



# THE BEST OF TIMES

**DECEMBER 2015**

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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Shirley Robey, Executive Assistant  
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### **"Best of Times" Editors:**

Mary F. McCree and Shirley Robey

### **GOALS**

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

## **MONTHLY MESSAGE**

Dear Friends,

As we are quickly approaching the end of 2015, there is much to be planning for 2016 as we will be relocating during 2016.

A few reminders. We will be holding our annual Holiday Party in the Grand Ballroom of the Radisson Tower of the Valley Forge Casino Resort on Monday, December 7. This is always a fun event and we will again be entertained by our wonderful Upper Merion Senior Service Center Band.

Our gift to you. Why travel all the way to New York to see the Radio City Music Hall Christmas Spectacular starring the Rockettes? You only have to travel as far as the senior center to enjoy it. Come join us for a free special Friday Flicks holiday party and showing of the Rockettes Christmas Spectacular on Friday December 18 at 12:00 PM. Refreshments will be served. Please sign up at reception desk.

Remember we are now accepting membership renewals for 2016 for the Upper Merion Senior Service Center 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 you for a very Happy and Healthy New Year in 2016 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***

**UMSSC - DECEMBER 2015**

*The future arrives an hour at a time.*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 GOOD FRIENDS		1 9:30 COMPUTER CLUB 9:30 BRIDGE 9:30 POKER 11:30 CHAIR EXERCISE 12:30 PINOCHLE 1:00 KNITTING/CROCHETING 12:45 BAND PRACTICE / INSTRUCTION	2 10:00 BOARD MEETING 12:00 TAI CHI 1:00 LINE DANCING	3 9:30 CANASTA 10:00 FINANCIAL/ INVEST. DISCUSSION GROUP 10:15 BINGO 12:30 CHAIR EXERCISE	4 10:00 SING-A-LONG 11:30 FIRST FRIDAY HEALTH FIX – "CONTINENCE"	
6 	7 HANUKKAH SENIOR CENTER CLOSED FOR THE HOLIDAY PARTY	8 9:30 COMPUTER CLUB 9:30 BRIDGE 9:30 POKER 11:30 CHAIR EXERCISE 12:30 PINOCHLE 1:00 KNITTING/CROCHETING 12:45 BAND PRACTICE / INSTRUCTION	9 10:00 GENERAL MEETING (ELECTIONS) 12:00 TAI CHI 1:00 LINE DANCING 1:00 UNWHINE & PAINT PARTY	10 9:30 CANASTA 9:30 NURSE 10:00 FINANCIAL/INVEST. DISCUSSION GROUP 10:15 BINGO 11:00 OUTREACH BRIGGS 12:30 CHAIR EXERCISE	11 10:00 SING-A-LONG	
13 	14 9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA	15 9:30 COMPUTER CLUB 9:30 BRIDGE 9:30 POKER 11:30 CHAIR EXERCISE 12:30 PINOCHLE 1:00 KNITTING/CROCHETING 12:45 BAND PRACTICE INSTRUCTION	16 9:30 VALLEY FORGE CASINO 12:00 TAI CHI 1:00 LINE DANCING	17 9:30 CANASTA 10:00 FINANCIAL/ INVEST. DISCUSSION GROUP 10:15 BINGO 12:30 CHAIR EXERCISE	18 10:00 SING-A-LONG 11:15 FRIDAY FLICKS "RADIO CITY MUSIC HALL CHRISTMAS SPECTACULAR"	
20  CHARLIE CHAPLIN??	21 FIRST DAY OF WINTER 9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:00 BOOK TALK 1:30 YOGA	22 9:30 COMPUTER CLUB 9:30 BRIDGE 9:30 POKER 11:30 CHAIR EXERCISE 12:30 PINOCHLE 1:00 KNITTING/CROCHETING 12:45 BAND PRACTICE / INSTRUCTION	23 SENIOR CENTER CLOSED FOR CHRISTMAS & NEW YEARS HOLIDAY	24 CHRISTMAS EVE SENIOR CENTER CLOSED FOR CHRISTMAS & NEW YEARS HOLIDAY	25 CHRISTMAS DAY 	26 
27 	28 SENIOR CENTER CLOSED FOR CHRISTMAS & NEW YEARS HOLIDAY	29 SENIOR CENTER CLOSED FOR CHRISTMAS & NEW YEARS HOLIDAY	30 SENIOR CENTER CLOSED FOR CHRISTMAS & NEW YEARS HOLIDAY	31 NEW YEAR'S EVE SENIOR CENTER CLOSED 	 WONDER WHO THESE SCARY CHARACTERS ARE?	

## OUR BOARD OF DIRECTORS



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## UPCOMING EVENTS

**THE SENIOR CENTER WILL BE CLOSED AND ALL ACTIVITIES ARE CANCELLED ON:**

**MONDAY, DECEMBER 7 FOR THE HOLIDAY PARTY**

**WEDNESDAY, DECEMBER 23, 2015 THROUGH MONDAY, JANUARY 4, 2016 FOR CHRISTMAS AND NEW YEAR'S HOLIDAYS**

**NEW FIRST FRIDAY HEALTH FIX PROGRAM: FRIDAY DECEMBER 4 AT 11:30 AM - CONTINENCE ISSUES.** Program presented by Main Line Health. Sign up sheet at reception desk.

**MONDAY, DECEMBER 7 FROM 11:00 AM TO 3:00 PM: TICKETS ON SALE NOW FOR THE UMSSC ANNUAL HOLIDAY PARTY IN THE GRAND BALLROOM IN THE RADISSON TOWER OF THE VALLEY FORGE CASINO RESORT.** Ticket 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.**

**WEDNESDAY, DECEMBER 9 UNWHINE & PAINT PARTY AT 1:00 PM:** (Deadline to sign up Dec. 2) Everyone had such a great time at the last party we are hosting another. Welcome back instructor Sanford Molinaro who will help you to create a winter-themed masterpiece. If you missed the last party here's your chance to participate. You can sign-up and pay at the

reception desk. **Cost: \$20.00.** Paints, brushes, canvases and refreshments included and you get to take your masterpiece home. Sanford brings the love of art to those who feel they have no artistic ability or want to explore their artistic talents. He has a BFA in Fine Art, Renaissance Art, drawing and painting from the Instituto per l'Arte e Restauro in Florence Italy.

**VALLEY FORGE CASINO WEDNESDAY, DECEMBER 16. THE OFFER FOR GROUP IS \$20.00 IN SLOT PLAY:** This offer does not cost anything but **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. If you have any questions you can contact Valley Services at 610-354-8118. **Shuttle will depart the center at 9:30 AM and return 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.**

**SPECIAL HOLIDAY FRIDAY FLICKS: FRIDAY, DECEMBER 18 AT 12:00 PM:** Our gift to you. Why travel all the way to New York to see the Radio City Music Hall Christmas Spectacular starring the Rockettes? You only have to travel as far as the senior center to enjoy it. Come join us for a **free** special Friday Flicks holiday party and showing of the Rockettes Christmas Spectacular. Refreshments will be served. **Please sign up at reception desk.**

## 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:**

★ **Loretta DeLucca in memory of Dee Hoffman**



## **GRACIAS! THANKS! DANKE! MERCI!**

★ **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 month for the Member Bread Raffle. ★ **Sun Joe** - who generously donates the baked goods we put out for snacks. ★ **Sicilian Delight** for their great discounts on pizza for Friday Flicks! ★ **Costco** for their generous donation of a monthly gift card for our birthday cake purchases. ★ **Acme Market** for their wonderful donation of baked goods.

## **COMMUNITY OUTREACH**

### **SHOEBOX RECYCLING**

We are continuing 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. This program has other benefits as well. Every box we fill *will raise funds for the center*. **Please be sure shoes are clean and in good condition. PLEASE DO NOT DONATE boots, flip-flops, slippers, plastic shoes, crocs, etc.**

### **KNITTERS WANTED**

As you may or may not know, our knitting group **donates knitted caps to St. Christopher's Hospital for Children**. The hats are for the preemie babies to keep their tiny bodies warm. We are in need of some additional volunteers to help knit the hats. If you can knit and would like to help out, please stop in the office and give your name. 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.

### **UPPER MERION EMERGENCY AID**

More families are in need than ever before. Our donation box is outside of the lounge. They are grateful for all donations. **The Upper Merion Emergency Fund has specifically requested food donations of boxed Potatoes (mashed, scalloped au gratin, etc.) boxed Macaroni and Cheese and boxed Stuffing, Spaghetti Sauce, Chicken Broth and Soup, Canned Pasta (Chef Boyardee), Tuna and Fruits and Vegetables. Peanut Butter & Jelly, Turkey Gravy, Cereal and laundry detergents. All donations are appreciated.**

### **ST. JOHN'S SOUP KITCHEN**

At the St. John's Soup Kitchen in Norristown the **King of Prussia Women's Club** prepares meals for those in need on the **5<sup>th</sup> Thursday of the month. This month's dinner will be on Thursday, December 31 which happens to be New Year's Eve.** The

request is for donations of canned vegetables, canned chicken and canned tuna. **Please remember the Center will be closed for the holidays beginning Wednesday, December 23<sup>rd</sup>, so you should bring your donations to the center by Monday, December 21.** The Soup Kitchen feeds over 100 people on any one day!

### **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!** Collection box is on the table under the bulletin board. **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 are still collecting knitted and crocheted squares for blankets. The purpose of Project Linus is to provide love, a sense of security, warmth and comfort to children who are seriously ill, traumatized, or otherwise in need through the gifts of new, handmade blankets and afghans, lovingly created by volunteer "blanketeers." Joan Banas has been collecting the squares on behalf of the church and will continue to do so as long as they are being made. Our participating members have done a great job for a very good cause.

## **COMMUNITY HAPPENINGS**

### **UM FARMERS MARKET**

We'll have our Winter Market again, every other Saturday from 10 am to noon, with a smaller group of vendors, and primarily aimed at pre-orders. The first Winter Market will be December 5, and continue bi-weekly till May 7.

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

#### **DE- STRESS BEFORE THE HOLIDAYS AT THE UPPER MERION TOWNSHIP LIBRARY**

**2015 Fall Book Discussion Continues** : Carla Verderame and Erin Hurt, will lead the discussions for this five-part series, Living on the Edge: Novels of Futures & Pasts on the Brink. All programs will meet from 2 p.m. to 3:30 p.m. Please call us for more details.  
**Dec. 13: On Such a Full Sea, by Chang-rae Lee**

**Stress free Holiday Card Making Class: Thursday, December 3, 2015 at 7 pm For Teens and Adults.**

**Learn to make your own holiday card using materials that are readily available at home.**

**Yoga with Kamini: Monday, December 7 at 7 pm**

Does the Holiday Season make you crazy? Not sure how to relax and stay calm? Want to make this holiday season more enjoyable? Come to this De-stress workshop and learn yoga from Kamini.

**Dr. Butera's Talk on Yoga Therapy: on Tuesday, December 8 at 7 pm. Please check our online calendar for more details.**

**Dine at Bertucci's to benefit the library on Thursday, December 10 from 11:00 am to 9:00 pm. (Dine in, carry out or delivery.) at Bertucci's of Audubon, 711 South Trooper Road, Audubon, PA 19403. 15 % of what you spend will be donated to the library.**

**Zumba with Shannon: Monday, December 14 at 7 pm:** Dance and burst the stress. Bring your friends and join the party. All are welcome. Light refreshments will be served.

**Zentangles with Ms. Laura: Wednesday, December 16 at 7 pm:** Learn to Zentangle with Ms. Laura. Materials will be provided. Please register.

**Tech Night: Monday, December 21, 2015 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. You can register via our online calendar, or by calling [610-265-4805](tel:610-265-4805) or stopping by the library. Registration Required.

**Knit Nite: Monday, December 28, 2015 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.

**DEDICATION OF SCHUYLKILL RIVER WEST TRAIL AT HEUSER PARK**

Township Supervisors and Park & Rec representatives were at Heuser Park on Thursday, November 5 to officially open the Schuylkill River West Trail. The trail connects to Valley Forge Park and will be used by walkers, runners and bikers. Following are photos of the ribbon cutting event.



**NEWSWORTHY**

**IN MEMORIAM**

Delores Wiant

**ADOPT A FAMILY FOR THE HOLIDAYS**

We are once again adopting a family for the holidays and we hope you will consider helping them to celebrate a happy Christmas. Having lost their home and all belongings our family is made up of Michele, a 43 yr. old mother, Charity her 25 yr. old daughter, Jayden her 10 yr. old son and Alexis her 5 yr. old granddaughter (and daughter of Charity). They are in need of items for setting up household in a new apartment. They would like a microwave, blankets & sheets (queen & twin size), pillows and towels. Clothing for children: Jayden is size 7/8, shoe size 3 and for Alexis size 5T. Toys for the children: Jayden would like Skylander toys, remote control car, bike, baseball & glove. Alexis would like Little Pet Shop toys, Barbie doll and baby doll. Please bring your donated items to the office any time **before** December 9. Let's make this a special Christmas for them all!



## **POETRY FORUM**

If there is enough interest a new activity, "Poetry Forum", will be held monthly for those interested in poetry as represented by both famous and lesser-known poets. Meetings will last one hour. The Forum is not meant to be a classroom, but simply a series of gatherings for pleasure and reflection. At each meeting the host will read aloud anywhere from two to six poems, after which the group will be asked to offer their views as to meaning, emotional impact and social or psychological relevance. Biographical material on the poets themselves may also be part of the discussions. Meeting structure may change over time to reflect the preferences of members, subject to feedback on a continuing basis. Selection of poems to be read will also rely, in part, on suggestions from the group. At all times the emphasis will be on pleasure and the beauty of the printed – and spoken – word. Poets can often make us aware of aspects of life that we might otherwise fail to see; so hopefully this Forum can be a source of revelation as well as beauty. **ALL ARE WELCOME!** *Although a day and time has not been scheduled*, if you think you would be interested in attending this activity, please sign up at the Reception Desk. *(contributed by Paul Kesler)*

## **ART SHOW AT THE SENIOR CENTER**

We hope that you noticed and enjoyed the beautiful art work which brightened our hallways at the Center. The artwork was painted by some of our own members as well as others from the Norristown Art League. We appreciated them sharing their artwork with us. We do have some very talented members. Watch for another art show in the near future. Maybe you could bring in some of your own work to hang.



We were especially proud to receive some art work contributed by the local girl scouts Troop 7090 and the theme of their art work was their interpretation of the Senior Center. See if you can identify (below) the subjects of their interpretations.



## **MEA CULPA - BIG BINGO FALL FUNDRAISER**

In last month's newsletter we thanked our members who volunteered to help run our annual Big Bingo Fall Fund Raiser. Unfortunately we failed to recognize very important members who always volunteer for our special events. Thank you to Lucy Damiani and Sarah Phillips, Jerry Grossman and Jean Ehlinger. Your help was very much appreciated. If we have forgotten any others, please accept our apologies.

## **MEMBERSHIP FEES**

We are now accepting membership renewals for 2016. Remember, you must complete a new Membership Form each year. For your convenience we have attached a membership form to this month's newsletter but forms can also be found in the INFO Center in the lobby. 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**

### **GET BACK ON THE EXERCISE TRACK**

Have a goal of doing about 30 minutes of exercise 5 days a week. Pick something you can do year round. Choose an activity you can come to like such as walking, running, going to the gym or attending an exercise class. Select a regular time that is least like to conflict with other planned. Activities. Put your exercise activity on your written schedule. Set some goals for yourself, but make them realistic. Encourage and motivate yourself by remembering all of the health benefits you are gaining. Track your progress. Do you have more energy? Is your breathing better? Do your clothes fit better? Persistence in your efforts can help to bring results.  
*(Contributed by Jane Burger)*

## **UMSSC PARKING LOT SAFETY FOR SENIORS AND FOR CHILDREN**

The safety of the children with whom we share our space here at the center has always been a concern of ours. We monitor people who come through our doors and walk our hallways. Equally important is that as we drive through the parking lot and when we park our cars we must use extra caution. Some of our spaces about school entrances where children come and go, either being brought in by a parent or getting off a school bus. Little children can be hard to see if they are standing or running behind your car. So please be aware of your surroundings when you are coming and going from the center. ***We all want to keep safe and watch out for our little neighbors.***

## **THE UMSSC LIBRARY**

We are very lucky to have a well-stocked library compliments of the Upper Merion Township Library. Several times a year, Karen Hastings, from the township library updates our vast selection of large print books. The cart in the library has some of the latest best sellers available. And, how convenient is it, when you come for your activity of choice, to save yourself an extra trip and borrow them right from here. We hope that you are taking advantage of this convenience. If you have any suggestions of books or authors you would like to see, let someone in the office know. Karen has been wonderfully accommodating in getting our members what they would like to read!

## **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. ***We are currently looking for a trombone/baritone horn player.***

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

**BOARD GAMES: Available any day or time.** Various board games available to play in the kitchen.

**BOOK TALK: Monday, December 21 at 1:00 PM.** Meets on the 3<sup>rd</sup> Monday of the month. Coordinator: Patricia Ackah (610.265.4290). This month's book: ***"The Tortia Curtain" by T.C. Boyle.*** Topanga Canyon is home to two couples on a collision course. Los Angeles liberals Delaney and Kyra Mossbacher lead an ordered sushi-and-recycling existence in a newly gated hilltop community: he a sensitive nature writer, she an obsessive realtor. Mexican illegal's, Candido and America Rincon desperately cling to their vision of the American Dream as they fight off starvation in a makeshift camp deep in the ravine. From the moment a freak accident brings Candido and Delaney into intimate contact, these four and their opposing worlds gradually intersect in what becomes a tragicomedy of error and misunderstanding.

**BRIDGE CLUB: Tuesdays at 9:30 AM.** All bridge players welcome!

**CANASTA: Thursday's at 9:30 AM in the Great Room.** Beginners and experienced players welcome. Coordinator: Lynn Boroeh.

**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 holidays are here but the news does not take any days off, so we will be meeting every Monday the Center is open. See you at 10:30 in the Lounge.

**FINANCIAL/INVESTMENT DISCUSSION GROUP: Thursdays at 10:00 AM in the Computer Room.** Coordinator: Dick McCann. All levels of experience in making the best choices for your investments are welcome.

**FRIDAY FLICKS: FRIDAY, DECEMBER 18. 12:00 PM.** Coordinator: Don McCree. Showing: *The Radio City Music Hall Christmas Spectacular starring the Rockettes.* Refreshments will be served.

**GARDEN CLUB: Meets the Second and Fourth Wednesday at 1:00 PM.** Coordinator: Paul Buce. The club will not meet this month. Remember to take care of those plants you moved indoors for the winter, and enjoy the Christmas Cacti.

**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 9.

**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 Boroeh. All level players are welcome, even beginners! Come in and learn to play this very popular game.

**NURSE & ASK-A-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. Main Line Health *"Ask a Nurse"* will be offering a selection of free general medical equipment. Fill out an application and meet with the nurse who will order the items for you.

**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 kitchen.** Table is open for additional players. Why not give it a try? They are a friendly group and welcome new players.

**QUILTING: Fourth Wednesday at 9:30 AM.** Instructor: Ethel Hutchinson. All levels welcome!

**SING-A-LONG: Fridays at 10:00 to 11:30 AM.** Coordinators: Theresa M. Smith and Dot Morio; Pianist: Ed Wenger. Come in and enjoy singing some old favorites together. *Members meet for lunch at Michael's Deli following the program.*

**TAI CHI: Wednesdays at 12:00-12:45 PM.** Cost: \$3.00 per class.

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



**OUR NEWSLETTER VOLUNTEERS HARD AT WORK** (pictured are Howard Rosenblum, Beth Cassidy, Sally Buce & Don McCree) (Not pictured are Paul Buce, Rose DiDonna, Mary McCree & Shirley Robey)



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E-MAIL: [dleach@pasenate.com](mailto:dleach@pasenate.com)



**610-254-9440**

**Your Independence is Our Business!**

206 Old Lancaster Road ■ Devon, PA 19333

[www.LibertyCares.com](http://www.LibertyCares.com)

*UMSSC Holiday Party*  
*Monday, December 7*  
*From 11:00 AM To 3:00 PM*  
*In The Grand Ballroom*  
*In The Radisson Tower Of The*  
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<p><b>UM RAMBLER</b>          Free service to UM Township Seniors (Visit GVF Transportation for pass) You can ride back and forth to the Center, the Malls, and other destinations! GVF Transportation Dept.          1012 W. Eighth Ave., Suite A King of Prussia, PA 19406          Phone: 610-354-8899  <a href="http://www.gvftma.com">www.gvftma.com</a></p>	<p style="text-align: center;"><u><b>REMINDERS for DECEMBER 2015</b></u></p> <p style="text-align: center;"><i><b>THE SENIOR CENTER WILL BE CLOSED AND ALL ACTIVITIES ARE CANCELLED ON: MONDAY, DECEMBER 7 FOR THE HOLIDAY PARTY AND WEDNESDAY, DECEMBER 23, 2015 THROUGH MONDAY, JANUARY 4, 2016</b></i></p> <ul style="list-style-type: none"> <li>* <i><b>NEW FIRST FRIDAY HEALTH FIX: FRIDAY, DECEMBER 4 AT 11:30 AM. "CONTINENCE"</b></i></li> <li>* <i><b>TICKETS ON SALE NOW FOR THE UMSSC ANNUAL HOLIDAY PARTY: MONDAY, DECEMBER 7 FROM 11:00 AM TO 3:00 PM IN THE GRAND BALLROOM IN THE RADISSON TOWER OF THE VALLEY FORGE CASINO RESORT: TICKET COST: UMSSC MEMBERS \$25.00 NON-UMSSC MEMBERS \$30.00.</b></i></li> <li>* <i><b>GENERAL MEETING WEDNESDAY, DECEMBER 9 AT 10:00 AM.</b></i></li> <li>* <i><b>UNWHINE &amp; PAINT PARTY WEDNESDAY, DECEMBER 9 AT 1:00 PM: WELCOME BACK INSTRUCTOR SANFORD MOLINARO WHO WILL HELP YOU TO CREATE A WINTER-THEMED MASTERPIECE. IF YOU MISSED THE LAST PARTY HERE'S YOUR CHANCE TO PARTICIPATE. YOU CAN SIGN-UP AND PAY AT THE RECEPTION DESK. COST: \$20.00. PAINTS, BRUSHES, CANVASES AND REFRESHMENTS INCLUDED AND YOU GET TO TAKE YOUR MASTERPIECE HOME.</b></i></li> <li>* <i><b>VALLEY FORGE CASINO WEDNESDAY, DECEMBER 16. THE OFFER FOR GROUP IS \$20.00 IN SLOT PLAY.</b></i></li> <li>* <i><b>SPECIAL HOLIDAY FRIDAY FLICKS: FRIDAY, DECEMBER 18 AT 12:00 PM THE ROCKETTES CHRISTMAS SPECTACULAR. REFRESHMENTS WILL BE SERVED. FREE</b></i></li> <li>* <i><b>BOOK TALK MONDAY DECEMBER 21 AT 1:00 PM: "TORTIA CURTAIN" BY T.C. BOYLE</b></i></li> </ul>	<p><b>NOTE:</b>          THE UMSSC IS CLOSED WHEN THE UM AREA SCHOOL DISTRICT CLOSES OR HAS LATE OPENING DUE TO INCLEMENT WEATHER</p> <p><i><b>UMASD SCHOOL CLOSING NUMBER IS "307"</b></i></p> <p>NOTICE IS ALSO BROADCASTED ON COMCAST CHANNEL 28 OR VERIZON FIOS CHANNEL 32</p> <p>OR CALL SENIOR CENTER AFTER 7:30 AM (610-265-4715) AND LISTEN TO VOICE MAIL RECORDING</p> <p>OR CALL KYW-1060 RADIO (215-925-1060) FOLLOW INSTRUCTIONS AND ENTER UMASD SCHOOL CLOSING NUMBER "307"</p>
<p><b>Note:</b>          Information submitted following OCT. 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: <a href="http://www.umssc.org">www.umssc.org</a></p>		