



THE BEST OF TIMES

APRIL 2014

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
650 SOUTH HENDERSON ROAD
KING OF PRUSSIA, PA 19406
TEL: 610-265-4715
FAX 610-265-4005
WEBSITE: www.umssc.org
EMAIL: info@umssc.org
HOURS: MONDAY THRU FRIDAY
9:00 AM TO 3:00 PM

OUR MISSION STATEMENT

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

OFFICERS:

Mary F. McCree, President
Howard Lurie, Vice President
Helen Cabrey, Secretary
Harlyce Grossman, Treasurer

MEMBERS OF THE BOARD:

Paul Buce, Jane Burger, William Drolet, Ed Freudenberg,
Pari Hoorfar, Richard McCann, Howard Rosenblum,
Ruth Shand and Janet Sheehan

HONORARY MEMBERS:

Mary Meere, Arthur Powell, Constance H. Williams, and
Ronald G. Wagenmann

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

Friends,

Spring and "springtime" refer to the season, and also to ideas of rebirth, rejuvenation, renewal, and re-growth. With all those terms in mind, we gladly welcome the month of April and all that will be happening at the Center.

Be sure to sign up for "*Matter of Balance*" which begins on April 1st at 9:15 AM.

A wonderful opportunity to see the plans for the interior of our new home at 431 W. Valley Forge Road on Wednesday, April 2 by Joe Powell, Architect at 10:00 AM. Come and bring your friends.

Tax Preparers will wind up their very important work which is greatly appreciated.

Presentation by Darryl Bacchi on pre-planning on Thursday April 3 at 1:30 PM. Financial/Investment Discussion Group begins on Thursday April 17 at 10:00 AM led by Dick McCann, Board Director.

Check out our Flea Room open from 9:30 AM through 1:30 PM Monday thru Thursdays until April 23rd. Flea Market and Bake Sale on Saturday, April 26 – Spaces only \$20. Time for Spring renewal. Don't forget your donations to the Bake Sale.

Volunteer Appreciation Day – Monday April 28 – is an opportunity to thank all who make our center the success it is.

Please read the attached calendar and more details in this newsletter on the above listed happenings at our center.









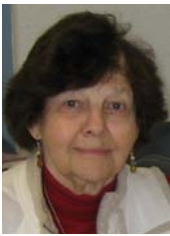
As you can see, Spring attributes are arriving at the center in the month of April. Let's all be thankful winter is over and best of all we survived it and welcome all the good things Spring is bringing to the Upper Merion Senior Service Center and ***don't forget to say something nice about Upper Merion Senior Service Center and it's members.***

Mary F. McCree

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

April 2014

Name That Movie (1942): "Here's looking at you, kid."
 ("Name That Movie". Each month a line from a movie will be presented. Guess what movie it's from. Answer will be on bulletin board at the center.)

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|---|--|--|---|--|
|  | | <p>APRIL FOOL'S DAY ☺ 1</p> <p>9:15 MATTER OF BALANCE 9:30 FLEA ROOM OPEN 9:30 COMPUTER CLUB 10:00 BRIDGE 11:30 CHAIR EXERCISE 1:00 KNITTING & CROCHETING 1:30 BAND PRACTICE & INSTRUCTION</p> | <p>2</p> <p>9:30 FLEA ROOM OPEN 10:00 COMMUNITY CNTR PRESENTATION 10:00 BOARD MEETING 1:00 LINE DANCING</p> | <p>3</p> <p>9:30 FLEA ROOM OPEN 10:00-1:00 AARP TAX PREP 10:15 BINGO 12:30 CHAIR EXERCISE 1:30 BACCHI PRESENTS LIVING WILLS & FUNERAL PRE-PLANNING</p> | <p>4</p> <p>10:00 SING-A-LONG</p> |  |
| 6 / 13 | <p>WORLD HEALTH DAY ☺ 7</p> <p>9:30 FLEA ROOM OPEN 10:00 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA</p> | <p>8</p> <p>9:15 MATTER OF BALANCE 9:30 FLEA ROOM OPEN 9:30 COMPUTER CLUB 10:00 BRIDGE 11:30 CHAIR EXERCISE 1:00 KNITTING & CROCHETING 1:30 BAND PRACTICE & INSTRUCTION</p> | <p>9</p> <p>9:30 FLEA ROOM OPEN 10:00 GENERAL MEETING 1:00 GARDEN CLUB 1:00 LINE DANCING</p> | <p>10</p> <p>9:30 FLEA ROOM OPEN 10:00-1:00 AARP TAX PREP 10:00 NURSE 10:15 BINGO 11:00 OUTREACH BRIGGS 12:30 CHAIR EXERCISE</p> | <p>11</p> <p>10:00 SING-A-LONG 11:15 FRIDAY FLICKS "GRAVITY" <i>(Please sign up in advance)</i></p> |  |
|  | <p>14</p> <p>9:30 FLEA ROOM OPEN 10:00 MAH-JONGG 10:30 CURRENT EVENTS 1:00 BOOK TALK 1:30 YOGA</p> | <p>☺ FEDERAL TAXES DUE 15</p> <p>9:15 MATTER OF BALANCE 9:30 FLEA ROOM OPEN 9:30 COMPUTER CLUB 10:00 BRIDGE 11:30 CHAIR EXERCISE 1:00 KNITTING & CROCHETING 1:30 BAND PRACTICE & INSTRUCTION</p> | <p>16</p> <p>9:30 FLEA ROOM OPEN 1:00 LINE DANCING</p> | <p>17</p> <p>9:30 FLEA ROOM OPEN 10:00 FINANCIAL / INVESTMENT DISCUSSION GROUP 10:15 BINGO 12:30 CHAIR EXERCISE</p> | <p>18</p> <p>SENIOR CENTER CLOSED FOR "GOOD FRIDAY" OBSERVANCE</p> |  |
| <p>20</p> <p>EASTER SUNDAY</p> | <p>NATIONAL VOLUNTEER WEEK ☺ 21</p> <p>SENIOR CENTER CLOSED FOR "EASTER" OBSERVANCE</p> | <p>☺ EARTH DAY 22</p> <p>9:30 FLEA ROOM OPEN 9:30 COMPUTER CLUB 10:00 BRIDGE 11:30 CHAIR EXERCISE 1:00 KNITTING & CROCHETING 1:30 MCMS ARTHRITIS PRESENTATION</p> | <p>23</p> <p>9:30 FLEA ROOM OPEN 9:30 VALLEY FORGE CASINO 9:30 QUILTING 1:00 GARDEN CLUB 1:00 LINE DANCING 1:30 BAND PRACTICE & INSTRUCTION</p> | <p>24</p> <p>10:00 NURSE 10:00 FINANCIAL / INVESTMENT DISCUSSION GROUP 10:15 BINGO 11:30 OUTREACH LEACH 12:30 CHAIR EXERCISE</p> | <p>25</p> <p>10:00 SING-A-LONG 10:00 DROP OFF BAKED GOODS FOR FLEA MARKET & BAKE SALE</p> | <p>NATIONAL ARBOR DAY ☺ 26</p> <p>UMSSC ANNUAL FLEA MARKET & BAKE SALE 9:00 am - 3:00 pm</p> |
|  | <p>27</p> <p>10:00 MAH-JONGG 10:30 CURRENT EVENTS 1:00 VOLUNTEER APPRECIATION DAY 1:30 YOGA</p> | <p>29</p> <p>9:15 MATTER OF BALANCE 9:30 COMPUTER CLUB 10:00 BRIDGE 11:30 CHAIR EXERCISE 1:00 KNITTING & CROCHETING 1:30 BAND PRACTICE & INSTRUCTION</p> | <p>30</p> <p>1:00 LINE DANCING</p> |  |  |  |

OUR BOARD OF DIRECTORS



INSIDE THIS ISSUE

| | PAGE |
|----------------------|-----------|
| 2014 GOALS | 1 |
| CALENDAR | 2 |
| UPCOMING EVENTS | 3 |
| UPCOMING TRIPS | 4 |
| ACKNOWLEDGEMENTS | 4 |
| COMMUNITY OUTREACH | 4 |
| COMMUNITY HAPPENINGS | 5 |
| NEWSWORTHY | 5 |
| ACTIVITIES | 6 |
| REMINDERS | BACK PAGE |

UPCOMING EVENTS

AARP 2013 TAX PREPARATION: THURSDAYS

ONLY UNTIL APRIL 10: It's that time again! Free tax preparation for seniors by AARP. Bring your tax documentation including your receipted real estate tax bills. Appointment sign-up schedule is at the Reception Desk. **NO APPOINTMENTS CURRENTLY AVAILABLE. NAMES TAKEN FOR WAITLIST ONLY.**

FLEA ROOM OPEN: Through Wednesday, April 23.

Bring in your donations or come in to shop. The Flea Room will be open Monday through Thursday from 9:30 AM to 1:30 PM. Acceptable donations are children's books, appliances and electronics (in working order), knickknacks, decorations, etc. Donations of used clothing, junk or broken or non-working items not accepted! *All profits from sales benefit the Senior Center.*

TUESDAY, APRIL 1, 8, 15, 29; May 6, 13 and 27 and JUNE 3 FROM 9:15 AM TO 11:15 AM: BRYN MAWR HOSPITAL PRESENTS "MATTER OF BALANCE".

Eight (8) Session Program emphasizing practical strategies to manage falls. Learn to view falls as controllable, set goals for increasing activity, make changes to reduce fall risks at home and exercise to increase strength and balance. **Please sign up at the Reception Desk.**

WEDNESDAY, APRIL 2 AT 10:00 AM NEW COMMUNITY CENTER/SENIOR CENTER PRESENTATION:

There will be a joint session in the Great Room on Wednesday, April 2 beginning at 10 AM. There will be a presentation on the interior look of the new senior center which will be located on 431 W.

Valley Forge Road. The presenter will be Architect Joe Powell of Buell Kratzer Powell. **Everyone is invited to this presentation so be sure to spread the word.** Following this presentation, the public will depart and the Board Meeting will commence also in the Great Room.

THURSDAY, APRIL 3 at 1:30 PM: Presentation on Living Wills and Funeral Arrangement Pre-Planning. Darryl Bacchi of Bacchi Funeral Home will hold an open forum informative discussion regarding living wills and pre-planning funeral arrangements.

THURSDAY, APRIL 17 AT 10:00 AM: FINANCIAL/ INVESTMENT DISCUSSION GROUP. The first Financial/Investment Discussion Group will be held every Thursday at 10:00 AM beginning Thursday, April 17. All levels of experience in making the best choices for your investments are welcome. The sign-up sheet is on the reception table in the lobby. If you have any questions you can contact Dick McCann at 610-416-7431 or at rmbboater@aol.com.

WEDNESDAY, APRIL 23: VALLEY FORGE CASINO.

The offer for groups is \$15.00 in Slot Play and \$10.00 in Food Credit. 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.** **Valley Services will handle all new and renewal casino memberships or one-day passes (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 2:00 PM. For those driving, please meet in the Casino lobby between 9:30 AM and 10:00 AM. **CUT-OFF DATE FOR THIS TRIP IS WEDNESDAY, APRIL 16. Everyone must bring a valid photo ID.***

TUESDAY, APRIL 22 AT 1:30 PM. ARTHRITIS- HELP YOURSELF. Presentation by Montgomery County Medical Society. Presenter, Dr. Mark Lopatin, rheumatologist and MCMS Board Member, will give a general overview of arthritis.

SATURDAY, APRIL 26 FROM 9:00 AM TO 3:00 PM 17TH ANNUAL FLEA MARKET & BAKE SALE: Come join the fun! Make it a family/friend day! We have something for everyone! Raffles! Cash Prizes! and More! Hot dogs, sodas and desserts. The charge for an 8'x4' Vendor Space is \$20.00. Registration forms can be picked up at the Senior Center or on our website www.umssc.org Payment and completed registration form must be received to reserve your space. For additional information call 610-265-4715.

WE NEED VOLUNTEERS TO BAKE GOODIES TO SELL AT THE FLEA MARKET. SIGN-UP AT THE RECEPTION DESK AND BE SURE TO LIST WHAT YOU WILL DONATE AND BRING TO THE CENTER ON FRIDAY, APRIL 25. REMEMBER ALL PROCEEDS BENEFIT YOUR SENIOR CENTER.

MONDAY, APRIL 28: VOLUNTEER APPRECIATION DAY:

National Volunteer Week begins April 21st. To celebrate our member volunteers who are doing extraordinary things at the center and around the community we are hosting a get together in the Dining Room. Light refreshments will be served and entertainment will be provided by "HARDLY ABLES"; musicians from 3 different string bands. ***HOPE YOU CAN COME! Please sign up at the Reception Desk.***

THURSDAY, MAY 8 AT 1:30 PM" PRIVATE PAY vs INSURANCE REIMBURSEMENT HOME CARE

presentation by Karen Tornese RN, Marketing Manager at Assisting Hands Home Care **and ASSISTED LIVING vs PERSONAL CARE** presentation by Doreen Hoos RN, Managing Director at Columbia Cottage Assisted Living Senior Care. Light refreshments will be offered.

FRIDAY, MAY 9 AT 9:15 AM: GRANDPARENTS DAY AT ROBERTS ELEMENTARY SCHOOL.

Be a "visiting" grandparent. Events include: refreshments, assembly, classroom visits, pictures and old school house tours. Registration required (Forms are at the Reception Desk). ***School Bus Transportation is available from Senior Center.***

MONDAY, MAY 12: AARP DRIVERS COURSE (4-HOUR). FROM 9:30 AM TO 1:30 PM.

Course Instructor, Richard Fida. Cost: \$15.00 AARP Members \$20.00 non-AARP Members. Payment due day of course. Sign up ***in person*** at our Reception Desk.

UPCOMING TRIPS

TUESDAY, MAY 20: HUNTERDON HILLS PLAYHOUSE DINNER THEATRE: "BUSYBODY".

\$60.00 UMSSC members - \$65.00 non-UMSSC members. Cost includes: transportation, show and luncheon. BUS DEPARTS CENTER AT 8:45 AM. (*Trip funded in part by the BCA Grant.*)

TUESDAY, JUNE 10: HUNTERDON HILLS PLAYHOUSE DINNER THEATRE: "BETTER WITH A BAND".

\$60.00 UMSSC members - \$65.00 non-UMSSC members. Cost include: transportation, show and luncheon. BUS DEPARTS CENTER AT 8:45 AM. (*Trip funded in part by the BCA Grant.*)

ACKNOWLEDGEMENTS

GRACIAS! THANKS! DANKE! MERCI! ARIGATO! GRAZIE! OBRIGADO!

★ ***Thank you Tony from Angelo's Pizza*** – for the foot long Birthday Hoagie he donates to the center every month. ★ ***LeBus Bread*** – who donate delicious baked bread every month for the Member Bread Raffle and to ★ ***Sun Joe*** - who generously donates the baked goods we put out for snacks. We also thank ★ ***Sicilian Delight*** for their great discounts on pizza for Friday Flicks! ★ ***Brian Neuffer*** made a very generous and yummy donation of everyone's favorite Entenmann's baked goodies for snacking. Who doesn't like Entenmann's?

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 members who have generously made donations to the Center:

Barbara Miller for her generous donation to the Center.

Tita de la Cruz for her generous donation to the Center.

Daniel & Catherine Allerton for their generous donation to the Center.

Ernest & Placida DiGenova for their generous donation to the Center.

COMMUNITY OUTREACH

UPPER MERION EMERGENCY AID

Dried goods donations collected for families in the community. More families are in need than ever before. Donation box is outside of the lounge. ***The Upper Merion Emergency Fund has specifically requested donations of Peanut Butter & Jelly and large cans of soup (like Progresso). Canned vegetables and fruit, Toiletries, household and laundry detergents are also 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. 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 is 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 a done a great job for a very good cause.**

COMMUNITY HAPPENINGS

UPPER MERION FARMERS' MARKET

The Farmers' Market is open through April on every other Saturday from 10:00 AM to 12:00 PM. Opening day for the season will be May 17th.

FRIENDS OF VALLEY FORGE PARK SPEAKER SERIES

As part of the Friends mission to provide interesting and compelling programming for the public, the annual Speaker Series is held in cooperation with the Washington Memorial Chapel. Each year, a new slate of programs is scheduled and offered at the Chapel or the park theater.

TUESDAY APRIL 1 at 7:00 PM at the Washington Memorial Chapel "WOMEN'S WORK" IN THE EIGHTEENTH CENTURY: Eighteenth-century housewifery required many varied skills. Gardening, cooking, domestic medicine, dairying, brewing, making and mending clothing, all while producing and caring for children... how did colonial women manage? Research in period sources coupled with replication of domestic processes can help us understand how colonial women did it all. As a historian, professional teacher and researcher, Dr. Clarissa F. Dillon brings her unique insights to this edifying and surprising "show and tell" presentation about the duties and tasks of eighteenth-century women.

TUESDAY, MAY 6 at 7:00 PM at the Park Theater "AN EVENING WITH GENERAL GEORGE WASHINGTON AND THE MARQUIS DE LAFAYETTE": Although there is no single person in America's history who has had greater impact on the United States of America than George Washington, the Marquis de Lafayette is also important to America's history – for without the French, we would not have

won the American Revolution. Lafayette was a great admirer of General George Washington, and they shared a lifelong father-son relationship. Tonight we welcome the return of General George Washington and the Marquis de Lafayette to Valley Forge once again.

TUESDAY, JUNE 3 at 7:00 PM at the Washington Memorial Chapel "THE HISTORICAL EVOLUTION OF VALLEY FORGE": Marc Brier, a ranger at Valley Forge National Historical Park, discusses the many and varied visions of this iconic American treasure.

NEWSWORTHY REMINDER

When paying for membership or special trips or events with a check, please remember to pay separately. Do not combine two events or trips on one check. If, however, you are paying for a trip for yourself and a spouse, one check is acceptable for the two of you for that one event. The same applies for membership for yourself and a spouse and one check is acceptable for the two of you. Receiving your payment in this manner helps us to keep our bookkeeping in order. Thank you.

HOW PHYSICALLY ACTIVE ARE YOU?

You need to know that physical activity includes more than just sports. Any movement that requires your large muscle groups to work is considered physical activity. So, this would include actions such as walking briskly at the mall, energetically doing household chores, swimming, dancing and using the stairs. With activity, the chemical changes that occur in the brain are beneficial to your body, your mind and your social interactions.

MEMBERSHIP DRIVE

There is still time to renew your 2014 membership. If your friends tell you they are not receiving the monthly newsletter, remind them to renew their membership. 2014 membership forms are available in the info center and also on our website www.UMSSC.org. We encourage you to have your friends renew or have a new friend who might be interested join. Membership cost is still **only** \$15.00 and we have a lot to offer in the way of activities and special events and programs.

SPECIAL INVITATION TO NEW MEMBERS

Come to the Great Room for the general membership meeting on **Wednesday, April 9** and stay to have birthday cake and chat with some of the members and board members. We will also have our "Lottery Basket" drawing after this meeting.

BOARD GAMES AVAILABLE

We have set up a table in the kitchen for playing board games. The games can be found on the shelf by the

table. We offer UpperMerionopoly, Rummikub, Scrabble, Backgammon and a couple of others. Relax and have some fun. Also good for your brain. Get a game going with an old friend or make a new friend and invite them to play!

Interested in playing pinochle? Let us know. Some members have expressed interest in starting a group.

COOKING CLASS RETURNS!

We welcome back the very popular "Good Food/Good Health with Pari". The rescheduled class will be held on **Monday, May 5 at 10:00 AM** and Pari will be making "Lettuce Wraps". Attendance minimum of 10 and maximum of 15 is required. As always, we ask that you sign up and pay in advance so that enough food can be prepared. The sign-up sheet is at the Reception Desk and the cost is still only \$6.00.

GET WELL CARDS FOR MEMBERS

If you know of a member who is sick or recovering from an accident or surgery, and could use a little cheering up or encouragement, please let us (in the office) know about them so that we can place a card on the reception desk for everyone to sign. We want all of our members to know that we care about them and that they are missed.

READING AID AVAILABLE

The Aladdin Classic is a "computer like" machine for people with low vision needs. It displays printed materials in high contrast black text on a white background or white text on a black background (negative image). You can adjust magnification to your personal reading and writing needs. If you have vision problems and would be interested in having this machine, which has been donated to the center, it is yours for free. We also have the brochure and User's Guide. Please come in to the office if you are interested.

4-H CLUB FABRIC DONATION

UMSSC has donated fabric to the 4-H Club at Colledgeville. We have donated previously on two other occasions. Patti Colby teaches sewing on Sunday afternoons to 4th and 5th grade girls. They learn by doing. The girls can use the fabric to make projects or sell it at their fall fabric sale. The fabric will be useful in teaching the girls. The pictures show Patti and 4-H girls taking the boxes into their building



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: Every Tuesday, from 1:30 to 2:30 PM the Upper Merion Senior Service Center Band practices under the direction of Ed Hickman. Our wonderful band is planning to expand. They have an open invitation to anyone 55 or over. They are looking for musicians who want to get back into playing with a group. They are specifically looking for those who play flute, guitar, trumpet, violin and steel drum. The band meets every Tuesday at 1:30 PM under the direction of Ed Hickman. Stop in and see them. All are welcome.

BINGO: Thursdays at 10:15 AM. Coordinator: Dan DeLucca. Cash prizes! **Beginning March 27 Bingo will temporarily move to the Great Room until after the Flea Market on April 26.**

BOOK TALK: MONDAY, APRIL 14 at 1:00 PM. Meets on the 3rd Monday of the month. Coordinator: Patricia Ackah (610.265.4290). This month we will be reading "*The Language of Flowers*" by Vanessa Diffenbaugh. A vivid portrait of an unforgettable young woman whose gift for flowers helps her change the lives of others even as she struggles to overcome her own troubled past.

BRIDGE CLUB: Tuesdays at 10:00 AM. All bridge players welcome! **Beginning March 25 Bridge will temporarily move to the Lounge until after the Flea Market on April 26.**

CHAIR EXERCISE: Tuesdays at 11:30 AM to 12:15 PM and Thursdays from 12:30 PM to 1:15 PM. Coordinator: Jim Parvin. \$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. Is there enough happening in the world to stimulate your concern and curiosity? Perhaps you have all the answers, and if so would you please join us Mondays at 10:30 and fill us in. We do have a great time trying to understand the relationships between events and postulating where they are leading. All are welcome to join in.

FINANCIAL/ INVESTMENT DISCUSSION GROUP: **Thursdays at 10:00 AM in the Lounge Beginning April 17.** Coordinator: Dick McCann. All levels of experience in making the best choices for your investments are welcome.

FRIDAY FLICKS: FRIDAY, April 11 (Pizza at 11:15 AM, Movie at 12:00 PM.) Coordinator: Don McCree. Pizza & Movie: \$5.00. Movie Only: \$2.00. **Please sign up in advance.** This month we will be showing **"GRAVITY"** starring Sandra Bullock and George Clooney in a heart-pounding thriller that pulls you into the infinite and unforgiving realm of deep space. Bullock plays Dr. Ryan Stone, a brilliant medical engineer on her first shuttle mission, with veteran astronaut Matt Kowalsky (Clooney). But on a seemingly routine spacewalk, disaster strikes. The shuttle is destroyed, leaving Stone and Kowalsky completely alone - tethered to nothing but each other and spiraling out into the blackness.

GARDEN CLUB: Meets the second and fourth Wednesday at 1:00 PM. Coordinator: Paul Buce. Emphasis this month is getting ready for the Flea Market. And if Mother Nature cooperates, maybe getting a start on the center's gardens.

GENERAL MEMBERSHIP MEETING: Monthly meeting open to all members on the **2nd Wednesday of the month (April 9) at 10:00 AM.** Any member who wants to be put on the agenda at the meeting should contact Mary McCree, President. **The "Lottery Basket" drawing will be held following the meeting.**

GOOD FOOD/GOOD HEALTH WITH PARI: **Monday, May 5 at 10:00 AM.** Instructor: Pari Hoorfar. Cost: \$6.00. Minimum of 10 - limited to 15. Advance sign-up and payment is required so that enough food can be prepared. Pari will be making **"Lettuce Wraps"**.

KNITTING & CROCHETING: Tuesdays at 1:00 PM. Coordinator: Dot Price. 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.** The Free Library of Philadelphia's Library for the Blind and Physically Handicapped (LBPH) offers a wide variety of services for customers throughout the Commonwealth. Some are available on

site, and any are available free through the mail. These services are available and provided without charge to eligible readers. You can sign up to receive Braille Books, Descriptive Videos, Braille and Audio reading Download service, Large-print books and audiobooks by Mail. **Registration forms to sign up for this service are in our lobby area.**

LINE DANCING: Every Wednesday at 1:00 PM in the gym. Coordinator: Aracelia Panzano. Cost: \$1.00 per lesson.

MAH-JONGG: Mondays at 10:00 AM. Coordinator: Lynne Boroach. All level players are welcome. **Come in at 9:30 AM if you are interested in learning Mah-Jongg.**

NURSE: Every 2nd and 4th Thursday of each month from **10:00 AM to 12:00 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) *Senator Daylin Leach's* aide is here the last Thursday of the month (11:30 AM to 1:00 PM)

QUILTING: Fourth Wednesday of the month 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.**

YOGA: Monday's at 1:30 PM. *Video Instruction good for beginners, intermediate or advanced.* Limited to 8 members per class.

ZUMBA GOLD: Session runs Monday's only March 31 to June 2 from 12:00 PM to 12:45 PM. No class on April 14 or May 26. Cost: \$16.00 UM Residents and \$26.00 Non-UM Residents. Sign up and pay at the Township Building. **THIS IS AN UM TWP. PARK & REC DEPT. PROGRAM.**



REMINDERS FOR APRIL 2014

- * AARP 2013 TAX PREPARATION: **THURSDAY'S ONLY UNTIL APRIL 10** AT 10:00 AM TO 1:00 PM. *BY APPOINTMENT ONLY.*
- * FLEA ROOM OPEN MONDAY through THURSDAY FROM 9:30 AM TO 1:30 PM THROUGH APRIL 23
- * BRYN MAWR HOSPITAL PRESENTS "MATTER OF BALANCE" TUESDAY, APRIL 1, 8, 15, 29; May 6, 12 and 27 and JUNE 3 FROM 9:15 AM TO 11:15 AM
- * NEW COMMUNITY CENTER/SENIOR CENTER PRESENTATION: Wednesday, April 2 at 10:00 AM. **EVERYONE INVITED.**
- * LIVING WILLS AND FUNERAL PRE-PLANNING: THURSDAY, APRIL 3 AT 1:30 PM
- * GENERAL MEETING: WEDNESDAY, APRIL 9 AT 10:00 AM
- * FRIDAY FLICKS: FRIDAY, APRIL 11 (Pizza at 11:15 AM, Movie at 12:00 PM.) SHOWING "GRAVITY" **PLEASE SIGN UP IN ADVANCE**
- * BOOK TALK: MONDAY, APRIL 14 AT 1:00 PM. THIS MONTH'S BOOK: "THE LANGUAGE OF FLOWERS" BY VANESSA DIFFENBAUGH
- * FINANCIAL/INVESTMENT DISCUSSION GROUP: EVERY THURSDAY BEGINNING APRIL 17 AT 10:00 AM
- * ARTHRITIS PRESENTATION TUESDAY, APRIL 22 AT 1:30 PM
- * VALLEY FORGE CASINO: WEDNESDAY, APRIL 23 AT 9:30 AM. SHUTTLE WILL DEPART THE CENTER AT 9:30 AM AND RETURN AT 2:00 PM. FOR THOSE DRIVING, PLEASE MEET IN THE CASINO LOBBY BETWEEN 9:30 AM AND 10:00 AM
- * FLEA MARKET: SATURDAY, APRIL 26 FROM 9:00 AM TO 3:00 PM.
- * VOLUNTEER APPRECIATION DAY: MONDAY, APRIL 28 AT 1:00 PM
- * HUNTERDON HILLS PLAYHOUSE DINNER THEATRE: "BUSYBODY". **TUESDAY, MAY 20.** \$60.00 UMSSC MEMBERS - \$65.00 NON-UMSSC MEMBERS. COST INCLUDES: TRANSPORTATION, SHOW AND LUNCHEON. BUS DEPARTS CENTER AT 8:45 AM. (TRIP FUNDED IN PART BY THE BCA GRANT.)
- HUNTERDON HILLS PLAYHOUSE DINNER THEATRE: "BETTER WITH A BAND". **TUESDAY, JUNE 10.** \$60.00 UMSSC MEMBERS - \$65.00 NON-UMSSC MEMBERS. COST INCLUDES: TRANSPORTATION, SHOW AND LUNCHEON. BUS DEPARTS CENTER AT 8:45 AM. (TRIP FUNDED IN PART BY THE BCA GRANT.)

NOTE:
THE UMSSC IS CLOSED WHEN THE UM AREA SCHOOL DISTRICT CLOSES OR HAS LATE OPENING DUE TO INCLEMENT WEATHER

UMASD SCHOOL CLOSING NUMBER IS "307"

NOTICE IS ALSO BROADCASTED ON COMCAST CHANNEL 28 OR VERIZON FIOS CHANNEL 32

OR CALL SENIOR CENTER AFTER 7:30 AM (610-265-4715) AND LISTEN TO VOICE MAIL RECORDING

OR CALL KYW-1060 RADIO (215-925-1060) FOLLOW INSTRUCTIONS AND ENTER UMASD SCHOOL CLOSING NUMBER "307"

UM RAMBLER
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
www.gvftma.com

Note:
Information submitted following **MARCH 5** 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

UPPER MERION SENIOR SERVICE CENTER
650 SOUTH HENDERSON ROAD KING OF PRUSSIA, PA 19406

Non-Profit Org.
U.S. Postage
PAID
Southeastern, PA
Permit No. 615

TO: RESIDENT or OCCUPANT