



THE BEST OF TIMES

JUNE 2015

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

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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.

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"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,

After all the below average temperatures this past winter, so many days spent indoors, we're now moving into summer. One of the nice things about living in this part of the country, in my opinion, is to experience all four seasons. Summer allows us to dress lighter, eat more cold foods and especially enjoy fresh-grown vegetables. Two of my favorite summer foods are tomatoes and corn. We also get to enjoy the long evenings that are assisted by good old Daylight Saving Time. Outdoor activities become the norm.

Our activities here at the Upper Merion Senior Service Center are also geared towards good summer weather. Upcoming events here at our Senior Center in June are:




On Wednesday, June 3 we have invited the Alzheimer's Association back to continue their series. We are starting a *new activity*, Canasta, on Thursday, June 4 for beginning and experienced players. Why not give it a try? On Monday, June 8 there will be an AARP 4-hour Driver Safety Refresher Course. Why not join the Garden Club on the 10th for a special Bryn Mawr Campus Tree Tour (Advance registration required.) Friday Flicks is scheduled for the 12th and we are showing "Boyhood". On the 19th we have planned our annual Tea Social. This year's theme will be "The Mad Hatter" and will feature a harpist, a hat contest, tea sandwiches and of course, TEA! Our Old Fashioned Picnic is scheduled for Friday, June 26 so bring your appetite and come prepared to play some games and have some fun.

There are no General Meetings in July and August which has been our policy in the past. Also, in July we begin our ½ day Fridays, closing at noon.

So, why not come spend some time with us and remember to always say something nice about UMSSC.

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>1</p> <p>9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA</p>	<p>2</p> <p>9:30 COMPUTER CLUB 9:30 BRIDGE 9:30 POKER 11:30 CHAIR EXERCISE 12:30 PINOCHLE 1:00 KNITTING/CROCHETING 12:45 BAND PRACTICE / INSTRUCTION</p>	<p>3</p> <p><i>9:30 BOARD MEETING</i> <i>10:30 ALZHEIMER'S PRESENTATION</i></p> <p>11:00 Wii GAMES 12:00 TAI CHI (GYM) 1:00 LINE DANCING</p>	<p>4</p> <p><i>NEW 9:30 CANASTA</i> 10:00 FINANCIAL/ INVEST. DISCUSSION GROUP 10:15 BINGO 12:30 CHAIR EXERCISE</p>	<p>5</p> <p>9:30 POKER 10:00 SING-A-LONG 11:00 Wii GAMES</p>	
	<p>7</p> <p>8</p> <p><i>9:30 AARP DRIVER SAFETY (4-HR)</i></p> <p>9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA</p>	<p>9</p> <p>9:30 COMPUTER CLUB 9:30 BRIDGE 9:30 POKER 11:30 CHAIR EXERCISE 12:30 PINOCHLE 1:00 KNITTING/CROCHETING 12:45 BAND PRACTICE / INSTRUCTION</p>	<p>10</p> <p><i>10:00 GENERAL MEETING</i></p> <p>11:00 Wii GAMES 12:00 TAI CHI (GYM) 1:00 LINE DANCING <i>1:00 GARDEN CLUB (BRYN MAWR CAMPUS TREE TOUR)</i></p>	<p>11</p> <p><i>NEW 9:30 CANASTA</i> <i>9:30 NURSE</i> 10:00 FINANCIAL/ INVEST. DISCUSSION GROUP 10:15 BINGO <i>11:00 OUTREACH BRIGGS</i> 12:30 CHAIR EXERCISE</p>	<p>12</p> <p>9:30 POKER 10:00 SING-A-LONG 11:00 Wii GAMES <i>11:15 FRIDAY FLICKS</i></p>	<p>13</p> <p>UMSSC BAND PERFORMANCE AT UPPER MERION FARMERS MARKET STRAWBERRY FESTIVAL</p> 
	<p>14</p> <p>15</p> <p>9:30 MAH-JONGG 10:30 CURRENT EVENTS <i>1:00 BOOK TALK</i> 1:30 YOGA</p>	<p>16</p> <p>9:30 COMPUTER CLUB 9:30 BRIDGE 9:30 POKER 11:30 CHAIR EXERCISE 12:30 PINOCHLE 1:00 KNITTING/CROCHETING 12:45 BAND PRACTICE / INSTRUCTION</p>	<p>17</p> <p><i>9:30 VALLEY FORGE CASINO</i></p> <p>11:00 Wii GAMES 12:00 TAI CHI (GYM) 1:00 LINE DANCING</p>	<p>18</p> <p><i>NEW 9:30 CANASTA</i> 10:00 FINANCIAL/INVEST. DISCUSSION GROUP 10:15 BINGO <i>12:30 CHAIR EXERCISE cancelled for today</i></p>	<p>19</p> <p><i>"Mad Hatter Tea Party"</i></p> <p><i>(all other activities cancelled)</i></p>	
	<p>21</p> <p>22</p> <p>9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA</p>	<p>23</p> <p>9:30 COMPUTER CLUB 9:30 BRIDGE 9:30 POKER 11:30 CHAIR EXERCISE 12:30 PINOCHLE 1:00 KNITTING/CROCHETING 12:45 BAND PRACTICE / INSTRUCTION</p>	<p>24</p> <p>9:30 QUILTING <i>10:00 MLH PRESENTATION ON DEPRESSION</i></p> <p>11:00 Wii GAMES 12:00 TAI CHI (GYM) 1:00 LINE DANCING 1:00 GARDEN CLUB</p>	<p>25</p> <p><i>NEW 9:30 CANASTA</i> <i>9:30 NURSE</i> 10:00 FINANCIAL/ INVEST. DISCUSSION GROUP 10:15 BINGO <i>11:30 OUTREACH LEACH</i> 12:30 CHAIR EXERCISE</p>	<p>26</p> <p>UMSSC OLD FASHIONED PICNIC</p> <p><i>(All other activities cancelled)</i></p>	
	<p>28</p> <p>29</p> <p>9:30 MAH-JONGG 10:30 CURRENT EVENTS 12:00 ZUMBA GOLD 1:30 YOGA</p>	<p>30</p> <p>9:30 COMPUTER CLUB 9:30 BRIDGE 9:30 POKER 11:30 CHAIR EXERCISE 12:30 PINOCHLE 1:00 KNITTING/CROCHETING 12:45 BAND PRACTICE / INSTRUCTION</p>	 <p>CLOWNING AROUND</p>			

OUR BOARD OF DIRECTORS



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UPCOMING EVENTS

ALZHEIMER'S PRESENTATION: WEDNESDAY, JUNE 3 FROM 10:30 AM – 12:00 PM. This workshop will cover: Facts about Alzheimer's and dementia, how to get a diagnosis and how to plan for the future and the importance of early detection.

AARP DRIVERS COURSE (4-HOUR). MONDAY June 8 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.**

VALLEY FORGE CASINO WEDNESDAY, JUNE 17. 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. **THE RAMBLER NOW MAKES A STOP AT THE CASINO. CUT-OFF DATE FOR THIS TRIP IS WEDNESDAY, June 10. Everyone must bring a valid photo ID.**

ANNUAL TEA SOCIAL, FRIDAY, JUNE 19 FROM 11:00 AM - 2:00 PM: Join us at our "**MAD HATTER TEA PARTY**" for an afternoon of entertainment, door and cash prizes. Wear your favorite hat and maybe you can win first place in our hat contest! Bring your own Cup and Saucer. **COST: \$8.00. Reserved seating limited to 100. Tickets on sale from June 1 to June 12 from 10:00 AM to 2:00 PM, Monday through Friday. Volunteers needed – PLEASE sign up at reception desk if you can help out.**

BRYN MAWR HOSPITAL PRESENTATION WEDNESDAY, JUNE 24 AT 10:00 AM. Presentation on "**Depression**" will be given by Monica McNulty, RN MLH Home Care.

OLD FASHIONED PICNIC/SUMMER BIRTHDAY CELEBRATION, FRIDAY, JUNE 26: AT 10:00 AM. (NOTE: ALL OTHER ACTIVITIES CANCELLED ON THIS DAY). Join us in the Great Room for a day of good food, entertainment, door prizes and fun games. **Tickets \$6.00 on sale starting Monday, June 1 through Friday, June 18 or until sold out.** Reserved seating limited to 100. Help make our picnic a success by Volunteering to donate one of these side dishes: garden salad, sauerkraut, baked beans, fruit salad, coleslaw, potato salad, deviled eggs or cookies. If you donate a side dish, **please bring in by 9:30 AM the day of the picnic. A sign-up sheet is at the Reception Desk.**

BRANDYWINE RIVER MUSEUM, WEDNESDAY, JULY 8. Bus departs **PROMPTLY** at 8:30 AM & returns @ 3:30 PM. Cost: \$30.00 for museum and an optional tour of Wyeth Art Studio (*limited accessibility*) for an additional \$8.00. **Lunch is on your own.**

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 members who have generously made donations to the Center:

- ★ Ginny Santangelo in memory of Louise Bailey
- ★ Harlyce & Jerry Grossman to the Center

★ Harlyce & Jerry Grossman, Mary & Don McCree and Ethel Hutchinson in memory of Shirley Robey's mother, Helen.

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.**

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. 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.



DICK MCCANN PRESENTED A VOLUNTEER RECOGNITION FROM ST. CHRISTOPHERS TO PATRICIA ACKAH AND GERALDINE FONTAINE

UPPER MERION EMERGENCY AID

More families are in need than ever before. Our donation box is outside of the lounge. More food is needed during the summer for our families and children who are not in school. They are grateful for all donations. **The Upper Merion Emergency Fund has specifically requested food donations of *Boxed Macaroni and Cheese, Spaghetti Sauce & Pasta, Peanut Butter & Jelly, Chicken Broth, Canned Pasta (Chef Boyardee) and Tuna. Individually packaged or snack sized pudding, jello, canned fruit, applesauce, Rice Krispie Treats and othr assorted healthy snacks. Cereal and laundry detergents are appreciated.***

ST. JOHN'S SOUP KITCHEN

The St. John's Soup Kitchen in Norristown prepares meals for those in need on the 5th Thursday of the

month. *Before July 28 they will need donations to prepare a summer holiday meal and would gratefully accept donations of watermelon, cookies, canned chicken, canned tuna, pasta and mayonnaise. The Soup Kitchen feeds over 100 people on any one day!*

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 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

The Farmers' Market is open every Saturday from 9:00 AM to 1:00 PM. There will be a Strawberry Festival on June 13 and our own UMSSC Band will be performing. Come out and support our members and enjoy some strawberries!

WHAT'S HAPPENING AT THE UM TOWNSHIP LIBRARY

Art Lecture: Van Gosh: From Abject to Superstar:
Presenter: Fred Dixon on Tuesday, June 16, 2015 at 7:00 pm in Valley Forge Room. Register via our online calendar or by calling us at 610-265-4805

Tech Night: Monday, June 15, 2015 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. You can register via our online calendar, or by calling 610-265-4805 or stopping by the library. Registration Required

Summer Reading for Seniors: Summer reading program for Seniors starts June 15. Register, read and review to win exciting prizes. A bin with the registration form will be placed at the Senior Center for our seniors to enter the summer reading program.

Knit Nite: Monday, June 22, 2015 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.

NEWSWORTHY
IN MEMORIAM

Louise Bailey, Lu Eadeh, Jack Moser, Mary Ann Neves, Eileen Staats, Dolores Weiss

1ST ANNUAL WELLNESS EXPO 55+

Our first Annual Wellness Expo 55+ was a huge success. Over 300 people walked the wide aisles as each person had a chance to stop and talk to over 45 companies sharing information on taking care of your mind, body and spirit.

Our special guests were: Tommy Greene, Alumni Phillies Pitcher accompanied by several of the Phillies Ball Girls. They all welcomed a chat, signing autographs and even taking a photo with them. Ms. Pennsylvania Senior America, JoAnn Bechtel shared her pageant experiences and was a friendly addition. Robert Butera, PhD. founder of Yoga Institute was on hand to sign his books on "Pure Yoga and Meditation". Then there was Victor Vaccine that lit up the aisles as he also was welcome to any photo.

Attendees were able to get free muscle tension screening, blood pressure testing, cardiac check, balance check, foot exams and hand massages. The most popular was a free chair massage by Cortiva Institute students. There were discussions on senior health, safety and free legal elder law advise provided by the Montgomery Bar Association member Susan Piette, Esq.

The great selection of food & refreshments provided by Acme/Savon Pharmacy, Angelo's Pizza, Chick-Fil-A, Giant Food Store, Little Sicily Pizza, McDonald's, Michael's Deli, Peppers Italian Restaurant & Bar, Philly Pretzel Factory and Sicilian Delight could not be missed. Music was provided by our own UMSSC Band. They sounded great. A great day and we thanked everyone for their support.

Many to thank for making this event such a success. A big thank you to Fred Remelius, Director of Operations for the UMASD for the massive help by his department to set up and take down tables and chairs et al.

Another thank you to the many volunteers from UMSSC including Helen Cabrey and her band of helpers who served the food so generously donated by those listed

above. Everyone had a great time and we hope that you were able to attend. If not, we are planning another expo for next year.

We could not let this opportunity go without thanking Roseanne Scully, Board Director, for her expertise and help in pulling this together. Another note of appreciation to Cindy Eastman, our Executive Director, for all of her help and last but not least would be Mary McCree, our President.

There are many we may have forgotten to thank, so please forgive us. We feel we did a pretty good job for our first EXPO and we look forward to our EXPO in 2016. A date will be revealed soon, so be sure to mark your calendars.

Following are a few comments from an exhibitor and members who attended the Expo:

I just wanted to again thank you for including us in your wonderful EXPO. I was very impressed with the event. What a wonderful first step – I have no doubt it will be even more awesome next year! Kudos to you and the team you have there. *Lou Busovsky Ageless Exercise*

Brochure had all the activities and times – you could come and go as you pleased – learned a lot and thought Expo was very informative. *Patricia Ackah*

Thought the Expo was wonderful. Thought all exhibitors were great. Meals on Wheels put together a wonderful table and great that Acme/Savon did blood pressure readings and LOVED Cortiva massages. *Joan Banas*

Very nice; loved the massages. Felt great! *Mary Storti*

Very good, enjoyed. Massage was very relaxing and loved the discounts they offered. *Ernestine Parrott*

We also had a door prize drawing and the following were the lucky winners: Jean Grimes won a movie basket, Lenore Runkle a Yoga kit, Bernice Eastman a teddy bear, Jean Ehlinger an AARP water class, Chris Pettine won a crystal candle holder from JoAnn Bechtel, Bob Nass a Walgreens gift card from Senior Directory, Joe Leony an umbrella from Independence Blue Cross, and Pete Mulligan a gift card from Petrucci's.



ROSEANNE SCULLY POSES WITH RETIRED PHILLIES PITCHER TOMMY GREENE AND THE 2015 BALL GIRLS



FREE BACK MESSAGES



VICTOR VACCINE SAYS HELLO TO MARY MCCREE

MEMBERSHIP FEES

UMSSC membership fees remain at \$15.00 and are separate from the Community Center membership fees.

MEMBERS VOLUNTEER HOURS FOR 2014

Every day many of our UMSSC members are volunteering here at the Center but also many donate their time to organizations and charities in the community. Members record their volunteer hours in a notebook kept at the Reception Desk and you may be astounded at the number tallied for last year – a total of 8,361 hours equivalent to a dollar value of approx. \$209,025.00. That is a number to be proud of – good job members!

FLEA MARKET & BAKE SALE

Well another successful Flea Market Room Sale is over. We were open from 9:30 to 1:30 Monday through Thursday for 5 weeks. It was fun receiving and arranging the items on the sales tables. The Saturday of the Flea Market was a beautiful day; a busy day and the room had a constant flow of people and we made out well.

I want to thank all who donated items to sell and to those who found these items they couldn't do without. I especially want to thank my staff of helpers Joan Banas, Jack & Helen Currycosky, Jean Ehlinger, Rose Kaminsky, Betty Matey, Mary Storti and Pari Fard. I also want to thank Lucy Damiani for all her helpful suggestions. We all appreciate what she did for so many years, especially me. Thank you all!

Ethel Hutchinson

We also want to recognize and thank other members who volunteered to help out at the Flea Market: Joan Banas, Paul & Sally Buce, Jane Burger, Jack & Helen Currycosky, June Dolan, Jean Ehlinger, Ed & Doris Freudenberg, June Fujita, Harlyce & Jerry Grossman, Don and Mary McCree, Lynn McCue, Dot Morio, Loretta Polites, Peggy Reilly, Gerry Roth, Roseanne Scully, Tony Segui, Ruth Shand, Janet Sheehan, Sandy

Sullivan, Molly Trainer, Ed Wenger, and of course, Ethel Hutchinson who managed the Flea Room.



FLEA ROOM VOLUNTEERS AT WORK



UMSSC GARDEN CLUB MEMBERS SELL THEIR PLANTS



VENDORS WERE VERY BUSY

RED VELVET COOKIE RECIPE

Everyone at the flea market raved about the red velvet cookies. Janet Sheehan was nice enough to share her recipe with us all:

- 1 box Duncan Hines red velvet signature cake mix
- 6 Tbsp. butter melted and cooled
- 2 large eggs
- 1 tsp. lemon zest
- 1 tsp. vanilla
- 1 cup conf. sugar and 1 tsp. cornstarch mix well together.

Mix first 5 ingredients together by hand till dough forms. Roll into small balls then into the powered sugar mix. Place on cold cookie sheet 2 in. apart. Bake in center of oven 9 to 11 min. until set. Cool 1 min. Transfer to wire rack to cool completely. Store in airtight container with waxed paper separating layers.

Makes 5 dozen 2 inch cookies

VOLUNTEER OF THE YEAR AWARDS PRESENTED

We recognized our volunteers at an award luncheon on April 29. Entertainment was a returning performance

by the "Hardly Ables" a string band trio and delicious food was brought in by volunteers.

Helen Cabrey, Lucy Damiani and Harlyce Grossman tied for "Volunteer of Year". Ed Wenger, Joan Banas, Jane Berger, Janet Sheehan, Paul Buce, Ethel Hutchinson, Patricia Ackah, Mary & Don McCree, Nancy Kime, Dot Morio and Dick McCann each received "Honorable Mention" awards. Congratulations to you all and thank you for volunteering!!



WE HAD A FULL HOUSE FOR THE VOLUNTEER LUNCHEON



THE "HARDLY ABLES" PLAY A FEW FAVORITES



JUNE DOLAN WAS HAVING A LOT OF FUN



OUR VOLUNTEERS RECEIVE THEIR AWARDS

KEEPING SENIORS INFORMED

CAUTION: ARE YOU SITTING TOO MUCH??

Sitting for LONG periods of time on a daily basis can increase risk factors for various health problems. So

each of us needs to assess our sitting behaviors and consider what we can do to become more physically active each day. Some activities could include:

- don't look for ways to save steps – do more
- skip escalators at the mall and use the stairs
- when grocery shopping, walking up and down each aisle (also, Home Depot is a great place to walk)
- take a walk after lunch and dinner
- when watching TV, get up during the commercials and walk around in your home
- stand up and walk around while making social phone calls
- Also, fidget all you can. Studies have shown that people who fidget burn about 350 more calories per day than people who do not.

(Contributed by Jane Burger)

ACTIVITIES

APPRISE COUNSELOR: Assistance with insurance and Medicare concerns. Call 610.265.4715 and give your name and telephone. The APPRISE counselor will contact you directly to set up an appointment.

BAND PRACTICE & INSTRUCTION: Tuesdays from 12:45 to 2:45 PM. The Upper Merion Senior Service Center Band practices under the direction of professional musician, Ed Hickman. The band has an open invitation to anyone age 55 or over who is interested in playing with a group. Stop in any Tuesday afternoon to hear us practice, check us out, or join the band. ***Check them out on Saturday, June 13 at the Strawberry Festival at the Farmers' Market.***

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

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

BOOK TALK: MONDAY, JUNE 15 at 1:00 PM. Meets on the 3rd Monday of the month. Coordinator: Patricia Ackah (610.265.4290). This month we will be reading ***"Invention of Wings"*** by Sue Monk Kidd, a masterpiece of hope, daring, the quest for freedom, and the desire to have a voice in the world.

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

***NEW* CANASTA: Starts Thursday's at 9:30 AM in the Great Room.** First meeting June 4. Beginners and experienced players welcome. 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. ***NO CLASS ON JUNE 18***

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. After you've worked your way through the Sunday newspapers, come and join us to get a variety of perspectives on what it all meant. You'll get alternate perspectives, and probably learn of a few topics that you somehow missed. And don't feel that you have to read newspapers, in this modern world the news is everywhere, just keep your eyes and ears open. See you then.

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, JUNE 12 (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 the day before the movie is shown as we order our pizzas and set up the great room with comfortable chairs for our movie goers.*** This month we will be showing "BOYHOOD" starring: Ethan Hawke, Patricia Arquette, Ellar Coltrane, Lorelei Linklater. Filmed over 12 years with the same cast, Richard Linklater's *BOYHOOD* is a groundbreaking story of growing up as seen through the eyes of a child named Mason who literally grows up on screen before our eyes. ***The next Friday Flicks will be in September. Happy Summer!***

GARDEN CLUB: Meets the Second and Fourth Wednesday at 1:00 PM. Coordinator: Paul Buce. For our meeting on the second Wednesday, we will once again join the Main Line School Night folks, this time for a Bryn Mawr Campus Tree Tour. The time is 5:30 to 7:00 PM, June 10th. ***Individuals must register with the MLSN at 610-687-0460; Course TT32043, and the cost is \$23.*** The fourth Wednesday we will meet at the Center at 1:00 as usual.

GENERAL MEMBERSHIP MEETING: Monthly meeting open to all members on the ***2nd Wednesday of the month at 10:00 AM (on JUNE 10).*** 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. ***NO MEETINGS IN JULY OR AUGUST.***

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 Boroch. All level players are welcome, even beginners! Come in and learn to play this very popular game.

NOTE TIME CHANGE: NURSE & ASK-A-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. Main Line Health "Ask a Nurse" will be offering a selection of free general medical equipment. Fill out an application and meet with the nurse who will order the items for you.

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 and Friday's at 9:30 AM in the kitchen. June, July & August until 12:00 on Friday's.

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 12:00-12:45 PM in the gymnasium. Cost: \$3.00 per class.

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

ZUMBA GOLD: No sessions scheduled over the summer.

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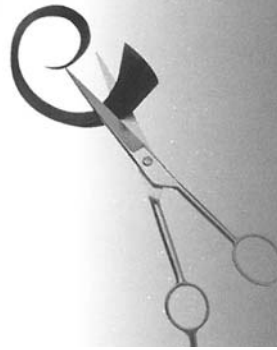
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WE WOULD ALSO LIKE TO ACKNOWLEDGE:

★ **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.

GRACIAS! THANKS! DANKE! MERCI!
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<p>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</p>	<p style="text-align: center;"><u>REMINDERS for JUNE 2015</u></p> <ul style="list-style-type: none"> * WEDNESDAY, JUNE 3 AT 10:30 AM: ALZHEIMER'S PRESENTATION: FACTS, DIAGNOSIS, PLANNING, EARLY DETECTION * NEW ACTIVITY STARTING ON THURSDAY, JUNE 4: CANASTA WILL BE PLAYED IN THE GREAT ROOM. BEGINNERS AND EXPERIENCED WELCOME. * WEDNESDAY, JUNE 10 AT 10:00 AM: GENERAL MEETING * FRIDAY, JUNE 12 FRIDAY FLICKS: (Pizza at 11:15 AM, Movie at 12:00 PM.) PLAYING THIS MONTH: "BOYHOOD" PLEASE SIGN UP BY THURSDAY, JUNE 11 SO THAT WE CAN ORDER ENOUGH PIZZA AND SET UP THE MORE COMFORTABLE CHAIRS FOR OUR MOVIE-GOERS! * MONDAY, JUNE 15 AT 1:00 PM: BOOK TALK - "Invention of Wings" by Sue Monk Kidd * WEDNESDAY, JUNE 17: VALLEY FORGE CASINO AT 9:30 AM. THE OFFER FOR GROUP IS \$20.00 IN SLOT PLAY. * FRIDAY, JUNE 19 - MAD HATTER TEA PARTY: COST: \$8.00. RESERVED SEATING LIMITED TO 100. TICKETS ON SALE FROM JUNE 1 TO JUNE 12 FROM 10:00 AM TO 2:00 PM, MONDAY THROUGH FRIDAY. (ALL OTHER ACTIVITIES CANCELLED) VOLUNTEERS ARE NEEDED – SIGN UP SHEET IS AT RECEPTION DESK. * WEDNESDAY, JUNE 24 AT 10:00 AM: MAIN LINE HEALTH PRESENTATION ON DEPRESSION * FRIDAY, JUNE 26 AT 10:00 AM: OLD FASHIONED PICNIC/SUMMER BIRTHDAY CELEBRATIONS (ALL OTHER ACTIVITIES CANCELLED) * WEDNESDAY, JULY 8, BRANDYWINE RIVER MUSEUM: COST: \$30.00 FOR MUSEUM AND \$8.00 FOR ADDITIONAL TOUR OF WYETH STUDIO (LIMITED ACCESSIBILITY). BUS DEPARTS PROMPTLY AT 8:30 AM AND RETURNS @3:30 PM. LUNCH ON YOUR OWN. 	<p>NOTE: THE UMSSC IS CLOSED WHEN THE UM AREA SCHOOL DISTRICT CLOSES OR HAS LATE OPENING DUE TO INCLEMENT WEATHER</p> <p>UMASD SCHOOL CLOSING NUMBER IS "307"</p> <p>NOTICE IS ALSO BROADCASTED ON COMCAST CHANNEL 28 OR VERIZON FIOS CHANNEL 32</p> <p>OR CALL SENIOR CENTER AFTER 7:30 AM (610-265-4715) AND LISTEN TO VOICE MAIL RECORDING</p> <p>OR CALL KYW-1060 RADIO (215-925-1060) FOLLOW INSTRUCTIONS AND ENTER UMASD SCHOOL CLOSING NUMBER "307"</p>
<p>Note: Information submitted following May 6 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</p>		