



THE BEST OF TIMES

Celebrating 20 Years

NOVEMBER 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

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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Harlyce Grossman, Treasurer

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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

Hello All! Welcome Fall! October was a very busy month for UMSSC. We had the Community Fair on the 7th, Big Bingo on the 14th and we ended the month with our 20th Anniversary Party extravaganza. All three events were huge successes! Although, I think the Anniversary Party, which was attended by over 150 members and guests, tops the list.

A wonderful time was had by all. We feasted on a delicious fare and guests were able to enjoy our patio thanks to the beautiful weather. One of the highlights of the day was the presentation of the "Extraordinary Service Award" presented to Mary & Don McCree for their years of dedication to the success of our center. Be sure to pick up a special 20th Anniversary magnet at the front desk when you sign in.

Thanks to Ethel Hutchinson and Roseanne Scully for the hours spent reviewing 20 years of photos allowing us to go back in time and relive many cherished memories thru a photo montage they prepared with technical assistance by Howard Rosenblum.

Many thanks to Senator Daylin Leach, Representative Tim Briggs, Supervisors Greg Phillips, Greg Waks, Carole Kenney and tax collector Rose Hykel, for taking time from their busy schedules to celebrate with us and for securing the citations and proclamations presented to UMSSC to commemorate this momentous occasion.

We will kick off November with a tribute to our Veterans. Veterans' Day is Saturday, November 11 and beginning on Monday November 6 we will be distributing to all Vets a small token of our appreciation for their service.

Don't forget Thanksgiving! The staff will be giving thanks for all OUR wonderful members. We will be closed Wednesday, Thursday, & Friday for the holiday.

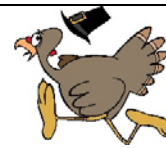
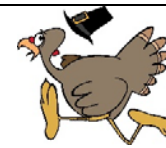
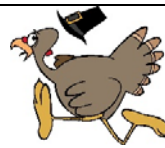
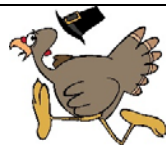
Tickets will go on sale November 1 for this year's Holiday Party to be held on December 4. Additional info is in this newsletter.





So I guess it is true - time sure does fly by when you're having fun. Come join us to put more fun in your days!

Cindy Eastman

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

NOVEMBER 2017



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<p>9:30 WEDNESDAY CARD PLAYERS 10:00 BOARD MEETING 11:00 BREAD DAY 12:00 TAI CHI (VIDEO) 12:30 CANASTA</p> <p>HOLIDAY PARTY TICKET SALES BEGIN</p>	<p>10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 BINGO 11:00 BREAD DAY 12:30 FUN & FITNESS 12:30 MEMORY CAFÉ</p>	<p>9:30 PINOCHLE 10:00 SING-A-LONG</p>	
5	<p>9:30 MAH-JONGG 10:30 CURRENT EVENTS 12:00 HERB DAY 1:30 YOGA (VIDEO)</p>	<p>9:30 COMPUTER CLUB 10:00 BRIDGE 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING</p>	<p>9:30 WEDNESDAY CARD PLAYERS 10:00 GENERAL MEETING & PRESENTATION 11:00 BREAD DAY 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 GARDEN CLUB</p>	<p>10:00 FINANCE/INVEST GROUP DISCUSSION 10:00 MEDICARE OPEN ENROLLMENT 10:15 NURSE 10:15 BINGO 11:00 OUTREACH - BRIGGS 11:00 BREAD DAY 12:30 FUN & FITNESS</p>	<p>9:30 PINOCHLE 10:00 SING-A-LONG</p>	<p>VETERANS DAY </p>
12	<p>9:15 VETERANS DAY CELEBRATION AT MOTHER TERESA REG. CATHOLIC SCHOOL 9:30 MAH-JONGG 10:30 CURRENT EVENTS 12:00 HERB DAY 1:30 YOGA (VIDEO)</p>	<p>9:30 COMPUTER CLUB 10:00 LIBRARY TECH HELP 10:00 BRIDGE 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING</p>	<p>9:30 VALLEY FORGE CASINO 9:30 WEDNESDAY CARD PLAYERS 11:00 BREAD DAY 12:00 TAI CHI (VIDEO) 12:30 CANASTA</p>	<p>10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 BINGO 11:00 BREAD DAY 12:30 FUN & FITNESS 12:30 MEMORY CAFÉ</p>	<p>9:30 PINOCHLE 10:00 SING-A-LONG</p>	
19	<p>9:30 MAH-JONGG 10:30 CURRENT EVENTS 12:00 <i>LAST</i> HERB DAY 1:00 BOOK TALK 1:30 YOGA (VIDEO)</p>	<p>9:30 COMPUTER CLUB 10:00 BRIDGE 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING</p>	<p>CLOSED FOR THANKSGIVING HOLIDAY </p>	<p>CLOSED FOR THANKSGIVING HOLIDAY </p>	<p>CLOSED FOR THANKSGIVING HOLIDAY </p>	
26	<p>9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA (VIDEO)</p>	<p>9:30 COMPUTER CLUB 10:00 LIBRARY TECH HELP 10:00 BRIDGE 11:00 CHAD THE THERAPY DOG - HOME HELPERS 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING</p>	<p>9:30 WEDNESDAY CARD PLAYERS 11:00 BREAD DAY 12:00 TAI CHI (VIDEO) 12:30 CANASTA</p>	<p>10:00 FINANCE/INVEST GROUP DISCUSSION 10:00 MEDICARE OPEN ENROLLMENT 10:15 BINGO 11:00 OUTREACH - LEACH 11:00 BREAD DAY 12:30 FUN & FITNESS</p>		

2018 INDIVIDUAL
MEMBERSHIP APPLICATION
(JANUARY 1, 2018 – DECEMBER 31, 2018)



Welcome To the Upper Merion Senior Service Center
431 W. VALLEY FORGE ROAD, KING OF PRUSSIA, PA 19406
TELE: 610-265-4715
OUR WEBSITE: www.umssc.org

****PLEASE PRINT & COMPLETE BOTH SIDES OF FORM****

Membership: \$20.00

* Do you have a handicap placard? Yes ___ No ___

*Select One: Mr. ___ Dr. ___ Mrs. ___ Ms. ___ Miss ___

*Last Name: _____ *First Name: _____

*Street Or P.O. Box: _____

*City: _____ State: _____ Zip Code: _____

*Telephone: (____) _____ E-Mail: _____

*Birthday Month: _____ Day: _____

*Emergency Contact Name: _____ Telephone: (____) _____

*School District: _____ *Note: Voting Privileges Restricted To Upper Merion Area School District Residents.*

*Referral: How did you hear about us? _____

*Would you like to receive paper copy of monthly newsletter? ___ (yes) ___ (no)

Confidentiality: The UMSSC guarantees your privacy. None of the above personal information will be made available to anyone, with the exception of birthdays, which are posted on the bulletin board every month.

****TWO-SIDED FORM – BOTH SIDES MUST BE COMPLETED****

Thank You!

Office Use Only

Date Paid: _____ Cash: \$ _____ Check No. _____ Payment Rec'd. By: _____

(Please Make Your Check Payable To UMSSC)

Membership Card issued: _____ Newsletter Issued (New Member): _____

PLEASE READ CAREFULLY - THIS IS A LEGAL DOCUMENT

WAIVER AND RELEASE OF ALL CLAIMS

THIS RELEASE, dated _____, is given *BY THE UNDERSIGNED*, hereinafter referred to as *RELEASOR*, TO THE UPPER MERION SENIOR SERVICE CENTER, their officers, agents, employees and representatives, hereinafter referred to as UMSSC.

1. **Waiver and Release.** In consideration of the grant of permission to participate in Upper Merion Senior Service Center activities, I release and give up any and all claims, demands, and/or rights which I have against Upper Merion Senior Service Center arising out of my participation in any such activity sponsored, authorized and/or permitted by the UMSSC. This releases all claims, including those of which I am not aware and those not mentioned in this Release. I release UMSSC, and hold UMSSC harmless, from any and all claims of personal injury or property damage arising out of or in any way related to my participation in any activity sponsored, authorized, and/or permitted by UMSSC. This release is intended to release all injuries, damages or losses to my person and property, real or personal, whether known, unknown, foreseen or unforeseen. I understand and acknowledge the significance and consequence of this Release and hereby assume full responsibility for any injuries, damages or losses that I may incur. This Release is freely and voluntarily given.

2. **Other Insurance.** I represent and certify that I am covered by my own medical insurance. I understand that I am not permitted to participate in any activities sponsored, authorized and/or permitted by UMSSC, unless I have such coverage. I fully understand that UMSSC is allowing me to participate in activities in reliance upon this representation.

3. **Who is Bound.** I am bound by this Release. Anyone who succeeds to my rights and responsibilities is also bound. Specifically, my heirs, executors, administrators and assigns are fully bound by this Release. This Release is made for the benefit of UMSSC and all who succeed to the rights and responsibilities of UMSSC.

I HAVE READ THIS RELEASE AND UNDERSTAND THAT I HAVE GIVEN UP MY RIGHT TO PURSUE A CLAIM AGAINST THE UPPER MERION SENIOR SERVICE CENTER, THEIR OFFICERS, AGENTS, EMPLOYEES AND/OR REPRESENTATIVES FOR ANY INJURIES, DAMAGES AND/OR LOSSES ARISING OUT OF MY PARTICIPATION IN ACTIVITIES SPONSORED, AUTHORIZED OR PERMITTED BY THEM.

DATE: _____

(Signature)

(Print name)

(Print address)

OUR BOARD OF DIRECTORS



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WHAT'S COMING UP

* * * * *

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

MEMORY CAFÉ

THURSDAYS NOVEMBER 2 AND NOVEMBER 16 FROM 12:30 PM TO 1:30 PM. Caregiver support group discussions. 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.

GENERAL MEETING

WEDNESDAY NOVEMBER 8 AT 10:00 AM. Our monthly meeting is open to all members. Learn what is going on at the senior center. We hope you will join us to celebrate November birthdays with some cake, a 50/50 raffle and a birthday raffle to win a hoagie from Angelo's Pizza.

Following the General Meeting we will have a **presentation by Kelly Styn, realtor with Keller Williams & Robert Blumberg, an estate and elder law attorney who can also provide info on VA assistance.**

GARDEN CLUB

WEDNESDAYS, NOVEMBER 8 AT 1:00 PM. Coordinator: Paul Buce. Greetings to all gardeners.

Only one meeting this month. Summer season was a success culminating in beautiful patio area enjoyed by attendees of the 20th Anniversary Party.

MEDICARE OPEN ENROLLMENT PRESENTATION
THURSDAYS, NOVEMBER 9 FROM 10:00 AM TO 12:00 PM. Our Apprise Counselors Barbara Pollock and Martha Simelaro will be here to answer your questions on Medicare. You will also have the opportunity to set up one-on-one appointments to discuss your issues.

BLOOD PRESSURE CHECK

THURSDAY NOVEMBER 9 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. (Note: until the end of the year Lori will only be here once a month.)

OUTREACH

Representative Tim Briggs' aide will be here on Thursday, NOVEMBER 9 from 11:00 AM to 2:00 PM.

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

TECH HELP

TUESDAYS NOVEMBER 14 AND NOVEMBER 28 10:00 AM TO 12:00 PM. Sangeetha Srinivasan, Program Coordinator for the UM Township Library, will be here to help our members with their tech questions. Please sign up in the Lobby.

VETERANS DAY THANK YOU

MONDAY, NOVEMBER 13 AT 9:15 AM. Mother Teresa Regional Catholic School in King of Prussia is beginning a new tradition by having a school mass as a tribute to all who have served our nation, with refreshments to follow in the gym. The school welcomes any veterans who would be willing to visit a class and talk to the students. If you are interested, please let us know so we can notify the principal. They are excited to have our members participate!

VALLEY FORGE CASINO

WEDNESDAY, NOVEMBER 15 (Cut-off date Monday, NOV. 13) 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.**

FRIDAY FLICKS!

FRIDAY NOVEMBER 17 - SICILIAN DELIGHT PIZZA (\$3.00) AT 11:30 AM - MOVIE (FREE) STARTS AT 12:15 PM THIS MONTH: "DUNKIRK". In May 1940, Germany advanced into France, trapping Allied troops on the beaches of Dunkirk. Under air and ground cover from British and French forces, troops were slowly and methodically evacuated from the beach using every serviceable naval and civilian vessel that could be found. At the end of this heroic mission, 330,000 French, British, Belgian and Dutch soldiers were safely evacuated. **Must sign up (and/or pay for pizza) at info desk by Thursday, November 16.**

BOOK TALK

"MY GRANDFATHER WOULD HAVE SHOT ME"

BY JENNIFER TEEGE

MONDAY, NOVEMBER 20 at 1:00 PM. Meets on the 3rd Monday of the month. Coordinator: Patricia Ackah. Jennifer Teege was shocked to discover her grandfather was a Nazi concentration camp commandant. Her mother never told her, and as a child she never knew her father - a Nigerian student with whom her mother had a brief affair. This is her story.

EXCURSIONS!

FAIRMOUNT PARK HOUSES

The historic houses in Fairmount Park will have their halls and rooms decked with ivy and other holiday trimmings for two weeks after Thanksgiving. The **Excursions Committee has arranged a guided tour of two of the houses for TUESDAY, DECEMBER 5.** The bus will leave the Center (from the swimming pool lot) at 10 a.m. and return at 3 p.m. The **cost of the trip including the bus and admission to the houses is \$60.** Our bus is staying with us to transport us and our guide from the Philadelphia Art Museum to the two houses - Strawberry Mansion and Cedar Grove. Then we will have a quick lunch (not included in price) in the Art Museum Cafeteria before returning home. **Payment is due Monday, November 20.** Please provide *your cell phone number and email address for reminders and updates.* First come, first served for **only 20 seats on the bus.** We have filled the bus for all the excursions.

UMSSC ANNUAL HOLIDAY PARTY

MONDAY, DECEMBER 4 FROM 11:00 AM TO 3:00 PM: UMSSC IN THE GRAND BALLROOM IN THE RADISSON TOWER OF THE VALLEY FORGE CASINO RESORT. Tickets on sale November 1.

Cost: \$30.00. The menu will be a choice of chicken or salmon. Celebrate the holidays with us! Entertainment, Cash Prizes, Door Prizes and a \$10.00 Slot Play compliments of the casino. **Don't forget your photo ID for the casino.**

UNWINED AND PAINT PARTY WITH SANFORD MOLINARO

FRIDAY, DECEMBER 8 AT 1:00 PM. COST: \$20.00 includes instruction, canvas, paint supplies and snacks. The December painting will be a holiday/winter theme. **Always a lot of fun!** Sign up and pay in the staff office.

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:

- ★ Roslyn Brenner made a donation to the 20th Anniversary Celebration
- ★ Senator Daylin Leach made a donation to the 20th Anniversary Celebration

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. ★ **Special thanks go to the Upper Merion Township Library** for all they do for the Senior Center including large print books and Friday Flicks.

FLOWER CAUSE

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!

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.**

NEWSWORTHY

2018 MEMBERSHIP RENEWALS

Beginning November 1 the 2018 membership renewals will be accepted. For the first time in over 15 years, the membership fee will be increasing to \$20.00 per person to help defray the increase we have experienced in our operating expenses. We look forward to the New Year and all of the exciting activities and events we are planning. We hope we can count on the continued support of our members.

FALL FUND RAISER DRAWING

Congratulations to our winners of the Fall Fund Raiser Chance Book drawing. The winning tickets were drawn on Wednesday, October 11 after the General Meeting. The big prize of \$500.00 went to Michele Dougherty, 2nd prize of \$300.00 to Tracey Paradis and third prize of \$100.00 to John Desko. Again, we wish to thank *DAVID BLACKMORE & ASSOCIATES GEOTECHNICAL & ENVIRONMENTAL ENGINEERING* for their continued support in funding the ticket printing.

UMSSC ELECTIONS

This is the first call for nominations for this year's UMSSC elections. We will be electing members for each of the four offices; President, Vice President, Secretary and Treasurer, plus two members for the Board of Directors. The four officers are for one year terms, the Board Directors for three year terms. Please submit your nomination for qualified candidates to anyone in the office or to Dick McCann or Paul Buce. "Submit" means you have spoken with the person you want to nominate to get their consent. Once you have their consent please fill out a nomination form (available in the "info center"). Thanks in advance for your interest in keeping UMSSC rolling as an A-1 operation.

ANNUAL HOLIDAY GIFT DRIVE - MONTGOMERY COUNTY OFFICE OF CHILDREN & YOUTH

This is the season of year when we look forward to celebrating with our families and friends, exchanging gifts and getting together. As the Christmas holiday approaches, we will help a not so fortunate family to have a very special one. The children are 21 month old and 10 month old sons of a military mother suffering from PTSD. The boys are now in the care of

their grandparents who were retired and planning to travel in their RV. Retirement plans were changed and the grandfather has returned to work in order to support his grandsons. We have been provided with a Christmas "wish list" for this family. They would like a Christmas tree and ornaments plus other necessities and toys for their grandsons. A more detailed list is on the bulletin board. We hope that our members will give generously to help make this the best ever holiday for this family!

WELCOME NEW MEMBERS!

Please join us as we welcome the following new members to our UMSSC family. We hope to see them around the Center. Welcome to: Susan Cooper, Denise & Thomas Monacella, Deanie Moses, Peter Nastasiak, Mary Jane Nesbitt, Laurence Sartor, Rosann Schade, Jeanette Springer, Tina Stokes, Catherine Tornetta, and Sharon Weaver.

KEEPING SENIORS INFORMED

MEASURES TO SAY WELL

We are in the cold and flu season. There are some measures which may help you stay healthy during that time. For those who choose to do so, you can have the flu shot which provides immunity for the most prevalent viruses. At this time there is no vaccine for colds.

You can utilize non-medical measures to maintain your immunity level and reduce your chances of getting a cold or flu. Handwashing is essential to aid in the prevention of illnesses. Your hands are in contact with dozens of surfaces every day and each of them harbor germs. Germ is a covering term for any bacteria, virus, etc. which can cause disease.

Think about how many times you touch your face, nose, mouth, or adjust your glasses. This provides a convenient pathway for germs to enter the body. Effective handwashing is essential. Cold and flu germs can live on bars of soap; liquid soap is better. Work up a good lather and wash all surfaces including between the fingers. Sing the "Happy Birthday" song to be sure you are washing for an adequate length of time.

Think of various ways you can keep surfaces in your home as clean as possible. High contaminated surfaces include doorknobs, railings, dials, controls of light, appliances, etc. Telephone and TV remotes are daily culprits for harboring germs. Use soap and water for some surfaces and disinfectant wipes for those which cannot tolerate water. Air drying avoids using a cloth which might be contaminated. Some reports say that a sponge used for dishes at the sink is one of the most contaminated objects in your home. It has always been advised to put it in the microwave for 2 to 3 minutes to

sterilize it, but recently that has been challenged as being effective. Watch for updates about it.

Try to limit contact with other who show signs of cold. Limit hugging and kissing friends. Protect yourself as much as possible. Stay home if you are sick. If you have a cold use disposable tissues and discard promptly.

Get adequate sleep and rest daily. If your body feels tired, it is giving you a message. You need to take a nap. Try to have 7 to 9 hours of night time sleep daily. Sleep time enables the body to recover from the daily stresses. During sleep time it does not have to use energy for activities but can allow the body to heal and prepare for the next day.

The habit of smoking can lower your body's resistance to infections. It irritates the airways and can make a cold turn into something more serious - like bronchitis. Keep your home well ventilated. It is always encouraged to maintain your daily fluid intake to stay well hydrated. All body cells need fluid to carry out their activities.

Be cautious about using over the counter meds. They could interact with your prescription meds. Some may have side effects - especially drowsiness. ALWAYS READ LABELS CAREFULLY WHEN TAKING MEDS. Be your own advocate for wellness.

contributed by Jane Burger)

WEEKLY ACTIVITIES

Always check the monthly calendar to confirm your activity of choice is happening. Some activities may be temporarily cancelled due to scheduling of other special events. If an activity is cancelled unexpectedly we always try to contact the participants in advance.

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 Wednesdays & Thursdays: 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: Tuesdays at 10:00 AM in the Game Room. All bridge players welcome!

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

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. 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!

FUN & FITNESS (formerly 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.

HERB DAY: On Mondays between noon and 1:00 PM. The last herb day will be Monday, November 20. Coordinator: Dottie Yacek-Matulis. Herbs will be cut, thinned and handed out in the Great Room for everyone to take home. Herbs will be cut by a member of the Garden Club. Bring your own sandwich bag and paper towel. Enjoy!

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.

LINE DANCING Wednesdays at 1:00 PM. Coordinator: Aracelia Panzano and Al Ikeda.

MAH-JONGG: Mondays at 9:30 AM. Coordinator: Lynne Borch. All level players are welcome, even beginners! Come in and learn to play this very popular game.

PINOCHLE LADIES AND GENTS: Tuesdays at 12:30 PM and Fridays at 9:30 AM in the Game Room. *They welcome more players.*

POKER: ON HIATUS UNTIL FURTHER NOTICE. If you would like to play give your name to the office staff and we will notify you when it is back on the calendar.

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: 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: Wednesdays at 9:30 AM. An informal, friendly gathering of members-some play cards some play bingo. Everyone has fun!

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

SENIOR CENTER COMMUNITY OUTREACH **APPRISE COUNSELOR**

An AARP Volunteer Apprise Counselor is available through the Senior Center to 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.

ST. JOHNS SOUP KITCHEN

On **Thursday, November 30** the King of Prussia Women's Club serves over 100 homeless people at St. John's Soup Kitchen in Norristown. *They would appreciate donations of Sloppy Joe ingredients; jars or cans of red sauce, rolls and onions. Peanut butter and jelly sandwiches are always enjoyed.* There will be a box in the lobby for the donations from now until Wednesday November 29.

UPPER MERION EMERGENCY AID

You can make donation of food and/or dry goods and cleaning and paper products for local families in need. Our donation box is in the lobby. *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, cleaning, laundry detergents and toiletries are needed. Also a special request for "after school" type snacks for kids. Let's help*

families in our community who are experiencing a time of need.

COMMUNITY HAPPENINGS

WHAT'S HAPPENING AT THE UM TOWNSHIP **LIBRARY - NOVEMBER UPDATES**



LIBRARY WILL BE CLOSED ON THURSDAY, NOVEMBER 23 AND FRIDAY, NOVEMBER 24 FOR THANKSGIVING HOLIDAY. WE WILL REOPEN ON SATURDAY, NOVEMBER 25 AT 10 AM.

Fall 2017 Book Discussion Series: The Lives We Lead: The Results and Repercussions of Making Choices

November 12: Nora Webster by Colm Toibin

All programs will meet from 2-3:30 PM. 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 or stop in at the library to register

Natural Digestive Health, Monday, November 1 at 7 pm in Valley Forge Room: Acid Reflux, Hiatal Hernias, Ulcers, Irritable Bowel Syndrome, Colitis, and Crohn's Disease are just a few of the digestive disorders that affect more than 61 million Americans each year. This presentation will teach the audience about natural means of improving or even correcting these problems.

Baby Boomers Retirement Roadmap series on Thursdays, November 2, 9, 16 and 30 at 6:30 pm in Valley Forge Room. Please check our online calendar for more information.

Tech Night on Monday, November 6 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.

Natural Allergies Remedies, Monday, November 8 at 7 pm in Valley Forge Room: Over 100 million Americans have allergies or allergy-related problems. Sneezing, itchy eyes and skin rashes only "scratch" the surface of allergy problems. Fatigue, depression, migraines, arthritis and even diabetes can be connected to allergic conditions. Come to this seminar and learn nature's ways to fight the allergies.

Adult Coloring Night on Monday, November 13 at 7 pm in Valley Forge Room. 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!!

Fitness class on Monday, November 20 at the Community Center (please check our online calendar for the class time): Professional instructor from our Community center will teach the class. 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.

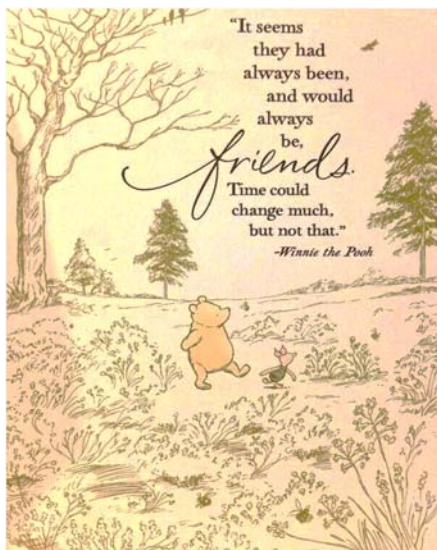
Knit Nite: Monday, November 27 at 7 pm. Fourth Monday of the Month. For all ages - from veterans to wanna-be knitters. If you don't know how to knit and want to learn, our more experienced knitters are always eager pass on their skills, and some advanced knitters are usually available to help with patterns 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.

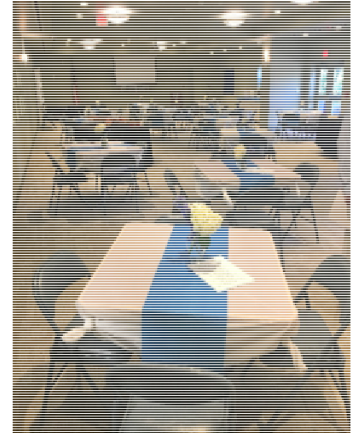
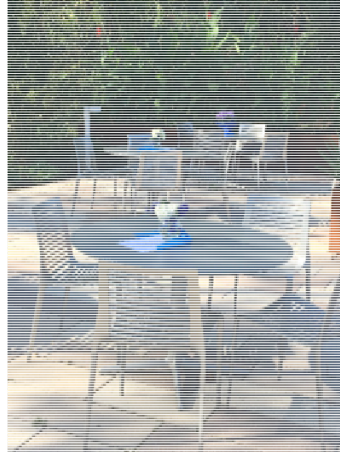
Low Vision Reader: Our library has a low vision reader for use in the library. Please contact us for more information.

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.



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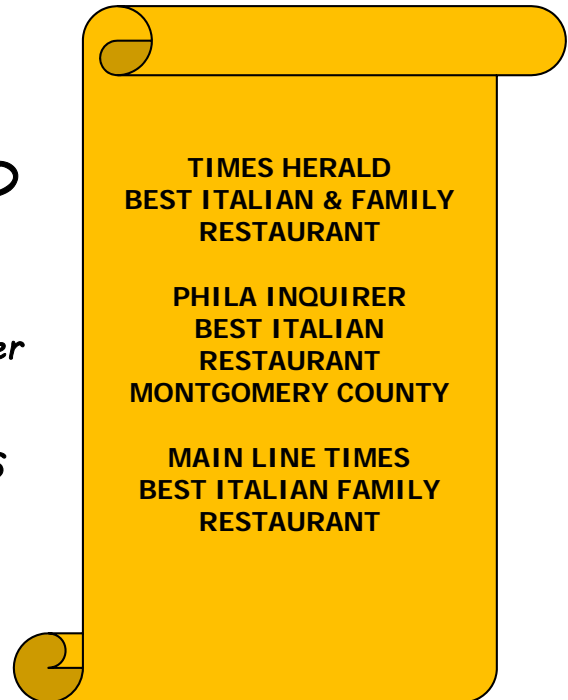
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**VOLUNTEER FOR OR PARTICIPATE IN ANY OF THESE
SENIOR CENTER COMMUNITY OUTREACH PROJECTS**

CALL FOR VOLUNTEERS

Are you interested in volunteering at the Senior Center? Here is a chance to get involved with *your* organization. Many events require some extra hands to run successfully and we look to our membership to help out. We would especially like to see some of our newer members volunteer at the Senior Center. If you do have the time to volunteer please give your name to Mary, Cindy or Shirley in the office.

RECEPTION AREA GREETER

We are looking for members with sunny dispositions who are interested in volunteering for a couple of hours each week at the Senior Center. In addition to greeting members as they come in and providing information to people who are interested in the Senior Center, you may be asked to help out on special projects (i.e. newsletter mailing). If you think you might be interested, see Cindy or Shirley in the staff office.

PUT BOOKS IN THE HANDS OF CHILDREN WHO NEED THEM

We are collecting children's books for the Bridgeport Elementary School children (grades K-4th). *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. Our members 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!

KNITTED CAPS FOR ST. CHRISTOPHER'S

Our members knit caps for preemie babies at *St. Christopher's Hospital for Children*. You can join the group here at the Center on Tuesdays at 1:00 PM or you can take the yarn and do your knitting at home. Hat pattern is available.

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