

THE BEST OF TIMES



FEBRUARY 2018

**UPPER MERION SENIOR
SERVICE CENTER**

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

TELE: 610-265-4715

www.umssc.org

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.

OUR 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

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TIME TO RENEW YOUR MEMBERSHIP FOR 2018

The 2018 membership renewals are now being accepted. 2017 Memberships officially expire in February and you will no longer receive the newsletter. For the first time in over 15 years, the membership fee has increased to **\$20.00** per person to help defray the increase we have experienced in our operating expenses. We look forward to the New Year and all of the exciting activities and events we are planning. We hope we can count on the continued support of our 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 Norma & Robert Brechbiel, Janet Breskman, Jane Caruso, Joy Denick, Robert Krutsick, Joe Maggio, Elaine & Gary Touchton, and Louis Zotti.

VALENTINE HOAGIE SOCIAL
FRIDAY, FEBRUARY 16 - 11:00 AM
TO 2:00 PM. TICKETS \$7.00
PURCHASE BEFORE CUT OFF DATE
OF FRIDAY, FEBRUARY 9


Door Prizes and entertainment. Hoagie Choice of Italian, Tuna or Turkey. Entertainment will be provided by our own UMSSC Band. Open to members and non-members.

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 2018

MONTHLY HEALTHY HABIT: CUT YOUR PROCESSED SUGAR IN HALF - OR OUT ALL TOGETHER



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
					1 10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 BINGO 11:00 BREAD DAY 12:30 FUN & FITNESS	2 9:30 PINOCHLE 10:00 SING-A-LONG	3
4	5 9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA (VIDEO)	6 9:30 COMPUTER CLUB 10:00 BRIDGE 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING 2:00 MEMORY CAFE	7 9:30 WEDNESDAY CARD PLAYERS 10:00 BOARD MEETING 11:00 BREAD DAY 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 LINE DANCING	8 10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 NURSE 10:15 BINGO 11:00 BREAD DAY 11:00 OUTREACH - BRIGGS 12:30 FUN & FITNESS	9 9:30 PINOCHLE 10:00 SING-A-LONG	10	
11	12 9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA (VIDEO)	13 9:30 COMPUTER CLUB 10:00 TECH HELP 10:00 BRIDGE 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING	14 9:30 WEDNESDAY CARD PLAYERS 10:00 GENERAL MEETING 11:00 BREAD DAY 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 LINE DANCING 1:30 RED HAT LADIES 	15 10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 BINGO 11:00 BREAD DAY 12:30 FUN & FITNESS	16 ANNUAL VALENTINE HOAGIE SOCIAL 11:00 AM TO 2:00 PM DOOR PRIZES ENTERTAINMENT	17	
18	19 9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:00 BOOK TALK 1:30 YOGA (VIDEO)	20 9:30 COMPUTER CLUB 10:00 BRIDGE 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING 2:00 MEMORY CAFE	21 9:30 WEDNESDAY CARD PLAYERS (IN CRAFT ROOM TODAY) 9:30 VALLEY FORGE CASINO 10:00 PERSIAN GROUP 11:00 BREAD DAY 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 LINE DANCING	22 10:00 AMERICAN TREASURES TOUR 10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 NURSE 10:15 BINGO 11:00 BREAD DAY 11:30 OUTREACH - LEACH 12:30 FUN & FITNESS	23 9:30 PINOCHLE 10:00 SING-A-LONG 11:30 FRIDAY FLICKS	24	
25	26 9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA (VIDEO)	27 9:30 COMPUTER CLUB 10:00 TECH HELP 10:00 BRIDGE 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING	28 9:30 WEDNESDAY CARD PLAYERS 11:00 BREAD DAY 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 GARDEN CLUB 1:00 LINE DANCING				

HERE'S WHAT'S HAPPENING IN THE COMING MONTHS

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

EXCURSIONS COMING UP

Take a ride to Oaks Thursday, February 22 and hop on the tram at the American Treasures Tour, "an eclectic array of antiques and kitsch." The cost is \$12.50 per senior (\$15 for younger adults). **Sign up in the lobby and submit your payment no later than February 14.** Please indicate if you are willing to drive.

This collection of Americana includes miniature circuses and sideshow art, classic autos, automatic music machines, model airplanes, movie posters, record albums, music boxes, dolls and dollhouses – all varieties of 20th century popular culture.

Transportation will be by carpool from the Senior Center. Meet in the swim club parking lot in time for 10:00 AM departure for the short trip to Oaks. We are arranging for the 10:30 AM TRAM TOUR (NO WALKING!). Lunch will be on your own afterward at one of the restaurants nearby.

If you wish to drive by yourself, be at American Treasures Tour at 10:20. It is located in the 422 Business Center (between the movie theater and The Dump), off Egypt Rd in Oaks.

FUTURE EXCURSION TRIPS

The Excursions Committee is also working on bus trips to Font Hill Museum, which includes the Moravian Tile Works, in Doylestown, March 22; historic Laurel Hill Cemetery in Philadelphia, April 19; and Nemours Mansion and Gardens near Wilmington May 10. Mark your calendars and watch for sign-ups for those excursions.

FRIDAY FLICKS!

FRIDAY FEBRUARY 23 - SICILIAN DELIGHT PIZZA (\$3.00) AT 11:30 AM - MOVIE (FREE) STARTS AT 12:15 PM THIS MONTH: "GOODBYE CHRISTOPHER ROBIN" starring Domhnall Gleeson, Margot Robbie, Kelly Macdonald. A behind-the-scenes look at the life of author A.A. Milne and the creation of the Winnie the Pooh stories inspired by his son C.R. Milne. **Must sign up (and/or pay for pizza) at info desk by Thursday, FEBRUARY 22**

BIG BINGO - SUNDAY MARCH 4

UMSSC BIG BINGO CA\$H PRIZES SUNDAY, MARCH 4, 2018. Advance Sale Tickets*: \$20.00 Day of Tickets*: \$25.00 Doors Open 11:00 AM Games Start 12:00 PM Refreshments for sale**. (*No One Under Age 18 Will Be Admitted **No Outside Food or Beverage Permitted) **Registration Forms is attached to this Newsletter** and are also available at the Info Center in the Lobby or on our website UMSSC.org.

MUSCLE TENSION SCREENINGS

TUESDAY, MARCH 6 AT 10:00 AM TO 2:00 PM. Muscle tension screenings measure the tension in a person's neck, upper back and lower back. It can give an accurate reading of areas of the body that are stressed and experience tension. A great tool for people to see where they carry their stress and what they can do about it. Sign-up sheet in the lobby area to receive the five (5) minute per person screening.

FLEA ROOM OPENS FOR DONATIONS

MONDAY MARCH 19 Donations will be accepted in the Flea Room. Acceptable donations are children's books, appliances and electronics (in working order), knickknacks, decorations, etc. Donations of used clothing, junk or broken or non-working items not accepted! The Flea Room will be open **Monday through Thursday from 9:30 AM to 1:30 PM (NOT OPEN ON FRIDAY'S). OUR ANNUAL FLEA MARKET WILL BE HELD ON SATURDAY, APRIL 14 from 9:00 AM to 1:00 PM.** All profits from sales benefit the Senior Center.

MEMORY CAFÉ

TUESDAYS FEBRUARY 6 AND FEBRUARY 20 AT 2:00 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.

BLOOD PRESSURE CHECK

THURSDAYS FEBRUARY 8 AND FEBRUARY 22 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, FEBRUARY 8 from 11:00 AM to 2:00 PM.

Senator Daylin Leach's aide will be here on Thursday, FEBRUARY 22 from 11:30 AM to 1:00 PM.

TECH HELP

TUESDAYS FEBRUARY 13 AND FEBRUARY 27 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 for one on one help.

GENERAL MEETING

WEDNESDAY FEBRUARY 14 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 February birthdays with some cake, a 50/50 raffle and a birthday raffle to win a hoagie from Angelo's Pizza.

BOOK TALK

MONDAY, FEBRUARY 19 at 1:00 PM. Coordinator: Patricia Ackah. This month's book **"THE SECRET KEEPER" by Kate Morton** is a spellbinding story of mysteries and secrets, murder and enduring love, moving between the 1930s, the 1960s and the present. 1961: On a sweltering summer's day, while her family picnics by the stream on their Suffolk farm, sixteen-year-old Laurel hides out in her childhood tree house dreaming of a boy called Billy, a move to London, and the bright future she can't wait to seize. But before the idyllic afternoon is over, Laurel will have witnessed a shocking crime that changes everything. 2011: Now a much-loved actress, Laurel finds herself overwhelmed by shades of the past. Haunted by memories, and the mystery of what she saw that day, she returns to her family home and begins to piece together a secret history. A tale of three strangers from vastly different worlds - Dorothy, Vivien and Jimmy - who are brought together by chance in wartime London and whose lives become fiercely and fatefully entwined.

VALLEY FORGE CASINO

WEDNESDAY, FEBRUARY 21 (Cut-off date MONDAY, FEB. 19) 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. 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.**

GARDEN CLUB

WEDNESDAY, FEBRUARY 28 AT 1:00 PM. Time to check those catalogs for what your dream garden will have next summer. Yes, I know, catalogs are history, check on-line. See you in February.

APPRISE COUNSELOR

An AARP Volunteer Apprise Counselor is available through the Senior Center to provide assistance with *health insurance and Medicare enrollment*. 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.

KEEPING SENIORS INFORMED

OUR SENSES AND OUR APPETITES

As we age, some of us are underweight, some are overweight and some are just right. Our appetites change over the years due to changes in health and other factors. All of our senses have an influence on our appetite. Each person can adapt the sensory cues that influence appetite to either decrease it or increase it.

There is no doubt that the visual cues have a powerful impact on the appetite. They can make you anticipate a pleasant experience or can diminish your desire to eat. Anticipate having colorful foods attractively served and you will be encouraged to eat.

The sense of smell diminishes with age. About one half of people over age 65 have decreased smell related to flavor perception. Adding herbs or spices and heating them in your foods can activate aroma molecules to stimulate the appetite and the pleasure of eating.

Everyone has about 10,000 taste buds and they are replaced about every two weeks in the younger years, but less often as we age. They give us the ability to distinguish the qualities of taste: sweet, sour, bitter, salty and savory. Some health conditions and some medications can influence your sense of taste. The use of fresh herbs or a drizzle of lemon or vinegar may bring out more flavor to increase saliva flow and enhance the taste.

Have you ever thought about sound related to taste? Think crispy or crunchy and you might think of a fresh apple and want to have one. Eating in a noisy environment can mask pleasant auditory cues like a crispy salad or a crunchy carrot. So here is another reason to void distractions while eating to enable you to fully enjoy your health food selections.

The texture of food (also known as "mouth feel") is related to sound. Think of a potato chip compared to mashed potatoes. You might not like some vegetables raw, like broccoli. But if it was sautéed in a little olive oil you would enjoy that texture. Brief steaming of some vegetables may make them more palatable than if they were eaten raw.

Experiment a little to find the perfect match of texture for YOUR taste. Use your senses to help manage your appetite.
(Contributed by Jane Burger)

LIVING BETTER THROUGH THE USE OF TODAY'S TECHNOLOGY

As active seniors, we all know Medical Alert systems can be a necessity for us.

Medical Alert systems allow family, friends, and medical services to be alerted in case of an emergency or fall, 24 hours a day. It usually consists of a base unit and a button necklace, bracelet or small device that the individual wears all of the time. It allows for freedom, as well as peace of mind to the wearer and loved ones.

Choosing the right one may be a bit confusing so here are some general guidelines to keep in mind when you are looking for one.

In choosing the right system, the first thing you should do is visit the providers' Web site, look it over carefully, (and then you still may want to call and speak to them about any questions you may have). Also, read as many reviews about the product as you can find (*do a Google search like "show me all reviews on <device name>"*).

The Equipment

- Is there "two-way" communication between you and the service provider? *Example, will you speak directly with a trained professional who will stay on the line with you until help arrives.*
- Is there a Base Station included with the device?
- Is there a Necklace and/or Bracelet included?
- Does the equipment have a battery backup and is it waterproof?
- What is the range of the signal (300 feet, 500 feet, etc.)?

Features

- Is the unit GPS enabled (can you be tracked to exactly where you are)?
- Can it detect falls?
- Does it have Landline and/or Cellular options?

Benefits

- Is there free installation, activation and equipment charges?
- What are the total monthly charges going to be?

- Is there a "live person" with whom you can speak if necessary (*if you have any service problems, billing issues or just need general information*)?
- Most importantly, are any long term contracts you have to sign!

The above list highlights some general guidelines to go by, it is by no means a complete list! You should speak with some service providers and make sure they have answered all your questions and concerns before purchasing any device or a plan.

(article from "Aging Tree" website)

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?



- ★ The following generous donations were given in memory of Mary McCree:

Jenny Angelina, Howard Rosenblum, Jean Ehinger, Roseann Scully, Rita McNally, Lucy Damiani, Gloria Mastrocola, Sarah Phillips, Janet Sheehan, Cindy & Dan Eastman, David & Jody Giblin, Ethel Hutchinson, Ann & Brian Lister, Anna Marie Mich, Dot Morio, Billie Horwitz, Liz Marren, Loretta DeLucca, Gloria Wolfehope, Dennis & Joan Oates, John & Nadine Wilson, Barbara Hamill, Marie Lalttanze, Shirley Robey and Dottie WIsniewski

Other donations given:

- ★Peggy Newman donation to the Center
- ★Ruth Giera donation to the Center
- ★Cindy & Dan Eastman in memory of Dominic Pistilli, Edward Grace, Jr., Bryan Lynn, Theresa Proietta and Louis Aquilante.
- ★Taylor Chapter of ORT America donation to the Center [SR1].

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 to the Upper Merion Township Library** for all they do for the Senior Center including large print books and Friday Flicks movies.

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!

SENIOR CENTER COMMUNITY OUTREACH

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.**

UPPER MERION EMERGENCY AID

We are thankful for what we have and for what we give. Please think of others and make a 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.**

AROUND THE COMMUNITY

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



Upper Merion Township Library & Friends of Black History Present: The Snapshots of Black History Saturday, February 24 - 10:00 am to 3:30 pm

You're Invited to our 19th Annual Celebration of Black History. Join others from across the region for a special day of exhibitions and programs that explore Black History

10:00 AM - 3:00 PM: Vendors: Jewelry, clothing, hand crafted items and more

10:00 AM - 3:00 PM: Kids Crafts and Activities

11:00 AM - 12:00 PM: Mr. Keith Henley, Historical Interpreter. Take a journey through the life of Langston Hughes, African-American poet, novelist, and playwright

12:00 PM - 1:15 PM: Soul Food Sample. Sample African-American soul food

1:15 PM - 2:15 PM: Step Dance. Performance by Alpha Phi Alpha Fraternity, Inc.- Rho Chapter

2:15 PM - 3:15 PM: Warren Cooper and Soul Sensation Present THE NEGRO SPIRITUAL: A HERITAGE OF PROTEST & PRAISE

Winter Reading Program continues. Read, Register & Review to win exciting prizes. Register via our library's website or come in person to register. Last date to submit review is March 20, 2018.

Transform. You. Series February 1, 8 and 15 at 7 pm in Valley Forge room. Understand and realize your true potential. Know what you are good at, build transformational capabilities and sell more effectively. Create a solid online presence and let your customers and target audience reach you online.

ESL Classes Tuesdays at 1 pm. For adults who speak English as a second language, this program allows you to practice your English through conversations about books, short stories, and news articles. The class leader is Mrs. Jean Olexy, a certified ESL teacher. Anyone who speaks English as a second language is welcome to drop in.

Tech Night on Monday, February 5 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.

Adult Coloring Night on Monday, February 12 at 7 pm in Valley Forge Room. 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!!

Knit Nite: Monday, February 26 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.

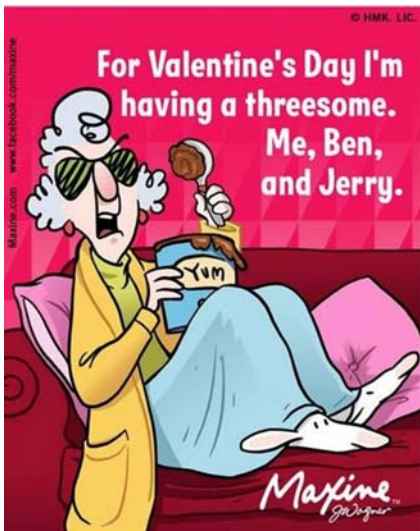
To register for any of the library events, you can register via our online calendar, or by calling 610-265-4805, or stopping by the library.

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.

JUST FOR FUN - HAVE A GOOD LAUGH



♥ VALENTINE WORD SEARCH



- | | | | |
|-------|------------|-----------|------------|
| arrow | sweetheart | valentine | be mine |
| red | roses | hugs | kisses |
| cupid | saint | dance | teddy bear |
| love | ring | friends | hearts |
| candy | chocolate | flowers | pink |
| gifts | card | fun | notes |





**HAPPY FEBRUARY BIRTHDAY WISHES TO
OUR MEMBERS:**

- ★ **FEB 1** - NANCY KIME
- ★ **FEB 2** - JENNIFER LURIE, ANTHONY SANTORO,
RUTH SARTOR
- ★ **FEB 3** - JACOB ROSNER, ROSEMARIE VAN
- ★ **FEB 4** - JEANNE FEE, WENDY SCHILDT
- ★ **FEB 5** - ROBERT BORES, LINDA QUAM
- ★ **FEB 6** - CHRISTINE BATTAGLIO
- ★ **FEB 8** - MARGARET JOCHUM
- ★ **FEB 9** - GILBERT CONDON, KATHRYN STONE
- ★ **FEB 10** - KATHLEEN CAIN, JACQUIE STUDENT,
KATHLEEN TIERNEY
- ★ **FEB 11** - ED HICKMAN, RON WAGENMANN
- ★ **FEB 12** - ROSE CHAMBERS, MARY JANE
MCKENNA
- ★ **FEB 13** - EDWINA MCQUAID, PEGGY
NEEWMAN, HARRY NUSKEY, MARY WILSON
- ★ **FEB 14** - DOLLY LEONARD, BEATRICE SCHOLZ,
BRENDA SPELLS ★ **FEB 15** - WIN LAU
- ★ **FEB 16** - PAUL HERRMANN, URSEL SANDT
- ★ **FEB 17** - JANICE DRIESSEN, EMMA LEVERING,
CHARLOTTE REYNOLDS
- ★ **FEB 18** - ANN ZEBROWSKI
- ★ **FEB 19** - THERESA GILLEN, ANN LISTER,
MARYELLEN MCTEAGUE
- ★ **FEB 22** - PAUL LITTLE
- ★ **FEB 23** - JAMES COOPER, JERENE GLIDDEN,
ANN KARAS
- ★ **FEB 24** - DORIS SPEARA
- ★ **FEB 25** - ERRICO GREGORY FRIEDA KELLER,
JUDY LUKIS, BETTY REUSS
- ★ **FEB 26** - ESTERBINA ALVAREZ, BARBARA
BORES

When an "all-nighter" means
not getting up to pee...
When all the names in my black book
have M.D. after them...
When "Getting lucky" means
finding my car in the parking lot...
When the candles
cost more than the cake...
I promise you...
we'll still be best friends!



UMSSC 10TH BIG BINGO

SUNDAY, MARCH 4, 2018

ADVANCE REGISTRATION: \$20.00*

DAY OF REGISTRATION: \$25.00*

DOORS OPEN AT 11:00 AM GAMES START at 12:00 pm

REFRESHMENTS FOR SALE**

UPPER MERION SENIOR SERVICE CENTER

431 W. Valley Forge Road

King of Prussia, PA 19406

TELEPHONE: 610-265-4715

CASH PRIZES ARE: 20 Regular Games \$25.00 each - 4 Special Games \$50.00 each - Grand Prize Coverall Game \$100.00

1 Packet of 20 Regular Bingo (6 cards/game): \$20.00

1 Packet of Specials (4 cards/game) \$5.00

1 "Coverall" game card \$3.00

Additional Regular Bingo Packets: \$10.00

Additional Special Bingo Packets: \$3.00

Additional "coverall" game cards \$1.00 ea.

Dabbers \$1.00/ea

Lottery Basket Raffle 10 for \$5.00

50/50 tickets 10 for \$5.00

Door prizes *(will be drawn from your registration ticket)*

***NO ONE UNDER AGE 18 WILL BE ADMITTED**

****NO OUTSIDE FOOD OR BEVERAGE PERMITTED**

To register, please complete, clip and mail this form with your check, made payable to UMSSC, to Upper Merion Senior Service Center, 431 W. Valley Forge Road, King of Prussia, PA 19406

Enclosed please find my check for \$_____ for _____ people, made payable to UMSSC.

NAME: _____

ADDRESS: _____

TELEPHONE: _____

Please list the name(s) of your guest(s) here to ensure that we register them as well. Thank you.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

YOUR NAME AND THOSE OF YOUR GUEST(S) WILL BE ON FILE AT THE RECEPTION TABLE WHEN YOU ARRIVE AND YOU WILL BE GIVEN YOUR REGULAR BINGO PACKET(S). YOU MAY RESERVE A TABLE FOR 8 PEOPLE.



Bello Reilley
McGrory & DiPippo
— ATTORNEYS AT LAW —

- **Personal Injury**
- **Real Estate**
- **Bankruptcy**
- **Criminal Law**
- **Domestic Law/Divorce**
- **Estate Planning**
- **Taxation**
- **Workers Compensation**
- **License Suspension/DUI**
- **Corporate Law**
- **Administrative & Municipal Law**

*Robert J. Reilley, Jr.**

*Salvatore F. Bello, Jr.**

*Daniel T. McGrory**

*Gregory P. DiPippo**

* Also Admitted in New Jersey

144 East DeKalb Pike, Suite 300, King of Prussia, PA 19406
(610) 992-1300 Fax: (610) 992-1505
www.prbmlaw.com

VALLEY FORGE PRESBYTERIAN CHURCH

We are an INTERGENERATIONAL community
LEARNING, CELEBRATING, and DOING
GOD'S unconditional GOOD!

Worship Gatherings Sundays 10:00am:
Celebrating and proclaiming the unconditional love of
God with our songs, prayers, and welcome of ALL.

Learning and Growth Opportunities:
Children and Youth Sunday School, Adult Bible
Study, Monthly Book Club, VBS Aug 7-11 6pm

Participating in God's good:

Food collection, VFPC vegetable garden, Flea Market,
Chili Cookoff, Host AA and NA, Volunteer with Meals
on Wheels, Laurel House, Children's Village, More!

Young, old, lifelong, brand new, certain and unsure are all welcome!
191 Town Center Road, KOP, 19406 610-265-2420
www.ValleyForgePres.org www.PCUSA.org

Since 1952

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Note:
Information submitted following publication of this newsletter 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 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!

INCLEMENT WEATHER & SENIOR CENTER CLOSINGS:
CALL SENIOR CENTER FIRST AFTER 7:30 AM (610-265-4715) AND LISTEN TO VOICE MAIL RECORDING

VOLUNTEER FOR OR PARTICIPATE IN ANY OF THESE SENIOR CENTER COMMUNITY OUTREACH PROJECTS

CALL FOR VOLUNTEERS

Are you interested in volunteering at the Senior Center? Here is a chance to get involved with *your* organization. Many events require some extra hands to run successfully and we look to our membership to help out. We would especially like to see some of our newer members volunteer at the Senior Center. If you do have the time to volunteer please give your name to Dick, McCann, Cindy Eastman or Shirley Robey in the office.

RECEPTION AREA GREETER

We are still looking for members with sunny dispositions who are interested in volunteering for a couple of hours each week at the Senior Center. In addition to greeting members as they come in and providing information to people who are interested in the Senior Center, you may be asked to help out on special projects (i.e. newsletter mailing). If you think you might be interested, see Cindy or 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!

KNITTED CAPS FOR ST. CHRISTOPHER'S

Our members knit caps for preemie babies at *St. Christopher's Hospital for Children*. You can join the group here at the Center on Tuesdays at 1:00 PM or you can take the yarn and do your knitting at home. Hat pattern is available.

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