



THE BEST OF TIMES

MARCH 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,

Spring must be on the way when we think of our Annual Indoor Flea Market and Bake Sale, which will be held Saturday, April 25 from 9 AM to 3 PM. Our Flea Room will be accepting clean resalable items starting Monday, March 23 and will be open from 9:30 AM to 1:30 PM Monday thru Thursday. Among donations to be accepted will be childrens' books and toys, jewelry, knickknacks, decorative items, new clothing only and electric and electronic items in working order. Donation acceptance for the Flea Room closes April 22nd.




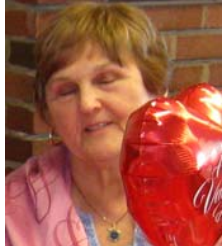









Eight foot by five foot spaces will be available for \$20.00. If you were thinking of holding a garage sale this year, you may want to get a space at the flea market to get great exposure to many people who may wish to purchase your treasures. We also encourage donations of homemade or purchased cakes, pies and cookies for the bake sale. Lunch and refreshments will be served in our lunch room.

To make this event successful, be sure to pick up a lawn sign in the office to advertise this event. They will be available on March 11th (after the General Meeting). However you cannot put them on your lawn until March 25th.

So, mark the date for the Flea Market on your calendar and on your to do list. ***Come spend some time with us and remember to always say something nice about UMSSC.***

Ed Freudenberg

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>REBA CAHALL</p>	<p>2</p> <p>9:30 MAH-JONGG 10:30 CURRENT EVENTS 12:00 ZUMBA GOLD 1:30 YOGA</p>	<p>3</p> <p>9:30 COMPUTER CLUB 9:30 BRIDGE 9:30 POKER 11:30 CHAIR EXERCISE 12:30 PINOCHLE 1:00 KNITTING/CROCHETING 1:30 BAND PRACTICE/ INSTRUCTION</p>	<p>4</p> <p>10:00 BOARD MEETING 11:00 Wii GAMES 12:00 TAI CHI (GYM) 1:00 LINE DANCING</p>	<p>5</p> <p>10:00 FINANCIAL/INVEST. DISCUSSION GROUP 10:00 AARP TAX PREP 10:15 BINGO 12:30 CHAIR EXERCISE</p>	<p>6</p> <p>9:30 POKER 10:00 SING-A-LONG 11:00 Wii GAMES</p>	<p>7</p>  <p>UMSSC BIG BINGO <i>(DOORS OPEN AT 11:00 AM)</i></p>
<p>8</p>  <p>TONY SEGUI <i>DAY LIGHT SAVINGS BEGINS</i></p>	<p>9</p> <p>9:30 MAH-JONGG 10:30 CURRENT EVENTS 12:00 ZUMBA GOLD 1:30 YOGA</p>	<p>10</p> <p>9:30 COMPUTER CLUB 9:30 BRIDGE 9:30 POKER 11:30 CHAIR EXERCISE 12:30 PINOCHLE 1:00 KNITTING/CROCHETING 1:30 BAND PRACTICE / INSTRUCTION</p>	<p>11</p> <p>10:00 GENERAL MEETING 11:00 Wii GAMES 12:00 TAI CHI (GYM) 1:00 LINE DANCING 1:00 GARDEN CLUB</p>	<p>12</p> <p>10:00 FINANCIAL/ INVEST. DISCUSSION GROUP 10:00 NURSE 10:00 AARP TAX PREP 10:15 BINGO 11:00 OUTREACH BRIGGS 12:30 CHAIR EXERCISE</p>	<p>13</p> <p>9:30 POKER 10:00 SING-A-LONG 11:00 Wii GAMES</p>	<p>14</p>  <p>URSEL SANDT</p>
<p>15</p>  <p>HENRY CONRAD</p>	<p>16</p> <p>9:30 AARP DRIVER SAFETY COURSE 9:30 MAH-JONGG 10:30 CURRENT EVENTS 12:00 ZUMBA GOLD 1:00 BOOK TALK 1:30 YOGA</p>	<p>17</p> <p>9:30 COMPUTER CLUB 9:30 BRIDGE 9:30 POKER 11:30 CHAIR EXERCISE 12:30 PINOCHLE 1:00 KNITTING/CROCHETING 1:30 BAND PRACTICE / INSTRUCTION</p> <p> ST. PATRICK'S DAY</p>	<p>18</p> <p>9:30 VALLEY FORGE CASINO 9:30 QUILTING 11:00 Wii GAMES 12:00 TAI CHI (GYM) 1:00 LINE DANCING</p>	<p>19</p> <p>10:00 FINANCIAL/INVEST. DISCUSSION GROUP 10:00 AARP TAX PREP 10:15 BINGO 12:30 CHAIR EXERCISE 1:00 TRAVELERS GROUP</p>	<p>20</p> <p>9:30 POKER 10:00 SING-A-LONG 11:15 FRIDAY FLICKS "THE JUDGE"</p> <p>FIRST DAY OF SPRING</p>	<p>21</p>  <p>BETTY MATEY</p>
<p>22</p>  <p>JACQUELINE CONRAD</p>	<p>23</p> <p>9:30 FLEA ROOM OPENS 9:30 MAH-JONGG 10:30 CURRENT EVENTS 12:00 ZUMBA GOLD 1:30 YOGA</p>	<p>24</p> <p>9:30 FLEA ROOM OPEN 9:30 COMPUTER CLUB 9:30 BRIDGE 9:30 POKER 11:30 CHAIR EXERCISE 12:30 PINOCHLE 1:00 KNITTING/CROCHETING 1:30 BAND PRACTICE / INSTRUCTION</p>	<p>25</p> <p>9:30 FLEA ROOM OPEN 9:30 QUILTING 10:00 Alzheimers "Fireside Chat" 11:00 Wii GAMES 12:00 TAI CHI (GYM) 1:00 LINE DANCING 1:00 GARDEN CLUB</p>	<p>26</p> <p>9:30 FLEA ROOM OPEN 10:00 FINANCIAL/ INVEST. DISCUSSION GROUP 10:00 NURSE 10:00 AARP TAX PREP 10:15 BINGO (IN GREAT ROOM) 11:30 OUTREACH LEACH 12:30 CHAIR EXERCISE</p>	<p>27</p> <p>9:30 POKER 10:00 SING-A-LONG 11:00 Wii GAMES</p>	<p>28</p>  <p>DICK MCCANN</p>
<p>29</p>  <p>JACQUE CUMMINGS</p> <p>PALM SUNDAY</p>	<p>30</p> <p>9:30 FLEA ROOM OPEN 9:30 MAH-JONGG 10:30 CURRENT EVENTS 12:00 ZUMBA GOLD 1:30 YOGA</p>	<p>31</p> <p>9:30 FLEA ROOM OPEN 9:30 COMPUTER CLUB 9:30 BRIDGE 9:30 POKER 11:30 CHAIR EXERCISE 12:30 PINOCHLE 1:00 KNITTING/CROCHETING 1:30 BAND PRACTICE / INSTRUCTION</p>	 <p>ROSEANNE SCULLY & CHARLES CAVANAGH</p>	 <p>TOM & LUCY DAMIANI</p>	 <p>HELEN CURYCOSKY</p>	

OUR BOARD OF DIRECTORS



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UPCOMING EVENTS

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

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

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

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

*Valley Services at 610-354-8118. Shuttle will depart the center at 9:30 AM and return at 2:00 PM. For those driving, please meet in the Casino lobby between 9:30 AM and 10:00 AM. **CUT-OFF DATE FOR THIS TRIP IS WEDNESDAY, MARCH 11. Everyone must bring a valid photo ID.***

FLEA ROOM* OPENS MONDAY MARCH 23: Bring in your donations or come in to shop. The Flea Room will be open Monday through Thursday from 9:30 AM to 1:30 PM. Acceptable donations are children's books, appliances and electronics (in working order), knickknacks, decorations, etc. Donations of used clothing, junk or broken or non-working items not accepted! *All profits from sales benefit the Senior Center.*

(*NOTE: starting week of March 23 pinochle and bingo will be held elsewhere until after the Flea Market on April 25)

ALZHEIMERS FIRESIDE CHAT WITH JOAN GRASSO OF THE ALZHEIMER'S ASSOCIATION WEDNESDAY, MARCH 25 AT 10:00 AM: "Fireside chat" is a visit to informally talk with members about "Alzheimer's Disease 2015". It will be emphasized that this is not normal aging, that there are warning signs, that there are stages and changes as the disease progresses, and the importance of getting a good diagnosis and making appropriate plans for the future. Folks are encouraged to bring their questions/comments/concerns. We will also be introducing the schedule for Consumer Ed courses in June and July!

GRANDPARENTS DAY TUESDAY, APRIL 10: Watch for information on the 2015 Grand Parents' Day at Roberts Elementary on Tuesday April 10, 2015. *More at the General Membership Meeting on Wednesday, March 11, 2015.*

18TH ANNUAL UMSSC FLEA MARKET AND BAKE SALE SATURDAY, APRIL 25 FROM 9:00 AM TO 3:00 PM: Come join the fun! Make it a family/friend day! We have something for everyone! Raffles! Cash Prizes! and More! Hot dogs, sodas and desserts. The charge for an 8'x4' Vendor Space is \$20.00. Registration forms can be picked up at the Senior Center or on our website www.umssc.org Payment and completed registration form must be received to reserve your space. For additional information call 610-265-4715.

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 or organizations who generously made donations to the Center:

★ Sandra Heitner on behalf of the Taylor Chapter of Women's American ORT for their generous donation to the Center.

★ Maxine Newstein who made a donation to the Center.

COMMUNITY OUTREACH

FABRIC DONATION

During our MLK Day of Service clean-up at the Center extra unused fabric and batting was found and donated to Lankenau Hospital. The fabric will be used by hospital volunteers to make "Heart" pillows for heart surgery patients. Thanks go to Cindy Eastman for delivering the fabric to the hospital.

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.

UPPER MERION EMERGENCY AID

Dried goods donations collected for families in the community. More families are in need than ever before. Our donation box is outside of the lounge.

The Upper Merion Emergency Fund has specifically requested food donations of Boxed Mashed, Scalloped, and Au Gratin Potatoes, Boxed Macaroni and Cheese, Spaghetti Sauce, Peanut Butter & Jelly, Chicken Broth, Canned Fruit, Tuna, Canned Sweet Potatoes, Canned White Potatoes, Cereal and laundry detergents are appreciated. PLEASE NO SOUP AT THIS TIME.

PUT BOOKS IN THE HANDS OF CHILDREN WHO NEED THEM

Book donations to the Bridgeport Elementary School children (grades K-4th) are still being collected. ***Our book donations are a big hit with the kids. Let's keep it going!*** Collection box is on the table under the bulletin board. ***When donating books please be sure that they are in good condition.***

PROJECT LINUS – ONGOING

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

COMMUNITY HAPPENINGS

WHAT'S HAPPENING AT THE UMTOWNSHIP LIBRARY

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

NEWSWORTHY

THANK YOU VALENTINE HOAGIE SOCIAL VOLUNTEERS

Our Annual Valentine Hoagie Social was a great success. The room was packed and everyone enjoyed musical entertainment from the always wonderful UMSSC Band featuring Larry Kelly and Terrence Cameron on steel drums, Julia Taylor and Wendy Schildt on flutes, and Chuck Dewey on sax.

We also enjoyed a delightful repertoire of songs familiar to us all by entertainer Jim Lurie.

Thank you to the following members whose hard work helped to make this event a huge success: Joan Banas,



Paul Buce, Jane Burger, Helen Cabrey, Patti Cunnane, Jack and Helen Currykoskey, Harlyce and Jerry Grossman, Liz Marren, Don and Mary McCree, Peggy Reilly, Shirley Robey, Roseanne Scully, Molly Trainer and Ann Zebrowski. We also had assistance from and want to thank Dan Yarnall from Tim Briggs' office. Everyone did a wonderful job and a great social was enjoyed by all! *Here are some photos from the day.*



DECORATIONS WERE BEAUTIFUL



THE TABLES WERE SET



THE ONE AND ONLY UMSSC BAND PROVIDED ENTERTAINMENT



JIM LURIE SANG A LOT OF OUR FAVORITES AND EVEN TOOK REQUESTS



THE GROSSMAN'S WELCOME ANNA NUSKO AND HER DAUGHTER, ERIKA SPOTT TO THE TABLE



JIM LURIE HAD GUESTS ON THEIR FEET FOR "GOD BLESS AMERICA"

IN SEARCH OF AN OUTSTANDING VOLUNTEER

Two years ago we awarded the very first "UMSSC Parvin Volunteer of the Year". The purpose of this award was to *"recognize members for their extraordinary service and dedication to the ideals of our organization and it's members."* The first recipients were Jim and Elaine Parvin who represent the caliber of volunteer we want to honor. We are going to collect your votes for who we should name this year. The



award will be presented in the Spring. Below you will find a ballot. If you know of someone you feel is deserving of this award put their name on the ballot and why you would nominate them. **Please place your ballots in the ballot box in the lobby no later than Friday, March 27.** A final decision will be made by the Board.

✂ CLIP IT

UMSSC PARVIN VOLUNTEER OF THE YEAR NOMINEE

NAME: _____

I BELIEVE THIS PERSON IS DESERVING OF THE AWARD BECAUSE:

MEMBERSHIP FORM REMINDER

Please remember you must complete a membership form when renewing your membership. Membership runs from January 1 to December 31, 2015 and still costs only \$15.00 for the year!

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

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

UM FARMERS MARKET

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

NEW: ASK-A-NURSE

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

ATTENTION ALL MEMBERS

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

KEEPING SENIORS INFORMED

UNABLE TO ATTEND AN EXERCISE CLASS?

Consider what you could do at home to get your circulation moving. Do some simple, light activities as soon as you get out of bed. This sends an immediate and powerful message to your brain to reduce tension and increase alertness and energy. Take several deep breaths and remember to breathe while doing all of the following activities. Some light physical activities include:

1. Stretch your arms and back.
2. Extend your legs, then relax them.
3. Shake your arms, letting your wrists hang loosely so your hands feel floppy.
4. Do a similar activity with your feet, shaking your legs (ONE AT A TIME PLEASE) so that your ankles wobble freely and your foot hangs loosely.
5. Gently rotate your head and shoulders.

(Contributed by Jane Burger)

ACTIVITIES

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

BAND PRACTICE & INSTRUCTION: Every Tuesday, from 1:30 to 2:30 PM the Upper Merion Senior Service Center Band practices under the direction of Ed Hickman. Our wonderful band is planning to expand. They have an open invitation to anyone 55 or over. They are looking for musicians who want to get back into playing with a group. ***They are specifically looking for those who play trombone, French horn or trumpet.*** The band meets every Tuesday at 1:30 PM under the direction of Ed Hickman. Stop in and see them. ***All are welcome!***



BINGO: Thursdays at 10:15 AM. Cash prizes!
Beginning week of March 23 bingo will be held in the great room.

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

BOOK TALK: MONDAY, MARCH 23 at 1:00 PM.
Meets on the 3rd Monday of the month (*except this month*). Coordinator: Patricia Ackah (610.265.4290). This month we will be reading **"PRETTY BIRD" by Scott Simon**. In the spring of 1992, Irena Zaric is a star on her Sarajevo high school basketball team, a tough, funny teenager who has taught her parrot, Pretty Bird, to do a decent imitation of a ball hitting a hoop. Irena wears her hair short like K. D. Lang's, and she loves Madonna, Michael Jordan, and Johnny Depp. But while Irena rocks out and shoots baskets with her friends, her beloved city has become a battleground. When the violence and terror of "ethnic cleansing" against Muslims begins, Irena and her family, brutalized by Serb soldiers, flee for safety across the river that divides the city. If once Irena knew of war only from movies and history books, now she knows its reality. She steals from the dead to buy food. She scuttles under windows in her own home to dodge bullets. She risks her life to communicate with an old Serb school friend and teammate. Even Pretty Bird has started to mimic the sizzle of mortar fire

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

CHAIR EXERCISE: Tuesdays at 11:30 AM to 12:15 PM and Thursdays from 12:30 PM to 1:15 PM. \$3.00 per class.

COMPUTER CLUB: Tuesdays 9:30 AM to 11:30 AM. Coordinators: Herman Natanblut and Howard Lurie. Meetings are open to all *members*, all ability levels. The Computer Club will be glad to answer any technical questions members have.

CURRENT EVENTS DISCUSSION GROUP: Mondays at 10:30 AM in the Lounge. Coordinators: Joan Shaw and Paul Buce. The group continues to meet on Monday mornings at 10:30. *We hope to host Katie Bambi Kohler from the Norristown Times Herald on Monday the 9th.*

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, MARCH 20 (Pizza at 11:15 AM, Movie at 12:00 PM) Coordinator: Don McCree. Pizza & Movie: \$5.00. Movie Only: \$2.00. *If you are coming to Friday Flicks, please sign up in advance; this is important to do prior to end of day Thursday, March 19, as we order our pizzas and set up the great room with comfortable chairs for our movie goers.* This month we will be showing **"THE JUDGE" starring Robert Downey Jr. and Robert Duvall**. Big city lawyer Hank Palmer returns to his childhood home where his father, the town's judge, is suspected of murder. Hank sets out to discover the truth and, along the way, reconnects with his estranged family.

GARDEN CLUB: Meets the Second and Fourth Wednesday at 1:00 PM. Coordinator: Paul Buce. The club resumes its regular schedule this month with meetings on the second and fourth Wednesdays at 1:00. Meeting subjects have not been scheduled yet. See you there.

GENERAL MEMBERSHIP MEETING: Monthly meeting open to all members on the **2nd Wednesday of the month at 10:00 AM (on March 11).** Birthdays will be celebrated. Come enjoy birthday cake, 50/50 and free bread. **SPECIAL GUEST SPEAKER WILL BE JABARI WHITEHEAD, PRINCIPAL OF ROBERTS ELEMENTARY SCHOOL.** Any member who wants to be put on the agenda at the meeting should contact Mary McCree, President.

KNITTING & CROCHETING: Tuesdays at 1:00 PM. Coordinator: Patricia Ackah. Instruction provided. *Hand-made items are for sale and all proceeds benefit the Center.*

LIBRARY: Open Monday through Friday from 9:00 AM to 3:00 PM. Library Volunteer: Nancy Kime. An excellent selection of large print books, tapes and videos are available to borrow. *Don't forget to check out the "roving book cart" featuring a special selection on loan from the Upper Merion Township Library.*

LINE DANCING: Every Wednesday at 1:00 PM in the gym. Coordinator: Aracelia Panzano.

MAH-JONGG: Mondays at 9:30 AM. Coordinator: Lynne 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 10:00 AM to 12:00 PM. Have your



blood pressure checked by our favorite Nurse Lori Gnacek from Bryn Mawr Hospital/Main Line Health.

OUTREACH: *Representative Tim Briggs' aide* is here the second Thursday of the month (11:00 AM to 2:00 PM) and *Senator Daylin Leach's aide* is here the last Thursday of the month (11:30 AM to 1:00 PM)

PINOCHLE LADIES AND GENTS: Tuesday's at 12:30 AM *in the Game Room. **Beginning week of March 23 pinochle will be in the kitchen.***

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

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

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

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

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

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

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

ENLIGHTENED PERSPECTIVE

The following was **written by Andy Rooney**, a man who had the gift of saying so much with so few words. The subjects covered affect us all on a daily basis. Hope you enjoy reading them!

The best classroom in the world is at the feet of an elderly person.

When you're in love, it shows.

Just one person saying to me, 'You've made my day!' makes my day.

Having a child fall asleep in your arms is one of the most peaceful feelings in the world.

Being kind is more important than being right.

You should never say no to a gift from a child.

I can always pray for someone when I don't have the strength to help him in some other way.

No matter how serious your life requires you to be, everyone needs a friend to act goofy with.

Sometimes all a person needs is a hand to hold and a heart to understand.

Simple walks with my father around the block on summer nights when I was a child did wonders for me as an adult.

Life is like a roll of toilet paper. The closer it gets to the end, the faster it goes.

We should be glad God doesn't give us everything we ask for.

Money doesn't buy class.

It's those small daily happenings that make life so spectacular.

Under everyone's hard shell is someone who wants to be appreciated and loved.

To ignore the facts does not change the facts.

When you plan to get even with someone, you are only letting that person continue to hurt you.

Love, not time, heals all wounds.

The easiest way for me to grow as a person is to surround myself with people smarter than I am.

Everyone you meet deserves to be greeted with a smile.

No one is perfect until you fall in love with them.

Life is tough, but I'm tougher.

Opportunities are never lost; someone will take the ones you miss.

When you harbor bitterness, happiness will dock elsewhere.

I wish I could have told my Mom that I love her one more time before she passed away.

One should keep his words both soft and tender, because tomorrow he may have to eat them.

A smile is an inexpensive way to improve your looks.

When your newly born grandchild holds your little finger in his little fist, that you're hooked for life.

Everyone wants to live on top of the mountain, but all the happiness and growth occurs while you're climbing it.

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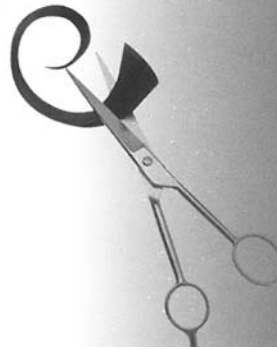
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★ **Thank you Tony from Angelo's Pizza** – for the foot long Birthday Hoagie he donates to the center every month. ★ **LeBus Bread** – who donates delicious baked bread every month for the Member Bread Raffle and to ★ **Sun Joe** - who generously donates 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.

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<p>Note: Information submitted following Feb. 4 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>		