



THE BEST OF TIMES

JULY 2016

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

HONORARY MEMBERS:

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

Happy Summer to All,

In July we think of fireworks!!! We will have lots of fireworks to look forward to at the Center this summer. I mean this in a good way! Our move to the Community Center is approaching. There will be fireworks at dusk in Heuser Park on Monday July 4th.

The Annual Senior Fall Fling is scheduled for Thursday September 22 and will be held in the King of Prussia Mall. This will be our fifteenth Fall Fling and it is always a wonderful event. Sign up now. More details in this newsletter.

We will be celebrating our July, August and September birthdays at our September 14th General Membership meeting, so mark your calendars.

Nostalgia Day - Monday afternoon at 1:00 PM on September 26.

Our *Fall Fund Raiser Chance Books* will be mailed in July with the drawing scheduled for Wednesday October 12 at our General Membership Meeting. Special thank you to *DAVID BLACKMORE & ASSOCIATES GEOTECHNICAL & ENVIRONMENTAL ENGINEERING* who have funded the ticket printing in the past. We thank them for their continued generosity.











We have registered in and are participating in the *Plaza FlowerCause*. This is a Community Assistance Program created by Plaza Flowers. Whenever you order flowers it will raise funds for UMSSC. We can earn a rebate equal to 5% of all purchases. *So, the next time you need to order flowers, please go to Plaza Flowers and mention our Referral Code "SSC" and start earning money for the senior center.*

Date to Remember: December 5, Holiday Party at the Radisson. More later.

Lots more coming and we will keep you posted on our moving plans. Enjoy your summer and our upcoming events. We are open to any suggestions so please feel free to let us know your thoughts. *So, why not*

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<p>1</p> <p>SENIOR CENTER CLOSED</p> 	<p>2</p> <p>NATIONAL I FORGOT DAY</p>
<p>3</p> <p>NATIONAL DISOBEDIENCE DAY</p>	<p>4</p> <p>SENIOR CENTER CLOSED</p> 	<p>5</p> <p>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</p>	<p>6</p> <p>10:00 BOARD MEETING 12:00 BREAD DAY</p> <p>LINE DANCING AND TAI CHI SUSPENDED FOR JULY & AUGUST</p>	<p>7</p> <p>9:30 THEATER TRIP TO PEDDLERS VILLAGE</p> <p>9:30 CANASTA 10:00 FINANCIAL/INVEST. 10:15 BINGO 12:30 CHAIR EXERCISE</p> <p>NATIONAL CHOCOLATE DAY</p>	<p>8</p> <p>10:00 SING-A-LONG</p> <p>SUMMER HOURS BEGIN CENTER CLOSSES AT 12:00 PM</p>	<p>9</p> <p>WE WANTED TO SEE YOUR BABY FACE HERE</p> 
<p>10</p> <p>NATIONAL DON'T STEP ON A BEE DAY</p>	<p>11</p> <p>9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA</p> <p>NATIONAL CHEER UP DAY</p>	<p>12</p> <p>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</p>	<p>13</p> <p>12:00 BREAD DAY 1:00 GARDEN CLUB</p> <p>LINE DANCING AND TAI CHI SUSPENDED FOR JULY & AUGUST</p> <p>NATIONAL FOOL'S PARADISE DAY</p>	<p>14</p> <p>9:30 NURSE</p> <p>9:30 CANASTA 10:00 FINANCIAL/ INVEST. 10:15 BINGO 11:00 OUTREACH-BRIGGS 12:30 CHAIR EXERCISE</p> <p>NATIONAL NUDE DAY</p>	<p>15</p> <p>10:00 SING-A-LONG</p> <p>SUMMER HOURS BEGIN CENTER CLOSSES AT 12:00 PM</p>	<p>16</p> <p>WE WANTED TO SEE YOUR BABY FACE HERE</p> 
<p>17</p> <p>WE WANTED TO SEE YOUR BABY FACE HERE</p> 	<p>18</p> <p>9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:00 BOOK TALK 1:30 YOGA</p>	<p>19</p> <p>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</p> <p>IT'S NATIONAL STICK OUT YOUR TONGUE DAY</p>	<p>20</p> <p>9:30 VALLEY FORGE CASINO</p> <p>12:00 BREAD DAY</p> <p>LINE DANCING AND TAI CHI SUSPENDED FOR JULY & AUGUST</p>	<p>21</p> <p>9:30 CANASTA 10:00 FINANCIAL/ INVEST. 10:15 BINGO 12:30 CHAIR EXERCISE</p> <p>NATIONAL ICE CREAM DAY</p>	<p>22</p> <p>10:00 SING-A-LONG</p> <p>SUMMER HOURS BEGIN CENTER CLOSSES AT 12:00 PM</p>	<p>23</p> <p>NATIONAL HOT DOG DAY</p>
<p>24/31</p> <p>24TH - NATIONAL TELL AN OLD JOKE DAY</p>	<p>25</p> <p>9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA</p>	<p>26</p> <p>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</p>	<p>27</p> <p>9:30 QUILTING 12:00 BREAD DAY 1:00 GARDEN CLUB</p> <p>LINE DANCING AND TAI CHI SUSPENDED FOR JULY & AUGUST</p>	<p>28</p> <p>9:30 NURSE</p> <p>9:30 CANASTA 10:00 FINANCIAL/ INVEST. <i>(note: last meeting until September)</i> 10:15 BINGO 11:30 OUTREACH-LEACH 12:30 CHAIR EXERCISE</p>	<p>29</p> <p>10:00 SING-A-LONG</p> <p>SUMMER HOURS BEGIN CENTER CLOSSES AT 12:00 PM</p>	<p>30</p> <p>INTERNATIONAL DAY OF FRIENDSHIP</p>

OUR BOARD OF DIRECTORS



INSIDE THIS ISSUE

	PAGE
2016 GOALS	1
CALENDAR	2
UPCOMING EVENTS	3
ACKNOWLEDGEMENTS	3
COMMUNITY OUTREACH	4
COMMUNITY HAPPENINGS	4
NEWSWORTHY	5
KEEPING SENIORS INFORMED	6
ACTIVITIES	7
REMINDERS	BACK PAGE

UPCOMING EVENTS

SUMMER HOURS BEGIN JULY 8 – SENIOR CENTER WILL CLOSE AT 12:00 NOON EACH FRIDAY UNTIL AUGUST 26. SENIOR CENTER WILL BE CLOSED FOR INDEPENDENCE DAY HOLIDAY ON FRIDAY, JULY 1 AND MONDAY, JULY 4.

HOLY SAVIOR CHURCH TRIP TO PEDDLERS VILLAGE. THURSDAY, JULY 7. See the Buddy Holly Story at the Bucks County Playhouse in New Hope. There will be “free time” & lunch at the Cock & Bull. The price for transportation, lunch, and show is \$87.00. **Bus departs UMSSC at 9:30 AM.** Complete form with payment to sign up.

VALLEY FORGE CASINO WEDNESDAY, July 20 (Cut-off date Mon., July 18. **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. If you have any questions you can contact Valley Services at 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.**

PHONE & EMAIL SCAM PRESENTATION:

Tuesday, August 2 at 6:30 PM in Upper Merion Township’s Freedom Hall; presentation by Upper Merion Detective Steven Geckle. No registration required. Light refreshments will be served.

MAIN LINE HEALTH – MATTER OF BALANCE 8-WEEK COURSE AVAILABLE: Aug. 25, Sept. 1, 8, 15, 22, 29, Oct. 6 & 13. Program designed to manage falls and increase activity levels. Held at Lower Level Conf. Room A, Main Line Health in Bryn Mawr, 933 Haverford Rd., Bryn Mawr, PA. **To register call 1-866-CALL-MLH. Space is limited.**

15th ANNUAL SENIOR FALL FLING: THURSDAY, SEPTEMBER 22. Held in the Pavilion at the Court in the King of Prussia Mall from 10:00 AM to 2:00 PM with everyone requested to arrive by 9:45 AM. A sign-up sheet is at reception desk.

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:

- ★ A Donation was made by Rita McNally in memory of Ruth Ann Van Metre.
- ★ Donations were made by Joe & Barbara Richter, Shirley Robey and Anna Gobbo in memory of Ruth Shand.
- ★ Donations were made to the Center in memory of Tom Damiani by the following: Don & Mary McCree, Anna Marie Mich, Dan & Cindy Eastman, Paul & Sally Buce, Jerry & Harlyce Grossman and Ethel Hutchinson.
- ★ A donation was made by Anna Gobbo in memory of her husband Joe Gobbo.
- ★ A donation was made by Anna Gobbo in memory of Sheila Bartlett.

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 month for the Member Bread Raffle.

★ 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. ★ Sun Joe - who generously donates the baked goods we put out for snacks.

COMMUNITY OUTREACH

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.**

THANK YOU KNITTERS

We want to give an extra special thank you to our members who have donated their time to make the knitted caps for donation to **St. Christopher's Hospital for Children**. These adorable hats are for the preemie babies to keep their tiny bodies warm. If you can knit and would like to help out, please stop in the office and give your name. 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.

UPPER MERION EMERGENCY AID

More families are in need than ever before. Our donation box is outside of the lounge. They are grateful for all donations. **The Upper Merion Emergency Fund has specifically requested food 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!** 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 are 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

UM FARMERS' MARKET

Farmers' Market regular hours are Saturdays 9 AM to 1 PM.

WHAT'S HAPPENING AT THE UM TOWNSHIP LIBRARY

SUMMER READING FOR SENIORS started June 20. Read, register and review to win exciting prizes.

LIBRARY WILL BE CLOSED FROM JULY 2 THROUGH JULY 4 FOR INDEPENDENCE DAY WEEKEND.

YOUTH VOLUNTEERS WILL BE VISITING THE CENTER DURING SUMMER MONTHS TO HELP YOU WITH ALL YOUR TECH RELATED ISSUES. DATE AND TIME WILL BE ANNOUNCED SOON.

Adult Coloring Night on Monday, July 11 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!!

Dr. Steve's program on Ancient Egypt's Medical World on July 13 at 7 pm.

Healthy Living seminar by Gina Gormley on July 14 at 7:00 pm. Come and learn healthy way of living and sample some healthy food.

Tech Night on Monday, July 18 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

Knit Nite: Monday, July 25 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.

Wellness Program by Kamini on July 26 at 7:00 pm. Come and learn 12 Dimensions of Wellness.

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

New 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.

NEWSWORTHY

DIRECTORY OF SERVICE PROVIDERS QUESTIONNAIRE

This is your last chance to let us know if your are interested in UMSSC creating a directory of service providers for members similar to Angie's List. The Board of Directors has expressed interest in exploring this idea. Basically, what is envisioned is the creation of a directory of service providers (plumbers, electricians, carpenters, handymen, and etc.) that have been used by a member and which the particular member is willing to recommend. The precise details of how the directory would be compiled, and made available to members have yet to be determined. Before going forward, however, we would like to determine if there is sufficient interest on the part of the membership to justify the expenditure of time and effort that such a project would require. ***You can help us determine the level of interest by completing and returning this questionnaire.***

1. Would you be likely to utilize the directory to find a service provider when you needed one?
___ Yes ___ No

2. Would you be likely to add a service provider's name to the directory if satisfied with their work?
___ Yes ___ No

3. Do you think we should proceed with creating this directory?
___ Yes ___ No

Your name:

Are you a member of the UMSSC? ___ Yes ___ No

Feel free to comment. _____

Please submit, bring in, or mail your completed questionnaire to the Center. We regret that we cannot accept telephone responses.

BITTERSWEET MOVE

Although we are happily looking forward to our move to the new Senior Center, it comes with some sadness. We will miss having the Extended Day teachers and children around. We will miss their laughter as they come and go to class and the artwork that decorates and brightens the hallway walls. They have baked cookies for us and they have even participated in a few of our special events. Photos of these activities have been posted on the bulletin board outside of the office along with a thank you card made by the kids from Extended Day. Stop and take a look as you pass by. *Please show your appreciation to the teachers and kids for our time together by signing the card we have prepared for them (lower right hand corner).*

THE UMSSC BAND – SOUNDING GREAT!

Our band played two back-to-back gigs in June – Strawberry Festival and Sam Ash Music.



Our fearless band leader – Ed Hickman



Let's hear it for the ladies in the band – (L-R) Wendy Schildt, Ethel Hutchinson, Julia Taylor, Donna Cohen, Doris Speara and Ann Lister



Larry Kelly & Terrence Cameron heat up the steel drums at the Strawberry Festival



Performance at Sam Ash (music store)



BREAD DAY WEDNESDAY

Members are invited to come in on Wednesdays to pick up free bread, rolls and baked goods donated to the Center. ***Bring your shopping bag and come between 12:00 PM and 2:00 PM.***

MEMBERSHIP FEES

We are now accepting membership renewals for 2016. Remember, you must complete a new Membership Form each year. Forms are available at the INFO Center in the lobby or on our website www.umssc.org under "Forms". UMSSC membership fees are still only \$15.00 and ***you do not have to join the Community Center to be a member of the senior center. Be sure that you are given a membership card when you renew your membership.***

WHO ARE CALENDAR BABY FACES?

For those of you who cannot guess who's who on our adorable baby photo calendar here is the list of names. Starting in the upper left corner and going clockwise they are: Sally Buce, Paul Buce, Jerry Grossman, Maryanne Lebo, Ethel Hutchinson, Dot Morio and Chuck Dewey. Thanks go out to those who contributed their baby photos. Let's do it again!

KEEPING SENIORS INFORMED

SOME KEEP TO HEALTHY AGING

Take care of your body by maintaining your flexibility, strength and stamina. Decrease your sitting time and do some extra activity every day. Walk as much as you can to help keep your circulation moving well.

Eat well by selecting a variety of nutritious foods including a protein source, fruits and vegetables, some grains and some dairy products. Select some foods for their fiber content. Reduce both salt and content in your choices. (***READ LABELS***). Eat slowly and chew food thoroughly. Having a glass of water before a meal can help in making you feel fuller and can assist in your

efforts at portion control. Make mealtime a sit down sociable event.

Stay mentally active through reading, learning a new skill, doing puzzles, using adult coloring books, attending seminars and lectures, participating in group activities and especially – enjoy social gatherings.

Plan for having adequate sleep by establishing a similar bedtime and rising routine which gives you six to eight hours of restful sleep. Sleep is essential to enable your body to recover from the stresses of the day.

The healthier you are, the more you will enjoy your golden years. *(Contributed by Jane Burger)*

CAN DOGS HELP SENIORS SUFFERING FROM ISOLATION?

What Causes Senior Isolation? According to the 2010 U.S. Census Bureau, 11 million seniors over the age of 65 live alone which constitutes 28% of the senior population. Senior isolation can become relevant for a number of different reasons, including: injury or illness, the loss of accessible transportation, the death of a spouse, illness to a spouse resulting in constant care, and even the loss of a job or retirement. Although most of us cringe at the idea of having to go to work every day, the office still is a place where we are forced to interact with coworkers and clients and put our best foot forward.

Effects of Senior Isolation. Isolation can have numerous negative effects and consequences on an elderly person's health, including: Higher rates of mortality in seniors over 52 years of age; Cognitive decline and dementia; Long-term illness; Depression; High Blood Pressure and Unhealthy behavior in regards to diet, exercise, and smoking or drinking.

How Dogs Can Help Prevent Senior Isolation. If you or an elderly person you care for feels isolated from the outside world then owning a dog may be a viable option to combat some of the issues listed above. Dogs provide a sense of purpose and meaning in life simply by having the responsibility to take care of your furry companion. Even daily tasks such as feeding, grooming, and walking the dog can do wonders to morale; not to mention the attention and love that dogs require and reciprocate. One study has shown that 75% of elderly males and 67% of elderly females that live alone claimed their dog as their only friend. Dogs also require a healthy dose of exercise, which is also proven to help with depression and loneliness by releasing endorphins in the brain. Also, getting out of the house and in the sunshine is a vital source of vitamin D, which is also linked with happiness. A different study found that elderly people with dogs

spent an average of 1.4 hours per day outside with their dog. Also, walking a dog or interacting with them outside the house invites social interaction in a non-committal, easy environment. You might be pleasantly surprised after making new friends at a park, groomer, or your local pet food retailer.

Risks of Owning a Dog . Dogs are a big commitment, and before anyone adopts or buys a dog there are some questions that should be addressed: Are you physically capable of caring for a dog? Can you walk your dog on a leash without hurting yourself? Can you bend over to pick up your dog's unpleasant business?

(Article written by Nick Schaller with Senior Directory, LLC)

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, July 18 at 1:00 PM. Meets on the 3rd Monday of the month. Coordinator: Patricia Ackah (610.265.4290). This month's book: **"LADY IN GOLD"** by Ann Marie O'Connor. This is the story of Adele Bloch-Bauer and Gustav Klimt's portraits of her in fin de siècle Vienna, which were looted by the Nazis, taken by Austria, and returned to Bloch-Bauer's heirs in the 21st century. The book captures the richness and liveliness of the lives of wealthy and cultured Jews of Vienna, as O'Connor calls it, the "equivalent of a 1960s happening. Bloch-Bauer, the self-proclaimed atheist and socialist resides in the middle of this privileged life smoking cigarettes and spending long periods posing for Klimt. The exquisite painting, The Lady in Gold, was created in those sittings. This Utopia is shattered by Hitler's march into Vienna and although both Klimt and Adele are dead, their friends and relatives are confronted with a dystopia no one could imagine. As various Bloch-Bauer relatives are escaping, hiding or dying, the Nazis are looting massive amounts of art, homes, businesses and personal possessions, including The Lady In Gold. Adele's niece, Maria Altmann, a Holocaust survivor from Vienna, a dress shop owner in Beverly Hills and one of the real heirs to the Klimt paintings fights along with her lawyer, Randol Shoenberg, to get the paintings returned.

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

CANASTA: Thursday's at 9:30 AM in the Great Room. Coordinator: Lynn Boroch.

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 in the Computer Room. (No meetings in August) 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!

FRIDAY FLICKS: The next Friday Flicks will be on September 16. Happy Summer! (Pizza at 11:15 AM, Movie at 12:00 PM) Coordinator: Don McCree. Pizza: \$3.00. Movie: *Free*.

GARDEN CLUB: Meets the Second and Fourth Wednesday at 1:00 PM. Coordinator: Paul Buce. The second Wednesday is scheduled to be a field trip; mystery location at the moment. Check our bulletin board for posting.

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 **SEPTEMBER 14**. Learn what is going on at the senior center and join us to celebrate *JULY, AUGUST & SEPTEMBER* 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.*

IMPORTANT NOTE: LINE DANCING IS SUSPENDED FOR JULY & AUGUST. WILL RESUME IN SEPTEMBER. 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 kitchen. 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.**

IMPORTANT NOTE: TAI CHI SUSPENDED FOR JULY AND AUGUST.

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

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.prbmlaw.com



Angelo's PIZZA

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



DAYLIN LEACH
STATE SENATOR - 17TH DISTRICT
COMMONWEALTH OF PENNSYLVANIA

SUITE 208
801 SOUTH HENDERSON ROAD
KING OF PRUSSIA, PA 19408
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



610-254-9440

Your Independence is Our Business!

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

"We take good care of our friends—our customers—and the bottom line takes care of itself"

Stop in any time for amazing classes, fabulous special events, superior service, honest deals, & great sale prices!

Join our email club for weekly coupons, free newsletters, early access to popular classes, news of special events, and much more!

Go to: StevesSewAndVac.com
(Scroll down to "Email Club Enrollment")



268 W. DeKalb Pike (Rt. 202) King of Prussia, PA 19406
610-768-9453 or 800-585-9453 StevesSewAndVac.com

There's always something fun happening at Steves

UMSSC ANNUAL FALL FUND RAISER



**CHANCE BOOKS WILL BE
MAILED IN JULY FOR
BIG DRAWING ON
WEDNESDAY, OCTOBER 12**

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!



The best care comes in the comfort of home.

BAYADA offers companionship, assistive care, and skilled nursing services. Since 1975, families have trusted BAYADA to care for their loved ones with dignity at home.

Call 610-277-1100 (Blue Bell) | 610-922-9200 (King of Prussia)

  www.bayada.com

BAYADA speciality practices include Home Health Care, Pediatrics, Hospice, and Habilitation.



BAYADA
Home Health Care

Compassion. Excellence. Reliability.



Office Phone: 484 • 881 • 3399

Cell Phone: 610 • 207 • 8386

Fax: 866 • 334 • 1960

Lou@agelesexerciseinc.com
www.agelesexerciseinc.com

Lou Busovsky
President

Kimberly Marino

REALTOR®

484-571-2002

Office: 484-875-2600

Fax: 484-875-2602

KimberlySellsPA.RE@gmail.com



BERKSHIRE HATHAWAY | Fox & Roach, REALTORS®
HomeServices

232 Eagleview Boulevard
Exton, PA 19341

 A member of the franchise system of BHH Affiliates, LLC 



A referral is sending someone you care about to someone you trust...I truly appreciate all of my referral business! **KIMBERLY WEISS-MARINO**

THANK YOU TO OUR NEWSLETTER SPONSORS FOR THEIR CONTINUED SUPPORT!

- ★ Voted Top Real Estate Agent By Philadelphia Magazine
- ★ Helping Buyers & Sellers For Over 15 Years
- ★ Compassionate & Trustworthy
- ★ Proud to Serve the Community That Served Me!

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



Expertise Beyond The Numbers

Certified Public Accountants and Business Consultants



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



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

In-Home
Senior Care



Comfort
Keepers
a sodexo brand

SERVICES AVAILABLE

- Companionship
- Meal Preparation
- Incidental Transportation
- Light Housekeeping
- Grocery Shopping
- 24-hour Care Available
- Emergency Monitoring
- Bathing & Grooming
- Mobility Assistance
- Transferring & Positioning
- Incontinence Care
- Medication Reminders
- Feeding & Special Diet
- Dementia Care

Free In-Home Consultation. Serving Montgomery, Chester,
Philadelphia and Delaware County, PA
(610) 783-7878
www.KingofPrussia-812.ComfortKeepers.com

FLOWERCAUSE
Every Bouquet Serves a Purpose

(A COMMUNITY ASSISTANCE PROGRAM)

**PURCHASE YOUR FLOWERS FROM PLAZA
FLOWERS AND 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!

**PLAZA FLOWERS
417 EGYPT ROAD
NORRISTOWN, PA 19403
610-630-8825**



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

166 Allendale Road
King of Prussia, PA 19406

www.nikolaoulawoffices.com

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:

REMINDERS for JULY 2016

SENIOR CENTER WILL BE CLOSED FOR INDEPENDENCE DAY HOLIDAY ON FRIDAY, JULY 1 AND MONDAY, JULY 4.

SUMMER HOURS BEGIN JULY 8 – SENIOR CENTER WILL CLOSE AT 12:00 NOON EACH FRIDAY UNTIL AND INCLUDING AUGUST 26.

LINE DANCING AND TAI CHI SUSPENDED FOR JULY & AUGUST

- * HOLY SAVIOR CHURCH TRIP TO PEDDLERS VILLAGE. THURSDAY, JULY 7. See the "Buddy Holly Story" at the Bucks County Playhouse in New Hope. There will be "free time" & lunch at the Cock & Bull. The price for transportation, lunch, and show is \$87.00. Bus departs UMSSC at _____ AM. Complete form with payment to sign up.
- * BOOK TALK MONDAY JULY 18 AT 1:00 PM: "LADY IN GOLD" BY ANN MARIE O'CONNOR
- * VALLEY FORGE CASINO WEDNESDAY, JULY 20 AT 9:30 AM. **MUST REGISTER TO GET THE GROUP OFFER OF \$20.00 IN SLOT PLAY. CUT OFF DATE JUNE 13.**

INCLEMENT WEATHER & SENIOR CENTER CLOSINGS:

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

OR

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

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 *June 1* 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

