



NOVEMBER 2018

UPPER MERION SENIOR
SERVICE CENTER
431 W. VALLEY FORGE ROAD
KING OF PRUSSIA, PA 19406
TELE: 610-265-4715
on the web at www.umssc.org



<https://b.facebook.com/umssc.org/>

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EXCURSION TRIPS

DEADLINE NOVEMBER 7 FOR DOYLESTOWN

Sign up for the carpool trip tour to Font Hill Castle and the nearby Moravian Tile Works. The cost is \$15 for members of the Center and \$16 for non-members. Visitors need to be aware that there are three flights of stairs on the tour. We are departing from the pool parking lot at 9:45 AM and returning to the Center by 3:00 PM. **(PLEASE BRING EXACT CHANGE OR CHECK).**

FESTIVE LONGWOOD GARDENS

We have scheduled a carpool trip to Longwood Gardens for **Thursday, December 6** to enjoy the beauty of the holiday season there. Cost of admission for seniors is **\$20.00**. There is a lovely café where we can have lunch on our own if we wish. We will leave the pool lot at 9:30 and return to the Center by 3 p.m. We kindly ask that those who are not driving make a small donation to their driver to defray the cost of gas. Sign up in

the lobby. **(PLEASE BRING EXACT CHANGE OR CHECK).**

UMSSC ELECTIONS





We are moving right along on the officer and board elections for this year. At this stage we have a nominee status board on display in the lobby, but nominations remain open until the November 14th General Meeting. Nomination forms are at the bottom right of the display. Please submit nomination forms to Shirley Robey, Peggy Ford, or Paul Buce. Remember, the officer positions (President, Vice President, Secretary, and Treasurer) are one year terms so all are up for election. Board members' terms are three years, and this year two positions are open. Thanks to all who have or are serving, and those who are willing to serve.

ANNUAL HOLIDAY PARTY GET YOUR TICKETS NOW!

CELEBRATE THE HOLIDAYS WITH US! MONDAY, DECEMBER 10 FROM 11:00 AM TO 2:00 PM IN THE PARKVIEW ROOM OF THE VALLEY FORGE CASINO RESORT. Tickets on sale now. Cost: \$30.00. The menu will be a choice of chicken or salmon. Entertainment, Cash Prizes, Door Prizes and a \$10.00 Slot Play compliments of the casino. Don't forget your photo ID for the casino.

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

NOVEMBER 2018 - MONTHLY HEALTHY HABIT: BE GRATEFUL. GRATITUDE IS GOOD FOR YOUR HEALTH. PRACTICE IT DAILY!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 9:00-11:00 WALK TRACK 10:00 FINANCE/INVEST GROUP 10:15 BINGO 12:30 FUN & FITNESS	2 9:30 PINOCHLE 10:00 SING-A-LONG	3
4  DAYLIGHT SAVING TIME ENDS	5 9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA (VIDEO)	6 9:00-11:00 WALK TRACK 9:30 COMPUTER CLUB 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING 2:00 MEMORY CAFÉ 	7 9:30 WED CARD PLAYERS 10:00 BOARD MEETING 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 LINE DANCING LAST DAY TO REGISTER FOR EXCURSION TRIP FONTHILL / MORAVIA TILE WORKS TRIP	8 9:00-11:00 WALK TRACK 9:30 TO 12:00 NURSE 10:00 FINANCE/INVEST GROUP 10:15 BINGO 11:00 OUTREACH BRIGGS 12:30 FUN & FITNESS	9 9:30 PINOCHLE 10:00 SING-A-LONG	10
11 	12 9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA (VIDEO)	13 9:00-11:00 WALK TRACK 9:30 COMPUTER CLUB 10:00 MLH PRESENTATION ON SENIOR FITNESS 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING 2:00 MEMORY CAFÉ	14 9:30 GENERAL MEETING* & PRESENTATION 9:30 WED CARD PLAYERS 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 LINE DANCING 1:00 GARDEN CLUB 1:30 RED HAT LADIES *LAST DAY FOR BOARD & OFFICER NOMINATIONS	15 9:00-11:00 WALK TRACK 9:45 EXCURSION TRIP TO FONTHILL CASTLE & MORAVIAN TILE WORKS 10:00 FINANCE/INVEST GROUP 10:15 BINGO 12:30 FUN & FITNESS	16 9:30 PINOCHLE 10:00 SING-A-LONG 11:15 FRIDAY FLICKS	17
18	19 9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:00 BOOK TALK 1:30 YOGA (VIDEO)	20 9:00-11:00 WALK TRACK 9:30 COMPUTER CLUB 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING	21 9:30 VALLEY FORGE CASINO CLOSED FOR THANKSGIVING HOLIDAY	22 CENTER CLOSED 	23 CLOSED FOR THANKSGIVING HOLIDAY	24
25	26 9:30 AARP DRIVER SAFETY COURSE (4 HR) 9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA (VIDEO)	27 9:00-11:00 WALK TRACK 9:30 COMPUTER CLUB 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING ST. JOHN'S SOUP KITCHEN DONATIONS TODAY	28 9:30 WED CARD PLAYERS 9:30 QUILTING 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 LINE DANCING 1:00 GARDEN CLUB HARVEST LUNCHEON	29 9:00-11:00 WALK TRACK 10:00 FINANCE/INVEST GROUP 10:15 BINGO 11:00 OUTREACH LEACH 12:30 FUN & FITNESS	30 9:30 PINOCHLE 10:00 SING-A-LONG	

CLOSED FOR THE HOLIDAYS
THE SENIOR CENTER WILL BE CLOSED FOR
THE THANKSGIVING HOLIDAY:
WEDNESDAY NOVEMBER, 21, THURSDAY
NOVEMBER 22, & FRIDAY NOVEMBER 23

MAIN LINE HEALTH PRESENTATION

TUESDAY, NOVEMBER 13 AT 10:00 AM Carol Finocchiaro from Bryn Mawr Hospital Health Services Department will conduct a presentation on Senior Fitness.

GENERAL MEETING

WEDNESDAY NOVEMBER 14 AT 9:30 AM.

General Meeting will start at 9:30 AM. Our monthly meeting is open to all members. Learn what is going on at the Senior Center. **Township Supervisors Greg Waks and Tina Garzello will be here for discussion and questions.** We hope you will join us to celebrate birthdays with some cake, a 50/50 raffle, a birthday raffle to win a hoagie from Angelo's Pizza and the "JACKPOT".

FRIDAY FLICKS!

FRIDAY NOVEMBER 16 - SICILIAN DELIGHT PIZZA (\$3.00) AT 11:30 AM - MOVIE (FREE) STARTS AT 12:15 PM Coordinator Don McCree. THIS MONTH **"THE SHAPE OF WATER"**. From master story teller, Guillermo del Toro, comes THE SHAPE OF WATER - an other-worldly fairy tale, set against the backdrop of Cold War era America circa 1962. In the hidden, high-security government laboratory where she works, lonely Elisa (Sally Hawkins) is trapped in a life of isolation. Elisa's life is changed forever when she and co-worker Zelda (Octavia Spencer) discover a secret classified experiment.

BOOK TALK

MONDAY, NOVEMBER 19 at 1:00 PM. Coordinator: Patricia Ackah. This month's book **"MY BELOVED WORLD" by SONIA SOTOMAYOR.** The first Hispanic and third woman appointed to the United States Supreme Court, Sonia

Sotomayor has become an instant American icon. Now, with a candor and intimacy never undertaken by a sitting Justice, she recounts her life from a Bronx housing project to the federal bench, a journey that offers an inspiring testament to her own extraordinary determination and the power of believing in oneself.

VALLEY FORGE CASINO*

WEDNESDAY, NOVEMBER 21 (Cut-off date MONDAY, NOV. 19) THE OFFER FOR THE GROUP IS \$20.00 IN SLOT PLAY: TO TAKE ADVANTAGE OF THIS OFFER YOU MUST COMPLETE REGISTRATION FORM AVAILABLE AT THE SENIOR CENTER OR ON OUR WEBSITE AT WWW.UMSSC.ORG. Please meet in the Casino lobby between 9:30 AM and 10:00 AM. **Everyone must bring a valid photo ID.**

*** IMPORTANT NOTE: Although the Senior Center is closed on this date - the casino trip is still on.**

AARP DRIVER SAFETY COURSE

MONDAY, NOVEMBER 26 from 9:30 AM to 2:00 PM (1/2-hour lunch break - not provided by UMSSC). A **4-hour REFRESHER driver safety course (you must have completed the 8 hr. course)** to review driving with goal of keeping everyone safe, aware of new driving laws and handling driving situations encountered. Class maximum is 35. No late comers admitted after 9:30 AM. Cost is \$15.00 for AARP members and \$20.00 for non-AARP payable in advance. Sign up and pay (with check or money order payable to AARP) in lobby. **NO TELEPHONE REGISTRATIONS WILL BE TAKEN.**



GARDEN CLUB LUNCHEON

WEDNESDAY NOVEMBER 28 AT 1:00 PM. The Garden Club would like to invite everyone to a **"HARVEST LUNCH"**. Please look for the sign-up sheet in the lobby. We hope to have some surprises in store. If you would like to help with a salad, dessert or beverage please call Terry Stevens at

610-265-1294. LUNCHEON WILL BE LIMITED TO 30 MEMBERS.

"ADOPTED" FAMILY FOR HOLIDAYS

Just as in the past, we are adopting a family in need for the holidays. We are helping a family of four (Dad, Mom with two little boys 6 and 4) who are working through a rough patch in their lives. We want to surprise this family and let them know they deserve a great holiday even though times are hard. On our bulletin board is a list of their holiday wishes. **Please choose an item from our "gift basket" to purchase and donate.** Your generosity will be greatly appreciated by this family in need and insure that they enjoy the holiday. **Please make your purchase and bring in to the Senior Center by DECEMBER 6.**

FUTURE EXCURSION TRIPS

COMING UP IN 2019

March 15 – The Constitution Center (via SEPTA)

Late April – Lunch Theater in Lancaster County (by bus)

May – Mt. Cuba natural gardens in Delaware (by carpool)

June – Baltimore Inner Harbor (by bus)

CANASTA INSTRUCTION

One of our members (Phyllis Poston) has volunteered to teach Canasta. If you want instruction you must call *before Wednesday* to let the office staff know. We will contact the instructor and arrange for her to be here for you on Wednesday at 12:30 PM.

WANTED: MAH JONGG INSTRUCTOR

The Mah Jongg group is seeking a volunteer to teach Mah Jongg. This would take place on Mondays starting at 9:30 AM (when the group normally meets). If you are interested, please let the office staff know.

BREAD DAY VOLUNTEERS NEEDED

We have received many requests to re-start "Bread Day". Committed volunteers are needed to do this. Volunteers would need to drive to the

selected store and pick up the food donation as well as unload and set up the food for distribution at the Senior Center. Please note that this would not be an "every now and then" activity. It would require a group of volunteers committed to take this on every week. Please sign up at the reception desk if you would like to volunteer.

OUTREACH

An aide from Representative Tim Briggs' office will be here on 2nd Thursday of the month from 11:00 AM to 2:00 PM.

Senator Daylin Leach's aide will be here on the 4th Thursday of the month from 11:30 AM to 1:00 PM. SEPTA passes can be obtained at this time.

APPRISE COUNSELOR

An AARP Volunteer Apprise Counselor is available through the Senior Center to provide assistance with *health insurance and Medicare enrollment*. Call the Senior Center at 610-265-4715 and give your name, telephone or email. We will provide the Apprise Counselor with your information and they will contact you directly.



Please join us as we welcome the following new members to our UMSSC family. We hope to see them around the Center. Welcome to: John DiNenna, Dee Notaras, and Sam Notaras.

KEEPING OUR MEMBERS INFORMED

WHAT INFLUENCES HEALTH HABITS?

When you reach the age of 93 (as I did in September) it's time to reflect on your past and think about factors that had an influence on your health habits. Growing up in a rural environment set the stage for a number of health habits. Eating vegetables and fruits was one aspect of an eating pattern. The family garden produced many summer

vegetables; some for immediate use and some to be canned for later use. Vegetables included green beans, peas, potatoes, Swiss chard, tomatoes, leaf lettuce and turnips. There was nothing better than a ripe tomato picked from the vine. Apples were the most frequently available fruit. In season other fruits were strawberries, peaches, pears and purple grapes, not like the seedless red and green ones in the supermarkets today.

In my family we were expected to eat breakfast. Cooked oatmeal was a staple. There was no such item as a packet of instant oatmeal. Other cereals were corn flakes and the big biscuits of shredded wheat, not the flavored little squares available now. On some days Mom made pancakes or some form of eggs.

Growing up, if it was your turn to “set the table”, you always placed a glass of water at each place. Therefore, you were aware that water was the beverage of choice. In the summer we sometimes had lemonade made from real lemons. Having a soda of any type was considered a special treat. We did have milk to drink daily and in cooler weather made hot cocoa prepared with cocoa, sugar and milk. The challenge was to heat it on the stove without having it boil over onto the stove.

We did not have ready access to stores with caloric treats which you find everywhere today. Our most frequent treat was popcorn popped from kernels with a little oil in a covered pan on the stove. The challenge was to do it without burning it before the popping was completed. For a special treat Mom would make popcorn balls using a sweetened syrup. Crunchy and yummy.

Walking was an expected behavior. We lived about 3 miles from our school so we had a school bus for the morning and for after school. But there were no activity busses if you had band practice or play rehearsals after school. You had to walk home if no one could come to get you.

There were no pedometers to validate your steps. Your participation in gym class was your primary supervised physical activity. I was fortunate to have tap dancing classes on the weekend. However, much physical activity came from chores such as hoeing the garden, mowing the lawn and helping with household chores. When romance came into my life, would you believe, his college major was physical education. So, from age 23, I was tutored in all types of physical activities including sports and gym classes. My acme of success was substituting as the leader for a MEN’S gym class at a YMCA.

Limiting fat and salt was not an issue in my family life. I do not recall any discussions about problems or limitations. We cooked with lard and salted freely. My first grasp of the effects of some types of fats came in my nutrition classes when I was a student nurse. That was during World War II so there wasn’t much butter around and everyone used margarine (which you colored) and was worse than butter nutritionally. It was not until my obstetrician (63 years ago) advised me to remove the salt shaker from the kitchen and table that I was really aware of the adverse effects of too much salt. Once you become accustomed to using other seasonings you really do not miss salt.

I'm sure you will agree with me that life was much simpler back then, but we are definitely much healthier now.

A NOTE FROM JANE



My little articles have been appearing in this publication for over four years and I have enjoyed writing them. But I have depleted my store of topics

and so this will be my last one. I hope you have gained some information which has been helpful in staying healthy. Please continue to use healthy habits and continue to enjoy your future years.

THANK YOU - JANE BURGER

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?



The following generous donations were given to the Senior Center. Thank you to:

- ★ Ming Ming Chua made a donation to the Senior Center.
- ★ Dottie Wisniewski, Cindy & Dan Eastman, Ethel Hutchinson and Shirley Robey made donations in memory of Jonathan Stanback.
- ★ Cindy & Dan Eastman made a donation in memory of Anne Marie Sweeney
- ★ Cindy & Dan Eastman made a donation in memory of Immacolata Capone
- ★ Cindy & Dan Eastman made a donation in memory of Gloria Rita Makoid
- ★ Ethel Hutchinson made a donation in memory of Linda (Robey) ten Boom

GRACIAS! THANKS! DANKE! MERCI!

★ **Thank you Sicilian Delight** for the pizza for Friday Flicks! ★ **Thank you Tony from Angelo's Pizza** – for the foot-long Birthday Hoagies he

donates to the Center every month. ★ **Costco** for their generous donation of a monthly gift card for our birthday cake purchases. ★ **Special thanks to the Upper Merion Township Library** for all they do for the Senior Center including large print books and Friday Flicks movies.

SENIOR CENTER COMMUNITY OUTREACH

ST. JOHN'S SOUP KITCHEN

We are collecting food for a Thanksgiving Dinner to be served on Thursday November 29 at the St. John's Soup Kitchen. Please consider donations of canned tuna, canned chicken and pasta. Food is prepared by ladies of the King of Prussia Women's Club. Place your donations in the box in the lobby area by **TUESDAY, NOVEMBER 27**.

UPPER MERION EMERGENCY AID

We are thankful for what we have and for what we give. We are accepting donations of **boxed Potatoes (mashed, scalloped, au gratin, etc.) boxed Macaroni and Cheese and boxed Stuffing, Spaghetti Sauce, Chicken Broth and Soup, Canned Pasta (Chef Boyardee), Tuna and Fruits and Vegetables. Peanut Butter & Jelly, Turkey Gravy, Cereal, cleaning supplies, laundry detergents and toiletries are needed. Also a special request for "after school" type snacks for kids (like individual fruit cups, granola bars, cookies, etc.). Let's help families in our community who are experiencing a time of need.**

AROUND THE COMMUNITY

WHAT'S HAPPENING AT THE UM TOWNSHIP LIBRARY - NOVEMBER UPDATES



THE LIBRARY WILL BE CLOSED ON THURSDAY, NOVEMBER 22 AND FRIDAY NOVEMBER 23. WE WILL BE OPEN ON SATURDAY, NOVEMBER 24 AND SUNDAY, NOVEMBER 25.

FALL BOOK DISCUSSION CONTINUES:

Theme: Finding One's Place in the World:
Traveling to New Lands, New Times, and New
Loves

November 4 The Moor's Account by Laila Lalami
(Erin)

November 18 Miller's Valley by Anna Quindlen
(Carla)

All programs will meet from 2:00-3:30 PM.
Discussions are led by English Professors Carla
Verderame and Erin Hunt of West Chester
University. You can register either via our online
calendar, or by calling or stopping by the
library. There is a \$10 administrative fee for
participating if borrowing the book set. This fee is
waived if the participant purchases the series
(available at a discount from the library) or
supplies his/her own books.

**Baby Boomers Retirement Roadmap Series:
Don't miss Saturdays at 1:00 pm. This workshop
series is more appropriate for individuals
between the ages of 58 and 67 and planning on
retiring in the near future.**

Saturday, November 3: Maximize Your Income

Saturday, November 10: Medicare

Saturday, November 17: Retirement Planning

Saturday, December 1: The Income for Life Model

Join us as we celebrate **Diwali, the Indian festival
of lights at the Upper Merion Township Library
on Monday, November 5th from 6:30 pm to 8:30
pm.** We will have dance entertainment for the
whole family and table displays in the atrium
representing the different cultures and traditions
of India. Authentic clothing, jewelry, and food
vendors too!!!

**Wartime Mobilization on a Revolutionary War
Borderland Presented by Justin Clement on
Wednesday, November 7 at 7:00 pm.** Topic
covered in this seminar: Unlike New England or
the South, the Mid-Atlantic colonies had a
populace made up of diverse ethnic and religious
backgrounds. During the American Revolution,
these differences divided communities and

challenged mobilization for the war
effort. Marauding armies from both sides of the
conflict swept the countryside, and average
Americans switched sides by turns, in an effort to
protect person and property.

**Adult Coloring Night on Monday, November 12 at
7:00 pm** in Valley Forge Room. Bring your friends
and enjoy coloring. Walk-ins are welcome.
Materials will be provided. If you are interested in
puzzles, we have them as well!!

**Bells, Bands, & Bosus at the Upper Merion
Community Center on Monday, November 19 at
5:00 pm.** Enjoy Library sponsored FREE exercise
classes at the New Community Center. Celebrate
the library's new partnership with UMPR that
benefits YOU! Need not be a member but must
register through the library. Please arrive 10
minutes early at the community center to check in
and sign the waiver.

**Knit Nite: Monday, November 26 at 7:00
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.

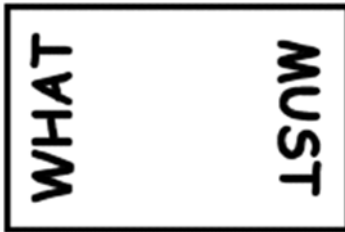
**To register for any of the library events, you can
register via our online calendar, or by calling 610-
265-4805, or stopping by the library.**

JUST FOR FUN

REBUS PUZZLES

(answers on P.9)





CITY SCRAMBLE

Find the city name hidden within the words below. (answers on page 9)

1) INTERVENTION (New Jersey)

2) LANDSCAPING (Michigan)

3) METAMORPHOSIS (Tennessee)

4) CHEMICAL GROUP (Illinois)

5) GROUNDSWELL (New Mexico)

6) AMBIVALENCE (Texas)

WORD SEARCH
FRIDAY NIGHT LIGHTS

X M J T Y S F N S I D E L I N E S U Q P
W U H Y E S R E J K A T L W Y N J K X H
E W O S A P W F D K Q O H V U Y S D U F
J G O A L P O S T I C U B G B C O A C H
I X O M V O U S M C L C X A S M V D K O
G J T I Z F Q E K K I H S T A D I U M N
V E A R M U X N S E P D Y K S T Y Y E B
F H C O L V U N R B O X C L X C A F I
V L K P U H V L A A O W Y W I J W B A P
G C L K F B A N F S A N M I W Y L L V U
W P E I B L O T D G R J Q F C B L Q R N
S Z Q O E X I S J B D W W V Y A E Z L T
Q U A R T E R B A C K X F S B N O N F D
D O C N C G E Q A Q M E Y T S M M D K L
R E D A E L R E E H C D O Q U P N M U Q
C Q K X X F K P L S C O R E B O A R D Z
G L M I M X W K H Z F J R O L Y F O D V
Q C R C U A O L L T G D S H R D H D P S
N A P B M A S C O T A J F T X H F G C B
O W E E R E F E R U E L B M U F R S X W

FUMBLE
CLIPBOARD
SIDELINES
MASCOT
STADIUM
QUARTERBACK
PUNT
REFEREE
GOALPOST

COACHTOUCHDOWN
FOOTBALL
CHEERLEADER
TACKLE
SCOREBOARD
FANS
KICKER
JERSEY

SOME THANKSGIVING HUMOR

Thanksgiving is a traditional American Holiday where families all over the United States sit for dinner at the same time---**Halftime.**

* * *

Thanksgiving Dinner on the run. A woman called 1-800-323-4848 to find out how long it would take to roast her turkey. To answer the question, the Talk-Line home economist asked how much the bird weighed. The woman responded, "I don't know, it's still running around outside."

* * *

Then there's the time a lady was picking through the frozen turkeys at the grocery store, but couldn't find one big enough for her family. She asked a stock boy, "Do these turkeys get any bigger?" The stock boy replied, "No ma'am, they're dead."

REBUS ANSWERS

- 1) Too funny for words.
- 2) Matinee
- 3) Green with envy.
- 4) What goes up must come down.

CITY SCRAMBLE ANSWERS

- 1) Trenton
- 2) Lansing
- 3) Memphis
- 4) Chicago
- 5) Roswell
- 6) Abilene



BE SURE TO CHECK OUT THE CALENDAR AND NEWSLETTER FOR WHAT'S COMING UP AT THE SENIOR CENTER

**ANOTHER
WORD SEARCH
FIND-A-FEELING**

S E C H S S D S D L A O W I C
 F T S O T D D U W H N E S T O
 E I I E N T H O P E F U I A D
 U O E D T F R U S T R A T E D
 L I L O C R I C I T A T S C E
 T O S S I E O D L O A U U D S
 H L N E X C I T E D F I O O I
 A I D E K C O H S N A R L K R
 P F E N L R S U O I T U A C P
 P T R R H Y D C F P D F E U R
 Y S O A R S U O V R E N J H U
 E T B G I H O P E F U L R O S
 N C N E R D R T R O A F E D A
 W A P D R E P I P T E T E S A
 L S U I O T T L T R H O Y G S

- | | |
|------------|----------|
| SURPRISED | ENRAGED |
| PROUD | NERVOUS |
| HAPPY | HOPEFUL |
| AFRAID | ANGRY |
| CONFIDENT | CAUTIOUS |
| FRUSTRATED | LONELY |
| CONFUSED | BORED |
| SHOCKED | ECSTATIC |
| JEALOUS | HOPELESS |
| EXCITED | WORRIED |
| SAD | |





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McGrory & DiPippo
— ATTORNEYS AT LAW —

*Robert J. Reilly, Jr.**

*Salvatore F. Bello, Jr.**

*Daniel T. McGrory**

*Gregory P. DiPippo**

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* Also Admitted in New Jersey

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VALLEY FORGE

PRESBYTERIAN CHURCH

We are an INTERGENERATIONAL community
LEARNING, CELEBRATING, and DOING
GOD'S unconditional GOOD!

Worship Gatherings Sundays 10:00am:
Celebrating and proclaiming the unconditional love of
God with our songs, prayers, and welcome of ALL.

Learning and Growth Opportunities:

Children and Youth Sunday School, Adult Bible
Studies, Book Discussion Group and Book Club

Participating in God's good:

Host site of the UM Area Community Cupboard,
Host Candlebrook Block Party, Chili Cookoff,
AA(Mon-Fri Noon), NA (Fri eve), Neighborhood
Meals on Wheels, Local/Int'l Mission Partners
Community Flea Market, Community Service

191 Town Center Road, KOP, 19406 610-265-2420
www.ValleyForgePres.org www.PCUSA.org

Serving the Community Since 1941



Bernard S. Gutkowski Funeral Home

Upper Merion's Only Funeral Home

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Funeral Director

Bernard S. Gutkowski
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Lou Busovsky
President



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The Bacchi Funeral Home & Crematory, Ltd.

805 DeKalb St. (Rt. 202) Bridgeport, PA 19405-1211

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www.bacchifuneralhome.com



Darryl R. Bacchi, Supervisor
1928 - Russell J. Bacchi, F.D. - 2002

We are a family owned and operated funeral home which has been serving Bridgeport, King of Prussia, Norristown and surrounding communities since 1952.

King of Prussia Crematory is located on our premises
www.cremating.com. Casket and Vault Display Room

—
Parking on Premises – Pre-arranged Funerals Available

We are proud to sponsor the Upper Merion Senior Service Center!

GET YOUR TICKETS NOW!

UMSSC HOLIDAY PARTY

MONDAY, DECEMBER 10

11:00 AM TO 2:00 PM



LUNCHEON SERVED AT NOON
IN THE PARKVIEW ROOM OF
THE
VALLEY FORGE CASINO
RESORT

TICKETS: \$30.00

On Sale Nov 1st to Nov 30th

THESE ADS BENEFIT THE UPPER MERION SENIOR SERVICE CENTER. WE THANK ALL OF OUR ADVERTISERS FOR THEIR SUPPORT AND ENCOURAGE OUR MEMBERS TO SUPPORT THESE BUSINESSES!

LIKE US ON FACEBOOK Hit "control" "right click" on link below



<https://b-m.facebook.com/umssc.org/>

VISIT OUR WEBSITE: UMSSC.ORG

Note:
Information submitted following publication of this newsletter will be posted on the UMSSC Bulletin Boards, website and Facebook. Also listed on UMGA-TV (Comcast Channel 22 or Verizon FiOS Channel 33)
Visit the Center's web site at:
www.umssc.org

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!

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

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.

OUR 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 LEISURELY ACTIVITIES

CALL FOR VOLUNTEERS

Are you interested in volunteering at the Senior Center? Here is a chance to get involved with *your* organization. Many events require some extra hands to run successfully and we look to our membership to help out. We would especially like to see our newer members volunteer at the Senior Center. If you do have the time to volunteer please give your name to Dick McCann, Cindy Eastman or Shirley Robey in the office.

PUT BOOKS IN THE HANDS OF CHILDREN WHO NEED THEM

We are collecting children's books for the Bridgeport Elementary School children (grades K-4th). *Our book donations are a big hit with the kids because they get to keep the books they pick. Let's keep it going! 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 collect knitted and crocheted squares for blankets provided to children who are seriously ill or traumatized. Joan Banas collects the squares on behalf of the church. Our members can participate by knitting squares. Yarn and patterns are on a table near the lobby. Many thanks to our knitters and keep up the good work!

KNITTED CAPS FOR ST. CHRISTOPHER'S

Our members knit caps for preemie babies at *St. Christopher's Hospital for Children*. You can join the group here at the Center on Tuesdays at 1:00 PM or you can take the yarn and do your knitting at home. Hat pattern is available.



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