



THE BEST OF TIMES

FEBRUARY 2015

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

UPPER MERION SENIOR SERVICE CENTER
650 SOUTH HENDERSON 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, Ed Freudenberg, Ann Lister, Howard Lurie,
Howard Rosenblum, Barry Sachais, Roseanne Scully,
and Janet Sheehan

HONORARY MEMBERS:

Mary Meere, Arthur Powell, Constance H. Williams, and
Ronald G. Wagenmann

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,

Winter Thoughts

This time of year we spend a majority of time indoors obviously because of the cold, miserable weather. Most of us can adjust to the cold weather and be active while looking forward to Spring. Others don't adjust and get "cabin fever". If that's the case for you, why not come in to the Senior Center and find an activity to participate in or plan to meet your friends and do something together. We have a lot to choose from to chase away the winter blues.

One of my favorite activities is the "Financial Investment Discussion Group". Investing assets is much like our weather patterns. Things are always changing. Our business/investing discussion group looks constantly at change. Last fall, as an example, investing in oil stocks looked like a safe income generating investment. High dividends were the attraction. Now oil stocks have dropped to new lows. Want to discuss this? Another current topic is the market of new "cures" for Hepatitis C. Why not join us on Thursdays at 10:00 AM? It's a great way to spend some time with others who have the same interest.






Whatever your interests, don't just sit around the house doing nothing waiting for Spring. *Come spend some time with us and remember to always say something nice about UMSSC.*

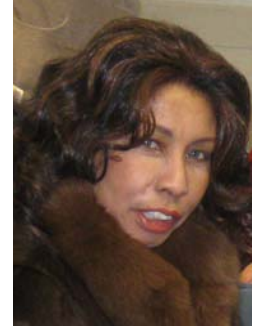
*Dick McCann,
Vice President*

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

610-265-4715

UMSSC MONTH OF FEBRUARY 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 ♥	2 9:30 MAH-JONGG 10:30 CURRENT EVENTS 12:00 ZUMBA GOLD 1:30 YOGA	3 9:30 COMPUTER CLUB 9:30 BRIDGE 9:30 POKER 11:30 CHAIR EXERCISE 12:30 PINOCHLE 1:00 KNITTING/CROCHETING 1:30 BAND PRACTICE/ INSTRUCTION	4 10:00 BOARD MEETING 11:00 Wii GAMES 12:00 TAI CHI (GYM) 1:00 LINE DANCING	5 10:00 FINANCIAL/INVEST. DISCUSSION GROUP 10:00 AARP TAX PREP 10:15 BINGO 12:30 CHAIR EXERCISE	6 9:30 POKER 10:00 SING-A-LONG 11:00 Wii GAMES	7 ♥
8 	9 9:30 MAH-JONGG 10:30 CURRENT EVENTS 12:00 ZUMBA GOLD 1:30 YOGA	10 9:30 COMPUTER CLUB 9:30 BRIDGE 9:30 POKER 11:30 CHAIR EXERCISE 12:30 PINOCHLE 1:00 KNITTING/CROCHETING 1:30 BAND PRACTICE / INSTRUCTION	11 10:00 GENERAL MEETING 11:00 Wii GAMES 12:00 TAI CHI (GYM) 1:00 LINE DANCING	12 10:00 FINANCIAL/ INVEST. DISCUSSION GROUP 10:00 NURSE 10:00 AARP TAX PREP 10:15 BINGO 11:00 OUTREACH BRIGGS 12:30 CHAIR EXERCISE	13 Valentine Hoagie Social 11:00 AM - 2:00 PM ♥	14 ♥ 
15 	16 SENIOR CENTER CLOSED FOR PRESIDENTS' DAY 	17 9:30 COMPUTER CLUB 9:30 BRIDGE 9:30 POKER 11:30 CHAIR EXERCISE 12:30 PINOCHLE 1:00 KNITTING/CROCHETING 1:30 BAND PRACTICE / INSTRUCTION	18 9:30 VALLEY FORGE CASINO 11:00 Wii GAMES 12:00 TAI CHI (GYM) 1:00 LINE DANCING	19 10:00 FINANCIAL/INVEST. DISCUSSION GROUP 10:00 AARP TAX PREP 10:15 BINGO 12:30 CHAIR EXERCISE 1:00 TRAVELERS GROUP	20 9:30 POKER 10:00 SING-A-LONG 11:00 Wii GAMES 11:15 FRIDAY FLICKS "THE HUNDRED FOOT JOURNEY"	21 
22 ♥	23 9:30 MAH-JONGG 10:30 CURRENT EVENTS 12:00 ZUMBA GOLD 1:00 BOOK TALK 1:30 YOGA	24 9:30 COMPUTER CLUB 9:30 BRIDGE 9:30 POKER 11:30 CHAIR EXERCISE 12:30 PINOCHLE 1:00 KNITTING/CROCHETING 1:30 BAND PRACTICE / INSTRUCTION	25 9:30 QUILTING 11:00 Wii GAMES 12:00 TAI CHI (GYM) 1:00 LINE DANCING 1:00 GARDEN CLUB	26 10:00 FINANCIAL/ INVEST. DISCUSSION GROUP 10:00 NURSE 10:00 AARP TAX PREP 10:15 BINGO 11:30 OUTREACH LEACH 12:30 CHAIR EXERCISE	27 9:30 POKER 10:00 SING-A-LONG 11:00 Wii GAMES	28 ♥



OUR BOARD OF DIRECTORS



INSIDE THIS ISSUE

	PAGE
2015 GOALS	1
CALENDAR	2
UPCOMING EVENTS	3
ACKNOWLEDGEMENTS	3
COMMUNITY OUTREACH	4
COMMUNITY HAPPENINGS	4
NEWSWORTHY	4
KEEPING SENIORS INFORMED	6
ACTIVITIES	6
REMINDERS	BACK PAGE

UPCOMING EVENTS

THE SENIOR CENTER WILL BE CLOSED ON MONDAY, FEBRUARY 16 FOR PRESIDENTS DAY.

AARP 2014 TAX PREPARATION: THURSDAYS ONLY STARTING FEBRUARY 5 TO APRIL 9: It's that time again! Free tax preparation for seniors by AARP. Bring your tax documentation including your receipted real estate tax bills. Appointment sign-up schedule will be at the Reception Desk on January 5, 2015. **Must sign up in person. No appointments will be taken over the telephone.**

♥ **VALENTINE HOAGIE SOCIAL: FRIDAY, FEBRUARY 13 FROM 11:00 AM TO 2:00 PM.** Open to members and non-members. Cost: \$7.00, includes choice of Tuna, Turkey or Italian Hoagie w/chips, beverage and dessert. Limited reserved seating. **Tickets on sale until Friday, February 6 or until sold out.** Door prizes and entertainment (must be present to win door prizes).

VALLEY FORGE CASINO: WEDNESDAY, FEBRUARY 18. THE OFFER FOR GROUP IS \$20.00 IN SLOT PLAY. This offer does not cost anything but to take advantage of this offer you must complete registration form available at the Senior Center or on our website at www.umssc.org. **All new and renewal casino memberships or one-day passes are handled by Valley Services (not UMSSC).** Cash or credit card will be accepted by Valley Services. If you have any questions you can contact Valley Services at 610-354-8118. Shuttle will depart the center at 9:30 AM and

return at 2:00 PM. For those driving, please meet in the Casino lobby between 9:30 AM and 10:00 AM.

CUT-OFF DATE FOR THIS TRIP IS WEDNESDAY, FEB. 11. Everyone must bring a valid photo ID.

THE TRAVELERS: THURSDAY, FEBRUARY 19 AT 1:00 PM. New group which will meet to share travel information. We hope to inform you about trips that are available, but you will be making your own arrangements/reservations. We want to explore various ways to "get away". From one day trips or long weekend trips to "future" US and international trips.

BIG BINGO: SATURDAY, MARCH 7 AT 12:00 PM (doors open at 11:00 AM): 20 Games Regular Bingo – 4 Specials and 1 Coverall. Cash and Door Prizes, Raffles, 50/50 and Lottery Basket. Tickets \$20.00 In Advance - \$25.00 Day Of. Available for Purchase On February 17.

AARP DRIVERS COURSE (4-HOUR). MONDAY MARCH 16 FROM 9:30 AM TO 1:30 PM. Course Instructor, Richard Fida. Cost: \$15.00 AARP Members \$20.00 non-AARP Members. Payment due day of course. **Sign up at our Reception Desk.**

ACKNOWLEDGEMENTS

**GRACIAS! THANKS! DANKE! MERCI!
ARIGATO! GRAZIE! OBRIGADO!**

★ **Thank you Tony from Angelo's Pizza** – for the foot long Birthday Hoagie he donates to the center every month. ★ **LeBus Bread** – who donates delicious baked bread every month for the Member Bread Raffle and to ★ **Sun Joe** - who generously donates the baked goods we put out for snacks. We also thank ★ **Sicilian Delight** for their great discounts on pizza for Friday Flicks! ★ **Brian Neuffer** made a very generous donation of everyone's favorite Entenmann's baked goodies for snacking. Who doesn't like Entenmann's? ★ **Costco** for their generous donation of a monthly gift card for our birthday cake purchases.

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?

COMMUNITY OUTREACH

GUEST READERS FOR EXTENDED DAY

Extended day is looking for volunteers to read stories to the children on Tuesdays, Wednesdays or Thursdays at 10:00 AM. If you are interested, there is a sign-up sheet at the Reception Desk.

SHOEBOX RECYCLING

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

KNITTERS WANTED

As you may or may not know, our knitting group **donates knitted caps to St. Christopher's Hospital for Children**. The hats are for the preemie babies to keep their tiny bodies warm. We are in need of some additional volunteers to help knit the hats. If you can knit and would like to help out, please stop in the office and give your name. The yarn and pattern will be supplied to you and 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.

UPPER MERION EMERGENCY AID

Dried goods donations collected for families in the community. More families are in need than ever before. Donation box is outside of the lounge. **The Upper Merion Emergency Fund has specifically requested food donations of *Boxed Potatoes (mashed, scalloped, au gratin, etc.) Boxed Pasta, Boxed Macaroni and Cheese, Stuffing (any flavor), Spaghetti Sauce, Peanut Butter & Jelly, Turkey Gravy, Chicken Broth, Pancake Mix, Pancake Syrup. Toiletries, household and laundry detergents are also 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. Let's keep it going!** Collection box is on the table under the bulletin board. **When donating books please be sure that they are in good condition.**

PROJECT LINUS – ONGOING

The "Hearts and Hands" ladies group at Good Shepherd's Church is still collecting knitted and

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

COMMUNITY HAPPENINGS

WHAT'S HAPPENING AT THE UM TOWNSHIP LIBRARY

Winter Reading Program started on January 5, 2015 and ends on March 20, 2015. Read, Register and Review online or at the library to win exciting prizes.

Book Chat & Book Signing with Dr. Charles Blockson on Saturday, February 7 at 2 pm in Valley Forge Room. **His book is "The President's House Revisited Behind the Scenes: The Samuel Fraunces Story"**

Upper Merion Township Library and the Friends of Black History Present the **16th Annual Celebration of Black History** on Saturday, February 21, 2015 10:00 am to 3:00 pm at the Upper Merion Township Building.

Tech Night is on February 25 at 7 pm. Get one on one help with your digital devices. Please call or register online.

NEWSWORTHY

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 2015 and this will be your last newsletter until you renew. Membership runs from January 1 to December 31, 2015 and still costs only \$15.00 for the year!

IT'S THAT TIME OF YEAR AGAIN - INCLEMENT WEATHER INFORMATION

The UMSSC is closed when the UM Area School District closes or has late opening due to inclement weather. UMASD school closing number is "307". Notice is also broadcasted on *Comcast Channel 28 or Verizon Fios Channel 32*. You can also call the Senior Center *after 7:30 am* (610-265-4715) and listen to the voice mail recording or call KYW-1060 radio (215-925-1060). Follow instructions and enter UMASD school closing number "307".

UM FARMERS MARKET

The Farmers Market winter hours are on alternate Saturdays, from 10-12 until April, 2015.

NEW: ASK-A-NURSE

On the 2nd and 4th Thursday of the month, Main Line Health will be offering a selection of free general medical equipment. Offered will be items from pill organizers to wheelchairs. If you are in need of certain medical equipment MLH is offering, you can come in to the center, fill out an application and meet with the nurse who will order the items for you.

THANK YOU MLK DAY VOLUNTEERS

You may notice when you come in next time that the center seems to sparkle. Windows were washed, equipment was cleaned and sanitized, closets were organized and lots of old paperwork was shredded. All of this hard work was done thanks to our volunteers; some of our members, the Girl Scouts and employees from Royal Bank. Pictured are the wonderful, energetic volunteers.



ROYAL BANK EMPLOYEES



THE GIRL SCOUTS . . . and LITTLE BROTHERS



MORE GIRL SCOUTS . . .



AND STILL MORE GIRL SCOUTS.



COMPUTER ROOM VOLUNTEERS



VOLUNTEER ORGANIZING SEWING ROOM



VOLUNTEERS WORKING HARD IN THE STAFF OFFICE



VOLUNTEER HELPING OUT WITH THE SHREDDING

ATTENTION ALL MEMBERS

Do you know what you are missing when you do not attend the monthly membership meetings? If your birthday is that month you could win a hoagie. If you take a chance you could win the 50/50. If you put your name in the jar – you could win a loaf of bread. Everyone can have a piece of birthday cake and socialize. In addition, you hear about all of the upcoming events at the Senior Center. Attending the meetings will encourage you to participate in all of the opportunities available to you.

KEEPING SENIORS INFORMED

WHAT CAN EXERCISE DO FOR YOU?

Exercise can improve your health and can help prevent or delay some diseases and disabilities as you grow older. Strength exercises build your muscles and may improve your independence by giving you more strength to do things on your own.

Balance exercises help prevent falls (a common problem in older adults). Some balance exercises build

up your leg Muscles, others improve your balance by requiring you do your every day movements.

Endurance exercises are ones that increase your breathing and heart rate. They help improve the health of your heart, lungs and circulation system. Improved breathing and circulation helps provide a better oxygen supply to all body cells.

How much you do depends on your individual situation, but always remember that *ANY* exercise trumps sitting in a chair all day. *(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: Every Tuesday, from 1:30 to 2:30 PM the Upper Merion Senior Service Center Band practices under the direction of Ed Hickman. Our wonderful band is planning to expand. They have an open invitation to anyone 55 or over. They are looking for musicians who want to get back into playing with a group. ***They are specifically looking for those who play trombone, French horn or trumpet.*** The band meets every Tuesday at 1:30 PM under the direction of Ed Hickman. Stop in and see them. ***All are welcome!***

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

BOARD GAMES AVAILABLE: Any day or time. Various board games available to play in the kitchen. Card table set up.

BOOK TALK: Monday, February 23 at 1:00 PM. Meets on the 3rd Monday of the month (*except this month*). Coordinator: Patricia Ackah (610.265.4290). This month we will be reading ***"The Story of Beautiful Girl" by Rachel Simon.*** How does society deal with those of us who cope with disabilities? How would you want to be treated if you had a disability? *The Story of Beautiful Girl* forces us to address these questions. More importantly, it gives us a glimpse into the innermost thoughts of those treated as "feeble-minded" in an uncaring, ignorant society.

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

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. Never a break from the onslaught of news; so catch up and join us to figure out what it all means.

FINANCIAL/INVESTMENT DISCUSSION GROUP:

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

FRIDAY FLICKS: FRIDAY, FEBRUARY 20 (Pizza at 11:15 AM, Movie at 12:00 PM) Coordinator: Don McCree. Pizza & Movie: \$5.00. Movie Only: \$2.00. ***If you are coming to Friday Flicks, please sign up in advance; this is important to do prior to end of day Thursday, FEBRUARY 19, as we order our pizzas and set up the great room with comfortable chairs for our movie goers. This month we will be showing "THE HUNDRED FOOT JOURNEY" STARRING Helen Mirren, Manish Dayal, Om Puri and Charlotte Le Bon. Displaced from their native India, the Kadam family, led by Papa settles in the quaint village of Saint-Antonin-Noble-Val in the south of France only a hundred feet from a classical French restaurant run by Madame Mallory. Competition escalates to all out war between the two establishments.***

GARDEN CLUB: Meets the Second and Fourth Wednesday at 1:00 PM. Coordinator: Paul Buce. Following a quiet January, the club will kick off on Wednesday, February 25 (*our only meeting this month*) with our annual planning session. Bring all those brilliant ideas!

GENERAL MEMBERSHIP MEETING: Monthly meeting open to all members on the ***2nd Wednesday of the month at 10:00 AM (on February 11).*** Birthdays will be celebrated. Come enjoy birthday cake, 50/50 and free bread. Any member who wants to be put on the agenda at the meeting should contact Mary McCree, President.

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 in the gym. Coordinator: Aracelia Panzano.

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

NURSE: Every 2nd and 4th Thursday of each month from 10:00 AM to 12:00 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.*

POKER: Tuesday's and Friday's at 9:30 AM in the kitchen.

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

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

TAI CHI: Wednesdays at 12:00 PM in the gymnasium. Cost: \$3.00 per class.

Wii GAMES: Wednesdays and Fridays at 11:00 AM in the lounge. Coordinator: Beth Cassidy

YOGA: Monday's at 1:30 PM. *Video Instruction good for beginners, intermediate or advanced. Limited to 8 members per class.*

ZUMBA GOLD: Session runs Monday's only from January 12 through March 9 from 12:00 PM to 12:45 PM. Cost: \$16.00 UM Residents and \$26.00 Non-UM Residents. ***Sign up and pay at the Township Building. THIS IS AN UM TWP. PARK & REC DEPT. PROGRAM.***

THE LAW OFFICES OF

Pizonka, Reilley, Bello & McGrory, P.C.

Joseph J. Pizonka

*Robert J. Reilley, Jr.**

*Salvatore F. Bello, Jr.**

*Daniel T. McGrory**

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

* Also Admitted in New Jersey

144 East DeKalb Pike, Suite 300, King of Prussia, PA 19406

(610) 992-1300 Fax: (610) 992-1505

www.prblaw.com

COMPLETE AUTO REPAIRS
TOWING

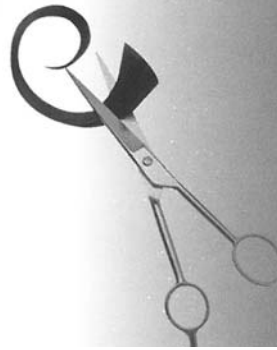
STATE AND EMISSION
INSPECTIONS

J.C. ECKMAN
Automotive INC.

396 EAST CHURCH ROAD
KING OF PRUSSIA, PA 19406

610-272-0681

Bring this ad when you come for service



HEADS UP SALON

808 N. HENDERSON RD
SUITE 110
KING OF PRUSSIA PA. 19406

610 265 6363

Seniors get \$10.00 off with this ad (Exp. 12/31/14)

AGELES
exercise
health & wellness
for all ages & abilities

Office Phone: 484 • 881 • 3399
Cell Phone: 610 • 207 • 8386
Fax: 866 • 334 • 1960

Lou@agelessexerciseinc.com
www.agelessexerciseinc.com

Lou Busovsky
President



Angelo's
PIZZA

212 West Beidler Road
King of Prussia Pa 19406
610 265-4148
Fax 265-6563



DAYLIN LEACH
STATE SENATOR - 17TH DISTRICT
COMMONWEALTH OF PENNSYLVANIA

SUITE 208
601 SOUTH HENDERSON ROAD
KING OF PRUSSIA, PA 19406
PHONE: (610) 768-4200
FAX: (610) 768-4204

SENATE BOX 203017
HARRISBURG, PA 17120-3017
PHONE: (717) 787-5544
FAX: (717) 705-7741
E-MAIL: dleach@pasenate.com

Turley

Insurance • Risk Management • Wealth Advisory

Turley Insurance Agency, Inc.
123 West Fourth Street
Bridgeport, PA 19405
Phone: 610-272-0495 ext 26
Facsimile: 610-272-6889
www.turleyinsurance.com

John A. Turley, III
President
jturley@turleyins.com

Liberty
In Home Care
Caring • Compassion • Community

610-254-9440

Your Independence is Our Business!

206 Old Lancaster Road ■ Devon, PA 19333
www.LibertyCares.com



TIM BRIGGS PA
STATE REPRESENTATIVE 149th

*Serving the communities of
Bridgeport, Lower Merion, Upper Merion,
West Conshohocken and West Norriton*

PHONE: 610-768-3135 EMAIL: REPBRIGGS@PAHOUSE.NET
WEBSITE: WWW.PAHOUSE.COM/BRIGGS

NATIONWIDE
PARTS SEARCH
NETWORK

ROSSI
AUTO SALVAGE INC.
NEW, USED AND REBUILT AUTO PARTS
FOREIGN & DOMESTIC
4 X 4's & TRUCKS

150 E. DeKalb St.
King of Prussia, PA 19406

(610) 265-0643
(610) 265-0930

www.RossiAutoParts.com

Express Delivery
MICHAEL'S
Restaurant & Delicatessen

Breakfast (all day) • Lunch • Dinner
Catering • Party Trays • Cold Beer

Deli (610) 265-3265

www.michaelsdeli.com

130 Town Center Road, King of Prussia, PA 19406

Since 1952

The Bacchi Funeral Home & Crematory, Ltd.

805 DeKalb St. (Rt. 202) Bridgeport, PA 19405-1211

(610) 272-1941

www.bacchifuneralhome.com



Darryl R. Bacchi, Supervisor
1928 - Russell J. Bacchi, F.D. - 2002

We are a family owned and operated funeral home which has been serving Bridgeport, King of Prussia, Norristown and surrounding communities since 1952.

King of Prussia Crematory is located on our premises.

www.cremating.com

Casket and Vault Display Room – Parking on Premises – Pre-arranged Funerals Available

We are proud to sponsor the Upper Merion Senior Service Center!

Edward J. Furman, CPA
Partner

efurman@maillie.com

PO Box 680, Oaks, PA 19456-0680

610.935.1420 | Cell: 610.212.5445

www.maillie.com



Certified Public Accountants and Business Consultants

***WE THANK THE BUSINESSES WHO
HAVE PLACED ADS IN OUR
NEWSLETTER. WE HOPE OUR
MEMBERS WILL SUPPORT THEM AS
THEY SUPPORT US.***



**ITALIAN RESTAURANT AND
BAR**

Valley Forge Shopping Center

239 Town Center Road

King of Prussia, PA 19406

610-265-2416

Fax: 610-265-3492

Let us host your next special occasion!
Luncheons–Dinners–Meetings–Funeral Luncheons
Accommodations from 20 to 150

TIMES HERALD
BEST ITALIAN & FAMILY
RESTAURANT

PHILA INQUIRER
BEST ITALIAN RESTAURANT
MONTGOMERY COUNTY

MAIN LINE TIMES
BEST ITALIAN FAMILY
RESTAURANT



NIKOLAOU LAW OFFICES

"Aggressive Representation For All Your Legal Needs"

Estate Planning – Wills
Business/Corporate
Injury Matters
Real Estate
Divorce – Family Issues

—
Call Nikolaou Law Offices
To receive more information at
610-337-3733

Email: info@nikolaoulawoffices.com

705 West DeKalb Pike
King of Prussia, PA 19406
(across the street from Sullivan's Steak House)

www.nikolaoulawoffices.com

Atlantis Tile & Marble



www.AtlantisTileMarble.com

610.640.1460

391 Lancaster Ave., Malvern, PA 19355

Family Owned & Operated for Over 30 Years
Quality Service & Professional Install
Affordable - *For All Budgets*

MENTION THIS AD FOR ADDITIONAL SAVINGS

Mon, Tues, Thurs: 9am - 5pm • Wed: 9am - 8pm • Fri: 9am - 4pm
Saturday: 9-5 • Sunday: CLOSED

With us you're not just a number ... you're Family!



GREENSTONE GMT, LLC D.B.A. ATLANTIS TILE & MARBLE



BETH SIGNS UP A NEW MEMBER



HAND-MADE CRAFTS FOR SALE IN OUR CRAFT ROOM



SOME POKER PLAYERS



UMSSC BAND PRACTICE



**MEALS-ON-WHEELS PRESENTER
NANCY BROWN IS ASSISTED BY
MEMBER, DON MCCREE**



**LOTS TO SEE AND DO IN FEBRUARY –
HOPE WE SEE YOU HERE AT THE CENTER**

UPPER MERION SENIOR SERVICE CENTER
650 SOUTH HENDERSON ROAD KING OF PRUSSIA, PA 19406

Non-Profit Org.
U.S. Postage
PAID
Southeastern, PA
Permit No. 615

TO: RESIDENT or OCCUPANT

UM RAMBLER

Free service to UM
Township Seniors
(Visit GVF

Transportation for
pass)

You can ride back and
forth to the Center,
the Malls, and other
destinations!

GVF Transportation
Dept.

1012 W. Eighth Ave.,
Suite A
King of Prussia, PA
19406

Phone: 610-354-8899
www.gvftma.com

Note:
Information
submitted following
JAN. 7 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

REMINDERS FOR FEBRUARY 2015

- * AARP 2014 TAX PREPARATION: THURSDAYS ONLY STARTING FEBRUARY 5 TO APRIL 9.
APPOINTMENT BOOK IS AT RECEPTION DESK. NO PHONE APPOINTMENTS.
- * WEDNESDAY, FEBRUARY 11 AT 10:00 AM: GENERAL MEETING
- * ♥ FRIDAY, FEBRUARY 13 AT 11:00 AM: ANNUAL UMSSC VALENTINE HOAGIE SOCIAL
- * WEDNESDAY, FEBRUARY 18: VALLEY FORGE CASINO AT 9:30 AM. *THE OFFER FOR GROUP IS \$20.00 IN SLOT PLAY.*
- * THURSDAY, FEBRUARY 19 AT 1:00 PM: TRAVELERS CLUB
- * FRIDAY, FEBRUARY 20 FRIDAY FLICKS: (Pizza at 11:15 AM, Movie at 12:00 PM.) PLAYING THIS MONTH: *"THE HUNDRED FOOT JOURNEY"*.
PLEASE SIGN UP BY THURSDAY, FEBRUARY 19 SO THAT WE CAN ORDER ENOUGH PIZZA AND SET UP THE MORE COMFORTABLE CHAIRS FOR OUR MOVIE-GOERS!
- * MONDAY, FEBRUARY 23 AT 1:00 PM: BOOK TALK
- * SATURDAY, MARCH 7 AT 11:00 AM: BIG BINGO – ADVANCE TICKETS ON SALE NOW!
- * MONDAY, MARCH 16 AT 9:30 AM : AARP DRIVER SAFETY COURSE (4-HOUR)

**THE SENIOR CENTER WILL BE CLOSED ON MONDAY,
FEBRUARY 16 FOR PRESIDENT'S DAY**



NOTE:
THE UMSSC
IS CLOSED
WHEN THE UM
AREA SCHOOL
DISTRICT CLOSES
OR HAS LATE
OPENING
DUE TO
INCLEMENT
WEATHER

*UMASD SCHOOL
CLOSING NUMBER
IS "307"*

NOTICE IS ALSO
BROADCASTED
ON COMCAST
CHANNEL 28
OR
VERIZON FIOS
CHANNEL 32

OR CALL
SENIOR CENTER
AFTER 7:30 AM
(610-265-4715)
AND LISTEN TO
VOICE MAIL
RECORDING

OR CALL
KYW-1060 RADIO
(215-925-1060)
FOLLOW
INSTRUCTIONS
AND ENTER UMASD
SCHOOL CLOSING
NUMBER "307"