



# OCTOBER 2018

UPPER MERION SENIOR  
SERVICE CENTER  
431 W. VALLEY FORGE ROAD  
KING OF PRUSSIA, PA 19406  
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on the web at [www.umssc.org](http://www.umssc.org)



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## UMSSC ELECTIONS

Elections are coming! All four officers positions and two board positions will be on the ballot this year. The officers positions are filled for a one year term and board members serve a three year term. At this time we are asking you to consider running for office or thinking about potential candidates to nominate. Any member can nominate candidates, but note that they have to agree. See Dick McCann or Paul Buce to submit names. Ballots can be turned in to the office staff (Shirley or Peggy). We will begin assembling a candidate list, with the final list being presented at the November General Meeting, with elections being held the day of the December General Meeting. Thanks for adding your perspective to this important process.

## FALL FUND RAISER DRAWING

Our *Fall Fund Raiser Chance Book* winning tickets will be drawn on **Wednesday October 10** at the General Membership Meeting. Two ticket books were sent to each member's household at a cost of \$5.00 per book. Additional books are available to purchase at the Senior Center. We hope that we can count on your support with this fund raiser by purchasing the books mailed to you. Special thanks go to *DAVID BLACKMORE & ASSOCIATES GEOTECHNICAL & ENVIRONMENTAL ENGINEERING* for their continued support in funding the ticket printing.

**BINGO**

**UMSSC 11<sup>TH</sup> BIG BINGO**  
**SUNDAY, OCTOBER 21**  
**TICKETS: \$20 ADVANCE SALE**  
**\$25 DAY OF**  
**CASH PRIZES!!!**  
**RAFFLES!!! FOOD!!!**

*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*



**MONTHLY HEALTHY HABIT: EAT GOOD FATS! GET YOUR OMEGA 3'S WITH SALMON AND WALNUTS**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA (VIDEO)	2 9:30 COMPUTER CLUB 11:30 FUN & FITNESS <b>12:00 FLU SHOTS</b> 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING	3 9:30 WED CARD PLAYERS <b>10:00 BOARD MEETING</b> 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 LINE DANCING	4 10:00 FINANCE/INVEST GROUP 10:15 BINGO 12:30 FUN & FITNESS	5 9:30 PINOCHLE 10:00 SING-A-LONG	6
7	8 9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA (VIDEO)	9 9:30 COMPUTER CLUB 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING	10 9:30 WED CARD PLAYERS <b>9:30 GENERAL MEETING AND PRESENTATION</b> <b>11:30 COMPUTER BASICS</b> 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 LINE DANCING 1:00 GARDEN CLUB <b>1:30 RED HAT LADIES</b>	11 <b>9:30 TO 12:00 NURSE</b> 10:00 FINANCE/INVEST GROUP 10:15 BINGO <b>11:00 OUTREACH BRIGGS</b> 12:30 FUN & FITNESS	12 9:30 PINOCHLE 10:00 SING-A-LONG	13
14	15 <b>9:30 AARP DRIVER SAFETY PROGRAM</b> 9:30 MAH-JONGG 10:30 CURRENT EVENTS <b>1:00 BOOK TALK</b> 1:30 YOGA (VIDEO)	16 9:30 COMPUTER CLUB 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING	17 <b>9:30 VALLEY FORGE CASINO</b> 9:30 WED CARD PLAYERS <b>10:00 PERSIAN GROUP</b> 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 LINE DANCING	18 <b>9:00 HARRISBURG EXCURSION TRIP</b> 10:00 FINANCE/INVEST GROUP 10:15 BINGO 12:30 FUN & FITNESS	19 9:30 PINOCHLE 10:00 SING-A-LONG <b>11:15 FRIDAY FLICKS</b>	20
21 <b>BIG BINGO DOORS OPEN 11 AM</b>	22 9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA (VIDEO)	23 9:30 COMPUTER CLUB 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING	24 9:30 WED CARD PLAYERS <b>11:30 COMPUTER BASICS</b> 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 LINE DANCING 1:00 GARDEN CLUB	25 <b>9:30 TO 12:00 NURSE</b> 10:00 FINANCE/INVEST GROUP 10:15 BINGO <b>11:00 OUTREACH LEACH</b> 12:30 FUN & FITNESS	26 9:30 PINOCHLE 10:00 SING-A-LONG	27
28	29 9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA (VIDEO)	30 9:30 COMPUTER CLUB 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING	31 9:30 WED CARD PLAYERS 9:30 QUILTING 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 LINE DANCING			

## **FLU SHOTS**

**TUESDAY, OCTOBER 2 FROM 12:00 PM** . Flu shots will be offered by Kim from Giant Pharmacy. Please sign up on sheet in the lobby.

## **GENERAL MEETING**

**WEDNESDAY OCTOBER 10 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. 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". We have a presentation by Dr. Margaret Fitzpatrick DPT. Her topic is dealing with persistent pain.

## **GARDEN CLUB**

**WEDNESDAY, OCTOBER 10 AND OCTOBER 24 AT 1:00 PM.** To say the least, it has been a very unusual summer for the club; our watering skills have atrophied but the patio is looking pretty good. We will meet on the 2nd and 4th Wednesdays per usual and do our regular maintenance. Meet at 1:00 in the kitchen area.

## **BOOK TALK**

**MONDAY, OCTOBER 15 at 1:00 PM.** Coordinator: Patricia Ackah. This month's book "**HILLBILLY ELEGY**" by **J. D. VANCE**. From a former marine and Yale Law School graduate, a powerful account of growing up in a poor Rust Belt town that offers a broader, probing look at the struggles of America's white working class. Hillbilly Elegy is a passionate and personal analysis of a culture in crisis—that of white working-class Americans.

## **VALLEY FORGE CASINO**

**WEDNESDAY, OCTOBER 17 (Cut-off date MONDAY, OCT. 15) THE OFFER FOR THE GROUP IS \$20.00 IN SLOT PLAY: TO TAKE ADVANTAGE OF THIS OFFER YOU MUST COMPLETE A REGISTRATION FORM AVAILABLE AT THE SENIOR CENTER OR ON OUR WEBSITE AT [WWW.UMSSC.ORG](http://WWW.UMSSC.ORG).** Please meet in the Casino

lobby between 9:30 AM and 10:00 AM. *Everyone must bring a valid photo ID.*

## **FRIDAY FLICKS!**

**FRIDAY OCTOBER 19 - SICILIAN DELIGHT PIZZA (\$3.00) AT 11:30 AM - MOVIE (FREE) STARTS AT 12:15 PM** Coordinator Don McCree. **THIS MONTH "MURDER ON THE ORIENT EXPRESS".**

## **AARP DRIVER SAFETY COURSE**

**MONDAY, OCTOBER 15 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.*

## **EXCURSION TRIP**

**TRIP IS FULL: THURSDAY, OCTOBER 18.** Tour state capitol with State Representative Tim Briggs then go to the National Civil War Museum. Lunch at the capitol cafeteria or bring your own lunch. Bus will leave from the pool parking lot at 9:00 AM and return to the center at 4:30 p.m. Questions should be directed to the office staff or Pat Holden at 484-432-9669.

## **SAVE THE DATE**

### **EXCURSION TRIP TO FONTHILL CASTLE & MORAVIAN TILE WORKS**

**Thursday, November 15** car pool trip to tour Fonthill Castle and the Moravian Tile Works in the Doylestown area. The "castle" was built by the ceramist Henry Chapman Mercer to showcase the famed tiles he made in the nearby Tile Works. Mark your calendars and watch for details & sign up for this excursion.

### 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: MAJ JONGG INSTRUCTOR

The Maj Jongg group is seeking a volunteer to teach Maj 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.

### OUTREACH

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

Senator Daylin Leach's aide will be here on the 4<sup>th</sup> Thursday of the month from 11:30 AM to 1:00 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. Welcome to: Dorothy Broderick, Marybeth Gutches, Marita Torpjhy and Connie Touhey.

## KEEPING OUR MEMBERS INFORMED

### BREAD DAY DISCONTINUED

We are sad to report that our member, Adele Goldfield, is no longer able to pick up the bread and goodies from Wegmans. We are so grateful to Adele for volunteering to do this for the past few years. We all enjoyed the bread and desserts, but all good things must come to an end.

**Thank you Adele!!**

### DO YOU APPRECIATE YOUR LIFE IN TODAY'S WORLD ?

If you are a nonagenarian or an octogenarian or even a septuagenarian do you ever reflect on how your life was as a child or teenager? Likely there were minimal conveniences then. Those days seem somewhat primitive compare to 2018. Not everyone had a car (or two) and walking was an expected mode of transportation. Some may recall that a car needed to be started by cranking it. There was no automatic shifting. You had to coordinate the clutch and the gas pedal – a real challenge on a hill. Today, if you have a sports car with a gear shift, it is a choice, not the only thing available.

Think about your household appliances compared to then and now. There were no automatic dishwashers so mom (and the kids, after much nagging) washed and dried dishes by hand. You may recall cook stoves fueled by oil, gas or coal or wood. Temperature regulation was a challenge for cooking and baking. There were no electric crockpots with automatic timers. (But there were pressure cookers). Bless the cook who could coordinate having all parts of the meal done at the same time.

When mom did the laundry she may have had to heat the water on that cookstove. Her washer probably needed manual skills to rub-a-dub-dub the clothing and linens. Drying necessitated hanging the wash on a clothes line and praying for a sunny



day. And there were no electric irons, so the iron had to be heated on the cookstove.

Oh the joy of the modern bathroom!!! Being able to use indoor facilities is taken for granted these days. Being able to have a warm shower or bath is considered an ordinary experience now, unlike the days of using a basin and a wash cloth to take a bath.

What did you do for entertainment? There was no TV and very few movie theaters in those early days. At some point you may have had a battery powered radio and could hear Lowell Thomas give the news. Your dad may have rationed the amount of time you could listen to music or other programs. Family and friends played cards, used board games (like Monopoly), played musical instruments, or did outdoor activities like jump rope, baseball, tennis or badminton.

As you reflect back, you may recall that those days may have been less stressful, more relaxed and possibly even happier. The younger elders among us may have never experienced some of the circumstances described here so may be at a different level of appreciation. The older elders can smile and say we lived through it all, but we surely do like using an electric blanket and watching our favorite TV shows. *(Contributed by Jane Burger)*

### **SPOTLIGHT**

We had visitors to our Senior Center in September. They are the parents of our good friend Sangeetha Srinivasan (UM Library Program Coordinator), R.G. and Hema Murthy from India. While visiting their daughter they participated in some of our activities. Here's their viewpoint of our Senior Center written by Mr. Murthy.

#### **A SENIOR VISITOR'S PERSPECTIVE OF UMSSC**

By R. G. Murtha

Even though my wife and I have come to the U.S. many times in the past, this trip in particular gave us a new experience, heart-felt content, and

complete satisfaction. Thanks to the Upper Merion Senior Service Center for giving us this experience. We frequently visited UMSSC during our trip. 70, 80, and 90 years old seniors visit this senior center every day to socialize, and join the activities at the center to keep themselves busy.

Looking at this, we realized that we shouldn't limit ourselves due to age. We took part in yoga, and fitness classes and we are looking forward to spending more time at the center during our future visits. We were amazed by the classes conducted here. The activities were refreshing for our mind and our body. We were moved by the love and affection shown by the staff to all the seniors visiting the center.

I greatly admire and congratulate the effort taken by the center for eliminating the fear of old age, and the feeling of incapability due to age. Fitness, library, Games, Yoga, Knitting, Art and craft, garden club, computer club are a few of the activities at the senior center. Centers like this are a boon to all the youngsters who are 60 + in the U.S.

Thanks to Upper Merion Senior Service Center!



SANGEETHA'S PARENTS: R.G. & HEMA MURTHY

### **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:

- ★ Marie Lattanze made a donation in memory of Harry Bailey.
- ★ The Womens Club of Upper Merion made a donation to the Senior Center.

**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 OUTREACH**

**UPPER MERION EMERGENCY AID**

We are thankful for what we have and for what we give. Please think of others and make a donation of food and/or dry goods, cleaning supplies and paper products for local families in need. Our donation box is in the lobby. **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 - OCTOBER UPDATES**



**Upper Merion Township Library's program coordinator, Sangeetha will be at the Senior Center from 11:30 AM to 12:30 PM, second and fourth Wednesday of every month in the computer lab to teach computer basics. (October 10 and October 24).**

**FALL BOOK DISCUSSION CONTINUES:**

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

**October 7:** "Less" by Andrew Greer (Erin)

**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 PM to 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.

**HYPNOSIS SEMINAR ON MONDAY, OCTOBER 1 AT 7:00 PM** in Valley Forge Room. Presented by Barry Wolfson. Attend this seminar and learn

- How hypnosis works.
- The myths regarding hypnosis.
- Why resolutions work or do not work.
- Seminar also includes brief 5-10 minute hypnosis demonstration and Q & A!

**TECH NIGHT ON MONDAY, OCTOBER 1 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.

**UPPER MERION TOWNSHIP COMMUNITY FAIR AND FALL FEST ON SATURDAY, OCTOBER 6 FROM 11:00 AM TO 3:00 PM** at Heuser Park. Stop by Library's tent to know more about our services and upcoming programs.

**THE LIBRARY WILL BE CLOSED ON MONDAY, OCTOBER 8.**

**ROCKWELL AND WYETH: THE GREAT AMERICAN STORYTELLERS. Fred Dixon's Art Lecture on Wednesday, October 10 at 7:00 PM** in Valley Forge Room. The art of Rockwell and Wyeth were never even close to what was considered avant-garde, but they tapped into middle class values and ideals and that resulted in their enormous popularity. Come to this lecture to learn more.

**JAZZ NIGHT ON FRIDAY, OCTOBER 12 AT 7:00 PM** in Freedom Hall. Come with your family and enjoy the soulful jazz of **The Pettinelli 5**. Light refreshments will be served.

**ADULT COLORING NIGHT ON MONDAY, OCTOBER 15 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!!

**Family Dance Fitness at the Upper Merion Community Center on Monday, October 15 at 6:00 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.

**Dr. Steve Presents: I Want My Mummy!! on Monday, October 22 7:00 PM** in Freedom Hall. This lecture is an introduction to the history behind ancient Egyptian mortuary practices, the mummification process developed through time, and the making of mummies! This talk will be illustrated by numerous unpublished images of actual ancient Egyptian mummies, including royalty, some collected as part of Dr. Steve's own archaeological excavations in Egypt.

**Knit Nite: Monday, October 22 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

### SAD NEWS FROM MINNESOTA

The Pillsbury Doughboy died yesterday of a yeast infection and trauma complications from repeated pokes in the belly. He was 75.

Doughboy was buried in a lightly greased coffin.

Dozens of celebrities turned out to pay their respects, including Mrs. Butterworth, Hungry Jack, the California Raisins, Betty Crocker, The Hostess Twinkies, and Captain Crunch. The grave site was piled high with many flours.

Born and bread in Minnesota, Doughboy rose quickly in show business, but his later life was filled with turnovers. He was not considered a very smart

cookie, wasting much of his dough on half-baked schemes.

Despite being a little flakey at times, he was still a crusty old man and was considered a positive roll model for millions.

Doughboy is survived by his wife Play Dough, three children: John Dough, Jane Dough and Dosey Dough, plus they had one in the oven. He is also survived by his elderly father, Pop Tart.

The funeral was held at 3:50 for about 20 minutes.

If you smiled while reading this, please rise to the occasion and pass it on to someone having a crumby day and kneading a lift.

**THANKS TO SHARON BRZOSKA FOR SHARING THIS STORY. HOPE YOU ENJOYED IT!**

### REBUS PUZZLES

(answers on P.9)



## WORD SEARCH PUZZLES

### HAPPY CAMPER



ADVENTURE

CAMPER

COMPASS

FLASHLIGHT

MARSHMALLOWS

SAFETY

SUMMER

SWIMMING

BINOCULARS

CAMPFIRE

FISHING

HIKING

NATURE

STARS

SUNSCREEN

TENT



**PUZZLE ANSWERS:**

**REBUS PUZZLES:**

1. READY FOR ANYTHING
2. LEFTOVERS
3. OVER HILL AND DOWN DALE



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

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

- |           |           |
|-----------|-----------|
| COFFIN    | HAUNTED   |
| HALLOWEEN | OCTOBER   |
| ZOMBIE    | CANDLE    |
| UNDEAD    | WEREWOLF  |
| COSTUME   | RECIPE    |
| VAMPIRE   | THUNDER   |
| GRAVEYARD | SCREAM    |
| BRAINS    | CRYPT     |
| WITCH     | TOMBSTONE |
| SKULL     | RAVEN     |



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# VALLEY FORGE

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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

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**DAYLIN LEACH**  
STATE SENATOR - 17TH DISTRICT  
COMMONWEALTH OF PENNSYLVANIA

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King of Prussia Crematory is located on our premises. [www.cremating.com](http://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!



**UMSSC 11<sup>TH</sup> BIG BINGO\***

**SUNDAY, OCTOBER 21**

**TICKETS \$20.00 ADVANCE  
SALE**

**\$25.00 DAY OF**

**CASH PRIZES !!!**

**RAFFLE !!!**

**REFRESHMENTS !!!**

**BE THERE!!!**

**\*NO ONE UNDER 18 ADMITTED**

**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](http://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 LEISURE 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-4<sup>th</sup>). *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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