



THE BEST OF TIMES

Celebrating 20 Years

DECEMBER 2017

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

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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

THE HOLIDAY MONTH

As we begin the last month of the year it reminds us of many other past Decembers. Families get together, the change in the weather, holiday festivities and New Year's Eve. It's also a time for our members to gather and celebrate the season at our Annual Holiday Party and to enjoy holiday music concerts performed by our own UMSSC Band. It always adds something special to our celebrations.

How fortunate are we to have our four seasons correspond with holidays all thru the year? This season is equated to cold weather with or without snow, bundling up to watch a great football game or go sledding, and enjoy a nice cup of hot chocolate. It's also a great time to reflect on the recent past as well as anticipation of the New Year.

We are privileged to live in an area that is supportive of all ages. In our case UMSSC continues to provide our members with many activities, friendships, and trips that might otherwise be difficult to participate in.




On behalf of myself, the Senior Center staff and our many volunteers I want to wish you all a happy and safe Holiday Season.

Dick McCann
Vice President

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

DECEMBER 2017



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 9:30 PINOCHLE 10:00 SING-A-LONG	2
3	4  CLOSED FOR THE UMSSC ANNUAL HOLIDAY PARTY 11:30 AM-2:00 PM GRAND BALLROOM IN THE RADISSON TOWER OF THE VALLEY FORGE CASINO	5 9:30 COMPUTER CLUB 10:00 BRIDGE 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING	6 9:30 WEDNESDAY CARD PLAYERS 10:00 BOARD MEETING 11:00 BREAD DAY 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 LINE DANCING	7 10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 BINGO 11:00 BREAD DAY 12:30 FUN & FITNESS 12:30 MEMORY CAFÉ PEARL HARBOR REMEMBRANCE DAY	8 9:30 PINOCHLE 10:00 SING-A-LONG 1:00 UNWINED & PAINT PARTY	9
10 9:30 MAH-JONGG 10:30 CURRENT EVENTS 12:00 HERB DAY 1:30 YOGA (VIDEO)	11	12 9:30 COMPUTER CLUB 10:00 LIBRARY TECH HELP 10:00 BRIDGE 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING  Happy Hanukkah	13 9:30 WEDNESDAY CARD PLAYERS 10:00 GENERAL MEETING & SPECIAL HOLIDAY PROGRAM w/UM EXTENDED DAY CHILDREN & TEACHERS 11:00 BREAD DAY 12:00 TAI CHI (VIDEO) 12:30 CANASTA 12:30 GARDEN CLUB - ANNUAL HOLIDAY WREATH MAKING 1:00 LINE DANCING 1:00 RED HAT LADIES	14 10:15 NURSE 10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 BINGO 11:00 OUTREACH - BRIGGS 11:00 BREAD DAY 12:30 FUN & FITNESS	15 9:30 PINOCHLE 10:00 SING-A-LONG 11:30 FRIDAY FLICKS	16
17 9:30 MAH-JONGG 10:30 CURRENT EVENTS 12:00 <i>LAST</i> HERB DAY 1:00 BOOK TALK 1:30 YOGA (VIDEO)	18	19 9:30 COMPUTER CLUB 10:00 BRIDGE 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING	20 9:30 WEDNESDAY CARD PLAYERS 9:30 VALLEY FORGE CASINO 11:00 BREAD DAY 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 LINE DANCING	21 10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 BINGO 11:00 BREAD DAY 11:30 OUTREACH - LEACH 12:30 FUN & FITNESS 12:30 MEMORY CAFÉ FIRST DAY OF WINTER	22 9:30 PINOCHLE 10:00 SING-A-LONG	23
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OUR BOARD OF DIRECTORS



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WHAT'S COMING UP

So many different ways to have fun! The following activities occur on the dates noted. Also, be sure to check out our Weekly Activities. Expand your interests! Try something new!

THE SENIOR CENTER WILL BE CLOSED FOR THE HOLIDAY PARTY ON MONDAY, DECEMBER 4 AND FOR THE CHRISTMAS & NEW YEARS HOLIDAY FROM DECEMBER 25, 2017 TO JANUARY 1, 2018. WE WILL OPEN ON TUESDAY, JANUARY 2, 2018.

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UMSSC BAND DECEMBER CONCERT SCHEDULE
SATURDAY, DECEMBER 2 at 12:30 PM - UPPER MERION HOLIDAY FESTIVAL OUTDOORS AT TOWNSHIP BLDG. Christmas favorite songs. Band will be joined by the Upper Merion Middle School Band.

SUNDAY, DECEMBER 3 AT 1:00 PM. HOLIDAY CONCERT AT SAM ASH MUSIC STORE. Christmas favorite songs. Band will be joined by the Upper Merion Middle School Band.

UMSSC ANNUAL HOLIDAY PARTY
MONDAY, DECEMBER 4 FROM 11:00 AM TO 3:00 PM: UMSSC IN THE GRAND BALLROOM IN THE RADISSON TOWER OF THE VALLEY FORGE CASINO RESORT. Cost: \$30.00. The menu will be a choice of chicken or salmon. Celebrate the holidays with us! Entertainment by the UMSSC Band, Cash Prizes, Door Prizes and a \$10.00 Slot Play compliments

of the casino. ***Don't forget your photo ID for the casino.***

TECH HELP

TUESDAYS DECEMBER 5 AND DECEMBER 19 10:00 AM TO 12:00 PM. Sangeetha Srinivasan, Program Coordinator for the UM Township Library, will be here to help our members with their tech questions. Please sign up in the Lobby for one on one help.

EXCURSIONS!

FAIRMOUNT PARK HOUSES

The historic houses in Fairmount Park will have their halls and rooms decked with ivy and other holiday trimmings. The **Excursions Committee has arranged a guided tour of two of the houses for TUESDAY, DECEMBER 5.** The bus will leave the Center (from the swimming pool lot) at 10 a.m. and return at 3 p.m. The **cost of the trip including the bus and admission to the houses is \$60.** Our bus is staying with us to transport us and our guide from the Philadelphia Art Museum to the two houses – Strawberry Mansion and Cedar Grove. Then we will have a quick lunch (not included in price) in the Art Museum Cafeteria before returning home. Please provide *your cell phone number and email address for reminders and updates.* First come, first served for **only 20 seats on the bus.** We have filled the bus for all the excursions.

MEMORY CAFÉ

THURSDAYS DECEMBER 7 AND DECEMBER 21 FROM 12:30 PM TO 1:30 PM. Caregiver support group discussions. There is no cost or obligation and many attendees develop friendships that result in support even outside the Memory Café setting. Presented by Emily Bova, Certified Dementia Practitioner from Arden Courts at King of Prussia.

UNWINED AND PAINT PARTY WITH SANFORD MOLINARO

FRIDAY, DECEMBER 8 AT 1:00 PM. COST: \$20.00 includes instruction, canvas, paint supplies and snacks. The December painting will be a holiday/winter theme. *Always a lot of fun!* Sign up and pay in the staff office.

GENERAL MEETING

WEDNESDAY DECEMBER 13 AT 10:00 AM. Our monthly meeting is open to all members. Learn what is going on at the senior center. We hope you will join us to celebrate December birthdays with some cake, a 50/50 raffle and a birthday raffle to win a hoagie from Angelo's Pizza.

Following the General Meeting we are expecting some very important and very missed guests. The children and teachers from Extended Day will be

here. **Bring your holiday spirit and join us for a Holiday Sing Along.**

GARDEN CLUB

WEDNESDAY, DECEMBER 13 AT 12:30 PM.

Coordinator: Paul Buce. Greetings to all gardeners. Only one meeting this month. We will meet the second Wednesday at 12:30 for our annual wreath making session. We welcome non-members to join us and learn how to make your own version of a wreath, decorated as you see fit. Please let a club member know you are coming so we can have supplies, particularly if you will need a wreath frame. Bring greens cuttings, trimming, etc. as practical.

ANNUAL HOLIDAY GIFT DRIVE - MONTGOMERY COUNTY OFFICE OF CHILDREN & YOUTH

This is the season of year when we look forward to celebrating with our families and friends, exchanging gifts and getting together. As the Christmas holiday approaches, we will help a not so fortunate family to have a very special one. The children are 21 month old and 10 month old sons of a military mother suffering from PTSD. The boys are now in the care of their grandparents who were retired and planning to travel in their RV. Retirement plans were changed and the grandfather has returned to work in order to support his grandsons. We have been provided with a Christmas "wish list" for this family. They would like a Christmas tree and ornaments plus other necessities and toys for their grandsons. A more detailed list is on the bulletin board. We hope that our members will give generously to help make this the best ever holiday for this family! ***IF YOU ARE GOING TO DONATE PLEASE HAVE YOUR GIFTS AT THE SENIOR CENTER BY MONDAY, DECEMBER 11.***

BLOOD PRESSURE CHECK

THURSDAY DECEMBER 14 FROM 10:15 AM TO 12:45 PM our favorite Nurse Lori Gnacek from Bryn Mawr Hospital/Main Line Health will be here to check your blood pressure for free. (Note: until the end of the year Lori will only be here once a month.)

FRIDAY FLICKS!

FRIDAY DECEMBER 15 - SICILIAN DELIGHT PIZZA (\$3.00) AT 11:30 AM - MOVIE (FREE) STARTS AT 12:15 PM THIS MONTH: "The Christmas Candle". Based on a book by Max Lucado. Deep in the heart of the English countryside lies the enchanting village of Gladbury. Legend has it every 25 years an angel visits the village candle maker and touches a single candle. Whoever lights this candle receives a miracle on Christmas Eve. But in 1890, at the dawn of the electric age, this centuries old legend

may come to an end. ***Must sign up (and/or pay for pizza) at info desk by Thursday, DECEMBER 14.***

OUTREACH

Representative Tim Briggs' aide will be here on Thursday, DECEMBER 14 from 11:00 AM to 2:00 PM.

Senator Daylin Leach's aide will be here on Thursday, DECEMBER 21 from 11:30 AM to 1:00 PM.

BOOK TALK

MONDAY, DECEMBER 18 at 1:00 PM. Meets on the 3rd Monday of the month. Coordinator: Patricia Ackah. This month's book "Five Presidents" by Clint Hill. Secret Service agent Clint Hill brings history intimately and vividly to life as he reflects on his seventeen years protecting the most powerful office in the nation. Hill walked alongside Presidents Dwight D. Eisenhower, John F. Kennedy, Lyndon B. Johnson, Richard M. Nixon, and Gerald R. Ford, seeing them through a long, tumultuous era—the Cold War; the Cuban Missile Crisis; the assassinations of John F. Kennedy, Martin Luther King, Jr., and Robert F. Kennedy; the Vietnam War; Watergate; and the resignations of Spiro Agnew and Richard M. Nixon.

VALLEY FORGE CASINO

WEDNESDAY, DECEMBER 20 (Cut-off date MONDAY, DEC. 18) 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.** If you are planning to take the Shuttle, please register in advance. Shuttle departs the center at 9:30 AM and returns at 2:30 PM. For those driving, please meet in the Casino lobby between 9:30 AM and 10:00 AM. **THE RAMBLER NOW MAKES A STOP AT THE CASINO. *Everyone must bring a valid photo ID.***

ACKNOWLEDGEMENTS

MEMBER DONATIONS TO UMSSC

Upper Merion Senior Service Center is a member of the *United Way Donor Program*. Anyone wishing to make a donation to the UMSSC can designate UMSSC as the recipient of their donation. (Reference UMSSC ID #45796, UW Agency #8229767.)

Please consider a tax-deductible donation to the Upper Merion Senior Service Center. As a non-profit organization 501(c)(3) we rely upon outside donations and gifts to help finance some of our programs, activities and services to our members. Does your company offer matching funds?

Thank you to the following who have generously made donations to the Center:

- ★ Eileen & Robert Morano in memory of Irene Knasiak
- ★ Joe & Barbara Lastowka in memory of Irene Knasiak
- ★ Southeast Medical Imaging LLC in memory of Irene Knasiak
- ★ Ed & Theresa Smith in memory of Irene Knasiak
- ★ Donna Jean and Patty Cabot in memory of Irene Knasiak
- ★ Dan & Cindy Eastman in memory of John Bolger
- ★ Dan & Cindy Eastman in memory of Lou Sambrick

GRACIAS! THANKS! DANKE! MERCI!

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

FLOWER CAUSE

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

SHOEBOX RECYCLING

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

NEWSWORTHY

CONGRATULATIONS!

Congratulations to our member, Terry Stevens, who has been selected to serve on the UM Community Center Complex Advisory Board. We look forward to talking with Terry about any questions or concerns relative to our Center.

2018 MEMBERSHIP RENEWALS

The 2018 membership renewals are now being accepted. For the first time in over 15 years, the membership fee will be increasing to \$20.00 per person to help defray the increase we have experienced in our operating expenses. We look forward to the New Year and all of the exciting activities and events we are

planning. We hope we can count on the continued support of our members.

WELCOME NEW MEMBERS!

Please join us as we welcome the following new members to our UMSSC family. We hope to see them around the Center. Welcome to: Ela Bak, Diane Cinelli, Angelinn & Joseph Dennis, Patricia Gallagher, Tracey Hawley, Anne Helenski, Sue Jain, Linda Kelly, Sal & Sharon Pastino, Mary Jane Poore, Dorothea Siff and Eleanor Thompson.

UMSSC ELECTIONS

This is the first call for nominations for this year's UMSSC elections. We will be electing members for each of the four offices; President, Vice President, Secretary and Treasurer, plus two members for the Board of Directors. The four officers are for one year terms, the Board Directors for three year terms. Please submit your nomination for qualified candidates to anyone in the office or to Dick McCann or Paul Buce. "Submit" means you have spoken with the person you want to nominate to get their consent. Once you have their consent please fill out a nomination form (available in the "info center"). Thanks in advance for your interest in keeping UMSSC rolling as an A-1 operation.

HERE'S TO OUR KNITTERS!

The Senior Center is well represented when it comes to giving back to the community and when it comes to knitting our ladies do not have idle hands.

We are so proud of our members who knitted premie hats for St. Christopher's Children's Hospital. In November Patricia Ackah and Gerry Fontaine delivered a total of 147 hats to the hospital!

We are also thankful to those members who participate in the "Hearts and Hands" project at Good Shepherd's Church by knitting squares for afghans. The charity is called Project Linus. According to Joan Banas who coordinates this project, with the squares our members contributed a total of 72 afghans were made and will be donated to children who are seriously ill or traumatized.

Well done everyone!

KEEPING SENIORS INFORMED

DIMENSIONS OF WELLNESS

Wellness is a term with emphasis on health. Wellness encompasses more than just physical health. It has several interrelated dimensions. The ability to balance them will assist in one's overall wellbeing. Physical wellbeing is perhaps the most recognizable dimension. Poor physical health affects all aspects of one's life. Keeping the body in the best possible condition is vital. You do not need to be training for the Boston Marathon

to derive benefits from some physical activity. Thirty minutes of walking daily can improve circulation and muscle tone. Physically fit persons are usually able to meet the ordinary demands of daily life.

Emotional health is interrelated to one's physical changes. Emotionally healthy people have high self-esteem which produces self-confidence and the ability to adjust to changes, challenges and problems in order to enjoy life. Social wellness requires the ability to interact with others. Socially healthy people have friends, are members of groups, can show respect for others and can give of themselves.

Environmental health involves external influences on the body. The physical environment includes climate, geography and the immediate environment. Recognizes when you may be exposed to communicable disease and seek appropriate treatment. Expect your community to have a safe water supply and air quality free of contaminants.

One's mental/intellectual attributes also influence the body. Attributes include alertness, creativity, open-mindedness and a keen curiosity. These attributes assist in coping with everyday challenges and activities. The spiritual wellness component gives life meaning and purpose. It combines and person's ethics, values and morals and is based on hope, love, optimism and forgiveness. Meditation and prayer are effective tools for coping with stress and anxiety.

Think about the dimensions of wellness and assess how you relate to them. Are there some you could work on to enhance your life? If so, take some measures to improve them. *(Contributed by Jane Burger)*

STAY WARM THIS WINTER

Are you worried about keeping the heat on? Utility companies in Pennsylvania are required to provide customer assistance programs. Individuals with a monthly income up to \$1,508 and couples with up to \$2,030 may be eligible. For information, call the number on your electric or natural gas bill and ask specifically about the customer assistance program. If you don't get a response or have a complaint, call the Pennsylvania Public Utility Commission at 800-692-7380.

GRATITUDE - LET'S BE THANKFUL

While it's certainly good to have an annual holiday to remind us to express gratitude, there's much to be said for the benefits of cultivating the spirit of thankfulness year-round.

People who are thankful for what they have are better able to cope with stress, have more positive emotions, and are better able to reach their goals. Scientists have

even noted that gratitude is associated with improved health

Starting each day by thinking of all the things you have to be thankful for is one way to put your mind on the right track. Also, remember that your future depends largely on the thoughts you think *today*. So each moment of every day is an opportunity to turn your thinking around, thereby helping or hindering your ability to think and feel more positively in the very next moment

Be thankful for what you have. When life gives you a 100 reasons to cry, remember the 1,000 reasons you have to smile. Face your past without regret; prepare for the future without fear; focus on what's good *right now*, in the present moment, and practice gratitude. Remember to say "thank you"—to yourself, the Universe, and others. It's wonderful to see a person smile, and even more wonderful knowing that you are the reason behind it!

WEEKLY ACTIVITIES

Always check the monthly calendar to confirm your activity of choice is happening. Some activities may be temporarily cancelled due to scheduling of other special events. If an activity is cancelled unexpectedly we always try to contact the participants in advance.

BAND PRACTICE & INSTRUCTION: Tuesdays from 12:45 to 2:45 PM. The UMSSC Band practices under the direction of professional musician, Ed Hickman. Open invitation to anyone age 55 or over interested in playing with a group (*must become a member of the senior center*). Stop in any Tuesday afternoon to listen or to join the band.

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

BREAD DAYS Wednesdays & Thursdays: Free bread, rolls and baked goods donated to the Center. ***Bring your shopping bag and come between 11:00 AM and 2:00 PM. Please do not come early and please wait until the volunteers have finished bagging the bread.***

BRIDGE CLUB: Tuesdays at 10:00 AM in the Game Room. All bridge players welcome!

CANASTA: Wednesdays at 12:30 PM. *Beginner players will be welcome for instruction by Lynn (Wednesday). Notify the office to coordinate.*

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. As usual there are more than enough topics to fill the hour and a half. The group has continued to grow, but there's always enough room for one more.

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

FUN & FITNESS (formerly 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.

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.

LINE DANCING Wednesdays at 1:00 PM. Coordinator: Aracelia Panzano and Al Ikeda.

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.

PINOCHLE LADIES AND GENTS: Tuesdays at 12:30 PM and Fridays at 9:30 AM in the Game Room. *They welcome more players.*

POKER: ON HIATUS UNTIL FURTHER NOTICE. If you would like to play give your name to the office staff and we will notify you when it is back on the calendar.

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: Dot Morio; Pianist: Ed Wenger. Come in and enjoy singing some old favorites together.

TAI CHI: Wednesdays at 12:00-12:45 PM. *Video Instruction* good for beginners, intermediate or advanced.

WEDNESDAY CARD PLAYERS: Wednesdays at 9:30 AM. An informal, friendly gathering of members-some play cards some play bingo. Everyone has fun!

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

SENIOR CENTER COMMUNITY OUTREACH **APPRISE COUNSELOR**

An AARP Volunteer Apprise Counselor is available through the Senior Center to provide assistance with *insurance and Medicare* concerns. Call the Senior Center at 610-265-4715 and give your name, telephone or email. We will provide the Apprise Counselor with your information and they will contact you directly.

UPPER MERION EMERGENCY AID

With the holidays upon us we are thankful for what we have and for what we give. Please think of others this holiday and make donation of food and/or dry goods and cleaning and paper products for local families in need. Our donation box is in the lobby. ***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, cleaning, laundry detergents and toiletries are needed. Also a special request for "after school" type snacks for kids. Let's help families in our community who are experiencing a time of need.***

COMMUNITY HAPPENINGS

WHAT'S HAPPENING AT THE UM TOWNSHIP **LIBRARY - DECEMBER UPDATES**



LIBRARY WILL BE CLOSED ON FRIDAY, DECEMBER 22 THROUGH DECEMBER 25 FOR CHRISTMAS HOLIDAY. WE WILL REOPEN ON TUESDAY, DECEMBER 26 AT 9 AM.

Sangeetha Srinivasan from the library will be at the Senior Center on Tuesday, December 5 and Tuesday, December 19 from 10 am to 12 pm to answer all your tech questions.

De-Stress December Series at the library. Library will be offering many programs to help you have a stress free Holiday Season. Please call us at 610-265-4805 to register.

Tech Night on Monday, December 4 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.

De-Stress with Essential Oils on Tuesday, December 5 at 7:00 pm in Valley Forge Room.

Join us as we explore our favorite stress-relief oils and suggested uses. We will also discuss the foundational oils for busting winter blues, including immune, respiratory, digestive support and more. 'Make and Take' your own essential oil blend to start using right away! Donations to cover the cost are welcome. Registration Required.

Stress Free Holiday Card Making Class on Wednesday, December 6 at 7 pm in Valley Forge Room.

Materials will be provided. Bring your family and make Holiday Cards. Materials will be provided. Parents must accompany children under age 9. Registration required.

De-Stress Naturally, Thursday, December 7 at 7 pm at 7 pm in Valley Forge Room:

This lecture will educate the audience on the symptoms of stress, how stress affects the body's overall health, and what a person can do to relieve stress both at work and at home, so that they can feel better and enjoy life more. Registration Required.

Adult Coloring Night on Monday, December 11 at 7 pm in Valley Forge Room.

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!!

DIY Holiday Candle Holder Class, on Monday, December 11 at 7 pm in Henderson Room.

Learn to make your own Holiday Candle Holder. Materials will be provided. Registration Required

Mind & Breath on Tuesday, December 12 at 7 pm in Valley Forge Room.

Ever wonder how breath and mind are linked? Join us for a discussion on the mind and how to use breath to control the mind. Learn breathing techniques and relax with a guided meditation. Come and explore the power of the breath! Registration Required.

Dr. Steve's Presentation on Wednesday, December 13 at 7:30 pm in Freedom Hall.

Egypt is one of the world's top travel destinations; her ancient temples, tombs, and pyramids, have enthralled visitors for generations with richly illustrated archival photographs, this seminar takes the audience on a captivating journey through the history of travel to Egypt to the modern era.

Chair Yoga on Monday, December 18 at 10:30 am at the Community Center:

Professional instructor from our Community center will teach the class. Come and enjoy the class while your body tones. The class will be held at the Community Center. Please be there 10 minutes early to sign the waiver. MUST REGISTER through the library. FREE for all, need not be a member To register for any of the library events, you can register via our online calendar, or by calling 610-265-4805, or stopping by the library.

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

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

Charging Station at the Library: Did you leave your charger at home? Is your mobile device low on power and need recharging? Get charged with one of the charging stations at the library.

JUST FOR FUN!

LEXOPHILIA - WHO ON EARTH DREAMS THESE UP? A LEXOPHILE OF COURSE!

Venison for dinner again? Oh deer!

How does Moses make tea? Hebrews it.

England has no kidney bank, but it does have a Liverpool.

I tried to catch some fog, but I mist.

They told me I had type-A blood, but it was a Typo.

I changed my iPod's name to Titanic. It's syncing now.

Jokes about German sausage are the wurst.

I know a guy who's addicted to brake fluid, but he says he can stop any time.

I stayed up all night to see where the sun went, and then it dawned on me.

This girl said she recognized me from the vegetarian club, but I'd never met herbivore.

When chemists die, they barium.

I'm reading a book about anti-gravity. I just can't put it down.

I did a theatrical performance about puns. It was a play on words.

I didn't like my beard at first. Then it grew on me.

**HAPPY HOLIDAYS
EVERYONE!!**

TO:

**VOLUNTEER FOR OR PARTICIPATE IN ANY OF THESE
SENIOR CENTER COMMUNITY OUTREACH PROJECTS**

CALL FOR VOLUNTEERS

Are you interested in volunteering at the Senior Center? Here is a chance to get involved with *your* organization. Many events require some extra hands to run successfully and we look to our membership to help out. We would especially like to see some of our newer members volunteer at the Senior Center. If you do have the time to volunteer please give your name to Mary, Cindy or Shirley in the office.

RECEPTION AREA GREETER

We are still looking for members with sunny dispositions who are interested in volunteering for a couple of hours each week at the Senior Center. In addition to greeting members as they come in and providing information to people who are interested in the Senior Center, you may be asked to help out on special projects (i.e. newsletter mailing). If you think you might be interested, see Cindy or Shirley in the staff office.

PUT BOOKS IN THE HANDS OF CHILDREN WHO NEED THEM

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

PROJECT LINUS – ONGOING

The "Hearts and Hands" ladies group at Good Shepherd's Church collect knitted and crocheted squares for blankets provided to children who are seriously ill or traumatized. Joan Banas collects the squares on behalf of the church. Our members can participate by knitting squares. Yarn and patterns are on a table near the lobby. Many thanks to our knitters and keep up the good work!

KNITTED CAPS FOR ST. CHRISTOPHER'S

Our members knit caps for preemie babies at *St. Christopher's Hospital for Children*. You can join the group here at the Center on Tuesdays at 1:00 PM or you can take the yarn and do your knitting at home. Hat pattern is available.

***INCLEMENT
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SENIOR
CENTER
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(610-265-4715)
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