



THE BEST OF TIMES

OCTOBER 2015

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
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**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.

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Dick McCann, Vice President
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"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 Members,

Here we are in October. How quickly the year goes by especially with all the programs and events we hold at the Upper Merion Senior Service Center.

We will be holding an Art Exhibit at the Center. It is being held in conjunction with our ***Unwhine and Paint Party***. The Art Exhibit will feature art from our very own talented members and also the Norristown Art League. Please take the time to review these lovely pieces of Art. The show will run through the end of October.

We will be holding a ***"Meet the Candidates"*** Forum on Monday October 5. Please come and invite your friends and neighbors. This will be a very informative session. There are index cards in the lobby and we will gather questions submitted until October 1. So if you have any questions, please be sure to complete an index card.

Our ***BIG Bingo*** will be held on Saturday October 10. Get your tickets soon!

Don't forget to make your nominations for the officers and board directors. Remember candidates must be residents of the Upper Merion Area School District and have expressed a willingness to serve. There are nomination forms in the lobby. Please give to Paul Buce, Dick McCann, office or place in the suggestion box.

It's that time again. Time to renew your UMSSC Membership for 2016. Our membership fee is still ***LOW*** and remains at only ***\$15.00*** per year.










As you can see, we have a variety of activities at the Upper Merion Senior Service Center. Join us! I know you will be happy you did. There are many more activities; please look through the attached calendar and ***"The Best of Times"*** newsletter and ***remember to always say something nice about UMSSC and its members.***

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

UMSSC - OCTOBER 2015

Everybody is in favor of progress. It's the change they don't like.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 9:30 CANASTA 10:00 FINANCIAL/ INVEST. DISCUSSION GROUP 10:15 BINGO 12:30 CHAIR EXERCISE	2 10:00 SING-A-LONG 11:30 FIRST FRIDAY HEALTH FIX – "EATING HEALTHY"	3 CANCELLED- UPPER MERION TOWNSHIP COMMUNITY FAIR & FALL FEST AT HEUSER PARK
4 	5 10:00 MEET THE CANDIDATES (ALL ACTIVITIES CANCELLED) 11:00 ACME FLU SHOTS	6 9:00 HUNTERDON HILLS PLAYHOUSE TRIP 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	7 10:00 BOARD MEETING 12:00 TAI CHI 1:00 LINE DANCING	8 9:30 CANASTA 9:30 NURSE 10:00 FINANCIAL/INVEST. DISCUSSION GROUP 10:15 BINGO 12:30 CHAIR EXERCISE 1:00 MEDICARE OPEN ENROLLMENT PRESENTATION	9 10:00 SING-A-LONG	10 UMSSC BIG BINGO FALL FUND RAISER 11:00 AM
11 	12 9:30 MAH-JONGG 10:30 CURRENT EVENTS 12:00 ZUMBA 1:30 YOGA	13 9:30 COMPUTER CLUB 9:30 BRIDGE 9:30 POKER 10:00 ACME FLU SHOTS 11:30 CHAIR EXERCISE 12:30 PINOCHLE 1:00 KNITTING/CROCHETING 12:45 BAND PRACTICE INSTRUCTION	14 10:00 GENERAL MEETING ALSO PRESENTATION ON STORM SAFETY & DISASTER PREP. 12:00 TAI CHI 1:00 LINE DANCING 1:00 GARDEN CLUB	15 9:30 CANASTA 10:00 FINANCIAL/ INVEST. DISCUSSION GROUP 10:15 BINGO 12:30 CHAIR EXERCISE	16 10:00 SING-A-LONG 11:15 FRIDAY FLICKS "STILL ALICE"	17 
18 	19 9:30 MAH-JONGG 10:30 CURRENT EVENTS 11:30 VETERANS BENEFITS 12:00 ZUMBA 1:00 BOOK TALK 1:30 YOGA	20 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	21 9:30 VALLEY FORGE CASINO 12:00 TAI CHI	22 9:30 CANASTA 9:30 NURSE 10:00 FINANCIAL/ INVEST. DISCUSSION GROUP 10:15 BINGO 12:30 CHAIR EXERCISE	23 10:00 SING-A-LONG	24 
25 	26 9:30 MAH-JONGG 10:00 GOOD FOOD / GOOD HEALTH W/PARI 10:30 CURRENT EVENTS 12:00 ZUMBA 1:30 YOGA	27 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	28 9:30 QUILTING 12:00 TAI CHI 1:00 LINE DANCING 1:00 GARDEN CLUB	29 9:30 CANASTA 10:00 FINANCIAL/ INVEST. DISCUSSION GROUP 10:15 BINGO 10:30 OUTREACH/LEACH 12:30 CHAIR EXERCISE	30 10:00 SING-A-LONG	31 

OUR BOARD OF DIRECTORS



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UPCOMING EVENTS

ALL ACTIVITIES EXCEPT FOR FLU SHOTS ARE CANCELLED MONDAY, OCTOBER 5 FOR "MEET THE CANDIDATES"

NEW FIRST FRIDAY HEALTH FIX PROGRAM: FRIDAY OCTOBER 2 AT 11:30 AM – EATING HEALTHY. FRIDAY NOVEMBER 6 AT 11:30 AM – FOOT CARE. FRIDAY DECEMBER 4 AT 11:30 AM - CONTINENCE ISSUES. Program presented by Main Line Health. Sign up sheet at reception desk.

COMMUNITY FAIR & FALL FEST: SATURDAY, OCTOBER 3 (RAIN OR SHINE) from 10:00 AM to 2:00 PM AT HEUSER PARK. Visit our booth at the fair – our volunteers will be selling hoagies and books of chance and recruiting new members. **COME OUT AND SHOW YOUR SUPPORT FOR OUR SENIOR CENTER.**

FLU SHOTS AT UMSSC: KING OF PRUSSIA ACME will be offering flu shots on **Monday, October 5** from 11:00 AM to 1:00 PM and on **Tuesday, October 13** from 10:00 AM to 12:00 PM. Sign-up sheet at the Reception Desk and be sure to take and complete the attached green *2015-2016 Informed Consent to Receive Vaccines* form to give to the nurse when you come for your shot.

MEET THE CANDIDATES FORUM MONDAY, OCTOBER 5 AT 10:00 AM (IN THE GREAT ROOM): Questions for the candidates should be submitted in writing prior to the forum. Cards for writing your

questions are available at the Reception Desk and should be handed in to the office staff **by October 1.** **Elections are for: Judge for Court of Common Pleas, County Commissioner, District Attorney, Magisterial District Judge, UM Township Supervisors and UMASD School Directors (ALL ACTIVITIES ARE CANCELLED EXCEPT FOR FLU SHOTS.)**

PRESENTATION ON MEDICARE OPEN ENROLLMENT THURSDAY, OCTOBER 8 AT 1:00 PM: **Open enrollment** begins on October 15 and ends on December 7, 2015. Barbara Pollack, a state-trained Medicare (volunteer) counselor, will be making a presentation at the Upper Merion Senior Service Center. If you have Medicare questions, please submit them to the office by October 22. If you are planning on attending, please let the office know so we can make adequate copies of materials. Our phone number is 610-265-4715. Mrs. Pollack will also be able to set up individual appointments with those who need additional help. *Please sign up at the Reception Desk.*

UMSSC 6TH BIG BINGO FALL FUND RAISER SATURDAY, OCTOBER 10: Cash Prizes, Lottery Basket Raffle, 50/50 Tickets and Door Prizes. Doors open at 11:00 AM – Games start at 12:00 PM. **Tickets on sale now \$25.00.** Refreshments for sale.

PRESENTATION OF STORM SAFETY & DISASTER PREPAREDNESS WEDNESDAY, OCTOBER 14 FOLLOWING THE GENERAL MEETING. William Daywalt, Deputy Fire Marshall will give presentation followed by a Question & Answer Session. Also presenting will be John Waters, Chief Fire Marshall and Bill Henderson, Fire Inspector.

VETERAN'S BENEFITS MONDAY, OCTOBER 19 AT 11:30 AM: The Montgomery County Department of Veterans Affairs to come to the Center to be available to members. A Service Officer from the agency will give a presentation and provide information and answer questions about benefits, eligibility and application procedures. Individual appointments for one-on-one consultation will also be offered.

VALLEY FORGE CASINO WEDNESDAY, OCTOBER 21. 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.** *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. **Shuttle will depart the center at 9:30 AM and return 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.**

MONDAY, DECEMBER 7 FROM 11:00 AM TO 3:00 PM: UMSSC ANNUAL HOLIDAY PARTY IN THE GRAND BALLROOM IN THE RADISSON TOWER OF THE VALLEY FORGE CASINO RESORT. Ticket Cost: UMSSC Members \$25.00 Non-UMSSC members \$30.00. The menu will be a choice of chicken or salmon. Celebrate the holidays with us! Entertainment, Cash Prizes, Door Prizes and \$10.00 Slot Play. **Don't forget your photo ID for the casino.**

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:

★ **Elder Care Alternatives, Inc., dba Comfort Keepers**

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.

COMMUNITY OUTREACH

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.**

KNITTERS WANTED

As you may or may not know, our knitting group **donates knitted caps to St. Christopher's Hospital for Children.** The hats are for the preemie babies to keep their tiny bodies warm. We are in need of some additional volunteers to help knit the hats. 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. More food is needed during the summer for our families and children who are not in school. 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.**

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 **5th Thursday of the month, October 29.** This month they are making pasta with meat sauce. They need donations of tomato sauce and pasta **before October 27.** *The Soup Kitchen feeds over 100 people on any one day! Donations of pasta with meat sauce and tomato sauce.*

PUT BOOKS IN THE HANDS OF CHILDREN WHO NEED THEM

Book donations to the Bridgeport Elementary School children (grades K-4th) 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

The Farmers' Market is open every Saturday from 9:00 AM to 1:00 PM. Upcoming special events:

October 10: Oktoberfest

October 24: Barktoberfest, dog costume judging and games / Community Yard Sale

October 31: Trick-or-Treat Halloween Fun

November 21: Chili Cook-Off

WHAT'S HAPPENING AT THE UM TOWNSHIP LIBRARY

2015 FALL BOOK DISCUSSION: Carla Verderame and Erin Hurt, will lead the discussions for this five-part series, *Living on the Edge: Novels of Futures & Pasts on the Brink*. All programs will meet from 2 p.m. to 3:30 p.m. Please call us for more details.

Sept. 27: *On Such a Full Sea*, by Chang-rae Lee

Oct. 11: *Wolf Hall*, by Hilary Mantel

Oct. 25: *Bring Up the Bodies*, by Hilary Mantel

Nov. 8: *An Unnecessary Woman*, by Rabih Alameddine

Nov. 22: *The Lie*, by Helen Dunmore

COMMUNITY FAIR & FALL FESTIVAL @ Heuser Park on Saturday, October 3: Stop by at the library's information table and learn more about our ongoing and upcoming programs.

DE-CLUTTER WITH DARLA on Monday, October 5 at 7:00 pm: *Organizing Paper: Lose 30 Pounds in 30 Minutes*. If you have paper, piles and pounds of material not quite ready for recycling, this is for you! Certified Professional Organizer® Darla DeMorrow will provide timely tips and practical strategies. She'll discuss strategies for individuals and small businesses, Identity theft (good rules for shredding), Using technology effectively to save time & money & Organizing any space. Attendees will be given the Secret Formula for creating their own Personal Organizing Action Plan. Come and learn tips and tricks you can start using right away!!!

JAZZ NIGHT on Friday, October 9 at 7:00 pm. Relax and enjoy the soulful music with Veronica & Band.

PATRON PRESENTS: Our patron, Gina will talk about *EATING CLEAN* on Wednesday, October 21 at 7 pm. (*repeat presentation*) Information will be shared about eating clean for optimal health. Learn about food advocates and how the food industry is changing so you can make informed choices at the grocery store. Tips on organic products and how to shop clean. Resources and recipes (books and DVDs) will be shared. Registration Required. Healthy refreshments will be served.

KNIT NITE: Monday, October 26, 2015 at 7 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 to pass on their skills, and some advanced knitters are usually available to help with patterns and designs.

TECH NIGHT: Monday, October 26, 2015 at 7 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.

NEWSWORTHY

THE IMPORTANCE OF SIGNING IN

When you enter the senior center the first thing you should do is **print (legibly please)** your name on the sign-in sheet at Beth's desk (**visitors also**). Some members rush by without signing in because they are late for an event or activity, claiming they will sign in later. It is from this sheet that we will confirm your presence in the case of an emergency. What if our building had to be evacuated? We would not know you were somewhere in the building and would not be able to confirm that you had been safely evacuated with the others. We care about our members and want them to be safe. This means we will always stop you from rushing past the sign-in sheet at Beth's desk. **Better late than lost!**

MEMBERSHIP FEES

UMSSC membership fees remain at \$15.00 and are **separate** from the Community Center membership fees.

UMSSC CANDIDATE SEARCH

Just a quick reminder that UMSSC elections are just around the corner. We are looking for nominations for all officers and two openings on the Board of Directors. Let someone in the office in on your suggestions. Thanks. Stay positive and enjoy your time at the center.
(Contributed by Paul Buce)

KEEPING SENIORS INFORMED

REASONS TO WALK

One of the easiest and (least expensive) ways to exercise is to walk - - slow, fast or any pace you can do. Walking increases the circulation to all parts of the body including the brain. You can have a healthier brain if you walk. More active individuals may be able to extend their life span. Walking can improve your mood and help you feel better. Walking can help you stay lean and avoid weight gain. The activity of walking can help reduce the risk of heart problems and other circulatory conditions.

Walking is the most natural way to exercise, but you can do whatever activity fits your ability. It could be a sport, using the gym, a social activity like dancing or using a daily exercise routine suited to your physical capabilities.
(Contributed by Jane Burger)

6 PLACES NEVER TO USE A DEBIT CARD

by Sid Kirchheimer (from AARP News Bulletin)

Credit or Debit? Although both cards look the same, they offer different protections. Under federal law, if your credit card is used to make unauthorized charges after it is lost or stolen, you're liable for only \$50 – no matter the amount and with no time restrictions to *report the fraud*. And many issuers won't even charge the \$50 for valued customers. But with a debit card, you have just two business days to report an unauthorized loss or money transfer, or you could be liable for up to \$500. Wait more than 60 calendar days after your statement is mailed and you could be responsible for all money pilfered from its connected account. Although debit cards offer no-interest savings – which may factor for some plastic users –there are **six** places where you should never use them.

Gas Stations: In addition to ATM machines, gas pumps are a popular target for "skimming," in which crooks place a portable card-reading device inside the pump. When a motorist inserts a debit card and enters the required personal identification number, the hidden device (which can be purchased on the Internet for less than \$100) captures both the data from the card's magnetic stripe and the PIN. Later, the device

is retrieved, and the stolen data is used to create a duplicate card to raid the victim's bank account. Why gas stations? With only a handful of manufacturers of gas pumps, one key in the *hands of a thief* who gets a job at one station can be used to open pumps and install other skimmers elsewhere, especially at night or when unattended. And with older pumps, PINs may not be encrypted. If you must use a debit card (and it has a Visa or MasterCard logo versus being a cash-withdrawal-only card), choose the "credit" screen prompt, instead of "debit," so you don't have to enter your PIN. This way, the purchase amount will still be deducted directly from your bank account, but it's processed through a credit card network, providing greater protection if fraud occurs.

Online Purchases: Along with providing added security should the retailer fall victim to a data breach – a hacker can't overdraft your bank account with a credit card – *most* credit cards (versus *some* debit cards) offer extra protection perks. If you don't receive the merchandise, it's defective or the wrong item, and the vendor won't issue a refund, it's easier to *dispute charges* with a credit card.

Many credit cards also offer extended product warranties (usually for one year beyond what's offered by the manufacturer), and some provide price protection up to 90 days, issuing you the difference if the identical item is sold for a lower price than you paid. Although certain debit cards offer these protections, the hassle factor can be greater.

Big-Ticket Items: Rewards aside, the above-mentioned credit card perks are especially useful for expensive products, whether purchased in store or online.

Restaurants: Eateries are among the few places where a payment card can leave your sight, and crooked waiters can – and sometimes do – disappear to write down its number for possible identity theft. Even without a PIN, someone can use your card number to make fraudulent purchases online. And restaurants without sit-down service can pose a threat, since some (along with other businesses) keep customer payment information on file but may not safeguard it.

Retail Stores: Several months ago the *FBI predicted an increase* in cyber attacks using sophisticated malware that specifically targets point of sale (POS) systems such as cash registers and card-swiping devices. It was this "memory-parsing" malicious software (also known as a "RAM scraper") that was behind the well-publicized hacking of payment card

information of some 110 million Target customers over the Christmas season – and responsible for nearly two dozen other attacks in the past year.

True, credit cards are also vulnerable in such POS attacks. But with more protections, credit card issuers always eat those losses (minus a possible \$50 cap) should your plastic be hacked. Depending on when you learn of and report fraudulent use of hacked debit card data, you could be on the hook from unauthorized activity.

When a Deposit Is Required: Risk of identity theft aside, credit cards are a wiser choice for transactions in which the final bill is uncertain – e.g., hotels, rental cars or even tools rented from a home improvement center. Reason: With a debit card, a “hold” can be placed on your account that may be greater than the expected bill, such as for hotel incidentals, including room service, or for a predicted failure to return a rental car without a full tank of gas. If this occurs, you could be denied access to the additional hold amount from your bank account until the final bill is tallied. With a credit card, hold amounts may initially appear as a pending charge until your final bill is paid, so it may not be debited until the final bill is paid. Gas stations also place holds on debit charges, which is another reason to use credit cards.

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. *We are currently looking for a trombone/baritone horn player.*

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, October 19 at 1:00 PM. Meets on the 3rd Monday of the month. Coordinator: Patricia Ackah (610.265.4290). This month's book: *"The Burgess Boys"* by Elizabeth Strout. Haunted by the freak accident that killed their father when they were children, Jim and Bob Burgess escaped from their

Maine hometown of Shirley Falls for New York City as soon as they possibly could. Jim, a sleek, successful corporate lawyer, has belittled his bighearted brother their whole lives, and Bob, a Legal Aid attorney who idolizes Jim, has always taken it in stride. But their long-standing dynamic is upended when their sister, Susan—the Burgess sibling who stayed behind—urgently calls them home. Her lonely teenage son, Zach, has gotten himself into a world of trouble, and Susan desperately needs their help. And so the Burgess brothers return to the landscape of their childhood, where the long-buried tensions that have shaped and shadowed their relationship begin to surface in unexpected ways that will change them forever.

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. Every week we all groan as it becomes obvious that we will talk about the Donald “one more time”, even though we all agreed the prior week that we were done. That is the way news happens; we never know what's next. But we are all addicted. See you Monday mornings at 10:30, *but not October 5 when Meet the Candidates takes center stage.*

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, OCTOBER 16. Pizza at 11:15 AM - Movie at 12:00 PM. Coordinator: Don McCree. Pizza: \$3.00. Movie: *Free.* **Showing “STILL ALICE” starring Julianne Moore, Alec Baldwin, Kristen Stewart.** A linguistics professor and her family find their bonds tested when she is diagnosed with Alzheimer's disease.

GARDEN CLUB: Meets the Second and Fourth Wednesday at 1:00 PM. Coordinator: Paul Buce. Back to two sessions for October. Since the September work day succumbed to heat, Wednesday the 14th will our final spruce up at the Gulph School.

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 October 14 and following will be a presentation on Storm Safety and Disaster Preparedness and the drawing of our Chance Book Fund Raiser winners.**

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 Boroch. 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 will not be here this month. 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: Monday's 12:00 PM-12:45 PM at Gulph School Gym. Runs until 11/16. 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. **Register & Pay for Zumba Gold through Park and Rec Dept.**

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<p>UM RAMBLER Free service to UM Township Seniors (Visit GVF Transportation for pass) You can ride back and forth to the Center, the Malls, and other destinations! GVF Transportation Dept. 1012 W. Eighth Ave., Suite A King of Prussia, PA 19406 Phone: 610-354-8899 www.gvftma.com</p>	<p style="text-align: center;">REMINDERS for OCTOBER 2015</p> <ul style="list-style-type: none"> * <i>NEW</i> FIRST FRIDAY HEALTH FIX: FRIDAY, OCTOBER 2 AT 11:30 AM. "EATING HEALTHY" * COMMUNITY FAIR & FALL FEST: SATURDAY, OCTOBER 3 FROM 10:00 AM TO 2:00 PM AT HEUSER PARK (<i>RAIN OR SHINE</i>) * MEET THE CANDIDATES FORUM: MONDAY, OCTOBER 5 AT 10:00 AM (ALL ACTIVITIES <i>EXCEPT</i> FLU SHOTS ARE CANCELLED) * FLU SHOTS AT UMSSC: KING OF PRUSSIA ACME WILL BE OFFERING FREE FLU SHOTS ON MONDAY, OCTOBER 5 FROM 11:00 AM TO 1:00 PM AND ON TUESDAY, OCTOBER 13 FROM 10:00 AM TO 12:00 PM. SIGN-UP SHEET IS AT THE RECEPTION DESK. * HUNTERDON HILLS PLAYHOUSE PRESENTS "SOCIAL SECURITY". TUESDAY, OCTOBER 6 (BUS DEPARTS CENTER PROMPTLY AT 9:00 AM): COST: UMSSC MEMBERS \$67.00 NON-MEMBERS \$72.00 – INCLUDES TRANSPORTATION, LUNCH AND SHOW. MINIMUM OF 30 PEOPLE REQUIRED. SIGN-UP AND PAY AT RECEPTION DESK. * PRESENTATION ON MEDICARE OPEN ENROLLMENT THURSDAY, OCTOBER 8 AT 1:00 PM * UMSSC 6TH BIG BINGO FALL FUND RAISER: SATURDAY, OCTOBER 10 AT 11:00 AM. TICKETS ON SALE NOW \$25.00. REFRESHMENTS FOR SALE. CASH PRIZES, LOTTERY BASKET RAFFLE 50/50 TICKETS AND DOOR PRIZES. * GENERAL MEETING WEDNESDAY, OCTOBER 14 AT 10:00 AM. RAFFLE DRAWING AFTER MEETING AND PRESENTATION OF STORM SAFETY & DISASTER PREPAREDNESS WEDNESDAY, OCTOBER 14 FOLLOWING THE GENERAL MEETING. * FRIDAY FLICKS: OCTOBER 16. "STILL ALICE" STARRING JULIANNE MOORE (PIZZA AT 11:15 AM, MOVIE AT 12:00 PM) PIZZA: \$3.00. MOVIE: <i>FREE</i>. * VETERAN'S BENEFITS MONDAY, OCTOBER 19 AT 11:30 AM: PRESENTATION BY THE MONTGOMERY COUNTY DEPARTMENT OF VETERANS AFFAIRS * BOOK TALK MONDAY, OCTOBER 19 AT 1:00 PM: "The Burgess Boys" BY Elizabeth Strout * VALLEY FORGE CASINO WEDNESDAY, OCTOBER 21: AT 9:30 AM. THE OFFER FOR GROUP IS \$20.00 IN SLOT PLAY. * MAIN LINE HEALTH WILL BE OFFERING FREE FLU SHOTS ON MONDAY NOV. 2 FROM 9:30 AM TO 11:30 AM 	<p>NOTE: THE UMSSC IS CLOSED WHEN THE UM AREA SCHOOL DISTRICT CLOSES OR HAS LATE OPENING DUE TO INCLEMENT WEATHER</p> <p><i>UMASD SCHOOL CLOSING NUMBER IS "307"</i></p> <p>NOTICE IS ALSO BROADCASTED ON COMCAST CHANNEL 28 OR VERIZON FIOS CHANNEL 32</p> <p>OR CALL SENIOR CENTER <i>AFTER 7:30 AM</i> (610-265-4715) AND LISTEN TO VOICE MAIL RECORDING</p> <p>OR CALL KYW-1060 RADIO (215-925-1060) FOLLOW INSTRUCTIONS AND ENTER UMASD SCHOOL CLOSING NUMBER "307"</p>
<p>Note: Information submitted following <i>AUGUST 26</i> 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</p>		