



THE BEST OF TIMES

JULY 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
431 W. VALLEY FORGE 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.

OFFICERS:

Mary F. McCree, President

Dick McCann, Vice President

Helen Cabrey, Secretary

Harlyce Grossman, Treasurer

MEMBERS OF THE BOARD:

Jane Burger, Toni Herrick, Ann Lister,

Howard Lurie, Howard Rosenblum,

Roseanne Scully, and Joan Shaw

HONORARY MEMBERS:

Constance H. Williams and

Ronald G. Wagenmann

POSTHUMOUS HONORARY MEMBERS:

Mary Meere and Arthur Powell

STAFF:

Cynthia L. Eastman, Executive Director

Shirley Robey, Executive Assistant

Beth Cassidy, Receptionist

"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

SUMMER

As we enter our summer season, isn't it a happy time when we look forward to the beautiful flowers, fresh vegetables everywhere, including in many cases, our backyards?

Clothing is lighter and food is often from the grill or refrigerator. Only rain or excessively hot days keep us from outdoor activities. A wonderful time to be grateful as we enjoy our summer season. For those that prefer another time of year, we are so fortunate to have all the changes that each season brings.

Our Senior Service Center continues to be here for whatever activities you enjoy. Our General Meetings are suspended for July and August, but your board is always open to hear your comments; pro or con.

We will be closed on Monday, July 3 and Tuesday, July 4 for Independence Day and on July 7 we begin our ½ day Fridays closing at noon.

Friday Flicks and Bridge will be on hiatus for the summer, but other activities are still ongoing so bring a friend and come in out of that heat and humidity to spend some time with us.

Thanks for your participation in our organization. The entire staff of your Senior Center wish you a Happy, Healthy Summer.

Dick McCann
Vice-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

JULY 2017



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 SENIOR CENTER IS CLOSED FOR INDEPENDENCE DAY HOLIDAY	4 SENIOR CENTER IS CLOSED FOR INDEPENDENCE DAY HOLIDAY	5 9:30 WEDNESDAY CARD PLAYERS 10:00 FARMERS MKT CHECKS 12:00 BREAD DAY 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 LINE DANCING NATIONAL BIKINI DAY	6 10:00 FINANCE/INVEST GROUP DISCUSSION 10:00 FARMERS MKT CHECKS 10:15 BINGO 12:00 BREAD DAY 12:30 CHAIR EXERCISE	7 10:00 SING-A-LONG SENIOR CENTER CLOSSES AT NOON	8
I FORGOT DAY						
9	10 9:30 MAH-JONGG 10:00 FARMERS MKT CHECKS 10:30 CURRENT EVENTS 1:30 YOGA (VIDEO)	11 9:30 COMPUTER CLUB 9:30 POKER 10:00 FARMERS MKT CHECKS 1:30 CHAIR EXERCISE 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/ CROCHETING CHEER UP THE LONELY DAY	12 9:30 WEDNESDAY CARD PLAYERS 10:00 BOARD MEETING 10:00 FARMERS MKT CHECKS 12:00 BREAD DAY 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 GARDEN CLUB 1:00 LINE DANCING	13 10:00 FINANCE/INVEST GROUP DISCUSSION 10:00 FARMERS MKT CHECKS 10:15 BINGO 11:00 OUTREACH-BRIGGS 12:00 BREAD DAY 12:30 CHAIR EXERCISE EMBRACE YOUR GEEKNESS DAY	14 10:00 SING-A-LONG SENIOR CENTER CLOSSES AT NOON NATIONAL NUDE DAY	15
16	17 9:30 MAH-JONGG 10:00 FARMERS MKT CHECKS 10:30 CURRENT EVENTS 1:00 BOOK TALK 1:30 YOGA (VIDEO)	18 9:30 COMPUTER CLUB 9:30 POKER 10:00 FARMERS MKT CHECKS 11:30 CHAIR EXERCISE 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/ CROCHETING	19 9:30 VALLEY FORGE CASINO 9:30 WEDNESDAY CARD PLAYERS 10:00 FARMERS MKT CHECKS 12:00 BREAD DAY 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 LINE DANCING STICK OUT YOUR TONGUE DAY	20 10:00 FINANCE/INVEST GROUP DISCUSSION 10:00 FARMERS MKT CHECKS 10:15 BINGO 12:00 BREAD DAY 12:30 MEMORY CAFÉ 12:30 CHAIR EXERCISE SPACE EXPLORATION DAY	21 10:00 SING-A-LONG SENIOR CENTER CLOSSES AT NOON NATIONAL JUNK FOOD DAY	22
23 NATIONAL HOT DOG DAY	24 9:30 MAH-JONGG 10:00 FARMERS MKT CHECKS 10:30 CURRENT EVENTS 1:30 YOGA (VIDEO)	25 9:30 COMPUTER CLUB 9:30 POKER 10:00 FARMERS MKT CHECKS 11:30 CHAIR EXERCISE 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/ CROCHETING	26 9:30 QUILTING 9:30 WEDNESDAY CARD PLAYERS 10:00 FARMERS MKT CHECKS 1:00 GARDEN CLUB 12:00 BREAD DAY 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 LINE DANCING ALL OR NOTHING DAY	27 10:00 FINANCE/INVEST GROUP DISCUSSION 10:00 FARMERS MKT CHECKS 10:15 NURSE 10:15 BINGO 11:30 OUTREACH LEACH (SEPTA PASS REGISTRATION) 12:00 BREAD DAY 12:30 MEMORY CAFÉ 12:30 CHAIR EXERCISE	28 10:00 SING-A-LONG SENIOR CENTER CLOSSES AT NOON	29
30 INTERNATIONAL DAY OF FRIENDSHIP	31 9:30 MAH-JONGG 10:00 FARMERS MKT CHECKS 10:30 CURRENT EVENTS 1:30 YOGA (VIDEO)					

OUR BOARD OF DIRECTORS



INSIDE THIS ISSUE

	PAGE
2017 GOALS	1
CALENDAR	2
WHAT'S COMING UP	3
ACKNOWLEDGEMENTS	4
NEWSWORTHY	4
KEEPING SENIORS INFORMED	5
WEEKLY ACTIVITIES	6
SENIOR CENTER COMMUNITY OUTREACH	7
COMMUNITY HAPPENINGS	8
REMINDERS	BACK PAGE

WHAT'S COMING UP

THE SENIOR CENTER WILL BE CLOSED ON MONDAY JULY 3 AND TUESDAY JULY 4 FOR THE INDEPENDENCE DAY HOLIDAY

So many different ways to have fun! The following activities occur on the dates noted. In addition, be sure to check out our Weekly Activities. Expand your interests! Try something new!

SENIOR FARMER'S MARKET NUTRITION PROGRAM (SFMNP)

Checks (value of \$20.00 per person or \$40.00 per couple) are available to **seniors, age 60+ years** and living on limited household income are eligible to receive checks to redeem at participating farmers' markets (list will be provided) for fresh, locally grown produce. **Checks available through Center office Monday through Thursday between 10:00 AM and 2:00 PM. PHOTO ID REQUIRED.**

BOOK TALK

"OUR SOULS AT NIGHT" BY KENT HARUF MONDAY, JULY 17 at 1:00 PM. Meets on the 3rd Monday of the month. Coordinator: Patricia Ackah. In the familiar setting of Holt, Colorado, home to all of Kent Haruf's fiction, Addie Moore pays an unexpected visit to a neighbor, Louis Waters. Her husband died years ago, as did his wife, and in such a small town they naturally have known of each other for decades; in fact, Addie was quite fond of Louis's wife. His daughter lives hours away in Colorado Springs, her son

even farther away in Grand Junction, and Addie and Louis have long been living alone in houses now empty of family, the nights so terribly lonely, especially with no one to talk with.

VALLEY FORGE CASINO

WEDNESDAY, JULY 19 (Cut-off date Monday, July 17) 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. **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.**

MEMORY CAFÉ THURSDAY'S JULY 20 AND 27 FROM 12:30 PM TO 1:30 PM

Originally started in England, this informal setting provides the caregiver a forum for discussion, reducing the isolation often felt by people with dementia, their caregivers and families. Discussions can range from practical tips for coping with dementia, avoiding caregiver burnout or information about community resources. There is no cost or obligation, and many attendees develop friendships that result in support even outside the Memory Café setting. Presented by Emily Bova, Certified Dementia Practitioner from Arden Courts at King of Prussia.

SEPTA PASS ID EVENT

THURSDAY, JULY 27 FROM 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.

BLOOD PRESSURE CHECK

THURSDAY, JULY 27 FROM 10:15 AM TO 12:45 PM our favorite Nurse Lori Gnacek from Bryn Mawr Hospital/Main Line Health will be here to check your blood pressure for free.

GARDEN CLUB

WEDNESDAYS, JULY 12 AND 26 AT 1:00 PM. Coordinator: Paul Buce. Greetings to all gardeners and those interested in the center's patio. Our primary focus is on getting the patio more inviting, adding a bit of

color. We have made a pretty good start, come join us in getting this project over the hump. Bring your green thumb!

OUTREACH

Representative Tim Briggs' aide will be here on **Thursday, July 13** from 11:00 AM to 2:00 PM.

Senator Daylin Leach's aide will be here on **Thursday, July 27** from 11:30 AM to 1:00 PM.

FRIDAY FLICKS

FRIDAY FLICKS WILL BE ON HIATUS UNTIL SEPTEMBER. WE HOPE YOU ENJOY YOUR SUMMER!

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.

- ★ Marylyn McCue, Shethra Rigg, and Cindy & Dan Eastman each gave donations to the Center in memory of Maxine Newstein
- ★ TIta de La Cruz for her generous donation to the Center
- ★ Farideh Mansoor Madani for her generous donation to the Center

GRACIAS! THANKS! DANKE! MERCI!

★ **Thank you 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.**



NEWSWORTHY

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. 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's volunteer. If you do have the time to volunteer please give your name to Mary, Cindy or Shirley in the office.

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 or email us MealsOnWheels.UM@gmail.com.

THANK YOU BRIGHTVIEW SENIOR LIVING

Representatives from BrightView Senior Living gave a presentation and luncheon to our members following the June General Meeting. Below are some photos from that informative event.





The ladies from BrightView and Home Helpers

KEEPING SENIORS INFORMED

SQUEEZE MORE JOY OUT OF YOUR LIFE

Finding pleasure in everyday occurrences can actually train the brain to be more positive. It is the little things that count. A secret to having a happy life is to relish small moments that bring delight.

Does that first aromatic cup of coffee in the morning give you an uplifting, pleasurable feeling? Savor it and realize that it opens the door to other daily events that can also sustain that pleasurable feelings. With the arrival of spring, hearing the birds chirp in the morning, enjoying the sunshine, and even a little rain, can bring feelings of pleasure.

Is there a difference between happiness and joy? They are closely related. Happiness is an overall feeling of pleasure or contentment. Joy goes a step further and is a deep emotion of pleasure.

The grumpy people seem to look for things that are downers and pay scant attention to the more pleasurable aspects of life. Something as simple as giving praise to a hostess for a delicious dinner gives pleasure to her and makes you feel good too.

If you do not feel you are consciously aware of whether you are happy, start by thinking about your past day. What things were actually pleasurable? Are they worth repeating? If so, think of them as things you could continue doing plus adding some additional ones.

Reframe your negative thoughts. You know you have to get up every day, so take a few minutes to think about the pleasurable activities coming rather than grumping about less pleasurable chores which need to be done that day.

Learn to practice joy on demand. A bad mood is like being in a dark room, while those little moments of joy are like lighted candles. Listening to your favorite music could lift your spirits and give you some needed joy. Give and receive a hug from a special friend. You can think of many little joyful activities to incorporate into your day.

On a broader scope, you are aware that Norway is considered to be the happiest country, followed by some other northern European countries. (The United States is ranked 14.) The reason Norwegians are happy is due to its well-functioning institutions. Their schools, health care, police and all the bureaucracy treat people with respect and that trickles down and keeps them trusting each other and feeling a part of the whole community.

It is said that money does not make you happy, but we all know you have to have enough to be both safe and happy. It is interesting to note that Norway is one of the richest nations in the world.

Are you ready to move? *(contributed by Jane Burger)*

JULY IS NATIONAL UV SAFETY MONTH

July is National UV Safety Month when Americans of all ages are reminded to protect their skin and eyes from

the sun's ultraviolet (UV) radiation. UV radiation is not just a summertime occurrence, but a year-round constant even on cloudy and hazy days. UV radiation is the main cause of skin cancer and can cause eye damage including cataracts and macular degeneration, the primary causes of vision loss in seniors. In addition, harmful UV exposure can weaken the immune system, increase sun spots and wrinkles, and lead to premature aging.

In the U.S., skin cancer is the most common form of cancer with more than 4 million new cases diagnosed each year. Proper UV protection lowers the risk of developing all types of skin cancer. UV Safety Month aims to educate individuals on how to protect themselves from overexposure to the sun. Anyone can get skin cancer, but people with fair skin, blond or red hair, and blue or green eyes are at greatest risk.

Today's older Americans face increased sun-related health problems because when they were growing up, little was known or communicated about protection from UV rays. Fortunately, widespread support for UV safety from the country's medical community is currently helping reduce painful and life-threatening conditions from too much sun exposure. The following are recommended ways to protect both adult and children's skin and eyes from damaging UV radiation:

- Before going outdoors, generously apply a broad-spectrum, water-resistant sunscreen with a Sun Protection Factor (SPF) of 30 or higher to all exposed skin. Reapply sunscreen after swimming or sweating and about every two hours in the sun.
- Wear protective clothing including long sleeves and a broad-brimmed hat that shades the face, ears and neck.
- Wear polarized sunglasses that block 99 to 100 percent of UV rays and wrap around to protect eyes from every angle. The ability to protect the eyes does not depend on the sunglass lens' darkness or cost.
- Limit time spent in direct sun, especially when the sun's rays are most intense, usually from 10 a.m. to 4 p.m.
- Be cautious around the intensified UV light of sunlight that reflects off water, snow, sand and cement.
- Avoid tanning beds, sunlamps and welding lamps, which also give off UV radiation.
- Regularly check your skin for any changes and consult a dermatologist about any areas of the skin that bleed or have changed color or size. During periodic health exams, ask your doctor for a skin cancer check.

The American Cancer Society promotes a clever slogan that is easy to remember for ultimate UV radiation

protection: Slip! Slop! Slap! and Wrap. Slip on a shirt, slop on sunscreen, slap on a hat and wrap on sunglasses. Also to help in planning outdoor activities, the Environmental Protection Agency (www.epa.gov/sunwise/uvindex.html) offers an online daily measurement of the sun's UV rays nationwide on a scale of 1 to 11. A higher UV index calls for maximum sun protection.

WEEKLY ACTIVITIES

BAND PRACTICE & INSTRUCTION: Tuesdays from 12:45 to 2:45 PM. The UMSSC Band practices under the direction of professional musician, Ed Hickman. Open invitation to anyone age 55 or over interested in playing with a group (*must become a member of the senior center*). Stop in any Tuesday afternoon to listen or to join the band.

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

BREAD DAYS WEDNESDAY & THURSDAY: Free bread, rolls and baked goods donated to the Center. ***Bring your shopping bag and come between 11:00 AM and 2:00 PM. Please do not come early and please wait until the volunteers have finished bagging the bread.***

BRIDGE CLUB: ON HIATUS JULY AND AUGUST. Tuesdays at 10:00 AM in the Game Room. All bridge players welcome!

CANASTA: Wednesday's at 12:30. Coordinator: Lynn Boroch. *Beginner players will be welcome for instruction by Lynn (Wednesday). Notify the office to coordinate.*

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. 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!

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.

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. Coordinator: Bill Reynolds. 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.

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 July 17 from 12:15 to 1:00 PM 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: \$12.00, Non-Resident: \$27.00.

SENIOR CENTER COMMUNITY OUTREACH

APPRISE COUNSELOR

An AARP Volunteer Apprise Counselor is available through the Senior Center. They can provide assistance with insurance and Medicare concerns. Call the Senior Center at 610.265.4715 and give your name, telephone or email. We will provide the APPRISE COUNSELOR with your information and they will contact you directly to set up an appointment.

UPPER MERION EMERGENCY AID

Food and dry goods donations for local families. 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.***

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).

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! 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. 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

Our members knit caps for preemie babies at ***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. Hat pattern available.

FLOWER CAUSE

UMSSC participates in this community assistance program. 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 JULY

Tech Night on Monday, July 10 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.

Adult Coloring Night on Monday, July 10 at 2:00 pm and 7:00 pm. Bring your friends and enjoy coloring. Walk-ins are welcome. Materials will be provided. If you are interested in puzzles, we have them as well!!

Social Security Workshop on Thursday, July 13 and July 20 at 6:30 pm in Valley Forge room.

Attend both the sessions to benefit. Must register.
Zumba class on Monday, July 17 at 5:30 pm the Community Center: Professional instructor from our Community center will teach you Zumba. Come and enjoy the class while your body tones. The class will be held at the Community Center. Please be there 10 minutes early to sign the waiver. **MUST REGISTER** through the library. **FREE** for all, need not be a member.

Eating for Energy, presentation by Melissa Shapiro on Wednesday, July 19 at 7 pm in Valley Forge Room. Do you want to feel younger?

Recommit to New Year's resolutions for greater overall health? Feel energetic, emotionally poised, light, and free? This open talk will introduce ways to increase your energy and help you identify which foods may be holding you back from the life you deserve. Please register.

Knit Nite: Monday, July 24 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.

Open Mic for adults on Wednesday, July 26 at 7 pm: Come enjoy an open mic session. Performers must sign up in advance for a time slot via our online calendar. Attendees need not register.

Workshop on DIY projects. Sponsored by Home Depot King of Prussia on Thursday, July 27 at 7 pm in Freedom Hall.

All of these events take place at the UM Library:

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), 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

The open-air farmers market at the Upper Merion Township Building 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.



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

- **Personal Injury**
- **Real Estate**
- **Bankruptcy**
- **Criminal Law**
- **Domestic Law/Divorce**
- **Estate Planning**
- **Taxation**
- **Workers Compensation**
- **License Suspension/DUI**
- **Corporate Law**
- **Administrative & Municipal Law**

Joseph J. Pizonka

*Robert J. Reilley, Jr.**

*Salvatore F. Bello, Jr.**

*Daniel T. McGrory**

* Also Admitted in New Jersey

144 East DeKalb Pike, Suite 300, King of Prussia, PA 19406
(610) 992-1300 Fax: (610) 992-1505
www.prbmlaw.com

"We take good care of our friends—our customers—and the bottom line takes care of itself"

Stop in any time for amazing classes, fabulous special events, superior service, honest deals, & great sale prices!

Join our email club for weekly coupons, free newsletters, early access to popular classes, news of special events, and much more!

Go to: StevesSewAndVac.com
(Scroll down to "Email Club Enrollment")



268 W. DeKalb Pike (Rt. 202) King of Prussia, PA 19406
610-768-9453 or 800-585-9453 StevesSewAndVac.com

There's always something fun happening at Steves

VALLEY FORGE PRESBYTERIAN CHURCH

We are an INTERGENERATIONAL community
LEARNING, CELEBRATING, and DOING
GOD'S unconditional GOOD!

Worship Gatherings Sundays 10:00am:

Celebrating and proclaiming the unconditional love of God with our songs, prayers, and welcome of ALL.

Learning and Growth Opportunities:

Children and Youth Sunday School, Adult Bible Study, Monthly Book Club, VBS Aug 7-11 6pm

Participating in God's good:

Food collection, VFPC vegetable garden, Flea Market, Chili Cookoff, Host AA and NA, Volunteer with Meals on Wheels, Laurel House, Children's Village, More!

Young, old, lifelong, brand new, certain and unsure are all welcome!
191 Town Center Road, KOP, 19406 610-265-2420
www.ValleyForgePres.org www.PCUSA.org

Serving the Community Since 1941



Bernard S. Gutkowski Funeral Home

Upper Merion's Only Funeral Home

305 Jefferson Street
Swedesburg, PA 19405
610-275-6385
www.gutkowskifuneralhome.com

Keith J. Murphy
Supervisor
Funeral Director

Bernard S. Gutkowski
Funeral Director



Office Phone: 484 • 881 • 3399
Cell Phone: 610 • 207 • 8386
Fax: 866 • 334 • 1960

health & wellness
for all ages & abilities

Lou@agelessexerciseinc.com
www.agelessexerciseinc.com

Lou Busovsky
President

PEDIATRIC DENTISTRY

Jay Goldsleger, DDS
Scott Goldsleger, DDS
Amita Patel, DMD
Natalie De Barros, DMD
Abbey Sullivan, DMD
Matt Boswell, DMD
Michael Daley, DMD



GENERAL DENTISTRY

Larry Schlarb, DMD
Skip Hoerz, DMD
Ama Soley, DMD
Andrew Rush, DMD
Kristine Rushby, DMD

ORTHODONTICS

Bryan Ruda, DMD

ENDODONTICS

Andrew Greenstein, DMD

610/337-2325 Fax 610/337-3863
www.uppermeriondental.com



TIM BRIGGS PA
STATE REPRESENTATIVE 149th

*Serving the communities of
Bridgeport, Lower Merion, Upper Merion,
West Conshohocken and West Norriton*

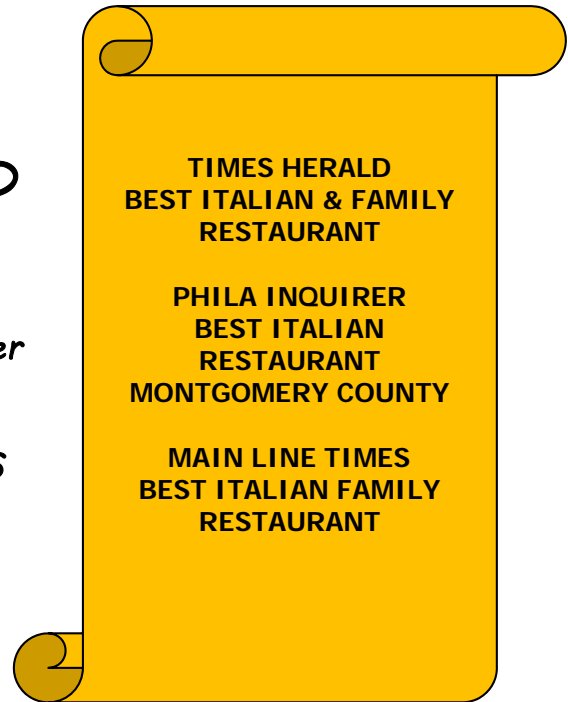
PHONE: 610-768-3135 EMAIL: REPBRIGGS@PAHOUSE.NET
WEBSITE: WWW.PAHOUSE.COM/BRIGGS



**ITALIAN
RESTAURANT AND
BAR**

*Valley Forge Shopping Center
239 Town Center Road
King of Prussia, PA 19406
610-265-2416
Fax: 610-265-3492*

*Let us host your next special occasion!
Luncheons – Dinners – Meetings – Funeral
Luncheons
Accommodations from 20 to 150*



**TIMES HERALD
BEST ITALIAN & FAMILY
RESTAURANT**

**PHILA INQUIRER
BEST ITALIAN
RESTAURANT
MONTGOMERY COUNTY**

**MAIN LINE TIMES
BEST ITALIAN FAMILY
RESTAURANT**

Since 1952

The Bacchi Funeral Home & Crematory, Ltd.

805 DeKalb St. (Rt. 202) Bridgeport, PA 19405-1211
(610) 272-1941

www.bacchifuneralhome.com



Darryl R. Bacchi, Supervisor
1928 - Russell J. Bacchi, F.D. - 2002

*We are a family owned and operated funeral home
which has been serving Bridgeport, King of Prussia,
Norristown and surrounding communities since 1952.*

King of Prussia Crematory is located on our premises.
www.cremating.com. Casket and Vault Display Room –
Parking on Premises – Pre-arranged Funerals Available

**We are proud to sponsor the Upper Merion
Senior Service Center!**



DAYLIN LEACH
STATE SENATOR – 17TH DISTRICT
COMMONWEALTH OF PENNSYLVANIA

SUITE 208
601 SOUTH HENDERSON ROAD
KING OF PRUSSIA, PA 19406
PHONE: (610) 768-4200
FAX: (610) 768-4204

SENATE BOX 203017
HARRISBURG, PA 17120-3017
PHONE: (717) 787-8544
FAX: (717) 705-7741
E-MAIL: dleach@pasenate.com

Edward J. Furman, CPA
Partner

efurman@maillie.com
PO Box 680, Oaks, PA 19456-0680
610.935.1420 | Cell: 610.212.5445
www.maillie.com



Certified Public Accountants and Business Consultants

UPPER MERION SENIOR SERVICE CENTER
431 W. VALLEY FORGE ROAD KING OF PRUSSIA, PA 19406

Non-Profit Org.
U.S. Postage
PAID
Southeastern, PA
Permit No. 615

TO:

REMINDERS FOR JULY 2017

THE SENIOR CENTER WILL BE CLOSED ON MONDAY JULY 3 AND TUESDAY JULY 4 FOR THE INDEPENDENCE DAY HOLIDAY

ON FRIDAYS STARTING JULY 7 THROUGH SEPTEMBER 1 THE CENTER WILL BE CLOSING AT NOON

- * FARMERS MARKET CHECKS DISTRIBUTED MONDAY THROUGH THURSDAY BETWEEN 10:00 AM AND 2:00 PM
- * BOOK TALK MONDAY JULY 17 AT 1:00 PM. THIS MONTH'S BOOK IS "OUR SOULS AT NIGHT" BY KENT HARUF
- * VALLEY FORGE CASINO WEDNESDAY JULY 19 AT 9:30 AM. *MUST REGISTER TO GET THE GROUP OFFER OF \$20.00 IN SLOT PLAY. CUT OFF DATE MONDAY JULY 17*
- * MEMORY CAFÉ THURSDAYS JULY 20 AND 27 FROM 12:30 PM TO 1:30 PM
- * SEPTA PASS ID EVENT THURSDAY, JULY 27 FROM 11:30 AM to 1:00 PM

INCLEMENT WEATHER & SENIOR CENTER CLOSINGS:

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

UM RAMBLER
Free service to UM Township Seniors (Visit GVF Transportation for pass)
You can ride back and forth to the Center, the Malls, and other destinations!
GVF Transportation Dept.
1012 W. Eighth Ave., Suite A
King of Prussia, PA 19406
Phone: 610-354-8899
www.gvftma.com

Note:
Information submitted following JULY 12 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

