; she makes slinky lingerie for senior citizens. Her soon-to-be attorney granddaughter is coming to spend the summer and oh, what fun she will have, trying to keep Nana from getting arrested!

**UNWHINE & PAINT PARTY WEDNESDAY, MARCH 30 AT 1:00 PM:** (Deadline to sign up March 24) We are hosting another paint party with instructor Sanford Molinaro. **REGISTRATION FORMS AT THE INFO CENTER. Cost: \$20.00.** Paints, brushes, canvases and refreshments included and you get to keep your painting.

**GRANDPARENTS DAY AT ROBERTS ELEMENTARY**  
**FRIDAY, APRIL 8 AT 9:10 TO 11:40 AM.** Sign up  
at Reception Desk. *Bus will pick up from Center.*

**SAVE THE DATE - UMSSC's 2ND ANNUAL**  
**WELLNESS EXPO TUESDAY MAY 3, 2016 from**  
**1:00 to 4:00 PM:** Please join us for this informative  
and fun community event. Lots of interesting vendors  
with a ***Special guest appearance by the Philly***  
***Phanatic!! This is an event for the whole family***  
***so bring them all along!!***

**SAVE THE DATE – READING PHILLIES TRIP –**  
**SUNDAY, JUNE 5.** *BUS TRIP, 2-1/2 HR. GAME AND*  
*ALL YOU CAN EAT BARBEQUE BUFFET AT POOL PICNIC*  
*AREA (RIGHT FIELD HOME RUN TERRITORY).* **COST:**  
**\$33.00.** BUS DEPARTS CENTER AT 11:45 AM. A  
WONDERFUL FAMILY, FUN-FILLED DAY – BRING THE  
GRANDCHILDREN! REGISTRATION FORMS WILL BE  
AVAILABLE IN INFO CENTER IN LOBBY.

**BARNES FOUNDATION WILL BE RESCHEDULED**  
**FOR THE FALL -** COST \$60.00 MEMBERS AND \$65.00  
NON-MEMBERS INCLUDES CATERED LUNCH AT  
SENIOR CENTER, TRANSPORTATION AND MUSEUM  
GENERAL ADMISSION. *Watch for new date in future*  
*newsletters.*

## **ACKNOWLEDGEMENTS**

### **MEMBER DONATIONS TO UMSSC**

Upper Merion Senior Service Center is a member of the  
*United Way Donor Program.* Anyone wishing to make a  
donation to the UMSSC can designate UMSSC as the  
recipient of their donation. (Reference UMSSC ID  
#45796, UW Agency #8229767.)

Please consider a tax-deductible donation to the Upper  
Merion Senior Service Center. As a non-profit  
organization 501(c)(3) we rely upon outside donations  
and gifts to help finance some of our programs,  
activities and services to our members. Does your  
company offer matching funds?

***Thank you to the following who have generously***  
***made donations to the Center:***

- ★ ***Janet Sheehan in memory of Tony Segui***
- ★ ***Anna Marie Mich in memory of Tony Segui***
- ★ ***Liz Marren in memory of Tony Segui***
- ★ ***Mary & Don McCree in memory of Tony Segui***
- ★ ***Sally McDonough in memory of Tony Segui***
- ★ ***Ruth Shand and Cindy Eastman in memory of***  
***Tony Segui***
- ★ ***Theresa Smith in memory of Tony Segui***
- ★ ***Mary & Don McCree in memory of***  
***Ruth Ann Van Metre***

## **GRACIAS! THANKS! DANKE! MERCI!**

★ ***Thank you Tony from Angelo's Pizza*** – for the  
foot long Birthday Hoagies he donates to the center  
every month. ★ ***LeBus Bread*** – who donates delicious  
baked bread every month for the Member Bread Raffle.  
★ ***Sun Joe*** - who generously donates the baked goods  
we put out for snacks. ★ ***Sicilian Delight*** for their  
great discounts on pizza for Friday Flicks! ★ ***Costco*** for  
their generous donation of a monthly gift card for our  
birthday cake purchases. ★ ***Acme Market*** for their  
wonderful donation of baked goods. ★ ***Wegmans*** for  
their bountiful donation of baked goods.

## **COMMUNITY OUTREACH**

### **ST. JOHN'S SOUP KITCHEN**

At the St. John's Soup Kitchen in Norristown the ***King***  
***of Prussia Women's Club*** prepares meals for those in  
need on the **5<sup>th</sup> Thursday of the month.** This month  
they will be serving ***Sloppy Joes and vegetable soup***  
on Thursday, March 31. They are asking for donations  
of the following food items: Canned vegetables (i.e.  
string beans, carrots, corn, tomatoes) and canned fruit.  
Please bring in your donations by ***Tuesday, March 29.***

### **SHOEBOX RECYCLING**

We are continuing our Shoebox Recycling program in  
partnership with Community Recycling to collect *gently*  
*used, suitable for re-use* shoes for men, women or  
children around the globe. This program has other  
benefits as well. Every box we fill *will raise funds for the*  
*center.* **Please be sure shoes are clean and in**  
**good condition. PLEASE DO NOT DONATE boots,**  
**flip-flops, slippers, plastic shoes, crocs, etc.**

### **THANK YOU KNITTERS**

We want to give an extra special thank you to our  
members who have donated their time to make the  
knitted caps for donation to ***St. Christopher's***  
***Hospital for Children.*** These adorable hats are for  
the preemie babies to keep their tiny bodies warm. If  
you can knit and would like to help out, please stop in  
the office and give your name. You can join the group  
here at the Center on Tuesday's at 1:00 PM or you can  
take the yarn and do your knitting at home. Copies of  
the pattern can be picked up from the staff office.

### **UPPER MERION EMERGENCY AID**

More families are in need than ever before. Our  
donation box is outside of the lounge. They are grateful  
for all donations. ***The Upper Merion Emergency***  
***Fund has specifically requested food donations of***  
***boxed Potatoes (mashed, scalloped au gratin,***  
***etc.) boxed Macaroni and Cheese and boxed***  
***Stuffing, Spaghetti Sauce, Chicken Broth and***

***Soup, Canned Pasta (Chef Boyardee), Tuna and Fruits and Vegetables. Peanut Butter & Jelly, Turkey Gravy, Cereal and laundry detergents. All donations are appreciated.***

**PUT BOOKS IN THE HANDS OF CHILDREN WHO NEED THEM**

Book donations to the Bridgeport Elementary School children (grades K-4<sup>th</sup>) are still being collected. ***Our book donations are a big hit with the kids because they get to keep the books they pick. Let's keep it going!*** Collection box is on the table under the bulletin board. ***When donating books please be sure that they are in good condition.***

**PROJECT LINUS – ONGOING**

The "Hearts and Hands" ladies group at Good Shepherd's Church are still collecting knitted and crocheted squares for blankets. The purpose of Project Linus is to provide love, a sense of security, warmth and comfort to children who are seriously ill, traumatized, or otherwise in need through the gifts of new, handmade blankets and afghans, lovingly created by volunteer "blanketeers." Joan Banas has been collecting the squares on behalf of the church and will continue to do so as long as they are being made. Our participating members have done a great job for a very good cause.

**COMMUNITY HAPPENINGS**

**UM FARMERS MARKET**

We'll have our Winter Market again, every other Saturday from 10 am to noon, with a smaller group of vendors, and primarily aimed at pre-orders. The first Winter Market will continue bi-weekly till May 7.

**WHAT'S HAPPENING AT THE UM TOWNSHIP LIBRARY**

**Winter Reading Program for Seniors:** Read, Register and Review to win exciting prizes. Stop by at the Library to register or go online. Last date to review is March 20, 2016

**Meet the Photographer: Monday, March 7 at 7:00 PM Valley Forge Room:** Meet the Photographer Milt Dienes. Interesting talk on People, Places and Things. Display on Hiroshima/Nagasaki Display too.

**Tech Night: Monday, March 14, 2016 at 7:00 PM** in Henderson Room. Own an ipad or an iphone but have trouble using it? Planning on buying, but the latest technology troubling you? Need help with downloading e-books? Our youth volunteers are here to help you. You can register via our online calendar, or by calling

610-265-4805 or stopping by the library. Registration Required.

**Yoga with Kamini : Monday, March 21, 2016 at 7:15 PM in Freedom Hall.** Not sure how to relax and stay calm? Come to this De-stress workshop. Registration Required. Call us to register.

**Social Security Workshop Highlighting the new changes: Thursday, March 24 & March 31 at 6:30 PM in Valley Forge Room.** Attend both the sessions to benefit. For ages 58 to 67. What Baby Boomers Need to Know To Maximize Retirement Income. Please register

**Knit Nite: Monday, March 28, 2016 at 7:00 PM.** Fourth Monday of the Month. For all ages - from veterans to wanna-be knitters. If you don't know how to knit and want to learn, our more experienced knitters are always eager pass on their skills, and some advanced knitters are usually available to help with patterns and designs.

**Café Style Wifi** available at the library. Bring your smart devices and connect to our free wireless network. Library card number not required.

**New Charging Station at the Library:** Did you leave your charger at home? Is your mobile device low on power and need recharging? Get charged with one of the charging stations at the library.

**SAVE THE DATE: ART SHOW ON SATURDAY, MAY 21 AT THE UPPER MERION TOWNSHIP BUILDING. 10:00 AM TO 5:00 PM**

**NEWSWORTHY**

**IN MEMORIAM**

Virginia Cappelli, Patricia Noblitt Kohler, and Ruth Ann Van Metre

**MEMBERSHIP FEES**

We are now accepting membership renewals for 2016. Remember, you must complete a new Membership Form each year. Forms are available at the INFO Center in the lobby or on our website [www.umssc.org](http://www.umssc.org) under "Forms". UMSSC membership fees are still only \$15.00 and ***you do not have to join the Community Center to be a member of the senior center. Be sure that you are given a membership card when you renew your membership.***

**WEATHER RELATED CLOSINGS**

As most of you are aware, the Senior Center is closed when Upper Merion Area School Dist. closes or has a delayed opening due to inclement weather.

**However, even if the schools are open or delayed, we may still elect to close if we feel that the roads are unsafe for our members to travel. In either case, before you venture out into the stormy weather, you should always first call the center and listen to the voice mail to see if we are open or closed.** That message will be placed by 7:30 AM. This information is also posted on our website [www.umssc.org](http://www.umssc.org).

## **KEEPING SENIORS INFORMED**

### **GET MOVING IN THE MORNING**

When you wake up, take a few moments to anticipate getting out of bed. Take a few deep breaths. Open and close you hands. Spread your fingers. Move your legs to get your circulation moving. Slowly stretch all over. Sit up on the side of the bed.

Sit there for a little bit to restore your equilibrium. During this time think about your day's activities and mentally prepare for them. Consider how you will fit your activity and exercise into your day. Will you take a walk, go to the gym or attend an exercise class? Think about activities that will encourage movement.

You will recall that for every hour of sitting you should have at least two (2) minutes of movement. Go to the kitchen for a glass of water. Check on your house plants. Tidy up a shelf on your book case. Take the trash out. Check your mailbox. Walk around while you make a social phone call. Take the dishes out of the dishwasher. Change the towels in the bathroom. Do any little two minute activity you can think of to do. You body will thank you!

*(Contributed by Jane Burger)*

### **SAFETY TIPS FOR SENIORS FOR AT HOME AND OUT AND ABOUT**

*(info from the website of the PA Attorney General)*

Pennsylvania has one of the highest senior populations in the country and our seniors are more active than ever. It is important that they are prepared when out socially, traveling or simply enjoying their home life.

#### **BE SECURE**

- Close and lock windows when you leave the house, keep your doors locked at all times, even while you are at home.
- Don't let strangers into your home. Ask all delivery people and utility workers for ID.
- Never deal with a contractor who shows up unsolicited or with "left over materials."
- Always use a contractor that is registered with the Pennsylvania Office of Attorney General.

- When you are gone for more than a day, make sure your home appears occupied — use automatic timers to turn on lights and a radio or television.
- Always place a hold request on mail and newspapers while away and also park a second vehicle in the driveway.
- Do not hide your keys under the mat or in other conspicuous places.
- Many of our older citizens have worked for years to build their retirement funds and establish good credit, making them common targets for scammers, con artists and thieves.

#### **NEVER**

- Never give your personal information to anyone who contacts you and asks for it; only when you initiate the contact.
- Never send money, wire transfers or pre-paid cash cards to someone you do not know.

#### **REMEMBER**

- Banks, credit card companies and government offices never call you to verify your personal or account information.
- Law enforcement agencies will not contact you and demand that you make a payment of fines over the phone or internet.
- No one can win a lottery from a country they've never visited or a sweepstakes they didn't enter. "You have to play to win."
- No offer to share millions of dollars, recover wealth, or provide large sums of money for you to distribute to charity will require you to provide "front money."
- If it sounds too good to be true, it probably is.
- Beware of health care scams, never release information to any health service provider that you did not contact directly.

**SCAMS THAT ARE BASED ON THESE SCENARIOS OCCUR EVERY DAY, ALL ACROSS THE COUNTRY. IF YOU FEEL LIKE YOU HAVE BEEN SCAMMED CALL AND REPORT IT TO LOCAL POLICE AND THE ATTORNEY GENERAL'S ELDER ABUSE HELPLINE 1-866-623-2137**

## **ACTIVITIES**

**APPRISE COUNSELOR:** Assistance with insurance and Medicare concerns. Call 610.265.4715 and give your name and telephone. The APPRISE counselor will contact you directly to set up an appointment.

**BAND PRACTICE & INSTRUCTION: Tuesdays from 12:45 to 2:45 PM.** The Upper Merion Senior Service Center Band practices under the direction of professional

musician, Ed Hickman. The band has an open invitation to anyone age 55 or over who is interested in playing with a group. Stop in any Tuesday afternoon to hear us practice, check us out, or join the band.

**BINGO: Thursdays at 10:15 AM.** Cash prizes!

**BOARD GAMES: Available any day or time.** Various board games available to play in the kitchen.

**BOOK TALK: Monday, March 21 at 1:00 PM.** Meets on the 3<sup>rd</sup> Monday of the month. Coordinator: Patricia Ackah (610.265.4290). This month's book: **"THE AVIATOR'S WIFE" by Melanie Benjamin.** For much of her life, Anne Morrow, the shy daughter of the U.S. ambassador to Mexico, has stood in the shadows of those around her, including her millionaire father and vibrant older sister, who often steals the spotlight. Then Anne, a college senior with hidden literary aspirations, travels to Mexico City to spend Christmas with her family. There she meets Colonel Charles Lindbergh, fresh off his celebrated 1927 solo flight across the Atlantic. Enthralled by Charles's assurance and fame, Anne is certain the aviator has scarcely noticed her. But she is wrong.

**BRIDGE CLUB: Tuesdays at 9:30 AM.** All bridge players welcome!

**CANASTA: Thursday's at 9:30 AM in the Great Room.** Beginners and experienced players welcome. Coordinator: Lynn Borocho.

**CHAIR EXERCISE: Tuesdays at 11:30 AM to 12:15 PM and Thursdays from 12:30 PM to 1:15 PM.** \$3.00 per class.

**COMPUTER CLUB: Tuesdays 9:30 AM to 11:30 AM.** Coordinators: Herman Natanblut and Howard Lurie. Meetings are open to all *members*, all ability levels. The Computer Club will be glad to answer any technical questions members have.

**CURRENT EVENTS DISCUSSION GROUP: Mondays at 10:30 AM in the Lounge.** Coordinators: Joan Shaw and Paul Buce. The group continues to meet on Monday mornings at 10:30. As usual there are more than enough topics to fill the hour and a half. The group has continued to grow, but there's always enough room for one more.

**FINANCIAL/INVESTMENT DISCUSSION GROUP: Thursdays at 10:00 AM in the Computer Room.** Coordinator: Dick McCann. All levels of experience in making the best choices for your investments are welcome.

**FRIDAY FLICKS: Friday, March 18 - Pizza At 11:15 AM Movie At 12:00 PM.** Coordinator: Don McCree. Showing: **"Brooklyn"** starring Saoirse Ronan, Emory Cohen, Domhnall Gleeson. An Irish immigrant lands in

1950s Brooklyn, where she quickly falls into a romance with a local. When her past catches up with her, however, she must choose between two countries and the lives that exist within.

**GARDEN CLUB: Meets the Second and Fourth Wednesday at 1:00 PM.** Coordinator: Paul Buce. Garden Club: Two meetings this month, second and fourth Wednesdays at 1:00. Flea market is late April so we'll be starting to get those plants ready, spring will be here before you know it. Meetings at 1:00 in the kitchen.

**GENERAL MEMBERSHIP MEETING:** Monthly meeting open to all members on the 2nd Wednesday of the month at 10:00 AM. Next meeting will be on **March 9.** Learn what is going on at the senior center and join us to celebrate March birthdays with some cake! 50/50 raffle and birthday raffle for delicious baked bread from Le Bus.

**KNITTING & CROCHETING: Tuesdays at 1:00 PM.** Coordinator: Patricia Ackah. Instruction provided. **Hand-made items are for sale and all proceeds benefit the Center.**

**LIBRARY: Open Monday through Friday from 9:00 AM to 3:00 PM.** Library Volunteer: Nancy Kime. An excellent selection of large print books, tapes and videos are available to borrow. **Don't forget to check out the "roving book cart" featuring a special selection on loan from the Upper Merion Township Library.**

**LINE DANCING: Every Wednesday at 1:00 PM** Coordinator: Aracelia Panzano.

**MAH-JONGG: Mondays at 9:30 AM.** Coordinator: Lynne Borocho. All level players are welcome, even beginners! Come in and learn to play this very popular game.

**NURSE & ASK-A-NURSE: Every 2nd and 4th Thursday of each month from 9:30 AM to 12:15 PM.** Have your blood pressure checked by our favorite Nurse Lori Gnacek from Bryn Mawr Hospital/Main Line Health. Main Line Health **"Ask a Nurse"** will be offering a selection of free general medical equipment. Fill out an application and meet with the nurse who will order the items for you.

**OUTREACH: Representative Tim Briggs' aide is here the second Thursday of the month (11:00 AM to 2:00 PM) and. Senator Daylin Leach's aide is here the last Thursday of the month (11:30 AM to 1:00 PM).**

**PINOCHLE LADIES AND GENTS: Tuesday's at 12:30 AM in the Game Room.** *They would welcome more players.*

**POKER: Tuesday's at 9:30 AM in the kitchen.** Table is open for additional players. Why not give it a try? They are a friendly group and welcome new players.

**QUILTING: Fourth Wednesday at 9:30 AM.**  
**Instructor:** Ethel Hutchinson. All levels welcome!

**SING-A-LONG: Fridays at 10:00 to 11:30 AM.**  
Coordinators: Theresa M. Smith and Dot Morio;  
Pianist: Ed Wenger. Come in and enjoy singing some old favorites together. **Members meet for lunch at Michael's Deli following the program.**

**TAI CHI: Wednesdays at 12:00-12:45 PM.** Cost: \$3.00 per class.

**YOGA: Monday's at 1:30 PM.** Video Instruction good for beginners, intermediate or advanced.

**ZUMBA GOLD: Mondays until 3/14/16 from 12:00 pm to 12:45 pm** at Gulph School Gym. No class on 2/15. Directors: Geni Roskos & Peg White; licensed Zumba Gold instructors. All the fun of Zumba designed for the 50+ participant and anyone desiring modifications - a less intense but still invigorating Latin dance based fitness class. Enjoy dancing the meringue, salsa, cha-cha, belly dance, and more. This workout is low impact but high energy and fun. Improve cardiovascular health, balance, strength and flexibility as you burn calories. Perfect for those just starting to exercise. COST: UM Resident: \$16.00. NON-UM Resident: \$26.00. **Register for Zumba Gold through Park and Rec Dept.**

**NEW – BREAD DAY WEDNESDAY**

Members are invited to come in on Wednesdays to pick up free bread, rolls and baked goods donated to the Center. Come between 12:00 PM and 3:00 PM.

**VALENTINE HOAGIE SOCIAL 2016**

Everyone had a great time at our annual Valentine Hoagie Social. The entertainment and food was great. Mark Shepperd sang many of our favorite oldies and our own UMSSC Band sounded great! Love that big band sound. We want to thank Helen Cabrey and her merry band of volunteers for setting it all up. They did a great job. Below are some photos of the day. Enjoy!



**WELCOME BACK RUTH!**

**IN SEARCH OF AN OUTSTANDING VOLUNTEER**

We are looking for nominees for the "UMSSC Parvin Volunteer of the Year". The purpose of this award was to "recognize members for their extraordinary service and dedication to the ideals of our organization and it's members." We want to collect your votes for who we should name this year. The award will be presented in April. Below you will find a ballot. If you know of someone you feel is deserving of this award put their name on the ballot and why you would nominate them. **Please place your ballots in the ballot box in the lobby no later than Friday, March 25.** A final decision will be made by the Board.



**UMSSC PARVIN VOLUNTEER OF THE YEAR NOMINEE**

NAME: \_\_\_\_\_

I BELIEVE THIS PERSON IS DESERVING OF THE AWARD BECAUSE:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



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**REMINDERS for MARCH 2016**

**THE SENIOR CENTER WILL BE CLOSED ON FRIDAY, MARCH 25 FOR GOOD FRIDAY AND ON MONDAY, MARCH 28 IN OBSERVANCE OF EASTER**

- \* AARP TAX PREP: THURSDAYS STARTING AT 10:00 AM MARCH 3 UNTIL APRIL 14
- \* UMSSC 7<sup>TH</sup> BIG BINGO SATURDAY, MARCH 5 AT 11:00 AM. ADVANCE SALE TICKETS \$20.00 DAY OF TICKETS \$25.00 (NO ONE UNDER 18 ADMITTED - NO OUTSIDE FOOD OR BEVERAGES PERMITTED)
- \* MATTER OF BALANCE TUESDAY, MARCH 1, 8, 15, 22, 29; APRIL 5, 12 AND 19 FROM 9:00 AM TO 11:00 AM LEARN TO VIEW FALLS AS CONTROLLABLE, SET GOALS FOR INCREASING ACTIVITY, MAKE CHANGES TO REDUCE FALL RISKS AT HOME AND EXERCISE TO INCREASE STRENGTH AND BALANCE. *PLEASE SIGN UP AT THE RECEPTION DESK.*
- \* GENERAL MEETING WEDNESDAY, MARCH 9 AT 10:00 AM. *COFFEE & REFRESHMENTS WILL BE SERVED*
- \* VALLEY FORGE CASINO WEDNESDAY, MARCH 16 AT 9:30 AM. *MUST REGISTER TO GET THE GROUP OFFER OF \$20.00 IN SLOT PLAY*
- \* FRIDAY FLICKS: FRIDAY, MARCH 18 AT 11:15AM – SHOWING: “BROOKLYN”
- \* BOOK TALK MONDAY MARCH 21 AT 1:00 PM: “THE AVIATOR’S WIFE” BY MELANIE BENJAMIN
- \* FLEA ROOM OPENS MONDAY, MARCH 21 THROUGH MARCH 31 FROM 9:30 AM TO 1:30 PM. *NOT OPEN ON FRIDAYS – GAME ROOM CLOSED TO OTHER ACTIVITIES*
- \* RAINBOW DINNER THEATER THURSDAY, MARCH 24 AT 9:30 AM: COST \$50.00 MEMBERS \$55.00 NON-MEMBERS INCLUDES TRANSPORTATION, LUNCH & SHOW “NANA’S NAUGHTY KNICKERS”. BUS DEPARTS CENTER AT 9:30 AM
- \* UNWHINE & PAINT PARTY WEDNESDAY, MARCH 30 AT 1:00 PM: *COST: \$20.00. PAINTS, BRUSHES, CANVASES AND REFRESHMENTS INCLUDED (Deadline to sign up March 24)*
- \* *TO BE RE-SCHEDULED FOR THE FALL - BARNES FOUNDATION COST \$60.00 MEMBERS AND \$65.00 NON-MEMBERS. INCLUDES CATERED LUNCH AT SENIOR CENTER, TRANSPORTATION AND MUSEUM.*

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**Note:**  
 Information submitted following FEB. 3 will be posted on the UMSSC Bulletin Boards and listed on UMGA-TV (Comcast Channel 22 or Verizon Fios Channel 33)  
 Visit the Center’s web site at:  
[www.umssc.org](http://www.umssc.org)