



THE BEST OF TIMES

JULY 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

Hello All,

Red, White and Blue are colors that July brings to mind. It reminds me of many celebrations and fireworks. In Upper Merion, there will be fireworks at dusk in Heuser Park on Saturday July 4. The celebration begins at 3:00 PM with entertainment by the Mango Boys.

We *cancelled* our Brandywine Trip due to lack of interest. Don't forget our trip to the Valley Forge Casino on July 15.

We will hold another presentation on "Alzheimer's" hosted by Joan Grasso on Wednesday July 22 at 10:30 AM.

Remember to sign up now for the Fall Fling held at the Court in the King of Prussia Plaza on Thursday, September 24. Our Theme is "*A Community of Service*" We will be honoring the following four nonprofit organizations. They are: Neighborhood Meals on Wheels, Feel the Warmth, Upper Merion Emergency Aid and the Women's Club of Upper Merion. More details in this newsletter. The sign-up sheet is at the Reception Desk.








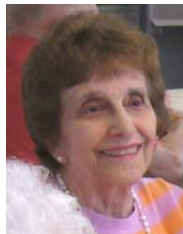




Nostalgia Day – Monday afternoon on September 21.

Our *Fall Fund Raiser chance books* will be mailed during July with the drawing on Wednesday, October 14th at the General Membership Meeting. Special thank you to DAVID BLACKMORE & ASSOCIATES GEOTECHNICAL & ENVIRONMENTAL ENGINEERING who are so generously funding our ticket printing again. We thank them for their continued generosity.

Lots more coming and we will keep you posted. Enjoy your summer and our upcoming plans. We are open to any suggestions so please feel free to let us know your thoughts. *So, why not come spend some time with us and remember to always say something nice about UMSSC.*

Mary

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
			<p>1</p> <p>9:30 BOARD MEETING 12:00 TAI CHI (GYM) 1:00 LINE DANCING</p>	<p>2</p> <p>9:30 CANASTA 10:00 FINANCIAL/ INVEST. DISCUSSION GROUP 10:15 BINGO 12:30 CHAIR EXERCISE</p>	<p>3</p> <p>CLOSED FOR JULY 4TH HOLIDAY</p> 	<p>4</p>  <p>JULY 4TH CELEBRATION AT HEUSER PARK – FIREWORKS AT DUSK</p>
<p>5</p> 	<p>6</p> <p>9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA</p>	<p>7</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>8</p> <p>12:00 TAI CHI (GYM) 1:00 LINE DANCING 1:00 GARDEN CLUB (only meeting this month)</p>	<p>9</p> <p>9:30 CANASTA 9:30 NURSE 10:00 FINANCIAL/ INVEST. DISCUSSION GROUP 10:15 BINGO 11:00 OUTREACH BRIGGS 12:30 CHAIR EXERCISE</p>	<p>10</p> <p>9:30 POKER 10:00 SING-A-LONG SUMMER HOURS CENTER CLOSES AT 12:00 PM</p>	<p>11</p> 
<p>12</p> 	<p>13</p> <p>9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA</p>	<p>14</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>15</p> <p>9:30 VALLEY FORGE CASINO 12:00 TAI CHI (GYM) 1:00 LINE DANCING</p>	<p>16</p> <p>9:30 CANASTA 10:00 FINANCIAL/INVEST. DISCUSSION GROUP 10:15 BINGO 12:30 CHAIR EXERCISE</p>	<p>17</p> <p>9:30 POKER 10:00 SING-A-LONG SUMMER HOURS CENTER CLOSES AT 12:00 PM</p>	<p>18</p> 
<p>19</p> 	<p>20</p> <p>9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:00 BOOK TALK 1:30 YOGA</p>	<p>21</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>22</p> <p>9:30 QUILTING 10:30 ALZHEIMER'S PRESENTATION 12:00 TAI CHI (GYM) 1:00 LINE DANCING</p>	<p>23</p> <p>9:30 CANASTA 9:30 NURSE 10:00 FINANCIAL/ INVEST. DISCUSSION GROUP 10:15 BINGO 12:30 CHAIR EXERCISE</p>	<p>24</p> <p>9:30 POKER 10:00 SING-A-LONG SUMMER HOURS CENTER CLOSES AT 12:00 PM</p>	<p>25</p> 
<p>26</p> 	<p>27</p> <p>9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA</p>	<p>28</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>29</p> <p>12:00 TAI CHI (GYM) 1:00 LINE DANCING</p>	<p>30</p> <p>9:30 CANASTA 10:00 FINANCIAL/ INVEST. DISCUSSION GROUP 10:15 BINGO 11:30 OUTREACH LEACH 12:30 CHAIR EXERCISE</p>	<p>31</p> <p>9:30 POKER 10:00 SING-A-LONG SUMMER HOURS CENTER CLOSES AT 12:00 PM</p>	

OUR BOARD OF DIRECTORS



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UPCOMING EVENTS

THE CENTER WILL BE CLOSED ON FRIDAY, JULY 3 FOR THE INDEPENDENCE DAY HOLIDAY.

SUMMER HOURS BEGIN ON FRIDAY, JULY 10. THE CENTER WILL BE CLOSING AT 12:00 NOON.

CANCELLED: BRANDYWINE RIVER MUSEUM TRIP ON JULY 8.

VALLEY FORGE CASINO WEDNESDAY, JULY 15. 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. CUT-OFF DATE FOR THIS TRIP IS MONDAY, July 13. Everyone must bring a valid photo ID.**

ALZHEIMER'S PRESENTATION: WEDNESDAY, JULY 22 AT 10:30 AM. This workshop will cover: Facts and myths regarding aging, Alzheimer's disease and dementia; common risk factors and causes and the

stages of the disease and current treatments. *Presented by the Alzheimer's Association.*

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 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.

UNWHINE & PAINT PARTY IN SEPTEMBER:

UMSSC is looking to host this step-by-step art lesson. If interested, there is a sign-up sheet at the reception desk or call 610-265-4715. Estimated cost will be \$20.00 if we get enough interest. This will include 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. The party will be held on Wednesday, September 30 at 1:00 pm.

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:

- ★ Ethel Hutchinson, Don & Mary McCree and Loretta DeLucca in memory of Dolores Weiss
- ★ Don & Mary McCree in memory of William "Moe" Daniels
- ★ Sally McDonough in memory of Jack Moser
- ★ Loretta DeLucca in memory of Lu Eadeh
- ★ Cindy & Dan Eastman and Ruth Shand in memory of Shirley Robey's mother, Helen.
- ★ The Upper Merion Women's Club gave a generous donation to the Senior Center.

MARY DALY MACFARLAND FOUNDATION AWARD

UMSSC received a very generous donation from the Mary Daly MacFarland Foundation. This donation enables us to maintain our music program for our members by providing funds for sheet music, for refurbishing and replacing instruments, and for music instruction.

GRACIAS! THANKS! DANKE! MERCI!

- ★ ***Marilyn Chua*** for her donation of egg salad, tuna and bread used for the Mad Hatter Tea
- ★ ***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!
- ★ ***Brian Neuffer*** made a very generous donation of everyone's favorite Entenmann's baked goodies for snacking. Who doesn't like

Entenmann's? ★ ***Costco*** for their generous donation of a monthly gift card for our birthday cake purchases.

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.**

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. *Before July 28* they are asking for donations to prepare a summer holiday meal. They will gratefully accept donations of watermelon, cookies, canned chicken, canned tuna, pasta and mayonnaise. *The Soup Kitchen feeds over 100 people on any one day!*

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.

WHAT'S HAPPENING AT THE UM TOWNSHIP LIBRARY

Summer Reading for Seniors: Summer reading program for Seniors continues. Register, read and review to win exciting prizes. A bin with the registration form will be placed at the Senior Center for our seniors to enter the summer reading program.

Café Style Wifi Access at the Library: We are excited to let you know that the library now has a café style wifi access. Patrons will be able to access free internet from their mobile devices without the need for a guest pass or their library card number. All they will have to do is to connect to our wifi network "LIBRARY" and click the "agree to the terms and conditions" box.

Scrapbooking: Tired of having a closet full of scrapbooking supplies? Join Jess for an introduction to scrapbooking class on Wednesday, July 15 at 6:00 pm in Valley Forge Room. Please bring your pictures and we will provide the supplies.

Tech Night: Monday, July 20, 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 or stopping by the library. Registration Required

Zumba with Shannon: Lets party on Tuesday, July 21 at 7:00 pm in Freedom Hall. Bring your friends. Refreshments will be served.

Knit Nite: Monday, July 27, 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.

NEWSWORTHY

IN MEMORIAM

William (Moe) Daniels, Mary Damianov, Angelo DiSanto, John (Jack) Maguire, Robert Roosa

IMPORTANT INFORMATION REGARDING FRIDAY FLICKS

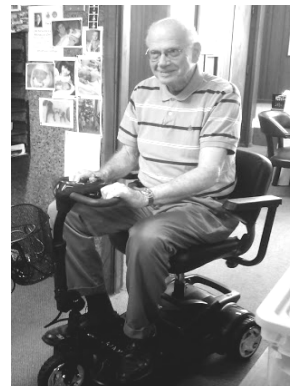
As many of you are aware, one of the activities of the Upper Merion Senior Service Center is the showing once a month of a recent motion picture. This activity, called the Friday Flicks, also includes an opportunity to purchase pizza for consumption prior to the film. What you may not know, however, is that under the Copyright Law of the United States the showing as we do of these motion pictures constitutes a public performance of the motion picture which requires a license from the copyright owner. We have, therefore, obtained a license from the Motion Picture Licensing Corporation. There is a not insignificant cost to obtain the license, and it contains some restrictions that will slightly alter the way in which we have dealt with these showings in the past. The license prohibits any admission charge for viewing the movies. Therefore, effective immediately, there is no charge for the Friday Flicks. The charge for pizza remains. That license also limits the showing to members of the Senior Service Center, and prohibits publicity aimed at the general public. You may, of course, make a voluntary contribution to the Senior Service Center which will be appreciated, but is not required to view the movie.

MEMBERSHIP FEES

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

SCOOTERS!

Don McCree tries out one of the new scooters we purchased for use at our new location. You've probably seen Cindy buzzing around on one since she broke her leg. **Watch out! Beep – Beep!!**



SCHOOL IS OUT FOR SUMMER!



Member Ernestine Parrott walks down the hall admiring the beautifully creative wall art decorations made by the children at Extended Day. The walls will be so bare over the summer. Their artwork, as well as their laughter, will be missed until they return in the Fall.

KEEPING SENIORS INFORMED

WHERE DID MY BALANCE GO?

Once upon a time we took balance for granted. However, equilibrium is complex. It involves sensory input from the eyes and the inner ear. There are sensory receptors called proprioceptors located in the muscles, tendons and joints which also give information related to balance. All of these factors must work together to help us maintain and change body positions without losing our balance.

Age is a factor in diminished balance but it is not the only one. The more you sit and the less active you are the more your balance will deteriorate. Keep up all of your physical activities and consider adding some more.

It is possible to increase your brain-body connections to help with balance. If you are into Yoga and Tai Chi they include some activities focused on balance. Also, you could find an exercise class which includes some balance challenges. At home do everything you can to strengthen your ankles to boost your stability. Some easy activities include flexing and extending the feet and rotating the feet while sitting. While holding on to a stable object, like a counter, practice standing on one leg, then the other one. This helps strengthen your leg muscles and assists your body in exercising those brain-body connections.

(Contributed by Jane Burger)

12 SUMMER SAFETY TIPS

The summertime is a time of fun and relaxation for most people. But for seniors, the heat and sun can be dangerous if the proper precautions aren't taken. Here are some great tips that seniors can use to make sure they have a fun, safe summer.

1. Stay Hydrated: Seniors are more susceptible to dehydration than younger people because they lose their ability to conserve water as they age. Remember to drink water often, and be sure to pack some for those long summer drives. Make sure you are drinking sweat replacement products (that contain salt and potassium) to replace water lost during the summer.

2. Talk to Your Doctor: Check with your medical team to make sure any medications you are on won't be affected by higher temperatures -- especially if you don't have air conditioning in your home. Some medications are less effective if stored at temperatures higher than room temperature (approximately 78 degrees Fahrenheit), and the last thing anyone wants is for a preventable medical condition to become aggravated due to high temperatures.

3. Keep Your Cool: Shopping malls, movie theaters and libraries provide welcome, cool spaces if a senior's own home isn't air conditioned. They also afford a great opportunity to get out of the house and get some exercise.

4. Stay in Touch: High temperatures can be life-threatening, so communication plays an important role in ensuring your safety. You should let friends and family know if you'll be spending an extended period of time outdoors, even if you're only gardening.

5. Know Who to Call: Prepare a list of emergency phone numbers and place them in an easy to access area.

6. Wear the Right Stuff: Everyone should dress for the weather. Stock your summer wardrobe with light-colored and loose-fitting clothes to help feel cooler and more comfortable.

7. Protect Your Eyes: Wearing sunglasses can protect your eyes from harmful UV rays and preserve your vision.

8. Know the Risks of Hyperthermia: During the summer, be cautious about abnormally high body temperatures -- a condition known as hyperthermia. Heat stroke is an advanced form of hyperthermia that can be life-threatening. Make sure to know the warning signs and get medical attention immediately if you or anyone you know is experiencing these symptoms:

- Body temperature greater than 104 degrees
- A change in behavior, such as acting confused, agitated or grouchy
- Dry, flushed skin
- Nausea and vomiting
- Headache
- Heavy breathing or a rapid pulse
- Not sweating, even if it's hot out
- Fainting

If you start to feel any of these symptoms, ask for medical help and then get out of the heat, lie down and place ice packs on your body.

9. Rub on Sunscreen and Wear Hats: Everyone, young and old, should wear sunscreen when outdoors. Hats are also a great idea, especially for those with light colored hair and those with only distant memories of a full head of hair.

10. Apply Bug Spray: The elderly are particularly prone to West Nile Virus and encephalitis. If you live in areas where there are a lot of mosquitoes and where West Nile Virus is present, and if you spend a lot of time outdoors (particularly at night), use mosquito repellent to help reduce the risk of getting bit by a mosquito carrying this virus.

11. Meet Your Neighbors: Get in touch with those who live in your neighborhood and learn a bit about them and their schedules.

12. Exercise Smart: If you enjoy outdoor activities such as walking or gardening, make sure to wear the proper clothing and protective gear. It is also important to keep track of time. Do not stay out for long periods and make sure to drink even more water than usual when exercising. Also consider getting outdoor exercise earlier in the morning or later in the evening when the sun is not at its peak.

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, July 20 at 1:00 PM. Meets on the 3rd Monday of the month. Coordinator: Patricia Ackah (610.265.4290). This month's book: *"This Burns My Heart"* by Samuel Park, an epic love story set in the intriguing landscape of postwar South Korea. On the eve of marriage to her weak, timid fiancé, Soo-Ja falls in love with a young medical student. But out of duty to her family and her culture she turns him away, choosing instead a world that leaves her trapped by suffocating customs. In a country torn between past and present, Soo-Ja struggles to find happiness in a loveless marriage and to carve out a successful future for her only daughter. Forced by tradition to move in with her in-laws, she must navigate the dangers of a cruel household and pay the price of choosing the wrong husband. Meanwhile, the man she truly loves remains a lurking shadow in her life, reminding her constantly of the love she could have had.

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 Boroch.

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. Somehow the news does not take a vacation in summer. So no shortage of potential topics, and we meet every Monday morning 10:30 'til 12:00, in the Lounge.

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. 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. The lazy-hazy days of summer have arrived. Keep up your gardens. ***We meet only on the second Wednesday*** this month in the kitchen at 1:00.

GENERAL MEMBERSHIP MEETING: Monthly meeting open to all members on the ***2nd Wednesday of the month at 10:00 AM. NO MEETINGS IN JULY OR AUGUST. 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 in the gym. 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. July & August until 12:00 on Friday's.

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 in the gymnasium. Cost: \$3.00 per class.

YOGA: Monday's at 1:30 PM. *Video Instruction good for beginners, intermediate or advanced.* Limited to 8 members per class.

ZUMBA GOLD: No sessions scheduled over the summer.

THANK YOU TO OUR TEA VOLUNTEERS

We hope that everyone enjoyed our Mad Hatter Tea Party held on June 19. Helen Cabrey and her volunteers did a wonderful job preparing the delicious food and making the clever table decorations. The harp entertainment wonderful. Here are some pictures for you to enjoy!



What a hat!



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posted on the
UMSSC Bulletin
Boards and listed on
UMGA-TV (Comcast
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Visit the Center's
web site at:

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REMINDERS for JULY 2015

THE CENTER WILL BE CLOSED ON FRIDAY, JULY 3 FOR THE
INDEPENDENCE DAY HOLIDAY

THE CENTER WILL CLOSE AT 12:00 PM ON FRIDAY'S BEGINNING JULY 10

- * *CANCELLED*: BRANDYWINE RIVER MUSEUM TRIP ON JULY 8.
- * WEDNESDAY, JULY 15: VALLEY FORGE CASINO AT 9:30 AM. *THE OFFER FOR GROUP IS \$20.00 IN SLOT PLAY.*
- * MONDAY, JULY 20 AT 1:00 PM: BOOK TALK: "THIS BURNS MY HEART" BY SAMUEL PARK
- * WEDNESDAY, JULY 22 AT 10:30 AM: ALZHEIMER'S PRESENTATION: FACTS AND MYTHS REGARDING AGING, ALZHEIMER'S DISEASE AND DEMENTIA; COMMON RISK FACTORS AND CAUSES AND THE STAGES OF THE DISEASE AND CURRENT TREATMENTS.

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.*



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