



# THE BEST OF TIMES

## MAY 2017

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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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,

As most of us are aware, May is known as Old Americans Month and the 2017 theme, "Age Out Loud" aims to give aging a new voice - one that reflects what today's older adults have to say and as most of you know, we have a lot to share.

This theme shines a light on many important trends. More than ever before, older Americans are working longer, trying new things and engaging in their communities. They take charge, striving for wellness, focusing on independence and advocating for themselves and others. What it means to age has changed and OAM 2017 is perfect opportunity to recognize and celebrate what getting older looks like today.

We had a very successful Flea Market this year and it was the first big event in our new digs. Thank you to our many volunteers; we could not have succeeded without your help.

I will try to list them and hope I do not overlook any of your names: **Kitchen Helpers:** Helen Cabrey, Judy Narke, Stella Lyons; Lyn McCue & Janet Sheehan; **Flea Room Helpers:** Barb Little with help from Shirley Weaver, Sherry Goldberg, Jean Ehlinger, Alma Phifer, Bernie Eastman, Lucy Damiani, Julie McCree & Jocie McCree. **Bake Sale Helpers:** Jean Grimes, Mary Miller & many who donated delicious baked goods; **Garden Club Helpers:** Paul Buce, Ethel Hutchinson, Pattie Cunnane, Terry Stevens, & Dottie Yacek-Matulis & other Garden Club Members; **Flea Room Set-Up:** Don McCree & Paul Buce; **Craft Room Helpers:** Patricia Ackah, Jerry Fontaine & Ethel Hutchinson

We will have our Annual Tea "Spring Into Summer" on Friday May 19. Cost is only \$10.00. Tickets are on sale now through May 12. We will be entertained by two harpists "Principally Harps". Don't forget our hat contest.


We wish a very Happy Mother's Day to our mothers and Happy Memorial day to all of our veterans and members and as always, *come spend some time with us and remember to always say something nice about UMSSC.*

*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***

# MAY 2017



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> 9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA (VIDEO)  <b>MAY DAY</b>	<b>2</b> 9:30 COMPUTER CLUB 9:30 POKER 10:00 BRIDGE 11:30 CHAIR EXERCISE 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/ CROCHETING	<b>3</b> 9:30 WEDNESDAY CARD PLAYERS <b>10:00 BOARD MEETING</b> 12:00 TAI CHI (VIDEO) 12:00 BREAD DAY 12:30 CANASTA 1:00 LINE DANCING	<b>4</b> 10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 BINGO 12:00 BREAD DAY 12:30 CHAIR EXERCISE  <b>NATIONAL DAY OF PRAYER</b>	<b>5</b> 10:00 SING-A-LONG	<b>6</b>
<b>7</b>	<b>8</b> 9:30 MAH-JONGG 10:30 CURRENT EVENTS <b>12:00 COOKING WITH PARI</b> 1:30 YOGA (VIDEO)	<b>9</b> 9:30 COMPUTER CLUB 9:30 POKER 10:00 BRIDGE 11:30 CHAIR EXERCISE 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/ CROCHETING	<b>10</b> <b>9</b> 9:30 WEDNESDAY CARD PLAYERS <b>10:00 GENERAL MEETING</b> 12:00 BREAD DAY 12:00 TAI CHI (VIDEO) 12:30 CANASTA <b>1:00 GARDEN CLUB</b> 1:00 LINE DANCING	<b>11</b> <b>9:00 GROUNDS FOR SCULPTURE TRIP</b> <b>10:15 NURSE</b> 10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 BINGO <b>11:00 OUTREACH-BRIGGS</b> 12:00 BREAD DAY 12:30 CHAIR EXERCISE	<b>12</b> 10:00 SING-A-LONG <b>11:30 FRIDAY FLICKS</b>	<b>13</b>
<b>14</b> <b>MOTHER'S DAY</b>	<b>15</b> 9:30 MAH-JONGG 10:30 CURRENT EVENTS <b>1:00 BOOK TALK</b> 1:30 YOGA (VIDEO)	<b>16</b> 9:30 COMPUTER CLUB 9:30 POKER 10:00 BRIDGE 11:30 CHAIR EXERCISE 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/ CROCHETING	<b>17</b> <b>9:30 VALLEY FORGE CASINO</b> 9:30 WEDNESDAY CARD PLAYERS 12:00 BREAD DAY 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 LINE DANCING	<b>18</b> 10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 BINGO 12:00 BREAD DAY 12:30 CHAIR EXERCISE	<b>19</b> <b>ANNUAL TEA SOCIAL</b> <b>SPRING INTO SUMMER</b> <b>11:00 AM TO 2:00 PM</b>  	<b>20</b>  <b>ARMED FORCES DAY</b>
<b>21</b>	<b>22</b> 9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA (VIDEO)	<b>23</b> 9:30 COMPUTER CLUB 9:30 POKER 10:00 PINOCHLE 10:00 BRIDGE 11:30 CHAIR EXERCISE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/ CROCHETING	<b>24</b> <b>9:30 QUILTING</b> 9:30 WEDNESDAY CARD PLAYERS 12:00 BREAD DAY 12:00 TAI CHI (VIDEO) 12:30 CANASTA <b>1:00 GARDEN CLUB</b> 1:00 LINE DANCING	<b>25</b> <b>10:15 NURSE</b> 10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 BINGO <b>11:30 OUTREACH LEACH (SEPTA PASS REGISTRATION)</b> 12:00 BREAD DAY 12:30 CHAIR EXERCISE	<b>26</b> <b>SENIOR CENTER IS CLOSED FOR MEMORIAL DAY HOLIDAY</b>  <b>FIRST DAY OF RAMADAN AT SUNDOWN</b>	<b>27</b>
<b>28</b>	<b>29</b> <b>SENIOR CENTER IS CLOSED FOR MEMORIAL DAY HOLIDAY</b>	<b>30</b> 9:30 COMPUTER CLUB 9:30 POKER 10:00 PINOCHLE 10:00 BRIDGE 11:30 CHAIR EXERCISE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/ CROCHETING	<b>31</b> 9:30 WEDNESDAY CARD PLAYERS 12:00 BREAD DAY 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 LINE DANCING <b>1:30 MLH PRESENTATION "WHEN TO CALL 911"</b>			

## OUR BOARD OF DIRECTORS



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### UPCOMING EVENTS

**COOKING WITH PARI MONDAY, MAY 8 AT 12:00 PM - cost: \$8.00.** Pari Hoorfar will be making French Crepes with recipes for a variety of fillings. Learn to make crepes and enjoy eating what Pari prepares. Minimum of 10 people.

**GROUNDS FOR SCULPTURE THURSDAY, MAY 11.** The trip to a park-size garden graced with an amazing variety of sculptures. COST: \$60.00 UMSSC Members and \$65.00 Non-UMSSC Members. ***BUS DEPARTS CENTER FROM UPPER PARKING LOT BY POOL AT 9:00 AM AND RETURNS BY 4:00 PM. LUNCH ON YOUR OWN ON-SITE. This trip is filling up fast so register and pay by Wednesday, May 3.***

**VALLEY FORGE CASINO WEDNESDAY, MAY 17 (Cut-off date MON. MAY 15) THE OFFER FOR GROUP IS \$20.00 IN SLOT PLAY: TO TAKE ADVANTAGE OF THIS OFFER YOU MUST COMPLETE REGISTRATION FORM AVAILABLE AT THE SENIOR CENTER OR ON OUR WEBSITE AT [WWW.UMSSC.ORG](http://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 (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 "SPRING INTO SUMMER" FRIDAY, MAY 19 FROM 11:00 AM - 2:00 PM COST: \$10.00:** Join us for a fun afternoon of entertainment, door and cash prizes. ***Harpists Janet Witman & Mindy Cutcher will entertain us with beautiful music.*** Wear your favorite hat and maybe you can win first place in our hat contest! Everyone brings their own Cup and Saucer. **Reserved seating. Tickets on sale now in the lobby until May 12.**

**SEPTA PASS ID EVENT MAY 25 AT 11:30 AM TO 1:00 PM:** Representatives from Senator Daylin Leach's office will be here to take applications for SEPTA rail passes. They will complete the application, (name & address) take your picture and mail the applications to SEPTA. You must be 65 years or older to participate and provide some photo ID.

### 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.***

- ★ Judy Furjanic gave a donation to the UMSSC Band in memory of Larry Kelly
- ★ Mildred Hirschle gave a donation to the UMSSC Band in memory of Larry Kelly
- ★ Mary Berwick gave a donation to the UMSSC Band in memory of Larry Kelly
- ★ Harlyce & Jerry Grossman gave a donation in memory of Loretta Polites
- ★ James Barrett gave a donation to the UMSSC Band in memory of Larry Kelly

### GRACIAS! THANKS! DANKE! MERCI!

- ★ **Sicilian Delight for their 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 week.**
- ★ **Costco for their generous donation of a monthly gift card for our birthday cake purchases.**

★ Malvern Wegmans for their bountiful donation of baked goods. ★ Acme Market for their wonderful donation of baked goods. ★ Special thanks go to the Upper Merion Township Library for all they do for the Senior Center - large print books and Friday Flicks.



## **COMMUNITY OUTREACH**

### **UPPER MERION EMERGENCY AID**

More families are in need than ever before. Our donation box is in the lobby. *They have requested 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-4<sup>th</sup>) 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! 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 collect knitted and crocheted squares for blankets provided to children who are seriously ill or traumatized. Joan Banas collects the squares on behalf of the church. You can participate by knitting squares. Yarn and patterns are on a table near the lobby. Finished squares go into a bin on the same table. They are much appreciated by the recipients. Many thanks to our knitters and keep up the good work!

### **SHOEBOX RECYCLING**

We continue 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. Every box we fill *raises funds for the center. Please be sure shoes are clean and in good condition.*

### **KNITTED CAPS FOR ST. CHRISTOPHERS**

Caps are knitted for preemie babies to keep by our members for donation to *St. Christopher's Hospital for Children*. 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.

### **FLOWER CAUSE**

Flower Cause is a new community assistance program which UMSSC is participating in. If you purchase any flowers from *Plaza Flowers* (417 Egypt Road, Norristown, PA 19403 Telephone: 610-630-8825) *you can help raise funds for Upper Merion Senior Service Center*. Just mention *code ssc* when ordering and UMSSC receives a quarterly rebate equal to 5% of all purchases. Thank you!

## **COMMUNITY HAPPENINGS**

### **WHAT'S HAPPENING AT THE UM TOWNSHIP LIBRARY IN MAY**

**Spring book Discussion** series continues: All programs will meet from 2 p.m. to 3:30 p.m. Erin Hurt and Carla Verderame, will return to lead the discussions for this five-part series, Not the usual: unexpected acts of exploration and resistance. The program dates and titles are:

**May 7-**The Sellout, by Paul Beatty

**May 21-**The Nightingale, by Kristin Hannah

The Participation Policy (effective Fall 2011) is as follows: There is an administrative charge of \$10 per series to participate in the Sunday book discussions for participants who choose to borrow the book set from the library. There will be no charge if the participant supplies his or her own copies of the books, or if the participant purchases all of the books for the series from the library. Call [610-265-4805](tel:610-265-4805), stop in at the library to register

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

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.

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.

### **FARMERS MARKET**

Beginning mid-May the open-air farmers market at Upper Merion Township welcomes consumers every Saturday from 9:00 am to 1:00 pm and will remain open until Thanksgiving. The farmers market is located at the Upper Merion Township Building on Valley Forge Road in King of Prussia, Pennsylvania.

## **VOLUNTEER FOR YOUR NEIGHBORHOOD** **MEALS ON WHEELS**

If you are interested in doing volunteer work for a worthy local community organization, why not try "Meals On Wheels". Meals on Wheels is a non-profit non-sectarian community service. They deliver two nutritious meals a day to homebound members of our community who are unable to prepare meals for themselves. They are in need of volunteers (men and women) to help prepare or deliver meals on a regular or occasional basis. All volunteers work in pairs:

- ★Meal Packer needed from 9:30-11:00 AM
- ★Meal Deliverers needed from 10:45 AM-12:30 PM

Their office is located at the Valley Forge Presbyterian Church and is open from 9:00 AM to 1:00 PM Monday through Friday (Telephone: 610-265-7051).

## **NEWSWORTHY**

### **"SPRING INTO SUMMER" WITH US** **AT THE ANNUAL TEA SOCIAL**

This year's tea will be held on Friday, May 19. Delicious food will be served, beautiful (or unusual) hats will be judged, and we have a special treat for your entertainment. **"Principally Harps"** will be performing. One of the harpists, Janet Witman, you may recognize. She played here a couple of years ago. This time she will be playing with Mindy Cutcher. Their playing style is described below. We are so excited to have them performing at our tea!

***"True artistry in tandem" and "poetry in motion"*** are what audiences are saying to describe the playing styles of duo harpists, Mindy Cutcher and Janet Witman. "Principally Harps!" blends the talents and experiences of two of America's finest harpists in presentations of virtuosity, distinct style and impeccable ensemble. Their programs include stunning adaptations of great "hits" from opera, ballet and orchestral repertoire, "Le Cid", "Swan Lake" to beloved favorites, "Clair de lune", "Blue Danube", from original works of iconic harpist Carlos Salzedo to popular works of Joplin, Bacharach and Gershwin. Both artists perform on concert grand harps; Mindy on a Lyon and Healy Style 30 and Janet on a French Camac Trianon.

We have planned a special day for all who attend; so don't miss out and purchase your ticket soon!



**Mindy Cutcher and Janet Witman**



## **CALL FOR VOLUNTEERS**

Are you interested in volunteering at the Senior Center? Here is a chance to get involved with ***your*** organization. We hold many events that require some extra hands to run successfully and we look to our membership to help out.

In May, we have a Tea Social and would need volunteers to help decorate and set up, serve food or help with clean up.

The senior center membership has really grown since we moved, but it seems we are always turning to the same members to help out. Therefore, we would especially like to see some of our newer member volunteer. If you do have the time to volunteer please give your name to Mary, Cindy or Shirley in the office.

## **LET'S PLAY PINOCHLE!**

The Pinochle group is looking for members interested to play any of the following:

- Players for Single Deck Pinochle
- Players for Beginner Instructions
- Players to refresh skills

They have a good size, fun group who meet every Tuesday at 12:30 PM. Why not give it a try?

### **CHECK OUT OUR CRAFT ROOM**

We have bright, pretty new items available at low prices perfect for gift giving. Our door is always open. If we are not there - the honor system is okay. MEMBERS: Do you have a hobby? Want to start a new hobby? Besides knitting, crocheting and quilting, we have plastic canvass to work with. If you have questions about sewing or operating your sewing machine, we can help. *Pat Ackah or Ethel Hutchinson.*

### **BREAD DAY WEDNESDAY & THURSDAY**

Members are invited to come in on Wednesdays and Thursdays to pick up free bread, rolls and baked goods which have been donated to the Center. ***Bring your shopping bag and come between 12:00 PM and 2:00 PM. Please do not come early and please wait until the volunteers have unpacked and re-bagged the bread.***

### **ANNUAL FLEA MARKET SUCCESSFUL!**

Our Annual Flea Market & Bake Sale was held on Saturday, April 22. We had a great turn out. The names of our wonderful volunteers are listed in Mary's "Monthly Message". Some photos taken by Don McCree are shown below.



### **KEEPING SENIORS INFORMED**

#### **HOW DO YOU MANAGE YOUR MEDS?**

Every day many seniors take one or more prescription medications as well as some over the counter preparations such as vitamins and other supplements. A concern is about managing the doses and taking them safely. Careful reading and interpreting the directions is essential.

Some labels advise you about the storage. A few may need to be refrigerated. Otherwise, for most meds select a dry location away from any heat source.

Another aspect of reading the label is to verify when you should take your meds. Some are to be taken with food so they do not irritate the stomach. Some are to be taken on an empty stomach (or between meals) so the digestive fluids can aid in their absorption. Some meds are to be taken at bedtime to be most effective. If in doubt about the directions, your pharmacist is an excellent resource. Hopefully, your doctor explained the reason you are taking medication so you can understand the importance of it in your health care.

What measures you can follow to help you take your meds at the recommended times? When it is late afternoon, do you have trouble recalling whether you took your morning meds? An available memory jogger





is a container with compartments labeled for days of the week. For those who take meds more than once a day, there is a container for morning, afternoon and bedtime.

Make a guide sheet for yourself. List all of the morning meds together, all of the afternoon meds together and the bedtimes one together. Include any over the counter preparations you take. Choose one day of the week as the day your transfer your week's supply from the prescription bottle(s) to the day of the week in the containers is that you can verify if you remembered to take them that day. Store the prescription bottles in a safe dry location. Place your day of the week containers in an accessible, easy to remember place, but out of the reach of your grandchildren.

Another writing task is to make a list of all of the medications you take including all over the counter preparations. Carry it with you. Be honest with your doctor about everything you are taking. You may be seeing more than one doctor, so your list can prevent duplication of a similar med under a different name. Your doctor can assess whether any over the counter preparation could cause some unexpected side effects such as drowsiness or stomach irritation.

Some other things to consider related to taking meds include taking them with a full glass of water. This assures that they will not get stuck in the esophagus. Do not crush or mix meds with hot liquids or foods as heat may alter the effectiveness. Do not take prescription meds with alcohol.

As the body ages it becomes more susceptible to medication-related issues. Many have experienced an adverse response to meds. Aging brings changes in the body's absorption rate. Meds may stay in the system longer and reach a cumulative effect. Whenever you experience what seems to be a change in your response to your meds, be sure to confer with your doctor. It may be times to adjust your dosage for better results. Always use the resources available to you. *(contributed by Jane Burger)*

### **MEALS ON WHEELS**

For a minimal cost, Neighborhoods Meals on Wheels will deliver meals to residents of the Upper Merion Area School District. Deliveries are available on a temporary or permanent basis to all those who are having difficulty shopping or preparing meals for themselves. One hot and one cold meal are delivered Monday through Friday. For more information, contact our office 610-265-7051, visit our website [NeighborhoodMealsOnWheels.com](http://NeighborhoodMealsOnWheels.com) or email us [MealsOnWheels.UM@gmail.com](mailto:MealsOnWheels.UM@gmail.com).

## **ACTIVITIES**

**APPRISE COUNSELOR:** Assistance with insurance and Medicare concerns. Call 610.265.4715 and give your name and telephone. The APPRISE counselor will contact you directly to set up an appointment.

**BAND PRACTICE & INSTRUCTION: Tuesdays from 12:45 to 2:45 PM.** The Upper Merion Senior Service Center Band practices under the direction of professional musician, Ed Hickman. The band has an open invitation to anyone age 55 or over who is interested in playing with a group. Stop in any Tuesday afternoon to hear us practice, check us out, or join the band.

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

**BOOK TALK: Monday, MAY 15 at 1:00 PM.** Meets on the 3<sup>rd</sup> Monday of the month. Coordinator: Patricia Ackah. This month's book: *"NIGHTINGALE" by Kristin Hannah.* In the quiet village of Carriveau, Vianne Mauriac says goodbye to her husband, Antoine, as he heads for the Front. She doesn't believe that the Nazis will invade France ... but invade they do, in droves of marching soldiers, in caravans of trucks and tanks, in planes that fill the skies and drop bombs upon the innocent. When a German captain requisitions Vianne's home, she and her daughter must live with the enemy or lose everything. Without food or money or hope, as danger escalates all around them, she is forced to make one impossible choice after another to keep her family alive.

**NOTE NEW TIME - BRIDGE CLUB: Tuesdays at 10:00 AM in the Lounge.** All bridge players welcome!

**CANASTA: Wednesday's at 12:30.** Coordinator: Lynn Boroch. *Want to learn to play? Beginner players will be welcome for instruction by Lynn (Wednesday).*

**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.** 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 12** (*Please wait in the lounge area until Pizza at 11:30 AM, Movie at 12:15 PM*) Coordinator: Don McCree. Pizza: \$3.00. Movie: *Free. Showing **This month, we will show " LION"*** starring Dev Patel and Nicole Kidman and Mara Rooney. A five-year-old Indian boy gets lost on the streets of Calcutta, thousands of kilometers from home. He survives many challenges before being adopted by a couple in Australia; 25 years later, he sets out to find his lost family.

**GARDEN CLUB: Meets the Second and Fourth Wednesday at 1:00 PM.** Coordinator: Paul Buce. The club will meet on the second and fourth Wednesday afternoons as usual. We had a great day at the Flea Market and hope to be getting at the patio work starting this month. Come join us at 1:00 PM and bring your green thumb!

**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 10.*** Learn what is going on at the senior center and join us to celebrate **May** 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.

**NEW TIME NURSE: Every 2nd and 4th Thursday of each month from 10:15 AM to 12:45 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 lounge.** 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.** *Video Instruction good for beginners, intermediate or advanced.*

**WEDNESDAY CARD PLAYERS: WEDNESDAY AT 9:30 AM.** An informal, friendly gathering of members- some play cards some play bingo. Everyone has fun!

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

**ZUMBA GOLD WITH GENI AND FRIENDS: Classes on Mondays through May 22 at the Community Center. Register for Zumba Gold through Park and Rec Dept.** Instructor: Geni Roskos. All the fun of Zumba designed for the 50+ participant and anyone desiring modifications -a less intense but still invigorating Latin dance fitness class. COST: Resident: \$16, Non-Resident: \$31.



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**REMINDERS FOR MAY 2017**

**SENIOR CENTER WILL BE CLOSED ON FRIDAY, MAY 26 AND MONDAY, MAY 29 FOR MEMORIAL DAY HOLIDAY**

- \* GENERAL MEETING: WEDNESDAY MAY 10, 2017 AT 10:00 AM
- \* GROUNDS FOR SCULPTURE THURSDAY, MAY 11. ORGANIZED BY EXCURSION GROUP TOUR PARK-SIZE GARDEN GRACED WITH AMAZING VARIETY OF SCULPTURES. ADMISSION \$60.00 for UMSSC Members and \$65.00 for Non-UMSSC Members.
- \* FRIDAY FLICKS: FRIDAY, MAY 12 AT 11:15 AM. SHOWING THIS MONTH: "LION" STARRING DEV PATEL AND NICOLE KIDMAN
- \* BOOK TALK MONDAY MAY 15 AT 1:00 PM. THIS MONTH'S BOOK IS "NIGHTINGALE" BY KRISTIN HANNAH
- \* VALLEY FORGE CASINO WEDNESDAY, MAY 17 AT 9:30 AM. *MUST REGISTER TO GET THE GROUP OFFER OF \$20.00 IN SLOT PLAY. CUT OFF DATE MONDAY MAY 15*
- \* ANNUAL TEA SOCIAL FRIDAY MAY 19 AT 11:00 AM
- \* MAIN LINE HEALTH PRESENTATION ON WHEN TO CALL 911 WEDNESDAY, MAY 31 AT 1:30 PM



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**Note:**  
Information submitted following MAY 3 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](http://www.umssc.org)

***INCLEMENT WEATHER & SENIOR CENTER CLOSINGS:***

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