



THE BEST OF TIMES

SEPTEMBER 2015

Published Monthly since 1997 by
the Upper Merion Senior Service Center
a Non-Profit 501(c)(3) Organization
Serving the Senior Community

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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.

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"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 Members,

How quickly our seasons come and go, with the possible exception of severe winters it seems.

September brings a renewal of things to come. Cooler weather, garden crops reach maturity and grandchildren go back to school. Many activities and special events begin again at the Senior Center as we move away from the lazy hazy days of summer.

Election time is becoming a topic this time of year. Presidential Primary? Yes, that is starting to be of interest as debates begin for the high office. At our own Senior Center we will have elections to the UMSSC Board of Directors. If you or any member you know would be interested in running for a Board position, please contact any of us currently on the Board.

We wish everyone a happy fall season. Please read in this newsletter the many activities planned for the immediate future and remember to always say something nice about UMSSC and its members.











Dick McCann
Vice 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

You draw nothing out of the bank of life except what you deposit in it.

UMSSC - SEPTEMBER 2015

610-265-4715

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 9:30 COMPUTER CLUB 9:30 BRIDGE 9:30 POKER 11:30 CHAIR EXERCISE 12:30 PINOCHLE 1:00 KNITTING/CROCHETING 12:45 BAND PRACTICE / INSTRUCTION	2 10:00 BOARD MEETING 12:00 TAI CHI 1:00 LINE DANCING	3 9:30 CANASTA 10:00 FINANCIAL/ INVEST. DISCUSSION GROUP 10:15 BINGO 12:30 CHAIR EXERCISE	4 9:30 POKER 10:00 SING-A-LONG	5 
6 	7 CLOSED FOR LABOR DAY HOLIDAY	8 9:30 COMPUTER CLUB 9:30 BRIDGE 9:30 POKER 11:30 CHAIR EXERCISE 12:30 PINOCHLE 1:00 KNITTING/CROCHETING 12:45 BAND PRACTICE / INSTRUCTION	9 10:00 GENERAL MEETING 12:00 TAI CHI 1:00 LINE DANCING	10 9:30 CANASTA 9:30 NURSE 10:00 FINANCIAL/INVEST. DISCUSSION GROUP 10:15 BINGO 11:00 OUTREACH BRIGGS 12:30 CHAIR EXERCISE	11 9:30 POKER 10:00 SING-A-LONG 11:15 FRIDAY FLICKS "MCFARLAND USA"	12 
13 	14 9:30 MAH-JONGG 10:30 CURRENT EVENTS 10:00 GOOD FOOD / GOOD HEALTH WITH PARI 1:30 YOGA	15 9:30 COMPUTER CLUB 9:30 BRIDGE 9:30 POKER 11:30 CHAIR EXERCISE 12:30 CHESAPEAKE PHYSICAL & AQUATIC THERAPY PRESENTATION 12:30 PINOCHLE 1:00 KNITTING/CROCHETING 12:45 BAND PRACTICE INSTRUCTION	16 9:30 VALLEY FORGE CASINO 9:30 QUILTING 12:00 TAI CHI 1:00 LINE DANCING	17 9:30 WAYNE RITE-AID FLU SHOTS 9:30 CANASTA 10:00 FINANCIAL/ INVEST. DISCUSSION GROUP 10:15 BINGO 12:30 CHAIR EXERCISE	18 9:30 POKER 10:00 SING-A-LONG	19 
20 	21 9:30 MAH-JONGG 10:30 CURRENT EVENTS 12:00 FREE ZUMBA DEMONSTRATION 1:00 NOSTALGIA DAY - DEAN MARTIN ROAST 1:30 YOGA	22 9:30 COMPUTER CLUB 9:30 BRIDGE 9:30 POKER 11:30 CHAIR EXERCISE 12:30 PINOCHLE 1:00 KNITTING/CROCHETING 12:45 BAND PRACTICE / INSTRUCTION	23 CLOSED FOR YOM KIPPUR OBSERVANCE	24 14TH ANNUAL SENIOR FALL FLING CENTER IS CLOSED	25 9:30 POKER 10:00 SING-A-LONG	26 
27 	28 9:30 8-HR. AARP DRIVER SAFETY (PART 1) 9:30 MAH-JONGG 10:30 CURRENT EVENTS 12:00 ZUMBA 1:00 BOOK TALK 1:30 YOGA	29 9:30 8-HR. AARP DRIVER SAFETY (PART 2) 9:30 COMPUTER CLUB 9:30 BRIDGE 9:30 POKER 11:30 CHAIR EXERCISE 12:30 PINOCHLE 1:00 KNITTING/CROCHETING 12:45 BAND PRACTICE / INSTRUCTION	30 12:00 TAI CHI 1:00 UNWHINE & PAINT PARTY 1:00 LINE DANCING			

OUR BOARD OF DIRECTORS



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UPCOMING EVENTS

THE SENIOR CENTER WILL BE CLOSED FOR MONDAY, SEPTEMBER 7 FOR LABOR DAY OBSERVANCE, WEDNESDAY, SEPTEMBER 23 FOR YOM KIPPUR AND THURSDAY, SEPTEMBER 24 FOR THE FALL FLING

GOOD FOOD/GOOD HEALTH WITH PARI MONDAY SEPTEMBER 14 AT 10:00 AM: Instructor: Pari Hoorfar. Cost: \$7.00. Minimum of 7. Advance sign-up and payment is required so that enough food can be prepared. ***This month Pari will be preparing Lettuce Wraps.***

CHESAPEAKE PHYSICAL AND AQUATIC THERAPY TUESDAY, SEPTEMBER 15 AT 12:30 PM: Do you have trouble getting out of chairs or off the sofa at home? Do you find yourself using furniture or the wall when you walk? Do you occasionally catch your feet on the carpet or rugs? Has getting in and out of a car become more difficult? Do your legs feel more fatigued or weak? If you answered yes to any of the questions, then come to an informational session with licensed physical therapist, Emilie Stewart, DPT, PT. She will discuss signs of balance and gait difficulties, changes to the home environment to prevent falls, exercises to improve balance, as well as, provide free balance screenings at the end of the talk, so you can learn your own personal strengths and weakness! Improve your balance, strength, and peace of mind at this informational session. We look forward to seeing you there!

VALLEY FORGE CASINO WEDNESDAY, SEPTEMBER 16. THE OFFER FOR GROUP IS \$20.00 IN SLOT PLAY: This offer does not cost anything but **to take advantage of this offer you must complete registration form available at the Senior Center or on our website at www.umssc.org. All new and renewal casino memberships or one-day passes are handled by Valley Services (not UMSSC). Cash or credit card will be accepted by Valley Services. If you have any questions you can contact Valley Services at 610-354-8118. Shuttle will depart the center at 9:30 AM and return at 2:30 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.**

FLU SHOTS AT UMSSC: WAYNE RITE AID will be offering free flu shots on **Thursday, September 17** at 9:30 AM. Sign-up sheet is at the Reception Desk.

KING OF PRUSSIA ACME will be offering free flu shots on **Monday, October 5** from 11:00 AM to 1:00 PM and on **Tuesday, October 13** from 10:00 AM to 12:00 PM. Sign-up sheet is at the Reception Desk.

14th ANNUAL SENIOR FALL FLING: THURSDAY, SEPTEMBER 24 (SENIOR CENTER WILL BE CLOSED). 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.

This year we will be honoring four nonprofit organizations which are listed below. We are requesting everyone to bring either a monetary donation or a donation of requested goods as indicated below:

Neighborhood Meals on Wheels - Mission: Volunteers who can drive. Monetary donations: Check payable to "Neighborhood Meals on Wheels", P.O. Box 621, King of Prussia, PA 19406 -

Neighborhoodmealsonwheels.com Contact: Nancy Brown 610-265-7051 M-F 9:00 AM to 1:00 PM

Feel the Warmth - Mission: New backpacks, school supplies and "gently" used winter coats and gloves. Monetary donations: Check payable to "Feel the Warmth", 2121 West Main Street, Jeffersonville, PA 19403 Feelthewarmth.org Contact: Matt Frangiosa 610-306-6556

Upper Merion Emergency Aid - Mission: Assists families living in Upper Merion Area School District with food, clothing, furniture and financial support (utilities, medical bills, rent payments). Cash donations are accepted; also nonperishable items and paper products.

Contacts: Barbara McElvogue 610-964-8529 and Marie Kauffman 610-687-0687

The Women's Club of Upper Merion - Mission: Seeking donations of non-perishable items – donations of pasta, tomato sauce, canned vegetables and fruit, soup base, chicken or beef, noodles and tuna.. Monetary Donations: Check payable to "The Women's Club of Upper Merion" and send to Myrtie Musetti, 379 Heritage Lane, King of Prussia, PA 19406. Contact: Eileen Rodrique 610-275-9391

There will be containers for your donations at the Fall Fling and you will be able to meet representatives from the above organizations. Thank you for your generosity.

AARP DRIVERS COURSE (8-HOUR). MONDAY & TUESDAY, SEPT. 28 & 29 FROM 9:30 AM TO 1:30 PM. Course Instructor, Richard Fida. Cost: \$15.00 AARP Members \$20.00 non-AARP Members. Payment due day of course. **Sign up at our Reception Desk.**

UNWHINE & PAINT PARTY IN SEPTEMBER WEDNESDAY, SEPTEMBER 30 AT 1:00 PM: (Deadline to sign up Sept. 22) UMSSC is hosting this step-by-step art lesson. A sign-up sheet is at the reception desk. **Cost: \$20.00.** Includes paints, brushes, canvases and refreshments. Everyone gets to take their masterpiece home. Instructor Sanford Molinaro brings the love of art to those who feel they have no artistic ability or want to explore their artistic talents. San has a BFA in Fine Art, Renaissance Art, drawing and painting from the Instituto per l'Arte e Restauro in Florence Italy.



Art Instructor Sanford Molinaro with Ukee Washington on Eyewitness News This Morning

COMMUNITY FAIR: SATURDAY, OCTOBER 3 from 10:00 AM to 2:00 PM AT HEUSER PARK (Rain Date Sunday, October 4). Visit our booth at the fair – our volunteers will be selling hoagies and books of chance and recruiting new members. **COME OUT AND SHOW YOUR SUPPORT FOR OUR SENIOR CENTER.**

MEET THE CANDIDATES FORUM MONDAY, OCTOBER 5 AT 10:00 AM (IN THE GREAT ROOM):

Questions for the candidates should be submitted in writing prior to the forum. Cards for writing your questions are available at the Reception Desk and should be handed in to the office staff. **Elections are for: County Commissioner, District Attorney, Magisterial District Judge, UM Township Supervisors and UMASD School Board Directors (ALL OTHER ACTIVITIES CANCELLED)**

PRESENTATION ON MEDICARE OPEN ENROLLMENT THURSDAY, OCTOBER 8 AT 1:00 PM: Open enrollment

begins on October 15 and ends on December 7, 2015. Barbara Pollack, a state-trained Medicare (volunteer) counselor, will be making a presentation at the Upper Merion Senior Service Center. If you have Medicare questions, please submit them to the office by October 22. If you are planning on attending, please let the office know so we can make adequate copies of materials. Our phone number is 610-265-4715. Mrs. Pollack will also be able to set up individual appointments with those who need additional help. *Please sign up at the Reception Desk.*

HUNTERDON HILLS PLAYHOUSE PRESENTS "SOCIAL SECURITY". TUESDAY, OCTOBER 6 (BUS DEPARTS CENTER PROMPTLY AT 9:00 AM): COST:

UMSSC members \$67.00 Non-members \$72.00 – includes transportation, lunch and show. Minimum of 30 people required. Tickets on sale now. Sign-up and pay at reception desk.

UMSSC 6TH BIG BINGO FALL FUND RAISER

SATURDAY, OCTOBER 10: Cash Prizes, Lottery Basket Raffle, 50/50 Tickets and Door Prizes. Doors open at 11:00 AM – Games start at 12:00 PM. **Tickets on sale now \$25.00.** Refreshments for sale.

PRESENTATION OF STORM SAFETY & DISASTER PREPAREDNESS WEDNESDAY, OCTOBER 14 FOLLOWING THE GENERAL MEETING.

William Daywalt, Deputy Fire Marshall will give presentation followed by a Question & Answer Session. Also presenting will be John Waters, Chief Fire Marshall and Bill Henderson, Fire Inspector.

VETERAN'S BENEFITS MONDAY, OCTOBER 19 AT 11:30 AM:

The Montgomery County Department of Veterans Affairs to come to the Center to be available to members. A Service Officer from the agency will give a presentation and provide information and answer questions about benefits, eligibility and application procedures. Individual appointments for one-on-one consultation will also be offered.

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 members who have generously made donations to the Center:

GRACIAS! THANKS! DANKE! MERCI!

★ ***Thank you Tony from Angelo's Pizza*** – for the foot long Birthday Hoagie he donates to the center every month. ★ ***LeBus Bread*** – who donates delicious baked bread every month for the Member Bread Raffle and to ★ ***Sun Joe*** - who generously donates the baked goods we put out for snacks. We also thank ★ ***Sicilian Delight*** for their great discounts on pizza for Friday Flicks! ★ ***Costco*** for their generous donation of a monthly gift card for our birthday cake purchases.

COMMUNITY OUTREACH

TIM BRIGGS SUMMER FOOD DRIVE

We are helping Tim by collecting donations of nonperishable foods for distribution to families and seniors in the Upper Merion community. Acceptable donations: *canned goods such as meat, fish, fruit, beans, vegetables, soups, toiletries and baby formula (in plastic or metal cans)*. A box has been set up on the table outside of the lounge.

SHOEBOX RECYCLING

We are continuing 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. This program has other benefits as well. Every box we fill *will raise funds for the center*. ***Please be sure shoes are clean and in good condition. PLEASE DO NOT DONATE boots, flip-flops, slippers, plastic shoes, crocs, etc.***

KNITTERS WANTED

As you may or may not know, our knitting group ***donates knitted caps to St. Christopher's Hospital for Children***. The hats are for the preemie babies to keep their tiny bodies warm. We are in need of some additional volunteers to help knit the hats. If you can knit and would like to help out, please stop in the office

and give your name. 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 outside of the lounge. More food is needed during the summer for our families and children who are not in school. They are grateful for all donations. ***The Upper Merion Emergency Fund has specifically requested food donations of Boxed Macaroni and Cheese, Spaghetti Sauce & Pasta, Peanut Butter & Jelly, Chicken Broth, Canned Pasta (Chef Boyardee) and Tuna. Individually packaged or snack sized pudding, Jello, canned fruit, applesauce, Rice Krispie Treats and other assorted healthy snacks. Cereal and laundry detergents are appreciated.***

ST. JOHN'S 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 5th Thursday of the month. *The Soup Kitchen feeds over 100 people on any one day! Donations of pasta, tomato sauce and peanut butter and grape jelly have been requested.*

PUT BOOKS IN THE HANDS OF CHILDREN WHO NEED THEM

Book donations to the Bridgeport Elementary School children (grades K-4th) are still being collected. ***Our book donations are a big hit with the kids 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 are still collecting knitted and crocheted squares for blankets. The purpose of Project Linus is to provide love, a sense of security, warmth and comfort to children who are seriously ill, traumatized, or otherwise in need through the gifts of new, handmade blankets and afghans, lovingly created by volunteer "blanketeers." Joan Banas has been collecting the squares on behalf of the church and will continue to do so as long as they are being made. Our participating members have done a great job for a very good cause.

COMMUNITY HAPPENINGS

UM FARMERS MARKET

The Farmers' Market is open every Saturday from 9:00 AM to 1:00 PM. Upcoming special events:

September 12: International Day

September 26: Community Yard Sale

October 10: Oktoberfest

October 24: Barktoberfest, dog costume judging and games / Community Yard Sale

October 31: Trick-or-Treat Halloween Fun

November 21: Chili Cook-Off

WHAT'S HAPPENING AT THE UM TOWNSHIP LIBRARY

One Book One Community: Unfair by Adam Benforado Wednesday, September 9, 2015 at 7:00 PM., Community-Wide Book Discussion. Please register at the front desk or online. Check our online calendar for more details.

What to do When a Loved One or Spouse Passes: Thursday, September 24 at 7 PM in Valley Forge Room Presented by: Elizabeth Shamir, CFA, CFP® & Adam Peltzman, CFP®. This informational presentation is designed specifically for the financial issues facing those who are married, have recently lost a spouse or loved one, or know someone who has. Register via our online calendar or call us.

2015 Fall Book Discussion: Carla Verderame and Erin Hurt, will lead the discussions for this five-part series, Living on the Edge: Novels of Futures & Pasts on the Brink. All programs will meet from 2 p.m. to 3:30 PM. Please call us for more details.

Sept. 27: On Such a Full Sea by Chang-rae Lee

Oct. 11: Wolf Hall by Hilary Mantel

Oct. 25: Bring Up the Bodies by Hilary Mantel

Nov. 8: An Unnecessary Woman by Rabih Alameddine

Nov. 22: The Lie, by Helen Dunmore

Knit Nite: Monday, September 28, 2015 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.

Tech Night: Monday, September 28, 2015 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. You can register via our online calendar, or by calling [610-265-4805](tel:610-265-4805) or stopping by the library. Registration required.

NEWSWORTHY

MEMBERSHIP FEES

UMSSC membership fees remain at \$15.00 and are separate from the Community Center membership fees.

NEW UM SCHOOL SUPERINDENTANT

Dr. John A. Toleno, new Superintendent of UM Schools met with UMSSC President Mary McCree. Dr. Toleno visited the center and was given a tour. We look forward to working with him in the coming years.



FALL UMSSC ELECTIONS ARE COMING

We all take our center's functioning for granted, expecting and having all those activities just happen. Of course we all know that it takes many folks behind the scenes to make them happen. Volunteers always seem to jump in to fill the implementation of plans, but we need good candidates to steer our course of events.

This month opens our window to seek your help in identifying candidates for the officers and board directors who will guide our center through the next year. We all have different interactions with and perspectives of our members, so we ask that you run through your memory banks and tell us who you think would make good leaders for the UMSSC.

Remember, nominees must be residents of the UM Area School District, and be willing to serve. Drop your nominees names in the suggestion box, pass them to Dick McCann, Paul Buce, or anyone in the office. It's as simple as that.

Thanks. Stay positive and enjoy your time at the center.
(contributed by Paul Buce)

KEEPING SENIORS INFORMED

MAINTAINING FLEXIBLE, FUNCTIONAL HANDS

Have you ever thought about how important it is to have flexible, functional hands? We are constantly using our hands from the time we turn off the alarm in the morning until we turn out the light at bedtime.

If your fingers are stiff it will affect your dexterity and hand strength. Unless you are affected by serious

arthritic problems (then you need to consult your doctor) there are some things that could possibly assist in maintaining your hand flexibility and function.

In the morning if your hands feel really stiff, warming them before doing some exercises may ease the stiffness. Put some warm water in the sink to bathe them for a few minutes or clasp them around your cup of hot coffee or tea to make hand movements more comfortable.

Some finger/hand exercises include: separating and closing the fingers several times, touching the thumb to each finger several times, bending the fingers over to the heel of the hand, bending the fingers over to the palm of the hand and rotating the thumb in a circle in both directions.

It is important to do these exercises first thing in the morning when hands have been immobile all night. You will gain additional benefits if you repeat them another time during the day and before you go to sleep.
(Contributed by Jane Burger)

INHERITED IRAs ARE NOT PROTECTED FROM CREDITORS IN BANKRUPTCY CASE

The US Supreme Court recently ruled that creditors can go after assets in inherited IRAs because the accounts are not treated the same as regular IRAs, which are regarded as retirement assets. Examples of differences: Unlike original owners, heirs cannot add money to the IRAs and can take money out of them anytime without penalty. The decision is especially important for spouses. A spouse who inherits has the option to roll the assets into his/her own IRA – subject to a 10% early-withdrawal penalty if he takes money from his own IRA before age 59-1/2. If the spouse does not rollover, the account is considered an inherited IRA and is not protected in bankruptcy. This makes the rollover a better choice for many people – but every situation is different, so consult a knowledgeable financial adviser. (from “yourmoney” forbes.com)

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. ***We are currently looking for a trombone/baritone horn player.***

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

BOARD GAMES: Available any day or time. Various board games available to play in the kitchen.

BOOK TALK: Monday, September 28 at 1:00 PM. Meets on the 3rd Monday of the month. Coordinator: Patricia Ackah (610.265.4290). This month's book: ***"ALICE I HAVE BEEN" by Melanie Benjamin.*** Few works of literature are as universally beloved as *Alice's Adventures in Wonderland*. Now, in this spellbinding historical novel, we meet the young girl whose bright spirit sent her on an unforgettable trip down the rabbit hole—and the grown woman whose story is no less enthralling.

BRIDGE CLUB: Tuesdays at 9:30 AM. All bridge players welcome!

CANASTA: Thursday's at 9:30 AM in the Great Room. Beginners and experienced players welcome. Coordinator: Lynn Borocho.

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. Ending time is noon, when participants have other commitments, when the room is booked for others, or when we run out of words (never happened yet).

FINANCIAL/INVESTMENT DISCUSSION GROUP: Thursdays at 10:00 AM in the Computer Room. Coordinator: Dick McCann. All levels of experience in making the best choices for your investments are welcome.

FRIDAY FLICKS: The next Friday Flicks will be in September 11 and we are showing "McFarland USA starring Kevin Costner. Happy Summer! (Pizza at 11:15 AM, Movie at 12:00 PM) Coordinator: Don McCree. Pizza: \$3.00. Movie: Free.

GARDEN CLUB: Meets the Second and Fourth Wednesday at 1:00 PM. Coordinator: Paul Buce. On

the 9th it will be the final garden clean-up; on the 23rd, our annual 'Something from the Garden' lunch. Note that hot weather in early September may require reversing those dates, stay tuned.

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 9.**

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 & ASK-A-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. Main Line Health **"Ask a Nurse"** will be offering a selection of free general medical equipment. Fill out an application and meet with the nurse who will order the items for you.

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 and Friday'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.**

TAI CHI: Wednesdays at 12:00-12:45 PM. Cost: \$3.00 per class.

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

ZUMBA GOLD: FREE DEMO September 21. Mondays starting 9/28-11/16 12:00p-12:45p at Gulph School Gym (until move to Community Center). Directors: Geni Roskos & Peg White; licensed Zumba Gold instructors. 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. **UM Register for Zumba Gold through Park and Rec Dept.**

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TUESDAY, OCTOBER 6



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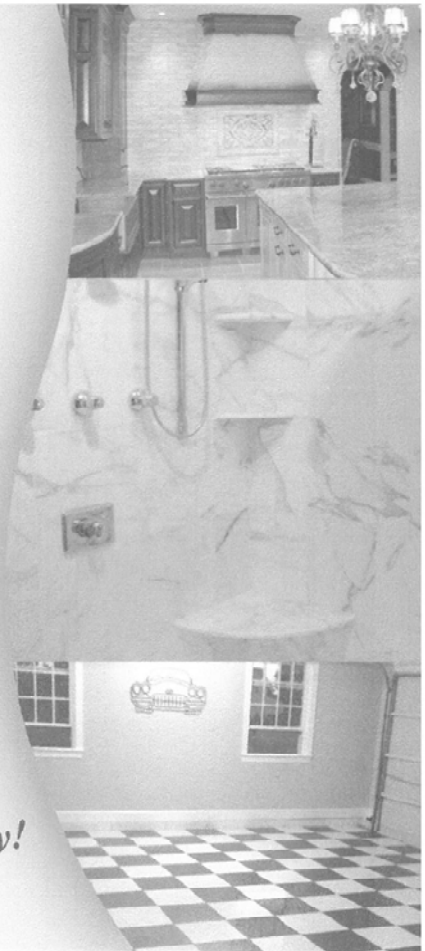
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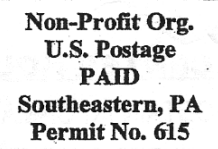
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TO: RESIDENT or OCCUPANT

<p>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! GVF Transportation Dept. 1012 W. Eighth Ave., Suite A King of Prussia, PA 19406 Phone: 610-354-8899 www.gvftma.com</p>	<p style="text-align: center;">REMINDERS for SEPTEMBER 2015</p> <p>THE CENTER WILL BE CLOSED ON MONDAY, SEPT. 7 FOR LABOR DAY OBSERVANCE, WEDNESDAY, SEPT. 23 FOR YOM KIPPUR OBSERVANCE AND ON THURSDAY, SEPTEMBER 24 FOR THE ANNUAL FALL FLING</p> <ul style="list-style-type: none"> * GENERAL MEETING WEDNESDAY, SEPTEMBER 9 AT 10:00 AM * FRIDAY FLICKS: SEPTEMBER 11. "MCFARLAND USA" STARRING KEVIN COSTNER. (PIZZA AT 11:15 AM, MOVIE AT 12:00 PM) PIZZA: \$3.00. MOVIE: FREE. * VALLEY FORGE CASINO WEDNESDAY, SEPTEMBER 16: AT 9:30 AM. THE OFFER FOR GROUP IS \$20.00 IN SLOT PLAY. * FLU SHOTS AT UMSSC: WAYNE RITE AID WILL BE OFFERING FREE FLU SHOTS ON THURSDAY, SEPTEMBER 17 AT 9:30 AM. SIGN-UP SHEET IS AT THE RECEPTION DESK. * KING OF PRUSSIA ACME WILL BE OFFERING FREE FLU SHOTS ON MONDAY, OCTOBER 5 FROM 11:00 AM TO 1:00 PM AND ON TUESDAY, OCTOBER 13 FROM 10:00 AM TO 12:00 PM. SIGN-UP SHEET IS AT THE RECEPTION DESK. * MAIN LINE HEALTH WILL BE OFFERING FREE FLU SHOTS ON MONDAY NOV. 2 FROM 9:30 AM TO 11:30 AM * GOOD FOOD/GOOD HEALTH WITH PARI MONDAY SEPTEMBER 14 AT 10:00 AM: Cost: \$7.00. * 14TH ANNUAL SENIOR FALL FLING: THURSDAY, SEPTEMBER 24. 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 THE RECEPTION DESK. * BOOK TALK MONDAY, SEPTEMBER 28 AT 1:00 PM: "ALICE I HAVE BEEN" BY MELANIE BENJAMIN * AARP DRIVERS COURSE (8-HOUR). MONDAY & TUESDAY, SEPT. 28 & 29 FROM 9:30 AM TO 1:30 PM. * UNWHINE & PAINT PARTY: THE PARTY WILL BE HELD ON WEDNESDAY, SEPTEMBER 30 AT 1:00 PM. \$20.00 FOR INSTRUCTION AND SUPPLIES. SIGN UP AT RECEPTION DESK * COMMUNITY FAIR: SATURDAY, OCTOBER 3 FROM 10:00 AM TO 2:00 PM AT HEUSER PARK * MEET THE CANDIDATES FORUM: MONDAY, OCTOBER 5 AT 10:00 AM (ALL OTHER ACTIVITIES CANCELLED) * PRESENTATION ON MEDICARE OPEN ENROLLMENT THURSDAY, OCTOBER 8 AT 1:00 PM * HUNTERDON HILLS PLAYHOUSE PRESENTS "SOCIAL SECURITY". TUESDAY, OCTOBER 6 (BUS DEPARTS CENTER PROMPTLY AT 9:00 AM): COST: UMSSC MEMBERS \$67.00 NON-MEMBERS \$72.00 - INCLUDES TRANSPORTATION, LUNCH AND SHOW. MINIMUM OF 30 PEOPLE REQUIRED. SIGN-UP AND PAY AT RECEPTION DESK. * UMSSC 6TH BIG BINGO FALL FUND RAISER: SATURDAY, OCTOBER 10 AT 11:00 AM. TICKETS ON SALE NOW \$25.00. REFRESHMENTS FOR SALE. CASH PRIZES, LOTTERY BASKET RAFFLE, 50/50 TICKETS AND DOOR PRIZES. * VETERAN'S BENEFITS MONDAY, OCTOBER 19 AT 11:30 AM: PRESENTATION BY THE MONTGOMERY COUNTY DEPARTMENT OF VETERANS AFFAIRS 	<p>NOTE: THE UMSSC IS CLOSED WHEN THE UM AREA SCHOOL DISTRICT CLOSES OR HAS LATE OPENING DUE TO INCLEMENT WEATHER</p> <p><i>UMASD SCHOOL CLOSING NUMBER IS "307"</i></p> <p>NOTICE IS ALSO BROADCASTED ON COMCAST CHANNEL 28 OR VERIZON FIOS CHANNEL 32</p> <p>OR CALL SENIOR CENTER AFTER 7:30 AM (610-265-4715) AND LISTEN TO VOICE MAIL RECORDING</p> <p>OR CALL KYW-1060 RADIO (215-925-1060) FOLLOW INSTRUCTIONS AND ENTER UMASD SCHOOL CLOSING NUMBER "307"</p>
<p>Note: Information submitted following AUGUST 5 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</p>		