



THE BEST OF TIMES

NOVEMBER 2012

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
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KING OF PRUSSIA, PA 19406
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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:

Gerry Roth, President
Mary F. McCree, Vice President
Helen Cabrey, Secretary
Harlyce Grossman, Treasurer

MEMBERS OF THE BOARD:

Paul Buce, Les Cohen, Ed Freudenberg, Pari Hoorfar,
Ethel Hutchinson, Howard Lurie, Ruth Shand and
Janet Sheehan

HONORARY MEMBERS:

Mary Meere, Arthur Powell, Constance H. Williams

STAFF:

Jonathan Stanback, Executive Director
Shirley Robey, Administrative Assistant
Beth Cassidy, Receptionist

"Best of Times" Editors:

Mary F. McCree and Shirley Robey

GOALS

- ♦ Increase membership.
- ♦ Work to increase funding for operational support: investigate new sources of funding in cooperation with local businesses and government agencies.
- ♦ Continue the development of innovative programming.
- ♦ Maintain our working partnership with the Upper Merion Area School District and Upper Merion Township.
- ♦ Explore the potential for new opportunities for services.
- ♦ Search for educational opportunities for members as part of our lifelong learning efforts.
- ♦ Help members remain healthy and active through participation in recreational, educational and leisure activities.

MONTHLY MESSAGE

Dear Members,

November is the month we usually think about the upcoming Election and also the Thanksgiving holiday. During the month we should think about change and giving thanks for what we have.







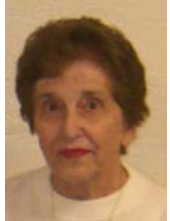






There could be possible changes with the upcoming election. Some of the change might be good or bad as there are two sides to everything. This is all in the hands of the voters. So be sure you get out and vote so that you can be a part of our future.

As for the upcoming holiday we should give thanks for many things. We should be thankful for the current military and veterans who are serving our country and protecting us everyday. We should be thankful for having a strong community where we work together to help each other and keep the community strong and safe for everyone. We should be thankful for the family. If they are far away we should be thankful we have our family, and hope that they are safe and healthy.

Have a great month and give thanks for all you have!!

HAPPY THANKSGIVING!!
Jonathan N. Stanback

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>PICTURES OF SOME OF OUR UMSSC "BIG BINGO" VOLUNTEERS.</p> <p>WE THANK THEM ONE AND ALL!</p>			10:15 BINGO 11:00 TRAVEL TALES & TIPS 12:30 CHAIR EXERCISE	10:00 SING-A-LONG		
	<p>9:30 FLU SHOTS</p> <p>9:30 OUTREACH-LEACH</p> <p>10:00 MAH-JONGG</p> <p>10:30 CURRENT EVENTS</p> <p>1:00 KNITTING & CROCHETING</p> <p>1:30 YOGA</p>	<p>ELECTION DAY CENTER IS CLOSED</p> 	<p>10:00 BOARD MEETING</p> <p>12:00 TAI CHI</p> <p>1:00 LINE DANCING</p> <p>1:00 PUT & CALL STOCK OPTIONS</p>	<p>10:00 NURSE</p> <p>10:15 BINGO</p> <p>11:00 OUTREACH-BRIGGS</p> <p>12:30 CHAIR EXERCISE</p>	10:00 SING-A-LONG 11:15 FRIDAY FLICKS	
	<p>9:30 UNIVERSITY DAY BEGINS</p> <p>ALL OTHER ACTIVITIES CANCELLED FOR TODAY</p>	<p>9:30 COMPUTER CLUB</p> <p>10:00 BRIDGE</p> <p>12:30 CHAIR EXERCISE</p> <p>1:00 KNITTING & CROCHETING</p> <p>1:30 MUSIC INSTRUCTION</p>	<p>10:00 GENERAL MEETING</p> <p>12:00 TAI CHI</p> <p>1:00 LINE DANCING</p> <p>1:00 GARDEN CLUB</p> <p>1:00 PUT & CALL STOCK OPTIONS</p>	<p>9:30 VALLEY FORGE CASINO</p> <p>10:15 BINGO</p> <p>12:30 CHAIR EXERCISE</p>	10:00 SING-A-LONG	
	<p>10:00 MAH-JONGG</p> <p>10:30 CURRENT EVENTS</p> <p>1:00 PERSONAL SAFETY CRIME PREVENTION IDENTITY THEFT</p> <p>1:30 YOGA</p> <p>7:00 PATRIOTIC CONCERT AT UM MIDDLE SCHOOL</p>	<p>9:30 AARP DRIVER SAFETY COURSE</p> <p>9:30 COMPUTER CLUB</p> <p>10:00 BRIDGE</p> <p>12:30 CHAIR EXERCISE</p> <p>1:00 KNITTING & CROCHETING</p> <p>1:30 MUSIC INSTRUCTION</p>	<p>SENIOR CENTER IS CLOSED IN OBSERVANCE OF THANKSGIVING</p>	<p>SENIOR CENTER IS CLOSED IN OBSERVANCE OF THANKSGIVING</p> 	<p>SENIOR CENTER IS CLOSED IN OBSERVANCE OF THANKSGIVING</p>	
	<p>9:00 HUNTERDON HILLS PLAYHOUSE</p> <p>10:00 MAH-JONGG</p> <p>10:30 CURRENT EVENTS</p> <p>1:00 BOOK TALK</p> <p>1:00 KNITTING & CROCHETING</p> <p>1:30 YOGA</p>	<p>9:30 COMPUTER CLUB</p> <p>10:00 BRIDGE</p> <p>12:30 CHAIR EXERCISE</p> <p>1:00 KNITTING & CROCHETING</p> <p>1:30 MUSIC INSTRUCTION</p>	<p>9:30 QUILTING</p> <p>12:00 TAI CHI</p> <p>1:00 LINE DANCING</p> <p>1:00 GARDEN CLUB</p> <p>1:00 PUT & CALL STOCK OPTIONS</p> <p>BRING IN YOUR DONATIONS FOR ST. JOHN'S SOUP KITCHEN TODAY</p>	<p>10:15 BINGO</p> <p>11:00 OUTREACH-LEACH</p> <p>12:30 CHAIR EXERCISE</p>	10:00 SING-A-LONG	

NOVEMBER 2012

QUOTE OF THE MONTH: Forever on Thanksgiving Day the heart will find the pathway home.

~ Wilbur D. Nesbit

OUR BOARD OF DIRECTORS



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DATES WE ARE CLOSED

THE CENTER WILL BE CLOSED ON ELECTION DAY TUESDAY, NOVEMBER 6.

THE CENTER WILL BE CLOSED ON WEDNESDAY, NOVEMBER 21, THURSDAY, NOVEMBER 22 AND FRIDAY NOVEMBER 23 IN OBSERVANCE OF THANKSGIVING.

UPCOMING EVENTS

FREE FLU SHOTS: MONDAY, NOVEMBER 5 FROM 9:30 AM TO 11:30 AM. Offered by Bryn Mawr Hospital, Community Health Services Department for Adults 65 years and older. **MUST REGISTER TO GET SHOT BY CALLING 1-866-225-5654.**

MAKE A TERRARIUM: WEDNESDAY, NOVEMBER 14 AT 1:00 PM. SPONSORED BY THE GARDEN CLUB. Bring your own glass or plastic container. Soil, rock chips, moss and a few plants will be provided. Please be sure to sign up so your instructor, Dottie Yacek-Matulis, knows how much supplies to bring. *Sign-up sheet at reception desk.*

VALLEY FORGE CASINO: THURSDAY, NOVEMBER 15, AT 9:30 AM. VF CASINO MEMBER COST: None. Includes a \$25.00 free slot play, \$15.00 food & beverage vouchers, free shuttle bus from & back to center. **NON VF CASINO MEMBER COST:** \$25.00. Cost

includes \$25.00 free slot play, \$15.00 food & beverage vouchers, free shuttle bus from & back to center & 3 months dining membership which includes unlimited casino access, 10% off every meal & invitations to exclusive member events. **SHUTTLE (available for all) DEPARTS UMSSC AT 9:30 AM and DEPARTS THE CASINO APPROXIMATELY 2:00 PM. YOU MUST REGISTER IN ADVANCE TO GET SPECIAL OFFER. CUT-OFF DATE WEDNESDAY, NOVEMBER 7. IMPORTANT NOTE: VF CASINO MEMBERSHIPS ARE FOR 3 MONTHS ONLY. If you joined the VF Casino on the July 31st trip, your membership has expired and you will have to renew your membership for November trip.**

PERSONAL SAFETY, CRIME PREVENTION, AND IDENTITY THEFT: MONDAY, NOVEMBER 19 AT 1:00 PM IN THE GREAT ROOM. Presentation by Sgt. Chuck Zadroga, Community Relations Unit, Upper Merion Township Police Department. *Sign-up sheet at Reception Desk.*

AARP DRIVER SAFETY COURSE: TUESDAY, NOVEMBER 20 from 9:30 AM to 2:00 PM (4-hour course). Registration forms available at the center. *Checks (\$12.00 / AARP members or \$14.00 / non-AARP members) are to be sent directly to the AARP course instructor, Buzz Ordonio (address is on form).*

SOLD OUT - HUNTERDON HILLS PLAYHOUSE: MONDAY NOVEMBER 26 AT 9:00 AM. "A PLAYHOUSE CHRISTMAS". An ensemble cast of multitalented performers celebrate Christmas in an original holiday song and dance fest featuring traditional carols, classic and contemporary Yuletide compositions, humorous skits, and spectacular dance numbers, all backed by a live onstage orchestra. **TICKETS ON SALE NOW! COMPLETE FORM AND HAND IN WITH YOUR PAYMENT AT THE RECEPTION DESK. COST: MEMBERS \$60.00, NON-MEMBERS \$65.00 INCLUDES TRANSPORTATION, LUNCH AND SHOW.**

HOLIDAY PARTY: MONDAY, DECEMBER 10, 11:00 AM AT THE CROWNE PLAZA HOTEL. Tickets (\$23.00 for members, \$26.00 for nonmembers) will be sold through Friday November 30 from 10:00 AM to 2:00 PM or until sold out. Entertainment will be provided by the UMSSC Band and our favorite DJ Hal Martin.

Menu selections are posted on the bulletin board and at the ticket sales desk. ***Be sure to reserve your table.***

COMMUNITY OUTREACH

DONATIONS TO UMSSC

Upper Merion Senior Service Center is now 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.

UPPER MERION EMERGENCY AID

Dried goods donations collected for families in the community. More families are in need than ever before. Donation box is outside of the lounge. ***The Upper Merion Emergency Fund has specifically requested donations of pasta and sauce, and will also appreciate donations of peanut butter and jelly, canned vegetables and fruit and dry cereals and other dried foods.*** As always, we thank you for your generosity.

ST. JOHN'S SOUP KITCHEN

The Women's Club of Upper Merion will be preparing a Thanksgiving meal at St. John's Kitchen for the homeless. They will be serving vegetable soup and burgers and are asking for ***donations of any kind of canned vegetables***. If you would like to donate, please place the items in the box along the corridor marked for St. John's. The items will be needed by ***Wednesday, November 29.***

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. Collection box is on the table outside of the lounge. Members might keep in mind how valuable these books are to young readers. Pictures of the children choosing their books to keep are posted on our bulletin board. Take a moment to look at the photos and see how you have made a child happy. ***WE CAN ALL PUT BOOKS INTO THE HANDS OF CHILDREN. When donating books please be sure that they are in good condition.***

UPPER MERION TRICENTENNIAL MEMORABILIA

Check out the table in the lobby. We have a display of sample Tricentennial Memorabilia that you can order. These items will make wonderful holiday gifts. Fill out

the order form and hand in to the office with your check payable to UM Township Foundation.

ACKNOWLEDGEMENTS

GRACIAS! THANKS! DANKE! MERCI!

ARIGATO! GRAZIE! OBRIGADO!

★ Thank you Tony from ***Angelo's Pizza*** – for the foot long Birthday Hoagie he donates to the center every month. ★ ***LeBus Bread*** – Member Raffle every month 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 (*Everyone raves about their pizza!!!*). ***Special thanks to Suzy Jo Donuts and Amedeo's for their donations of food for our "Big Bingo" event.***

THANK YOU TO OUR UMSSC "BIG BINGO" VOLUNTEERS

Thank you to the following members who volunteered to help out at our "Big Bingo" game. This is a new fund raiser for the center and our volunteers helped to make it a great success! We would like to acknowledge the following: Paul Buce, Helen Cabrey, Les Cohen, Lucy Damiani, June Dolan, Jean Ehlinger, Jean Grimes, Jerry & Harlyce Grossman, Pari Hoorfar, Nancy Kime, Ann Leahan, Don and Mary McCree, Joann Meenan, Judy Narke, Sarah Phillips, Tony Segui, Ruth Shand, Jonathan Stanback, Ruthann VanMetre, and Ed Wenger. Also we especially thank our two great Bingo Callers Linda Birochak of Beal Bank and Melissa Nast of the Valley Forge Casino.

SPECIAL "BIG BINGO" THANK YOU

We owe a very special thank you to Helen Cabrey and Judy Narke. Prizes for the "Big Bingo" were valuable Longaberger baskets. These baskets were collector's items generously donated by Helen and Judy. These are two ladies we can always count on to volunteer when we need help raising money for the center and we want them to know how much we appreciate their time and thoughtfulness.

COMMUNITY HAPPENINGS

Visit the Upper Merion Farmers Market

Open each Saturday from May 19 to November 17, 2012 from 9 a.m. to 1 p.m. For more information on the market and its various special events, please visit the organization's website at www.uppermerionfarmersmarket.org, or contact the Upper Merion Park and Recreation Department at 610-265-1071.

UPPER MERION TRICENTENNIAL CELEBRATION
SPECIAL EVENTS

Friday, November 2 at 7:30pm Jazz Night at the Township Building with Luke Carlos O'Reilly:

Colombian native Luke Carlos O'Reilly was born with a passion for music. His love for Jazz specifically has elevated him to be one of few consistently in demand jazz pianists in the Philadelphia area, where he currently resides.

In 2004, Luke received his bachelor's degree in Jazz Piano Performance from Temple University's Esther Boyer College of Music. After spending time on the road with such jazz greats as Curtis Fuller, Dave Valentin, Red Holloway, Slide Hampton, Nicolas Payton, Bobby Watson, and, Billy Paul, Luke finally released his own debut album 'Living In The Now' in February, 2011

Sun. November 4, at 2pm Speaker Series: James Brazel – Local Trains & Transportation: The Chester Valley Railroad, & more:

The railroad industry started late in Pennsylvania, in part due to the turnpikes and canals in the state. But, after a slow start in the 1830s, Pennsylvania became a national leader in railroad development in the 1840s and 1850s. By 1860 it had surpassed all states in total railroad mileage, a position it would hold into the 20th century. Railroads had a profound impact on the economy and landscape of Upper Merion and beyond. Come ride the rails of history in this talk by Jim Brazel.

November 2, 3, 9, & 10 King of Prussia Players "A Chorus Line": At the Upper Merion Middle School.

Thursday, November 8 at 5pm Reesville Social Club meets at Creed's: All are welcome to share fellowship and good cheer!

Saturday, November 17 at 2pm Upper Merion History-The First 300 Years: Join Upper Merion Historian and Author J. Michael Morrison and others as they give an overview of the first 300 years of Upper Merion History. The town's history is one of the richest and most diverse in the country. Settled by people from many countries; a leader in industry, mining, farming, transportation, and more – the history of Upper Merion is astounding. Come find out what you probably never imagined about the 17 square miles of a most diverse and engaging community that is Upper Merion.

VENDORS NEEDED SAINT AUGUSTINE CHURCH CHRISTMAS BAZAAR

The St. Augustine Parish in Bridgeport Annual Christmas Bazaar will take place on November 2 and 3. The cost of a 6 ft. table will be \$25.00. If you are

interested you can call 610-272-4088 for more information.

FRIENDS OF VALLEY FORGE
SPEAKER SERIES

The annual Speaker Series is held in cooperation with the Washington Memorial Chapel. Each year, a new slate of programs is scheduled and offered at the Chapel or the park theater. Programs are held on the first Tuesday of the month at 7 pm. The following programs will be held at the Chapel.

Tuesday, November 6: The Philadelphia Campaign Part II: Germantown and the Roads to Valley Forge. Presentation by Thomas J. McGuire A master story teller shares the human reality of war, and the variety of people caught up in it, during the months before the 1777-78 Valley Forge encampment.

Tuesday, December 4: Washington-Rochambeau National Historic Trail. Presentation by Joseph DiBello. The trials, tribulations, and victories of the American Revolution's allied French and American troops as they marched from Newport, Rhode Island to do battle at Yorktown, Virginia.

NEWSWORTHY

BOARD NOMINATIONS

A preliminary list of candidates for UMSSC board and officer positions was presented at the October General Meeting. Additional nominations for these positions can be submitted up until the November General Meeting. If you are interested in serving the organization in this capacity, or have a friend who is, please submit a nomination form to the office. Please note that if you wish to nominate a friend, the form requires their signature to indicate their willingness to serve. All members who reside in the UMASD are eligible.

CURRENT EVENTS GROUP MARKS
FOUR YEARS OF DISCUSSION

September marked the fourth year that a lively and talkative group of Center members has gathered on Monday mornings to discuss the latest in current events. Our numbers vary from week to week, but whether there are four of us or 12, we never run out of something to say.

Over the four years we have, by consensus, come up with a format for our meetings which seems to work. We start by drawing up a list of topics suggested by those present, usually based

on something read or seen in the news media. Then we simply move down the list with everyone chiming in with his or her own thoughts, interpretations and opinions or perhaps additional facts from another source. Our topics may range from new developments in Upper Merion to state and national happenings to events in other parts of the world. It is safe to say that the Middle East appears regularly on the list.

We welcome new faces to the group anytime. We don't require that newcomers propose a topic Or even say anything for that matter. So come and join us at 10:30 on Mondays in the Lounge.

HURRAY! LINE DANCING IS BACK!

Now that summer is over we are happy to have our line dancing people back. Aracelia Panzano will be leading our dancers as they step out to their favorite songs. If you've never tried line dancing before now's your chance to start up with the group on Wednesday's at 1:00 PM. It's great way to have fun and exercise too!

RECORD YOUR FAMILY HISTORY

We all have a story to tell about our family. For a donation of \$10.00, we will record as you talk about your families' history. We will provide you with some pre-selected questions to guide you through the recording or if you prefer you can just talk generally. If you have already signed up you will be contacted to schedule a date and time. You should allow at least 2-hours for a recording. Sign up and give your \$10.00 donation in the office.

ZUMBA GOLD CLASSES COMING TO UMSSC

Start your New Year off with Zumba Gold, a new fitness program being offered through Upper Merion Park and Rec, specifically designed to take the original Zumba Program and bring it to the active senior citizen. This Latin inspired dance - fitness program includes Merengue, Salsa, Cha Cha and even Belly Dance!! Held in a party like atmosphere, Zumba Gold aims to improve both physical and mental health. The program is easy to follow and uses slow and modified progressions designed to increase cardiovascular activity and improve strength, balance and flexibility. The classes will be taught by two licensed Zumba instructors, Geni Roskos and Peg White. Registration to join will be made through Park and Rec. As a SPECIAL OFFER, this session will run for seven Mondays from January 14 until March 4th (No class on Jan. 21 or Feb. 18) and Upper Merion Seniors will pay only \$15 for the 7 week session. There is an extra charge of \$10 for non residents. So the session would cost \$25.

This program especially created for the UMSSC, will be held on Mondays 12 noon – 12:45 in the Gym. Geni and Peg will offer a **FREE DEMO for all to try Zumba**

***Gold on Monday January 7, 2013 at noon.
Come and join the party!!***

MEMBER SPOTLIGHT ON:

HOWARD ROSENBLUM



Howard is one of those people who goes quietly about his business at the center. He is a member of our Computer Club and sometimes plays Mah Jongg and Bingo. One day Howard invited some of the staff to the computer room and presented them with his software version of "Jeopardy" that he developed. Howard's interest in Jeopardy was sparked after he had attended our Jeopardy game. So, he went home and developed a new and improved software. We all appreciated and were impressed by Mark Erb who took time from his extremely busy schedule at school to help us by setting up our first Jeopardy game. Even he was impressed by what Howard's developed. Howard then developed software for our "Big Bingo" game which was held in October. Was there no end to his knowledge and talent to create these games for us? Where had this member and his abilities been hiding all of these years?

Howard worked for 15 years at Lockheed Martin and it was there that he discovered his talent for developing software. He was described by former co-worker, Ed Hickman, as personable and helpful. Howard is self-taught and has a knack for taking things apart to see how they work and then putting them back together.

How fortunate we are to have Howard as a UMSSC member because he did all of this work unselfishly. He is sharing his knowledge for the benefit of others and working to make the senior center a better place to enjoy. Howard does not expect any reward or recognition in return for his work. He is just doing what he likes to do and we are really glad that he found that here.

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.

BINGO: Thursdays at 10:15 AM. Coordinator: Evelyn Cavaliere. Cash prizes!

BOOK TALK: MONDAY, NOVEMBER 26 at 1:00 PM. Coordinator: Patricia Ackah (610.265.4290). This month's book is "**SINS OF THE FATHER**" by Jeffrey Archer. It is only days before Britain declares war on Germany. Harry Clifton, hoping to escape the consequences of a family scandal, and realizing he can never marry Emma Barrington, has joined the Merchant Navy. When a German U-boat sinks his ship, Harry and a handful of sailors are rescued by the SS Kansas Star, among them an American named Tom Bradshaw. That night, when Bradshaw dies, Harry seizes a chance to bury his past—by assuming the man's identity.

BRIDGE CLUB: Tuesday's at 10:00 AM.

CHAIR EXERCISE: Every Tuesday and Thursday from 12:30 PM to 1:15 PM. Coordinator: Jim Parvin. \$3.00 per class.

COMPUTER CLUB: Tuesday's 9:30 AM to 11:30 AM. Coordinators: Herman Natanblut and Howard Lurie. Meetings are open to all *members*, all ability levels.

CURRENT EVENTS DISCUSSION GROUP: Monday's at 10:30 AM in the Lounge. Coordinator: Joan Shaw. The group meets to discuss the week's news. Going and growing.

FRIDAY FLICKS: FRIDAY, NOVEMBER 9 (Pizza at 11:15 AM, Movie at 12:00 PM.) Coordinator: Don McCree. This month we will be showing "**MAGIC OF BELLE ISLE**" starring Morgan Freeman and Virginia Madsen. A famous Western novelist whose struggle with alcoholism has sapped his passion for writing. He takes a lakeside cabin for the summer in picturesque Belle Isle, and befriends the family next door—an attractive single mom and her young daughters who help him find inspiration again. **Cost: \$5.00 for movie and pizza or \$2.00 for the movie only. Sign up and pay in advance at the Reception Desk.**

GARDEN CLUB: Meets the second and fourth Wednesday at 1:00 PM. Chairperson: Paul Buce. The club will meet one time on November 14. Dottie Yacek-Matulis will describe how to build a terrarium. Bring a suitable glass container. Materials will be provided to develop the growing base. You can add the plants later.

GENERAL MEMBERSHIP MEETING: Monthly meeting open to all members on the 2nd Wednesday at 10:00 AM. Any member who wants to be put on the agenda at the meeting should contact Gerry Roth, President. Birthdays will be celebrated.

GOOD FOOD/GOOD HEALTH WITH PARI: NO CLASSES SCHEDULED.

KNITTING & CROCHETING: Monday's and Tuesday's at 1:00 PM. Coordinator: Dot Price. 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. An excellent selection of large print books, tapes and videos are available to borrow.

LINE DANCING: Every Wednesday at 1:00 PM in the gym. Coordinator: Aracelia Panzano. \$1.00 fee per lesson.

MAH-JONGG: Monday's at 10:00 AM. All level players are welcome. Come in at 9:30 AM if you are interested in learning Mah-Jongg. Coordinator: Lynne Borocho.

MUSIC INSTRUCTION: Tuesday's at 1:30 PM. Instructor: Ed Hickman.

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. *Senator Daylin Leach's* aide is here the last Thursday of the month - 11:00 AM to 1:00 PM.

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

SHOWBOAT CASINO TRIP: SUSPENDED UNTIL MAY 2013.

SING-A-LONG: Friday's at 10:00 TO 11:30 AM. Coordinators: Theresa M. Smith and Dot Morio.

STAND-UP YOGA: Monday's at 1:30 PM. DVD Instruction. Limited to 8 members per class.

TAI CHI: Every Wednesday from 12:00 PM to 12:45 PM. Coordinator Louise Bailey. \$3.00 per class.

TRAVEL TALES AND TIPS: 11:00 AM on the first Thursday of each month in the Computer Room. Join this discussion group to share inexpensive travel tips and adventures. **Coordinator: John Desko**

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MUST REGISTER W/MLH TO GET SHOT BY CALLING 1-866-225-5654.
- * FRIDAY FLICKS: FRIDAY, NOVEMBER 9 AT 11:15 AM
- * UNIVERSITY DAY: MONDAY, NOVEMBER 12 FIRST SESSION BEGINS AT 9:30 AM
(ALL OTHER ACTIVITIES CANCELLED ON THIS DATE)
- * VALLEY FORGE CASINO: THURSDAY, NOVEMBER 15, AT 9:30 AM
- * PERSONAL SAFETY, CRIME PREVENTION, and IDENTITY THEFT PRESENTATION:
MONDAY, NOVEMBER 19 AT 1:00 PM IN THE GREAT ROOM.
- * BOOK TALK: MONDAY, NOVEMBER 26 AT 1:00 PM
- * AARP DRIVER SAFETY COURSE: TUESDAY, NOVEMBER 20 AT 9:30 AM
- * HUNTERDON HILLS PLAYHOUSE: MONDAY NOVEMBER 26 AT 9:00 AM.
"A PLAYHOUSE CHRISTMAS".
- * HOLIDAY PARTY: MONDAY, DECEMBER 10 AT 11:00 AM AT THE CROWNE PLAZA HOTEL.
(TICKETS ARE ON SALE NOW)

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TUESDAY, NOVEMBER 6.**

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21, THURSDAY, NOVEMBER 22 AND FRIDAY, NOVEMBER 23
IN OBSERVANCE OF THE THANKSGIVING HOLIDAY.**



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

*UMASD SCHOOL
CLOSING
NUMBER
IS "307"*

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

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

OR CALL
KYW-1060 RADIO
(215-925-1060)
FOLLOW
INSTRUCTIONS
AND ENTER
UMASD SCHOOL
CLOSING
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OCT. 3 will be
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Visit the Center's
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