



THE BEST OF TIMES

MAY 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
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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"Best of Times" Editors:

Mary F. McCree and Shirley Robey

GOALS

- ♦ Increase membership.
- ♦ Work to increase funding for operational support: investigate new sources of funding in cooperation with local businesses and government agencies.
- ♦ Continue the development of innovative programming.
- ♦ Maintain our working partnership with the Upper Merion Area School District and Upper Merion Township.
- ♦ Explore the potential for new opportunities for services.
- ♦ Search for educational opportunities for members as part of our lifelong learning efforts.
- ♦ Help members remain healthy and active through participation in recreational, educational and leisure activities.

MONTHLY MESSAGE

Dear Friends,

May is Older American's Month and the theme this year is "*BLAZE a TRAIL*". You can be sure the Upper Merion Senior Service Center is doing their part to blaze many trails. The Bing Crosby song "I'm an old cowhand from the Rio Grande" keeps running through my head as I think of all the trails we have blazed. Our month of May is filled with many exciting activities.

Congratulations to Janet Sheehan, winner of the UMSSC Parvin Volunteer of the Year Award!!!

UMSSC 2ND ANNUAL WELLNESS EXPO - Tuesday, May 3, 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 along!!

On May 9 at 1 PM, we will be hosting a seminar on estate planning by Carly Fenske, Esq. from Pizonka, Reilly, Bello & Mc Grory, P.C.

Our annual "Kaleidoscope of Color" Tea will be held on Friday May 20. We will be entertained by Fredya Thomas and her "Fabulous Female Singers of the 20th Century" theme. Cost is only \$8. Sign up sheets will be in the info center.


Reading Phillies Trip - Sunday, June 5. cost: \$33.00 includes transportation, game and a 2 ½ hr. all you can eat buffet at pool (lifeguard available) picnic area (right field home run territory). Bus departs center at 11:45 am. A wonderful family, fun-filled day; bring the grandchildren! Registration Forms will be available in the info center in lobby. Hurry and register!!

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

Happy Mother's Day to all and a very Happy Memorial 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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 	2 9:30 MAH-JONGG 10:30 CURRENT EVENTS <i>12:00 ZUMBA GOLD</i> 1:30 YOGA	3 WELLNESS EXPO 1-4 PM  (ALL OTHER ACTIVITIES CANCELLED)	4 <i>10:00 BOARD MEETING</i> 12:00 TAI CHI 1:00 LINE DANCING	5 9:30 CANASTA 10:00 FINANCIAL/INVEST. DISCUSSION GROUP 10:15 BINGO 12:30 CHAIR EXERCISE HOLOCAUST REMEMBRANCE DAY	6 10:00 SING-A-LONG	7 
8 	9 9:30 MAH-JONGG 10:30 CURRENT EVENTS <i>12:00 ZUMBA GOLD</i> <i>1:00 ESTATE PLANNING SEMINAR</i> 1:30 YOGA	10 9:30 COMPUTER CLUB 9:30 BRIDGE 9:30 POKER 11:30 CHAIR EXERCISE 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/ CROCHETING	11 <i>10:00 GENERAL MEETING</i> 12:00 TAI CHI 1:00 LINE DANCING 1:00 GARDEN CLUB	12 <i>9:30 NURSE</i> 9:30 CANASTA 10:00 FINANCIAL/INVEST. DISCUSSION GROUP 10:15 BINGO <i>11:00 OUTREACH-BRIGGS</i> 12:30 CHAIR EXERCISE	13 10:00 SING-A-LONG <i>11:15 FRIDAY FLICKS</i>	14 
15 	16 9:30 MAH-JONGG 10:30 CURRENT EVENTS <i>12:00 ZUMBA GOLD</i> <i>1:00 BOOK TALK</i> 1:30 YOGA	17 9:30 COMPUTER CLUB 9:30 BRIDGE 9:30 POKER 11:30 CHAIR EXERCISE 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/ CROCHETING	18 <i>9:30 VALLEY FORGE CASINO</i> 12:00 TAI CHI 1:00 LINE DANCING	19 9:30 CANASTA 10:00 FINANCIAL/ INVEST. DISCUSSION GROUP 10:15 BINGO 12:30 CHAIR EXERCISE	20 	21 
22 	23 9:30 MAH-JONGG 10:30 CURRENT EVENTS <i>12:00 ZUMBA GOLD</i> 1:30 YOGA	24 9:30 COMPUTER CLUB 9:30 BRIDGE 9:30 POKER 11:30 CHAIR EXERCISE 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/ CROCHETING	25 9:30 QUILTING 12:00 TAI CHI 1:00 LINE DANCING 1:00 GARDEN CLUB	26 <i>9:30 NURSE</i> 9:30 CANASTA 10:00 FINANCIAL/ INVEST. DISCUSSION GROUP 10:15 BINGO <i>11:30 OUTREACH-LEACH</i> 12:30 CHAIR EXERCISE	27 SENIOR CENTER IS CLOSED memorial DAY 	28 
29 	30 SENIOR CENTER IS CLOSED memorial DAY 	31 9:30 COMPUTER CLUB 9:30 BRIDGE 9:30 POKER 11:30 CHAIR EXERCISE 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/ CROCHETING				

OUR BOARD OF DIRECTORS



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UPCOMING EVENTS

THE SENIOR CENTER WILL BE CLOSED ON THE FOLLOWING DATES IN OBSERVANCE OF THE MEMORIAL DAY HOLIDAY: FRIDAY, MAY 27 AND MONDAY, MAY 30

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, Reilly, 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.*

VALLEY FORGE CASINO WEDNESDAY, MAY 18 (Cut-off date Mon., MAY 16). THE OFFER FOR GROUP IS \$20.00 IN SLOT PLAY: This offer does not cost anything but **TO TAKE ADVANTAGE OF THIS OFFER YOU MUST COMPLETE REGISTRATION FORM AVAILABLE AT THE SENIOR CENTER OR ON OUR WEBSITE AT WWW.UMSSC.ORG.** *All new and renewal casino memberships or one-day passes are handled by*

Valley Services (not UMSSC). Cash or credit card will be accepted by Valley Services. If you have any questions you can contact Valley Services at 610-354-8118. **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.**

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 ARE 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:

★ **Pat Barr to the Center**

★ **Paul & Sally Buce in memory of Elaine Parvin**

★The following have made donations to the Center in memory of Ruth Shand: **Loretta DeLuca; Ethel Hutchinson; Mary & Don McCree; Paul & Sally Buce; Dottie Wisniewski; Anna Marie Mich; Dot Morio; Sally McDonough; Lucy & Tom Damiani; Harlyce & Jerry Grossman; Charlotte Matthias and Pat & Greg Moehl and Stephen & Barbara Goldstein and Suzan Frauer.**

GRACIAS! THANKS! DANKE! MERCI!

★ ***Sicilian Delight*** for their donation of pizza for Friday Flicks! ★ ***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. ★ ***Costco*** for their generous donation of a monthly gift card for our birthday cake purchases. ★ ***Wegmans*** for their bountiful donation of baked goods. ★ ***Acme Market*** for their wonderful donation of baked goods. ★ ***Sun Joe*** - who generously donates the baked goods we put out for snacks.

COMMUNITY OUTREACH

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.** On June they are asking for donations of and will be serving ***hot dogs, (hot dog rolls) pasta salad and baked beans.*** Please bring in your donations by ***Tuesday, June 28.***

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

SAVE THE DATE: ART SHOW ON SATURDAY, MAY 22 AT THE UPPER MERION TOWNSHIP BULDING 10:00 AM TO 5:00 PM

Mommy & Me Zumba and Card Making Class: Monday, May 2 starting at 6 pm. Must register.

Adult Coloring Night on Monday, May 9 at 7:00 pm. Bring your friends and enjoy coloring. Walk-ins are welcome. Materials will be provided.

Matisse vs Picasso: Art Lecture by Fred Dixon on Tuesday, May 10 at 7:00 pm. in Valley Forge Room. The Great I-Can-Do-Anything-Better-Than-You Rivalry. In this presentation you will learn how each fascinated with other's work. You can register via our online calendar, or by calling 610-265-4805 or stopping by the library. Registration Required.

Yoga with Kamini on Monday, May 16 at 7:15 pm. in Freedom Hall. Not sure how to relax and stay calm? Come to this De-stress workshop. Walks – ins are welcome.

Tech Night on Monday, May 23, 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. Registration Required

Knit Nite: Monday, May 23, 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.

To register for any of the library events, you can register via our online calendar, or by calling 610-265-4805 or stopping by the library.

The library will be closed from Saturday, May 28 through Monday May 30 for Memorial Day. We will reopen on Tuesday, May 31 at 9:00 am

Low Vision Reader: Our library has a low vision reader for use in the library. Please contact us for more information.

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

Ruth Shand, Francis X. Stone

DIRECTORY OF SERVICE PROVIDERS QUESTIONNAIRE

The UMSSC has received a request from a member to create a directory of service providers for members similar to Angie's List. The Board of Directors has expressed interest in exploring the idea. Basically, what is envisioned is the creation of a directory of service providers (plumbers, electricians, carpenters, handymen, and etc.) that have been used by a member and which the particular member is willing to recommend. The precise details of how the directory would be compiled, and made available to members have yet to be determined. Before going forward, however, we would like to determine if there is sufficient interest on the part of the membership to justify the expenditure of time and effort that such a project would require. You can help us determine the level of interest by completing and returning this questionnaire.

1. Would you be likely to utilize the directory to find a service provider when you needed one?
____ Yes ____No
2. Would you be likely to add a service provider's name to the directory if satisfied with their work?
____Yes ____No
3. Do you think we should proceed with creating this directory?
____Yes ____No

Your name:

Are you a member of the UMSSC? ____Yes ____No

Feel free to comment.

Please submit, bring, or mail your completed questionnaire to the Center by Monday, May 16. We regret that we cannot accept telephone responses.

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. ***Bring your shopping bag and come between 12:00 PM and 2:00 PM.***

VOLUNTEER OF THE YEAR AWARDED

Janet Sheehan was named the “Volunteer of the Year” at our annual Volunteer Day event. Janet has served on the board and has volunteered to help out at many of our special events. We thank you Janet for all you have done to help make the senior center a better place to be.



Our Volunteer Day is also a day to recognize all of our members who have volunteered their time in one capacity or another to help make good things happen at the center. We had a nice spread of goodies offered to all of them and thank the volunteers who prepared and set up the food that we served on that day.



THANK YOU FLEA MARKET & BAKE SALE VOLUNTEERS

We want to take this time to thank all of our members who volunteered to help out at our annual Flea Market & Bake Sale. Some donated their home-made baked goodies, some worked in our Flea Room pricing & selling donated items and other volunteered to help out with food sales. We couldn't do it without them. It was a big success and we raised money for the senior

center. Below are some photos of the volunteers in action.



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.***

KEEPING SENIORS INFORMED

STRENGTHEN THE CORE

You are familiar with the term “apple core”. But are you aware that the body has a “core”? Generally speaking, this is the abdominal area (often referred to as the “abs”). However, the abs do not work alone. Muscles of the sides, back and buttocks coordinate with the abs to enable us to stand, bend and twist in order to carry out our daily activities.

You do not have to go to a gym to do some easy, basic activities to promote stronger core muscles. For the abdominal muscles focus on tightening, holding, then releasing them. Exhale during the tightening phase while holding for a count of five or six before releasing. This can be done while standing, sitting or lying down. Do this several times a day.

The buttocks muscles can be tightened at the same time you tighten the abdominal muscles (sometime referred to as "tucking under"). With this action you are coordinating the movements of at least two sets of muscles. Having strong abdominal and buttocks muscles can help in avoiding injury to the back muscles when lifting or carrying heavy objects. NOTE: Always tighten the abdominal muscles before any lifting activity.

Also, there are two easy activities to strengthen the muscles of the sides of the trunk. While standing with the feet about a foot apart (for stability), start with the arms at waist level, then raise both arms above the head as high as you can, then return them to the starting position. Repeat at least ten times.

Next, in the same standing position, using one arm at a time, reach down the sides of the leg as far as you can, then return to the upright position. After doing this ten times, repeat using the other arm.

What about the side effects of doing these activities? SURPRISE!! With continued, daily use of them you may have the benefit of a little reduction in your waistline and a better fit of your skirts or trousers. Tighten up!!!

(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!

BOOK TALK: Monday, May 16 at 1:00 PM. Meets on the 3rd Monday of the month. Coordinator: Patricia Ackah (610.265.4290). This month's book: **"A GOOD AMERICAN" by Alex George.** It is 1904. When Frederick and Jette must flee her disapproving mother, where better to go than America, the land of the new? Originally set to board a boat to New York, at the last minute, they take one destined for New Orleans instead ("*What's the difference? They're both new*"), and later find themselves, more by chance than by design, in the

small town of Beatrice, Missouri. Not speaking a word of English, they embark on their new life together.

A Good American is narrated by Frederick and Jette's grandson, James, who, in telling his ancestors' story, comes to realize he doesn't know his own story at all. From bare-knuckle prizefighting and Prohibition to sweet barbershop harmonies, the Kennedy assassination, and beyond, James's family is caught up in the sweep of history. Each new generation discovers afresh what it means to be an American. And, in the process, Frederick and Jette's progeny sometimes discover more about themselves than they had bargained for.

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 Borch.

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. This is a small intimate group who meet to discuss all levels of experience in making the best choices for your investments. You don't have to be rich, we will discuss any size investment you are thinking of making or have questions on. We offer an open invitation to all regarding subjects you would like to discuss and any questions you may have. Again, all are welcome!

FRIDAY FLICKS: Friday, May 13 - 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: **"JOY"** starring Jennifer Lawrence, Robert De Niro, Bradley Cooper, Edgar

Ramirez, Isabella Rossellini, Diane Ladd, and Virginia Madsen. **JOY** is the wild story of a family across four generations centered on the girl who becomes the woman who founds a business dynasty and becomes a matriarch in her own right. Betrayal, treachery, the loss of innocence and the scars of love, pave the road in this intense emotional and human comedy about becoming a true boss of family and enterprise facing a world of unforgiving commerce. Allies become adversaries and adversaries become allies, both inside and outside the family, as Joy's inner life and fierce imagination carry her through the storm she faces.

GARDEN CLUB: Meets the Second and Fourth Wednesday at 1:00 PM. Coordinator: Paul Buce. Reminder, the weekend of May 1 will be Jenkins Arboretum's flower sale. Spring has arrived big time and we have pulled off another Flea Market plant sale, hope our efforts bring solace and enjoyment to the buyers. The club will meet on the second and fourth Wednesdays in May.

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 **May 11** 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 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.

DON'T FORGET TO COME TO THE WELLNESS EXPO ON MAY 3RD! OPEN TO ALL - SOMETHING FOR EVERYONE (even the kids)!



GET FIT WITH THE PHANATIC!

THE LAW OFFICES OF
Pizonka, Reilley, Bello & McGrory, P.C.

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DAYLIN LEACH
STATE SENATOR – 17TH DISTRICT
COMMONWEALTH OF PENNSYLVANIA

SUITE 208
801 SOUTH HENDERSON ROAD
KING OF PRUSSIA, PA 19408
PHONE: (610) 768-4200
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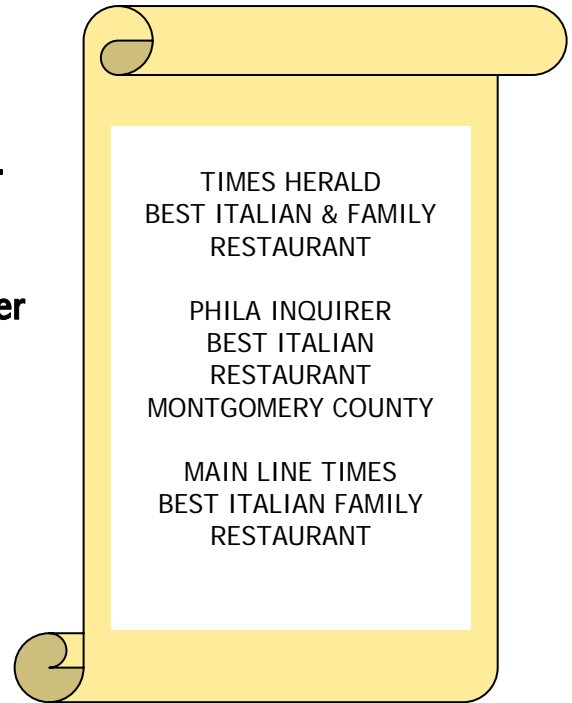
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FRIDAY, MAY 20 FROM
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**19th ANNUAL FLEA
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SATURDAY, APRIL 23
9:00 AM TO 3:00 PM**

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<p>Note: Information submitted following APRIL 6 will be posted on the UMSSC Bulletin Board and listed on UMGA-TV (Comcast Channel 22 or Verizon FiOS Channel 33) Visit the Center's web site at: www.umssc.org</p>	<ul style="list-style-type: none"> * KALEIDOSCOPE OF COLOR TEA PARTY, FRIDAY, MAY 20 FROM 11:00 AM - 2:00 PM. TICKETS \$8.00 INCLUDES LUNCHEON AND ENTERTAINMENT <i>(ALL OTHER ACTIVITIES CANCELLED)</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. 	