

"The Best of Times"

September
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/>

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ANNOUNCEMENTS

NOTE: CUT-OFF DATE FOR SUBMISSION OF INFORMATION FOR THE OCTOBER NEWSLETTER IS SEPTEMBER 16 - NO EXCEPTIONS.

* * * * *

THE SENIOR CENTER WILL BE CLOSED ON THE FOLLOWING DATES:

MONDAY, SEPTEMBER 2 FOR LABOR DAY

* * * * *

THURSDAY, SEPTEMBER 26 FOR THE ANNUAL FALL FLING

* * * * *

MONDAY SEPTEMBER 30 FOR ROSH HASHANAH

* * * * *

WHEN NECESSARY AT 2:45 PM AN ANNOUNCEMENT WILL BE MADE VIA THE PA SYSTEM: "THE SENIOR CENTER WILL CLOSE IN 15 MINUTES. ALL ACTIVITIES MUST BE COMPLETED BY 3:00 PM AND THE SENIOR CENTER VACATED"

* * * * *

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!

NOTICE FOR FUN & FITNESS PARTICIPANTS

Beginning the week of September 2, 2019, the Thursday session of Fun and Fitness will begin at 11:30 AM. This will provide a consistent time of 11:30 AM to 12:15 PM for both the Tuesday and Thursday sessions. Judy will continue to be the instructor. The fee is \$3.00 per session payable at the time you sign in.

YOGA CANCELLED

Due to lack of interest and low attendance the Yoga Class has been *permanently* cancelled.

SENIOR FARMERS' MARKET


NUTRITION PROGRAM

MONDAY THRU THURSDAY (ONLY) FROM 10:00 AM TO 1:30 PM. Available with proof of age and residency (Montgomery County) to eligible seniors who will receive four \$5.00 checks, once per year. That's \$20.00 per person or \$40.00 per couple. Use checks to purchase fresh Pennsylvania grown produce at farmers' markets or farm stands. Checks may be redeemed between June and November 30, 2019.

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.

SEPTEMBER 2019 * *WHEN GIVING ADVICE, IT IS BEST TO MAKE IT BRIEF!*



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2  Labor Day SENIOR CENTER CLOSED	3 9-11 WALK TRACK 10:00 COMPUTER CLUB 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING	4 10:00 BOARD MEETING 12:30 CANASTA 12:00 TAI CHI (VIDEO) 1:00 LINE DANCING	5 9-11 WALK TRACK 10:00 FINANCE/INVEST GROUP 10:15 BINGO 11:30 FUN & FITNESS (NOTE NEW TIME GOING FORWARD)	6 9:30 PINOCHLE 10:00 SING-A-LONG	7
8	9 9:30 MAH-JONGG 10:30 CURRENT EVENTS 12:15 COFFEE WITH A COP	10 9-11 WALK TRACK 10:00 COMPUTER CLUB 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING 2:00 MEMORY CAFÉ	11 9:30 GENERAL MEETING & RAMBLER PRESENTATION 11:30 COMPUTER BASICS 12:30 CANASTA 12:00 TAI CHI (VIDEO) 1:00 LINE DANCING 1:00 GARDEN CLUB 1:00 MATTER OF BALANCE (IN THE GAME ROOM) 1:30 RED HAT LADIES PATRIOT DAY	12 9-11 WALK TRACK 12:30 MILL GROVE EXCURSION TRIP 9:15 TO 12:00 NURSE 10:00 FINANCE/INVEST GROUP 10:15 BINGO 11:00 OUTREACH BRIGGS 11:30 FUN & FITNESS (NOTE NEW TIME GOING FORWARD)	13 9:30 PINOCHLE 10:00 SING-A-LONG	14
15	16 9:30 MAH-JONGG 10:30 CURRENT EVENTS 11-2 FLU SHOTS 1:00 BOOK TALK	17 9-11 WALK TRACK 10:00 COMPUTER CLUB 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING	18 9:30 VALLEY FORGE CASINO 10:00 PERSIAN GROUP 12:30 CANASTA 12:00 TAI CHI (VIDEO) 1:00 LINE DANCING 1:00 MATTER OF BALANCE	19 9-11 WALK TRACK 10:00 FINANCE/INVEST GROUP 10:15 BINGO 11:00 OUTREACH LEACH 11:30 FUN & FITNESS (NOTE NEW TIME GOING FORWARD)	20 9:30 PINOCHLE 10:00 SING-A-LONG 11:15 FRIDAY FLICKS "THE UPSIDE"	21
22	23 9:30 MAH-JONGG 10:30 CURRENT EVENTS	24 9-11 WALK TRACK 10:00 COMPUTER CLUB 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING	25 9:30 QUILTING 11-2 FLU SHOTS 11:30 COMPUTER BASICS 12:30 CANASTA 12:00 TAI CHI (VIDEO) 1:00 LINE DANCING 1:00 GARDEN CLUB 1:00 MATTER OF BALANCE	26 FALL FLING 10 AM TO 1 PM SENIOR CENTER CLOSED	27 9:30 PINOCHLE 10:00 SING-A-LONG	28
29	30 SENIOR CENTER CLOSED ROSH HASHANAH					

COFFEE WITH A COP

MONDAY SEPTEMBER 9 AT 12:15 PM. Join the conversation about your community with Upper Merion Police Officer, Glenn Muntzer.

COMPUTER BASICS

WEDNESDAYS SEPTEMBER 11 AND SEPTEMBER 25 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.*

MEMORY CAFÉ

TUESDAY SEPTEMBER 10 AT 2:00 PM. Support Group discussion for caregivers. Presented by Certified Dementia Practitioner from Arden Court.

GENERAL MEETING

WEDNESDAY SEPTEMBER 11 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. 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. Members who attend are also eligible to win cash from our "JACKPOT" drawing. *Special Presentation by Anita Nardone from GVF: "Learn to... Rambler" which will be informative for our members who make use of the Rambler and those considering using the Rambler!*

FLU SHOTS

MONDAY SEPTEMBER 16 AND WEDNESDAY SEPTEMBER 25 FROM 11:00 AM TO 2:00 PM. Kim from the Giant Pharmacy will be here to give flu shots. Please sign up at the desk in the lobby.

BOOK TALK

MONDAY SEPTEMBER 16 at 1:00 PM. Coordinator: Patricia Ackah. This month's book "QUEEN VICTORIA'S MATCHMAKING" by Deborah Cadbury. A captivating exploration of the role in which Queen Victoria exerted the most international power and influence: as a Matchmaking grandmother.

MATTER OF BALANCE CLASS

WEDNESDAYS BEGINNING SEPTMEBER 18 from 1:00 PM to 3:00 PM. This class is offered free of charge to our members. It is a 2-hour class, held once a week for 8 weeks. *(This class is full but we will have a waitlist for the next session in the Spring or if there is a cancellation.)*

VALLEY FORGE CASINO

WEDNESDAY SEPTEMBER 18 (Cut-off date MONDAY, SEPTEMBER 16). 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.*

FRIDAY FLICKS

FRIDAY SEPTEMBER 20 - 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 September 19.* This month we will show "THE UPSIDE" STARRING KEVIN HART, BRIAN CRANSTON AND NICOLE KIDMAN.

SENIOR FALL FLING

THURSDAY SEPTEMBER 26 FROM 10:00 AM TO 1:00 PM "EVERYTHING BUT THE KITCHEN SINK" is the theme for this year's *Senior Fall Fling*. This year the Fling Planning Committee has chosen to honor the Upper Merion Township Library. The library has always been a generous partner to the Senior Center; providing us with large print library books and Friday Flicks movies. So, mark your calendars and come to show your support for this great organization. *YOU MUST REGISTER TO ATTEND. Forms are available at the Township Building or put your name on the list here at the Senior Center (in the lobby area).*

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.

UPCOMING EXCURSION TRIPS

Following is information of upcoming trips planned by the Excursion Group. Watch for details on these and other trips in the upcoming months.

MILL GROVE

THURSDAY, SEPTEMBER 12 AT 12:30 PM. A visit to Mill Grove in nearby Audubon, the first home of John James Audubon in America and the new museum there. *Transportation will be by carpool.* We will gather at the swimming pool lot and leave at 12:30 for the drive to Audubon. We will start with a tour of the house and then move on to the museum with its attractive displays and interactive features. We will return to the Center by 3:30 PM. **The cost is \$13.00 for members and \$15.00 for non-members.** *Registration forms are available in the lobby and on our website. Please indicate if you are willing to be a carpool driver.*

HAGLEY MUSEUM

THURSDAY, OCTOBER 10. Travel via car pool to Wilmington DE to the former industrial site of the original black powder works of the DuPont Company founded in Delaware in 1802 and the first du Pont family home built in America. Times and cost will be forthcoming.

SAVE THESE DATES FOR:

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 will be 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.

CHANCE BOOK TICKETS ARE HERE!

DRAWING THURSDAY, OCTOBER 10 FOLLOWING 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.

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). TICKET SALES BEGIN SEPTEMBER 23, 2019.

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.

OUTREACH

An aide from Representative Tim Briggs' office will be here **Thursday September 12** from 11:00 AM to 2:00 PM.

Senator Daylin Leach's aide will be here on **Thursday, September 19** 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: Illinoir Goldsby and Sue Halfond.

KEEPING OUR MEMBERS INFORMED

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:

1. Store rolls of wrapping paper in a clothing garment bag. You can purchase one for \$1.00 at the dollar store.



2. Use an old muffin tin to store small items in a junk drawer.



3. An ice cube tray is an easy way to store your earrings and keep them from getting tangled.

DID YOU KNOW?

Tsunami stones are ancient warnings written on stone tablets, some over 600 years old, that lie along the northeast coast of Japan. After a tsunami struck Aneyoshi in 1933, residents moved uphill of a stone they placed that reads 'Do not build your homes below this point!', and when the devastating tsunami of 2011 hit, the entire village survived.



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 the programs, activities and services for our members. Does your company offer matching funds?

DONATIONS

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

- ★ Regina Shippen
- ★ Adele Goldfield

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. The difference is that 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**

On your first visit to AmazonSmile, you will be prompted to select a charitable organization to receive donations from eligible purchases before you begin shopping. Amazon will remember your selection, and then every eligible purchase you make on AmazonSmile will result in a donation. Search for Upper Merion Senior Service Center or you can use this link to go directly to our donation account.

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

FLOWER CAUSE

If you purchase any flowers from **Plaza Flowers** (417 Egypt Road, Norristown, PA 19403

Telephone: 610-630-8825) you can help raise funds for Upper Merion Senior Service Center. Just mention **code ssc** when ordering and UMSSC receives a quarterly rebate equal to 5% of all purchases. Thank you!

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. ★ **Thank you Giant Food Store** for weekly snack donations. ★ **Special thanks to the Upper Merion Township Library** for all they do for the Senior Center including large print books and Friday Flicks 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 (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 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. Deliveries are available on a temporary or permanent basis to all those who are having difficulty shopping or preparing meals for themselves. One hot and one cold meal are delivered Monday through Friday. 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

If you are interested in doing volunteer work for a worthy local community organization, why not try "Meals on Wheels." Meals on Wheels is a non-profit non-sectarian community service. They deliver two nutritious meals a day to homebound members of our community who are unable to prepare meals for themselves. They are in need of volunteers (men and women) to help prepare or deliver meals on a regular or occasional basis. All volunteers work in pairs. Meal packers needed from 9:30 to 11:00 AM. Meal deliverers needed from 10:45 AM. to 12:30 PM. 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- SEPTEMBER UPDATES



Tech Night: No tech night in September due to Labor Day holiday.

ESL Classes: Resume from Tuesday, September 10 at 1:00 PM. 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.

Emotional & Physical Health Seminar: Wednesday, September 11 at 7:00 PM in Valley Forge Room. Join us and learn how to use human energy field to create balance in life. Presenter Kathryn will also teach the techniques to practice that strengthen and enhance your energy field.

Adult Board Game Night: September 12 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.

Sales Technique: Monday, September 16 at 7:00 PM in Valley Forge room. Please check our calendar for more information.

Adult Coloring Night: Monday, September 16 at 7:00 PM in Valley Forge Room. Bring your friends and enjoy coloring. Walk-ins are welcome. Materials will be provided.

Savvy Social Security Workshop Series: September 12 & 19 at 6:30 PM. Learn all about the new changes and learn ways to maximize your social security benefit and Medicare.

Fall Book Discussion Series: "Revelations Across Space and Time-Finding the Unexpected in the Ordinary". Starts Sunday, September 22 at 2:00 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 \$10.00 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.

September 22 - The Other Americans by Laila Lalami (Erin)

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 2-3:30 PM

The Participation Policy (effective Fall 2011) 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

Knit Nite: Monday, September 23 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.

Family Board Game Event: Monday, September 30 from 3:00 PM to 8:00 PM. Stop by the library anytime between 3:00 PM - 8:00 PM with your family to enjoy games of all kinds! We'll have several board games, but feel free to bring your own too.

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!

The Philadelphia Inquirer: Read today's news or research articles from 1981 to the present day - www.umtowsnip.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 Wifi 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.

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

OLD IS WHEN....

Your sweetie says, "Let's go upstairs and make love," and you answer, "Pick one, I can't do both!"

Your friends compliment you on your new alligator shoes and you're barefoot.

A sexy babe catches your fancy and your pacemaker opens the garage door.

Going bra-less pulls all the wrinkles out of your face.

You don't care where your spouse goes, just as long as you don't have to go along.

When you are cautioned to slow down by the doctor instead of the police.

Getting a "little action" means I don't need to take any fiber today.

"Getting lucky" means you find your car in the parking lot.

An "all-nighter" means not getting up to go to the bathroom.



MINI CROSSWORD PUZZLE

(answer on page 10)

1	2	3	4	
5				6
7				
8				
	9			

ACROSS

- 1 The S in ASAP
- 5 Pretend to go along with
- 7 Silly
- 8 Longed (for)
- 9 Dines

DOWN

- 1 Branch of Islam
- 2 1/16 of a pound
- 3 Nebraska city
- 4 Group of 9
- 6 Cold war side

HAVE A GOOD LAUGH!!!

A couple in their nineties were both having problems remembering things. During a checkup, the doctor told them that they were physically okay, but might want to start writing things down to help them remember.

Later that night, while watching TV, the old man got up from his chair. 'Want anything while I'm in the kitchen?' he asked.

"Will you get me a bowl of ice cream?"

"Sure.."

"Don't you think you should write it down so you can remember it?" she asked.

"No, I can remember it."

"Well, I'd like some strawberries on top, too. Maybe you should write it down, so as not to forget it?"

He said, "I can remember that. You want a bowl of ice cream with strawberries."

"I'd also like whipped cream. I'm certain you'll forget that - write it down?" she asked.

Irritated, he said, "I don't need to write it down, I can remember it! Ice cream with strawberries and whipped cream - I got it, for goodness sake!"

Then he toddled off into the kitchen. After about 20 minutes, the old man returned and handed his wife a plate of bacon and eggs. She stared at the plate for a moment. **"Where's my toast?"**

MUSIC WORD SEARCH

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

- | | | |
|---------------|--------------|--------------|
| • QUARTERNOTE | • HALFNOTE | • WHOLENOTE |
| • TREBLECLEF | • BASSCLEF | • STAFF |
| • EGBDF | • FACE | • ACEG |
| • GBDFA | • TEMPO | • DYNAMICS |
| • PITCH | • RHYTHM | • GRANDSTAFF |
| • FLUTE | • HARP | • VIOLIN |
| • VIOLA | • CELLO | • BASS |
| • PICCOLO | • BRASS | • WOODWINDS |
| • STRING | • PERCUSSION | • METRONOME |
| • FORTE | • MEZZOFORTE | • MEZZOPIANO |
| • ORCHESTRA | • PHRASE | • STACCATO |
| • SHARP | • FLAT | • NATURAL |

I promise, Officer, there is a bathing suit under there ... somewhere!



"My wife doesn't let me bring my BlackBerry on vacation. If you need to reach me, call my shellphone."



"SUMMER IS OVER, RICHARD, SO DEAL WITH IT AND START RAKING!"

LABOR DAY WORD SEARCH

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

LABOR WORK SUMMER
 AMERICAN DAY LONG
 NATIONAL MONDAY HOLIDAY
 WEEKEND USA SEPTEMBER
 ENDING TRAVEL OFF

CROSSWORD PUZZLE ANSWER

1	S	2	O	3	O	4	N	
5	H	U	M	O	6	R		
7	I	N	A	N	E			
8	A	C	H	E	D			
		9	E	A	T	S		



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*Daniel T. McGrory**

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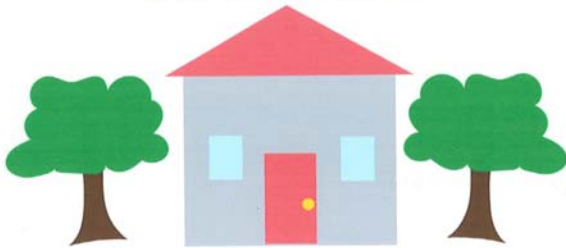


Left to right: Sara, Julie, Brittany, Sophy, Nicole and Jill

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

LONG & FOSTER®
REAL ESTATE

610-265-0222



How much is your home worth?

As longtime residents of Upper Merion, we are proud to say we work where we live! Give us a call to discuss the value of your home today!



Dee Dee Reigh
Assistant Broker
Office: 610-265-0222
Cell: 610-761-0482
DDReigh@aol.com



Cathy Simmons
Realtor
Office: 610-265-0222
Cell: 610-724-6760
cesc21@aol.com

**CHANCE BOOK TICKETS
ARE HERE!**

**DRAWING ON THURSDAY
OCTOBER 10**



**PLEASE SUPPORT YOUR
SENIOR CENTER!**

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

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

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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.



SEPTEMBER 2, 1945 - VJII DAY. FORMAL JAPANESE SURRENDER CEREMONY HELD IN TOKYO BAY ABOARD THE USS MISSOURI.



SEPTEMBER 21, 1981 - INTERNATIONAL PEACE DAY. CREATED AND SPONSORED BY THE UNITED NATIONS TO SEEK AN END TO WAR AND VIOLENCE.