



THE BEST OF TIMES

APRIL 2016

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the Upper Merion Senior Service Center
a Non-Profit 501(c)(3) Organization
Serving the Senior Community

UPPER MERION SENIOR SERVICE CENTER
650 SOUTH HENDERSON ROAD
KING OF PRUSSIA, PA 19406
TEL: 610-265-4715
FAX 610-265-4005
WEBSITE: www.umssc.org
EMAIL: info@umssc.org
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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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,

Here we are in April and as usual much is happening at the Center. Tax preparation continues through April 14. Grandparents' Day at Roberts Elementary School is on Friday April 8. If you would like to attend please sign up at the reception desk.

The Flea Room is now open for donations and shopping Monday through Thursday from now until and including April 21. The Flea Market will be held on Saturday April 23 from 9:00 AM to 3:00 PM. Spaces are available for \$20. We will also have a bake sale (proceeds benefit the Senior Center). We hope that you will join us for shopping and lunch!

Check out our trip to the Reading Phillies in June. More detailed information is included in this newsletter. Sounds like a great day for grandkids and randparents!!

We will hold our **UMSSC 2nd ANNUAL WELLNESS EXPO** on Tuesday, May 3, from 1:00 to 4:00 pm. The community is invited to this event so please spread the word. Join us for this informative and fun event. Lots of interesting vendors with a **Special Guest Appearance by the Philly Phanatic!** This is an event for the whole family - So bring them along!!











Tickets will go on sale starting Monday, April 25 for our Annual Tea Party to be held on Friday, May 20. This year's theme will be "*Kaleidoscope of Color*". How fitting with all the colors of spring and summer. Get your tickets early as we usually sell out.

Come spend some time with us and remember to always say something nice about UMSSC.

Happy Passover!

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					10:00 SING-A-LONG	
	<p>9:30 FLEA ROOM OPEN 9:30 MAH-JONGG 10:30 CURRENT EVENTS 12:00 ZUMBA GOLD 1:30 YOGA</p>	<p>9:00 MATTER OF BALANCE 9:30 FLEA ROOM OPEN 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</p>	<p>9:30 FLEA ROOM OPEN 10:00 BOARD MEETING 12:00 TAI CHI 1:00 LINE DANCING</p>	<p>9:30 CANASTA 9:30 FLEA ROOM OPEN 10:00 TAX PREP (Hourly til 2:00 PM) 10:00 FINANCIAL/INVEST. DISCUSSION GROUP 10:15 BINGO 12:30 CHAIR EXERCISE</p>	<p>9:15 GRANDPARENTS DAY AT ROBERTS ELEMENTARY 10:00 SING-A-LONG</p>	
	<p>9:30 FLEA ROOM OPEN 9:30 MAH-JONGG 10:30 CURRENT EVENTS 12:00 ZUMBA GOLD 1:00 VOLUNTEER APPRECIATION EVENT 1:30 YOGA (IN LOUNGE)</p>	<p>9:00 MATTER OF BALANCE 9:30 FLEA ROOM OPEN 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</p>	<p>9:30 FLEA ROOM OPEN 10:00 GENERAL MEETING 12:00 TAI CHI 1:00 LINE DANCING 1:00 GARDEN CLUB</p>	<p>9:30 NURSE 9:30 CANASTA 9:30 FLEA ROOM OPEN 10:00 TAX PREP (Hourly til 2:00 PM) 10:00 FINANCIAL/ INVEST. DISCUSSION GROUP 10:15 BINGO 11:00 OUTREACH-BRIGGS 12:30 CHAIR EXERCISE</p>	<p>10:00 SING-A-LONG 11:15 FRIDAY FLICKS</p>	
	<p>9:30 FLEA ROOM OPEN 9:30 MAH-JONGG 10:30 CURRENT EVENTS 12:00 ZUMBA GOLD 1:00 BOOK TALK 1:30 YOGA</p>	<p>9:00 MATTER OF BALANCE 9:30 FLEA ROOM OPEN 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</p>	<p>9:30 VALLEY FORGE CASINO 9:30 FLEA ROOM OPEN 12:00 TAI CHI 1:00 LINE DANCING</p>	<p>9:30 FLEA ROOM OPEN 9:30 CANASTA 10:00 FINANCIAL/ INVEST. DISCUSSION GROUP 10:15 BINGO 12:30 CHAIR EXERCISE</p>	<p>10:00 SING-A-LONG</p>	<p>ANNUAL UMSSC FLEA MARKET & BAKE SALE 9:00 AM TO 3:00 PM</p>
	<p>9:30 MAH-JONGG 10:30 CURRENT EVENTS 12:00 ZUMBA GOLD 1:30 YOGA</p>	<p>SENIOR CENTER IS CLOSED FOR PRIMRY ELECTION DAY</p>	<p>9:30 QUILTING 12:00 TAI CHI 1:00 LINE DANCING</p>	<p>9:30 NURSE 9:30 CANASTA 10:00 FINANCIAL/ INVEST. DISCUSSION GROUP 10:15 BINGO 11:30 OUTREACH-LEACH 12:30 CHAIR EXERCISE</p>	<p>10:00 SING-A-LONG</p>	

OUR BOARD OF DIRECTORS



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UPCOMING EVENTS

AARP 2015 TAX PREPARATION: THURSDAYS ONLY UNTIL APRIL 14: It's that time again! Free tax preparation for seniors by AARP. Appointment sign-up book is at the Reception Desk. One hour limit appointments begin at 10:00 AM until last appointment at 2:00 PM. Bring your tax documentation including your receipted real estate tax bills. **All appointments currently filled - waitlist only.**

CLASS FULL- MATTER OF BALANCE TUESDAY, APRIL 5, 12 AND 19 FROM 9:00 AM TO 11:00 AM: Eight (8) Session Program presented by Bryn Mawr Hospital emphasizing practical strategies to manage falls. Learn to view falls as controllable, set goals for increasing activity, make changes to reduce fall risks at home and exercise to increase strength and balance. **Please sign up at the Reception Desk.**

VALLEY FORGE CASINO WEDNESDAY, APRIL 20 (Cut-off date Mon., April 18). 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. **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.**

GRANDPARENTS DAY AT ROBERTS ELEMENTARY FRIDAY, APRIL 8 AT 9:10 TO 11:40 AM. Sign up at Reception Desk. *Bus will pick up from Center.*

VOLUNTEER APPRECIATION DAY APRIL 11 AT 1:00 PM: To celebrate our *member volunteers* who are doing extraordinary things at the center and around the community we are hosting a get together in the *Great Room*. Light refreshments will be served. **HOPE YOU CAN COME! Please sign up at the Reception Desk.**

FLEA ROOM* OPEN UNTIL APRIL 21: Bring in your donations or come in to shop. The Flea Room will be open to shop or to take donations **Monday through Thursday from 9:30 AM to 1:30 PM (NOT OPEN ON FRIDAY'S).** Acceptable donations are children's books, appliances and electronics (in working order), knickknacks, decorations, etc. Donations of used clothing, junk or broken or non-working items not accepted! *All profits from sales benefit the Senior Center.*

(*NOTE: Pinochle and Bingo will be held elsewhere until after the Flea Market & Bake Sale on April 23)

19th ANNUAL FLEA MARKET & BAKE SALE - SATURDAY, APRIL 23 FROM 9:00 AM TO 3:00 PM (RAIN OR SHINE – HELD INDOORS) Table space: \$20.00 (8'x4' space – bring your own table & chair). Sell your unwanted "treasures" or donate to Senior Center (childrens books–decorations–jewelry - small working appliances - electronics) cash prizes – refreshments for sale and more! *(Bake sale proceeds benefit Senior Center)*

SAVE THE DATE - UMSSC's 2ND ANNUAL WELLNESS EXPO TUESDAY MAY 3, 2016 from 1:00 to 4:00 PM: Please join us for this informative and fun community event. Lots of interesting vendors with a **Special guest appearance by the Philly Phanatic!! This is an event for the whole family so bring them all along!!**

SENIOR EDUCATION SEMINAR ON ESTATE PLANNING: MONDAY, MAY 9 AT 1:00 PM. Carly

Fenske, Esq. from Pizonka, Reilley, Bello & McGrory, P.C. will present how to help you and your family make wise decisions that protect you and the things you own. **Sign up sheet at the Reception Desk.**

ANNUAL TEA SOCIAL, FRIDAY, MAY 20 FROM 11:00 AM - 2:00 PM: Join us at our "**KALEIDOSCOPE OF COLOR TEA PARTY**" and a fun afternoon of entertainment, door and cash prizes. Wear your favorite hat and maybe you can win first place in our hat contest! Everyone brings their own Cup and Saucer. **COST: \$8.00. Reserved seating is limited to 100. Tickets on sale starting Monday, April 25 to Friday, May 13. You can purchase between 10:00 AM and 2:00 PM, Monday through Friday. Volunteers are also needed. If you can help out PLEASE sign up at reception desk.**

SAVE THE DATE – READING PHILLIES TRIP – SUNDAY, JUNE 5. BUS TRIP, GAME AND ALL YOU CAN EAT BARBEQUE BUFFET AT POOL PICNIC AREA (RIGHT FIELD HOME RUN TERRITORY). COST: \$33.00. BUS DEPARTS CENTER AT 11:45 AM. A WONDERFUL FAMILY, FUN-FILLED DAY – BRING THE GRANDCHILDREN! REGISTRATION FORMS WILL BE AVAILABLE IN INFO CENTER IN LOBBY.

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:

- ★ **Ann Leahan in memory of Louise Bailey**
- ★ **Ernesto & Placida DiGenova to the Center**
- ★ **Mary Ann & Tom Sasso in memory of Ruth Ann VanMetre**
- ★ **Bernie Eastman to the Center**

GRACIAS! THANKS! DANKE! MERCI!

★ **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.

★ **Sun Joe** - who generously donates the baked goods we put out for snacks. ★ **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. ★ **Acme Market** for their wonderful donation of baked goods. ★ **Wegmans** for their bountiful donation of baked goods.

COMMUNITY OUTREACH

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.**

THANK YOU KNITTERS

We want to give an extra special thank you to our members who have donated their time to make the knitted caps for donation to **St. Christopher's Hospital for Children**. These adorable hats are for the preemie babies to keep their tiny bodies warm. 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.

Many hats were delivered to St. Christophers on Monday, March 21 by two of our knitters, Patricia Ackah and Gerry Fontaine. Thank you everyone who participated. Let's keep it going!

UPPER MERION EMERGENCY AID

More families are in need than ever before. Our donation box is outside of the lounge. They are grateful for all donations. **The Upper Merion Emergency Fund has specifically requested food 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-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

We'll have our Winter Market again, every other Saturday from 10 am to noon, with a smaller group of vendors, and primarily aimed at pre-orders. The first Winter Market will continue bi-weekly till May 7.

WHAT'S HAPPENING AT THE UM TOWNSHIP LIBRARY

Fitness 101: Come and learn a new fitness method on **Monday, April 4 at 7:00 pm Freedom Hall**

Tech Night: Monday, April 25, 2016 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 or stopping by the library. Registration Required.

Money Smart Series at the Library
Monday, April 4 at 7 pm: Financial Literacy
Monday, April 11 at 7 pm: Special Needs
Monday, April 18 at 7 pm: Wills and Trust

Discussion with Stephen Blumm on Tuesday, April 5 @ 6:30 pm. Speaker Stephen Blumm will be here to discuss Facets of the Holocaust, the 1936

Olympics, and Daniel James Brown's book The Boys in the Boat.

Mind and Breath: Thursday, April 14 at 7:00 pm. Ever wonder how breath and mind are linked? Join us for a discussion on the mind and how to use breath to control the mind. Learn breathing techniques and relax with a guided meditation. Come and explore.

Knit Nite: Monday, April 25, 2016 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.

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.

SAVE THE DATE: ART SHOW ON SATURDAY, MAY 21 AT THE UPPER MERION TOWNSHIP BUILDING. 10:00 AM TO 5:00 PM

NEWSWORTHY

IN MEMORIAM

Kay Carr, Milton Lamnin

WE WANT YOUR BABY PICTURES!

As you all know we put photos of our members in each month's calendar. We want to do something different next month. We want your baby pictures for our May calendar (and maybe the month after that if response is good) and have some fun with a "guess whose baby face that is". This is not a contest – it is just for fun. We can scan them so you keep your originals. Hope that many of you bring them in – it will be fun!

MEMBERSHIP FEES

We are now accepting membership renewals for 2016. 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 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.***

WEATHER RELATED CLOSINGS

As most of you are aware, the Senior Center is closed when Upper Merion Area School Dist. closes or has a

delayed opening due to inclement weather. **However, even if the schools are open or delayed, we may still elect to close if we feel that the roads are unsafe for our members to travel. In either case, before you venture out into the stormy weather, you should always first call the center and listen to the voice mail to see if we are open or closed.** That message will be placed by 7:30 AM. This information is also posted on our website www.umssc.org.

NEW – BREAD DAY WEDNESDAY

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

OUR BIGGEST BIG BINGO EVER

We held our Annual Big Bingo games on Saturday, March 5 and what a great day it was! We had our largest attendance ever. Thank you to Helen Cabrey and all of our volunteers who helped to make it the success it was. We want to share some photos from the day with you (below).



LOTTERY BASKET WINNERS – ANN & JIM NUSS



FOOD SALES VOLUNTEERS, JUDY NARKE & JOAN BANAS



VOLUNTEER MARILYN MCCUE (FAR RIGHT-BACK TO CAMERA) WAS CASHIER FOR FOOD SALES



A NICE CROWD OF HAPPY PLAYERS

KEEPING SENIORS INFORMED

GAIN THE BENEFITS OF SLEEPING WELL

Sleep is not “wasted” time. It is actually vitally important just like water, air and food. There are many benefits of sleep. During sleep your brain sorts out the day’s information and helps with the storage of memories. During a day of activity there is always some damage to muscle tissues and healing occurs during your sleep. Adequate sleep helps your immune system function properly. Sleep is important to relieve stress.

Many studies have demonstrated that, for most adults, an average of seven hours of sleep is desirable. It is advisable to maintain a similar bedtime and rising time for most days.

Another aspect related to sleep is the position in which you sleep. Research published in the Journal of Neuroscience found that sleeping in a side lying position is better than resting on your back or abdomen for eliminating “brain waste”. Brain waste results from

chemical building up over time and potentially causing cognitive problems (like Alzheimers).

The brain waste removal system is best at night, but it was a surprise to find that sleeping in the lateral position is the most effective position. Bonus benefits of side sleeping are that it is also good for reducing snoring and for relieving an aching back.

Body alignment in bed is as important as it is in an upright position. Select a pillow which keeps your head and neck in alignment with your spine. An additional pillow could be placed behind your back and the upper arm could be supported on a pillow to help maintain alignment.

Have a restful, re-energizing sleep!!

(Contributed by Jane Burger)

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!

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

BOOK TALK: Monday, April 18 at 1:00 PM. Meets on the 3rd Monday of the month. Coordinator: Patricia Ackah (610.265.4290). This month's book: ***"The Pearl That Broke Its Shell" by Nadia Hasimi.*** In Kabul, 2007, with a drug-addicted father and no brothers, Rahima and her sisters can only sporadically attend school, and can rarely leave the house. Their only hope lies in the ancient custom of bacha posh, which allows young Rahima to dress and be treated as a boy until she is of marriageable age. As a son, she can attend school, go to the market, and chaperone her older sisters. But Rahima is not the first in her family to adopt this unusual custom. A century earlier, her great-aunt, Shekiba, left orphaned by an epidemic, saved herself and built a new life the same way.

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. 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: 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: Friday, April 15 - Pizza At 11:15 AM - Movie At 12:00 PM. (MUST SIGN UP IN ADVANCE TO GET A SPECIAL SEAT – WALK-INS PLEASE SIT IN A FOLDING CHAIR) Coordinator: Don McCree. Showing: ***"Bridge of Spies"*** starring Tom Hanks, Mark Rylance and Alan Alda. During the Cold War, an American lawyer is recruited to defend an arrested Soviet spy in court, and then help the CIA facilitate an exchange of the spy for the Soviet captured American U2 spy plane pilot, Francis Gary Powers.

GARDEN CLUB: Meets the Second and Fourth Wednesday at 1:00 PM. Coordinator: Paul Buce. Garden Club: This month we focus on the Flea Market. On Wednesday the 13th we will meet in the kitchen to review our plan and who is doing / bringing what for the market. The second "meeting" will be the Flea on Saturday the 23rd, always a big, exciting and exhausting day. Reminder, the weekend of April 30/May 1 will be Jenkins Arboretum's flower sale.

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 **April 13.** Learn what is going on at the senior center and join us to celebrate this month's birthdays with some cake! 50/50 raffle and birthday raffle for delicious baked bread from Le Bus.

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.**

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

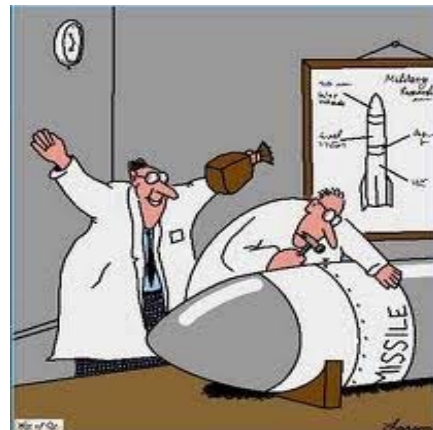
YOGA: Monday's at 1:30 PM. Video Instruction good for beginners, intermediate or advanced.

ZUMBA GOLD: Mondays from 4/4/16 until 5/23/16 from 12:00 pm to 12:45 pm at Gulph School Gym.
COST: UM Resident: \$16.00. NON-UM Resident: \$26.00. **Register for Zumba Gold through Park**

and Rec Dept. 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.

RANDOM FACTS & TRIVIA

1. In Shakespeare's time, mattresses were secured on bed frames by ropes...when you pulled on the ropes the mattress tightened, making the bed firmer to sleep on. That's where the phrase, "good night, sleep tight" came from.
2. The term "the whole 9 yards" came from W.W.II fighter pilots in the Pacific. When arming their airplanes on the ground, the .50 caliber machine gun ammo belts measured exactly 27 feet, before being loaded into the fuselage. If the pilots fired all their ammo at a target, it got "the whole 9 yards."
3. The name Jeep came from the abbreviation used in the army for the "General Purpose" vehicle, GP
4. The first toilet ever seen on television was on "Leave It To Beaver."
5. Thirty-five percent of the people who use personal ads for dating are already married.
6. The world's termites outweigh the world's humans 10 to 1.
7. On average, 100 people choke to death on ball point pens every year, so be careful.
8. One of the longest one-syllable words in the English language is screeched. (Strengths is another one.)
9. No word in the English language rhymes with month, orange, silver or purple.
10. "Dreamt" is the only English word that ends in the letters "mt".
11. The average person's left hand does 56% of the typing.
12. Maine is the only state whose name is just one syllable.



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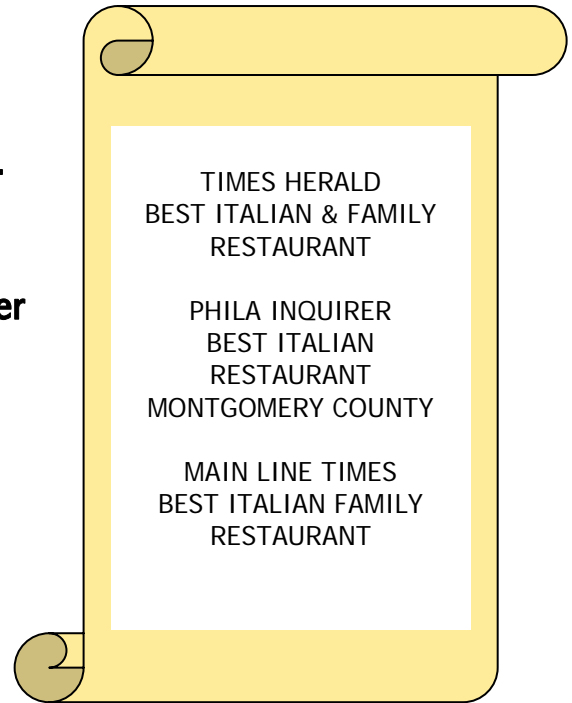
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<p>UM RAMBLER Free service to UM Township Seniors (Visit GVF Transportation for pass) You can ride back and forth to the Center, the Malls, and other destinations! GVF Transportation Dept. 1012 W. Eighth Ave., Suite A King of Prussia, PA 19406 Phone: 610-354-8899 www.gvftma.com</p>	<p style="text-align: center;">REMINDERS for APRIL 2016</p> <ul style="list-style-type: none"> * AARP TAX PREP: THURSDAYS STARTING AT 10:00 AM UNTIL APRIL 14 * GRANDPARENTS DAY AT ROBERTS ELEMENTARY FRIDAY, APRIL 8 AT 9:10 TO 11:40 AM. Sign up at Reception Desk. <i>Bus will pick up from Center.</i> * MATTER OF BALANCE TUESDAY'S, APRIL 5, 12 AND 19 FROM 9:00 AM TO 11:00 AM LEARN TO VIEW FALLS AS CONTROLLABLE, SET GOALS FOR INCREASING ACTIVITY, MAKE CHANGES TO REDUCE FALL RISKS AT HOME AND EXERCISE TO INCREASE STRENGTH AND BALANCE. PLEASE SIGN UP AT THE RECEPTION DESK. * VOLUNTEER APPRECIATION DAY: MONDAY, APRIL 11 at 1:00 PM To celebrate our <i>member volunteers</i> who are doing extraordinary things at the center and around the community we are hosting a get together in the <i>Great Room</i>. Light refreshments will be served. HOPE YOU CAN COME! Please sign up at the Reception Desk. * GENERAL MEETING WEDNESDAY, APRIL 13 AT 10:00 AM. * VALLEY FORGE CASINO WEDNESDAY, APRIL 20 AT 9:30 AM. MUST REGISTER TO GET THE GROUP OFFER OF \$20.00 IN SLOT PLAY * FRIDAY FLICKS: FRIDAY, APRIL 15 AT 11:15AM – SHOWING: "BRIDGE OF SPIES" * BOOK TALK MONDAY APRIL 18 AT 1:00 PM: "THE PEARL THAT BROKE ITS SHELL" BY NADIA HASIMI * FLEA ROOM OPEN THROUGH APRIL 21 FROM 9:30 AM TO 1:30 PM. NOT OPEN ON FRIDAYS – GAME ROOM CLOSED TO OTHER ACTIVITIES * 19th ANNUAL FLEA MARKET & BAKE SALE - SATURDAY, APRIL 23 FROM 9:00 AM TO 3:00 PM (RAIN OR SHINE – HELD INDOORS) CASH PRIZES – REFRESHMENTS FOR SALE AND MORE! (BAKE SALE PROCEEDS BENEFIT SENIOR CENTER) * UMSSC's 2ND ANNUAL WELLNESS EXPO TUESDAY MAY 3, 2016 from 1:00 to 4:00 PM: Please join us for this informative and fun community event. Lots of interesting vendors with a <i>Special guest appearance by the Philly Phanatic!! This is an event for the whole family so bring them all along!!</i> * SENIOR EDUCATION SEMINAR ON ESTATE PLANNING: MONDAY, MAY 9 AT 1:00 PM. <i>Sign up sheet at the Reception Desk.</i> * READING PHILLIES TRIP – SUNDAY, JUNE 5. BUS TRIP, COST \$33.00 INCLUDES TRANSPORTATION, GAME AND BUFFET. BUS DEPARTS CENTER AT 11:45 AM. A WONDERFUL FAMILY, FUN-FILLED DAY. BRING THE GRANDCHILDREN! REGISTRATION FORMS AVAILABLE IN INFO CENTER IN LOBBY OR ON OUR WEBSITE. 	<p style="text-align: center;">INCLEMENT WEATHER & SENIOR CENTER CLOSINGS:</p> <p>CALL SENIOR CENTER FIRST AFTER 7:30 AM (610-265-4715) AND LISTEN TO VOICE MAIL RECORDING</p> <p style="text-align: center;">OR</p> <p>THE UMSSC IS CLOSED WHEN THE UM AREA SCHOOL DISTRICT CLOSES OR HAS LATE OPENING DUE TO INCLEMENT WEATHER</p>
<p>Note: Information submitted following MARCH 2 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>		