



THE BEST OF TIMES

Celebrating 20 Years

OCTOBER 2017

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

**431 W. VALLEY FORGE ROAD
KING OF PRUSSIA, PA 19406**

TEL: 610-265-4715

WEBSITE: www.umssc.org

EMAIL: 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:

Mary F. McCree, President
Dick McCann, Vice President
Helen Cabrey, Secretary
Harlyce Grossman, Treasurer

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Howard Lurie, Howard Rosenblum,
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Ronald G. Wagenmann

POSTHUMOUS HONORARY MEMBERS:

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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

Save The Date

Friday October 20 2017

UMSSC 20th Anniversary

2017 marks the *20th Anniversary* of the Upper Merion Senior Service Center. So much has happened over the past 20 years and we want to celebrate this time spent with all of our members at an Open House to be held on Friday, October 20 from 11:30 AM to 1:30 PM.

We look forward to celebrating with you. Please RSVP by Friday, October 13.

RSVP

Name: _____

Address: _____

Will attend: _____

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

OCTOBER 2017



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 9:30 MAH-JONGG 10:30 CURRENT EVENTS 12:00 PA CAPTIONED TELEPHONE RELAY 12:00 HERB DAY 1:30 YOGA (VIDEO)	2	3 9:30 COMPUTER CLUB 10:00 BRIDGE 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING	4 9:30 WEDNESDAY CARD PLAYERS 10:00 BOARD MEETING 11:00 BREAD DAY 12:00 TAI CHI (VIDEO) 12:30 CANASTA	5 10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 BINGO 11:00 BREAD DAY 12:30 FUN & FITNESS 12:30 MEMORY CAFÉ	6 9:30 PINOCHLE 10:00 SING-A-LONG 1:00 UNWINED & PAINT PARTY	7 COMMUNITY FAIR & FALL FEST HEUSER PARK 11:00-3:00 VISIT THE UMSSC BOOTH! AT THE FAIR
8 10:00-12:00 MEET THE CANDIDATES FORUM 1:30 YOGA (VIDEO)	9	10 9:30 COMPUTER CLUB 10:00 LIBRARY TECH HELP 10:00 BRIDGE 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING	11 9:30 WEDNESDAY CARD PLAYERS 10:00 GENERAL MEETING - PRESENTATION - CHANCE BOOK DRAWING 11:00 BREAD DAY 12:00 ACME FLU SHOTS 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 GARDEN CLUB	12 10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 NURSE 10:15 BINGO 11:00 OUTREACH - BRIGGS 11:00 BREAD DAY 12:30 FUN & FITNESS	13 9:30 PINOCHLE 10:00 SING-A-LONG	14 UMSSC BIG BINGO 11:00 AM
15 9:30 MAH-JONGG 10:30 CURRENT EVENTS 12:00 HERB DAY 1:00 BOOK TALK 1:30 YOGA (VIDEO)	16	17 9:30 COMPUTER CLUB 10:00 BRIDGE 11:00 WALGREENS FLU SHOTS 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING	18 9:30 VALLEY FORGE CASINO 9:30 WEDNESDAY CARD PLAYERS 11:00 BREAD DAY 12:00 TAI CHI (VIDEO) 12:30 CANASTA	19 10:00 FINANCE/INVEST GROUP DISCUSSION 10:00 MEDICARE OPEN ENROLLMENT PRESENTATION 10:15 BINGO 11:00 BREAD DAY 12:30 FUN & FITNESS 12:30 MEMORY CAFÉ	20 20TH ANNIVERSARY OPEN HOUSE 11:30 AM TO 1:30 PM	21
22 9:30 MAH-JONGG 10:30 CURRENT EVENTS 12:00 HERB DAY 1:30 YOGA (VIDEO)	23	24 9:30 COMPUTER CLUB 10:00 BRIDGE 11:00 ACME FLU SHOTS 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING	25 9:30 WEDNESDAY CARD PLAYERS 9:30 QUILTING 11:00 BREAD DAY 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 GARDEN CLUB	26 9:15 EXCURSION GROUP TRIP AMER. REVOLUTION MUS. 10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 NURSE 10:15 BINGO 11:00 OUTREACH - LEACH 11:00 BREAD DAY 12:30 FUN & FITNESS	27 9:30 PINOCHLE 10:00 SING-A-LONG 11:30 FRIDAY FLICKS	28
29 9:30 MAH-JONGG 10:30 CURRENT EVENTS 12:00 HERB DAY 1:30 YOGA (VIDEO)	30	31 9:30 COMPUTER CLUB 10:00 LIBRARY TECH HELP 10:00 BRIDGE 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING				

OUR BOARD OF DIRECTORS



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WHAT'S COMING UP

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So many different ways to have fun! The following activities occur on the dates noted. Also, be sure to check out our Weekly Activities. Expand your interests! Try something new!

PA CAPTIONED TELEPHONE

MONDAY OCTOBER 2 AT 12:00 PM. Meet Cheryl Deitz, Outreach Coordinator for PA Captioned Telephone Relay Services, a program of the PA PUC. She will explain and demonstrate captioned telephones. Stop by in the lobby area to learn more.

MEMORY CAFÉ

THURSDAYS OCTOBER 5 AND OCTOBER 19 FROM 12:30 PM TO 1:30 PM. Caregiver support group discussions. There is no cost or obligation and many attendees develop friendships that result in support even outside the Memory Café setting. Presented by Emily Bova, Certified Dementia Practitioner from Arden Courts at King of Prussia.

UNWINED AND PAINT PARTY WITH SANFORD MOLINARO

FRIDAY, OCTOBER 6 AT 1:00 PM and FRIDAY, DECEMBER 8 AT 1:00 PM. COST: \$20.00 includes instruction, canvas, paint supplies and snacks. The October painting will be a fall theme. The December painting will be a holiday/winter theme. *Always a lot of fun!* Sign up and pay in the staff office.

COMMUNITY FAIR

The Senior Center will have a booth at the Annual Community Fair on **SATURDAY OCTOBER 7** held at Heuser Park. Hope you will stop by and say hi at this fun community event!

MEET THE CANDIDATES FORUM

MONDAY, OCTOBER 9 FROM 10:00 AM TO 12:00 PM. Light refreshments will be served after the meeting. **All activities normally held in the great room at this time will be cancelled.**

Questions for the candidates should be submitted in writing prior to the forum. Cards for writing your questions are available at the Reception Desk.

TECH HELP

TUESDAYS OCTOBER 10 AND 31 10:00 AM TO 12:00 PM. Sangeetha Srinivasan, Program Coordinator for the UM Township Library, will be here to help our members with their tech questions. Please sign up in the Lobby.

GENERAL MEETING

WEDNESDAY OCTOBER 11 AT 10:00 AM

Our monthly meeting is open to all members. Learn what is going on at the senior center. We hope you will join us to celebrate October birthdays with some cake, a 50/50 raffle and a birthday raffle to win a hoagie from Angelo's Pizza.

Following the General Meeting we will have a **presentation by Dr. Melissa Wawrzynek, DPM from the Advanced Foot & Ankle Wellness Center.** Her Topic will be "Walking Your Way to Good Foot Health. Walking is meant to be safe, easy and a good way to keep you mobile and improve your overall health. Foot pain and foot disorders are often common concerns for aging individuals and can make it harder to walk, and carry out daily functions. Dr. Wawrzynek, a board certified podiatrist, is an expert in helping people keep their feet in tip-top shape to keep you moving and healthy. She'll share tips and tricks to help you walk your way to good foot health as you age. You whole body will thank you for it!

CHANCE BOOK DRAWING

WEDNESDAY, OCTOBER 11 FOLLWING THE GENERAL MEETING. BE HERE FOR ANNOUNCEMENT OF THE BIG WINNERS - FIRST, SECOND AND THIRD PLACE WINNERS!

FLU SHOTS BY SAVON AT ACME

FLU SHOTS WILL BE GIVEN ON THE FOLLOWING DATES: WEDNESDAY, OCTOBER 11 FROM 12:00 PM TO 2:00 PM AND TUESDAY, OCTOBER 24 FROM 11:00 AM TO 1:00 PM.

GARDEN CLUB

WEDNESDAYS, OCTOBER 11 AND 25 AT 1:00 PM. Coordinator: Paul Buce. Greetings to all gardeners and those interested in the center's patio. Our primary focus is on getting the patio more inviting, adding a bit of color. We have made a pretty good start, come join us in getting this project over the hump. Bring your green thumb!

BLOOD PRESSURE CHECK

THURSDAY OCTOBER 12 AND 26 FROM 10:15 AM TO 12:45 PM our favorite Nurse Lori Gnacek from Bryn Mawr Hospital/Main Line Health will be here to check your blood pressure for free.

OUTREACH

Representative Tim Briggs' aide will be here on Thursday, OCTOBER 12 from 11:00 AM to 2:00 PM.

Senator Daylin Leach's aide will be here on Thursday, OCTOBER 26 from 11:30 AM to 1:00 PM.

UMSSC 9TH BIG BINGO

SATURDAY, OCTOBER 14, 2017. CASH PRIZES 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) ***A Registration Form is attached to the back of this Newsletter*** and is also available at the Info Center in the Lobby or on our website www.umssc.org.

BOOK TALK

"A MAN CALLED OVE" BY FREDRIK BACKMAN **MONDAY, OCTOBER 16 at 1:00 PM.** Meets on the 3rd Monday of the month. Coordinator: Patricia Ackah. A grumpy yet loveable man finds his solitary world turned on its head when a boisterous young family moves in next door.

VALLEY FORGE CASINO

WEDNESDAY, OCTOBER 18 (Cut-off date Monday, OCT. 16) THE OFFER FOR GROUP IS \$20.00 IN SLOT PLAY: 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 (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.***

FLU SHOTS BY WALGREENS PHARMACY

TUESDAY, OCTOBER 17 from 11:00 AM to 1:00 PM. PLEASE SIGN UP AT INFO TABLE.

MEDICARE OPEN ENROLLMENT PRESENTATION

THURSDAYS, OCTOBER 19 AND NOVEMBER 9 FROM 10:00 AM TO 12:00 PM. Our Apprise Counselors Barbara Pollock and Martha Simelaro will be here take of your questions on Medicare. You will also have the opportunity to set up a one-on-one appointment to discuss your issues.

20TH ANNIVERSARY OPEN HOUSE

FRIDAY, OCTOBER 20 FROM 11:30 AM TO 1:30 PM. (ALL ACTIVITIES ARE CANCELLED). Everyone is invited to attend our celebration to mark 20 years of successful service to the older adults in the community. Light refreshments will be served. We hope to see you there!

EXCURSIONS!

MUSEUM OF THE AMERICAN REVOLUTION

We have arranged a bus trip to the new Museum of the American Revolution in Olde City, Philadelphia for **THURSDAY, OCTOBER 26. The cost of \$40** includes the bus ride and admission to the museum. For those interested, we will make a reservation at the historic City Tavern which is a short walk from the museum. Otherwise, lunch is on your own. Sign up in the lobby. ***TRIP LIMITED TO 21 PEOPLE. DEADLINE TO REGISTER IS OCTOBER 11. Be at the upper parking lot (next to pool) at 9:15 a.m. for bus departure.*** We plan to be back about 3:30. For additional info call Pat Holden at 484-432-9669.

FRIDAY FLICKS!

FRIDAY OCTOBER 27 - SICILIAN DELIGHT PIZZA (\$3.00) AT 11:30 AM - MOVIE (FREE) STARTS AT 12:15 PM THIS MONTH: "GOING IN STYLE" STARRING, MORGAN FREEMAN, MICHAEL CAINE AND ALAN ARKIN. Desperate to pay the bills and come through for their loved ones, three lifelong pals risk it all by embarking on a daring bid to knock off the very bank that absconded with their money. ***Must sign up (and/or pay for pizza) at info desk by Thursday, October 26.***

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.

★ Nancy Cerio made a donation in memory of Tom Scully

GRACIAS! THANKS! DANKE! MERCI!

★ **Thank you Sicilian Delight** for their pizza for Friday Flicks! ★ **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 week. ★ **Costco** for their generous donation of a monthly gift card for our birthday cake purchases. ★ **Malvern Wegmans** for their bountiful donation of baked goods. ★ **Special thanks go to the Upper Merion Township Library** for all they do for the Senior Center including large print books and Friday Flicks.

NEWSWORTHY SAVE THE DATE

Speaking of anniversaries, don't forget to send in your RSVP's for our 20th Anniversary Open House celebration on Friday October 20.

FALL FUND RAISER

Our *Fall Fund Raiser Chance Book* drawing is scheduled for Wednesday October 11 at the General Membership Meeting. Don't forget to hand in your ticket books for a chance to win. Additional books can be purchased at the Senior Center. We hope that we can count on your help with this fund raiser by purchasing the books mailed to you. Special thanks go to *DAVID BLACKMORE & ASSOCIATES GEOTECHNICAL & ENVIRONMENTAL ENGINEERING* for their continued support in funding the ticket printing.

UMSSC ELECTIONS

This is the first call for nominations for this year's UMSSC elections. We will be electing members for each of the four offices; President, Vice President, Secretary and Treasurer, plus two members for the Board of Directors. The four offices are for one year terms, the Board Directors for three year terms. Please submit your suggestions for qualified candidates to anyone in the office or to Dick McCann or Paul Buce. "Submit" means you have spoken with the person you want to nominate to get their consent. Once you have

their consent please fill out a nomination form (available in the "info center"). Thanks in advance for your interest in keeping UMSSC rolling as an A-1 operation.

UMSSC PROCLAMATION PRESENTATION

Harlyce Grossman, UMSSC Treasurer and Dick McCann, UMSSC Board Vice President, accept the UMSSC 20 year Proclamation from UM Township Supervisor, Greg Phillips at the Community Center open house on Saturday, September 16.



WELCOME NEW MEMBERS!

Please join us as we welcome the following new members to our UMSSC family. We hope to see them around the Center. Welcome to: Claire Carson, Louise Cirelli, Kathleen Hart, Patricia Nastasiak, Lorraine Orié, Christine Pappanastasiou and Barbara Thomas.

KEEPING SENIORS INFORMED

PA STATE PROPERTY TAX/RENT REBATE PROGRAM

The rebate program benefits eligible Pennsylvanians age 65 and older; widows and widowers age 50 and older; and people with disabilities age 18 and older. The income limit is \$35,000 a year for homeowners and \$15,000 annually for renters, and half of Social Security income is excluded. Spouses, personal representatives or estates may also file rebate claims on behalf of claimants who lived at least one day in 2016 and meet all other eligibility criteria.

The maximum standard rebate is \$650, but supplemental rebates for qualifying homeowners can boost rebates to \$975.

To apply go to www.revenue.pa.gov; under **Popular Services** and click on **Property Tax/Rent Rebate**

Program. We have also placed some blank forms in the lobby area for your convenience.

ISOLATION AND LONELINESS

What makes us happiest in life? Surveys found that family and friends are the real prizes. Even if you have "people" around you all day, you could still experience a deep pervasive loneliness because you are not relating to them. Isolation can have serious detrimental effects on one's mental and physical health. Everyone needs to make an effort to find time to reach out to others to help widen the circle of support. Don't wait for others to take the first step if you want to enlarge your group of friends.

Recent research supports the concept that those with social support had a 50% greater likelihood of survival compared to those with poor or insufficient relationships. Both the phone and social media enables seniors to have frequent contacts with family and friends to keep current with various activities. Some seniors work out a type of schedule for calling certain people on certain days. Routines can be helpful to maintain continuity.

Seniors who are physically able may participate in activities such as walking with others or joint a class for fun and fitness. Be alert for opportunities to join a group to visit a museum or go to a show. Playing cards or board games encourage socialization as well as stimulating the brain. Learning something new, like enrolling in a class, can have similar results. If you are shy about people, but love animals, volunteer at an animal shelter. The solution to loneliness is not the quantity of relationships, but the quality. Human contacts need to be meaningful and satisfying for each person involved.

Then there is the question (concern) about driving. When should one stop driving? Safety is always a first concern. All drivers need adequate vision, hearing, reflexes, alertness and physical strength for safe driving. Any senior who is at a deficit for any of these characteristics needs to be evaluated. We know that being able to drive is one of the ways we can defer isolation and loneliness. We know the needs of needing to drive to the grocery, the mall, church and visiting others. It may be time to look for alternatives. Family members and close friends are the first resources. Many stores provide delivery services. Local transportation resources include the Rambler and TransNet. Funds used for car payments, insurance, gasoline, inspection and car upkeep can be used to pay for a driver for some activities. Be creative in ways to obtain driving services. Treat a friend to lunch for driving you to an appointment. Be resourceful in

utilizing opportunities to stay physically and socially active to help continue to make your life pleasant and meaningful.

(contributed by Jane Burger)

WEEKLY ACTIVITIES

Always check the monthly calendar to confirm your activity of choice is happening. Some activities may be temporarily cancelled due to scheduling of other special events. If an activity is cancelled unexpectedly we always try to contact the participants in advance.

BAND PRACTICE & INSTRUCTION: Tuesdays from 12:45 to 2:45 PM. The UMSSC Band practices under the direction of professional musician, Ed Hickman. Open invitation to anyone age 55 or over interested in playing with a group (*must become a member of the senior center*). Stop in any Tuesday afternoon to listen or to join the band.

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

BREAD DAYS Wednesdays & Thursdays: Free bread, rolls and baked goods donated to the Center. ***Bring your shopping bag and come between 11:00 AM and 2:00 PM. Please do not come early and please wait until the volunteers have finished bagging the bread.***

BRIDGE CLUB: Tuesdays at 10:00 AM in the Game Room. All bridge players welcome!

CANASTA: Wednesdays at 12:30 PM. *Beginner players will be welcome for instruction by Lynn (Wednesday). Notify the office to coordinate.*

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. 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. Coordinator: Dick McCann. This is a small intimate group who meet to discuss all levels of experience in making the best choices for your investments. You don't have to be rich, we will discuss any size investment you are thinking of making or have questions on. We offer an open invitation to all regarding subjects you would like to discuss and any questions you may have. Again, all are welcome!

FUN & FITNESS (formerly 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.

HERB DAY: On Mondays between noon and 1:00 PM. Coordinator: Dottie Yacek-Matulis. Herbs will be cut, thinned and handed out in the Great Room for everyone to take home. Herbs will be cut by a member of the Garden Club. Bring your own sandwich bag and paper towel. Enjoy!

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.

LINE DANCING Wednesdays 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.

PINOCHLE LADIES AND GENTS: Tuesdays at 12:30 AM and Fridays at 9:30 AM in the Game Room. *They welcome more players.*

POKER: ON HIATUS UNTIL FURTHER NOTICE.

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.

TAI CHI: Wednesdays at 12:00-12:45 PM. *Video Instruction* good for beginners, intermediate or advanced.

WEDNESDAY CARD PLAYERS: Wednesdays at 9:30 AM. An informal, friendly gathering of members-some play cards some play bingo. Everyone has fun!

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

ZUMBA GOLD WITH GENI AND FRIENDS: Mondays through November 13 from 12:15 PM to 1:00 PM. Register for Zumba Gold through *Park and Rec Dept.* Instructor: Geni Roskos. All the fun of Zumba designed for the 50+ participant - a less intense but still invigorating Latin dance fitness class.

Cost: Res. \$19.00 Non-Res. \$24.00 PR \$16.00, PNR \$20.00. *Free Demo Day, September 18 from 12:15 PM-1:00 PM.*

SENIOR CENTER COMMUNITY OUTREACH

APPRISE COUNSELOR

An AARP Volunteer Apprise Counselor is available through the Senior Center to provide assistance with *insurance and Medicare* concerns. Call the Senior Center at 610-265-4715 and give your name, telephone or email. We will provide the Apprise Counselor with your information and they will contact you directly.

ST. JOHNS SOUP KITCHEN

On **Thursday, November 30** the King of Prussia Women's Club serves over 100 homeless people at St. John's Soup Kitchen in Norristown. ***They would appreciate donations of Sloppy Joe ingredients; jars or cans of red sauce, rolls and onions. Peanut butter and jelly sandwiches are always enjoyed.*** There will be a box in the lobby for the donations from now until Wednesday November 29.

UPPER MERION EMERGENCY AID

You can make donation of food and/or dry goods and cleaning and paper products for local families in need. Our donation box is in the lobby. ***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, cleaning, laundry detergents and toiletries are needed. Also a special request for "after school" type snacks for kids. Let's help families in our community who are experiencing a time of need.***

FLOWER CAUSE

If you purchase any flowers from ***Plaza Flowers*** (417 Egypt Road, Norristown, PA 19403 Telephone: 610-630-8825) *you can help raise funds for Upper Merion Senior Service Center.* Just mention ***code ssc*** when ordering and UMSSC receives a quarterly rebate equal to 5% of all purchases. Thank you!

SHOEBOX RECYCLING

We continue 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. Every box we fill *raises funds for the center.* **Please be sure shoes are clean and in good condition.**

COMMUNITY HAPPENINGS

WHAT'S HAPPENING AT THE UM TOWNSHIP LIBRARY - OCTOBER UPDATES



Library will be closed on Monday, October 9 for Columbus Day. We will reopen on Tuesday, October 10 at 9 am

Sangeetha from the library will be at the Senior Center on Tuesday October 10 and Tuesday, October 31 from 10 am to 12 pm to answer all your tech questions.

Fall 2017 Book Discussion Series - The Lives We Lead: The Results and Repercussions of Making Choices.

September 17 Lilac Girls by Martha Hall Kelly
October 1 News of the World: A Novel by Paulette Jiles
October 15 La Rose by Louise Erdrich
October 29 Where All Light Tends to Go by David Joy
November 12 Nora Webster by Colm Toibin

All programs will meet from 2-3:30 PM. The Participation Policy (effective Fall 2011) is as follows: There is an administrative charge of \$10 per series to participate in the Sunday book discussions for participants who choose to borrow the book set from the library. There will be no charge if the participant supplies his or her own copies of the books, or if the participant purchases all of the books for the series from the library. Call 610-265-4805 or stop in at the library to register

Tech Night on Monday, October 2 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. Registration Required.

Jazz Night on Friday, October 13 at 7 pm: Come with your family for a night of Jazz at the library. Performance by Jazz 180. Visit them at www.jazz180.com

Fitness class on Monday, October 16 at the Community Center (please check our online calendar for the class time): Professional instructor from our Community center will teach the class. Come and enjoy the class while your body tones. The class will be held at the Community Center. Please be there 10 minutes early to sign the waiver. MUST REGISTER through the library. FREE for all, need not be a member.

Diwali Celebration @ the Library on Monday, October 23 from 6:30 pm: Come celebrate the

Indian Festival of Lights with us at the library. Enjoy the Table displays, dance and music, and taste different cuisines of India. All are welcome.

Knit Nite: Monday, October 23 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 pass on their skills, and some advanced knitters are usually available to help with patterns and designs.

To register for any of the library events, you can register via our online calendar, or by calling 610-265-4805, or stopping by the library.

Low Vision Reader: Our library has a low vision reader for use in the library. Please contact us for more information.

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

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.

**DO YOU LOVE BINGO?
DO YOU LOVE CASH
PRIZES?
IF YOU DO YOU CAN'T
MISS OUR UMSSC "BIG"
BINGO" ON SATURDAY,
OCTOBER 14
PURCHASE YOUR TICKET
(\$20.00 ADVANCE OR
\$25.00 DAY OF) AT THE
SENIOR CENTER OR MAIL
IN A REGISTRATION FORM
ATTACHED TO THIS
NEWSLETTER WITH YOUR
PAYMENT.**

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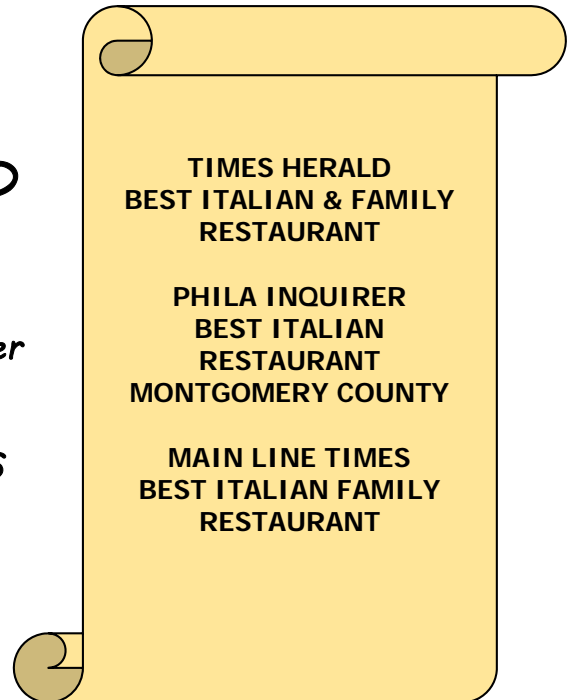
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RECEPTION AREA GREETER

We are looking for members with sunny dispositions who are interested in volunteering to sit in the lobby area for a couple of hours each week to help out or fill in for our receptionist, Beth. If you think you might be interested, see Shirley in the staff office.

PUT BOOKS IN THE HANDS OF CHILDREN WHO NEED THEM

We are collecting children's books for the Bridgeport Elementary School children (grades K-4th). *Our book donations are a big hit with the kids because they get to keep the books they pick. Let's keep it going! 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 collect knitted and crocheted squares for blankets provided to children who are seriously ill or traumatized. Joan Banas collects the squares on behalf of the church. Our members can participate by knitting squares. Yarn and patterns are on a table near the lobby. Many thanks to our knitters and keep up the good work!

SHOEBOX RECYCLING

We continue 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. Every box we fill *raises funds for the center*. Please be sure shoes are *clean and in good condition.*

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