



THE BEST OF TIMES

FEBRUARY 2016

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

UPPER MERION SENIOR SERVICE CENTER
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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,

As usual there are lots of events going on at the center this month. Our AARP 2015 Tax Preparation begins on Thursday February 4 and every Thursday through April 14. This is a very special free service provided each year by AARP.

Our Annual Valentine's Hoagie Social will be held on Friday February 12. The Valley Forge Casino trip will be on Wednesday February 17.

Special trips are planned. One to Rainbow Dinner Theater on Thursday March 24 to see "Nana's Naughty Knickers". Another to visit the Barnes Foundation Museum on Friday April 8 which will also feature a special exhibit - Picasso: the Great War; Experimentation and Change.

We have begun to work on the "15th Annual Senior Fling". We meet every month on the 2nd Tuesday. The next meeting will be on Tuesday, February 9 at 9:30 AM in the Henderson Room at the Township Building. We are looking for new members to this committee, if you are interested please see me or stop over to the meeting in February in the Henderson Room. All are welcome.

We will be holding an 8 week session a "Matter of Balance" beginning in March. Sign up at the Reception Desk.

A special thank you to all who donated their hard work on MLK Day at the Center: Girl Scout troop 7090, Royal Bank Employees and last but not least our members. More details on the above are contained in the attached newsletter.

If you have a red dot on or near your address label, please be aware this will be your last newsletter until you renew. Please do so soon.

We are inviting you to attend our General Membership Meeting on Wednesday February 10 at 10:00 AM. We will be providing coffee and refreshments at the meeting. Hope to see you at 10:00 AM on the 10th.

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








Happy Valentine's Day!

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

FEBRUARY 2016

Times and conditions change so rapidly that we must keep our aim constantly focused on the future. Walt Disney

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>1</p> <p>9:30 MAH-JONGG 10:30 CURRENT EVENTS 12:00 ZUMBA GOLD 1:30 YOGA</p>	<p>2</p> <p>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>3</p> <p>10:00 BOARD MEETING 12:00 TAI CHI 1:00 LINE DANCING</p>	<p>4</p> <p>9:30 CANASTA 10:00 TAX PREP (Hourly til 2:00 PM) 10:00 FINANCIAL/INVEST. DISCUSSION GROUP 10:15 BINGO 12:30 CHAIR EXERCISE</p>	<p>5</p> <p>10:00 SING-A-LONG</p>	<p>6</p> 
<p>7</p> 	<p>8</p> <p>9:30 MAH-JONGG 10:30 CURRENT EVENTS 12:00 ZUMBA GOLD 1:30 YOGA</p>	<p>9</p> <p>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>10</p> <p>10:00 GENERAL MEETING 12:00 TAI CHI 1:00 LINE DANCING 1:00 GARDEN CLUB</p>	<p>11</p> <p>9:30 NURSE 9:30 CANASTA 10:00 TAX PREP (Hourly til 2:00 PM) 10:00 FINANCIAL/INVEST. DISCUSSION GROUP 11:00 OUTREACH-BRIGGS 10:15 BINGO 12:30 CHAIR EXERCISE</p>	<p>12</p> <p>♥ VALENTINE HOAGIE SOCIAL 11:00 AM TO 2:00 PM ♥ <i>(ALL OTHER ACTIVITIES CANCELLED)</i></p>	<p>13</p> 
<p>14</p> 	<p>15</p> <p>SENIOR CENTER IS CLOSED IN OBSERVANCE OF PRESIDENT'S DAY</p>	<p>16</p> <p>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>17</p> <p>9:30 VALLEY FORGE CASINO 12:00 TAI CHI 1:00 LINE DANCING</p>	<p>18</p> <p>9:30 CANASTA 10:00 TAX PREP (Hourly til 2:00 PM) 10:00 FINANCIAL/ INVEST. DISCUSSION GROUP 10:15 BINGO 12:30 CHAIR EXERCISE</p>	<p>19</p> <p>10:00 SING-A-LONG</p>	<p>20</p> 
<p>21</p> 	<p>22</p> <p>9:30 MAH-JONGG 10:30 CURRENT EVENTS 12:00 ZUMBA GOLD 1:00 BOOK TALK 1:30 YOGA</p>	<p>23</p> <p>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>24</p> <p>9:30 QUILTING 12:00 TAI CHI 1:00 LINE DANCING 1:00 GARDEN CLUB</p>	<p>25</p> <p>9:30 NURSE 9:30 CANASTA 10:00 TAX PREP (Hourly til 2:00 PM) 10:00 FINANCIAL/ INVEST. DISCUSSION GROUP 10:15 BINGO 11:30 OUTREACH-LEACH 12:30 CHAIR EXERCISE</p>	<p>26</p> <p>10:00 SING-A-LONG 11:15 FRIDAY FLICKS</p>	<p>27</p> 
<p>28</p> 	<p>29</p> <p>9:30 MAH-JONGG 10:30 CURRENT EVENTS 12:00 ZUMBA GOLD 1:30 YOGA</p>					

OUR BOARD OF DIRECTORS



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UPCOMING EVENTS

AARP 2015 TAX PREPARATION: THURSDAYS ONLY STARTING FEBRUARY 4 TO 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. If all appointments are taken a waitlist will be started. **No appointments will be taken over the telephone; you must sign up in person.**

♥ **VALENTINE HOAGIE SOCIAL FRIDAY, FEBRUARY 12, 2016 11:00 AM TO 2:00 PM.** Door Prizes and entertainment. Tickets: \$7.00. Hoagie Choice: Italian, Tuna or Turkey. Entertainment will be provided by Mark Shepperd and our own UMSSC Band. Open to members and non-members. Tickets sales until Friday, February 5.

VALLEY FORGE CASINO WEDNESDAY, FEBRUARY 17. 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.**

TUESDAY, MARCH 1, 8, 15, 22, 29; APRIL 5, 12 AND 19 FROM 9:00 AM TO 11:00 AM: BRYN MAWR HOSPITAL PRESENTS "MATTER OF BALANCE". Eight (8) Session Program 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.**

UMSSC 7TH BIG BINGO CA\$H PRIZES SATURDAY, MARCH 5, 2016. Advance Sale Tickets*: \$20.00 Day Of Tickets*: \$25.00 Doors Open 11:00 AM Games Start 12:00 PM Refreshments for sale**. (*No One Under Age 18 Will Be Admitted **No Outside Food Or Beverage Permitted) **Registration Forms is attached to this Newsletter** and are also available at the Info Center in the Lobby or on our website UMSSC.org.

RAINBOW DINNER THEATER THURSDAY, MARCH 24 AT 9:30 AM: COST \$50.00 MEMBERS \$55.00 NON-MEMBERS INCLUDES TRANSPORTATION, LUNCH & SHOW "NANA'S NAUGHTY KNICKERS". BUS DEPARTS CENTER AT 9:30 AM. (REGISTRATION FORMS AT INFO CENTER) Nana has a little business on the side; she makes slinky lingerie for senior citizens. Her soon-to-be attorney granddaughter is coming to spend the summer and oh, what fun she will have, trying to keep Nana from getting arrested!

BARNES FOUNDATION FRIDAY, APRIL 8 AT 11:15 AM. COST \$60.00 MEMBERS AND \$65.00 NON-MEMBERS INCLUDES CATERED LUNCH AT SENIOR CENTER, TRANSPORTATION AND MUSEUM GENERAL ADMISSION & SPECIAL PICASSO EXHIBIT. REGISTRATION FORMS AT INFO CENTER. The Barnes Foundation, in partnership with the Columbus Museum of Art, Ohio, premieres *Picasso: The Great War, Experimentation and Change*. The exhibition explores Pablo Picasso's work between 1912 and 1924, highlighting the tumultuous years of the First World War, when the artist began to alternate between cubist and classical modes in his art.

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:

- ★ ***Parif Hoofar to the Center***
- ★ ***Jan Montgomery in memory of Kaye Stalker***
- ★ ***Peggy Mulvey to the Center***
- ★ ***Sandra Heitner on behalf of the Taylor Chapter of Women's American ORT for their generous donation 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.

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.

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**

17th Annual Black History Celebration. "Flying High With Black History" on Saturday, February 27, 2016 from 10:00 am to 3:00 pm at the Upper Merion Township Building.

Winter Reading Program for Seniors: Read, Register and Review to win exciting prizes. Stop by at the Library to register or go online. Last date to review is March 20, 2016

Fitness 101: Monday, February 1, 2016 at 7 pm in Freedom Hall. Certified instructors from the local gym will be here to help you get fit. Call us to register.

Tech Night: Monday, February 22, 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](tel:610-265-4805) or stopping by the library. *Registration required.*

Knit Nite: Monday, February 22, 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.

NEWSWORTHY

IN MEMORIAM

Tony Segui

RED LABEL REMINDER

Is there a RED DOT on your newsletter this month? Just a friendly reminder that a RED DOT placed on your February newsletter address label means you have not renewed your membership for 2016 and this will be your last newsletter until you renew. Membership runs from January 1 to December 31, 2016 and still costs only \$15.00 for the year!

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.***

LEAP DAY

If your birthday is on Leap Day (February 29), ***congratulations!*** You finally get to celebrate your birthday on your birth date. Just how many of us are celebrating our Birthday on Leap Day? Only about one in 1461 people. If you were born on this day, consider yourself very, very special.

Leap Day is every four years...almost. It's every four years except years ending with "00" that are not divisible by 400. The year in which Leap Day occurs, is called a Leap Year. The next Leap Day does not occur until February 29, 2020!

Why the fancy calculation? The earth rotates around the sun once every 365 and about 1/4 days. So, by adding an extra day every four years, we get mighty close to keeping the calendar consistent with the earth's annual trip around the sun. And to be very precise, the earth orbits the sun every 365.242190 days. So, on years ending in "00", (except those not divisible by 400) we skip Leap Year and Leap Day. With all that fancy calculating out of the way, let's just celebrate the day.

KEEPING SENIORS INFORMED

GAIN SOME BENEFITS FROM EXERCISE

Exercise can change your body composition reducing body fat and increasing muscle mass. Increased muscle mass can be helpful in weight management because muscle burns more calories than fat does.

Exercise can help you gain strength to carry out all of your daily activities. Physical activity also has the unique ability to have a favorable influence on ones blood pressure.

During continuous exercise your brain releases endorphins which help give your pleasure and satisfaction from a good exercise session.

People who exercise regularly are likely to be more self-confident and focused and have reduced stress levels. Physical activity can help improve your mood. In fact,

many health professionals consider physical activity part of the treatment for depression.

(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, February 22 at 1:00 PM. Meets on the 3rd Monday of the month. Coordinator: Patricia Ackah (610.265.4290). This month's book: **"MY NOTORIOUS LIFE" by Kate Manning.** Based on a true story from the scandalized headlines of Victorian New York City, *My Notorious Life* is a portrait of Axie Muldoon, the impoverished daughter of Irish Immigrants who becomes an enormously successful—and controversial—midwife. Separated from her siblings, apprenticed to a doctor, Axie parlays the sale of a few bottles of "lunar tonic for relief of female complaint" into a thriving practice as a female physician known as "Madame X." But as she rises from the gutter to the glitter of Fifth Avenue, Axie discovers that the right way is not always the way of the law, and that you should never trust a man who says, "trust me."

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 Boroach.

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, February 26 - Pizza At 11:15 AM Movie At 12:00 PM. Coordinator: Don McCree. Showing: **"Grandma"** starring Lily Tomlin. A teenager facing an unplanned pregnancy seeks help from her acerbic grandmother, a woman who is long estranged from her daughter.

GARDEN CLUB: Meets the Second and Fourth Wednesday at 1:00 PM. Coordinator: Paul Buce. Garden Club: We will kick off 2016 on the second Wednesday, February 10, with our annual winter review and planning session. Follow up on the fourth Wednesday February 24. Meetings at 1:00 in the kitchen.

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 **February 10.** Learn what is going on at the senior center and join us to celebrate February 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 Boroach. 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 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 until 3/14/16 from 12:00 pm to 12:45 pm at Gulph School Gym. No class on 2/15. 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. COST: UM Resident: \$16.00. NON-UM Resident: \$26.00. **Register for Zumba Gold through Park and Rec Dept.**

THANK YOU MLK DAY VOLUNTEERS

Following are photographs of the volunteers who helped at our Martin Luther King Day of Service at the Senior Center. They cleaned, polished, dusted and vacuumed. Thanks go to the twenty (20) volunteers

from Royal Bank and to the Girl Scouts Troop 7090 (with some of their friends and family members) and to our own members who volunteered. Everyone did a terrific job and we are very grateful for their help and support.



ROYAL BANK VOLUNTEERS



GIRL SCOUT TROOP 7090 (and family/friends)

THANK YOU!

THE LAW OFFICES OF
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Darryl R. Bacchi, Supervisor
1928 - Russell J. Bacchi, F.D. - 2002

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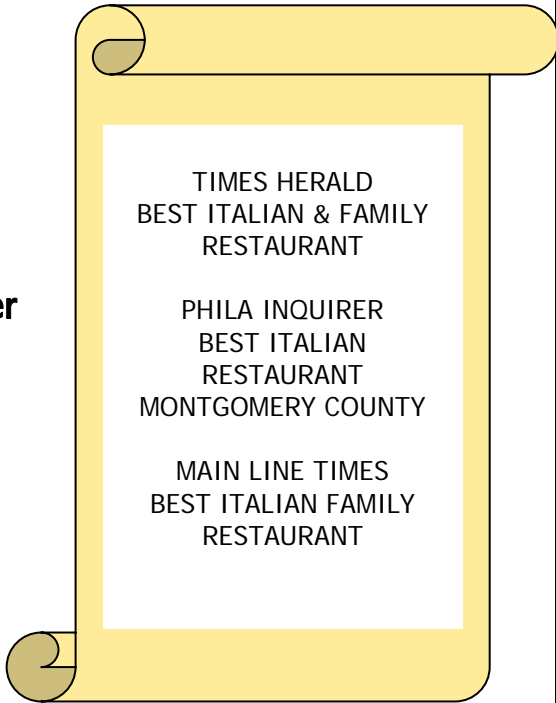
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BARNES MUSEUM
PICASSO: THE GREAT WAR,
EXPERIMENTATION AND
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FRIDAY, APRIL 8

SIGN UP NOW!

VALENTINE HOAGIE SOCIAL



FRIDAY, FEBRUARY 12
FROM 11:00 AM TO 2:00 PM

TICKETS: \$7.00 ON SALE NOW!

HOAGIE CHOICE:
ITALIAN – TURKEY – TUNA

ENTERTAINMENT – DOOR PRIZES*

**MUST BE PRESENT TO WIN*

UMSSC 7TH BIG BINGO

SATURDAY, MARCH 5, 2016

CASH PRIZES

ADVANCE REGISTRATION: \$20.00

DAY OF REGISTRATION: \$25.00

DOORS OPEN AT 11:00 AM
GAMES START AT 12:00 PM
REFRESHMENTS FOR SALE

LOTTERY BASKET RAFFLE
50/50 TICKETS
DOOR PRIZES

*REGISTER NOW!
RESERVE A TABLE FOR 8*



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UMSSC 7TH BIG BINGO

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ADVANCE REGISTRATION: \$20.00*

DAY OF REGISTRATION: \$25.00*

DOORS OPEN AT 11:00 AM GAMES START at 12:00 pm

REFRESHMENTS FOR SALE**

UPPER MERION SENIOR SERVICE CENTER

650 So. Henderson Road

King of Prussia, PA 19406

TELEPHONE: 610-265-4715

CASH PRIZES ARE: 20 Regular Games \$25.00 each - 4 Special Games \$50.00 each - Grand Prize Coverall Game \$100.00

1 Packet of 20 Regular Bingo (6 cards/game): \$20.00

1 Packet of Specials (4 cards/game) \$5.00

1 "Coverall" game card \$3.00

Additional Regular Bingo Packets: \$10.00

Additional Special Bingo Packets: \$3.00

Additional "coverall" game cards \$1.00 ea.

Dabbers \$1.00/ea

Lottery Basket Raffle 10 for \$5.00

50/50 tickets 10 for \$5.00

Door prizes *(will be drawn from your registration ticket)*

***NO ONE UNDER AGE 18 WILL BE ADMITTED**

****NO OUTSIDE FOOD OR BEVERAGE PERMITTED**

To register, please complete, clip and mail this form with your check, made payable to UMSSC, to Upper Merion Senior Service Center, 650 S. Henderson Road, King of Prussia, PA 19406

Enclosed please find my check for \$_____ for _____ people, made payable to UMSSC.

NAME: _____

ADDRESS: _____

TELEPHONE: _____

Please list the name(s) of your guest(s) here to ensure that we register them as well. Thank you.

1. _____

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

YOUR NAME AND THOSE OF YOUR GUEST(S) WILL BE ON FILE AT THE RECEPTION TABLE WHEN YOU ARRIVE AND YOU WILL BE GIVEN YOUR REGULAR BINGO PACKET(S). YOU MAY RESERVE A TABLE FOR 8 PEOPLE.

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TO: RESIDENT or OCCUPANT

REMINDERS for FEBRUARY 2016

THE SENIOR CENTER WILL BE CLOSED ON MONDAY, FEBRUARY 15 IN OBSERVANCE OF PRESIDENT'S DAY

- * AARP TAX PREP: THURSDAYS STARTING AT 10:00 AM (FEB. 4, THRU APRIL 14)
- * GENERAL MEETING WEDNESDAY, FEBRUARY 10 AT 10:00 AM
- * VALENTINE HOAGIE SOCIAL FRIDAY, FEBRUARY 12 FROM 11:00 AM – 2:00 PM: *(ALL OTHER ACTIVITIES CANCELLED)*
- * VALLEY FORGE CASINO WEDNESDAY, FEBRUARY 17. THE OFFER FOR GROUP IS \$20.00 IN SLOT PLAY
- * BOOK TALK MONDAY FEBRUARY 22 AT 1:00 PM: "MY NOTORIOUS LIFE" BY KATE MANNING
- * FRIDAY FLICKS: FRIDAY, FEBRUARY 26 AT 11:15AM – SHOWING: "GRANDMA" STARRING LILY TOMLIN
- * MATTER OF BALANCE TUESDAY, MARCH 1, 8, 15, 22, 29; 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.*
- * UMSSC 7TH BIG BINGO SATURDAY, MARCH 5 AT 11:00 AM. ADVANCE SALE TICKETS \$20.00 DAY OF TICKETS \$25.00 *(NO ONE UNDER 18 ADMITTED - NO OUTSIDE FOOD OR BEVERAGES PERMITTED)*
- * RAINBOW DINNER THEATER THURSDAY, MARCH 24 AT 9:30 AM: COST \$50.00 MEMBERS \$55.00 NON-MEMBERS INCLUDES TRANSPORTATION, LUNCH & SHOW "NANA'S NAUGHTY KNICKERS". BUS DEPARTS CENTER AT 9:30 AM
- * BARNES FOUNDATION FRIDAY, APRIL 8 AT 11:15 AM. COST \$60.00 MEMBERS AND \$65.00 NON-MEMBERS INCLUDES CATERED LUNCH AT SENIOR CENTER, TRANSPORTATION AND MUSEUM GENERAL ADMISSION & SPECIAL PICASSO EXHIBIT

NOTE:
 THE UMSSC IS CLOSED WHEN THE UM AREA SCHOOL DISTRICT CLOSES OR HAS LATE OPENING DUE TO INCLEMENT WEATHER

UMASD SCHOOL CLOSING NUMBER IS "307"

NOTICE IS ALSO BROADCASTED ON COMCAST CHANNEL 28 OR VERIZON FIOS CHANNEL 32

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

OR CALL KYW-1060 RADIO (215-925-1060) FOLLOW INSTRUCTIONS AND ENTER UMASD SCHOOL CLOSING NUMBER "307"

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www.gvftma.com

Note:
 Information submitted following JAN 6 will be posted on the UMSSC Bulletin Boards and listed on UMGA-TV (Comcast Channel 22 or Verizon FiOS Channel 33) Visit the Center's web site at:
www.umssc.org