



JANUARY 2019

UPPER MERION SENIOR
SERVICE CENTER
431 W. VALLEY FORGE ROAD
KING OF PRUSSIA, PA 19406
TELE: 610-265-4715
on the web at www.umssc.org



<https://b.facebook.com/umssc.org/>

IN THIS ISSUE

	PAGE
MONTHLY CALENDAR	2
KEEPING OUR MEMBERS INFORMED	4
ACKNOWLEDGEMENTS	5
SENIOR CENTER COMMUNITY OUTREACH AROUND THE COMMUNITY	6 7
JUST FOR FUN	7
BACK PAGE (MISC. INFO)	



No matter how you say it or celebrate it, we wish you a Happy New Year!

HAPPY NEW YEAR!

Hard to believe 2018 is coming to an end.

As in the past the new year gives us the opportunity to pause and reflect on our activities during 2018. Now we are looking forward to 2019.

A big change for us is the resignation of Cindy Eastman as Executive Director which was effective December 31st. Cindy and her husband Dan are planning on traveling, etc. She also remains a member of our senior center. We wish her much happiness.

Volunteering has greatly increased this past year. I encourage as many members as possible to be active in planning activities and events for the senior center. Our door is always open to your comments and/or suggestions. As your President, I am always interested in hearing your comments, positive or negative.

Together we can look forward to and make this a great year!

Dick McCann

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

JANUARY 2019

MAKE NEW FRIENDS BUT CHERISH THE OLD ONES!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			10:00 BOARD MEETING 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 LINE DANCING	10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 BINGO 12:30 FUN & FITNESS	9:30 PINOCHLE 10:00 SING-A-LONG	5
6	7 9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA (VIDEO)	8 10:00 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	9 9:30 GENERAL MEETING 11:30 COMPUTER BASICS 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 LINE DANCING 1:30 RED HAT LADIES	10 9:30 NURSE 10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 BINGO 11:00 OUTREACH - BRIGGS 12:30 FUN & FITNESS	11 9:30 PINOCHLE 10:00 SING-A-LONG	12
13	14 9:30 MAH-JONGG 9:30 AARP DRIVER SAFETY COURSE 10:30 CURRENT EVENTS 1:30 YOGA (VIDEO)	15 10:00 COMPUTER CLUB 10:00 RAMBLER FOCUS GROUP 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING	16 9:30 VALLEY FORGE CASINO 10:00 PERSIAN GROUP 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 LINE DANCING	17 10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 BINGO 12:30 FUN & FITNESS	18 9:30 PINOCHLE 10:00 SING-A-LONG 11:30 FRIDAY FLICKS	19
20	21 SENIOR CENTER IS CLOSED FOR MARTIN LUTHER KING DAY OF SERVICE (PLEASE VOLUNTEER)	22 10:00 COMPUTER CLUB 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING	23 11:30 COMPUTER BASICS 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 LINE DANCING	24 9:30 NURSE 10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 BINGO 12:30 FUN & FITNESS	25 9:30 PINOCHLE 10:00 SING-A-LONG	26
27	28 9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:00 BOOK TALK 1:30 YOGA (VIDEO)	29 10:00 COMPUTER CLUB 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING ST. JOHN'S SOUP KITCHEN DONATIONS TODAY	30 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 LINE DANCING	31 10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 BINGO 11:30 OUTREACH - LEACH 12:30 FUN & FITNESS		

CLOSED FOR THE HOLIDAYS
THE SENIOR CENTER WILL BE CLOSED ON:
TUESDAY JANUARY 1ST FOR THE NEW YEARS
HOLIDAY (RE-OPEN WEDNESDAY JAN. 2, 2019)

MEMORY CAFÉ

TUESDAY JANUARY 8 AT 2:00 PM. Support Group discussion for caregivers. Presented by Certified Dementia Practitioner from Arden Court.

COMPUTER BASICS

WEDNESDAYS JANUARY 9 & JANUARY 23 FROM 11:30 AM to 12:30 PM. Sangeetha will be back at the center to teach computer basics. A sign-up sheet is in the lobby.

GENERAL MEETING

WEDNESDAY JANUARY 9 AT 9:30 AM. Our monthly meeting is open to all members. Learn what is going on at the Senior Center. Celebrate birthdays with some cake, a 50/50 raffle, a birthday raffle to win a hoagie from Angelo's Pizza and the "JACKPOT".

AARP DRIVER SAFETY COURSE

MONDAY, JANUARY 14 from 9:30 AM to 2:00 PM (1/2-hour lunch break - not provided by UMSSC). This is a **4-hour REFRESHER driver safety course** to review driving with goal of keeping everyone safe, aware of new driving laws and handling driving situations encountered. **You must have completed the 8 hr. course.** Class maximum is 35. No late comers admitted after 9:30 AM. Cost is \$15.00 for AARP members and \$20.00 for non-AARP payable in advance. Sign up and pay (with check or money order payable to AARP) in lobby. **NO TELEPHONE REGISTRATIONS WILL BE TAKEN.**

THE RAMBLER - ENJOYING THE RIDE...!

TUESDAY JANUARY 15 AT 10:00 AM. If you are a Rambler rider, please join with other interested riders in a FOCUS GROUP with GVF, the Rambler Manager for Upper Merion Township, Anita Nardone. We'll discuss your comments and solicit your input on how this Township benefit can be

improved...how we can increase the use of the Rambler to ease congestion around our community....and hear your stories about what makes the Rambler a needed service. We hope to see you on January 15th!

VALLEY FORGE CASINO

WEDNESDAY, JANUARY 16 (Cut-off date MONDAY, JAN. 14) THE OFFER FOR THE 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. Please check in with the Senior Center rep in the Casino lobby between 9:30 AM and 10:00 AM. **Everyone must bring a valid photo ID.**

FRIDAY FLICKS!

FRIDAY JANUARY 18 - SICILIAN DELIGHT PIZZA (\$3.00) AT 11:30 AM - MOVIE (FREE) STARTS AT 12:15 PM Coordinator Don McCree. THIS MONTH "BOOK CLUB". Four lifelong friends' (Diane Keaton, Jane Fonda, Candice Bergen and Mary Steenburgen) lives are turned upside down to hilarious ends when their book club attempts to shake things up by tackling the infamous *Fifty Shades of Grey*. From discovering new romance to rekindling old flames, they inspire each other to make their next chapter the best chapter. Also starring Andy Garcia, Don Johnson and Craig T. Nelson, "this dream cast delivers the perfect, fun, feel-good film!"

MLK DAY OF SERVICE

MONDAY, JANUARY 21 AT THE SENIOR CENTER: We need members to volunteer to help with general clean-up around the Senior Center from 10:00 AM to 12:00 PM. SIGN-UP AT RECEPTION DESK IF YOU WOULD LIKE TO HELP OUT. **PLEASE NOTE: THE SENIOR CENTER IS OFFICIALLY CLOSED ON THIS DATE AND ALL ACTIVITIES ARE CANCELLED.**

BOOK TALK

MONDAY, JANUARY 28 at 1:00 PM. Coordinator: Patricia Ackah. This month's book "The Hamilton Affair" by Elizabeth Cobbs is set against the dramatic backdrop of the American Revolution, and featuring a cast of legendary characters. The Hamilton Affair tells the sweeping, tumultuous, true

story of Alexander Hamilton and Elizabeth Schuyler, from passionate and tender beginnings to his fateful duel on the banks of the Hudson River.

ST. JOHN'S SOUP KITCHEN

THURSDAY, JANUARY 31. We are collecting donations of pasta, canned chicken and tuna to feed the homeless. Place your donations in the labeled box in the lobby area. Please bring donations by Tuesday, January 29.

GARDEN CLUB

No meeting this month.

SAVE THE DATE - EXCURSION TRIP

NATIONAL CONSTITUTION CENTER ON INDEPENDENCE MALL, PHILADELPHIA

THURSDAY, MARCH 21. A special exhibit about Alexander Hamilton will be there. We will travel by public transportation (Norristown High Speed line & the Market-Frankford line) which brings us within a block of the Constitution Center. Cost and specific times will be in the February newsletter. We will leave the Senior Center in the morning and return midafternoon. There is a café at the Constitution Center where we can have lunch. The registration form for this trip will be in the lobby in February.

FUTURE EXCURSION TRIPS

The Excursions Committee is also working on three trips members can look forward to: lunch and theater in Lancaster late April (by bus); a visit to Mt. Cuba Natural Garden in May (by carpool); and a bus trip to Baltimore's Inner Harbor in June. Details coming next month.

OUTREACH

An aide from Representative Tim Briggs' office will be here Thursday Jan. 10 from 11:00 AM to 2:00 PM. Senator Daylin Leach's aide will be here Thursday Jan. 31 from 11:30 AM to 1:00 PM. SEPTA Passes can be obtained at this time.

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.



Please join us as we welcome the following new members to our UMSSC family. We hope to see them around the Center. Welcome to: Steven Bernstein, Michael Contos, Tina Garzillo, Diane Giova, Diane Sabo, Helen Sabolcik and Nasrin Simgoun.

KEEPING OUR MEMBERS INFORMED

TIME TO RENEW YOUR MEMBERSHIP FOR 2019

January starts a new membership year at the senior center. If you or someone you know, is 55 plus and not already a member, come check out all the programs and activities available.

Join the garden, computer, or book club. Participate in the finance/investment or current events discussions. Enjoy Friday Flicks or sing- a-long. Don't forget to stay healthy with Fun and Fitness Exercises, yoga or tai- chi. If you enjoy playing cards, how about pinochle, mahjonn, or canasta. If you like crafts, join the group for quilting, knitting or crocheting.

Take advantage of other special events and trips. Our location is a Rambler stop.

We now have a new and improved *abbreviated* form for *membership renewals* (yellow paper). Brand new members should complete the longer form (white paper).

We are open 9:00 am to 3:00 pm weekdays. Annual membership is only \$20.00. More information can be found at www.umssc.org. or call us at 610-265-4715. Meet new friends and enjoy our many activities and presentations.

NEW YEARS RESOLUTIONS

A new year, a new you. It's a pleasing, hopeful thought that most of us cling to after two months of high-calorie consumption with friends and family. *The Upper Merion Senior Service Center offers many programs and special events that help to support a*

happier, healthier you. Here are a few resolutions you can practice throughout the year.

1. Laugh More: Studies have shown that the simple act of laughing can reduce stress, enhance learning, reduce short term memory loss, and, in just about every way, benefit our mind, body and spirit.

2. Move More: As you age, it's important to stay active through senior exercise because regular senior fitness doesn't just make your body stronger, healthier and more vibrant – but also reduces your stress level and energizes your mood, having a positive effect on your mind and emotions. With these positive benefits of regular exercise your body and mind will stay active allowing you to more effectively manage symptoms of illness or pain, maintain your independence within your own home, as well as ultimately extend the length of your life.

Don't let your low or limited mobility put limits on your senior fitness future. Low or limited mobility shouldn't discourage you from taking advantage of the short and long term benefits of regular fitness. *There are actually a large variety of limited to low mobility exercise options that could be just right for your personal senior fitness level like balance exercises, chair exercises, yoga, and even Tai Chi exercises for seniors. We offer all of these exercises at our senior center.*

3. Make Healthier Food Choices: Each year, making a habit out of healthy eating tops a lot of New Year's resolutions lists, and for good reason! A balanced diet containing a healthy nutritional mix provides a senior's aging body with one of the best ways to improve and protect your health as you age. Which means making good choices when it comes to your diet as often as possible, isn't just a good idea for a New Year's Resolution or something you think about when you want or need to lose some weight.

4. Be Your Own Cheerleader: Try to build yourself up, not break yourself down. Anytime you take positive steps or actions toward your goals, even just a little bit, remember to reward yourself! Be

kind and appreciative to yourself in all of your self-talk, and it will go a long way to improving your confidence and outlook on life!

Applaud your efforts rather than berating yourself for not having done enough. When you start to hear the voice of self-doubt, gently remind yourself of the positive changes you're looking forward to and the positive benefits you've already experienced along the way. By allowing yourself to celebrate your small successes while on your journey, you will boost your happiness which gives you the momentum to keep moving forward.

For all of your new year resolution goals just remember – make them realistic and obtainable.

Have a healthy, happy 2019!

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 to the Senior Center. Thank you to:

- ★Harlyce & Jerry Grossman in memory Linda (Robey) ten Boom.
- ★Cindy & Dan Eastman in memory of Charles Cavanaugh.
- ★ Bill & Judy Schutter in memory of Ruth Herrmann.
- ★ Cindy & Dan Eastman in memory of Ruth & Paul Herrmann.
- ★Carmine & Anna DeMenna in memory of Harry Bailey.

★ Cindy & Dan Eastman in memory of Florence Duffy.

GRACIAS! THANKS! DANKE! MERCI!

★ **Thank you Sicilian Delight** for the pizza for Friday Flicks! ★ **Thank you Tony from Angelo's Pizza** – for the foot-long Birthday Hoagies he donates to the Center every month. ★ **Costco** for their generous donation of a monthly gift card for our birthday cake purchases. ★ **Special thanks to the Upper Merion Township Library** for all they do for the Senior Center including large print books and Friday Flicks movies.

A VERY SPECIAL THANK YOU TO:

Thank you **Bridgeport Elementary kids** for the great holiday sing along and holiday decorations which are displayed throughout the senior center and on our Christmas tree.



Also, thank you to **Dave Koresko** of Koresko Landscaping in King of Prussia for donating our beautiful Christmas tree decorated and displayed in the senior center lobby. Thank you to Cindy, Beth and Sharon for their assistance in decorating our tree.



ALSO, THANK YOU TO:

Thank you to all of our **members** who donated gifts for our "adopted for the holiday" family. You all really came through to give this family a wonderful Christmas! The following photo shows how thoughtful, caring and generous our members are for those struggling during the holidays. WOW!



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

UPPER MERION EMERGENCY AID

We are thankful for what we have and for what we give. We are accepting 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 supplies, laundry detergents and toiletries are needed. Also a special request for "after school" type snacks for kids (like individual fruit cups, granola bars, cookies, etc.). 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 - JANUARY UPDATES



**THE LIBRARY IS CLOSED ON MONDAY,
 JANUARY 1, 2019
 WISHING ALL THE SENIORS
 A VERY HAPPY NEW YEAR.**

Tech Night on Monday, January 7 at 7:00 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.

Stress Management Strategies on Monday, January 14 at 7:00 pm in Henderson room. Josh Gansky will lead this seminar on an exploration of ways to better navigate through our busy and stress-filled lives. Mindfulness has been defined as a way of paying attention, fully and with interest, to what is happening in the present moment, without judgment. Join Josh for an evening of connection, reflection, and self-care.

Adult Coloring Night on Monday, January 14 at 7:00 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!!

Winter Reading Program starts January 14. Read, register, and review. Stop by the library for more information.

Family Board Game Event on Monday, January 21 from 2:00 pm to 6:00 pm: Stop by the library anytime between 2 – 6 pm with your family to enjoy games of all kinds! We'll have many board games set up, but feel free to bring your own too.

Basics of acupuncture on Monday, January 28 at 7:00 pm: Whether your New Year's Resolution is to get fit, lose weight, quit smoking, or just live a healthier life, acupuncture can help. Come learn about how acupuncture works, what acupuncture

can treat, and how it can help you reach your goals. Discover the breadth of training a licensed acupuncturist receives as well as the wide range of conditions that can benefit from acupuncture treatment. You won't want to start off the new year any other way!

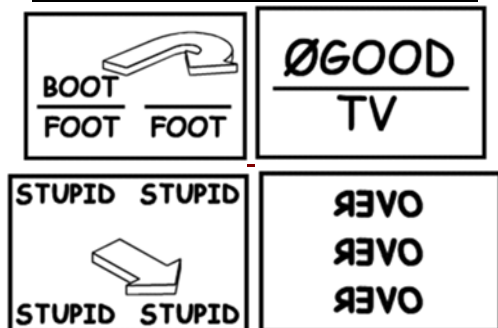
Knit Nite: Monday, January 28 at 7:00 pm. Fourth Monday of the Month. For all ages - from veterans to wanna-be knitters. If you don't know how to knit and want to learn, our more experienced knitters are always eager pass on their skills, and some advanced knitters are usually available to help with 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.

JUST FOR FUN

REBUS PUZZLES (answers on page 8)



1. READ DIRECTIONS ON BOX 
2. THROW BOX AWAY 
3. PULL BOX OUT OF TRASH 15 SECONDS LATER 
4. REPEAT



GOOD CLEAN FUNNIES!

- Q:** What can a man do while his wife is going through menopause?
A: Keep busy. If you're handy with tools, you can finish the basement. When you are done you will have a place to live.
- Q:** How can you avoid spotting a wrinkle every time you walk by a mirror?
A: Take off your glasses.
- Q:** Why should 50+ year old people use valet parking?
A: Valets don't forget where they park your car.
- Q:** Is it common for 50+ year olds to have problems with short term memory storage?
A: Storing memory is not a problem, retrieving it is.
- Q:** As people age, do they sleep more soundly?
A: Yes, but usually in the afternoon.
- Q:** Where do 50+ year olds find eye glasses?
A: On their foreheads.
- Q:** What is the most common remark made by 50+ year olds when they enter antique stores?
A: "I remember these".

REBUS PUZZLE ANSWERS:

- 1) PUT THE BOOT ON THE OTHER FOOT
- 2) NOTHING GOOD ON TELEVISION
- 3) DOWN RIGHT STUPID
- 4) LEFTOVERS

Word Search
Happy New Year

S E I B A B N E W Y E A R S E V E Y
G C H A M P A G N E T Y I M N S T T
E N S S U E T H C D A N C E D R H R
S Q I N F E T O O D M U A Y O E I A
E F C G F I N A S L S U E R F K R P
D H E F N F R R R R I A S E D A T S
A I U S E I A S E B R D N I E M Y K
R B B T T E S M T I E S A F C E F R
A M T A Y I A N N O R L A Y E S I O
P I S W L E V R O E F T E E M I R W
N D E A R L E I N I H J V C B O S E
D N E T R V O N T E T E A S E N T R
A I S W I A A O R I N A S N R O H I
Y G Y E O B I T N T E I R R U K C F
O H W I N E I T S S K S I O H A T S
N T Y L I M A F N O I S A C C O R T
E T S A E F S N O I T U L O S E R Y
S R E Z I T E P P A Y F R I E N D S

- | | | |
|------------|------------------|----------------|
| APPETIZERS | DECORATIONS | HATS |
| BABIES | END OF DECEMBER | HOLIDAY |
| BALLOONS | EVENTS | HORNS |
| BANNERS | FAMILY | KISS |
| BUFFET | FATHER TIME | MIDNIGHT |
| CELEBRATE | FEAST | MUSIC |
| CHAMPAGNE | FESTIVITIES | NEW YEARS DAY |
| CONFETTI | FIREWORKS | NEW YEARS EVE |
| DANCE | FIRST OF JANUARY | NOISEMAKERS |
| DAY ONE | FRIENDS | OCCASION |
| PARADES | PARTY | PUNCH |
| PARTY | RESOLUTIONS | SINGING |
| STREAMERS | THIRTY FIRST | TIARAS |
| PUNCH | WINE | YEAR IN REVIEW |

**REMEMBERING 2018
LET THE "BEST OF TIMES" CONTINUE!**

THE BEST SING-ALONG GROUP EVER!



THE BEST BAND EVER!



THE BEST BAND LEADER EVER!



THE BEST EXERCISE INSTRUCTOR EVER! (Judy)



THE BEST GARDEN CLUB EVER!



THE BEST VALENTINE SOCIAL EVER!



THE BEST "BIG" BINGO EVER!



THE BEST BINGO CALLER EVER!



THE BEST CHANCES TO WIN EVER!



THE BEST EXECUTIVE DIRECTOR EVER!



CINDY - AS YOU RETIRE, REMEMBER:

"The trouble with retirement is that you never get a day off." – Abe Lemons

"There's never enough time to do all the nothing you want." – Bill Waterson, Calvin & Hobbes

"Retirement is like a long vacation in Las Vegas. The goal is to enjoy it the fullest, but not so fully that you run out of money." – Jonathan Clements

"You have to put off being young until you can retire." - Author Unknown

"Half our life is spent trying to find something to do with the time we have rushed through life trying to save." – Will Rogers

BEST OF LUCK CINDY - YOU WILL BE MISSED!!

Word Search Famous Artists

T H E P I S S A R R O H M U N C H O
R E P P O H N K E D L T G S E Y P A
D I N T T D C T A N E W E O C E I N
E G T H O O A L D N N U A H G A L Y
G T V I L U I V O N R A A R N N K K
A C E L M N L M I A A G Z T H S A C
S V O A I T M O T N A R O E N O A V
N P G O C E A G U L C K B I C R L X
R H S G H N T B L S E I D M A O L I
E D I A E A I N A E E N T V E A H O
E I S U L M S L F S A L A M R R I R
M S T G A F S F E K Q G A E I T I C
R N U U N M E A Y O G U V U E L I A
E E R I G R E N O I R I I K T S K L
V B N N E R E D O V R I N A A R E E
Y U E I L L E C I T T O B A T H E D
R R R D O A T A R R A P H A E L L C
L E O S S A C I P T T A S S A C S O

- | | | | |
|------------|------------------|--------------|----------|
| BASQIAT | GAUGUIN | MICHELANGELO | RENOIR |
| BPTTOCELLI | GOYA | MONET | RIVERA |
| CARAVAGGIO | HOPPER | MUNCH | RUBENS |
| CASSATT | KAHLO | O'KEEFFE | SEURAT |
| CEZANNE | KANDINSKY | PICASSO | TURNER |
| CHAGALL | KLEE | PISSARRO | VAN GOGH |
| DALI | KLIMT | POLLOCK | VERMEER |
| DA VINCI | MANET | RAPHAEL | WARHOL |
| DEGAS | MATISSE | REMBRANDT | |
| DELACROIX | TOULOUSE LAUTREC | | |





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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
Studies, Book Discussion Group and Book Club

Participating in God's good:

Host site of the UM Area Community Cupboard,
Host Candlebrook Block Party, Chili Cookoff,
AA(Mon-Fri Noon), NA (Fri eve), Neighborhood
Meals on Wheels, Local/Int'l Mission Partners
Community Flea Market, Community Service

191 Town Center Road, KOP, 19406 610-265-2420
www.ValleyForgePres.org www.PCUSA.org

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COMMONWEALTH OF PENNSYLVANIA

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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!

TIME TO RENEW YOUR MEMBERSHIP FOR 2019

January starts a new membership year at the senior center. If you or someone you know, is 55 plus and not already a member, come check out all the programs and activities available.

We now have a new and improved *abbreviated* form for *membership renewals* (yellow paper). Brand new members should complete the longer form (white paper).

Membership is only \$20.00. More information can be found at www.umssc.org. or call us at 610-265-4715.

Meet new friends and enjoy our many activities and presentations.

THESE ADS BENEFIT THE UPPER MERION SENIOR SERVICE CENTER. WE THANK ALL OF OUR ADVERTISERS FOR THEIR SUPPORT AND ENCOURAGE OUR MEMBERS TO SUPPORT THESE BUSINESSES!

LIKE US ON FACEBOOK Hit "control" "right click" on link below



<https://b-m.facebook.com/umssc.org/>

VISIT OUR WEBSITE: UMSSC.ORG

Note:
Information submitted following publication of this newsletter will be posted on the UMSSC Bulletin Boards, website and Facebook. Also 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

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 LEISURELY ACTIVITIES

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 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.

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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