



SEPTEMBER 2018

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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UMSSC BIG BINGO

SUNDAY, OCTOBER 21

TICKETS ON SALE AFTER LABOR DAY

MORE INFO TO FOLLOW

FALL FUND RAISER

Our *Fall Fund Raiser Chance Book* drawing is scheduled for 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 will be 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.

2018 UMSSC ELECTIONS

September marks the beginning of the 2018 UMSSC election cycle. All four office positions and two board positions will be on the ballot this year. The office 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. 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.

SOME CHANGES

We try to accommodate all of our members, and sometimes we need to move things around to accomplish this. Starting in September **TAI CHI** will continue to be in the Great Room but the start time will change from 12:00 PM to 1:00 PM.



The **PERISAN GROUP** will now meet in the Game Room on Wednesdays at 10:00 AM, move to the Great Room for lunch from 12:00 to 12:30 PM, then go back to the Game Room by 12:45 PM.

We thank all of our members for their understanding and patience.

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 2018

MONTHLY HEALTHY HABIT: **KICK IT UP A NOTCH! INCREASE THE TIME OR INTENSITY OF YOUR WORKOUTS.**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2 HAPPY LABOR DAY 	3 CENTER CLOSED FOR LABOR DAY HOLIDAY	4 9:30 COMPUTER CLUB 10:00 BRIDGE <i>(CALL AHEAD)</i> 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING 2:00 MEMORY CAFÉ	5 9:30 WEDNESDAY CARD PLAYERS 10:00 BOARD MEETING 11:00 BREAD DAY 12:30 CANASTA 1:00 TAI CHI (VIDEO) 1:00 LINE DANCING	6 10:00 FINANCE/INVEST GROUP 10:15 BINGO 12:30 FUN & FITNESS	7 9:30 PINOCHLE 10:00 SING-A-LONG	8
9	10 CENTER CLOSED FOR ROSH HASHANAH	11 9:30 COMPUTER CLUB 10:00 BRIDGE <i>(CALL AHEAD)</i> 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING	12 9:30 WED CARD PLAYERS 9:30 GENERAL MEETING WITH MLH PRESENTATION 11:00 BREAD DAY 11:30 COMPUTER BASICS 12:30 CANASTA 1:00 TAI CHI (VIDEO) 1:00 LINE DANCING 1:00 GARDEN CLUB 1:30 RED HAT LADIES	13 9:30 TO 12:00 NURSE 10:00 FINANCE/INVEST GROUP 10:15 BINGO 11:00 OUTREACH BRIGGS 12:30 FUN & FITNESS	14 9:30 PINOCHLE 10:00 SING-A-LONG	15
16	17 9:30 MAH-JONGG 10:00 CAR FIT 10:30 CURRENT EVENTS 1:00 BOOK TALK 1:30 YOGA (VIDEO)	18 9:30 COMPUTER CLUB 10:00 BRIDGE <i>(CALL AHEAD)</i> 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING 2:00 MEMORY CAFÉ	19 CENTER CLOSED FOR YOM KIPPUR 9:30 VALLEY FORGE CASINO	20 10:00 WHARTON ESHERICK STUDIO TRIP 10:00 FINANCE/INVEST GROUP 10:15 BINGO 12:30 FUN & FITNESS	21 9:30 PINOCHLE 10:00 SING-A-LONG 11:15 FRIDAY FLICKS	22
23 AUTUMN ARRIVES 	24 9:30 MAH-JONGG 10:30 CURRENT EVENTS 11:00 NOSTALGIA DAY 1:30 YOGA (VIDEO)	25 9:30 COMPUTER CLUB 10:00 BRIDGE <i>(CALL AHEAD)</i> 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING	26 9:30 WED CARD PLAYERS 9:30 QUILTING 11:00 FLU SHOTS 11:00 BREAD DAY 11:30 COMPUTER BASICS 12:30 CANASTA 1:00 TAI CHI (VIDEO) 1:00 LINE DANCING 1:00 GARDEN CLUB	27 CENTER CLOSED FOR FALL FLING	28 9:30 PINOCHLE 10:00 SING-A-LONG	29

THE SENIOR CENTER WILL BE CLOSED ON THE FOLLOWING DATES:

**MONDAY SEPT. 3 (LABOR DAY)
MONDAY SEPT. 10 (ROSH HASHANAH)
WEDNESDAY SEPT. 19 (YOM KIPPUR)
THURSDAY, SEPT. 27 (FALL FLING)**

GENERAL MEETING

WEDNESDAY SEPTEMBER 12 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 hoogie from Angelo's Pizza and the "JACKPOT". We have a presentation by Main Line Health on "Vaccines Aren't Just for Kids".

GARDEN CLUB

WEDNESDAY, SEPTEMBER 12 AND SEPTEMBER 26 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.

COMPUTER BASICS

SEPTEMBER 12 and SEPTEMBER 26 FROM 11:30 AM TO 12:00 PM. Sangeetha Srinivasan, Program Coordinator from the UM Township Library, will teach a class in computer basics in the computer lab. Please sign up in advance in the lobby.

CARFIT

MONDAY, SEPTEMBER 17– 10:00 AM–2:00 PM

CarFit is an educational program that offers older adults the opportunity to check how well their personal vehicles "fit" them. Limited time slots. Allow 20 minutes for each session. Must sign up to attend. Sign-up sheet in the lobby.

BOOK TALK

MONDAY, SEPTEMBER 17 at 1:00 PM. Coordinator: Patricia Ackah. This month's book "Small Great Things" by Jodi Picoult tackles the profoundly challenging yet essential concerns of our time: prejudice, race, and justice.

VALLEY FORGE CASINO

WEDNESDAY, SEPTEMBER 19 (Cut-off date MONDAY, SEPT. 17) 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. Please meet in the Casino lobby between 9:30 AM and 10:00 AM. *Everyone must bring a valid photo ID.*

MEMORY CAFE

TUESDAYS SEPTEMBER 4 AND SEPTEMBER 18 AT 2:00 PM. Caregiver support group discussions. There is no cost or obligation and many attendees develop friendships that result in support even outside the Memory Cafe setting. Presented by a Certified Dementia Practitioner from Arden Courts at King of Prussia.

EXCURSION TRIP

THURSDAY, SEPTEMBER 20 AT 10:00 AM. Trip to Wharton Esherick Studio in Malvern. Cost will be \$13.00. You must sign up and pay by Thursday, September 13. Transportation via carpool. Meet in pool parking lot at 10:00 AM. **IMPORTANT NOTE: Do not wear high heeled shoes.**

WELCOME BACK FRIDAY FLICKS!

FRIDAY SEPTEMBER 21 - SICILIAN DELIGHT PIZZA (\$3.00) AT 11:30 AM - MOVIE (FREE) STARTS AT 12:15 PM Coordinator Don McCree. THIS MONTH "WONDER" starring Julia Roberts and Owen Wilson.

NOSTALGIA DAY

Join us for a step back in time on **MONDAY, SEPTEMBER 24 AT 11:00 AM to 1:00 PM**. Do you remember *Laugh-In?* It was an American sketch comedy TV program that ran from 1968 to 1973, on the NBC. It was hosted by comedians Dan Rowan and Dick Martin. The popular show was characterized by a rapid-fire series of gags and sketches. The co-hosts continued the exasperated straight man (Rowan) and "dumb" guy (Martin) act, which they had established as nightclub comics. Come spend an hour or two with us to watch and laugh at the show (DVD) and enjoy some snacks.

WELLNESS WEDNESDAY

SEPTEMBER 26 FROM 11:00 AM TO 1:00 PM.

Flu shots will be offered by Kim from Giant Pharmacy. Please sign up on sheet in the lobby.

ANNUAL FALL FLING

This year's Fall Fling will be held on **Thursday, September 27**. This year's theme "Service Above Self: The King of Prussia Rotary Club". This organization will be honored for their accomplishments in the community. The program will begin at 10:00 am to 2:00 PM. Guests are asked to be seated by 9:45 AM so the program can start on time. The event will take place in the 1st level of The Pavilion in the King of Prussia Mall (between Urban Outfitters & Morton's Steakhouse). A sign-up sheet will be in the lobby area of the Senior Center or you can pick up a registration form at the Township Building, Public Information Office. As always, this event promises to be fun and interesting along with a wonderful buffet luncheon.

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.*

SAVE THE DATE - SEATS STILL AVAILABLE FOR THE EXCURSION TRIP

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. Cost \$25.00 for UMSSC members or \$30.00 for non-members. Sign up and submit your payment by September 27. Our 47-passenger coach 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.

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.

OUTREACH

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

Senator Daylin Leach's aide will be here on the 4th 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: Michael Massina, Robert Styrcharski, and Santha & Kunchithapatham Sukumar.

KEEPING OUR MEMBERS INFORMED

RUNNING OUT OF ENERGY?



The question may be: how are you USING your energy? Your body has a certain amount of energy and you use it to keep yourself alive and active. You use some of it for breathing, digesting your food, for physical and mental activities. Energy is like a checking account. We need to know when to use it and when to conserve it.

If you analyze your daily use of energy you will find that there are certain activities needed to maintain your everyday life. Having certain routines for the day can help keep you physically and mentally healthy. We have discussed these measures previously: daily exercise, healthy eating and adequate sleep and rest.

But, are there activities that eat into a large amount of your time that are using too much of your energy? Are there too many text messages, inane e-mails, Twitter messages, etc., that are causing stress leading to excessive use of your energy, even to the point of fatigue? Are others making too many demands on your time? (Only YOU can know this.) Setting time for relaxation and enjoyable activities can help conserve some of your energy.

Many people prepare daily “to-do” lists. A list can help you meet some of your expectations for the day. Some items may have a high priority, like a dental appointment, but if your list is too long for routine items like dusting, washing windows or weeding the garden, you may become frustrated if you do not complete your list. Over planning can be as stressful as under planning. Either one will use a greater supply of your energy.

Living in a cluttered environment can be stressful. Having an organized physical household can be calming. If you feel the need to be more organized, start small with the most visible items. Clear off the table tops, desk tops and counters in the kitchen and bathrooms. Again, do not over plan. Use a gradual approach. Later, you can work on drawers and closets. Caution yourself about not becoming overwhelmed with your endeavors to organize your space. Play some quiet music to help keep you calm as you work.

Be aware of your energy levels. It is okay to take a short daytime nap if you are low on energy. This should help you feel refreshed for the rest of our day.
(Contributed by Jane Burger)

MEMBER SPOTLIGHT

ED WENGER



If you come to the Sing Along on Fridays you know who Ed Wenger is. He's that good looking guy sitting at the piano playing everybody's favorite oldies but goodies. Ed has been a member of the Senior Center since 2001. Wow! Before retirement Ed worked for the US Postal Service and was a mailman in the King of Prussia area for 31 years. He has lived in the area since 1974 with his wife Loretta (who

sadly, recently passed) and his two sons. He is a proud grandfather of 6. Ed often volunteers at the senior center helping to set up tables and chairs for special events and is the person who picks up the hoagies for the General Meetings. *THANK YOU ED FOR ALL YOU DO!*

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. ★ **Malvern Wegmans** for their bountiful donation of baked goods. ★ **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 COMMUNITY 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. 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 - SEPTEMBER UPDATES



Sangeetha from the library 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.

Baby Boomers Retirement Roadmap Series: Don't miss Thursdays in September at 6:30 pm.

Thursday, Sept. 6: Maximize Your Income

Thursday, Sept. 13: Medicare

Thursday, Sept. 20: Retirement Planning

Thursday, Sept. 27: The Income for Life Model

Call the library at 610-265-4805 to register.

Got Photos and Family Treasures? Get Organized! On Saturday, September 8 at 2 pm in Henderson Room. Presented by Darla DeMorrow, Co-

sponsored by King of Prussia Historical Society. Learn the ABCs of organizing print and digital photos so you can enjoy, share, and protect your precious, one-of-a-kind memories. Please register.

Tech Night on Monday, September 10 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.

Adult Coloring Night on Monday, September 10 at 7 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!!

Exercise class at the Upper Merion Community Center on Monday, September 17 (please call the library for more information). 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.

Knit Nite: Monday, September 24 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.

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

SIGNS OF THE TIMES

ON A FENCE: Salesmen welcome! Dog food is expensive.

AT A CAR DEALERSHIP: The best way to get back on your feet - miss a car payment.

OUTSIDE A MUFFLER SHOP: No appointment necessary. We hear you coming.

IN A VETERINARIAN'S WAITING ROOM: Be back in 5 minutes. Sit! Stay!

AT THE ELECTRIC COMPANY: We would be delighted if you send in your payment. However, if you don't, you will be.

IN A RESTAURANT WINDOW: Don't stand there and be hungry, come on in and get fed up.

IN THE FRONT YARD OF A FUNERAL HOME: Drive carefully. We'll wait.

AT A PROPANE FILLING STATION: Thank heaven for little grills.

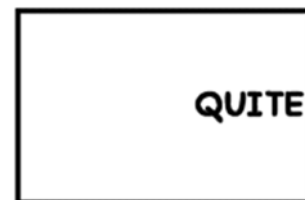
AND DON'T FORGET THE SIGN AT A CHICAGO

RADIATOR SHOP: Best place in town to take a leak.

THANKS TO DON MCCREE FOR SHARING THESE "SIGNS". HOPE YOU ENJOYED THEM!

REBUS PUZZLES

(answers on P.9)



WORD SEARCH PUZZLES

Lucille Ball

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

BABALU	I LOVE LUCY
RICKY RICARDO	BEVERLY HILLS
ICON	SHOW BUSINESS
COMEDIENNE	JAMESTOWN
SITCOM	CUBAN
LAUGHTER	TECHNICOLOR
DESI ARNAZ	LUCIE ARNAZ
TELEVISION	DESILU STUDIOS
LUCY RICARDO	THE LUCY SHOW
EMMY	MAME
VIVIAN VANCE	ETHEL MERTZ
MGM	WILDCAT
FRED MERTZ	PARAMOUNT
WILLIAM FRAWLEY	HERE'S LUCY
REDHEAD	YOURS, MINE AND OURS

A FEW CLEVER RIDDLES

(Answers on P. 9)

1) A man was driving his truck. His lights were not on. The moon was not out. Up ahead, a woman was crossing the street. How did he see her?

- 2) A man leaves home and turns left three times, only to return home facing two men wearing masks. Who are those two men?
- 3) How many months have 28 days?
- 4) It flies, yet it has no wings. It can be put in a capsule, but it is not medicine. What is it?
- 5) What is it that everyone uses more than you do, yet it belongs to you?
- 6) It can be bitter or sweet, but it is neither food nor drink. It can blossom and grow, but it is not a plant. What is it?
- 7) You can wear it and take it off, but it is neither clothes nor shoes. What is it?

Disney's Magic Kingdom

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

BARNSTORMER	HAUNTED MANSION
MAIN STREET USA	BEAST'S CASTLE
IT'S A SMALL WORLD	PARADE
BIG THUNDER MOUNTAIN	JUNGLE CRUISE
SPACE MOUNTAIN	CINDERELLA CASTLE
MAD TEA PARTY	SPLASH MOUNTAIN
FANTASYLAND	MAGIC KINGDOM
STORYBOOK CIRCUS	FIREWORKS

DID YOU KNOW?

- Tootsie Rolls were introduced in 1896 by Leo Hirshfield. He named them after his daughter, whose nickname was "Tootsie".
- The 52 cards in a deck represent the 52 weeks in a year. The four suits represent the seasons.
- Berserkers ("bear-shirts") were Norse warriors who wore a coat made from the pelt of a bear during battle. They fought in a nearly uncontrollable, trance-like fury, a characteristic that later gave rise to the English word *berserk*.

PUZZLE ANSWERS:

REBUS PUZZLES:

- Sit down and shut up.
- Deep in thought.
- Quite right.
- Overseas Travel.

A FEW CLEVER RIDDLES:

- 1) It was a bright and sunny day!
- 2) A catcher and umpire.
- 3) All 12 months!
- 4) Time.
- 5) Your name.
- 6) Love.
- 7) A smile.



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



Bello Reilly
McGrory & DiPippo
— ATTORNEYS AT LAW —

*Robert J. Reilly, Jr.**

*Salvatore F. Bello, Jr.**

*Daniel T. McGrory**

*Gregory P. DiPippo**

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VALLEY FORGE PRESBYTERIAN CHURCH

We are an INTERGENERATIONAL community
LEARNING, CELEBRATING, and DOING
GOD'S unconditional GOOD!

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

191 Town Center Road, KOP, 19406 610-265-2420
www.ValleyForgePres.org www.PCUSA.org

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<p>Keith J. Murphy Supervisor Funeral Director</p>	<p>Bernard S. Gutkowski Funeral Director</p>
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DAYLIN LEACH
STATE SENATOR - 17TH DISTRICT
COMMONWEALTH OF PENNSYLVANIA

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PHONE: (717) 787-5544
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E-MAIL: dleach@psenate.com

Since 1952

The Bacchi Funeral Home & Crematory, Ltd.

805 DeKalb St. (Rt. 202) Bridgeport, PA 19405-1211

(610) 272-1941

www.bacchifuneralhome.com



Darryl R. Bacchi, Supervisor
1928 - Russell J. Bacchi, F.D. - 2002

We are a family owned and operated funeral home which has been serving Bridgeport, King of Prussia, Norristown and surrounding communities since 1952.

King of Prussia Crematory is located on our premises. 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!

SAVE THE DATE:

WELLNESS

WEDNESDAY

SEPTEMBER 26

11:00 AM-1:00 PM

FLU SHOTS WILL BE

OFFERED

KIM FROM GIANT

PHARMACY

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

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-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 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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"Best of Times"

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