



# THE BEST OF TIMES

## SEPTEMBER 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](http://www.umssc.org)**

**EMAIL: [info@umssc.org](mailto: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

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Howard Lurie, Howard Rosenblum,  
Roseanne Scully, and Joan Shaw

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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**

For those who don't know me, my name is Beth Cassidy. I am the first person you see when you walk through the door of the Senior Center; the person reminding you to sign-in. I also answer any questions you may have and direct you to the activities. I have worked at UMSSC for 16 years. Sometimes it is hard for me to imagine that I have been here for 16 years. However, I knew from day one, this is where I wanted to be.

Some of my responsibilities are making sure people sign in, answering the telephone, and taking your memberships and casino trip registrations. Last, but not least, one of my favorite things to do is giving tours of our beautiful new center.

I am grateful to the caring people I have worked with through the years. They have always been encouraging, kind and supportive. Every day I have the opportunity to say hello to old friends and to meet wonderful new friends, the majority of who become members of our senior center family.

All of you have a special place in my heart. You make me look forward to my next 16 years working here at the Upper Merion Senior Service Center.

Thank you,

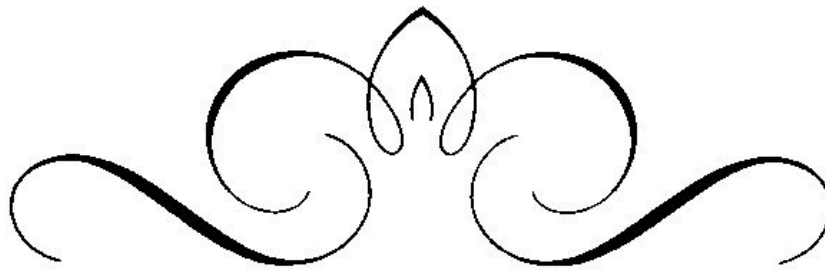
*Beth Cassidy*

***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***

# SEPTEMBER 2017



| SUNDAY                                 | MONDAY   | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  | SATURDAY  |
|--|--|---|---|---|---|---|
|  | <b>DON'T FORGET TO SEND IN YOUR CHANCE BOOK TICKETS!</b>   |   |   |   | 1<br><b>SENIOR CENTER<br/>CLOSED FOR<br/>LABOR DAY HOLIDAY</b>                      | 2   |
| 3                                      | 4<br><b>SENIOR CENTER<br/>CLOSED FOR<br/>LABOR DAY HOLIDAY</b><br><br><b>EAT AN EXTRA DESSERT<br/>DAY</b>  | 5<br>9:30 COMPUTER CLUB<br>9:30 POKER<br>10:00 BRIDGE<br><b>11:30 FUN &amp; FITNESS</b><br>12:30 PINOCHLE<br>12:45 BAND PRACTICE /<br>INSTRUCTION<br>1:00 KNITTING/CROCHETING<br><br><b>BE LATE FOR SOMETHING<br/>DAY</b> | 6<br>9:30 WEDNESDAY CARD PLAYERS<br><b>10:00 BOARD MEETING</b><br>11:00 BREAD DAY<br>12:00 TAI CHI (VIDEO)<br>12:30 CANASTA<br>1:00 LINE DANCING<br><br><b>FIGHT PROCRASTINATION DAY</b>  | 7<br>10:00 FINANCE/INVEST<br>GROUP DISCUSSION<br>10:15 BINGO<br>11:00 BREAD DAY<br><b>12:30 FUN &amp; FITNESS</b><br><b>12:30 MEMORY CAFÉ</b>   | 8<br>9:30 PINOCHLE<br>10:00 SING-A-LONG<br><br><b>NATIONAL<br/>GRANDPARENTS DAY</b> | 9   |
| 10<br><br><b>TV<br/>DINNER<br/>DAY</b> | 11<br>9:30 MAH-JONGG<br>10:30 CURRENT EVENTS<br><b>12:00 HERB DAY</b><br>1:30 YOGA (VIDEO)<br><br><b>PATRIOT'S DAY</b>   | 12<br>9:30 COMPUTER CLUB<br>19:30 POKER<br>0:00 BRIDGE<br><b>11:30 FUN &amp; FITNESS</b><br>12:30 PINOCHLE<br>12:45 BAND PRACTICE /<br>INSTRUCTION<br>1:00 KNITTING/CROCHETING  | 13<br>9:30 WEDNESDAY CARD PLAYERS<br><b>10:00 GENERAL MEETING &amp;<br/>PRESENTATION BY THE<br/>MEADOWS AT SHANNONDELL</b><br>11:00 BREAD DAY<br>12:00 TAI CHI (VIDEO)<br>12:30 CANASTA<br><b>1:00 GARDEN CLUB</b><br>1:00 LINE DANCING<br><br><b>POSITIVE THINKING DAY</b> | 14<br>10:00 FINANCE/INVEST<br>GROUP DISCUSSION<br><b>10:15 NURSE</b><br>10:15 BINGO<br><b>11:00 OUTREACH-BRIGGS</b><br>11:00 BREAD DAY<br><b>12:30 FUN &amp; FITNESS</b><br><br><b>HUG YOUR HOUND DAY</b> | 15<br>9:30 PINOCHLE<br>10:00 SING-A-LONG<br><b>11:15 FRIDAY FLICKS</b>              | 16<br><b>UM COMMUNITY<br/>CENTER BLDG.<br/>1 YEAR<br/>ANNIVERSARY<br/>OPEN HOUSE<br/>3:00-5:00 PM</b><br><br><b>PAPER SHREDDING<br/>11:00 - 1:00<br/>UM MIDDLE SCHOOL</b> |
| 17                                     | 18<br>9:30 MAH-JONGG<br>10:30 CURRENT EVENTS<br><b>12:00 HERB DAY</b><br><b>1:00 BOOK TALK</b><br>1:30 YOGA (VIDEO)  | 19<br>9:30 COMPUTER CLUB<br>9:30 POKER<br>10:00 BRIDGE<br><b>11:30 FUN &amp; FITNESS</b><br>12:30 PINOCHLE<br>12:45 BAND PRACTICE /<br>INSTRUCTION<br>1:00 KNITTING/CROCHETING<br><br><b>TALK LIKE A PIRATE DAY</b>       | 20<br><b>9:30 VALLEY FORGE CASINO</b><br>9:30 WEDNESDAY CARD PLAYERS<br><b>9:30 QUILTING</b><br>11:00 BREAD DAY<br>12:00 TAI CHI (VIDEO)<br>12:30 CANASTA<br>1:00 LINE DANCING  | 21<br><b>SENIOR CENTER<br/>CLOSED FOR<br/>ROSH HASHANAH</b>   | 22<br>9:30 PINOCHLE<br>10:00 SING-A-LONG<br><b>12:30 MEMORY CAFÉ</b>                | 23  |
| 24                                     | 25<br><b>9:00 ACME FLU SHOTS</b><br>9:30 MAH-JONGG<br>10:30 CURRENT EVENTS<br><b>12:00 HERB DAY</b><br><b>1:00 VOLUNTEER<br/>APPRECIATION DAY</b><br>1:30 YOGA (VIDEO) | 26<br>9:30 COMPUTER CLUB<br>9:30 POKER<br>10:00 BRIDGE<br><b>11:30 FUN &amp; FITNESS</b><br>12:30 PINOCHLE<br>12:45 BAND PRACTICE /<br>INSTRUCTION<br>1:00 KNITTING/CROCHETING  | 27<br>9:30 WEDNESDAY CARD PLAYERS<br>11:00 BREAD DAY<br>12:00 TAI CHI (VIDEO)<br>12:30 CANASTA<br><b>1:00 GARDEN CLUB</b><br>1:00 LINE DANCING<br><br><b>HUG A VEGETARIAN DAY</b>   | 28<br><b>SENIOR CENTER<br/>CLOSED FOR<br/>SENIOR FALL FLING</b><br><br><b>ASK A STUPID QUESTION DAY</b>   | 29<br><b>SENIOR CENTER<br/>CLOSED FOR<br/>YOM KIPPUR</b>                            | 30  |



Save The Date - Friday October 20 2017 -  
UMSSC 20<sup>th</sup> Anniversary

2017 marks the 20<sup>th</sup> Anniversary of the Upper Merion Senior Service Center. So much has happened over the past 20 years and we want to celebrate this time spent with all of our members at an Open House which is planned for Friday, October 20 from 11:30 AM to 1:30 PM.

Are you an original member? If so, we encourage you and other members to share your memories and any photographs of your time spent at the senior center. We hope you will want to celebrate this milestone with us.

Your name will be listed in our keepsake program with a donation of any of the following amounts. Donations in memory of a loved one or in honor of a friend are also accepted. Checks should be made payable to UMSSC.

PLATINUM - \$150 - \$200

GOLD - \$100 - \$149

SILVER - \$50 - \$99

BRONZE - \$25 - \$49



DONATION TO UMSSC (snip & send with your donation & check made payable to UMSSC)

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_  
\_\_\_\_\_

CHECK ENCLOSED: \_\_\_\_\_

DONATION IS \_\_\_\_\_ IN MEMORY OF LOVED ONE **OR** \_\_\_\_\_ IN HONOR OF A FRIEND

Name: \_\_\_\_\_

## OUR BOARD OF DIRECTORS



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## WHAT'S COMING UP

**REMINDER - SENIOR CENTER WILL BE CLOSED ON FRIDAY, SEPT. 1 AND MONDAY SEPT. 4 FOR LABOR DAY HOLIDAY, ON THURSDAY SEPT. 21 FOR ROSH HASHANAH, ON THURSDAY SEPT. 28 FOR THE SENIOR FALL FLING AND ON FRIDAY SEPT. 29 FOR YOM KIPPUR**

\* \* \* \* \*

**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!**

### TECH HELP

**TUESDAYS SEPTEMBER 5 AND SEPTEMBER 19 FROM 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.

### MEMORY CAFÉ

**THURSDAY SEPTEMBER 7 AND FRIDAY SEPTEMBER 22 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 SEPTEMBER 13 AT 10:00 AM

Our monthly meeting is open to all members. Learn what is going on at the senior center. ***An after-meeting presentation will be given by Christy Benedetto from The Meadows at Shannondell.*** Also, we hope you will join us to celebrate July and August birthdays with some cake, a 50/50 raffle and a birthday raffle to win a hoagie from Angelo's Pizza.

## GARDEN CLUB

### WEDNESDAYS, SEPTEMBER 13 AND 27 AT 1:00

**PM.** Coordinator: Paul Buce. Greetings to all gardeners! Our meeting on September 13 will be our annual "Something from the Garden" lunch meeting. Bring along a personal favorite to share that might have been from something you grew.

## BLOOD PRESSURE CHECK

### THURSDAY SEPTEMBER 14 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.

## WELCOME BACK FRIDAY FLICKS!

### FRIDAY SEPTEMBER 15 - SICILIAN DELIGHT

**PIZZA (\$3.00) AT 11:15 AM - MOVIE (FREE) STARTS AT 12:15 PM THIS MONTH: HIDDEN FIGURES STARRING Taraji P. Henson, Octavia Spencer and Janelle Monae`** is the story of a team of female African-American mathematicians who served a vital role in NASA during the early years of the U.S. space program. Members must sign up at info desk by Thursday, September 13.

## BOOK TALK

### "A FALL OF MARIGOLDS" BY SUSAN MEISSNER

**MONDAY, SEPTEMBER 18 at 1:00 PM.** Meets on the 3<sup>rd</sup> Monday of the month. Coordinator: Patricia Ackah. A beautiful scarf, passed down through the generations, connects two women who learn that the weight of the world is made bearable by the love we give away....

## VALLEY FORGE CASINO

**WEDNESDAY, SEPTEMBER 20 (Cut-off date Monday, SEPT. 18)** 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.*

### **VOLUNTEER APPRECIATION DAY**

**MONDAY SEPTEMBER 25 AT 1:00 PM** To celebrate our *VOLUNTEER OF THE YEAR* we are hosting a get together in the *Great Room*. Light refreshments will be served. ***HOPE YOU CAN COME! Please sign up at the Reception Desk.***

### **FLU SHOTS BY SAVON AT ACME**

**FLU SHOTS WILL BE GIVEN ON THE FOLLOWING DATES:** MONDAY, SEPTEMBER 25 FROM 9:00 AM TO 11:00 AM, WEDNESDAY, OCTOBER 11 FROM 12:00 PM TO 2:00 PM AND TUESDAY, OCTOBER 24 FROM 11:00 AM TO 1:00 PM.

### **OUTREACH**

**Representative Tim Briggs' aide** will be here on **Thursday, SEPTEMBER 14** from 11:00 AM to 2:00 PM.

### **16<sup>th</sup> ANNUAL SENIOR FALL FLING**

**THURSDAY SEPTEMBER 28 (SENIOR CENTER WILL BE CLOSED).** Held in the Pavilion at the Court in the King of Prussia Mall from 10:00 AM to 2:00 PM with everyone requested to arrive by 9:45 AM. A sign-up sheet is at the reception desk. Come and discover the hidden treasures of six seniors from Upper Merion Township who will be honored this day. Can you guess who they are and what talents they possess? Maybe it is someone that you know. Find out when you attend the 16<sup>th</sup> Annual Senior Fall Fling.

We are seeking volunteers to serve on the Senior Fling Committee. We meet for approximately 2 hours once a month at the Upper Merion Township Building from January until October. If you are interested contact Dottie Wisniewski at 610-265-9055.

### **COMMUNITY FAIR**

The Senior Center will have a booth at the Annual Community Fair on **Saturday October 7** held at Heuser Park. Hope you will stop by and say hi at this fun community event!

### **UNWINED AND PAINT PARTY WITH SANFORD MOLINARO**

**FRIDAY, OCTOBER 6 AT 1:00 PM and FRIDAY, DECEMBER 8 AT 1:00 PM.** COST: \$20.00 includes instruction, canvas, paint supplies and snacks. The October painting will be a fall theme. The

December painting will be a holiday/winter theme. *Always a lot of fun!* Sign up and pay in the staff office.

### **MEET THE CANDIDATES FORUM**

**MONDAY, OCTOBER 9<sup>TH</sup> FROM 10:00 AM TO 12:00 PM.** Light refreshments will be served after the meeting. All activities normally held in the great room at this time will be cancelled. Questions for the candidates should be submitted in writing prior to the forum. Cards for writing your questions are available at the Reception Desk and should be handed in to the office staff **by Friday, September 29.**

### **UMSSC 9<sup>TH</sup> BIG BINGO**

**CASH PRIZES SATURDAY, OCTOBER 14, 2017.** Advance Sale Tickets\*: \$20.00 Day of Tickets\*: \$25.00 Doors Open 11:00 AM Games Start 12:00 PM Refreshments for sale\*\*. (\*No One Under Age 18 Will Be Admitted \*\*No Outside Food or Beverage Permitted) ***A Registration Form is attached to the back of this Newsletter*** and is also available at the Info Center in the Lobby or on our website [www.umssc.org](http://www.umssc.org).

### **EXCURSIONS!**

#### **VINEYARD VISIT & WINE TASTING**

Join us **Tuesday, September 26** for a **tour and wine tasting** at *A Dello Vineyard & Winery* in Perkiomenville. Cost is \$10 for the glass for the wine tasting. Bring your own lunch to enjoy at the same time. Transportation is by car pool. Please indicate if you are willing to drive. Members of the Excursions Committee are driving, but we will need a couple more. **Check the UMSSC lobby for sign up.** For additional info call Pat Holden at 484-234-9669.

#### **MUSEUM OF THE AMERICAN REVOLUTION**

We have arranged a bus trip to the new Museum of the American Revolution in Olde City, Philadelphia for **Thursday, October 26.** The cost of \$40 includes the bus ride and admission to the museum. For those interested, we will make a reservation at the historic City Tavern which is a short walk from the museum. Otherwise, lunch is on your own. Sign up in the lobby. ***TRIP LIMITED TO 21 PEOPLE. Be at the upper parking lot (next to pool) at 9:15 a.m. for bus departure.*** We plan to be back about 3:30. For additional info call Pat Holden at 484-234-9669.

### **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.***

★ Janet Sheehan, Harlyce & Jerry Grossman, Ethel Hutchinson, Adele Halas and Laura & Jonathan Schoff in memory of Tom Scully

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

**NEWSWORTHY  
SAVE THE DATE**

Saturday, September 16 marks the one year anniversary of the new Upper Merion Community Center building and will be celebrated on that date at an Open House from 3:00 to 5:00 PM. It also marks how long UMSSC has been in our new facility. Of course, we hope everyone is enjoying their time at our new center and we look forward to being here for many years to come!

**Speaking of anniversaries, don't forget to send in your RSVP's for our 20<sup>th</sup> Anniversary Open House celebration on Friday October 20.**

**FALL FUND RAISER**

Our *Fall Fund Raiser Chance Book* drawing is scheduled for Wednesday October 11 at the General Membership Meeting. Don't forget to hand in your ticket books for a chance to win. Additional books can be purchased at the Senior Center. We hope that we can count on your help with this fund raiser by purchasing the books mailed to you. Special thanks go to *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 offices are for one year terms, the Board Directors for three year terms. Please submit your suggestions 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.

**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: Edwin Dougherty, Sirvart Kaloustian, Jeanne Lane, Eileen McGinley, Maryellen McTeague, Phyllis Petrolina, Frances Riegner, Jeanne Shehan and Dwanna Whiting.

**KEEPING SENIORS INFORMED**

**WHAT ARE THE CATEGORIES OF EXERCISE?**

Is there a difference between physical activity and exercise? Both are voluntary activities that you do to burn calories. Physical activity is anything you do to get your body moving. Examples are walking the dog, raking leaves or using the vacuum. Exercise is a form of physical activity that is specifically planned, structured and is repetitive. Examples are aerobic classes, weight lifting, line dancing or chair exercise classes.

Both are important for one's physical and mental health. Being physically active can help you continue to do most of the things you enjoy and to stay independent as you age. Regular physical activity can produce long term health benefits. The benefits you gain will depend on your starting point and how much effort you put into it.

Exercises fall into four main categories: endurance, flexibility, strength and balance. Endurance or aerobic activities increase the heart rate and breathing. They can improve the health of your heart, circulation and respiratory system. Examples include: brisk walking, dancing, swimming, tennis and jogging. The concept is to gradually increase the level of whatever you are doing. If you experience effects such as labored breathing or a very increased pulse rate, back up and work for a more gradual increase. Listen to your body, but don't give up on yourself. Keep breathing throughout all activities.

Flexibility is needed for many everyday activities. Can you turn your head and shoulders when leaving a parking space? Can you bend down to tie your shoe laces? Can you reach the top shelf to reach an item? Flexibility exercises focus on all muscles from your fingers to your toes. It would be advisable to have some guidance for safety and best results, but there are some things you

can do. Turn your head from side to side as far as you can. Do shoulder shrugs by lifting and lowering the shoulder. When seated, flex and extend the feet and also bend forward toward the knees, then sit back up. Keep breathing throughout the activities.

Strength is needed to lift and carry grocery bags or laundry baskets or to pick up and carry small grandchildren. Again, it is best to have some guidance in strength training. Improving your strength can make it easier for you to get up from a chair, climb steps, open jars, sweep the patio. Tools to use to increase strength are weights, soup cans and stretchy bands. A repetition (or rep) is one full movement of an exercise. A set is ten to fifteen reps. Exercises are designed for sets of muscles such as biceps, quadriceps, calves, etc. Remember to breathe while doing them.

Balance is vital in helping to prevent falls and to enable you to move quickly when needed. The previously discussed activities involving the lower body will help with balance. Again, guided activities would be advised to learn the most effective strategies. Our Senior Center (via Main Line Health) has provided a series of classes, twice in recent years. Meantime one could practice a few activities which could be helpful. When brushing your teeth, hold onto the sink with one hand and stand on one foot for twenty seconds, then switch to the other foot. Continue throughout the time you are brushing. You could do this in the kitchen while the coffee is brewing. Also, hold onto a sturdy chair and stand on one foot release your grip and see if you can balance. Always be cautious when endeavoring to do balance activities.

Anticipate how you can incorporate some of these types of exercises into your daily plans. Endurance, flexibility and balance exercises can be done five or six days a week. Strength training is usually done two to three times per week, but not on consecutive days. Do what is BEST FOR YOU, but be consistent in your efforts. You will benefit from your efforts.

*(contributed by Jane Burger)*

### **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 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.** 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.

**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: Tuesdays at 12:30 AM and Fridays at 9:30 AM** in the Game Room. *They welcome more players.*

**POKER: Tuesdays at 9:30 AM** in the lounge. Coordinator: Bill Reynolds.

**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: 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.

**ZUMBA GOLD WITH GENI AND FRIENDS: Mondays September 25 through November 13 from 12:15 PM to 1:00 PM.** *Register for Zumba Gold through Park and Rec Dept.* Instructor: Geni Roskos. All the fun of Zumba designed for the 50+ participant - a less intense but still invigorating Latin dance fitness class. Cost: Res. \$19.00 Non-Res. \$24.00 PR \$16.00, PNR \$20.00. *Free Demo Day, September 18 from 12:15 PM-1:00 PM.*

### **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.

### **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, cleaning, laundry detergents and toiletries. All donations are appreciated.***

### **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 - SEPTEMBER UPDATES**



**Library will be closed Saturday, September 2 through Monday, September 4 for Labor Day. We will re-open on Tuesday, September 5 at 9 AM.**

**Stop by the library and see the display case which is dedicated to the UMSSC 20<sup>th</sup> Anniversary.**

**Tech Night. Monday, September 11 at 7 pm in the 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. Monday, September 11 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!!!

**Dr. Steve's Presentation "Ancient Egyptian Pyramids in Context". Wednesday, September 13 at 7:00 pm** in Freedom Hall. The Great Pyramids of Giza, Egypt, stand as majestic witness to the passage of over 4,500 years of human history, filling everyone who sees them with awe. Join Dr. Steve as he reviews popular notions as to why pyramids were built, how they were built, and who built them. All are welcome.

**Fitness Class Monday, September 18 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, September 25 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.

**Digital Marketing with Bob Clark. Wednesday, September 27 at 7:00 pm in Valley Forge Room.**

Your web presence is your virtual front door, and it is becoming more important than ever. The internet is now our first stop to research products and services, get local business information, and answer our questions. Join Bob Clark from Delos Incorporated, discuss the trends you should be aware of in 2018, and what you can do to take advantage of them to grow your business. The presenter will discuss mobile, social media, live video, artificial intelligence, personalization, automation and more. Please register.

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.

**NOT JUST FOR FUN**

Stay sharp and have some fun with this word puzzle workout for your brain. These types of brain "teasers" can help to boost overall brain activity, increase your memory power, reduce the risk, and slow the decline, of dementia, improve memory and brain processing speed, reduce boredom, improve concentration.

**ZIGZAG PUZZLE**

This is a zigzag word search puzzle. Words go left right, up, down, not diagonally and can bend at a right angle. There are no unused letters in the grid, every letter is used only once.

Theme of this puzzle is "BIRTHDAY". Answers are shown in the flipped box below the puzzle.



Find all the words from the word list (ignore spaces and dashes, if any):



**ANSWER (Don't cheat!)**



# UMSSC 9<sup>TH</sup> BIG BINGO

## SATURDAY, OCTOBER 14, 2017

ADVANCE REGISTRATION: \$20.00\*

DAY OF REGISTRATION: \$25.00\*

DOORS OPEN AT 11:00 AM GAMES START at 12:00 pm

REFRESHMENTS FOR SALE\*\*

UPPER MERION SENIOR SERVICE CENTER

431 W. Valley Forge Road

King of Prussia, PA 19406

TELEPHONE: 610-265-4715

CASH PRIZES ARE: 20 Regular Games \$25.00 each - 4 Special Games \$50.00 each - Grand Prize Coverall Game \$100.00

1 Packet of 20 Regular Bingo (6 cards/game): \$20.00

1 Packet of Specials (4 cards/game) \$5.00

1 "Coverall" game card \$3.00

Additional Regular Bingo Packets: \$10.00

Additional Special Bingo Packets: \$3.00

Additional "coverall" game cards \$1.00 ea.

Dabbers \$1.00/ea

Lottery Basket Raffle 10 for \$5.00

50/50 tickets 10 for \$5.00

Door prizes *(will be drawn from your registration ticket)*

\*NO ONE UNDER AGE 18 WILL BE ADMITTED

\*\*NO OUTSIDE FOOD OR BEVERAGE PERMITTED

To register, please complete, clip and mail this form with your check, made payable to UMSSC, to Upper Merion Senior Service Center, 431 W. Valley Forge Road, King of Prussia, PA 19406

Enclosed please find my check for \$\_\_\_\_\_ for \_\_\_\_\_ people, made payable to UMSSC.

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_  
\_\_\_\_\_

TELEPHONE: \_\_\_\_\_

Please list the name(s) of your guest(s) here to ensure that we register them as well. Thank you.

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

YOUR NAME AND THOSE OF YOUR GUEST(S) WILL BE ON FILE AT THE RECEPTION TABLE WHEN YOU ARRIVE AND YOU WILL BE GIVEN YOUR REGULAR BINGO PACKET(S). YOU MAY RESERVE A TABLE FOR 8 PEOPLE.

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Learning and Growth Opportunities:

Children and Youth Sunday School, Adult Bible  
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Participating in God's good:

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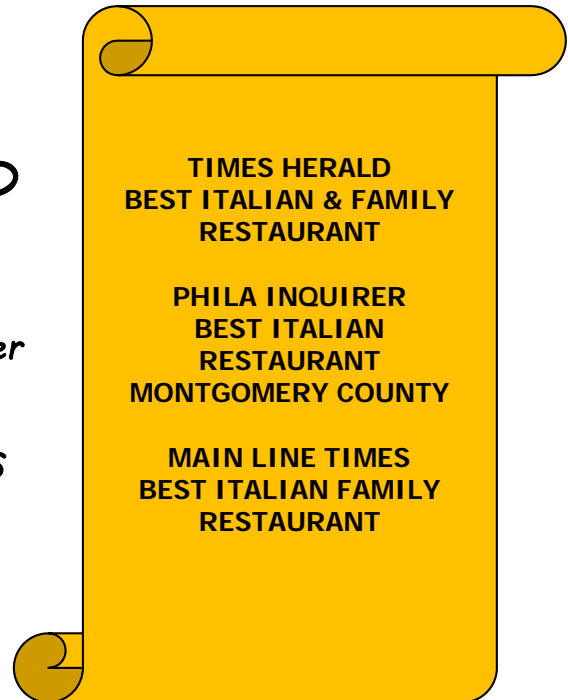
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TO:

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

**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. 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!

**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. 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.

***INCLEMENT  
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