



THE BEST OF TIMES

DECEMBER 2016

Published Monthly since 1997 by
the Upper Merion Senior Service Center
a Non-Profit 501(c)(3) Organization
Serving the Senior Community

UPPER MERION SENIOR SERVICE CENTER
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HOURS: MONDAY THRU FRIDAY
9:00 AM TO 3:00 PM

OUR MISSION STATEMENT

THE OBJECTIVE OF THE UPPER MERION SENIOR SERVICE CENTER SHALL BE TO IDENTIFY AND TO ASSIST IN MEETING THE NEEDS OF OLDER ADULTS IN A MULTI-USE ENVIRONMENT FOR PHYSICAL, EDUCATIONAL AND RECREATIONAL ACTIVITIES.

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"Best of Times" Editors:

Mary F. McCree and Shirley Robey

GOALS

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

MONTHLY MESSAGE

Dear Friends,

We will be holding our annual Holiday Party in the Grand Ballroom of the Radisson of the Valley Forge Casino Resort on Monday December 5. We will have much enjoyment with entertainment by our Upper Merion Senior Service Center band.

Much thanks to Mark and Brenda Shepperd for the wonderful Thanksgiving meal last month. We were treated to Turkey, Stuffing, salad, potatoes et al. The food was donated by Famous George's, Angelo's Pizza, Wegman's in King of Prussia, Chick-Fil-A Restaurant on DeKalb Pike.

Remember we are now accepting membership renewals for 2017 and dues remain at the LOW fee of \$15. Please be sure you are given a membership card when you renew. You do not have to join the Community Center to be a member of the Senior Center. A UMSSC Membership Application Form is enclosed for your convenience.

Merry Christmas, Happy Hanukkah and Happy Kwanzaa. Best to all whichever is your holiday and the best to all for a very Happy and Healthy New Year in 2017 and as always, *come spend some time with us and remember to always say something nice about UMSSC.*

Mary McCree
President

Upper Merion Senior Service Center (UMSSC) is an equal opportunity institution that will not discriminate on the basis of race, color, religious affiliation, national origin, sex, age, marital status or disabilities in its activities, programs or employment practices

DECEMBER 2016



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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OUR BOARD OF DIRECTORS



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UPCOMING EVENTS

THE SENIOR CENTER WILL BE CLOSED FROM FRIDAY, DECEMBER 23 TO FRIDAY, DECEMBER 30. WE WILL REOPEN ON MONDAY, JANUARY 2, 2017

MONDAY, DECEMBER 5 FROM 11:00 AM TO 3:00 PM: UMSSC ANNUAL HOLIDAY PARTY IN THE GRAND BALLROOM IN THE RADISSON TOWER OF THE VALLEY FORGE CASINO RESORT. Tickets go on sale October 18. Cost: UMSSC Members \$25.00 Non-UMSSC members \$30.00. The menu will be a choice of chicken or salmon. Celebrate the holidays with us! Entertainment, Cash Prizes, Door Prizes and \$10.00 Slot Play. **Don't forget your photo ID for the casino.**

ADAPTIVE EQUIPMENT PRESENTATION BY MAIN LINE HEALTH: MONDAY, DECEMBER 12 AT 1:30 PM.

VALLEY FORGE CASINO WEDNESDAY, DECEMBER 21 (Cut-off date Mon., Dec. 19.) 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.*

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:

- ★ Mary & Don McCree in memory of Nancy D'Antonio
- ★ Cindy & Dan Eastman in memory of Nancy D'Antonio

GRACIAS! THANKS! DANKE! MERCI!

★ *Sicilian Delight for their pizza for Friday Flicks!*
★ *Thank you Tony from Angelo's Pizza – for the foot long Birthday Hoagies he donates to the center every month.* ★ *LeBus Bread – who donates delicious baked bread every week.*
★ *Costco for their generous donation of a monthly gift card for our birthday cake purchases.* ★ *Malvern Wegmans for their bountiful donation of baked goods.* ★ *Acme Market for their wonderful donation of baked goods.* ★ *Sun Joe - who generously donates the baked goods we put out for snacks.* ★ *Special thanks go to the Upper Merion Township Library for all they do for the Senior Center - large print books and Friday Flicks.*



COMMUNITY OUTREACH UMSSC ADOPTS FAMILY FOR THE HOLIDAY

The holidays are about family and sharing. We have adopted a family less fortunate than ourselves. They are a single mother of three; a 13 year old son and 11 year old and 7 year old daughters. The mother has requested gifts only for her children. We have posted a list of their wishes on our bulletin board and on our website. We have also placed **a giving jar at the front desk** if you would like to donate some cash towards purchasing some of the gifts. Anything you can give will be appreciated. Please bring in your gifts to the office by

December 9. Let's make it a special Christmas for this family.

ST. JOHNS SOUP KITCHEN

On Thursday, December 29 the King of Prussia Women's Club will be serving over 100 homeless people at St. John's Soup Kitchen in Norristown. They would appreciate donations of chicken gravy or gravy mix, stuffing and canned vegetables. There will be a box in the lobby for the donations from now until December 19. (Note: the senior center will be closed for the Christmas and New Years holiday the following week.)

UPPER MERION EMERGENCY AID

More families are in need than ever before. Our donation box is in the lobby. ***Special requests for Thanksgiving Holiday foods are: donations of boxed Potatoes (mashed, scalloped au gratin, etc.) boxed Stuffing, Chicken Broth, canned Cranberry Sauce, canned sweet potatoes and can or jar Turkey Gravy. All donations are appreciated.***

PUT BOOKS IN THE HANDS OF CHILDREN WHO NEED THEM

Book donations to the Bridgeport Elementary School children (grades K-4th) are still being collected. ***Our book donations are a big hit with the kids because they get to keep the books they pick. Let's keep it going! When donating books please be sure that they are in good condition.***

PROJECT LINUS – ONGOING

The "Hearts and Hands" ladies group at Good Shepherd's Church collect knitted and crocheted squares for blankets provided to children who are seriously ill or traumatized. Joan Banas collects the squares on behalf of the church. You can participate by knitting squares. Yarn and patterns are on a table near the lobby. Finished squares go into a bin on the same table.

Joan is very happy to report that ***60 blankets have been donated.*** They are much appreciated by the recipients. Many thanks to our knitters and keep up the good work!

SHOEBOX RECYCLING

We continue our Shoebox Recycling program in partnership with Community Recycling to collect ***gently used, suitable for re-use*** shoes for men, women or children around the globe. Every box we fill ***raises funds for the center.*** ***Please be sure shoes are clean and in good condition.***

KNITTED CAPS FOR ST. CHRISTOPHERS

Caps are knitted for preemie babies to keep by our members for donation to ***St. Christopher's Hospital for Children.*** You can join the group here at the Center on Tuesday's at 1:00 PM or you can take the yarn and do your knitting at home. Copies of the pattern can be picked up from the staff office.

FLOWER CAUSE

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

COMMUNITY HAPPENINGS

WHAT'S HAPPENING AT THE UM TOWNSHIP LIBRARY

Stress Free December Series @ the Library

Learn many tips on having an enjoyable and stress free holiday season.

Dance Away the Stress on Monday, December 5 at 7 pm: Professional instructor from Lucille Roberts will be at the library to teach you dance moves to burn your stress calories!!

Learn to Make Essential Oil on Tuesday, December 6 at 7 pm: Learn from the expert on how to make essential oil. Materials will be provided. LIMITED SPOTS. MUST REGISTER.

Meditation Workshop on Monday, December 12 at 7 pm: Learn the art of meditation for your stress free life.

Adult Coloring Night on Monday, December 12 at 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!!

Stress Free Card making class on Wednesday, December 14 at 7 pm: Come and make holiday cards for your family. Materials will be provided. Must register.

Tech Night on Monday, December 19 at 7 pm in Henderson Room. Own an ipad or an iphone but have trouble using it? Planning on buying, but the latest technology troubling you? Need help with downloading e-books? Our youth volunteers are here to help you. Registration Required

Knit Nite: Monday, December 19 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 to pass on their skills, and some advanced knitters are usually available to help with patterns and designs.

Yoga with Kamini on Monday, December 19 at 7:15 pm. Not sure how to relax and stay calm? Come to this De-stress workshop. Walk – ins are welcome.

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.

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.

NEWSWORTHY

NOTICE FOR ELECTIONS

December is UMSSC Elections Month. We have four officer and two board director positions to be filled:

The candidate slate is:

President: Mary McCree

Vice Pres: Dick McCann

Treasurer: Harlyce Grossman

Secretary: Helen Cabrey

Board Directors: Jane Burger
Howard Lurie

As the candidates match up with openings, election will be by acclamation at the December General Meeting. With great thanks for those who have stepped forward to lead us through 2017, come out to support them at the General Meeting.

MAKE, DECORATE & TAKE A HOLIDAY WREATH

The Garden Club will be having a **"WREATH"** making session on Wednesday, December 14 starting at 12:00 PM in the Craft Room. Guidance will be provided for newbies/novices. We will have supplies, but bring what you have; i.e., evergreen cuttings, wire frames and such. ***Please sign up so we can have a count.***

SENIOR CENTER POKER

Our Poker Club now recognizes the needs of new players. They will continue the tradition of dealer's choice in the selection of games. However, there will also be rounds of basic poker games that do not include any wild cards or any other complicated rules. These rounds will alternate with rounds that do permit more advanced rules. Therefore, all players will have

the choice of sitting in as observers or actually as players depending on their individual comfort level.

The Poker Club meets every Tuesday in the lounge. Games start at 9:30 AM and end at 3:00 PM with a ½ hour lunch break at 12:30 PM. ***Hope you will join us!***

ATTENTION: CHECK OUT OUR CRAFT ROOM

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

WHAT CRAFTS ARE YOU INTERESTED IN? IS THERE A CRAFT YOU COULD TEACH? PLEASE GIVE US (Pat Ackah or Ethel Hutchinson) SOME FEEDBACK!

INTERESTED IN CHESS?

Let us know if you are interested in forming a Chess Club at the center. Stop in the office and we will record those interested. If we have enough interest, a club will be started.

EXCURSIONS PLANNED

A newly formed Excursions Committee has been meeting to plan excursions to cultural, historical and botanical sites in the Philadelphia area. Currently, they are only providing information that you can follow on your own. However, in the future this may change and they will handle making the reservations for trips (tickets, transport, etc.). We will provide updates as we receive them.

THE NATIONAL CONSTITUTION CENTER at Independence Mall is having a special presentation on the Bill of Rights Thursday, December 15. Admission is reduced to \$5 that day. There is a parking lot beneath the center. Best way to get there by public transit is Regional Rail from Norristown Line or the Paoli-Thorndale line to Jefferson Station (*formerly Market East*) (Senior cost: \$1.00 each way). From there you can walk or take the Market-Frankford Line from Jefferson Station to 5th Street stop (Senior Cost: FREE.)

A TOUR OF THE WANAMAKER ORGAN (at Macy's) is offered the fourth Saturday of the month (except Nov. & Dec.) after the noon concert. We hope to arrange that for January 28. Regional Rail is the most economical way to get there. If you are interested, please put your name on the "interest only" sign-up sheet in the lobby.

Also on our agenda are; Grounds for Sculpture, an outdoor sculpture museum near Trenton, NJ in early May; The Barnes Foundation when it has a special

exhibit; and visits to botanical gardens in the Philadelphia/Wilmington areas.

If there are any other museums or sites you would like us to look into, please let us know.

BREAD DAY WEDNESDAY & THURSDAY

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

MEMBERSHIP FEES

We are now accepting membership renewals for 2017. Remember, you must complete a new Membership Form each year. ***We have attached one to this newsletter for your convenience.*** Forms are also available at the INFO Center in the lobby or on our website www.umssc.org under "Forms". UMSSC membership fees are still only \$15.00 and ***you do not have to join the Community Center to be a member of the senior center. Be sure that you are given a membership card when you renew your membership.***

KEEPING SENIORS INFORMED

WHAT IS YOUR EATING PLAN?

Notice that the word "diet" is not in the title. Why not? The word diet implies you are using a specific diet and in many cases it may be very restrictive and difficult to adhere to causing you to taper off it or abandon it completely. Changing the words you use can influence the results you had in mind. The term "eating plan" gives a more positive approach and urges you to make decisions you can live with day after day.

Everyone eats every day so you need to have in mind the foods which will give you nourishment and energy to carry out your daily activities, plus the nutrients needed to sustain a healthy body. Every day you need to have some servings of protein, vegetables, fruit, grains, dairy and some fat.

What? Did you just say fat? Yes, but not saturated fat. Look for the term monounsaturated fat on the labels. Foods with this type of fat include, fish, olives, nuts, and avocados. Why do we want some fat in the eating plan? In addition to supplying energy, fat serves other roles in the body. Oils in the skin provide a radiant complexion. In the scalp, oil helps nourish the hair and makes it glossy. The layer of fat beneath the skin insulates the body from extremes of temperature. Internal fat pads protect vital organs, like the kidneys, from being damaged in traumatic situations. But,

always keep in mind that any fat contains more calories per serving than protein and carbohydrates when you make decisions about your fat intake.

Fruits and vegetables are important components of the eating plan. They provide vitamins, minerals and fiber. Served naturally, they are low in sodium, fat and cholesterol. Recommended servings are 2-4 fruits and 3-5 vegetable servings per day. If you are really hungry and choose to overdo on any food servings, vegetables would be the best choice. Most are lower in calories than many other foods and most provide some fiber to aid in the feeling of fullness which we all want.

Everyone needs some protein sources in the eating plan. (Yes, even some vegetarians.) Protein can come from meat, poultry, fish and alternate sources like eggs, dairy, tofu and tempeh. This group of foods supply phosphorus, vitamin B6, vitamin B12, zinc, magnesium, iron, niacin and thiamin. It is recommended to have 2-3 servings a day.

Look at breads, cereals and other grain products as a group for their contributions of complex carbohydrates. They also provide some nutrients listed before like niacin, thiamin, iron, magnesium, riboflavin, and fiber. For this group the recommended servings are 6-11 per day. However, you need to be very mindful of what constitutes a serving. Most of us would think an English muffin is one serving, but is actually two servings. Also, we would probably overdo on pasta because one serving is ½ cup, not a cup or more. So this calls for more label reading in calculating the amount you are actually eating.

The dairy group of foods includes milk, cheese and yogurt. Dairy foods are valuable for providing calcium for the teeth and bones and other cellular uses. They also contain riboflavin, vitamin B12, protein and when fortified, vitamins D and A. For adults, it is recommended to have 2 servings per day.

Mindful eating is necessary to combat some of the hazards of eating. Hazards include distracted eating, dining with others, being oblivious to portion (serving) control, thoughtless munching, eating out, watching cooking shows, not planning ahead, eating into the evening hours, and consuming too much soda containing high fructose corn syrup.

No one ever said that nutritional decisions are easy, but the more well informed you are, the more likely you are to improve your decisions. Keep trying!

(contributed by Jane Burger)

ACTIVITIES

APPRISE COUNSELOR: Assistance with insurance and Medicare concerns. Call 610.265.4715 and give your

name and telephone. The APPRISE counselor will contact you directly to set up an appointment.

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

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

BOOK TALK: Monday, December 19 at 1:00 PM. Meets on the 3rd Monday of the month. Coordinator: Patricia Ackah. This month's book: **"THE MOCKING BIRD NEXT DOOR"** by Maya Mills is about one journalist's memoir of her friendship with Harper Lee and her sister Alice, drawing on the extraordinary access they gave her to share their stories and their daily lives.

BRIDGE CLUB: Tuesdays at 9:30 AM in the Lounge. All bridge players welcome!

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

CHAIR EXERCISE: Tuesdays at 11:30 AM to 12:15 PM and Thursdays from 12:30 PM to 1:15 PM. \$3.00 per class.

COMPUTER CLUB: Tuesdays 9:30 AM to 11:30 AM. Coordinators: Herman Natanblut and Howard Lurie. Meetings are open to all *members*, all ability levels. The Computer Club will be glad to answer any technical questions members have.

CURRENT EVENTS DISCUSSION GROUP: Mondays at 10:30 AM in the Lounge. Coordinators: Joan Shaw and Paul Buce. The group continues to meet on Monday mornings at 10:30. As usual there are more than enough topics to fill the hour and a half. The group has continued to grow, but there's always enough room for one more.

FINANCIAL / INVESTMENT DISCUSSION GROUP: THURSDAYS AT 10:00 AM. Coordinator: Dick McCann. This is a small intimate group who meet to discuss all levels of experience in making the best choices for your investments. You don't have to be rich, we will discuss any size investment you are thinking of making or have questions on. We offer an open invitation to all regarding subjects you would like to discuss and any questions you may have. Again, all are welcome!

NEW TIME: FRIDAY FLICKS: Friday December 16. **(Please wait in the lounge area until Pizza at 11:30 AM, Movie at 12:15 PM)** Coordinator: Don McCree. Pizza: \$3.00. Movie: *Free*. Showing **"THE MEDDLER" starring Susan Sarandon.** An aging widow from New York City follows her daughter to Los Angeles in hopes of starting a new life after her husband passes away.

GARDEN CLUB: Meets the Second and Fourth Wednesday at 1:00 PM. Coordinator: Paul Buce. In December we will meet *only* on December 14 for our Wreath Making event.

GENERAL MEMBERSHIP MEETING: Monthly meeting open to all members on the 2nd Wednesday of the month at 10:00 AM. Next meeting will be on **December 14.** Learn what is going on at the senior center and join us to celebrate December birthdays with some cake! 50/50 raffle and birthday raffle for delicious baked bread from Le Bus.

KNITTING & CROCHETING: Tuesdays at 1:00 PM. Coordinator: Patricia Ackah. Instruction provided. *Hand-made items are for sale and all proceeds benefit the Center.*

LIBRARY: Open Monday through Friday from 9:00 AM to 3:00 PM. Library Volunteer: Nancy Kime. An excellent selection of large print books, tapes and videos are available to borrow. *Don't forget to check out the "roving book cart" featuring a special selection on loan from the Upper Merion Township Library.*

LINE DANCING Every Wednesday at 1:00 PM. Coordinator: Aracelia Panzano.

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

NURSE: Every 2nd and 4th Thursday of each month from 9:30 AM to 12:15 PM. Have your blood pressure checked by our favorite Nurse Lori Gnacek from Bryn Mawr Hospital/Main Line Health.

OUTREACH: *Representative Tim Briggs' aide is here the second Thursday of the month (11:00 AM to 2:00 PM) and. Senator Daylin Leach's aide is here the last Thursday of the month (11:30 AM to 1:00 PM).*

PINOCHLE LADIES AND GENTS: Tuesday's at 12:30 AM in the Game Room. *They would welcome more players.*

POKER: Tuesday's at 9:30 AM in the lounge. Table is open for additional players. Why not give it a try? They are a friendly group and welcome new players.

QUILTING: Fourth Wednesday at 9:30 AM.

Instructor: Ethel Hutchinson. All levels welcome!

SING-A-LONG: Fridays at 10:00 to 11:30 AM.

Coordinators: Theresa M. Smith and Dot Morio;
Pianist: Ed Wenger. Come in and enjoy singing some old favorites together. **Members meet for lunch at Michael's Deli following the program.**

TAI CHI NEW VIDEO VERSION: 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.

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

SENIORS DRESS UP FOR MONSTER MASH AT UPPER MERION EXTENDED DAY

On Friday, October 28 members from UMSSC were invited to attend the Monster Mash at the Extended Day School. The children wanted the seniors to come dressed in costume to enjoy a day of fun, food and games. We wanted to share some of those photos with you. ENJOY!



CHUCK CAVANAUGH



ROSEANNE SCULLY



**IN FRONT ROW: SALLY MCDONOUGH & DOT MORIO
IN BACK ROW: ANNA MARIE MICH & THERESA SMITH**



ROSEMARIE PALLADINO



**DOTTIE YACEK-MATULIS (COSTUME WINNER) WITH
JEANNE ZELLI OF EXTENDED DAY**

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TO:

REMINDERS FOR DECEMBER 2016

SENIOR CENTER CLOSED FOR THE HOLIDAY PARTY ON MONDAY, DECEMBER 5 AND FOR THE CHRISTMAS AND NEW YEARS HOLIDAY: FRIDAY, DECEMBER 23 TO FRIDAY DECEMBER 30. WE WILL REOPEN ON MONDAY, JANUARY 2, 2017

- * ANNUAL HOLIDAY PARTY: MONDAY, DECEMBER 5 AT 11:00 AM AT THE RADISSON TOWER OF THE VALLEY FORGE CASINO RESORT
- * MAIN LINE HEALTH PRESENTATION ON "ADAPTIVE EQUIPMENT" MONDAY, DECEMBER 12 AT 1:30 PM
- * GENERAL MEETING: WEDNESDAY DECEMBER 14 AT 10:00 AM
- * WREATH MAKING WITH THE GARDEN CLUB: WEDNESDAY, DECEMBER 14 AT 12:00 PM
- * FRIDAY FLICKS: FRIDAY, DECEMBER 16 AT 11:15 AM. SHOWING THIS MONTH: "*THE MEDDLER*" STARRING SUSAN SARANDAN
- * BOOK TALK MONDAY DECEMBER 19 AT 1:00 PM. THIS MONTH'S BOOK IS "THE MOCKING BIRD NEXT DOOR" BY MAYA MILLS
- * VALLEY FORGE CASINO WEDNESDAY, DECEMBER 21 AT 9:30 AM. *MUST REGISTER TO GET THE GROUP OFFER OF \$20.00 IN SLOT PLAY. CUT OFF DATE NOVEMBER 14.*

INCLEMENT WEATHER & SENIOR CENTER CLOSINGS:

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Note:
Information submitted following **DECEMBER 7** 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

