

"The Best of Times"



OCTOBER 2019

**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/>

IN THIS ISSUE

	PAGE
MONTHLY CALENDAR	2
KEEPING OUR MEMBERS INFORMED	5
ACKNOWLEDGEMENTS	5
AROUND THE COMMUNITY	6
UM LIBRARY UPDATE	7
JUST FOR FUN	8
BACK PAGE (MISC. INFO)	

ANNOUNCEMENTS

**NOTE: CUT-OFF DATE FOR SUBMISSION OF
INFORMATION FOR THE NOVEMBER NEWSLETTER IS
OCTOBER 15 - NO EXCEPTIONS.**

* * * * *

**THE SENIOR CENTER WILL BE CLOSED ON THE
FOLLOWING DATES:**

WEDNESDAY OCTOBER 9 FOR YOM KIPPUR

* * * * *

**To see the monthly UMSSC "General Meeting"
on your device do the following:**

1. Open your browser
2. Enter vimeo.com/channels/891501
3. Select "Videos in Senior Shows"
4. Click on the meeting you want to watch
5. You'll see the member's name drawn in the "Jackpot" game.

ENJOY!

* * * * *

MATTER OF BALANCE CLASS

**EVERY WEDNESDAY from 1:00 PM to 3:00 PM
(No class on October 9). This 8-week, 2-hour**

class is offered free of charge to our members.
*(This class is full but we will have a waitlist for the
next session in the Spring.)*

FLU SHOTS

**MONDAY OCTOBER 7 AND THURSDAY OCTOBER
10 FROM 11:00 AM TO 1:00 PM.** Kim from the
Giant Pharmacy will be here to give flu shots.
Please sign up at the desk in the lobby. **BRING YOUR
INSURANCE OR MEDICARE CARDS WITH YOU.**

MEET THE CANDIDATES

MONDAY, OCTOBER 7 AT 10:00 AM. Light
refreshments will be served after the meeting. **All
activities normally held in the great room at this
time are cancelled.** Questions for the candidates
should be submitted in writing prior to the forum.
Cards for writing your questions will be available at
the Reception Desk.

MEMORY CAFÉ

TUESDAY OCTOBER 8 AT 2:00 PM. Support Group
discussion for caregivers. Presented by Certified
Dementia Practitioner from Arden Court.




COMPUTER BASICS

**WEDNESDAYS OCTOBER 16 AND OCTOBER 30
FROM 11:30 AM to 12:30 PM.** Sangeetha will be
back at the Center to teach computer basics. **PLEASE
SIGN UP IN THE LOBBY.**

*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.*

October 2019

EVERYONE HAS SOMETHING TO TEACH ONE ANOTHER!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	 AUTUMN	1 10:00 COMPUTER CLUB 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING	2 10:00 BOARD MEETING 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 LINE DANCING 1:00 MATTER OF BALANCE	3 10:00 FINANCE/INVEST GROUP 10:15 BINGO 11:30 FUN & FITNESS	4 9:30 PINOCHLE 10:00 SING-A-LONG	5
6	7 9:30 MAH-JONGG (CANCELLED) 10:30 CURRENT EVENTS 11-1 FLU SHOTS 10:00 MEET THE CANDIDATES	8 10:00 COMPUTER CLUB 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING 2:00 MEMORY CAFE	9 SENIOR CENTER CLOSED YOM KIPPUR	10 9:30 GENERAL MEETING 9:15 TO 12:00 NURSE 10:00 FINANCE/INVEST GROUP 10:15 BINGO 11-1 FLU SHOTS 11:00 OUTREACH BRIGGS 11:30 FUN & FITNESS 12:30 MLH –SAFER STEPS	11 9:30 PINOCHLE 10:00 SING-A-LONG	12
13	14 9:30 MAH-JONGG 10:30 CURRENT EVENTS 12:15 COFFEE WITH A COP COLUMBUS DAY	15 10:00 COMPUTER CLUB 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING	16 9:30 VALLEY FORGE CASINO 10:00 PERSIAN GROUP 11:30 COMPUTER BASICS 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 LINE DANCING 1:00 MATTER OF BALANCE	17 10:00 FINANCE/INVEST GROUP 10:15 BINGO 11:30 FUN & FITNESS	18 9:30 PINOCHLE 10:00 SING-A-LONG	19
20 BIG BINGO 11 AM 	21 9:30 AARP DRIVING REFRESHER COURSE 9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:00 BOOK TALK	22 10:00 COMPUTER CLUB 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING	23 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 LINE DANCING 1:00 GARDEN CLUB 1:00 MATTER OF BALANCE	24 9:15 HAGLEY MUSEUM EXCURSION 9:15 TO 12:00 NURSE 10:00 FINANCE/INVEST GROUP 10:15 BINGO 11:30 FUN & FITNESS	25 9:30 PINOCHLE 10:00 SING-A-LONG 11:15 FRIDAY FLICKS "STAN AND OLLIE"	26
27	28 9:30 MAH-JONGG 10:30 CURRENT EVENTS 12:00 NOSTALGIA DAY	29 10:00 COMPUTER CLUB 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING	30 9:30 QUILTING 11:30 COMPUTER BASICS 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 LINE DANCING 1:00 MATTER OF BALANCE	31 10:00 FINANCE/INVEST GROUP 10:15 BINGO 11:00 OUTREACH LEACH 11:30 FUN & FITNESS HAPPY HALLOWEEN		

GENERAL MEETING (NOTE DATE)

THURSDAY OCTOBER 10 AT 9:30 AM. This meeting is open to all of our members. Reports by the Executive and Board members provide updated information about the senior center and its activities and events. Members who attend are also eligible to win cash from our "JACKPOT" drawing. We celebrate monthly birthdays with cake and a birthday raffle to win a hoagie from Angelo's Pizza and you can enter the 50/50 raffle drawing.

CHANCE BOOK TICKET DRAWING!

THURSDAY, OCTOBER 10 FOLLWING THE GENERAL MEETING. PLEASE SUPPORT THE SENIOR CENTER BY PURCHASING THE TICKETS MAILED TO YOU. BE HERE FOR ANNOUNCEMENT OF THE BIG WINNERS - FIRST, SECOND AND THIRD PLACE WINNERS! (TICKETS ARE ON SALE NOW UNTIL OCTOBER 7). A BOOK OF 6 TICKETS IS ONLY \$5.00 - INVITE YOUR FRIENDS AND FAMILY TO PURCHASE SOME.

MAIN LINE HEALTH PRESENTATIONS

THURSDAY OCTOBER 10 AT 12:30 PM. Allyson Hotz from Bryn Mawr Hospital Community Health & Equity Dept., will give a presentation on "Safer Steps". (Held in the lounge/library.) Participants will learn about fear of falling, risk factors for falling and action steps to reduce your fall risk. Participants may take part in some light exercises that will be demonstrated.

THURSDAY, NOVEMBER 7 AT 12:30 PM. Carolyn Farhy, RD, will conduct a presentation on "Top Ten Foods". The presentation will highlight the top foods to add to your plate to provide the most variety of nutrients to decrease the risk of chronic disease. Included in the presentation will be how to reengineer your kitchen and pantry in order to incorporate these foods into your diet.

COFFEE WITH A COP

MONDAY OCTOBER 14 AT 12:15 PM. Join the conversation about your community with Upper Merion Police Officer, Glenn Muntzer.

VALLEY FORGE CASINO

WEDNESDAY OCTOBER 16 (Cut-off date MONDAY, OCTOBER 14 - no exceptions). THE OFFER FOR THE GROUP IS \$20.00 IN SLOT PLAY: TO TAKE ADVANTAGE OF THIS OFFER YOU MUST COMPLETE THE REGISTRATION FORM (NO TELEPHONE RESERVATIONS TAKEN) AVAILABLE AT THE SENIOR CENTER OR ON OUR WEBSITE AT WWW.UMSSC.ORG. Please check in with the Senior Center rep in the Casino lobby between 9:30 AM and 10:00 AM. *Everyone must bring a valid photo ID.*

AN IMPORTANT ANNOUNCEMENT REGARDING VALLEY FORGE CASINO REGISTRATIONS.

Starting in January 2020 the monthly casino trips will be offered to **UMSSC Members only**. Members are permitted to sign up and bring **1 (one) guest only**.

FRIDAY FLICKS

FRIDAY OCTOBER 25 - SICILIAN DELIGHT PIZZA (\$3.00) AT 11:30 AM - MOVIE (FREE) STARTS AT 12:15 PM. Coordinator Don McCree. Getting Pizza? *You must sign up and pay in advance by THURSDAY OCTOBER 17.* This month we will show "**STAN & OLLIE**" starring Steve Coogan, John C. Reilly and Shirley Henderson.

BIG BINGO

SUNDAY, OCTOBER 20, 2019. CA\$H PRIZE\$. Advance Sale Tickets \$20.00. Day of Tickets \$25.00. Doors Open 11:00 AM Games Start 12:00 PM. Refreshments for sale. (Note: No one under age 18 will be admitted. No outside food or beverage permitted). TICKETS ON SALE NOW.

BOOK TALK

MONDAY OCTOBER 21 at 1:00 PM. Coordinator: Patricia Ackah. This month's book " The Killers of the Flower Moon" by David Grann revisits a shocking series of crimes in which dozens of people were murdered in cold blood. Based on years of research and startling new evidence, the book is a masterpiece of narrative nonfiction, as each step in the investigation reveals a series of sinister secrets and reversals.

AARP DRIVER SAFETY COURSE

MONDAY, OCTOBER 21 from 9:30 AM to 2:00 PM (1/2-hour lunch break - not provided by UMSSC). This is a **4-hour REFRESHER driver safety course** to review driving with the goal of keeping everyone safe, aware of new driving laws and handling driving situations encountered. **You must have completed the 8-hour course.** 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 members, payable in advance. Sign up and pay (with check or money order payable to AARP) in lobby. **NO TELEPHONE REGISTRATIONS WILL BE TAKEN.**

EXCURSION GROUP TRIPS

HAGLEY MUSEUM

(NEW DATE) THURSDAY, OCTOBER 24. Travel via car pool to just north of Wilmington DE. The visit includes the museum of U.S. industrial history housed in a former mill, the remains of E.I. DuPont's original "Powder Works" along the banks of the Brandywine River and the original DuPont mansion on the bluff overlooking the river. There is a lot of interesting history to see in a bucolic setting. Our 2-hour tour includes an on-off bus which takes us from one site to the other. We will leave at 9:15 AM from the upper pool parking lot. Lunch with the group at Belin House Café (on site) after the tour and return to the center by 3:00 PM. COST: \$15.00 UMSSC

Members and \$17.00 Non-Members. **Deadline to sign up is October 16.**

NOSTALGIA DAY

MONDAY, OCTOBER 28 AT 12:00 PM. It doesn't get more nostalgic than having some good laughs watching the Carol Burnet Show and the all time great comedy clips starring Carol, Tim, Harvey, Vicki and Lyle. This is one of the best examples of the great TV we all enjoyed. Join us for snacks and good laughs.

SAVE THE DATE FOR:

ANNUAL HOLIDAY PARTY

MONDAY, DECEMBER 9 FROM 11:00 AM TO 2:00 PM IN THE PARKVIEW ROOM OF THE VALLEY FORGE CASINO RESORT. 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.

UMSSC ELECTIONS

Welcome to UMSSC election time. We start with this first call for nominations for our Officers and Board Directors. This year we will vote on all Officer positions (President, Vice President, Secretary and Treasurer) and two Board Directors. All nominations must be in by the November General Meeting (November 13), and voting takes place on the day of the December Meeting (December 11). Please complete the nomination form and talk to the person being nominated to get their consent. The forms can be dropped off in the staff office.

OUTREACH

An aide from Representative Tim Briggs' office will be here **Thursday October 10** from 11:00 AM to 2:00 PM.

Senator Daylin Leach's aide will be here on **Thursday, October 31** from 11:00 AM to 12:00 PM.

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: **Kris Bartosiak, Lorraine Farrell, Gary Gasper, Margaret Margaret Leonard, Marvin Marsh, Terry Marsh, Mary Kay Scanlin, Steven Reisert, Cindy Trampel and Marion Wilkinson.**

KEEPING OUR MEMBERS INFORMED

IN CASE OF AN EMERGENCY . . . AT THE SENIOR CENTER

We never know when there might be an emergency and the need to evacuate the Senior Center. *It is extremely important that we be prepared and know what steps to take to safely evacuate the building or shelter in place.*

1. *Everyone must SIGN IN WHEN THEY ENTER the building and PERSONALLY SIGN OUT WHEN THEY LEAVE.* This is **very important as it is the only way to verify** (if there is an emergency) that everyone has safely evacuated.

2. There are three (3) emergency exits from the Senior Center: **a)** the front entrance **b)** the hallway exit (by the coat rack) and **c)** the Great Room patio exit. All exits are clearly marked along the hallway. Choose the one closest to the room you are in. If you are the last one to exit the room please, if you think of it, close the door behind you. Walk as fast as safely possible and be helpful

to someone using a walker or cane to make sure they also get out safely.

3. When you exit everyone must meet at the bottom of the steps to the upper pool parking lot. Names will be checked off on the sign in sheet to make sure everyone has left the building. *This is the importance of signing in and out when you come to the Senior Center.*

4. The Senior Center staff is here to help you. It is imperative that you follow any instructions they give you. If it is safe to do, one of the staff members will quickly walk down the hall to make sure everyone has evacuated and all doors are closed. They will exit from the Great Room.

5. If we are required **to shelter in place** because of weather or some kind of terror attack, you should, if possible, *evacuate to a room without windows.* Windowless rooms at the Senior Center are any of the six bathrooms along the hallway; the staff treasurer's office or the hall closets. All of these doors can be locked from the inside. Another windowless area is the back kitchen but note that there is no door on this room. *If you cannot evacuate to one of these rooms, remain where you are, lock the door and stay away from the windows.*

Do not open the door unless instructed to do so by police or other authority you recognize.

We hope never to have to put these instructions to use, but they are for the safety of all. *We require that all members (or visitors) participate in any evacuation drills - no exceptions.* These drills will prepare us in case of an emergency and ensure the safety and wellbeing of all who come to the Senior Center.

IMPORTANT NOTICE REGARDING UPPER MERION POLICIES

The following is the policy followed by the Community Center, and, since the Senior Center is in the Community Center Building, all UMSSC

members, Board and staff members are required to abide by this policy:

Participants must abide by all rules and regulations set for by Upper Merion Parks & Recreation relating to participating in trips and activities, including Upper Merion Area School District rules and regulations pertaining to illegal drugs, weapons and smoking.

REMINDER - IMPORTANT INFORMATION ABOUT REAL ID (OPTIONAL OR MUST BE OBTAINED BY OCTOBER 1, 2020)

To apply for "Real ID" PennDot will need to verify the following documents in person:

- **Proof of Identity** such as an original or certified copy of a birth certificate with a raised seal issued by an authorized government agency or valid U.S. Passport.
- **Social Security Card**
- **Two (2) proofs of Current Physical PA Address** such as a current unexpired PA license or ID and a valid PA vehicle registration.
- **Proof of all Legal Name Changes**, if applicable, such as a court-issued marriage certificate or court order issued by your county's family court.

HAVE YOU MET JOAN BANAS?



A definition of a volunteer refers to a person who willingly performs activities without pay to produce goods or provide services for others outside the volunteer's household or family... This certainly defines Joan Banas. Joan Banas has

been a member of the Senior Center for over 13 years and for most of those years she has volunteered. She and her husband Mike are both UMSSC Members. They have been married for 46 years and attend the Fun & Fitness together. Joan has lived in King of Prussia for over 50 years and is an Upper Merion H.S. graduate. She has 3 children, 3 grandchildren (one grandson is a policeman) and 4 great-grandchildren. That's quite a large family to keep up with and still find time to volunteer.

When we need volunteers for special events, Joan always steps up. However, the Senior Center is not the only beneficiary of Joan's talents. Joan is a volunteer by nature. She does it because she enjoys it, not for the recognition. Joan volunteers at her church with the "Hearts and Hands" group who knit squares for afghans donated to cancer patients. She loves to sew and puts this skill to good use. Joan sews dresses for African women and children and also sews pillows cases for "Ryan's Case". Ryan's Case is a local organization that creates and distributes whimsical pillowcases to be given to sick children as an emotional boost and to remind them that they are not defined by their illness. Joan also volunteers for the local Meals on Wheels, picking up and delivering meals to those in need.

Joan is such a wonderful, caring person and an inspiration to all of us. We are happy and lucky that she is a member of the Senior Center.

SENIOR INSIGHT

There is a new show on the UMGA channel. It's called "Senior Insight" and the host of this show is someone you will recognize - a past Executive Director of the Senior Center, Tom Stanback. Tom's show will cover topics of interest to senior citizens of Upper Merion such as Medicare and fraud. If you get a chance, tune in to his show.

ORGANIZE THIS

In this column we offer some great tips to help organize and clean out your space at home. Following are some helpful tips:



USE TOWEL BARS AND "S" HOOKS TO HANG GARDEN TOOLS IN YOUR SHED OR GARAGE.

USE HANGING SHOE BAGS TO STORE ROLLS OF PAPER TOWELS OR TOILET PAPER IN YOUR CLOSET.



DID YOU KNOW?

Taking a few moments to pause and observe nature can improve your mood. Literally



"stopping and smelling the roses' or noticing things like a bird, a house plant, a dandelion in the sidewalk, or just the sun shining through the window can boost your happiness and well-being.

* * *

The original version of **Monopoly** was actually created in protest of monopolies. The inventor, Elizabeth Magie, believed in a system of shared land value and designed the game as a teaching

tool to address the problems and immorality of land monopolies – but she only made about \$500 off of her game because some guy stole her idea, sold it to Parker Brothers, and kept all the royalties for himself.



ACKNOWLEDGEMENTS

DONATIONS

Thank you to the following who gave generous donations to the Senior Center:

- ★ Pari Fard
- ★ Adele Goldfield
- ★ Roseanne Scully

HELP SUPPORT UMSSC BY SHOPPING AT



AmazonSmile is a website operated by Amazon that lets you enjoy the same wide selection of products, low prices, and convenient shopping features as on Amazon.com. When you shop on AmazonSmile (smile.amazon.com), the AmazonSmile Foundation will donate 0.5% of the purchase price to the eligible charitable organization of your choice. If you already shop on Amazon, your current user name and password will work on **smile.amazon.com** or you can use this link to go directly to our donation account.

<https://smile.amazon.com/ch/23-2966030>

GRACIAS! THANKS! DANKE! MERCI!

★ **Thank you Sicilian Delight** ★ **Thank you Tony from Angelo's Pizza** ★ **Thank you Costco** ★ **Thank you Giant Food Store** ★ **Special thanks to the Upper Merion Township Library for the large print books and Friday Flick movies.**

AROUND THE COMMUNITY

UPPER MERION EMERGENCY AID

We are thankful for what we have and for what we can give. We are accepting donations of **boxed Potatoes, Macaroni & Cheese and Stuffing. Sauces, Soups, Broths and Gravies, Canned Pasta (Chef Boyardee), Tuna and Fruits and Vegetables. Peanut Butter & Jelly and Cereal. Also Paper Products, Cleaning and Laundry Supplies and Toiletries** are needed. A special request for "after school" type snacks for kids. *Let's continue to help families in our community who are experiencing a time of need.*

MEALS ON WHEELS

For a minimal cost, Neighborhood Meals on Wheels will deliver meals to residents of the Upper Merion Area School District. For more information, contact our office at 610-265-7051 or you can visit our website at NeighborhoodMealsOnWheels.com, or email us at MealsOnWheels.UM@gmail.com.

VOLUNTEER FOR YOUR NEIGHBORHOOD

MEALS ON WHEELS

Meals on Wheels is a non-profit non-sectarian community service and is in need of volunteers (men and women) to help prepare or deliver meals on a regular or occasional basis. All volunteers work in pairs. Their office is located at the Valley Forge Presbyterian Church and is open from 9:00 AM to 1:00 PM. Monday through Friday. Telephone: 610-265-7051.

WHAT'S HAPPENING AT THE UM

TOWNSHIP LIBRARY- OCTOBER UPDATES



DON'T MISS UPPER MERION TOWNSHIP LIBRARY'S ANNUAL JAZZ NIGHT ON FRIDAY, OCTOBER 11 AT 7:00 PM. PERFORMANCE BY THE JOE KENNEY AND BAND.

ESL Class: Tuesdays at 1:00 PM in Valley Forge

Room: For adults who speak English as a second language, this program allows you to practice your English through conversations about books, short stories, and news articles. The class leader is Mrs. Jean Olexy, a certified ESL teacher. Anyone who speaks English as a second language is welcome to drop in.

Fall Book Discussion Series: "Revelations Across Space and Time - Finding the Unexpected in the Ordinary" continues. 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.

October 6 - "A Spool of Blue Thread" by Anne Tyler (Carla)

October 20 - "All Over But the Shoutin'" by Rick Bragg (Erin)

November 3 - "Unsheltered" by Kingsolver (Carla)

All programs will meet from 2:00 to 3:30 PM.

The Participation Policy (effective Fall 2019) is as follows: There is an administrative charge of \$10 per series to participate in the Sunday book discussions for participants who choose to borrow the book set from the library. There will be no charge if the participant supplies his or her own copies of the books, or if the participant purchases all of the books for the series from the library. Call 610-265-4805 or stop in at the library to register

Tech Night: Monday, October 7 at 7:00 PM in Henderson Room. Own an iPad or an iPhone but have trouble using it? Planning on buying, but the latest technology troubling you? Need help with downloading e-Books? Our youth volunteers are here to help you. Registration required.

Adult Board Game Night: Thursday, October 10 at 7:00 PM in Henderson room. Bring your friends and enjoy playing games of all kinds! We'll have several board games, but feel free to bring your own too.

Adult Coloring Night: Monday, October 14 at 7:00 PM in Valley Forge Room. Bring your friends and enjoy coloring. Walk-ins are welcome. Materials will be provided.

Vinyasa Yoga: Tuesday, October 15 at 5:00 PM At the Upper Merion Community Center. Flow between poses, challenging your endurance, flexibility and strength. All levels are welcome!
YOU NEED NOT BE A COMMUNITY CENTER MEMBER. MUST REGISTER THROUGH THE LIBRARY

Mental Health Panel Discussion: Sunday, October 20 at 2:00 PM in Valley Forge Room. Join us for an educational presentation by NAMI Main Line PA with first-person accounts by people in recovery from struggles with mental illness, and family members sharing what it is like to care for or live with someone with mental illness.

Weight Loss Seminar: Monday, October 21 at 7:00 pm in Valley Forge Room. Dr. Steve Fleisher will answer all your questions on weight loss.

Knit Nite: Monday, October 28 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.

Watch out for this new section every month. One new e-resource each month!

King of Prussia Courier: Read the local newspaper online. Get a detailed information by going to our website

www.umtownship.org/departments/library/elibrary/

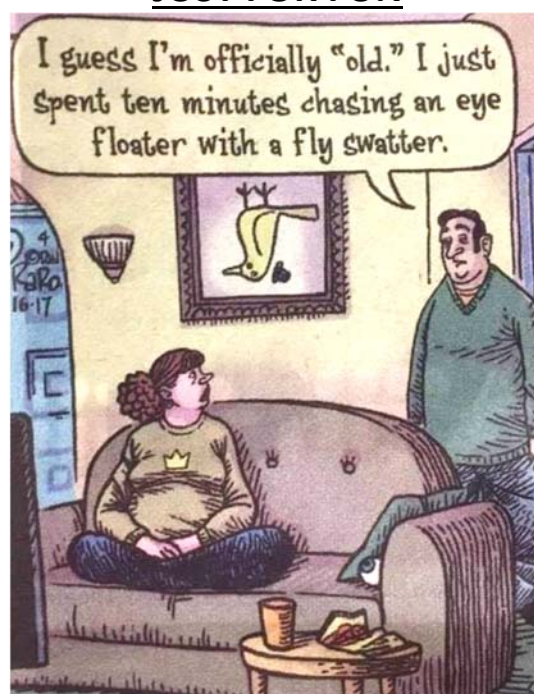
Notary Service: The library offers a notary service by appointment only for a \$5.00 fee. Please make sure to bring all necessary documents and, if needed, a witness. To make an appointment, call 610-265-4805.

Low Vision Reader: Our library has a low vision reader for use in the library. Please contact us for more information.

Café Style Wi-Fi available at the library. Bring your smart devices and connect to our free wireless network. Library card number not required.

Charging Station at the Library: Did you leave your charger at home? Is your mobile device low on power and need recharging? Get charged with one of the charging stations at the library.

JUST FOR FUN



CHURCH BULLETIN BLOOPERS

These sentences actually appeared in church bulletins or were announced in church services:

The Fasting & Prayer Conference includes meals.

The sermon this morning: Jesus Walks on the Water.

The sermon tonight: Searching for Jesus.

Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Bring your husbands.

Remember in prayer the many who are sick of our community. Smile at someone who is hard to love. Say 'Hell' to someone who doesn't care much about you.

Don't let worry kill you off - let the Church help.

Miss Charlene Mason sang 'I will not pass this way again,' giving obvious pleasure to the congregation.

For those of you who have children and don't know it, we have a nursery downstairs.

Next Thursday there will be tryouts for the choir. They need all the help they can get.

Irving Benson and Jessie Carter were married on October 24 in the church. So ends a friendship that began in their school days.

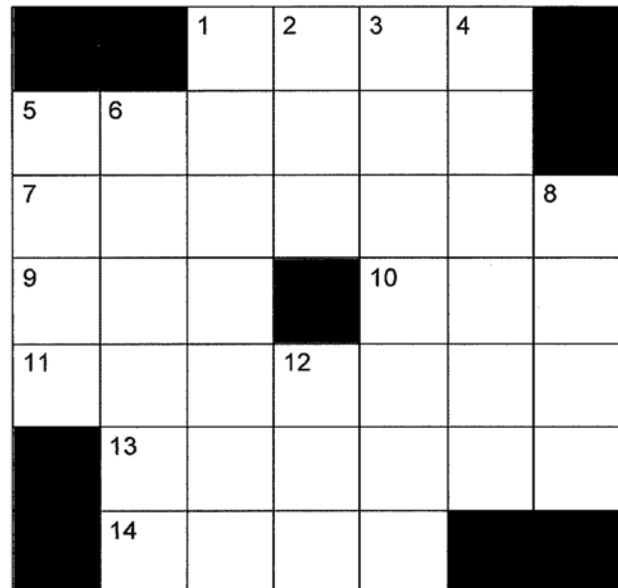
A bean supper will be held on Tuesday evening in the church hall. Music will follow.

At the evening service tonight, the sermon topic will be 'What Is Hell?' Come early and listen to our choir practice.

* * * *

MINI CROSSWORD PUZZLE

(answer on page 12)



ACROSS

- 1 "Jabberwocky" starter
- 5 Waste
- 7 Coming up, as issues
- 9 Diety
- 10 Father's Day gift
- 11 Eccentric
- 13 Delights
- 14 Bone-dry

DOWN

- 1 What idle thumbs do
- 2 Existed
- 3 Provoke
- 4 Mentally weak from age
- 5 Palm starch
- 6 Wears away
- 8 Hair goops
- 12 Setting of many jokes

HAVE A GOOD LAUGH!!!



Just days before her 62nd birthday, Brenda has a senior moment.



I don't want to say I'm old and worn out, but I make sure I'm nowhere near the curb on trash day.



"I'M JUST SAYING, IF OUR INCOME IS 'FIXED', HOW COME WE'RE 'BROKE'?"



AUTUMN WORD SEARCH



AUTUMN
CORN
FOOTBALL
PUMPKINS
COLORS
SCARECROW

RAKING
FALL
MAIZE
SEASON
APPLES

GOURDS
HARVEST
LEAVES
YELLOW
ORANGE



HALLOWEEN WORD SEARCH

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

- | | | |
|---------------|-----------------|---------|
| Halloween | October | Spooky |
| Scary | Ghost | Vampire |
| Werewolf | Witch | Zombie |
| Skeleton | Monster | Black |
| Orange | Candy | Boo |
| Spider | Trick or Treat | Bats |
| Haunted House | Jack O' Lantern | |

MINI CROSSWORD PUZZLE ANSWERS

			¹ T	² W	³ A	⁴ S	
⁵ S	⁶ E	W	A	G	E		
⁷ A	R	I	S	I	N	⁸ G	
⁹ G	O	D		¹⁰ T	I	E	
¹¹ O	D	D	¹² B	A	L	L	
	¹³ E	L	A	T	E	S	
	¹⁴ S	E	R	E			



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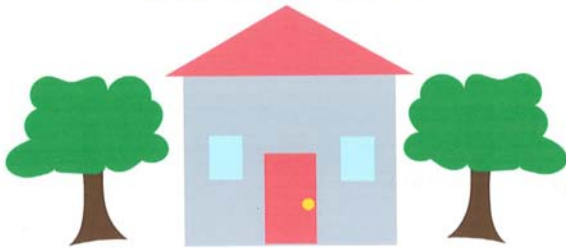


Left to right: Sara, Julie, Brittany, Sophy, Nicole and Jill

We are working together again at Tantra Salon and Day Spa right here in the same Valley Forge Shopping Center where you've known us all these years. Please call Tantra

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**CHANCE BOOK TICKETS
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**DRAWING ON THURSDAY
OCTOBER 10**



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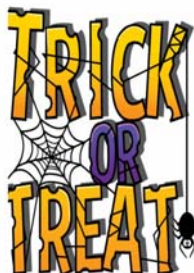
VISIT OUR WEBSITE: UMSSC.ORG



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, Shirley Robey or Peggy Ford in the office.

PUT BOOKS IN THE HANDS OF CHILDREN WHO NEED THEM

We are always 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 premie 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.

OFFICERS:

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- Vice President**
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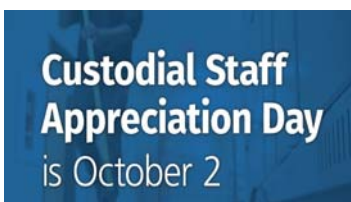
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EDITORS:

- Shirley Robey
- Peggy Ford



OCTOBER IS LGBT HISTORY MONTH



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OCTOBER 15 THE WHITE CANE IS AN IMPORTANT SYMBOL OF BLINDNESS & THE TOOL OF INDEPENDENCE

