



THE BEST OF TIMES

NOVEMBER 2014

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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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
Howard Lurie, Vice President
Helen Cabrey, Secretary
Harlyce Grossman, Treasurer

MEMBERS OF THE BOARD:

Paul Buce, Jane Burger, Ed Freudenberg, Pari Hoorfar,
Richard McCann, Howard Rosenblum,
Ruth Shand and Janet Sheehan

HONORARY MEMBERS:

Mary Meere, Arthur Powell, Constance H. Williams, and
Ronald G. Wagenmann

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

Dear Friends,

November is here. Don't forget to turn your clocks back as Daylight Saving Time ends on Sunday November 2. Election Day is on Tuesday November 4 and the center is closed to allow all to get to the polls. Please plan to attend our General Membership Meeting on Wednesday, November 12. It will be a very busy meeting with lots on the agenda and also, we will have special guests in Jane Callaghan, Superintendent of the Upper Merion Area School District and Mike Keeley, Business Manager of the District, who will be discussing the feasibility study being conducted by the school district.

At the November General Meeting the Nominating Committee shall present a complete slate. Members may add nominations from the floor if all requirements are met. Nominations are closed after members have had time to present their nominations.

The Upper Merion Area Middle School will be holding their Patriotic Concert on Monday evening, November 24 beginning at 7 PM. Our Upper Merion Senior Service Center Band will be performing, try to make the performance, they always make us proud.

Tickets, Tickets, Tickets! We are currently selling tickets for the December 1 trip to see Tony Orlando Christmas Show – deadline for purchase is November 17. Get your tickets for our annual Holiday Party or Bash whichever you wish to call it. It will be held at the Radisson Tower of the Valley Forge Casino on Monday December 8. An added bonus will be \$10 slot play and free admission to the casino following our luncheon. Deadline for purchase is November 25. Check this newsletter for costs and other details.

Best to all for a Happy Thanksgiving Day and *as always, come spend some time with us and remember to always say something nice about UMSSC.*

Thankfully,

*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



1

2

9:30 MAH-JONGG
10:00 FLU SHOTS
 10:30 CURRENT EVENTS
 12:00 ZUMBA GOLD
 1:30 YOGA

Daylight Saving Ends

3

*Closed For Election Day
 Get Out And Vote!*



4

10:00 BOARD MEETING
 11:00 Wii GAMES
 12:00 TAI CHI (GYM)
 1:00 LINE DANCING

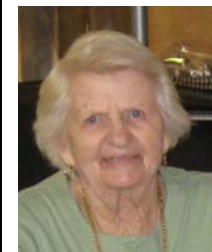
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10:00 FINANCIAL / INVESTMENT DISCUSSION GROUP
 10:15 BINGO
 12:30 CHAIR EXERCISE

6

NEW 9:30 POKER
 10:00 SING-A-LONG
 11:00 Wii GAMES

7



8

9



9:30 AARP DRIVER COURSE (4-HR)
 9:30 MAH-JONGG
 10:30 CURRENT EVENTS
 12:00 ZUMBA GOLD
 1:30 YOGA

10

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

★ *Veterans Day* ★

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10:00 GENERAL MEETING
 11:00 Wii GAMES
 12:00 TAI CHI (GYM)
 1:00 GARDEN CLUB
 1:00 LINE DANCING

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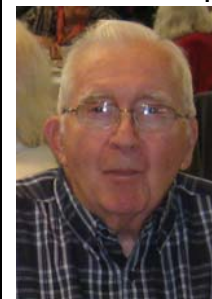
10:00 FINANCIAL/INVESTMENT DISCUSSION GROUP
10:00 NURSE
 10:15 BINGO
11:00 OUTREACH BRIGGS
 12:30 CHAIR EXERCISE

REMINDER: IF YOU ARE COMING TO FRIDAY FLICKS – PLEASE SIGN UP TODAY SO WE CAN ORDER ENOUGH PIZZA AND SET UP COMFY CHAIRS!

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NEW 9:30 POKER
 10:00 SING-A-LONG
 11:00 Wii GAMES
11:15 FRIDAY FLICKS "HEAVEN IS FOR REAL"

14



15

16



9:30 MAH-JONGG
 10:30 CURRENT EVENTS
 12:00 ZUMBA GOLD
(BROWN BAG LUNCH AFTER CLASS)
1:00 BOOK TALK
 1:30 YOGA

17

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

18

9:30 VALLEY FORGE CASINO
9:30 QUILTING
 11:00 Wii GAMES
 12:00 TAI CHI (GYM)
 1:00 LINE DANCING

19

10:00 FINANCIAL/INVESTMENT DISCUSSION GROUP
 10:15 BINGO
 12:30 CHAIR EXERCISE
1:30 THE TRAVELERS

20

NEW 9:30 POKER
 10:00 SING-A-LONG
 11:00 Wii GAMES

21



22

23

30

9:30 MAH-JONGG
 10:30 CURRENT EVENTS
 1:30 YOGA

7:00 PM UMSSC BAND PERFORMANCE AT UM MIDDLE SCHOOL PATRIOTIC CONCERT

24

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

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Closed For Thanksgiving Holiday

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Closed For Thanksgiving Holiday

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OUR BOARD OF DIRECTORS



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UPCOMING EVENTS

The center will be closed: TUESDAY, NOV. 4 FOR ELECTION DAY, AND WEDNESDAY, NOV. 26, THURSDAY, NOV. 27 & FRIDAY, NOV. 28 FOR THANKSGIVING HOLIDAY

MONDAY, NOVEMBER 3 FLU SHOTS * From 10:00 AM to 1:00 PM: Administered by Rite Aid Pharmacy. No appointment necessary. If you are interested you can call Rite Aid at 610-293-1496 with your insurance information to verify coverage. (*Calling Rite Aid does not obligate you.*) Medicare does pay for flu vaccines. The trained and licensed Rite Aid pharmacists will administer the vaccine. After the shot is received, you are requested to wait for about 15 minutes before leaving the building.

**The shots were originally to be administered by Main Line Health; however, they were notified by the manufacturer that the shipment of their supply of seasonal flu vaccine was delayed and they have not been given a definitive answer as to when they can expect the shipment. If you have already registered with Main Line Health you can still come in and Rite Aid will administer the shot.*

MONDAY, NOVEMBER 10 FROM 9:30 AM TO 1:30 PM. AARP DRIVER COURSE (4-HOUR). 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.**

WEDNESDAY, NOVEMBER 19: VALLEY FORGE CASINO. 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, NOV. 12. Everyone must bring a valid photo ID.**

MONDAY, NOVEMBER 24 AT 7:00 PM: UMSSC BAND PERFORMANCE AT UPPER MERION MIDDLE SCHOOL PATRIOTIC CONCERT.

MONDAY, DECEMBER 8 FROM 11:00 AM TO 3:00 PM: UMSSC ANNUAL HOLIDAY PARTY AT THE RADISSON TOWER OF THE VALLEY FORGE CASINO. Ticket Cost: UMSSC Members \$23.00 Non-UMSSC members \$26.00. Celebrate the holidays with us! Entertainment, Cash Prizes, Door Prizes and \$10.00 Slot Play. **TICKETS ON SALE NOW!**

UPCOMING TRIPS

JUST A REMINDER: If you are going on an all day trip and require handicap parking, please park in the rear of the building and leave open the spaces in front for those attending a daily activity. Thank you!

MONDAY, DECEMBER 1, 2014 (cut-off date: NOVEMBER 17) TONY ORLANDO CHRISTMAS SHOW AT THE SANDS CASINO-BETHLEHEM. COST: MEMBERS \$60.00 NON-MEMBERS \$65.00 **INCLUDES:** TRANSPORTATION, SHOW AND \$20.00 SLOT PLAY ON SALE NOW! COMPLETE FORM AND HAND IN WITH YOUR PAYMENT AT THE RECEPTION DESK. **BUS DEPARTS CENTER AT 9:30 AM.** For those who require handicap parking, please park in the rear of the building.

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** – who donate 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.

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:

- ★ A contribution has been made in memory of Anna Kruse, wife of Conrad Kruse, by: Mary & Don McCree
- ★ A contribution has been made in memory of G. Annor Ackah by: Cindy Eastman, Ethel Hutchinson, Ruth Shand and Janet Sheehan
- ★ A contribution has been made in memory of Dot Price by: Janet Sheehan
- ★ A contribution has been made in memory of Dan Delucca by: Leo & June Dolan and Ethel Hutchinson
- ★ A contribution has been made in memory of Virginia Yarnall by: Janet Sheehan
- ★ Thank you to Catherine Miller who made a generous donation to the Senior Center.
- ★ Thank you to Helen Jackmon who made a generous donation to the Senior Center.

COMMUNITY OUTREACH

UMSSC ADOPTS A FAMILY FOR THE HOLIDAY

We have "adopted" a family of three, a widowed mother and her 11 year old twins, for the holidays. Having recently lost her job, the mother, Tamyra, is not able to afford to give her children, son Morgan and daughter Cella gifts at Christmas. We have the opportunity to fulfill Christmas "wishes" for a family in need and we hope that you will participate. Please check the bulletin board for a list of needs (along with sizes).

GUEST READERS FOR EXTENDED DAY

Extended day is looking for volunteers to read stories to the children. If you are interested, there is a sign-up sheet at the Reception Desk.

SHOEBOX RECYCLING

What is "Shoebox Recycling" you ask yourself? It is a new program we are running in partnership with Community Recycling that collects *gently used* shoes for men, women or children around the globe that are

suitable for re-use. This program has other benefits as well. Every box we fill will raise funds for the center and there will be fewer shoes in a landfill which normally receives over 300 million pairs of shoes each year. So start cleaning out your closets and look under your bed for gently used shoes and please remember that every pair you recycle means extra funds for us.

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 food donations for the upcoming holidays of Boxed Potatoes (mashed, scalloped, au gratin, etc.) Boxed Pasta, Boxed Macaroni and Cheese, Stuffing (any flavor), Spaghetti Sauce, Peanut Butter & Jelly, Turkey Gravy, Chicken Broth, Pancake Mix, Pancake Syrup.***

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

The Farmers Market hours stay the same up to the last market, the Saturday prior to Thanksgiving, 9-1 which is November 22. Livelihood is taking orders now for turkeys. They will be ready for pick up the Tuesday before Thanksgiving, November 25. The winter market begins December 6 and will be on alternate Saturdays, from 10-12 until April, 2015.

NEWSWORTHY

BOARD & OFFICER NOMINATIONS

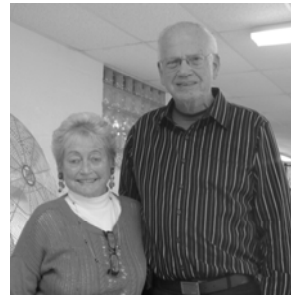
Don't forget to make your nominations for the four officers and three board directors. Remember candidates must be residents of the Upper Merion Area School District and have expressed a willingness to serve. Please give to Paul Buce, office or place in the suggestion box.

ANNUAL UMSSC CHANCE BOOK DRAWING

Congratulations to the winners of our annual UMSSC Chance Book Drawing. The drawing was held after the General Meeting on October 8. The winners were as follows: \$100.00 winner Robert Coleman; \$300.00 winner Jane Burger and the grand prize winner of \$500.00 was Eiko Ikeda. Congratulations to you all!

THANK YOU TO BIG BINGO VOLUNTEERS

We held our 4th UMSSC Big Bingo game on Saturday, October 11. It was a huge success and we had over 75 attendees. A big thank you goes to Helen Cabrey for organizing this event and to her volunteer worker bees without whom the event would have never happened. The volunteers were: Paul Buce, Jane Burger, Lucy Damiani, June Dolan, Cindy Eastman, Harlyce and Jerry Grossman, Mary & Don McCree, Lyn McCue, Judy Narke, Sarah Phillips, Shirley Robey, Howard Rosenblum, Tony Segui, Janet Sheehan and Ed Wenger. We also thank Andrea Zielinski from HomeWell Senior Care who helped out at the event and who also procured from HomeWell a \$100.00 donation towards the food. Linda Birochak from Beal Bank, who has volunteered at just about every Big Bingo game, volunteered again to be our bingo caller. We were also lucky to have Upper Merion High School students, Britney Lewis and Hien (Hailey) Duong to help out. Below are some photos from the day.



STAY CONNECTED!

Do we have your email address??? In an effort to keep you up to date on happenings at your senior center between newsletters, we are establishing an *email notification system*. Please be sure we have your email so you can *stay connected* to your senior center.

SOME PLAYERS NEEDED

Wii games are available. Beth will be happy to get a game of bowling started. ***Why not join her in the lounge on Wednesdays or Fridays at 11:00 AM. Bring a friend to play these games and maybe make a few new ones!***

MEMBERSHIP DRIVE

The time to renew your membership for 2015 is coming up. We encourage you to have your friends renew or have a new friend who might be interested in joining. 2015 membership forms are available *attached to this month's Newsletter*, from the info center and also on our website www.UMSSC.org. Membership cost is still **only** \$15.00 and we have a lot to offer in the way of activities and special events and programs.

How can you get a **free** 2015 membership or three free Friday Flicks (with pizza)? Participate in the ***Executive Director Membership Special***. Just refer three (3) new members to UMSSC. We offer a little something for everyone!

KEEPING SENIORS INFORMED

NEED SOME REASONS TO BE MORE ACTIVE?

During continuous exercise, your brain releases endorphins, chemicals that block pain messages from reaching your brain cells. Endorphins are also responsible for the feelings of satisfaction and pleasure you get from a good workout. People who exercise

regularly are likely to be more self-confident and focused and have reduced stress levels. Simple stretching exercises, for example, can relax tense muscles and help you sleep better. If you are upset or distressed, physical activity can help improve your mood. In fact, many health professionals consider physical activity part of treatment for depression.

(Contributed by Jane Burger)

SENIOR HEALTH: STEPS YOU CAN TAKE TO PREVENT FALLING AND IMPROVE YOUR HEALTH AND WELL BEING

If you're like me, you're concerned about falling and the possibility of breaking a hip, wrist, or rotator cuff especially with the approach of winter and icy walks and driveways. I have two friends who suffered breaks last winter.

Let me tell you what I discovered that might help prevent this from happening. We fall, of course, because we lose balance. Did you know that you can learn counter-balancing moves that will prevent you from falling? We also lose balance because our center of gravity may be out of alignment due to incorrect posture. As we age we begin to lean forward with both our body and neck without even realizing it.

In the Tai Chi/Chi Kung class with Marc Shay every Wednesday from 12-12:45 I'm learning counter balancing methods so that when I feel like I'm going to fall, I can quickly correct myself. I'm also learning center of gravity posture alignment techniques which train me to stand correctly because if I'm leaning forward it's more likely that I'll fall. Acquiring these new skills has made me a lot less worried about falling.

This class is about balance in another way too. Yes, it's about keeping your joints flexible, your muscles toned and internal organs invigorated in non-strenuous, relaxing, graceful ways. But Tai Chi and Chi Kung also combines breathing, movement and standing meditation that unblocks, aligns, and purifies the body's energy, benefiting your overall health through stress reduction and exercise. It helps you to be tranquil and centered.

So here is a great way to improve your health and wellbeing and it only costs three dollars a week. One *free class in November to new tai chi attendees.*

(Contributed by Claire Borchardt)

KEEP YOUR IDENTITY SAFE

The State Department advises us never to disclose personal data, such as being a widower, over the phone or online because scammers thrive on this information. Also, never send money to someone unmet without verifying their identify first, and being aware also that

documents transmitted over the internet, such as passport copies, may be bogus. An individual's citizenship may be verified by calling the Office of Overseas Citizens Services at 1-888-407-4747, where advice on possible international fraud schemes may be obtained as well.

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!

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

BOOK TALK: Monday, November 17 at 1:00 PM. Meets on the 3rd Monday of the month. Coordinator: Patricia Ackah (610.265.4290). This month we will be reading ***"THE GIFT OF RAIN"*** by Tan Twan Eng, a literary page-turner set against an atmospheric evocation of Malaya just before and during the tumult of the Second World War. With a broad sweep of history that embraces the Chinese, Japanese, British, and Malayan cultural cross-pollination of the region, Tan tells a riveting and poignant tale about a young man's unwitting role in a tangle of wartime loyalties and deceptions.

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. Coordinator: Jim Parvin. \$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. Still no shortage of subjects

of interest. Join us at 10:30 Monday mornings in the lounge to hash out the week's major and minor news events. Just sit in for your first visit to check us out; we're generally refined and friendly.

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, November 14 (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, November 13, as we order our pizzas and set up the great room with comfortable chairs for our movie goers. This month we will be showing "HEAVEN IS FOR REAL" starring Greg Kinnear, Kelly Reilly, Thomas Haden Church.*** A young boy emerges from life-saving surgery with remarkable stories of his visit to heaven. *Heaven Is for Real* is the true story of the four-year old son of a small town Nebraska pastor who during emergency surgery slips from consciousness and enters heaven. He survives and begins talking about being able to look down and see the doctor operating and his dad praying in the waiting room. The family didn't know what to believe but soon the evidence was clear.

GARDEN CLUB: Meets the Second and Fourth Wednesday at 1:00 PM. Coordinator: Paul Buce. The club will meet only on the second Wednesday the 12th at 1:00 this month as Thanksgiving will be here before we realize. Among the subjects will be to start thinking about moving ... what plants might go / which not, what support will we need, etc..

GENERAL MEMBERSHIP MEETING: Monthly meeting open to all members on the ***2nd Wednesday of the month at 10:00 AM on November 12.*** 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. Cost: \$1.00 per lesson.

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 Bingo Room.

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

QUILTING: Third Wednesday (for month of November only) 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: REGULAR WEEKLY CLASSES ON WEDNESDAY'S AT 12:00 PM IN THE GYMNASIUM \$3.00 FEE PER CLASS. One free class in November to new tai chi attendees.

NEW - 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 until November 17 from 12:00 PM to 12:45 PM. Cost: \$20.00 UM Residents and \$30.00 Non-UM Residents.

BROWN BAG LUNCH IN THE DINING AREA ON NOV. 17 FOLLOWING THE CLASS. PLEASE JOIN US! (THIS IS AN UM TWP. PARK & REC DEPT. PROGRAM.)

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



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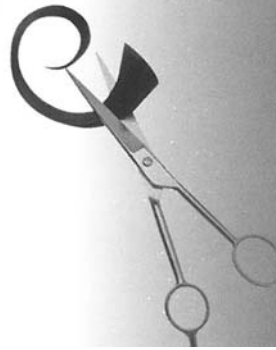
Linda Jo Hansell
Owner

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REMINDERS FOR NOVEMBER 2014

- * **NEW ACTIVITIES** – WII GAMES: WEDNESDAYS & FRIDAYS AT 11:00 AM IN THE LOUNGE
PINOCHLE: TUESDAYS AT 12:30 PM IN THE BINGO ROOM
- * **MONDAY, NOVEMBER 3 FLU SHOTS** : From 10:00 AM to 1:00 PM. ADMINISTERED BY RITE
AID PHARMACY. NO APPOINTMENT NECESSARY.
- * **MONDAY, NOVEMBER 10 FROM 9:30 AM TO 1:30 PM.** AARP DRIVER COURSE (4-HOUR)
- * **WEDNESDAY, NOVEMBER 12 AT 10:00 AM:** GENERAL MEETING
- * **FRIDAY, NOVEMBER 14 FRIDAY FLICKS:** (Pizza at 11:15 AM, Movie at
12:00 PM.) PLAYING THIS MONTH: **"HEAVEN IS FOR REAL"** PLEASE SIGN UP
BY THURSDAY, NOV. 13 SO THAT WE CAN ORDER ENOUGH PIZZA AND SET UP THE
MORE COMFORTABLE CHAIRS FOR OUR MOVIE-GOERS!
- * **MONDAY, NOVEMBER 17 AT 1:00 PM BOOK TALK:** THIS MONTH'S BOOK "THE GIFT OF
RAIN" BY TAN TWAN ENG
- * **WEDNESDAY, NOVEMBER 19: VALLEY FORGE CASINO.** THE OFFER FOR GROUP IS \$20.00
IN SLOT PLAY.
- * **MONDAY, DECEMBER 8: UMSSC ANNUAL HOLIDAY PARTY** AT THE RADISSON TOWER OF
THE VALLEY FORGE CASINO. TICKET COST: UMSSC MEMBERS \$23.00 NON-UMSSC
MEMBERS \$26.00. CELEBRATE THE HOLIDAYS WITH US! ENTERTAINMENT, CASH
PRIZES, DOOR PRIZES AND \$10.00 SLOT PLAY. **TICKETS ON SALE NOW!**

THE SENIOR CENTER WILL BE CLOSED ON THE FOLLOWING DATES:
TUESDAY, NOV. 4 FOR ELECTION DAY; WEDNESDAY, NOV. 26,
THURSDAY, NOV. 27 & FRIDAY, NOV. 28 FOR THANKSGIVING HOLIDAY



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Information
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Boards and listed on
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Visit the Center's
web site at:
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