



THE BEST OF TIMES

AUGUST 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

OUR UPPER MERION SENIOR SERVICE CENTER

BY LENORE RUNKLE

Come join our Senior Center
Get out and try something new
Socialize and make some friends
There are many things to do.

They offer trips and card games
So very much to entice
Their volunteers are the best
The office staff is nice.

We enjoy The Best of Times
And thank Shirley for her aid
Beth's smile greets us at the door
It never seems to fade.

Mary and Cindy are great
They maintain an even keel
Keep things running smoothly
So we always get a deal.

You can get your pressure checked
Come to a social tea
Join us for the Spring Fling
Participation is the key.

Some enjoy the garden club
The flea market's a hit
But if we're counting votes
The Christmas Party's "It".

You'll find computer training
Exercise classes and such
Book reviews and free movies
Things to help you stay in touch.

The balance class was useful
Help with our taxes is nice
The fee for membership
Is certainly worth the price.





The new building should be awesome
We're waiting for the move
It's been a long time coming
We hope it all goes smooth.

Joining will make you young again
And you won't have a care
Forget about your troubles
I hope to meet you there!

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

AUGUST 2016 (Do you recognize any of these faces?)

"How old would you be if you didn't know how old you are?" Satchel Paige

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>1</p> <p>9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA</p>	<p>2</p> <p>9:30 COMPUTER CLUB 9:30 BRIDGE 9:30 POKER 11:30 CHAIR EXERCISE 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/ CROCHETING</p> <p><i>6:30 PHONE & EMAIL SCAM PRESENTATION: IN UPPER MERION TOWNSHIP'S FREEDOM HALL</i></p>	<p>3</p> <p><i>10:00 BOARD MEETING 12:00 BREAD DAY</i></p> <p><i>LINE DANCING AND TAI CHI SUSPENDE FOR AUGUST</i></p>	<p>4</p> <p>9:30 CANASTA 10:15 BINGO 12:30 CHAIR EXERCISE</p> <p><i>FINANCIAL/INVEST GROUP SUSPENDE FOR AUGUST</i></p>	<p>5</p> <p>10:00 SING-A-LONG</p> <p>SUMMER HOURS CENTER CLOSES AT 12:00 PM</p>	<p>6</p> <p>WIGGLE YOUR TOES DAY</p>
<p>7</p> <p>FRIENDSHIP DAY</p>	<p>8</p> <p>9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA</p>	<p>9</p> <p>9:30 COMPUTER CLUB 9:30 BRIDGE 9:30 POKER 11:30 CHAIR EXERCISE 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/ CROCHETING</p> <p>BOOK LOVERS DAY</p>	<p>10</p> <p><i>11:30 PEOPLES LIGHT THEATER "RING OF FIRE – THE MUSIC OF JOHNNY CASH 12:00 BREAD DAY</i></p> <p><i>LINE DANCING AND TAI CHI SUSPENDE FOR AUGUST</i></p>	<p>11</p> <p>9:30 CANASTA 10:15 BINGO 12:30 CHAIR EXERCISE</p> <p><i>FINANCIAL/INVEST GROUP SUSPENDE FOR AUGUST</i></p>	<p>12</p> <p>10:00 SING-A-LONG</p> <p>SUMMER HOURS CENTER CLOSES AT 12:00 PM</p>	<p>13</p> <p>LEFT HANDERS DAY</p>
<p>14</p> <p>VJ DAY</p>	<p>15</p> <p>9:30 MAH-JONGG 10:30 CURRENT EVENTS <i>1:00 BOOK TALK</i> 1:30 YOGA</p>	<p>16</p> <p>9:30 COMPUTER CLUB 9:30 BRIDGE 9:30 POKER 11:30 CHAIR EXERCISE 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/ CROCHETING</p> <p>NATIONAL TELL A JOKE DAY</p>	<p>17</p> <p><i>9:30 VALLEY FORGE CASINO 12:00 BREAD DAY</i></p> <p><i>LINE DANCING AND TAI CHI SUSPENDE FOR AUGUST</i></p>	<p>18</p> <p>9:30 CANASTA 10:15 BINGO 12:30 CHAIR EXERCISE</p> <p><i>FINANCIAL/INVEST GROUP SUSPENDE FOR AUGUST</i></p>	<p>19</p> <p>10:00 SING-A-LONG</p> <p>SUMMER HOURS CENTER CLOSES AT 12:00 PM</p>	<p>20</p> 
<p>21</p> <p>SENIOR CITIZENS DAY</p>	<p>22</p> <p>9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA</p>	<p>23</p> <p>9:30 COMPUTER CLUB 9:30 BRIDGE 9:30 POKER 11:30 CHAIR EXERCISE 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/ CROCHETING</p>	<p>24</p> <p>9:30 QUILTING 12:00 BREAD DAY</p> <p><i>LINE DANCING AND TAI CHI SUSPENDE FOR AUGUST</i></p>	<p>25</p> <p><i>9:30 NURSE</i> 9:30 CANASTA 10:15 BINGO <i>11:00 OUTREACH-LEACH</i> 12:30 CHAIR EXERCISE</p> <p><i>FINANCIAL/INVEST GROUP SUSPENDE FOR AUGUST</i></p>	<p>26</p> <p>10:00 SING-A-LONG</p> <p>SUMMER HOURS CENTER CLOSES AT 12:00 PM</p>	<p>27</p> <p>GLOBAL FORGIVENESS DAY</p>
<p>28</p> <p>RACE YOUR MOUSE DAY</p>	<p>29</p> <p>9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA</p>	<p>30</p> <p>9:30 COMPUTER CLUB 9:30 BRIDGE 9:30 POKER 11:30 CHAIR EXERCISE 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/ CROCHETING</p>	<p>31</p> <p>9:30 QUILTING 12:00 BREAD DAY</p> <p><i>LINE DANCING AND TAI CHI SUSPENDE FOR AUGUST</i></p>			

OUR BOARD OF DIRECTORS



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UPCOMING EVENTS

SUMMER HOURS BEGIN– SENIOR CENTER WILL CLOSE AT 12:00 NOON EACH FRIDAY UNTIL AUGUST 26.

PHONE & EMAIL SCAM PRESENTATION:

Tuesday, August 2 at 6:30 PM in Upper Merion Township's Freedom Hall; presentation by Upper Merion Detective Steven Geckle. No registration required. Light refreshments will be served.

PEOPLES LIGHT THEATER "RING OF FIRE – THE MUSIC OF JOHNNY CASH – WEDNESDAY, AUGUST 10 AT 2:00 PM. COST: \$68.00. Includes catered lunch (11:30 AM) at center and transportation to theater (12:30 PM) in Malvern. Limited to 20 people.

VALLEY FORGE CASINO WEDNESDAY, August 17 (Cut-off date Mon., August 15. **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. If you have any questions you can contact Valley Services at 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.**

MAIN LINE HEALTH – MATTER OF BALANCE 8-WEEK COURSE AVAILABLE: Aug. 25, Sept. 1, 8, 15, 22, 29, Oct. 6 & 13. Program designed to manage falls and increase activity levels. Held at Lower Level Conf. Room A, Main Line Health in Bryn Mawr, 933 Haverford Rd., Bryn Mawr, PA. **To register call 1-866-CALL-MLH. Space is limited.**

15th ANNUAL SENIOR FALL FLING: THURSDAY, SEPTEMBER 22. This year's theme "Saluting King of Prussia, a Simon Mall". Held in the Pavilion at the Court in the King of Prussia Mall from 10:00 AM to 2:00 PM with everyone requested to arrive by 9:45 AM. A sign-up sheet is at 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:

- ^a The Women's Club of Upper Merion made a donation to the Center.
- ^a Joan McKernan made a donation to the Center.
- ^a Cindy & Dan Eastman in memory of Roseanne Susan Jane Leahy daughter of Tom & Marie Scully and sister of Roseanne Scully & Patricia Brunner.
- ^a Mary & Don McCree in memory of Roseanne Susan Jane Leahy daughter of Tom & Marie Scully and sister of Roseanne Scully & Patricia Brunner.

GRACIAS! THANKS! DANKE! MERCI!

- ^a *Sicilian Delight* for their pizza for Friday Flicks!
- ^a Thank you Tony from Angelo's Pizza – for the foot long Birthday Hoagies he donates to the center every month. ^a LeBus Bread – who donates delicious baked bread every month for the Member Bread Raffle. ^a Costco for their generous donation of a monthly gift card for our birthday cake purchases. ^a Malvern Wegmans for their bountiful donation of baked goods. ^a Acme Market for their wonderful donation of

baked goods. a Sun Joe - who generously donates the baked goods we put out for snacks.

COMMUNITY OUTREACH

UMSSC SHOWS APPRECIATION

A heartfelt "Thank You" to the members and staff of the Upper Merion Senior Service Center who were kind enough to send lunch for our officers on July 19. We cannot thank you enough for your support.



Officer Michael Bruner and fellow officer enjoy hoagies donated by UMSSC



UMSSC stand-up sign reads: ***"From the bottom of our hearts, thank you for all you do to keep us safe".***

FLOWER CAUSE

Flower Cause is a new community assistance program which UMSSC is participating in. If you purchase any flowers from ***Plaza Flowers*** 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!



PLAZA FLOWERS is located at 417 Egypt Road, Norristown, PA 19403. Telephone: 610-630-8825

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.***

THANK YOU KNITTERS

We want to give an extra special thank you to our members who have donated their time to make the knitted caps for donation to ***St. Christopher's Hospital for Children.*** These adorable hats are for the preemie babies to keep their tiny bodies warm. 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.***

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 FARMERS' MARKET

Farmers' Market regular hours are Saturdays 9 AM to 1 PM.

WHAT'S HAPPENING AT THE UM TOWNSHIP LIBRARY

SUMMER READING FOR SENIORS CONTINUES. READ, REGISTER AND REVIEW TO WIN EXCITING PRIZES.

YOUTH VOLUNTEERS WILL BE VISITING THE CENTER DURING SUMMER MONTHS TO HELP YOU WITH ALL YOUR TECH RELATED ISSUES. DATE AND TIME WILL BE ANNOUNCED SOON.

Fitness 101: Come and learn a new fitness method on **Monday, August 1 at 7:00 pm Freedom Hall**

Phone & Email Scam Workshop led by Presented by Steven E. Geckle, CFCI Detective, Upper Merion Police Department on Tuesday, August 2 at 6:30 pm in Freedom Hall. Learn tips to protect yourself and your future, Recognize common scams initiated over the phone/email, Report a problem or scam, Q & A session. All are welcome. Light refreshments will be served.

Adult Coloring Night on Monday, August 8 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!!

Ancestry.com live demo on Thursday, August 18 at 6:30 pm in Valley Forge Room. Must register. Call us for more details.

Knit Nite: Monday, August 22 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.

Mind & Body Workshop on August 23 at 7 pm . Come learn the link between mind and breath.

Tech Night on Monday, August 29 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

To register for any of the library events, you can register via our online calendar, or by calling [610-265-4805](tel:610-265-4805) or stopping by the library.

Low Vision Reader: Our library has a low vision reader for use in the library. Please contact us for more information.

Café Style Wifi available at the library. Bring your smart devices and connect to our free wireless network. Library card number not required.

New 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.

NEWSWORTHY

BREAD DAY WEDNESDAY

Members are invited to come in on Wednesdays to pick up free bread, rolls and baked goods donated to the Center. ***Bring your shopping bag and come between 12:00 PM and 2:00 PM.***

MEMBERSHIP FEES

We are now accepting membership renewals for 2016. Remember, you must complete a new Membership Form each year. Forms are 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.***

WHO ARE OUR CALENDAR BABY FACES?

For those of you who cannot guess who's who on our adorable baby photo calendar here is the list of names. Starting left to right they are: Maxine Newstein, Loretta DeLucca, Charles Cirafesi, Lucy Damiani, and Cindy Eastman. Thanks go out to those who contributed their baby photos. Let's do it again!

KEEPING SENIORS INFORMED

ARE YOU AT RISK FOR HAVING OSTEOPOROSIS?

Osteoporosis is a condition that results in weak and fragile bones, which may then break with the least bit of trauma. Osteoporosis is sometimes called the "silent disease" because it has no symptoms during its early stages. For that reason it is usually not recognized until

it reaches a more advanced stage. That is when it can cause debilitating pain, permanent disfigurement and lasting disability.

“Normal bone density constantly undergoes remodeling in which bone loss, or resorption, is balanced by bone formation. If the rate of resorption exceeds the rate of formation, the resulting bone loss can lead to osteoporosis and with it a higher susceptibility to fractures.” (Duke Medicine Health News, January 2015)

There are many risk factors. Some are inevitable and some may be controllable. You can identify the risks for which you can take action to reduce bone loss in your life. Risk factors include reduced estrogen after menopause in women, reduced testosterone in men, family history, taking steroid medication, not exercising, smoking, drinking too much alcohol, some medical conditions, and dietary factors such as low calcium intake, lack of vitamin D and an inadequate supply of protein, vitamins and minerals.

Bone scans and other diagnostic measures can aid your doctor in verifying osteoporosis if it is present. There are some current drug therapies to assist in slowing further bone loss which your doctor may feel would be appropriate to use.

But you need to be very aware of the measures you can take to reduce the preventable risk factors previously mentioned. You can keep physically active to strengthen the muscles which support your bones. Exercise can help deter further demineralization of the bones.

Have some outdoor time and activity to gain the benefit of sunshine's vitamin D. Plan your menus to include foods high in calcium, vitamin D and protein. Calcium sources include low fat dairy, sardines (which also have vitamin D), leafy green vegetables, salmon (also high in vitamin D) and fortified orange juice and fortified cereals.

Do all you can to protect and preserve your bone health. *(Contributed by Jane Burger)*

DESIGN TIPS FOR AGING AT HOME

When you ask American seniors about where they want to spend their golden years, they answer loud and clear: in the comfort of home. Over the past few decades, seniors and their families have voiced stronger and stronger preferences for aging at home with the help of elder care, rather than in a retirement home or nursing facility.

At home senior care agencies give seniors the option of living at home for as long as possible by offering compassionate elder care and home assistance. But

elder care is just one of the ways that seniors can extend their years at home – another is smart home design.

Every year, countless families spend tens of thousands on nursing home residencies that could have been delayed or avoided through simple changes to a senior's home. With that in mind, here are some of our elder care experts' top tips for making any home more senior-friendly:

Improve Lighting. One of the easiest ways you can improve the senior-friendliness of any home is through lighting. Falls and injuries are often caused by unseen hazards. To reduce the chance of injury, install lights in areas with poor visibility and buy night lights to aid visibility on midnight trips to the bathroom.

Think "Accessible." Age often limits mobility, which can make certain objects hard to get to. This makes life more difficult and increases the chance a senior will hurt themselves straining for certain items. To improve elder-care-friendliness, do everything you can to make the home more accessible by placing important objects within easy reach.

Eliminate Trip & Slip Hazards. Loose rugs, hardwood stairs, and glossy bathroom floors may be beautiful, but they pose a serious risk for trips and slips. Replace flooring or add non-slip strips in areas where slips are likely, and remove any items that present a high risk for tripping.

Install Better Door Handles & Faucets. Seniors with arthritis or strength issues often struggle with knob-style door handles and faucets. Lever-style handles are far easier to use and can be purchased and installed at a relatively low cost.

Safer Bathrooms. The bathroom is the number one area of concern for senior safety. Shower bars, shower seating, and temperature-limits on hot water help seniors bathe safely. The professional senior caregivers from Visiting Angels also suggest grab bars and a raised seat for the toilet, which is one of the most overlooked areas when it comes to injury risks.

Senior Living Equipment. There are a number of tools you can bring into your home that make home-life easier for seniors. Stair lifts and walkers are two of the most common pieces used by seniors with mobility issues.

Watch Out for Stairs & Steps. Stairs and steps are major areas of concern, not only for the increased risk of tripping, but also for the increased risk of severe injury. Have sturdy railings installed wherever there are stairs in your home, and consider adding small ramps in place of single steps.

The best ways to create an elder care friendly home will change on a case by case basis. So if you or a loved one are struggling to live at home, do a risk and comfort assessment to see where changes can be made. If you have already taken the step of hiring an elder care provider - they can help with this part of the process. Remember that small changes can pay big dividends, helping you avoid the costs of nursing care and extend the time spent in comfortable, familiar surroundings.
(Article from senior.com)

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, August 15 at 1:00 PM. Meets on the 3rd Monday of the month. Coordinator: Patricia Ackah. This month's book: *"The Paris Winter" by Imogen Robertson. "There is but one Paris." Vincent Van Gogh.* Maud Heighton came to Lafond's famous *Academie* to paint, and to flee the constraints of her small English town. It took all her courage to escape, but Paris, she quickly realizes, is no place for a light purse. While her fellow students enjoy the dazzling decadence of the Belle Epoque, Maud slips into poverty. Quietly starving, and dreading another cold Paris winter, she stumbles upon an opportunity when Christian Morel engages her as a live-in companion to his beautiful young sister, Sylvie. Maud is overjoyed by her good fortune. With a clean room, hot meals, and an umbrella to keep her dry, she is able to hold her head high as she strolls the streets of Montmartre. No longer hostage to poverty and hunger, Maud can at last devote herself to her art. But all is not as it seems. Christian and Sylvie, Maud soon discovers, are not quite the darlings they pretend to be. Sylvie has a secret addiction to opium and Christian has an ominous air of intrigue. As this dark and powerful tale progresses, Maud is drawn further into the Morels' world of elegant deception. Their secrets become hers, and soon she is caught in a scheme of betrayal and revenge that will plunge her into the darkness that waits beneath this glittering city of light.

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

CANASTA: Thursday's at 9:30 AM in the Great Room. Coordinator: Lynn Boroach. *Want to learn to play? Beginner players will be welcome starting in September for instruction by Lynn.*

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.

IMPORTANT NOTE: FINANCIAL/INVESTMENT DISCUSSION GROUP IS SUSPENDED FOR AUGUST). WILL RESUME IN SEPTEMBER. Coordinator: Dick McCann.

FRIDAY FLICKS: The next Friday Flicks will be on September 16. Happy Summer! (Pizza at 11:15 AM, Movie at 12:00 PM) Coordinator: Don McCree. Pizza: \$3.00. Movie: *Free.*

GARDEN CLUB: Meets the Second and Fourth Wednesday at 1:00 PM. Coordinator: Paul Buce. *The club does not meet in August.* Keep cool and keep you and your plants hydrated, especially the potted ones.

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 **SEPTEMBER 14.** Learn what is going on at the senior center and join us to celebrate *JULY, AUGUST & SEPTEMBER* 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.*

IMPORTANT NOTE: LINE DANCING IS SUSPENDED FOR AUGUST. WILL RESUME IN SEPTEMBER. 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.

IMPORTANT NOTE: NO BLOOD PRESSURE CHECK ON AUGUST 11. 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 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.**

IMPORTANT NOTE: TAI CHI SUSPENDED FOR AUGUST.

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

JUST FOR FUN

OLDER THAN DIRT" TRIVIA QUIZ

1. In 1950, the Famous Brinks Robbery netted \$2.8 million. Where did it occur?

- A. Boston
- B. New York
- C. Chicago

2. Who said "Old soldiers never die, they just fade away."

- A. Gen. Dwight Eisenhower
- B. Gen. Omar Bradley
- C. Gen. Douglas MacArthur

3. Catcher in the Rye's portrayal of Holden Caulfield's 16-year-old-life was a huge success. Who wrote the book?

- A. Herman Wouk
- B. J.D. Salinger
- C. William Faulkner

4. Which longest running daytime drama moved from radio to TV in 1952?

- A. Days of Our Lives
- B. General Hospital
- C. Guiding Light

5. In 1952 Richard Nixon made a speech known as the "Checkers" speech in answer to allegations against him. Who or what was the subject of this speech?

- A. Cocker Spaniel Dog
- B. The game of politics
- C. A favorite pastime

6. What accomplishment in 1953 made Edmund Hilary and Tenzing Norgay famous?

- A. Break the sound barrier
- B. Summit Mt. Everest
- C. Run a four minute mile

7. What did Francis Watson and James Crick become famous for discovering?

- A. The polio vaccine
- B. The transistor
- C. The "double helix" of DNA

8. In 1954, the law known as Brown v. Board of Education was passed. What did the law prohibit?

- A. School segregation
- B. School sports
- C. Affirmative action

9. What was the name of the new company formed when Nash-Kelvinator and Hudson Motor Car Co. merged?

- A. Chrysler
- B. General Motors
- C. American Motors

10. What fast-food franchise opened to the jingle, "Hold the pickle! Hold the lettuce!" in 1954?

- A. Burger King
- B. Pizza Hut
- C. McDonalds

ANSWERS

1. A. Boston

The entire robbery only took 17 minutes from beginning to end.

2. C. Gen. Douglas MacArthur

In his farewell speech to Congress in 1951.

3. B. J.D. Salinger

Herman Wouk wrote the Caine Mutiny and Faulkner will win the Noble Prize for his many works.

4. C. Guiding Light

"The Guiding Light" was one of the most popular soaps ever produced.

5. A. A cocker spaniel dog named Checkers.

This was in response to the accusation that Nixon had a secret fund. He said all he had accepted was the gift of the dog.

6. B. Summit Mt. Everest

Fighting great odds, this pair became the first to reach the top of the World's Tallest Mountain.

7. C. The "double helix" of DNA

The discovery changed the world forever. Jonas Salk gets the credit for the polio vaccine. Researchers at Bell Labs came up with the transistor.

8. A. School segregation

The Court said, "Separate educational facilities are inherently unequal."

9. C. American Motors

A new series of automotive products emerged from this company and proved to be very popular with the automobile buying public.

10. A. Burger King

"Have it your way" was a new concept in fast food in the 50's.

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 650 SOUTH HENDERSON ROAD KING OF PRUSSIA, PA 19406

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TO:

REMINDERS for AUGUST 2016

SUMMER HOURS - SENIOR CENTER WILL CLOSE AT 12:00 NOON EACH FRIDAY UNTIL AND INCLUDING AUGUST 26.

LINE DANCING, TAI CHI and FINANCE/INVEST GROUP SUSPENDED FOR AUGUST

* PHONE & EMAIL SCAM PRESENTATION: TUESDAY, AUGUST 2 AT 6:30 PM IN *UPPER MERION TOWNSHIP'S FREEDOM HALL*; PRESENTATION BY UPPER MERION DETECTIVE STEVEN GECKLE. NO REGISTRATION REQUIRED. LIGHT REFRESHMENTS WILL BE SERVED.

* PEOPLES LIGHT THEATER "RING OF FIRE – THE MUSIC OF JOHNNY CASH – WEDNESDAY, AUGUST 10 AT 2:00 PM. COST: \$68.00. INCLUDES CATERED LUNCH (11:30 AM) AT CENTER AND TRANSPORTATION TO THEATER (12:30 PM) IN MALVERN. *LIMITED TO 20 PEOPLE.*

* BOOK TALK MONDAY AUGUST 15 AT 1:00 PM: "*THE PARIS WINTER*" BY IMOGEN ROBERTSON

* VALLEY FORGE CASINO WEDNESDAY, AUGUST 17 AT 9:30 AM. *MUST REGISTER TO GET THE GROUP OFFER OF \$20.00 IN SLOT PLAY. CUT OFF DATE AUGUST 15.*

* 15TH ANNUAL SENIOR FALL FLING: THURSDAY, SEPTEMBER 22. HELD IN THE PAVILION AT THE COURT IN THE KING OF PRUSSIA MALL FROM 10:00 AM TO 2:00 PM WITH EVERYONE REQUESTED TO ARRIVE BY 9:45 AM. *A SIGN- UP SHEET IS AT RECEPTION DESK.*



INCLEMENT WEATHER & SENIOR CENTER CLOSINGS:

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

OR

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

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 *July 6* 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