



THE BEST OF TIMES

OCTOBER 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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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:

Our newsletter has a new look to it. We now have ads from some of our sponsors. We encourage you to support our sponsors.

As we say farewell to Summer and say "Hello" to Fall, the Center is planning many events. Some of which are as follows: *BIG Bingo* on Saturday, October 11; *Pinochle* begins on Tuesday October 7 at 12:30; *Hunterdon Hills Playhouse Trip* on October 14; *Resorts Casino Trip* – October 16; Presentation on *"Concussions"* on October 22 at 10:00 AM; *Open Enrollment* on October 29 at 1:00 PM and much more. Please see our enclosed calendar and newsletter for more detail.













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.

A big "Thank You" to those who contributed to the success of the Senior Fall Fling on September 18th. Fling Committee, UMGA-TV and Carla Showell Lee, the Mall, Neb Bosnic of Siganos, Upper Merion Area School District Chamber Strings, The Upper Merion Senior Service Center Band and especially Shirley Robey, our Executive Assistant who so efficiently kept track of the list of the attendees and anyone I may have forgotten. It was a wonderful way to celebrate our Senior Center.

As always, come spend some time with us and remember to always say something nice about UMSSC.

*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
 <p>THE AMAZING UMSSC BAND</p>		 <p>JOHN & MARIE BULER</p>	<p>1</p> <p>10:00 BOARD MEETING 12:00 TAI CHI (GYM) 1:00 LINE DANCING</p>	<p>2</p> <p>10:00 FINANCIAL/INVESTMENT DISCUSSION GROUP 10:15 BINGO 12:30 CHAIR EXERCISE</p>	<p>3</p> <p>NEW 9:30 POKER 10:00 SING-A-LONG</p> <p>YOM KIPPUR BEGINS AT SUNDOWN</p>	<p>4</p>  <p>HERM NATANBLUT</p>
<p>5</p>  <p>JUNE DOLAN</p>	<p>6</p> <p>9:30 MAH-JONGG 10:30 CURRENT EVENTS 12:00 ZUMBA GOLD 1:30 YOGA</p>	<p>7</p> <p>9:30 COMPUTER CLUB 9:30 BRIDGE NEW 9:30 POKER 11:30 CHAIR EXERCISE NEW 12:30 PINOCHLE 1:00 KNITTING & CROCHETING 1:30 BAND PRACTICE & INSTRUCTION</p>	<p>8</p> <p>10:00 GENERAL MEETING & CHANCE BOOK DRAWING 12:00 TAI CHI (GYM) 1:00 GARDEN CLUB 1:00 LINE DANCING</p>	<p>9</p> <p>10:00 NURSE 10:00 FINANCIAL / INVESTMENT DISCUSSION GROUP 10:15 BINGO 12:30 CHAIR EXERCISE</p>	<p>10</p> <p>NEW 9:30 POKER 10:00 SING-A-LONG</p>	<p>11</p>  <p>UMSSC BIG BINGO DOORS OPEN AT 11:00 AM</p>
<p>12</p>  <p>PHIL SMYTHE</p>	<p>13</p> <p>9:30 MAH-JONGG 10:30 CURRENT EVENTS 12:00 ZUMBA GOLD 1:30 YOGA</p>	<p>14</p> <p>9:30 HUNTERDON HILLS PLAYHOUSE "BREAKING LEGS" 9:30 COMPUTER CLUB 9:30 BRIDGE NEW 9:30 POKER 11:30 CHAIR EXERCISE NEW 12:30 PINOCHLE 1:00 KNITTING & CROCHETING 1:30 BAND PRACTICE & INSTRUCTION</p>	<p>15</p> <p>9:30 VALLEY FORGE CASINO 12:00 TAI CHI (GYM) 1:00 LINE DANCING</p>	<p>16</p> <p>9:00 RESORTS CASINO TRIP BUS LEAVES AT 9:00 AM 10:00 FINANCIAL/INVESTMENT DISCUSSION GROUP 10:15 BINGO 11:00 OUTREACH BRIGGS 12:30 CHAIR EXERCISE</p>	<p>17</p> <p>NEW 9:30 POKER 10:00 SING-A-LONG 11:15 FRIDAY FLICKS "LAST VEGAS"</p>	<p>18</p>  <p>EMMA CARSON</p>
<p>19</p>  <p>FRANK DUBE</p>	<p>20</p> <p>9:30 MAH-JONGG 10:30 CURRENT EVENTS 12:00 ZUMBA GOLD 1:00 BOOK TALK 1:30 YOGA</p>	<p>21</p> <p>9:30 COMPUTER CLUB 9:30 BRIDGE NEW 9:30 POKER 11:30 CHAIR EXERCISE NEW 12:30 PINOCHLE 1:00 KNITTING & CROCHETING 1:30 BAND PRACTICE INSTRUCTION</p>	<p>22</p> <p>9:30 QUILTING 10:00 BRYN MAWR HOSP. PRESENTATION ON CONCUSSIONS 12:00 TAI CHI (GYM) 1:00 GARDEN CLUB 1:00 LINE DANCING</p>	<p>23</p> <p>10:00 NURSE 10:00 FINANCIAL/INVESTMENT DISCUSSION GROUP 10:15 BINGO 12:30 CHAIR EXERCISE 1:00 THE TRAVELERS</p>	<p>24</p> <p>NEW 9:30 POKER 10:00 SING-A-LONG</p>	<p>25</p>  <p>PAT BRUNNER</p>
<p>26</p>  <p>JOAN SHAW</p>	<p>27</p> <p>9:30 MAH-JONGG 10:30 CURRENT EVENTS 12:00 ZUMBA GOLD 1:30 YOGA</p>	<p>28</p> <p>9:30 COMPUTER CLUB 9:30 BRIDGE NEW 9:30 POKER 11:30 CHAIR EXERCISE NEW 12:30 PINOCHLE 1:00 KNITTING & CROCHETING 1:30 BAND PRACTICE & INSTRUCTION</p>	<p>29</p> <p>12:00 TAI CHI (GYM) 1:00 LINE DANCING 1:00 PRESENTATION ON MEDICARE OPEN ENROLLMENT</p>	<p>30</p> <p>10:00 FINANCIAL/INVESTMENT DISCUSSION GROUP 10:15 BINGO 11:30 OUTREACH LEACH 12:30 CHAIR EXERCISE</p>	<p>31</p> <p>NEW 9:30 POKER 10:00 SING-A-LONG</p>  <p>HAPPY HALLOWEEN!</p>	<p>31</p>  <p>SALLY BUCE</p>

OUR BOARD OF DIRECTORS



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UPCOMING EVENTS

SATURDAY, OCTOBER 11: UMSSC BIG BINGO DOORS OPEN AT 11:00 AM. TICKETS ON SALE NOW! Save \$5.00 by purchasing your ticket in advance. (\$25.00 the day of)

WEDNESDAY, OCTOBER 15: 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, OCT. 8. Everyone must bring a valid photo ID.**

WEDNESDAY, OCTOBER 22 FROM 10:00 AM to 11:00 AM CONCUSSIONS PRESENTATION: Presentation by Mary Gilliford from Bryn Mawr Hospital's Community Health Services Department. *Please sign up at the Reception desk.*

WEDNESDAY, OCTOBER 29 AT 1 PM PRESENTATION ON MEDICARE OPEN ENROLLMENT: begins on October 15 and ends on December 7. Barbara Pollack, a state-trained Medicare (volunteer) counselor, will be making a presentation on at

the Upper Merion Senior Services Center. If you have Medicare questions, please submit them to the office by October 22. If you are planning on attending, please let the office know so we can make adequate copies of materials. Our phone number is 610-265-4715. Mrs. Pollack will also be able to set up individual appointments with those who need additional help. *Please sign up at the Reception Desk.*

MONDAY, NOVEMBER 3 FROM 9:30 AM TO 11:30 AM: FREE FLU SHOTS. For adults 65 and older. **To register call 1-866-225-5654.** Sponsored by Bryn Mawr Hospital Community Health Services Department.

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!

TUESDAY, OCTOBER 14: HUNTERDON HILLS PLAYHOUSE "BREAKING LEGS". COST: MEMBERS \$60.00 NON-MEMBERS \$65.00 INCLUDES: *TRANSPORTATION, LUNCH & SHOW.* Tickets on sale now! COMPLETE FORM AND HAND IN WITH YOUR PAYMENT AT THE RECEPTION DESK. **BUS DEPARTS CENTER AT 9:00 AM.** For those who require handicap parking, please park in the rear of the building.

THURSDAY, OCTOBER 16: RESORTS CASINO IN ATLANTIC CITY IN COLLABORATION WITH WAYNE SENIOR CENTER. *Bus departs from UMSSC at 9:00 AM and returns approximately 6:00 PM. Cost: \$25.00* per person includes \$25.00 free slot play. Limit 47 passengers. **Must complete registration form to go; forms available at Center or on our website at www.umssc.org.** **IMPORTANT NOTE: A MINIMUM OF 35 PASSENGERS MUST BE REGISTERED BY CUT OFF DATE THURS., OCTOBER 9, OR TRIP WILL BE CANCELLED.** For those who require handicap parking, please park in the rear of the building.

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:

★ **In memory of Bill Drolet contribution was made by:** June Bachman.

★ **In memory of Dan DeLucca contributions were made by:** Lu Eadeh, Mary & Don McCree, June Bachmann, Ruth Shand, Cindy Eastman, Ginny Santangelo, Harlyce & Jerry Grossman, Rosie & Jeff Lynch, Marie & Allen Buler.

★ **In memory of Ginny Yarnall contributions were made by:** Ethel Hutchinson, Ruth Shand and Cindy Eastman.

★ **In memory of G. Annor Ackah contribution was made by:** Mary & Don McCree and Harlyce & Jerry Grossman.

★ Thank you to Jack Moser who made a donation to the Senior Center.

COMMUNITY OUTREACH

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 donations of canned fruit, sauce, cereal, canned chicken, canned tuna, toilet paper, pancake mix and syrup are appreciated.***

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

NEXT MEETING OF THE FEASIBILITY STUDY BY THE UPPER MERION AREA SCHOOL DISTRICT

Mark your calendar to join us on October 20th at 7 p.m. when we focus on the current capacities of our schools and the future enrollment figures for which we must prepare. We will meet in the LGI Room of Upper Merion Area High School, which is *open to everyone*.

UPPER MERION FARMERS' MARKET

Join Upper Merion Farmers Market as we venture out on our first field trip to our favorite winery. On Sunday, October 12, we're visiting A'Dello Vineyard and Winery in Perkiomenville, PA. Can't drive? We are providing bus service to the vineyard. The van will leave at 1 pm from the rear entrance to the UM Township

Building. To reserve your spot, contact Lydia at manager@uppermerionfarmersmarket.com. A \$5.00 registration fee must be paid in advance at the UFMF information booth. All registrations must include email and phone number. You must be 21 or over to attend.

NEWSWORTHY

NEW LOOK TO OUR NEWSLETTER

You will see beginning with this month's newsletter, we have added several pages of advertisements from many local businesses and professionals. Some are offering special discounts to our members. As always, we encourage you to support the businesses that support our center!

GAIN POSITIVE BENEFITS FROM ANKLE EXERCISES

The Tuesday and Thursday chair exercise sessions include a number of movements which can help to prevent injuries and sprains to the ankle areas. Combining strengthening and stretching movements of the ankles can help increase much needed flexibility in the ankles. The exercises can help build up supporting muscles that keep you balanced whether you are standing still, walking or dancing. These exercises and stretching movements can be done while sitting or standing. You could continue to gain more of these benefits by doing some of them while watching your favorite TV shows at home. *(Contributed by Jane Burger)*

ATTENTION ALL TRAVELERS AND YOUR TRAVEL COMPANIONS

"The Travelers" is a new group which will meet on Thursday, October 23 at 1:00 PM. The purpose of this group is informational only. We hope to inform you about trips that are available, but you will be making your own arrangements/reservations. We want to explore various ways to "get away". From one day trips or long weekend trips to "future" US and international trips. We are just starting out so we will be taking baby steps with information on short and local 1-day outings. Everyone interested is invited to come to our meeting on October 23 at 1:00 PM and bring any travel info you may have.

BOOK DONATION BY LOCAL AUTHOR

One of our members, Lois Charles, has donated a book she has written and recently had published. It is available in our library but if you wish to purchase a copy you can follow the directions listed below.

"Discard 2", a story of three generations of a Philadelphia family circa 1931 depression era until

1965: their lives, loves, politics, prejudices, gangsters too plus much more.

Here are some links for the novel, available in online stores mostly, or can pick it up after ordering it at Barnes and Noble at any location, Amazon, Kindle Amazon. It is also listed with Baker and Taylor for libraries, schools, and retailers. Also, some local independent booksellers are just starting to carry it, the Main Point in Bryn Mawr has it listed online.

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 FOUND

We have had enough interest to set up a schedule for members interested in playing Pinochle. They will be playing on Tuesdays at 12:30 PM in the kitchen.

Also, for those of you interested there is a poker game going on in the kitchen on Tuesdays and Fridays beginning at 9:30 AM.

Wii games are available. Please let us know by putting your name and game preference on our sign-up sheet at the reception desk. Beth will be happy to get a game of bowling started. ***Why not join her in the lounge on Wednesdays or Fridays!***

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 in 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

IRS WARNS CONSUMER OF PHONE SCAMS

The Internal Revenue Service is warning consumers about a sophisticated phone scam targeting taxpayers, including recent immigrants, throughout the country.

Victims are told they owe money to the IRS and it must be paid promptly through a pre-loaded debit card or wire transfer. If the victim refuses to cooperate, they are then threatened with arrest, deportation or suspension of a business or driver's license. In many cases, the caller becomes hostile and insulting

"This scam has hit taxpayers in nearly every state in the country. We want to educate taxpayers so they can help protect themselves. Rest assured, ***we do not and will not ask for credit card numbers over the phone, nor request a pre-paid debit card or wire transfer,***" says IRS Acting Commissioner Danny Werfel.

If someone unexpectedly calls claiming to be from the IRS and threatens police arrest, deportation or license revocation if you don't pay immediately, that is a sign that it really isn't the IRS calling." ***Werfel noted that the first IRS contact with taxpayers on a tax issue is likely to occur via mail***

Other characteristics of this scam include:

Scammers use fake names and IRS badge numbers. They generally use common names and surnames to identify themselves.

Scammers may be able to recite the last four digits of a victim's Social Security Number.

Scammers spoof the IRS toll-free number on caller ID to make it appear that it's the IRS calling.

Scammers sometimes send bogus IRS emails to some victims to support their bogus calls.

Victims hear background noise of other calls being conducted to mimic a call site.

After threatening victims with jail time or driver's license revocation, scammers hang up and others soon call back pretending to be from the local police or DMV, and the caller ID supports their claim.

If you know you don't owe taxes or have no reason to think that you owe any taxes (for example, you've never received a bill or the caller made some bogus threats as described above), then call and report the incident to the ***Treasury Inspector General for Tax Administration*** at 1.800.366.4484.

You can file a complaint using the ***FTC Complaint Assistant***; choose "Other" and then "Imposter Scams." If the complaint involves someone impersonating the IRS, include the words "IRS Telephone Scam" in the notes.

The IRS will not initiate contact with you through social media or text to ask for your personal or financial information.

More information on how to report phishing or phone scams is available on IRS.gov.

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, October 20 at 1:00 PM. Meets on the 3rd Monday of the month. Coordinator: Patricia Ackah (610.265.4290). This month we will be reading ***"TALL GRASS"*** by Sandra Dallas. During World War II, a family finds life turned upside down when the government opens a Japanese internment camp in their small Colorado town. After a young girl is murdered, all eyes (and suspicions) turn to the newcomers, the interlopers, the strangers. This is her town as Rennie Stroud has never seen it before. She has just turned thirteen and, until this time, life has pretty much been what her father told her it should be: predictable and fair. But now the winds of change are coming and, with them, a shift in her perspective. And Rennie will discover secrets that can destroy even the most sacred things. Part thriller, part historical novel, *Tallgrass* is a riveting exploration of the darkest---and best---parts of the human heart.

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. Events keep rolling and discussion keeps rockin'. Group meets Mondays at 10:30. No end of topics in sight, so come help us sort out what really matters.

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, OCTOBER 17 (Pizza at 11:15 AM, Movie at 12:00 PM) Coordinator: Don McCree. Pizza & Movie: \$5.00. Movie Only: \$2.00. **Please sign up in advance.** This month we will be showing **"LAST VEGAS" starring MICHAEL DOUGLAS, ROBERT DE NIRO, MORGAN FREEMAN AND KEVIN KLINE.** Three sixty-something friends take a break from their day-to-day lives to throw a bachelor party in Las Vegas for their last remaining single pal.

GARDEN CLUB: Meets the Second and Fourth Wednesday at 1:00 PM. Coordinator: Paul Buce. Bowing to time realities, we rescheduled the 'something from the garden' munch and chat session to October 8th, in the kitchen at 1:00 pm. On the 22nd we will hear about *INVASIVES!*

GENERAL MEMBERSHIP MEETING: Monthly meeting open to all members on the **2nd Wednesday of the month at 10:00 AM on October 8.** 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: Dot Price. Instruction provided. **Hand-made items are for sale and all proceeds benefit the Center.**

LIBRARY: Open Monday through Friday from 9:00 AM to 3:00 PM. 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 Borocho. 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 for this month only on Thursday, October 16 (11:00 AM to 2:00 PM) Senator Daylin Leach's aide is here the last Thursday of the month (11:30 AM to 1:00 PM)

NEW PINOCHLE LADIES AND GENTS: Tuesday's at 12:30 AM in the kitchen.

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

QUILTING: Fourth Wednesday of the month 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.

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. Sign up and pay at the Township Building. **THIS IS AN UM TWP. PARK & REC DEPT. PROGRAM.**



The original founders of the Upper Merion Senior Service Center; Connie Williams and Barbara Frailey, being honored at the 13th Annual Senior Fall Fling "Celebrating the *Best of Times*"

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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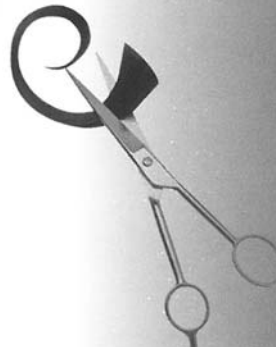
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REMINDERS FOR OCTOBER 2014

- * **NEW ACTIVITIES** – POKER: TUESDAYS & FRIDAYS AT 9:30 AM
PINOCHLE: TUESDAYS AT 12:30 PM
- * WEDNESDAY, OCTOBER 8 AT 10:00 AM: GENERAL MEETING AND *CHANCE BOOK DRAWING*
- * SATURDAY, OCTOBER 11 AT 11:00 AM: UMSSC BIG BINGO
- * TUESDAY, OCTOBER 14: HUNTERDON HILLS PLAYHOUSE "BREAKING LEGS" BUS DEPARTS CENTER AT 9:00 AM. (PLEASE REMEMBER TO USE HANDICAP PARKING IN REAR OF BUILDING)
- * WEDNESDAY, OCTOBER 15: VALLEY FORGE CASINO. THE OFFER FOR GROUP IS \$20.00 IN SLOT PLAY.
- * THURSDAY, OCTOBER 16: RESORTS CASINO IN ATLANTIC CITY IN COLLABORATION WITH WAYNE SENIOR CENTER. BUS DEPARTS FROM UMSSC AT 9:00 AM AND RETURNS APPROXIMATELY 6:00 PM. (PLEASE REMEMBER TO USE HANDICAP PARKING IN REAR OF BUILDING)
- * FRIDAY, OCTOBER 17 FRIDAY FLICKS: (Pizza at 11:15 AM, Movie at 12:00 PM.) PLAYING THIS MONTH: "LAST VEGAS" **PLEASE SIGN UP IN ADVANCE**
- * MONDAY, OCTOBER 20 AT 1:00 PM BOOK TALK: THIS MONTH'S BOOK "TALL GRASS" BY SANDRA DALLAS
- * MONDAY, OCTOBER 20TH AT 7 PM: MEETING OF THE FEASIBILITY STUDY BY THE UPPER MERION AREA SCHOOL DISTRICT IN THE LGI ROOM OF UPPER MERION AREA HS
- * WEDNESDAY, OCTOBER 22 FROM 10:00 AM TO 11:00 AM CONCUSSIONS PRESENTATION: BY MARY GILLIFORD - BRYN MAWR HOSPITAL COMMUNITY HEALTH SERVICES DEPT.
- * WEDNESDAY, OCTOBER 29 AT 1 PM: PRESENTATION ON MEDICARE OPEN ENROLLMENT
- * MONDAY, NOVEMBER 3 FROM 9:30 AM TO 11:30 AM FREE FLU SHOTS: FOR ADULTS 65 & UP. TO REGISTER CALL 1-866-225-5654. SPONSORED BY BRYN MAWR HOSPITAL COMMUNITY HEALTH SERVICES DEPT.



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

UMASD SCHOOL CLOSING NUMBER IS "307"

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

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

OR CALL KYW-1060 RADIO (215-925-1060) FOLLOW INSTRUCTIONS AND ENTER UMASD SCHOOL CLOSING NUMBER "307"

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Note:
Information submitted following SEPT. 3 will be posted on the UMSSC Bulletin Boards and listed on UMGA-TV (Comcast Channel 22 or Verizon FiOS Channel 33)
Visit the Center's web site at:
www.umssc.org

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