



THE BEST OF TIMES

DECEMBER 2012

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:

Gerry Roth, President
Mary F. McCree, Vice President
Helen Cabrey, Secretary
Harlyce Grossman, Treasurer

MEMBERS OF THE BOARD:

Paul Buce, Les Cohen, Ed Freudenberg, Pari Hoorfar,
Ethel Hutchinson, Howard Lurie, Ruth Shand and
Janet Sheehan

HONORARY MEMBERS:

Mary Meere, Arthur Powell, Constance H. Williams

STAFF:

Jonathan Stanback, Executive Director
Shirley Robey, Administrative 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

OUR SENIOR CENTER

The Upper Merion Senior Service Center is only one of approximate 15,000 centers around the U.S. We have a membership of over 500. However we would like to encourage more to come to the center and take advantage of all the activities we have to offer. Our 2013 Membership drive is currently underway.

Some seniors are hesitant to join a senior center and do not understand what we have to offer. Some may just not be aware that we exist. We are here in the community for you and we offer a variety of activities for the mind, body and spirit. By keeping active, both mentally and physically, you stay stronger which helps to support independent living.

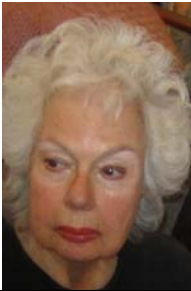
Another benefit of joining UMSSC is the opportunity for social interaction and the chance to get involved in the community. If you always stay at home you are missing out. UMSSC is a great place to meet up with old friends and to make some new friends. Some seniors may be new to the area and not know many people. The senior center is here for you!




Please bring a friend or a neighbor you think might enjoy being here. We always make everyone feel welcome. A warm smile and a friendly "Hello" can make all the difference in someone's life.




HAPPY CHANUKAH!
MERRY CHRISTMAS! &
HAPPY KWANZAA!

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 2012 *Quote of the month: May love and light fill your home and heart this holiday season ~ Anon.*

2	3	4	5	6	7	8
<p><i>Photos are from the Hunterdon Hills Playhouse Trip</i></p>	<p>10:00 MAH-JONGG 10:30 CURRENT EVENTS 1:00 KNITTING & CROCHETING 1:30 YOGA</p>	<p>9:30 COMPUTER CLUB 10:00 BRIDGE 12:30 CHAIR EXERCISE 1:00 KNITTING & CROCHETING 1:30 MUSIC INSTRUCTION</p>	<p>10:00 BOARD MEETING 12:00 TAI CHI 1:00 LINE DANCING</p>	<p>10:15 BINGO 11:00 TRAVEL TALES & TIPS 12:30 CHAIR EXERCISE</p>	<p>10:00 SING-A-LONG</p> <p style="text-align: center;">UMSSC BAND PERFORMS AT HOLIDAY HOOPLA FROM 6:30 PM-8:00 PM AT THE TWP. BLDG.</p>	

9	10	11	12	13	14	15
<p>UMSSC BAND PERFORMS AT WEGMAN'S KING OF PRUSSIA 12:00 PM-2:00 PM</p>  <p>FIRST DAY OF CHANUKAH</p>	 <p>HOLIDAY PARTY CROWNE PLAZA 11:00 AM-3:00 PM</p> <p>ALL OTHER ACTIVITIES CANCELLED</p>	<p>9:30 COMPUTER CLUB 10:00 BRIDGE 12:30 CHAIR EXERCISE 1:00 KNITTING & CROCHETING 1:30 MUSIC INSTRUCTION</p>	<p>10:00 GENERAL MEETING 12:00 TAI CHI 1:00 LINE DANCING 1:00 GARDEN CLUB (WREATH MAKING)</p>	<p>10:00 NURSE 10:15 BINGO 11:00 OUTREACH-BRIGGS 12:30 CHAIR EXERCISE</p>	<p>10:00 SING-A-LONG 11:15 FRIDAY FLICKS</p>	

16	17	18	19	20	21	22
	<p>10:00 MAH-JONGG 10:30 CURRENT EVENTS 1:00 KNITTING & CROCHETING 1:00 BOOK TALK 1:30 YOGA</p>	<p>9:30 COMPUTER CLUB 10:00 BRIDGE 12:30 CHAIR EXERCISE 1:00 KNITTING & CROCHETING 1:30 MUSIC INSTRUCTION</p>	<p>9:30 VALLEY FORGE CASINO 9:30 QUILTING 12:00 TAI CHI 1:00 LINE DANCING</p>	<p>10:15 BINGO 12:30 CHAIR EXERCISE</p>	<p>10:00 SING-A-LONG</p>	
24	25	26	27	28	29	
<p>SENIOR CENTER CLOSED FOR THE HOLIDAY</p>	<p>SENIOR CENTER CLOSED FOR THE HOLIDAY</p>  <p>MERRY CHRISTMAS!</p>	<p>SENIOR CENTER CLOSED FOR THE HOLIDAY</p>	<p>SENIOR CENTER CLOSED FOR THE HOLIDAY</p>	<p>SENIOR CENTER CLOSED FOR THE HOLIDAY</p>	<p>SENIOR CENTER CLOSED FOR THE HOLIDAY</p>	

30	31	1				
	<p>SENIOR CENTER CLOSED FOR THE HOLIDAY</p>	<p>SENIOR CENTER CLOSED FOR THE HOLIDAY</p> 				

OUR BOARD OF DIRECTORS



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DATES WE ARE CLOSED

THE SENIOR CENTER WILL BE CLOSED ON MONDAY, DECEMBER 10 FOR THE HOLIDAY PARTY.

WE ARE ALSO CLOSED FOR THE HOLIDAYS FROM MONDAY, DEC. 24 TO TUESDAY, JANUARY 1. WE WILL RE-OPEN ON WEDNESDAY, JANUARY 2, 2013.

UPCOMING EVENTS

LOOK FOR OUR SURVEY REGARDING THE NEWSLETTER IN JANUARY.

UMSSC BAND TO PERFORM AT THE HOLIDAY HOOPLA, FRIDAY, DECEMBER 7 FROM 6:30 TO 8:00 PM AT THE TOWNSHIP BUILDING AND AT WEGMAN'S (near the Pub): SUNDAY, DECEMBER 9 FROM 12:00 PM TO 2:00 PM. Show your support for friends and UMSSC band members by coming out to hear them play a selection of holiday songs.

HOLIDAY PARTY: MONDAY, DECEMBER 10, 11:00 AM AT THE CROWNE PLAZA HOTEL. Tickets (\$23.00 for members, \$26.00 for nonmembers) will be sold through Friday November 30 from 10:00 AM to 2:00 PM or until sold out. Entertainment will be provided by the UMSSC Band and our favorite DJ Hal

Martin. Menu selections are posted on the bulletin board and at the ticket sales desk. Be sure to reserve your table. ***The Center will be closed and all activities are cancelled on this day.***

VALLEY FORGE CASINO: WEDNESDAY, DECEMBER 19 AT 9:30 AM. VF CASINO

MEMBER COST: None. Includes a \$25.00 free slot play, \$15.00 food & beverage vouchers, free shuttle bus from & back to center. **NON VF CASINO MEMBER COST: \$25.00.** Cost includes \$25.00 free slot play, \$15.00 food & beverage vouchers, free shuttle bus from & back to center & 3 months dining membership which includes unlimited casino access, 10% off every meal & invitations to exclusive member events. **SHUTTLE (available for all) DEPARTS UMSSC AT 9:30 AM and DEPARTS THE CASINO APPROXIMATELY 2:00 PM. YOU MUST REGISTER IN ADVANCE TO GET SPECIAL OFFER. CUT-OFF DATE WEDNESDAY, DECEMBER 12. DON'T FORGET TO BRING YOUR PHOTO ID WITH YOU TO THE CASINO.**

COMMUNITY OUTREACH

DONATIONS TO UMSSC

Upper Merion Senior Service Center is now 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.

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 canned sweet potatoes, chicken broth, juice, tea bags, tuna, and canned meat (not salmon).*** As always, we thank you for your generosity.

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. Collection box is on the table outside of the lounge. Members might keep in mind how valuable these books are to young readers. Pictures of the children choosing their books to keep are posted on our bulletin board. Take a moment to look at the photos and see how you have made a child happy. ***WE CAN ALL PUT BOOKS INTO THE HANDS OF CHILDREN. When donating books please be sure that they are in good condition.***

UPPER MERION TRICENTENNIAL MEMORABILIA

Check out the table in the lobby. We have a display of sample Tricentennial Memorabilia that you can order. These items will make wonderful holiday gifts. Fill out the order form and hand in to the office with your check payable to UM Township Foundation.

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*** – Member Raffle every month 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.

COMMUNITY HAPPENINGS

FRIENDS OF VALLEY FORGE SPEAKER SERIES

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. Programs are held on the first Tuesday of the month at 7 pm. The following program will be held at the Chapel.

Tuesday, December 4: Washington-Rochambeau National Historic Trail. Presentation by Joseph DiBello. The trials, tribulations, and victories of the American Revolution's allied French and American troops as they marched from Newport, Rhode Island to do battle at Yorktown, Virginia.

NEWSWORTHY

2013 MEMBERSHIP REMINDER

The Membership Drive for 2013 has begun! UMSSC Membership is still only \$15.00. Current membership allows you to enjoy so much that we offer at the center such as activities for the mind and body, special events, presentations, movies and theater. The 2013 membership application form is included in this Newsletter. Complete both sides of the form and mail or bring in with your \$15.00 payment. Each individual must complete their form. (***FOR COUPLES:*** Only one form is attached so if you need another form please let

us know and we will forward one to you.) We look forward to receiving your membership renewal. If you have any questions, feel free to stop by the staff office.

BOARD NOMINATIONS

A list of candidates for UMSSC board and officer positions was presented at the November General Meeting. At the General Meeting on December 12, the following members will be appointed to the Board by Acclamation: Gerald Roth-President, Mary McCree-Vice President, Helen Cabrey-Secretary, Harlyce Grossman-Treasurer, Les Cohen-Director, William Drolet-Director, and Howard Lurie-Director. At our December 5 Board Meeting Ruth Shand was appointed to a 2-year term.

RECORD YOUR FAMILY HISTORY

We all have a story to tell about our family. For a donation of \$10.00, we will record as you talk about your families' history. We will provide you with some pre-selected questions to guide you through the recording or if you prefer you can just talk generally. If you have already signed up you will be contacted to schedule a date and time. You should allow at least 2-hours for a recording. Sign up and give your \$10.00 donation in the office.

SURPRISE VISITOR AT THE CENTER



You all recognize the lady dressed in yellow, don't you? That's long-time member and volunteer Elaine Parvin (pictured with Mary McCree and Ruth Shand) who stopped by to visit us. Elaine is the better half of Jim Parvin and maintains our membership files. We miss her and it was so good to see her out and about!

ZUMBA GOLD CLASSES COMING TO UMSSC
Peg White and Geni Roskos want YOU at a Zumba Gold FREE DEMO---Mon January 7 12:00 noon at Gulph Gym. Come and join the party!! Start your New Year off with Zumba Gold, a new fitness program being offered

through Upper Merion Park and Rec, specifically designed to take the original Zumba Program and bring it to the active senior citizen. As a **SPECIAL OFFER**, this session will run for seven Mondays from January 14 until March 4th (No class on Jan. 21 or Feb. 18) and Upper Merion Seniors will pay only \$15 for the 7 week session. There is an extra charge of \$10 for non residents. So the session would cost \$25. ***This program is especially created for the UMSSC, will be held on Mondays 12 noon – 12:45 in the Gym.***

UMSSC BAND RECEIVES RECOGNITION CERTIFICATES

The UMSSC Band members were presented with Certificates for Service to the Community from the UMASD for their participation at the Patriotic Concert on November 19. Our band performed with the Middle School Band. This is the 6th time! Congratulations to you all for an outstanding job!



Pictured receiving certificate is the band leader and instructor Ed Hickman.



Pictured are the two groups seated together, our band members and the UM Middle School kids.

MEMBER SPOTLIGHT ON EVELYN CAVALIERE – VOLUNTEER EXTRAORDINAIRE!



We are very fortunate to have so many members who volunteer their time to help out at the senior center. One of those people is Evelyn Cavaliere. Evelyn has been a member for many years. She has volunteered to help out with the newsletter preparation for mailing, helped out at special center events, bake sales (*she is the Queen of pizzelles!*), helped man the booth at the Community Fair and sold raffle tickets at our parties, volunteered on MLK day to spruce up the center and handled slicing birthday cake served after the General Meeting and calling Bingo, just to name a few. She would volunteer whenever and wherever she was needed. Her energy is endless. She is our *“energizer bunny!”* While volunteering at the center she was also working as a crossing guard at the Caley Road School. She is known and loved by so many and yet is surprised when she is honored for her work. We are just a small part of her extended family and we want to take this opportunity to thank her for her support and caring over the years.

We love you Evelyn!

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.

BINGO: Thursdays at 10:15 AM. Coordinators: Evelyn Cavaliere and Dan DeLucca. Cash prizes!

BOOK TALK: MONDAY, DECEMBER 17 at 1:00 PM. Coordinator: Patricia Ackah (610.265.4290). This month’s book is ***“The Cook Book Collector”*** by Allegra Goodman. A novel about getting and spending, and about the substitutions we make when we can’t find what

we're looking for: reading cookbooks instead of cooking, speculating instead of creating, collecting instead of living. But above all it is about holding on to what is real in a virtual world: love that stays.

BRIDGE CLUB: Tuesday's at 10:00 AM.

CHAIR EXERCISE: Every Tuesday and Thursday from 12:30 PM to 1:15 PM. Coordinator: Jim Parvin. \$3.00 per class.

COMPUTER CLUB: Tuesday's 9:30 AM to 11:30 AM. Coordinators: Herman Natanblut and Howard Lurie. Meetings are open to all *members*, all ability levels.

CURRENT EVENTS DISCUSSION GROUP: Monday's at 10:30 AM in the Lounge. Coordinator: Joan Shaw. The group meets to discuss the week's news. Monday's at 10:30 in the Lounge; comfy seats for the early arrivers. Bring your curiosity and perspectives and join in.

FRIDAY FLICKS: FRIDAY, DECEMBER 14 (Pizza at 11:15 AM, Movie at 12:00 PM.) Coordinator: Don McCree. This month we will be showing "**HOPE SPRINGS**" starring Meryl Streep, Tommy Lee Jones and Steve Carell. After thirty years of marriage, a middle-aged couple attends an intense, week-long counseling session to work on their relationship. **Cost: \$5.00 for movie and pizza or \$2.00 for the movie only. Sign up and pay in advance at the Reception Desk.**

GARDEN CLUB: Meets the second and fourth Wednesday at 1:00 PM. Chairperson: Paul Buce. We will meet one time in December, our annual wreath making session. We will try to kick off about 12:45 on Dec 12 since this usually takes a bit of time. All are welcome to join in, but please sign up.

GENERAL MEMBERSHIP MEETING: Monthly meeting open to all members on the 2nd Wednesday at 10:00 AM. Any member who wants to be put on the agenda at the meeting should contact Gerry Roth, President. Birthdays will be celebrated. Come enjoy birthday cake, 50/50 and free bread.

GOOD FOOD/GOOD HEALTH WITH PARI: NO CLASSES SCHEDULED.

KNITTING & CROCHETING: Monday's and Tuesday's 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. An excellent selection of large print books, tapes and videos are available to borrow.

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

MAH-JONGG: Monday's at 10:00 AM. All level players are welcome. Come in at 9:30 AM if you are interested in learning Mah-Jongg. Coordinator: Lynne Borocho.

MUSIC INSTRUCTION: Tuesday's at 1:30 PM. Instructor: Ed Hickman.

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 - 11:00 AM to 1:00 PM.

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

SHOWBOAT CASINO TRIP: *SUSPENDED UNTIL MAY 2013.*

SING-A-LONG: Friday's at 10:00 TO 11:30 AM. Coordinators: Theresa M. Smith and Dot Morio.

STAND-UP YOGA: Monday's at 1:30 PM. DVD Instruction. Limited to 8 members per class.

TAI CHI: Every Wednesday from 12:00 PM to 12:45 PM. Coordinator Louise Bailey. \$3.00 per class.

TRAVEL TALES AND TIPS: 11:00 AM on the first Thursday of each month in the Computer Room. Join this discussion group to share inexpensive travel tips and adventures. **Coordinator: John Desko**

DID YOU KNOW . . .

WHAT IS KWANZAA?

Dr. Maulana Karenga, professor and chairman of Black Studies at California State University, Long Beach, created Kwanzaa in 1966. After the Watts riots in Los Angeles, Dr. Karenga searched for ways to bring African-Americans together as a community. He founded US, a cultural organization, and started to research African "first fruit" (harvest) celebrations. Karenga combined aspects of several different harvest

celebrations, such as those of the Ashanti and those of the Zulu, to form the basis of Kwanzaa.

The name Kwanzaa is derived from the phrase "matunda ya kwanza" which means "first fruits" in Swahili. Each family celebrates Kwanzaa in its own way, but celebrations often include songs and dances, African drums, storytelling, poetry reading, and a large traditional meal. On each of the seven nights, the family gathers and a child lights one of the candles on the Kinara (candleholder), then one of the seven principles is discussed. The principles, called the Nguzo Saba (seven principles in Swahili) are values of African culture which contribute to building and reinforcing community among African-Americans. Kwanzaa also has seven basic symbols which represent values and concepts reflective of African culture.

KINDLING THE HANUKKAH LIGHTS

The Festival of Lights, is an eight-day Jewish holiday commemorating the rededication of the Holy Temple (the Second Temple) in Jerusalem at the time of the Maccabean Revolt of the 2nd century BCE. Hanukkah is observed for eight nights and days, starting on the 25th day of Kislev according to the Hebrew calendar, which may occur at any time from late November to late December in the Gregorian calendar.

The festival is observed by the kindling of the lights of a unique candelabrum, the nine-branched Menorah or Hanukiah, one additional light on each night of the holiday, progressing to eight on the final night. The typical Menorah consists of eight branches with an additional raised branch. The extra light is called a shamash (Hebrew: שמש, "attendant") and is given a distinct location, usually above or below the rest. The purpose of the shamash is to have a light available for use, as using the Hanukkah lights themselves is forbidden.

The reason for the Hanukkah lights is not for the "lighting of the house within", but rather for the "illumination of the house without," so that passersby should see it and be reminded of the holiday's miracle.

A CHRISTMAS CAROL

English author Charles Dickens created the classic holiday tale, *A Christmas Carol*. The story's message-the importance of charity and good will towards all humankind-struck a powerful chord in the United States and England and showed members of Victorian society the benefits of celebrating the holiday.

The family was also becoming less disciplined and more sensitive to the emotional needs of children during the early 1800s. Christmas provided families with a day

when they could lavish attention-and gifts-on their children without appearing to "spoil" them.

As Americans began to embrace Christmas as a perfect family holiday, old customs were unearthed. People looked toward recent immigrants and Catholic and Episcopalian churches to see how the day should be celebrated. In the next 100 years, Americans built a Christmas tradition all their own that included pieces of many other customs, including decorating trees, sending holiday cards, and gift-giving. Although most families quickly bought into the idea that they were celebrating Christmas how it had been done for centuries, Americans had really re-invented a holiday to fill the cultural needs of a growing nation.

Christmas Facts

Each year, 30-35 million real Christmas trees are sold in the United States alone. There are 21,000 Christmas tree growers in the United States, and trees usually grow for about 15 years before they are sold.

From 1659 to 1681, the celebration of Christmas was outlawed in Boston, and law-breakers were fined five shillings.

Christmas was declared a federal holiday in the United States on June 26, 1870.

The first eggnog made in the United States was consumed in Captain John Smith's 1607 Jamestown settlement.

Poinsettia plants are named after Joel R. Poinsett, an American minister to Mexico, who brought the red-and-green plant from Mexico to America in 1828.

The Salvation Army has been sending Santa Claus-clad donation collectors into the streets since the 1890s.

Rudolph, "the most famous reindeer of all," was the product of Robert L. May's imagination in 1939. The copywriter wrote a poem about the reindeer to help lure customers into the Montgomery Ward department store.

*NO MATTER WHAT OR HOW YOU
CELEBRATE THE SEASON – HAVE A SAFE
AND HAPPY ONE!*

REMINDERS FOR DECEMBER 2012

- * UMSSC BAND PERFORMS AT THE HOLIDAY HOOPLA: FRIDAY, DECEMBER 7 FROM 6:30 PM TO 8:00 PM AT THE AT THE UM TWP. BLDG.
- * UMSSC BAND PERFORMS AT WEGMAN'S KING OF PRUSSIA: SUNDAY, DECEMBER 9 FROM 12:00 PM TO 2:00 PM
- * HOLIDAY PARTY AT THE CROWNE PLAZA: MONDAY, DECEMBER 10 FROM 11:00 AM – 3:00 PM. *THE SENIOR CENTER IS CLOSED ON THIS DATE AND ALL ACTIVITIES ARE CANCELLED.*
- * GENERAL MEETING: WEDNESDAY, DECEMBER 12 AT 10:00 AM
- * FRIDAY FLICKS: FRIDAY, DECEMBER 14 AT 11:00 AM
- * BOOK TALK: MONDAY, DECEMBER 17 AT 1:00 PM
- * VALLEY FORGE CASINO: WEDNESDAY, DECEMBER 19 AT 9:30 AM

**UMSSC WILL BE CLOSED FOR THE HOLIDAYS
MONDAY, DECEMBER 24 THROUGH TUESDAY, JANUARY 1.
WE WILL RE-OPEN WEDNESDAY, JANUARY 2.
HAVE A SAFE AND HAPPY HOLIDAY!**



NOTE:
THE UMSSC
IS CLOSED
WHEN THE UM
AREA SCHOOL
DISTRICT CLOSSES
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
NOV. 7 will be
posted on the
UMSSC Bulletin
Boards and listed on
UMGA-TV (Comcast
Channel 22 or
Verizon FIOS
Channel 33)
Visit the Center's
web site at:
www.umssc.org

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

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

TO: RESIDENT or OCCUPANT



2013 INDIVIDUAL
MEMBERSHIP APPLICATION
(JANUARY 1, 2013 – DECEMBER 31, 2013)

Upper Merion Senior Service Center
 650 So. Henderson Road, King Of Prussia, PA 19406

Welcome To the Upper Merion Senior Service Center!

PLEASE PRINT

2013 Membership: \$15.00 *(VALID THROUGH DECEMBER 31, 2013)*

Select One: Mr. _____ Mrs. _____ Ms. _____ Miss _____

Last Name: _____ First Name: _____

Street Or P.O. Box: _____

City: _____ State: _____ Zip Code: _____

Telephone: (____) _____ E-Mail: _____

School District: _____

Note: *Voting Privileges Are Restricted To Upper Merion Area School District Residents.*

Birthday Month: _____ Day: _____

Emergency Contact Name: _____ Telephone: (____) _____

Confidentiality: The UMSSC guarantees your privacy. None of the above personal information will be made available to anyone, with the exception of birthdays, which are posted on the bulletin board every month.

Thank You!

Office Use Only

Date Paid: _____ Cash: \$ _____ Check No. _____
*(Please Make Your Check Payable To **UMSSC**)*

Payment Rec'd. By: _____ Newsletter Issued (New Member): _____

TWO-SIDED FORM – BOTH SIDES MUST BE COMPLETED

PLEASE READ CAREFULLY - THIS IS A LEGAL DOCUMENT

WAIVER AND RELEASE OF ALL CLAIMS

THIS RELEASE, dated _____, is given *BY THE UNDERSIGNED*, hereinafter referred to as *RELEASOR*, TO THE UPPER MERION SENIOR SERVICE CENTER, their officers, agents, employees and representatives, hereinafter referred to as UMSSC.

1. **Waiver and Release.** In consideration of the grant of permission to participate in Upper Merion Senior Service Center activities, I release and give up any and all claims, demands, and/or rights which I have against Upper Merion Senior Service Center arising out of my participation in any such activity sponsored, authorized and/or permitted by the UMSSC. This releases all claims, including those of which I am not aware and those not mentioned in this Release. I release UMSSC, and hold UMSSC harmless, from any and all claims of personal injury or property damage arising out of or in any way related to my participation in any activity sponsored, authorized, and/or permitted by UMSSC. This release is intended to release all injuries, damages or losses to my person and property, real or personal, whether known, unknown, foreseen or unforeseen. I understand and acknowledge the significance and consequence of this Release and hereby assume full responsibility for any injuries, damages or losses that I may incur. This Release is freely and voluntarily given.

2. **Other Insurance.** I represent and certify that I am covered by my own medical insurance. I understand that I am not permitted to participate in any activities sponsored, authorized and/or permitted by UMSSC, unless I have such coverage. I fully understand that UMSSC is allowing me to participate in activities in reliance upon this representation.

3. **Who is Bound.** I am bound by this Release. Anyone who succeeds to my rights and responsibilities is also bound. Specifically, my heirs, executors, administrators and assigns are fully bound by this Release. This Release is made for the benefit of UMSSC and all who succeed to the rights and responsibilities of UMSSC.

I HAVE READ THIS RELEASE AND UNDERSTAND THAT I HAVE GIVEN UP MY RIGHT TO PURSUE A CLAIM AGAINST THE UPPER MERION SENIOR SERVICE CENTER, THEIR OFFICERS, AGENTS, EMPLOYEES AND/OR REPRESENTATIVES FOR ANY INJURIES, DAMAGES AND/OR LOSSES ARISING OUT OF MY PARTICIPATION IN ACTIVITIES SPONSORED, AUTHORIZED OR PERMITTED BY THEM.

DATE: _____

(Signature)

(Print name)

(Print address)