



# THE BEST OF TIMES

## SEPTEMBER 2016

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**

**431 W. VALLEY FORGE ROAD  
KING OF PRUSSIA, PA 19406**

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**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  
Dick McCann, Vice President

Helen Cabrey, Secretary  
Harlyce Grossman, Treasurer

### **MEMBERS OF THE BOARD:**

Jane Burger, Toni Herrick, Ann Lister,  
Howard Lurie, Howard Rosenblum,  
Roseanne Scully, and Joan Shaw

### **HONORARY MEMBERS:**

Constance H. Williams and  
Ronald G. Wagenmann

### **POSTHUMOUS HONORARY MEMBERS:**

Mary Meere and Arthur Powell

### **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,

While this newsletter may be missing a few items, it is certainly full of appreciation.

Our Computer Club will have a new face for which we are very appreciative.

UMSSC & Computer Club member Howard Rosenblum made a generous donation of 12 computers to our Computer Club. Not only that, he has been working nonstop to set up everything in the computer room.

We also received another donation to the Computer Club from Liberty Property Trust by Christopher Herrick of four docking stations and four HP Elite books.

It is generous members such as Howard and companies such as Liberty Property Trust which allows our members to enjoy the fruits of their donations.

In addition to the above donations we have many to thank from the Center for their hard work in helping us to pack and unpack during our recent move to the Community Center.


As they say, it takes many hands to make light work and it was never so true as it has been in the last few weeks. Listed are a few of our dedicated members: Patricia Ackah, Hedy Bokoski, Paul Buce, Jane Burger, Helen Cabrey, Beth Cassidy, John Desko, Cindy Eastman, Gerry Fontaine, Harlyce & Jerry Grossman, Toni Herrick, Ethel Hutchinson, Joe Kelly (Dottie's Grandson) Nancy Kime, Ann Lister, Mary & Don McCree, Sally McDonough, John Merichko, Herm Natanblut, Shirley Robey, Howard Rosenblum, Roseanne Scully, Joan Shaw, Sangeetha Srinivasan and her mighty crew, Mary Storti, Dottie Wisniewski and Ann Zebrowski.

We look forward to seeing you at the new Upper Merion Senior Service Center *and remember... to always say something nice about UMSSC and it's members!*

*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***

# SEPTEMBER 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 9:30 CANASTA 10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 BINGO 12:30 CHAIR EXERCISE	2 10:00 SING-A-LONG	3
4	5 ★ <b>RIBBON CUTTING AT NEW COMMUNITY CENTER</b> 1:00 PM-3:00 PM ★  SENIOR CENTER CLOSED FOR LABOR DAY	6 GRAND RE-OPENING OF SENIOR CENTER 9:30 COMPUTER CLUB 9:30 BRIDGE 9:30 POKER 11:30 CHAIR EXERCISE 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/ CROCHETING	7 10:00 BOARD MEETING 12:00 TAI CHI (VIDEO) 12:00 BREAD DAY 1:00 LINE DANCING	8 9:30 NURSE 9:30 CANASTA 10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 BINGO 11:00 OUTREACH-BRIGGS 12:30 CHAIR EXERCISE	9 10:00 SING-A-LONG	9
11  NEVER FORGET! 9-11-01	12 9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA	13 9:30 COMPUTER CLUB 9:30 BRIDGE 9:30 POKER 11:30 CHAIR EXERCISE 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/ CROCHETING	14 10:00 GENERAL MEETING 12:00 TAI CHI (VIDEO) 12:00 BREAD DAY 1:00 LINE DANCING 1:00 GARDEN CLUB	15 9:30 CANASTA 10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 BINGO 12:30 CHAIR EXERCISE	16 10:00 SING-A-LONG 11:15 FRIDAY FLICKS	17
18	19 9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:00 BOOK TALK 1:30 YOGA	20 9:30 COMPUTER CLUB 9:30 BRIDGE 9:30 POKER 11:30 CHAIR EXERCISE 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/ CROCHETING	21 9:30 VALLEY FORGE CASINO 12:00 TAI CHI (VIDEO) 12:00 BREAD DAY 1:00 LINE DANCING	22 SENIOR CENTER IS CLOSED FOR THE ANNUAL FALL FLING AT THE KOP MALL  AUTUMN BEGINS	23 10:00 SING-A-LONG	24
25	26 9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:00 NOSTALGIA DAY 1:30 YOGA	27 9:30 COMPUTER CLUB 9:30 BRIDGE 9:30 POKER 11:30 CHAIR EXERCISE 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/ CROCHETING	28 9:30 QUILTING 12:00 TAI CHI (VIDEO) 12:00 BREAD DAY 1:00 LINE DANCING 1:00 GARDEN CLUB	29 9:30 CANASTA 10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 BINGO 11:00 OUTREACH-LEACH 12:30 CHAIR EXERCISE	30 10:00 SING-A-LONG	

Unity is strength... when there is teamwork and collaboration, wonderful things can be achieved.

Quote by: Mattie Stepanek

## OUR BOARD OF DIRECTORS



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### UPCOMING EVENTS

*SENIOR CENTER WILL BE CLOSED ON MONDAY, SEPTEMBER 5 FOR LABOR DAY AND RIBBON CUTTING FOR NEW CENTER. THE GRAND RE-OPENING OF THE SENIOR CENTER AT THE COMMUNITY CENTER BUILDING IS TUESDAY, SEPTEMBER 6 AT 9:00 AM. ON THURSDAY, SEPTEMBER 22 WE WILL BE CLOSED FOR THE FALL FLING.*

**UPPER MERION SENIOR SERVICE CENTER AND UM COMMUNITY CENTER RIBBON CUTTING: MONDAY, SEPTEMBER 5 FROM 1:00 PM TO 3:00 PM.**

**VALLEY FORGE CASINO WEDNESDAY, SEPTEMBER 21 (Cut-off date Mon., Sept. 19.) THE OFFER FOR GROUP IS \$20.00 IN SLOT PLAY: TO TAKE ADVANTAGE OF THIS OFFER YOU MUST COMPLETE REGISTRATION FORM AVAILABLE AT THE SENIOR CENTER OR ON OUR WEBSITE AT [WWW.UMSSC.ORG](http://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 (610-354-8118). If you are planning to take the Shuttle please register in advance. Shuttle departs the center at 9:30 AM and returns at 2:30 PM. For those driving, please meet in the Casino lobby between 9:30 AM and 10:00 AM. THE RAMBLER NOW MAKES A STOP AT THE CASINO. Everyone must bring a valid photo ID.**

**MAIN LINE HEALTH – MATTER OF BALANCE 8-WEEK COURSE AVAILABLE: Sept. 1, 8, 15, 22, 29,**

**Oct. 6 & 13.** Program designed to manage falls and increase activity levels. Held at Lower Level Conf. Room A, Main Line Health in Bryn Mawr, 933 Haverford Rd., Bryn Mawr, PA. **To register call 1-866-CALL-MLH. Space is limited.**

**15<sup>th</sup> ANNUAL SENIOR FALL FLING: THURSDAY, SEPTEMBER 22.** This year's theme "Saluting King of Prussia, a Simon Mall". Held in the Pavilion at the Court in the King of Prussia Mall from 10:00 AM to 2:00 PM with everyone requested to arrive by 9:45 AM. A sign-up sheet is at reception desk.

**FLU SHOTS BY ACME:** MONDAY, OCTOBER 3, TUESDAY, OCTOBER 4 OR THURSDAY, OCTOBER 6 FROM 10:00 AM TO 12:00 PM.

**FLU SHOTS BY WALGREENS:** MONDAY, OCTOBER 10 FROM 10:00 AM TO 12:00 PM.

**MEDICARE OPEN ENROLLMENT PRESENTATION:** FRIDAY, OCTOBER 7 AT 1:00 PM. Barbara Pollack, a state-trained Medicare (volunteer) counselor, will be making a presentation at the Upper Merion Senior Service Center.

**FLU SHOTS BY MAIN LINE HEALTH:** MONDAY, OCTOBER 31 FROM 9:30 AM TO 11:30 AM.

### 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?

***Thank you to the following who have generously made donations to the Center:***

- ★ Shirley Robey made a donation in memory of Ginny Wilson.
- ★ Harlyce & Jerry Grossman, Toni Herrick, Sandra Higham and Anna Gobbo each made a donation in memory of Susan Leahy, daughter of Marie & Tom Scully and sister of Roseanne Scully & Pat Brunner.
- ★ Joyce & Kevin Murray, Jr. made a donation in memory of Ruth Shand.

### GRACIAS! THANKS! DANKE! MERCI!

- ★ ***Sicilian Delight for their pizza for Friday Flicks!***
- ★ ***Thank you Tony from Angelo's Pizza – for the***

*foot long Birthday Hoagies he donates to the center every month. ★ LeBus Bread – who donates delicious baked bread every month for the Member Bread Raffle. ★ Costco for their generous donation of a monthly gift card for our birthday cake purchases. ★ Malvern Wegmans for their bountiful donation of baked goods. ★ Acme Market for their wonderful donation of baked goods. ★ Sun Joe - who generously donates the baked goods we put out for snacks.*

## **COMMUNITY OUTREACH**

### **St. JOHNS SOUP KITCHEN**

At the St. John's Soup Kitchen in Norristown the ***King of Prussia Women's Club*** prepares meals for those in need on the **5<sup>th</sup> Thursday of the month (September 29)**. They are asking for donations of red sauce (to make Sloppy Joe's), hamburger rolls, cheese slices and peanut butter and jelly. Please bring in your donations by ***Tuesday, September 27.***

### **FLOWER CAUSE**

Flower Cause is a new community assistance program which UMSSC is participating in. 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!

### **SHOEBOX RECYCLING**

We continue our Shoebox Recycling program in partnership with Community Recycling to collect ***gently used, suitable for re-use*** shoes for men, women or children around the globe. Every box we fill *raises funds for the center.* **Please be sure shoes are clean and in good condition.**

### **KNITTED CAPS FOR ST. CHRISTOPHERS**

Caps are knitted for preemie babies to keep by our members for donation to ***St. Christopher's Hospital for Children.*** You can join the group here at the Center on Tuesday's at 1:00 PM or you can take the yarn and do your knitting at home. Copies of the pattern can be picked up from the staff office.

### **UPPER MERION EMERGENCY AID**

More families are in need than ever before. Our donation box is in the lobby. ***They have requested 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 and laundry detergents. All donations are appreciated.***

### **PUT BOOKS IN THE HANDS OF CHILDREN WHO NEED THEM**

Book donations to the Bridgeport Elementary School children (grades K-4<sup>th</sup>) are still being collected. ***Our book donations are a big hit with the kids because they get to keep the books they pick. 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 collect knitted and crocheted squares for blankets provided to children who are seriously ill, traumatized. Joan Banas collects the squares on behalf of the church. You can participate by knitting squares. Yarn and patterns are on a table near the lobby. Finished squares go into a bin on the same table.

## **COMMUNITY HAPPENINGS**

### **UM FARMERS' MARKET**

Farmers' Market regular hours are Saturdays 9 AM to 1 PM.

### **WHAT'S HAPPENING AT THE UM TOWNSHIP LIBRARY**

**The Library will be closed from Saturday, September 3 through Monday, September 5. We will reopen on Tuesday, September 6 at 9 am**

**Adult Coloring Night** on Monday, September 12 at 7:00 pm. 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!!

**Fall book Discussion Starts September 18** All programs will meet from 2 p.m. to 3:30 p.m. Erin Hurt and Carla Verderame, will return to lead the discussions for this five-part series, Literary Revelations: Making Sense of the Past and the Present. The program dates and titles are:

September 18: The Plague of Doves, by Louise Erdrich  
November 20: The Sympathizer, by Viet Thanh Nguyen  
October 16: No Pretty Pictures, by Anita Lobel  
October 30: Midnight's Children, by Salman Rushdie  
November 13: God Help the Child, by Toni Morrison  
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](tel:610-265-4805), stop in at the library to register

**Tech Night on Monday, September 19 at 7 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

**Yoga with Kamini on September 19 at 7:15 pm.** Not sure how to relax and stay calm? Come to this De-stress workshop. Walk – ins are welcome.

**Knit Nite: Monday, September 26 at 7 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.

**Wills & Trusts on September 27 at 7 pm in Henderson room.** A variety of behavioral traits can affect investment decision-making for the worse. Impulsive behaviors may potentially sabotage the portfolio investors who spent years trying to build. Learning new habits may help to successfully build, preserve and transfer wealth. This seminar focuses on what destroys wealth, how successful investors create wealth, and how to change behavior to work towards being successful.

To register for any of the library events, you can register via our online calendar, or by calling [610-265-4805](tel:610-265-4805) or stopping by the library.

**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.

**New 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.

## **NEWSWORTHY**

### **BREAD DAY WEDNESDAY**

Members are invited to come in on Wednesdays to pick up free bread, rolls and baked goods donated to the Center. ***Bring your shopping bag and come between 12:00 PM and 2:00 PM.***

### **MEMBERSHIP FEES**

We are now accepting membership renewals for 2017. Remember, you must complete a new Membership Form each year. Forms are available at the INFO Center in the lobby or on our website [www.umssc.org](http://www.umssc.org)

under "Forms". UMSSC membership fees are still only \$15.00 and ***you do not have to join the Community Center to be a member of the senior center. Be sure that you are given a membership card when you renew your membership.***

### **WHO ARE OUR CALENDAR BABY FACES?**

For those of you who cannot guess who's who on our adorable baby photo calendar here is the list of names. Starting left to right they are: Donna Cohen, Theresa Smith, Harlyce Grossman and Gloria Wolfhope. Thank you to those who participated. It was fun.

### **ELECTIONS**

This is the first call for nominations for this year's UMSSC elections. We will be electing members for each of the four offices; President, Vice President, Secretary and Treasurer, plus two members for the Board of Directors. The four offices are for one year terms, the Board Directors for three year terms. Please think about your ideas for good candidates and submit your suggestions to anyone in the office or to Dick McCann or Paul Buce. "Submitting" means to talk to the person you are nominating to get their consent, then filling out a nomination form available in the office.

Thanks in advance for your interest in keeping UMSSC rolling as an A-1 operation.

## **KEEPING SENIORS INFORMED**

### **HOW IS YOUR FLEXIBILITY?**

Is it hard to get moving in the morning? Do you feel stiff after sitting for a while? Is it a chore to get moving after you have been working at your desk or using your computer?

The muscles around your joints tighten with inactivity and the joints have difficulty going through their full range of motion. Tight muscles can also hold a joint out of alignment. For example, if you sit in a forward position over your desk or computer, your chest muscles tighten and pull your shoulders out of their natural erect position.

Flexibility is the ability to move a joint through its full range of motion. This helps you bend, stretch and twist your body easily in order to carry out your activities of daily living. You need flexibility for all of your joints from the hands to the feet. Simple hand and finger movements like touching each finger to the thumb and making a fist and releasing it can make hand movements easier to do other hand activities.

Flexing and bending the arms at the elbow, shrugging and releasing the shoulders can help relax the arm and shoulder muscles. For neck muscles, gently move the

head toward one shoulder then the other, then slowly rotate the head from right to left and back again.

For the feet and ankles, flex and extend the feet several times, then rotate the ankles in both directions. For the knees and hips, do a few partial or full squats. Hold on to a chair if you do not feel secure. Do some side leg lifts which will also assist in loosening hip muscles.

Unless done for a much longer period of time, these activities are not ones which will burn a large number of calories, but are intended to keep you moving to be able to be independently active.

You know that balance is very important and having physical flexibility can assist you in maintaining your balance throughout each day's activities. You will be able to physically react better and more quickly to changes in your immediate environment like being in a crowd or having someone bump in to you.

Every day do some activities to promote your flexibility.  
*(contributed by Jane Burger)*

### **10 KITCHEN UPDATES HELP SENIORS AGE-IN-PLACE**

***The kitchen can be a dangerous place.** Everyone spends a lot of time in the kitchen. After all, that's where the food is. But for seniors, it can also be a room full of dangers. Common accidents include:*

- Getting burned
- Setting something on fire
- Falling down while reaching for something
- Getting cut from a knife
- Accidentally ingesting poison (think about cleaning products stored under the sink; a potential danger for people with dementia)

**Safe kitchens help seniors age in place.** Preventing serious accidents helps older adults stay independent in their homes longer. A big part of that is increasing the safety and ease of use of the rooms where they spend a lot of time. A well-thought-out kitchen reduces the risk of accidents and helps you worry less. Follow these 10 easy tips to make your senior's kitchen safer.

#### ***10 simple kitchen safety updates:***

1. Make sure emergency contact numbers and critical medical information are clearly visible. The fridge is usually a good spot.
2. For those with a Physician Orders for Life Sustaining Treatment (POLST) or Do Not Resuscitate (DNR), post clear instructions on where to find it.

3. Replace kitchen knives that are too large, heavy, or dull. They'll be difficult to use and more likely to cause injuries.
4. Remove small appliances that aren't being used anymore, like blenders or food processors. Put them in storage or donate them.
5. Keep frequently used appliances within easy reach on the counter, like the coffeemaker or toaster.
6. Move frequently used dishes, silverware, pots, and pans to easily accessible locations. The goal is to minimize reaching up or bending down — that can cause falls.
7. Check the stove, sink drain, garbage disposal, exhaust fan, and microwave to make sure they're in good working condition.
8. Make sure a smoke detector is installed on or near the ceiling. Get one with 10-year battery and low false alarm rate for low maintenance.
9. Reduce hand slips, burns, and spills with grippy silicone potholders. Throw away those old cotton ones!
10. Try a passive monitoring system so you can make sure your senior is going about their usual daily routine without being intrusive. Peace of mind for both of you!

### **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: Tuesdays from 12:45 to 2:45 PM.** The Upper Merion Senior Service Center Band practices under the direction of professional musician, Ed Hickman. The band has an open invitation to anyone age 55 or over who is interested in playing with a group. Stop in any Tuesday afternoon to hear us practice, check us out, or join the band.

**BINGO: Thursdays at 10:15 AM.** Cash prizes!

**BOOK TALK: Monday, September 19 at 1:00 PM.** Meets on the 3<sup>rd</sup> Monday of the month. Coordinator: Patricia Ackah. This month's book: "The Storied Life of A.J. Fikry" by Gabrielle Zevin. A. J. Fikry's life is not at all what he expected it to be. He lives alone, his bookstore is experiencing the worst sales in its history, and now his prized possession, a rare collection of Poe poems, has been stolen. But when a mysterious package appears at the bookstore, its unexpected arrival gives Fikry the chance to make his life over--and see everything anew.

**BRIDGE CLUB: Tuesdays at 9:30 AM in the Lounge.** All bridge players welcome!

**CANASTA: Thursday's at 9:30 AM in the Great Room.** Coordinator: Lynn Boroch. *Want to learn to play? Beginner players will be welcome starting in September for instruction by Lynn.*

**CHAIR EXERCISE: Tuesdays at 11:30 AM to 12:15 PM and Thursdays from 12:30 PM to 1:15 PM.** \$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. The group continues to meet on Monday mornings at 10:30. As usual there are more than enough topics to fill the hour and a half. The group has continued to grow, but there's always enough room for one more.

**FINANCIAL/INVESTMENT DISCUSSION GROUP**  
Coordinator: Dick McCann. This is a small intimate group who meet to discuss all levels of experience in making the best choices for your investments. You don't have to be rich, we will discuss any size investment you are thinking of making or have questions on. We offer an open invitation to all regarding subjects you would like to discuss and any questions you may have. Again, all are welcome!

**FRIDAY FLICKS: Friday September 16. (Pizza at 11:15 AM, Movie at 12:00 PM)** Coordinator: Don McCree. Pizza: \$3.00. Movie: *Free*. Showing **"Hail Caesar!"** starring George Clooney, Josh Brolin, Ralph Fiennes, and Scarlet Johansson. Movie follows a day in the life of Eddie Mannix, a Hollywood fixer for Capitol Pictures in the 1950s, who cleans up and solves problems for big names and stars in the industry. But when studio star Baird Whitlock disappears, Mannix has to deal with more than just the fix.

**GARDEN CLUB: Meets the Second and Fourth Wednesday at 1:00 PM.** Coordinator: Paul Buce. The club will be meeting at the new venue this month; hopefully to get a kick-start on the Woolly Planters. We meet on September 14 and 28 in the Great Room. Weather permitting we'll move to the patio.

**GENERAL MEMBERSHIP MEETING:** Monthly meeting open to all members on the 2nd Wednesday of the month at 10:00 AM. Next meeting will be on **SEPTEMBER 14**. Learn what is going on at the senior center and join us to celebrate *JULY, AUGUST &*

*SEPTEMBER* birthdays with some cake! 50/50 raffle and birthday raffle for delicious baked bread from Le Bus. The Chance Book Drawing will take place at the next **General Membership Meeting on October 19 3<sup>d</sup> Wednesday**

**KNITTING & CROCHETING: Tuesdays at 1:00 PM.** Coordinator: Patricia Ackah. 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**  
Coordinator: Aracelia Panzano.

**MAH-JONGG: Mondays at 9:30 AM.** Coordinator: Lynne Boroch. 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 9:30 AM to 12:15 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 the second Thursday of the month (11:00 AM to 2:00 PM) and. Senator Daylin Leach's aide is here the last Thursday of the month (11:30 AM to 1:00 PM).*

**PINOCHLE LADIES AND GENTS: Tuesday's at 12:30 AM in the Game Room.** *They would welcome more players.*

**POKER: Tuesday's at 9:30 AM in the kitchen.** Table is open for additional players. Why not give it a try? They are a friendly group and welcome new players.

**QUILTING: Fourth Wednesday 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.**

**NEW VIDEO VERSION TAI CHI: Wednesdays at 12:00-12:45 PM.** *Video Instruction good for beginners, intermediate or advanced.*

**YOGA: Monday's at 1:30 PM.** Video Instruction good for beginners, intermediate or advanced.

**ZUMBA GOLD: FREE DEMOS TUESDAY, SEPT. 6 at 7:00 pm and WEDNESDAY, SEPT. 7 AT 9:40 AM.** Regular sessions begin **MONDAY, SEPT. 12 THROUGH OCT. 31 FROM 12:30 PM-1:15 PM** at Gulph School Gym. COST: UM Resident: \$16.00. NON-UM Resident: \$31.00. **Register for Zumba Gold through Park and Rec Dept.** **Directors:** Geni Roskos a licensed Zumba Gold instructor. All the fun of Zumba designed for the 50+ participant and anyone desiring modifications - a less intense but still invigorating Latin dance based fitness class. Enjoy dancing the meringue, salsa, cha-cha, belly dance, and more. This workout is low impact but high energy and fun. Improve cardiovascular health, balance, strength and flexibility as you burn calories. Perfect for those just starting to exercise.

**WHAT WE'VE BEEN UP TO AT THE CENTER**



**WE WERE PACKING AND**



**PACKING . .**



**AND PACKING . .**



**WE HAD SOME HELP - THANK YOU**



**WE ARRIVED! A NEW START!**



THE LAW OFFICES OF  
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**REMINDERS for SEPTEMBER 2016**

*SENIOR CENTER WILL BE CLOSED ON MONDAY, SEPTEMBER 5 FOR LABOR DAY AND RIBBON CUTTING FOR NEW CENTER. THE UMSSC OFFICIAL RE-OPENING IS TUESDAY, SEPTEMBER 6 AT 9:00 AM. ON THURSDAY, SEPTEMBER 22 WE WILL BE CLOSED FOR THE FALL FLING.*

- \* UPPER MERION COMMUNITY AND SENIOR SERVICE CENTER RIBBON CUTTING: MONDAY, SEPTEMBER 5 FROM 1:00 PM TO 3:00 PM.
- \* FRIDAY FLICKS: FRIDAY, SEPTEMBER 16 AT 11:15 AM. SHOWING THIS MONTH: " HAIL CAESAR" STARRING GEORGE CLOONEY
- \* BOOK TALK MONDAY SEPTEMBER 19 AT 1:00 PM: " THE STORIED LIFE OF A.J. FIKRY" BY GABRIEL ZEVIN
- \* VALLEY FORGE CASINO WEDNESDAY, SEPTEMBER 21 AT 9:30 AM. *MUST REGISTER TO GET THE GROUP OFFER OF \$20.00 IN SLOT PLAY. CUT OFF DATE SEPTEMBER 19.*
- \* 15<sup>TH</sup> ANNUAL SENIOR FALL FLING: THURSDAY, SEPTEMBER 22. HELD IN THE PAVILION AT THE COURT IN THE KING OF PRUSSIA MALL FROM 10:00 AM TO 2:00 PM WITH EVERYONE REQUESTED TO ARRIVE BY 9:45 AM. *A SIGN- UP SHEET IS AT RECEPTION DESK.*
- \* NOSTALGIA DAY: MONDAY, SEPTEMBER 26 AT 1:00 PM
- \* ACME FLU SHOTS: MONDAY, OCTOBER 3, TUESDAY, OCTOBER 4 AND THURSDAY, OCTOBER 6 FROM 10:00 AM TO 12:00 PM
- \* MEDICARE ENROLLMENT PRESENTATION: FRIDAY, OCTOBER 7 AT 1:00 PM
- \* WALGREENS FLU SHOTS: MONDAY, OCTOBER 10 FROM 10:00 AM TO 12:00 PM
- \* MAIN LINE HEALTH FLU SHOTS: MONDAY, OCTOBER 31 FROM 9:30 TO 11:30 AM

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Note: Information submitted following *August 6* 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](http://www.umssc.org)

**INCLEMENT WEATHER & SENIOR CENTER CLOSINGS:**

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