

2017 INDIVIDUAL
MEMBERSHIP APPLICATION
(JANUARY 1, 2017 – DECEMBER 31, 2017)



Welcome To the Upper Merion Senior Service Center
431 W. VALLEY FORGE ROAD, KING OF PRUSSIA, PA 19406
610-265-4715

****PLEASE PRINT & COMPLETE BOTH SIDES OF FORM****

Membership: \$15.00

* Do you have a handicap placard? Yes ___ No ___

*Select One: Mr. ___ Dr. ___ Mrs. ___ Ms. ___ Miss ___

*Last Name: _____ *First Name: _____

*Street Or P.O. Box: _____

*City: _____ State: _____ Zip Code: _____

*Telephone: (____) _____ E-Mail: _____

*Birthday Month: _____ Day: _____

*Emergency Contact Name: _____ Telephone: (____) _____

*School District: _____ *Note: Voting Privileges Restricted To Upper Merion Area School District Residents.*

*Referral: How did you hear about us? _____

*Would you like to receive paper copy of monthly newsletter? ___ (yes) ___ (no)

Confidentiality: The UMSSC guarantees your privacy. None of the above personal information will be made available to anyone, with the exception of birthdays, which are posted on the bulletin board every month.

****TWO-SIDED FORM – BOTH SIDES MUST BE COMPLETED****

Thank You!

Office Use Only

Date Paid: _____ Cash: \$ _____ Check No. _____ Payment Rec'd. By: _____

(Please Make Your Check Payable To UMSSC)

Membership Card issued: _____ Newsletter Issued (New Member): _____

PLEASE READ CAREFULLY - THIS IS A LEGAL DOCUMENT

WAIVER AND RELEASE OF ALL CLAIMS

THIS RELEASE, dated _____, is given *BY THE UNDERSIGNED, hereinafter referred to as RELEASOR, TO THE UPPER MERION SENIOR SERVICE CENTER*, their officers, agents, employees and representatives, hereinafter referred to as UMSSC.

1. **Waiver and Release.** In consideration of the grant of permission to participate in Upper Merion Senior Service Center activities, I release and give up any and all claims, demands, and/or rights which I have against Upper Merion Senior Service Center arising out of my participation in any such activity sponsored, authorized and/or permitted by the UMSSC. This releases all claims, including those of which I am not aware and those not mentioned in this Release. I release UMSSC, and hold UMSSC harmless, from any and all claims of personal injury or property damage arising out of or in any way related to my participation in any activity sponsored, authorized, and/or permitted by UMSSC. This release is intended to release all injuries, damages or losses to my person and property, real or personal, whether known, unknown, foreseen or unforeseen. I understand and acknowledge the significance and consequence of this Release and hereby assume full responsibility for any injuries, damages or losses that I may incur. This Release is freely and voluntarily given.

2. **Other Insurance.** I represent and certify that I am covered by my own medical insurance. I understand that I am not permitted to participate in any activities sponsored, authorized and/or permitted by UMSSC, unless I have such coverage. I fully understand that UMSSC is allowing me to participate in activities in reliance upon this representation.

3. **Who is Bound.** I am bound by this Release. Anyone who succeeds to my rights and responsibilities is also bound. Specifically, my heirs, executors, administrators and assigns are fully bound by this Release. This Release is made for the benefit of UMSSC and all who succeed to the rights and responsibilities of UMSSC.

I HAVE READ THIS RELEASE AND UNDERSTAND THAT I HAVE GIVEN UP MY RIGHT TO PURSUE A CLAIM AGAINST THE UPPER MERION SENIOR SERVICE CENTER, THEIR OFFICERS, AGENTS, EMPLOYEES AND/OR REPRESENTATIVES FOR ANY INJURIES, DAMAGES AND/OR LOSSES ARISING OUT OF MY PARTICIPATION IN ACTIVITIES SPONSORED, AUTHORIZED OR PERMITTED BY THEM.

DATE: _____

(Signature)

(Print name)

(Print address)



THE BEST OF TIMES

FEBRUARY 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

FAX 610-265-4005

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

MEMBERS OF THE BOARD:

Jane Burger, Toni Herrick, Ann Lister,
Howard Lurie, Howard Rosenblum,
Roseanne Scully, and Joan Shaw

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Constance H. Williams and
Ronald G. Wagenmann

POSTHUMOUS HONORARY MEMBERS:

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,

As usual there are many activities at the center. Our kitchen is shaping up wonderfully.

AARP Tax Preparation will not be held at our center this year due to a problem which AARP has. They assure us they will resume tax preparation for the 2017 tax year but are unable to do so this year. There are six alternates for you to have your tax returns completed and they are listed in the body of this newsletter. You are recommended to call and make an appointment at any one of these locations.

Our annual Valentines Social will be on Friday, February 10 from 11 AM to 2 PM. Tickets will go on sale as soon as possible and until sold out. We will have hoagies – turkey, tuna, and Italian. Delightful entertainment and music by the UMSSC Band.

We are invited by the students at Roberts' Elementary School to be interviewed by the students. I think their goal is to see how different things are today than they were when we were in elementary school. You will drive to the school yourself. Times are 10 AM or 1 PM.

Upper Merion Township Library is in the midst of a survey to see what people like or do not like about the library. Survey sheets will be distributed at the Senior Center.

RED LABEL REMINDER - is there a RED DOT on your newsletter this month? Just a friendly reminder that a RED DOT placed on your February newsletter address label means you have not renewed your membership for 2017 and this will be your last newsletter until you renew. Membership runs from January 1 to December 31, 2017 and STILL **COSTS ONLY \$15.00 FOR THE YEAR**

As always, come spend some time with us and remember to always say something nice about UMSSC.

Happy Valentine's Day!!

*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

FEBRUARY 2017



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			9:30 WEDNESDAY CARD PLAYERS 10:00 BOARD MEETING 12:00 TAI CHI (VIDEO) 12:00 BREAD DAY 12:30 CANASTA 1:00 LINE DANCING	10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 BINGO 12:00 BREAD DAY 12:30 CHAIR EXERCISE	10:00 SING-A-LONG	
5	9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA (VIDEO)	9:30 PA RELAY HEARING SERVICES 9:30 COMPUTER CLUB 9:30 BRIDGE 9:30 POKER 11:30 CHAIR EXERCISE 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/ CROCHETING	9:30 WEDNESDAY CARD PLAYERS 10:00 GENERAL MEETING 12:00 TAI CHI (VIDEO) 12:00 BREAD DAY 12:30 CANASTA 1:00 GARDEN CLUB 1:00 LINE DANCING	9:30 NURSE 10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 BINGO 11:00 OUTREACH-BRIGGS 12:00 BREAD DAY 12:30 CHAIR EXERCISE	VALENTINE HOAGIE SOCIAL 11:00 AM TO 2:00 PM ALL OTHER ACTIVITIES CANCELLED 	
12	9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA (VIDEO)	9:30 COMPUTER CLUB 9:30 BRIDGE 9:30 POKER 11:30 CHAIR EXERCISE 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/ CROCHETING HAPPY VALENTINE'S DAY	9:30 VALLEY FORGE CASINO 9:30 WEDNESDAY CARD PLAYERS 12:00 BREAD DAY 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 LINE DANCING	9:00 FREE AED/CPR TRAINING 10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 BINGO 12:00 BREAD DAY 12:30 CHAIR EXERCISE 1:00 GERIATRIC CHAIR MESSAGES	10:00 SING-A-LONG	MUMMERS & MORE EXCURSIONS TRIP
19	CLOSED FOR PRESIDENTS DAY ALL ACTIVITIES CANCELLED 	9:30 COMPUTER CLUB 9:30 BRIDGE 9:30 POKER 11:30 CHAIR EXERCISE 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/ CROCHETING	9:30 QUILTING 9:30 WEDNESDAY CARD PLAYERS 12:00 BREAD DAY 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 GARDEN CLUB 1:00 LINE DANCING	9:30 NURSE 10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 BINGO 11:30 OUTRACH LEACH 12:00 BREAD DAY 12:30 CHAIR EXERCISE	10:00 SING-A-LONG 11:30 FRIDAY FLICKS	
26	9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:00 BOOK TALK 1:30 YOGA (VIDEO)	9:30 COMPUTER CLUB 9:30 BRIDGE 9:30 POKER 11:30 CHAIR EXERCISE 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/ CROCHETING				

OUR BOARD OF DIRECTORS



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UPCOMING EVENTS

THE SENIOR CENTER WILL BE CLOSED ON MONDAY, FEBRUARY 20 FOR PRESIDENT'S DAY

PA RELAY HEARING SERVICES - TUESDAY, FEBRUARY 7 FROM 9:30 AM TO 12:30 PM. Eric from PA Relay will be at the Center to answer any questions you have regarding hearing equipment and more. Look for him in our lobby area.

VALENTINE HOAGIE SOCIAL FRIDAY, FEBRUARY 10 - 11:00 AM TO 2:00 PM. Door Prizes and entertainment. Tickets: \$7.00. Hoagie Choice: Italian, Tuna or Turkey. Entertainment will be provided by our own UMSSC Band. Open to members and non-members. Tickets sales until Friday, February 3.

VALLEY FORGE CASINO WEDNESDAY, FEBRUARY 15 (Cut-off date Mon., FEB.13) 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.

FREE AED/CPR TRAINING (automated external defibrillator/cardio pulmonary resuscitation) THURSDAY FEBRUARY 16 FROM 9:00 AM TO 12:00 PM: Certifiers from Lafayette Ambulance will conduct training on these lifesaving procedures. This is a 3-hour course being offered from 9AM-12PM. Sign-up sheet in the lobby.

GERIATRIC CHAIR MESSAGES THURSDAY FEBRUARY 16 FROM 1:00 PM TO 3:00 PM: Kathy Ramsy, Certified Geriatric Masseuse, will be offering free 10-minute chair massages. Come out and treat yourself!!!

MUMMERS & MORE EXCURSIONS SATURDAY, FEBRUARY 18 at 9:15 AM (rain date Sunday, February 19): Mark your calendars. The Excursions Committee is planning to go to the Mummers Mardi Gras Parade in Manayunk. The Excursions Committee will arrange car pools to leave from the Senior Center at 9:15 AM to the Norristown Transportation Center, where we can take the train to Manayunk or you can drive on your own. The fare is \$1 each way for seniors. The Manayunk station is barely a block from Main Street. The parade starts at 11 a.m., featuring 17 string bands. The fun continues on Main Street until 6 p.m. with lots of family-friendly activities and many venues for eating. After the parade, each band will be at its "clubhouse" for the day, an establishment on Main Street where everyone has a chance to meet the Mummers informally. A sign-up sheet will be available at the General Meeting.

In March, we'd like to take a tour of the Wanamaker Organ at Macy's while the store is having its annual Flower Show (the week of March 19, after the Philadelphia Flower Show).

If you would like to go on either of these excursions, sign up in the lobby or call Jean Ehlinger (610-265-9153) or Pat Holden (484-432-9669).

We'd also like to visit the Barnes Foundation in Philadelphia. We need 15 people to get the group rate for admission. If you are interested in doing that this spring, let us know.

At the end of the General Meeting on February 8, we will repeat our short slideshow/video presentation of the places (museums, gardens, etc.) we could go.

COMING SOON - DATE TO BE ANNOUNCED
UNWHINE & PAINT PARTY with Sanford Molinaro (Paid participation includes instruction, canvas, paint supplies, snacks). Always a lot of fun! When date is set info will be posted on the bulletin board and on our website and a sign-up sheet will be in the lobby.

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.

- ★ Gary & Rose Clemente to the Center
- ★ John & Ann Karas to the Center
- ★ Ginny Santangelo in memory of Ruth Shand

GRACIAS! THANKS! DANKE! MERCI!

★ ***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.*** ★ ***Acme Market for their wonderful donation of baked goods.*** ★ ***Special thanks go to the Upper Merion Township Library for all they do for the Senior Center - large print books and Friday Flicks.***



COMMUNITY OUTREACH

UPPER MERION EMERGENCY AID

More families are in need than ever before. Our donation box is in the lobby. ***They have requested 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-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! 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. You can participate by knitting squares. Yarn and patterns are on a table near the lobby. Finished squares go into a bin on the same table.

Joan is very happy to report that ***60 blankets were donated in 2016.*** They are much appreciated by the recipients. 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.***

KNITTED CAPS FOR ST. CHRISTOPHERS

Caps are knitted for preemie babies to keep by our members for donation to ***St. Christopher's Hospital for Children.*** 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.

FLOWER CAUSE

Flower Cause is a new community assistance program which UMSSC is participating in. 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!

COMMUNITY HAPPENINGS

WHAT'S HAPPENING AT THE UM TOWNSHIP LIBRARY IN FEBRUARY

18th Annual Black History Celebration. "Stepping Out with Black History" on Saturday, February 25, 2017 from 10:00 am to 3:30 pm at the Upper Merion Township Building.

Tech Night on Monday, February 6 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.

Wills & Trusts on February 8 at 7 pm in Valley forge room. A variety of behavioral traits can affect investment decision-making for the worse. Impulsive behaviors may potentially sabotage the portfolio investors spent years trying to build. Learning new habits may help to successfully build, preserve and transfer wealth. This seminar focuses on what destroys wealth, how successful investors create wealth, and how to change behavior to work towards being successful. MUST REGISTER.

Adult Coloring Night on Monday, February 13 at 7:00 pm. Bring your friends and enjoy coloring. Walk-ins are welcome. Materials will be provided. If you are interested in puzzles, we have them as well!!

Vinyasa Yoga on Monday, February 20 at 6:45 pm: Vinyasa Yoga, flow between poses, challenging your endurance, flexibility and strength. Professional instructor from our Community center will teach. 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.**

Knit Nite: Monday, February 27 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.

Winter Reading Program from January 3, 2017 to March 20, 2017. Read, Register & Review to win exciting prizes. Register via our library's website or come in person to register.

To register for any of the library events, you can register via our online calendar, or by calling [610-265-4805](tel: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 Wi-Fi 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.

SAVE THE DATE:

Social security workshop on March 23 & March 30 at 6:30 pm.

Stand-up Comedy "Jax4Jokes" on March 29 at 6:30 pm.

NEWSWORTHY

IMPORTANT NOTICE REGARDING AARP 2016 TAX PREPARATION

AARP Foundation Tax-Aide offers free tax preparation to anyone of any age - especially if you are 50 or older or can't afford paid tax preparation. The locations for this service have changed. ***They will not be at the Upper Merion Senior Service Center this year.***

Below is the list of locations offering this service:

- 1) Wayne Senior Center: For appointment 610-688-6246 on Tuesdays, Thursdays and Fridays.
- 2) Surrey Services for Seniors: For appointment 610-647-6404 on Fridays.
- 3) Easttown Library: for appointment 610-644-0138 Mondays and Tuesdays.
- 4) State Rep. Kampf's Office: for appointment 610-251-2876 on Wednesdays only.
- 5) Springfield Township Library: for appointment 215-836-5300 on Thursdays only
- 6) Ambler Senior Center: for appointment 267-469-0101 on Tuesdays only.

For additional information: www.pataxaide.org

CALLING ALL BRIDGE PLAYERS

Since the 1930s, Bridge has been one of the most popular card games in the world. Partner with a friend or make a new one in Bridge. It takes two to make a winning hand! Show off your card skills in Bridge. Bridge is a four player trick-taking card game where the players bid for a trump suit in auction before each hand. Bridge is scheduled for every Tuesday at 9:30 AM. We need some new players so why not give it a try.

SENIOR CENTER POKER

Our Poker Club now recognizes the needs of new players. They will continue the tradition of dealer's choice in the selection of games. However, there will also be rounds of basic poker games that do not include any wild cards or any other complicated rules. These rounds will alternate with rounds that do permit more advanced rules. Therefore, all players will have the choice of sitting in as observers or actually as players depending on their individual comfort level.

The Poker Club meets every Tuesday in the lounge. Games start at 9:30 AM and end at 3:00 PM with a ½ hour lunch break at 12:30 PM. ***Hope you will join us!***

ATTENTION: CHECK OUT OUR CRAFT ROOM

We have bright, pretty new items available at low prices perfect for gift giving. Our door is always open. If we are not there - the honor system is okay. MEMBERS: Do you have a hobby? Want to start a new hobby? Besides knitting, crocheting and quilting, we have plastic canvass to work with. If you have questions about sewing or operating your sewing machine, we can help.

WHAT CRAFTS ARE YOU INTERESTED IN? IS THERE A CRAFT YOU COULD TEACH? PLEASE GIVE US (Pat Ackah or Ethel Hutchinson) SOME FEEDBACK!

INTERESTED IN CHESS?

Let us know if you are interested in forming a Chess Club at the center. Stop in the office and we will record those interested. If we have enough interest, a club will be started.

BREAD DAY WEDNESDAY & THURSDAY

Members are invited to come in on Wednesdays and Thursdays to pick up free bread, rolls and baked goods which have been donated to the Center. ***Bring your shopping bag and come between 12:00 PM and 2:00 PM. Please do not come early and please wait until the volunteers have unpacked and re-bagged the bread.***

THANK YOU MLK DAY VOLUNTEERS

We were very fortunate on our MLK Day of Service to have a wonderful energetic group of volunteers. We had 16 employees from Royal Bank and from the Girl Scout Troop 7090 we had 18 volunteers. Also helping out were our own members, Patricia Ackah, Joan Banas, Paul Buce, John Desko, Cindy Eastman, Geraldine Fountain, Jean Grimes, Jerry & Harlyce Grossman, Mary Hoffman, Ethel Hutchinson, Don & Mary McCree, Shirley Robey, Howard Rosenblum, Bob Spicer and Dottie Wisniewski. ***THANK YOU TO ALL - YOU MADE OUR CENTER LOOK GREAT!***



KEEPING SENIORS INFORMED

WHAT, WHEN, WHERE, WHO AND WHY

These are all factors which influence what is in an eating plan. Always remember that YOU are the one who is in control of these factors. You definitely make the decisions on what you eat. You know about all of the healthy foods to choose. They include servings of proteins, fruits, vegetables, grains, dairy and some fats. Each category of foods supplies the body with nutrients needed to maintain health.

Recall previous discussions on when to eat. Aim for some regularity in the times you eat so that you three meals and planned snacks around the same time every day. This helps to keep your hunger level under control so that it does not lead to disastrous snacking on non-nutritious selections. Also, it is recommended to not have any food ***for 9 to 10 hours during evening and night before you get up in the morning. (...for a 9-10-hour period between your last evening meal***



until the time you get up in the morning.) This gives the body time to digest and process all the food you have eaten earlier in the day.

Relatives, friends and others often influence eating. There are food pushers who encourage second helpings and high calorie desserts. Perhaps you are in a situation where you do not want to offend someone by not eating what is offered. Learn how to politely refuse what you do not choose to have. It takes a strong conviction to stay with your plan when under duress. Keep thinking of your goal of mindful eating and the need to choose foods for their nutritional value, not just the temporary "tastes good" satisfaction. It may help to strengthen your resolve if you think about how many steps (miles) you would need to walk to burn off the calories in a piece of pecan pie.

Where you eat can influence what you eat as well as how much you eat. It is always recommended that you be seated at a table when eating. This helps you focus on your food and the enjoyment of eating. Standing at the counter or the stove reduces your overall eating satisfaction. For the cook, having a number of "tastes" while cooking adds up to more calories for the day. Some restaurants encourage fast eating by playing fast tempo music which helps to have a faster turnover of customers. Many restaurants provide over-generous servings. Do not hesitate to request a box to take half of your meal home. You will certainly "get your money's worth" because you will have two meals instead of one.

Then comes the really important factor of why we eat. Of course, it is a pleasurable activity but it is also extremely important to eat to maintain health throughout the life span. The body needs a continuous supply of nutrients to carry out all of its functions. Denying your body of the sustenance it needs could result in various health problems you would rather not have.

When you read and hear information about various foods and why they are healthful, put it to use in your own food selections. Be adventurous and try out some new recipes. Add some spices to your cooking. Try some fruits and vegetables which you do not usually eat.

Above all, enjoy HEALTHFUL eating.

(contributed by Jane Burger)

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!

BOOK TALK: Monday, February 27 at 1:00 PM. Meets on the 3rd Monday of the month. Coordinator: Patricia Ackah. This month's book: **"AN INVISIBLE THREAD"** by Laura Schroff, chronicles the lifelong friendship between a busy sales executive and a disadvantaged young boy, and how both of their lives were changed by what began as one small gesture of kindness.

BRIDGE CLUB: Tuesdays at 9:30 AM in the Lounge. All bridge players welcome!

CANASTA: Wednesday's at 12:30. Coordinator: Lynn Boroch. *Want to learn to play? Beginner players will be welcome for instruction by Lynn (Wednesday).*

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. 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!

NEW TIME: FRIDAY FLICKS: Friday February 24. *(Please wait in the lounge area until Pizza at 11:30 AM,*

Movie at 12:15 PM) Coordinator: Don McCree. Pizza: \$3.00. Movie: *Free*. Showing ***This month, we will show "Sully" starring Tom Hanks.*** The story of Chesley Sullenberger, an American pilot who became a hero after landing his damaged plane on the Hudson River in order to save the flight's passengers and crew.

GARDEN CLUB: Meets the Second and Fourth Wednesday at 1:00 PM. Coordinator: Paul Buce
The club will meet twice this month, on **Wednesday, the 8th and 22nd**. Time to clean out those cobwebs, oops, they're spider mite webs, clean them too. Presume that it will still be winter, and an indoor planning meeting is in order. Hope your indoor plants have survived another winter. Room is uncertain at this time, come find us.

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 **FEBRUARY 8**. Learn what is going on at the senior center and join us to celebrate **FEBRUARY** 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 Boroch. All level players are welcome, even beginners! Come in and learn to play this very popular game.

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.

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 lounge. 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 NEW VIDEO VERSION: Wednesdays at 12:00-12:45 PM. *Video Instruction good for beginners, intermediate or advanced.*

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

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

ZUMBA GOLD WITH GENI AND FRIENDS: Classes on Mondays through March 13 and March 27 through May 22 at the Community Center. No class FEBRUARY 20 or APRIL 17. Register for Zumba Gold through Park and Rec Dept. Instructor: Geni Roskos. All the fun of Zumba designed for the 50+ participant and anyone desiring modifications -a less intense but still invigorating Latin dance fitness class. COST: Resident: \$16, Non-Resident: \$31.

IN CLOSING

CREAT A "HAPPINESS JAR"

Here's a great idea from Sally McDonough. Start the New Year out with an empty jar and fill it with notes about good things that happened to you and your family - big or small - throughout the year. Then on New Years Eve, empty it and see what awesome stuff happened over the past year.



HAPPY VALENTINES DAY EVERYONE



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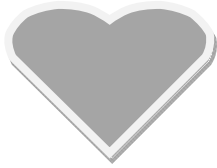
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*Upper Merion Senior Service Center
Friday, February 10, 2017*

11:00 AM to 2:00 PM

Tickets: \$7.00

Door Prizes – Entertainment*

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Italian - Tuna - Turkey

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REMINDERS FOR FEBRUARY 2017

**SENIOR CENTER CLOSED FOR THE VALENTINE HOAGIE SOCIAL ON FRIDAY,
FEBRUARY 10 AND FOR PRESIDENTS DAY ON MONDAY, FEBRUARY 20**

- * PA RELAY HEARING SERVICES TUESDAY FEBRUARY 7 FROM 9:30 AM TO 12:30 PM
- * GENERAL MEETING: WEDNESDAY FEBRUARY 8, 2017 AT 10:00 AM
- * VALENTINE HOAGIE SOCIAL FRIDAY, FEBRUARY 10 FROM 11:00 AM TO 2:00 PM - TICKETS ON SALE NOW IN THE LOBBY
- * VALLEY FORGE CASINO WEDNESDAY, FEBRUARY 15 AT 9:30 AM. *MUST REGISTER TO GET THE GROUP OFFER OF \$20.00 IN SLOT PLAY. CUT OFF DATE JANUARY 17.*
- * FREE AED/CPR TRAINING THURSDAY, FEBRUARY 16 FROM 9:00 AM TO 12:00 PM
- * GERIATRIC CHAIR MASSAGES THURSDAY, FEBRUARY 16 FROM 1:00 PM TO 3:00 PM
- * MUMMBERS & MORE EXCURSIONS SATURDAY FEBRUARY 18 (RAIN DATE SUNDAY, FEBRUARY 19)
- * FRIDAY FLICKS: FRIDAY, FEBRUARY 24 AT 11:15 AM. SHOWING THIS MONTH: *"SULLY" STARRING TOM HANKS*
- * BOOK TALK MONDAY FEBRUARY 27 AT 1:00 PM. THIS MONTH'S BOOK IS *"THE INVISIBLE THREAD" BY LAURA SCHROFF*

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