



THE BEST OF TIMES

NOVEMBER 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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"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,

Here we are again.....Daylight Savings Time ends on Sunday November 1. Remember to turn your clocks back. Get ready to gain an hour of sleep so you will be prepared to participate in our many activities at the Center.

Please remember to **VOTE** on Tuesday, November 3.

Check out our new *First Friday Health Fix* at 11:30 AM; this month's topic will be Foot Care.

On Wednesday, November 11 the Upper Merion Middle School will host the "Community of Patriots" Concert at 7:00 PM.

On Tuesday, November 17, we will have a special *Senior Education Seminar* at 1:00 PM.

We will hold *CPR Training Class* with Pam Forster on Monday, November 30, at 1:00 PM. Sign up at the reception desk.

Our Annual Holiday Party at Radisson Tower of the Valley Forge Casino will be held on Monday December 7; tickets are on sale now. Free \$10 slot play will be included. Be sure to bring your photo ID for the Casino.

Back by popular demand, on Wednesday, December 9, we will hosting another Unwhine and Paint Party.

At the November General Meeting which is November 11, the Nominating Committee shall present a complete slate. Members may add nominations from the floor if all requirements are met. Nominations are closed after members have had time to present their nominations.

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.

Wishing all a very Happy Thanksgiving!

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 - NOVEMBER 2015

ONE PERSON WITH PASSION IS GREATER THAN 99 WHO ONLY HAVE AN INTEREST

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>DAYLIGHT SAVINGS ENDS 1</p> 	<p>2</p> <p>9:30 FLU SHOTS – MAIN LINE HEALTH</p> <p>9:30 MAH-JONGG</p> <p>10:30 CURRENT EVENTS</p> <p>12:00 ZUMBA</p> <p>1:30 YOGA</p>	<p>3</p> <p>SENIOR CENTER CLOSED & ALL ACTIVITIES CANCELLED FOR ELECTION DAY</p> 	<p>4</p> <p>10:00 BOARD MEETING</p> <p>12:00 TAI CHI</p> <p>12:45 BAND PRACTICE INSTRUCTION</p> <p>1:00 LINE DANCING</p>	<p>5</p> <p>9:30 CANASTA</p> <p>10:00 FINANCIAL/ INVEST. DISCUSSION GROUP</p> <p>10:15 BINGO</p> <p>12:30 CHAIR EXERCISE</p>	<p>6</p> <p>10:00 SING-A-LONG</p> <p>11:30 FIRST FRIDAY HEALTH FIX – “FOOT CARE”</p>	<p>7</p>  <p>HOWARD ROSENBLUM</p>
<p>8</p> 	<p>9</p> <p>9:30 MAH-JONGG</p> <p>10:30 CURRENT EVENTS</p> <p>12:00 ZUMBA</p> <p>1:30 YOGA</p>	<p>10</p> <p>9:30 COMPUTER CLUB</p> <p>9:30 BRIDGE</p> <p>9:30 POKER</p> <p>11:30 CHAIR EXERCISE</p> <p>12:30 PINOCHLE</p> <p>1:00 KNITTING/CROCHETING</p> <p>12:45 BAND PRACTICE / INSTRUCTION</p>	<p> VETERANS DAY 11</p> <p>10:00 GENERAL MEETING</p> <p>12:00 TAI CHI</p> <p>1:00 LINE DANCING</p> <p>1:00 GARDEN CLUB</p> <p>7:00 UM MIDDLE SCHOOL COMMUNITY OF PATRIOTS CONCERT</p>	<p>12</p> <p>9:30 CANASTA</p> <p>9:30 NURSE</p> <p>10:00 FINANCIAL/INVEST. DISCUSSION GROUP</p> <p>10:15 BINGO</p> <p>11:00 OUTREACH BRIGGS</p> <p>12:30 CHAIR EXERCISE</p>	<p>13</p> <p>10:00 SING-A-LONG</p> <p>11:15 FRIDAY FLICKS “LOVE & MERCY”</p>	<p>14</p>  <p>ROSE KAMINSKI</p>
<p>15</p> 	<p>16</p> <p>9:30 MAH-JONGG</p> <p>10:30 CURRENT EVENTS</p> <p>12:00 ZUMBA</p> <p>1:00 BOOK TALK</p> <p>1:30 YOGA</p>	<p>17</p> <p>9:30 COMPUTER CLUB</p> <p>9:30 BRIDGE</p> <p>9:30 POKER</p> <p>11:30 CHAIR EXERCISE</p> <p>12:30 PINOCHLE</p> <p>1:00 SENIOR EDUCATION SEMINAR ON ESTATE PLANNING</p> <p>1:00 KNITTING/CROCHETING</p> <p>12:45 BAND PRACTICE INSTRUCTION</p>	<p>18</p> <p>9:30 VALLEY FORGE CASINO</p> <p>12:00 TAI CHI</p> <p>1:00 LINE DANCING</p>	<p>19</p> <p>9:30 CANASTA</p> <p>10:00 FINANCIAL/ INVEST. DISCUSSION GROUP</p> <p>10:15 BINGO</p> <p>12:30 CHAIR EXERCISE</p>	<p>20</p> <p>10:00 SING-A-LONG</p>	<p>21</p>  <p>JERRY DRIESSEN</p>
<p>22</p> 	<p>23</p> <p>9:30 MAH-JONGG</p> <p>10:30 CURRENT EVENTS</p> <p>1:30 YOGA</p>	<p>24</p> <p>9:30 COMPUTER CLUB</p> <p>9:30 BRIDGE</p> <p>9:30 POKER</p> <p>11:30 CHAIR EXERCISE</p> <p>12:30 PINOCHLE</p> <p>1:00 KNITTING/CROCHETING</p> <p>12:45 BAND PRACTICE / INSTRUCTION</p>	<p>25</p> <p>SENIOR CENTER CLOSED & ALL ACTIVITIES CANCELLED FOR THANKSGIVING</p>	<p>26</p> <p>THANKSGIVING DAY</p> 	<p>27</p> <p>SENIOR CENTER CLOSED & ALL ACTIVITIES CANCELLED FOR THANKSGIVING</p>	<p>28</p>  <p>CHUCK CAVANAGH</p>
<p>29</p> 	<p>30</p> <p>9:30 MAH-JONGG</p> <p>10:30 CURRENT EVENTS</p> <p>1:00 CPR PRESENTATION / TRAINING</p> <p>1:30 YOGA</p>	 <p>“UNWHINE & PAINT”</p>	 <p>WORKING THE FALL FLING</p>			

OUR BOARD OF DIRECTORS



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UPCOMING EVENTS

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

**TUESDAY, NOVEMBER 3 FOR ELECTION DAY;
WEDNESDAY, NOV. 25, THURSDAY, NOV. 26 AND
FRIDAY, NOV. 27 FOR THANKSGIVING HOLIDAY.**

FLU SHOTS AT UMSSC: MAIN LINE HEALTH & BRYN MAWR HOSPITAL - MONDAY, NOVEMBER 2 from 9:30 AM to 11:30 AM. **FREE TO ADULTS 65 YEARS AND OLDER. You must call to register: 1-866-225-5654.**

NEW FIRST FRIDAY HEALTH FIX PROGRAM: FRIDAY NOVEMBER 6 AT 11:30 AM – FOOT CARE. FRIDAY DECEMBER 4 AT 11:30 AM - CONTINENCE ISSUES. Program presented by Main Line Health. Sign up sheet at reception desk.

SENIOR EDUCATION SEMINAR ON ESTATE PLANNING: TUESDAY, NOVEMBER 17 AT 1:00 PM. Carly Fenske, Esq. from Pizonka, Reilley, Bello & McGrory, P.C. will present how to help you and your family make wise decisions that protect you and the things you own. **Sign up sheet at the Reception Desk.**

VALLEY FORGE CASINO WEDNESDAY, NOVEMBER 18. 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. *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.**

MONDAY, NOVEMBER 30 AT 1:00 PM: CPR/AED PRESENTATION/TRAINING: By Pam Forster of Lafayette Ambulance. Hear about and learn hands only CPR.

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.

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:

- ★ Mary & Don McCree in memory of Stella Panaccio and Dee Hoffman
- ★ Rosalyn Brenner for her donation

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 **5th Thursday of the month**. *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-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!*** 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 MIDDLE SCHOOL HOSTING "COMMUNITY OF PATRIOTS" CONCERT

On Wednesday, November 11 2015, members of the Upper Merion community (our senior citizens, parents, teachers, and school students) will come together and celebrate our patriots on Veterans Day with music. Community Band-style! All of the music will be patriotic favorites that everyone will enjoy. The concert will

start at 7:00 PM and will be held at the Upper Merion Area Middle School. Hope to see you there!

UM FARMERS MARKET

The Farmers' Market is open every Saturday from 9:00 AM to 1:00 PM. Upcoming special events:

November 21: Chili Cook-Off

WHAT'S HAPPENING AT THE UM 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.

Nov. 8: An Unnecessary Woman by Rabih Alameddine

Nov. 22: The Lie, by Helen Dunmore

Dec. 13: On Such a Full Sea, by Chang-rae Lee

JOB SEARCH & INTERVIEW TECHNIQUES: Sunday, November 1 at 2 pm: Les Segarnick will be discussing Interview Techniques and Job Search as seen through the eyes of a recruiter. Registration Required. You can register via our online calendar, or by calling [610-265-4805](tel:610-265-4805) or stopping by the library.

DIWALI CELEBRATION: Monday, November 2 from 6:30 pm to 8:30 pm. Celebrate the Indian festival of lights with us at the library. Join us on a journey to India in one evening. Dance, food and table displays. Check our online calendar for more details. All are welcome.

MUSIC JAM: Tuesday, November 3 at 7 pm. Our patron Faith Seymour presents Music Jam, a musical evening. Bring your own instrument and join the jam. All are welcome. Check our online calendar for more details.

SAVVY SOCIAL SECURITY WORKSHOP: Thursday, November 5 and Thursday, November 12 at 6:30 pm. What baby boomers need to know to maximize retirement income. Attend both sessions to benefit.

CASTLE OF THE EMPIRE STATE: Monday, November 9 at 7 pm. A new look at some of the most beautiful castles in New York State, many accessible in only a few hours! Presentation by Victorian Vanities Inc.

ART LECTURE: Wednesday, November 11 at 7 pm. Hear about Fred Dixon's selection of the 20 greatest paintings of the 20th century and why each is so important. Registration Required. You can register via our online calendar, or by calling [610-265-4805](tel:610-265-4805) or stopping by the library.

PASS THE GARUM!!: Monday, November 16 at 7 pm: Dr. Steven's presentation on a culinary journey in the world of food in ancient Egypt, Greece and Rome. All are welcome.

KNIT NITE: Monday, November 23, 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.

TECH NIGHT: Monday, November 23, 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. Register via our online calendar, or by calling [610-265-4805](tel:610-265-4805) or stopping by the library. Registration Required.

NEWSWORTHY

IN MEMORIAM

Robert Garber, Dee Hoffman, Stella Panacchio

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!

FALL FLING SUCCESS

The Annual Fall Fling was held on September 24. The theme for this year's fling was recognition of non-profits that serve the Upper Merion community. We were proud to hear about and acknowledge the great work they do. Many UMSSC members volunteer at these organizations. Thanks go out to all who donated to these worthy organizations.





BIG BINGO FALL FUNDRAISER

Thank you to all of our members who volunteered to help run our annual Big Bingo Fall Fund Raiser. Thanks to Linda Birochak, Paul Buce, Helen Cabrey, June Dolan, Cindy Eastman, Don & Mary McCree, Lynn McCue, Judy Narke, Shirley Robey, Howard Rosenblum, Tony Segui, Janet Sheehan, and Ed Wenger.



CHANCE BOOK WINNERS!

Congratulations to the winners of our Annual Chance Book Fund Raiser! We had a great response this year. All of the winners are UMSSC Members. The lucky ladies were:

- 1st Prize – Nancy Kime
- 2nd Prize – Ursel Sandt
- 3rd Prize – Sonia Chasanoff

THE IMPORTANCE OF SIGNING IN

When you enter the senior center the first thing you should do is **print (*legibly please*)** your name on the sign-in sheet at Beth's desk (***visitors also***). Some members rush by without signing in because they are late for an event or activity, claiming they will sign in later. It is from this sheet that we will confirm your presence in the case of an emergency. What if our building had to be evacuated? We would not know you were somewhere in the building and would not be able to confirm that you had been safely evacuated with the others. We care about our members and want them to be safe. This means we will always stop you from rushing past the sign-in sheet at Beth's desk. ***Better late than lost!***

MEMBERSHIP FEES

We are now accepting membership renewals for 2016. Remember, you must complete a new Membership Form each year. Membership forms can be found in the INFO Center in the lobby. UMSSC membership fees

are still only \$15.00 and are *separate* from the Community Center membership fees. ***Be sure that you are given a membership card when you renew your membership.***

UMSSC CANDIDATE SEARCH

Last chance to nominate candidates for December voting. We will be electing all officers and two Board Directors. Drop your nominations off at the office or drop them in the suggestion box in the Lobby. Thanks. Stay positive and enjoy your time at the center. *(Contributed by Paul Buce)*

KEEPING SENIORS INFORMED

IT'S ALL IN THE TERMINOLOGY

Does the word "exercise" make you shake your head and/or shudder? Perhaps it's time to utilize the word "activity" instead of exercise. For older individuals the thought of going to a gym to "work out" is not always appealing. It sounds like a lot of work.

However, if you focus your thoughts on the word activity, you know this is something most people can do. Think of all the ways you can increase your activity level. Choose a parking spot farther away from the door of the store to have some extra steps. Go up and down several aisles in the store while shopping.

If able, use the stairs instead of the elevator. At home use the stairs as often as you can. Stand while talking on the phone. Assess your sitting time. At least once an hour it is advisable to get up and move around for three to five minutes. This keeps your circulation moving and challenges your muscles to move.

Consider getting a pedometer to track your steps. If you have one, put it on as soon as you get up and wear it until bedtime. Aim for 10,000 steps. This is about five miles.

Think about physical movement as a way to oxygenate all of your body cells and keep yourself both healthier and more independent. ***MOVE!!*** *(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. NO PRACTICE ON NOV. 3 – RESCHEDULED TO NOV. 4. 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, November 16 at 1:00 PM. Meets on the 3rd Monday of the month. Coordinator: Patricia Ackah (610.265.4290). This month's book: ***"The Traitor's Wife" by Allison Patki.*** A riveting historical novel about Peggy Shippen Arnold, the cunning wife of Benedict Arnold and mastermind behind America's most infamous act of treason . . .

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 Boroach.

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. See you Monday mornings at 10:30. Discuss the week's news and any other timely topics you would like to add to the list. And once again, the news steamrolls on, we just try to voice folks' perspectives on what is happening. Visitors welcome.

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, NOVEMBER 13. Pizza at 11:15 AM - Movie at 12:00 PM. Coordinator: Don McCree. Pizza: \$3.00. Movie: *Free*. Showing **"Love and Mercy"** an American biographical drama film which focuses on musician-songwriter Brian Wilson, co-founder of the Beach Boys. The film, deriving its title from the 1988 song by Wilson, is presented in a parallel narrative covering two specific time periods in Wilson's

life: the 1960s and the 1980s. Paul Dano and John Cusack depict the young and middle-aged Wilson, respectively, with Elizabeth Banks as Wilson's second wife Melinda Ledbetter, and Paul Giamatti as Wilson's psychotherapist Dr. Eugene Landy.

GARDEN CLUB: Meets the Second and Fourth Wednesday at 1:00 PM. Coordinator: Paul Buce. The club will have only one meeting in November. We'll meet in the kitchen at 1:00 on the second Wednesday, Nov 11.

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 November 11.**

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 & 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.**

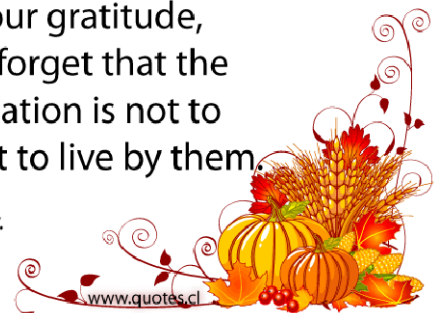
TAI CHI: Wednesdays at 12:00-12:45 PM. Cost: \$3.00 per class.

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

ZUMBA GOLD: Monday's 12:00 PM-12:45 PM at Gulph School Gym. Runs until 11/16. Directors: Geni Roskos & Peg White; licensed Zumba Gold instructors. All the fun of Zumba designed for the 50+ participant and anyone desiring modifications - a less intense but still invigorating Latin dance based fitness class. Enjoy dancing the meringue, salsa, cha-cha, belly dance, and more. This workout is low impact but high energy and fun. Improve cardiovascular health, balance, strength and flexibility as you burn calories. Perfect for those just starting to exercise. **Register & Pay for Zumba Gold through UM Park and Rec Dept.**

As we express our gratitude,
we must never forget that the
highest appreciation is not to
utter words, but to live by them.

- John Fitzgerald Kennedy.



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<p>Note: Information submitted following <i>OCT. 7</i> 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</p>		