



THE BEST OF TIMES

DECEMBER 2014

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.

OFFICERS:

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

MEMBERS OF THE BOARD:

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

HONORARY MEMBERS:

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

STAFF:

Cynthia L. Eastman, Executive Director
Shirley Robey, Executive Assistant
Beth Cassidy, Receptionist

"Best of Times" Editors:

Mary F. McCree and Shirley Robey

GOALS

- ♦ Increase membership.
- ♦ Work to increase funding for operational support: investigate new sources of funding in cooperation with local businesses and government agencies.
- ♦ Continue the development of innovative programming.
- ♦ Maintain our working partnership with the Upper Merion Area School District and Upper Merion Township.
- ♦ Explore the potential for new opportunities for services.
- ♦ Search for educational opportunities for members as part of our lifelong learning efforts.
- ♦ Help members remain healthy and active through participation in recreational, educational and leisure activities.

MONTHLY MESSAGE

Dear Friends,

As we approach the end of 2014, we have much for which to be thankful. Our membership has grown. Many of our members donate their time to the center. These volunteers are the reason we are so successful.

We want to thank and acknowledge three of our outgoing Board Directors; Paul Buce, Pari Hoorfar and Ruth Shand for their hard work, support and dedication to the Center.

Recently we experienced a delivery problem of our monthly newsletter. Unfortunately, this is not the first time, but we are working with the post office to rectify this problem and are hopeful that we can resolve it permanently. However, you can always refer to our website where we post all monthly newsletters and calendars, as well as a listing of upcoming special events and a schedule of holiday or weather-related closings.




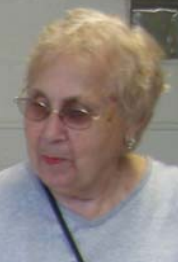






As we approach 2015, we have a new location for our senior center to look forward to and will be working diligently on the plans for this new location. With memories of 2014 and the anticipation of 2015, we have much to do. We will keep you up to date on any details of our future location. The new Upper Merion Community and Senior Center will be located 431 W. Valley Forge Road in King of Prussia.

Merry Christmas, Happy Hanukkah and Happy Kwanzaa. Best to all whichever is your holiday and the best to you for a very Happy and Healthy New Year in 2015 and *as always, come spend some time with us and remember to always say something nice about UMSSC.*

Happy Holidays!

*Mary McCree,
President*

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>JOAN BANAS</p>	<p>1</p> <p>9:30 TONY ORLANDO SHOW AT SANDS CASINO</p> <p>9:30 MAH-JONGG</p> <p>10:30 CURRENT EVENTS</p> <p>1:30 YOGA</p>	<p>2</p> <p>9:30 COMPUTER CLUB</p> <p>9:30 BRIDGE</p> <p>9:30 POKER</p> <p>11:30 CHAIR EXERCISE</p> <p>12:30 PINOCHLE</p> <p>1:00 KNITTING/CROCHETING</p> <p>1:30 BAND PRACTICE/INSTRUCTION</p>	<p>3</p> <p>10:00 BOARD MEETING</p> <p>11:00 Wii GAMES</p> <p>12:00 TAI CHI (GYM)</p> <p>1:00 LINE DANCING</p>	<p>4</p> <p>10:00 FINANCIAL / INVESTMENT DISCUSSION GROUP</p> <p>10:15 BINGO</p> <p>12:30 CHAIR EXERCISE</p>	<p>5</p> <p>9:30 POKER</p> <p>10:00 SING-A-LONG</p> <p>11:00 Wii GAMES</p> <p>6:30 PM HOLIDAY HOOPLA AT UM TOWNSHIP BLDG</p>	 <p>JO SANTANGELO</p>
 <p>MARY MCCREE</p>	<p>8</p> <p>ANNUAL UMSSC HOLIDAY PARTY</p> <p>SENIOR CENTER CLOSED</p>	<p>9</p> <p>9:30 COMPUTER CLUB</p> <p>9:30 BRIDGE</p> <p>9:30 POKER</p> <p>11:30 CHAIR EXERCISE</p> <p>12:30 PINOCHLE</p> <p>1:00 KNITTING/CROCHETING</p> <p>1:30 BAND PRACTICE/INSTRUCTION</p> <p>OUR "ADOPTED" FAMILY HOLIDAY DONATIONS DUE TODAY!</p>	<p>10</p> <p>10:00 GENERAL MEETING</p> <p>11:00 Wii GAMES</p> <p>12:00 TAI CHI (GYM)</p> <p>1:00 GARDEN CLUB (HOLIDAY WREATH MAKING)</p> <p>1:00 LINE DANCING</p>	<p>11</p> <p>10:00 FINANCIAL / INVESTMENT DISCUSSION GROUP</p> <p>10:15 BINGO</p> <p>12:30 CHAIR EXERCISE</p>	<p>12</p> <p>9:30 POKER</p> <p>10:00 SING-A-LONG</p> <p>11:00 Wii GAMES</p> <p>12:30 HEALTHY HEART PRESENTATION</p>	 <p>IRENE KNASIAK</p>
 <p>JOAN SCHLOTH</p>	<p>15</p> <p>9:30 MAH-JONGG</p> <p>10:30 CURRENT EVENTS</p> <p>1:00 BOOK TALK</p> <p>1:30 YOGA</p>	<p>16</p> <p>9:30 COMPUTER CLUB</p> <p>9:30 BRIDGE</p> <p>9:30 POKER</p> <p>11:30 CHAIR EXERCISE</p> <p>12:30 PINOCHLE</p> <p>1:00 KNITTING/CROCHETING</p> <p>1:30 BAND PRACTICE & INSTRUCTION</p> <p>HANUKKAH BEGINS AT SUNDOWN</p>	<p>17</p> <p>9:30 VALLEY FORGE CASINO</p> <p>9:30 QUILTING</p> <p>11:00 Wii GAMES</p> <p>12:00 TAI CHI (GYM)</p> <p>1:00 LINE DANCING</p>	<p>18</p> <p>10:00 FINANCIAL/INVESTMENT DISCUSSION GROUP</p> <p>10:00 NURSE</p> <p>10:15 BINGO</p> <p>11:00 OUTREACH BRIGGS</p> <p>12:30 CHAIR EXERCISE</p> <p>REMINDER: IF YOU ARE COMING TO FRIDAY FLICKS - PLEASE SIGN UP TODAY SO WE CAN ORDER ENOUGH PIZZA AND SET UP COMFY CHAIRS!</p>	<p>19</p> <p>9:30 POKER</p> <p>10:00 SING-A-LONG</p> <p>11:00 Wii GAMES</p> <p>11:15 FRIDAY FLICKS "MONUMENT MEN"</p>	 <p>GINNY SANTANGELO</p>
 <p>Happy Holidays</p>	<p>22</p> <p>SENIOR CENTER CLOSED FOR HOLIDAY</p>	<p>23</p> <p>SENIOR CENTER CLOSED FOR HOLIDAY</p>	<p>24</p> <p>SENIOR CENTER CLOSED FOR HOLIDAY</p>	<p>25</p> <p>SENIOR CENTER CLOSED FOR HOLIDAY</p>	<p>26</p> <p>SENIOR CENTER CLOSED FOR HOLIDAY</p> <p>FIRST DAY OF KWANZAA</p>	 <p>Happy Holidays</p>
 <p>NANCY KIME</p>	<p>29</p> <p>SENIOR CENTER CLOSED FOR HOLIDAY</p>	<p>30</p> <p>SENIOR CENTER CLOSED FOR HOLIDAY</p>	<p>31</p> <p>SENIOR CENTER CLOSED FOR HOLIDAY NEW YEAR'S EVE</p>	<p>1</p> <p>SENIOR CENTER CLOSED FOR HOLIDAY NEW YEAR'S DAY</p>	<p>2</p> <p>SENIOR CENTER CLOSED FOR NEW YEAR'S HOLIDAY</p>	 <p>LENORE RUNKLE</p>

OUR BOARD OF DIRECTORS



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UPCOMING EVENTS

The center will be closed: MONDAY, DECEMBER 8 FOR THE HOLIDAY PARTY AND FROM MONDAY, DEC. 22 THROUGH FRIDAY, JAN. 2 FOR THE CHRISTMAS/NEW YEAR HOLIDAY

MONDAY, DECEMBER 8 FROM 11:00 AM TO 3:00 PM: UMSSC ANNUAL HOLIDAY PARTY IN THE GRAND BALLROOM AT THE RADISSON TOWER OF THE VALLEY FORGE CASINO. Ticket Cost: UMSSC Members \$23.00 Non-UMSSC members \$26.00. Celebrate the holidays with us! Entertainment, Cash Prizes, Door Prizes and \$10.00 Slot Play.

FRIDAY, DECEMBER 12 FROM 12:30 PM TO 1:30 PM - BRYN MAWR HOSPITAL COMMUNITY HEALTH SERVICES: Presentation by Mary Gilliford on "Healthy Heart". Learn about heart disease and stroke and about the risk factors that can and cannot be controlled.

WEDNESDAY, DECEMBER 17: VALLEY FORGE CASINO. THE OFFER FOR GROUP IS \$20.00 IN SLOT PLAY. This offer does not cost anything but to take advantage of this offer you must complete registration form available at the Senior Center or on our website at www.umssc.org. **All new and renewal casino memberships or one-day passes are handled by Valley Services (not UMSSC).** Cash or credit card will be accepted by Valley Services. If you have any questions you can contact Valley Services at 610-354-8118. Shuttle will depart the center at 9:30 AM and return at 2:00 PM. For those driving, please meet in the Casino lobby between

9:30 AM and 10:00 AM. **CUT-OFF DATE FOR THIS TRIP IS WEDNESDAY, DEC. 10. Everyone must bring a valid photo ID.**

THURSDAY, DECEMBER 18 PHOTO BOOTH: COME HAVE FUN AND TAKE YOUR PICTURE. LOTS OF FUN PROPS IF YOU WANT TO USE THEM. FREE!

UPCOMING TRIPS

JUST A REMINDER: If you are going on an all day trip and require handicap parking, please park in the rear of the building and leave open the spaces in front for those attending a daily activity. Thank you!

MONDAY, DECEMBER 1, 2014 TONY ORLANDO CHRISTMAS SHOW AT THE SANDS CASINO-BETHLEHEM. COST: MEMBERS \$60.00 NON-MEMBERS \$65.00 **INCLUDES:** TRANSPORTATION, SHOW AND \$20.00 SLOT PLAY ON SALE NOW! COMPLETE FORM AND HAND IN WITH YOUR PAYMENT AT THE RECEPTION DESK. **BUS DEPARTS CENTER AT 9:30 AM.** For those who require handicap parking, please park in the rear of the building.

ACKNOWLEDGEMENTS

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

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

MEMBER DONATIONS TO UMSSC

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

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

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

Gerry Roth in memory of his wife, Betty.

COMMUNITY OUTREACH

UMSSC ADOPTS A FAMILY FOR THE HOLIDAY

We have "adopted" a family of three, a widowed mother and her 12 year old twins, for the holidays. Having recently lost her job, the mother, Tamyra, is not able to afford to give her children, son Morgan and daughter Cella gifts at Hanukkah. We have the opportunity to fulfill holiday "wishes" for this family in need and we hope that you will want to participate.

We have placed a basket in the lobby with gift suggestions written on slips of paper that you can pick out and purchase for the family. Please have your donations in by no later than December 9. Hanukkah begins on December 16 and we want them to have everything in time for their celebration!

CLOTHING DRIVE TO BENEFIT HOMES VETERANS and TOYS FOR TOTS

Tim Briggs is hosting a donation box for Nathan Rose, an Upper Merion resident and member of Boy Scout Troop 1, as part of his Eagle Scout Project. The project is a clothing drive to ***benefit homeless veterans*** throughout the Philadelphia region by creating care packages for those aided by the Philadelphia Veterans Multi-Service Center. The drive seeks donations of new or slightly used items including: blankets, jackets, winter hats and gloves, daypacks or small backpacks, and plastic water bottles. ***Donations accepted until December 31.***

Tim Briggs office is also serving as a drop off point for the U.S. Marine Corps' ***"Toys for Tots" campaign.*** Donations of new, unwrapped toys are requested. ***To ensure the toys are delivered in time for the holidays, they must be received before December 12.***

All of the donations should be delivered to Tim's District Office between 8:30 AM and 4:30 PM Monday through Friday, at 554 Shoemaker Road, Suite 149, King of Prussia.

GUEST READERS FOR EXTENDED DAY

Extended day is looking for volunteers to read stories to the children. If you are interested, there is a sign-up sheet at the Reception Desk.

SHOEBOX RECYCLING

What is "Shoebox Recycling" you ask yourself? It is a new program we are running in partnership with Community Recycling that collects *gently used* shoes for

men, women or children around the globe that are suitable for re-use. This program has other benefits as well. Every box we fill will raise funds for the center and there will be fewer shoes in a landfill which normally receives over 300 million pairs of shoes each year. So start cleaning out your closets and look under your bed for gently used shoes and please remember that every pair you recycle means extra funds for us. ***Please be sure shoes that are clean and in good condition. Boots, flip-flops, slippers, crocs, etc. are NOT accepted.***

KNITTERS WANTED

As you may or may not know, our knitting group ***donates knitted caps to St. Christopher's Hospital for Children.*** The hats are for the preemie babies to keep their tiny bodies warm. We are in need of some additional volunteers to help knit the hats. If you can knit and would like to help out, please stop in the office and give your name. The yarn and pattern will be supplied to you and 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.

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 food donations for the upcoming holidays of Boxed Potatoes (mashed, scalloped, au gratin, etc.) Boxed Pasta, Boxed Macaroni and Cheese, Stuffing (any flavor), Spaghetti Sauce, Peanut Butter & Jelly, Turkey Gravy, Chicken Broth, Pancake Mix, Pancake Syrup.***

PUT BOOKS IN THE HANDS OF CHILDREN WHO NEED THEM

Book donations to the Bridgeport Elementary School children (grades K-4th) are still being collected. ***Our book donations are a big hit with the kids. Let's keep it going!*** Collection box is on the table under the bulletin board. ***When donating books please be sure that they are in good condition.***

PROJECT LINUS – ONGOING

The "Hearts and Hands" ladies group at Good Shepherd's Church is still collecting knitted and crocheted squares for blankets. The purpose of Project Linus is to provide love, a sense of security, warmth and comfort to children who are seriously ill, traumatized, or otherwise in need through the gifts of new, handmade blankets and afghans, lovingly created by volunteer "blanketeers." Joan Banas has been collecting the squares on behalf of the church and will continue to do so as long as they are being made. Our

participating members have a done a great job for a very good cause.

COMMUNITY HAPPENINGS

The Farmers Market winter hours begin December 6 and will be on alternate Saturdays, from 10-12 until April, 2015.

NEWSWORTHY

BOARD & OFFICER NOMINATIONS **OFFICERS AND BOARD OF DIRECTORS** **NOMINATIONS:**

Following is the list of the officers and board members who were nominated at the November general meeting:

Officers:

Mary F. McCree, President
Richard McCann, Vice President
Helen Cabrey, Secretary
Harlyce Grossman, Treasurer

Members of the Board:

Ann Lister
Barry Sachais
Roseanne Scully

STAY CONNECTED!

Do we have your email address??? In an effort to keep you up to date on happenings at your senior center between newsletters, we are establishing an *email notification system*. Please be sure we have your email so you can *stay connected* to your senior center.

SOME PLAYERS NEEDED

Wii games are available. Beth will be happy to get a game of bowling started. ***Why not join her in the lounge on Wednesdays or Fridays at 11:00 AM. Bring a friend to play these games and maybe make a few new ones!***

MEMBERSHIP DRIVE

The time to renew your membership for 2015 is coming up. We encourage you to have your friends renew or have a new friend who might be interested in joining. 2015 membership forms are available *attached to this month's Newsletter*, from the info center and also on our website www.UMSSC.org. Membership cost is still **only \$15.00** and we have a lot to offer in the way of activities and special events and programs.

How can you get a **free** 2015 membership or three free Friday Flicks (with pizza)? Participate in the ***Executive Director Membership Special***. Just refer three (3) new members to UMSSC. We offer a little something for everyone!

MEMBERS CELEBRATE THEIR **70TH WEDDING ANNIVERSARY**

Do you recognize this young couple? Congratulations to Marie and Tom Scully who recently celebrated their *70th Wedding Anniversary*. Wow! Wonder what their secret is to such a long and happy marriage?



KEEPING SENIORS INFORMED

WHY EXERCISE IS VALUABLE

Exercise plays an important role in how you look and feel. It increases circulation which delivers oxygen and nutrients to the body's cells. It increases bone and muscle strength. It reduces stress and promotes relaxation. Come join the Tuesday and Thursday chair exercise sessions to gain some of these benefits and to meet some other really nice members.

(Contributed by Jane Burger)

ZZZZzzzzz ... CAN NAPPING **IMPROVE YOUR MEMORY?**

"You must sleep sometime between lunch and dinner, and no halfway measures," wrote Winston Churchill. "Take off your clothes and get into bed. That's what I always do ... You will be able to accomplish more. You get two days in one — well, at least one and a half."

Like Churchill, a lot of us are dedicated nappers. In fact, the older we get, the more likely we are to nap. Surveys show that more than half of people 75 and older nap at least twice a week.

That may seem like an innocent enough pleasure, but for decades researchers have been studying napping to understand how it affects everything from health to nighttime sleep patterns, and a few studies have raised red flags, including one that linked napping to health problems. New findings, however, bring much good news, including that napping is associated with a sharper mind.

Take a nap. It's good for your health: "For most people, napping is perfectly healthy, and it may even have important benefits," says Thomas J. Balkin, director of the behavioral biology branch at Walter Reed Army Institute of Research. To take advantage of those benefits, though, it's important to know when and how long to snooze.

Improved memory: During a nap, says McDevitt, the brain seems to consolidate learning. She suspects that napping could be helpful for older people as a way to counteract age-related memory loss, although studies haven't yet looked at the question.

But does an afternoon nap rob you of sleep at night? It's a reasonable concern, especially among older people, since the amount of sleep people need declines with age. "If you needed eight hours when you were in your 30s, you may get along just fine and function well with just six and a half hours when you're in your 60s," says Timothy A. Roehrs, a sleep researcher at Henry Ford Hospital in Detroit.

How long you nap may also be important in determining the benefits you get. A 20-minute nap can help restore alertness and energy, says McDevitt. But if you want to take advantage of the memory and performance-enhancing benefits of a nap, research suggests you'll need to experience rapid-eye movement (REM) sleep. For that, you'll need to take a 60-minute siesta. Napping much longer than that doesn't add additional benefits and may make you feel groggy. The phenomenon, which sleep researchers call "sleep inertia," occurs because the brain chemicals that help you stay asleep in spite of barking dogs and sirens in the night take time to clear out. "The longer you nap, the stronger sleep inertia is likely to be," says Michael V. Vitiello, professor of psychiatry and behavioral sciences at the University of Washington. If you tend to feel groggy after napping, he says, it's wise to give yourself time to wake up fully before driving or doing other tasks that require concentration. A cup of caffeinated coffee can help clear away the cobwebs.

Not for everyone: Despite the multiple studies that link napping to health benefits, some findings have raised red flags. Older people who nap tend to have more health problems than non-nappers, says Vitiello. Perhaps that's not surprising. People with health problems may also be more likely to get tired during the day. Problems such as depression, nocturia (having to get up at night to urinate) and sleep apnea can get in the way of a good night's sleep. And napping can exacerbate insomnia. Feeling sleepy in the afternoon is perfectly normal. But if you toss and turn at night and feel tired in the morning, says Roehrs, napping may not be the best idea. Indeed, one of the treatments for chronic insomnia is sleep restriction, which involves spending less time in bed in order to improve the quality of sleep.

For most of us, however, napping is perfectly OK: If you're new to napping, says Vitiello, go ahead and give it a try. "Experiment with different length naps. If you feel more refreshed, great. If not, maybe napping isn't for you," says Vitiello. (*Article from the AARP Magazine September 2014*)

ACTIVITIES

APPRISE COUNSELOR: Assistance with insurance and Medicare concerns. Call 610.265.4715 and give your name and telephone. The APPRISE counselor will contact you directly to set up an appointment.

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

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

BOARD GAMES AVAILABLE: Any day or time. Various board games available to play in the kitchen. Card table set up.

BOOK TALK: Monday, December 15 at 1:00 PM. Meets on the 3rd Monday of the month. Coordinator: Patricia Ackah (610.265.4290). This month we will be reading ***"WEIRD SISTERS"*** by Eleanor Brown. The story of three sisters who love each other, but just don't happen to like each other very much... Three sisters have returned to their childhood home, reuniting the eccentric Andreas family. Here, books are a passion (*there is no problem a library card can't solve*) and TV is something other people watch. Their father-a professor of Shakespeare who speaks almost exclusively in verse-named them after the Bard's heroines. It's a lot to live up to.

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

CHAIR EXERCISE: Tuesdays at 11:30 AM to 12:15 PM and Thursdays from 12:30 PM to 1:15 PM. Coordinator: Jim Parvin. \$3.00 per class.

COMPUTER CLUB: Tuesdays 9:30 AM to 11:30 AM. Coordinators: Herman Natanblut and Howard Lurie. Meetings are open to all *members*, all ability levels. The Computer Club will be glad to answer any technical questions members have.

CURRENT EVENTS DISCUSSION GROUP:

Mondays at 10:30 AM in the Lounge. Coordinators: Joan Shaw and Paul Buce. Topics cover any current news of your choice, the discussion can be enlightening.

FINANCIAL/INVESTMENT DISCUSSION GROUP:

Thursdays at 10:00 AM in the Computer Room. Coordinator: Dick McCann. All levels of experience in making the best choices for your investments are welcome.

FRIDAY FLICKS: FRIDAY, DECEMBER 19 (Pizza at 11:15 AM, Movie at 12:00 PM) Coordinator: Don McCree. Pizza & Movie: \$5.00. Movie Only: \$2.00. ***If you are coming to Friday Flicks, please sign up in advance; this is important to do prior to end of day Thursday, December 18, as we order our pizzas and set up the great room with comfortable chairs for our movie goers. This month we will be showing "THE MONUMENTS MEN" starring George Clooney, Matt Damon, Bill Murray, John Goodman, Jean Dujardin, Bob Balaban, Hugh Bonneville, and Cate Blanchett. Loosely based on the non-fiction book, The Monuments Men: Allied Heroes, Nazi Thieves and the Greatest Treasure Hunt in History, by Robert M. Edsel, the film follows an allied group, the Monuments, Fine Arts, and Archives program, tasked with finding and saving pieces of art and other culturally important items before their destruction by Hitler during World War II.***

GARDEN CLUB: Meets the Second and Fourth Wednesday at 1:00 PM. Coordinator: Paul Buce. The Garden Club will ***meet only once in December***, it will be our annual wreath making workshop. Date is Wednesday, Dec 10th. We'll get rolling at noon in the Great Room. If you have a wire frame or some greens you've pruned, bring them along.

GENERAL MEMBERSHIP MEETING: Monthly meeting open to all members on the 2nd Wednesday of the month at 10:00 AM (on December 10).

Any member who wants to be put on the agenda at the meeting should contact Mary McCree, President.

KNITTING & CROCHETING: Tuesdays at 1:00 PM. Coordinator: Patricia Ackah. Instruction provided. ***Hand-made items are for sale and all proceeds benefit the Center.***

LIBRARY: Open Monday through Friday from 9:00 AM to 3:00 PM. Library Volunteer: Nancy Kime. An excellent selection of large print books, tapes and videos are available to borrow. ***Don't forget to check out the "roving book cart" featuring a***

special selection on loan from the Upper Merion Township Library.

LINE DANCING: Every Wednesday at 1:00 PM in the gym. Coordinator: Aracelia Panzano.

MAH-JONGG: Mondays at 9:30 AM. Coordinator: Lynne Borocho. All level players are welcome, even beginners! Come in and learn to play this very popular game.

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) 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 Bingo Room.

POKER: Tuesday's and Friday's at 9:30 AM in the kitchen.

QUILTING: Third Wednesday (for month of December only) at 9:30 AM. Instructor: Ethel Hutchinson. All levels welcome!

SING-A-LONG: Fridays at 10:00 to 11:30 AM. Coordinators: Theresa M. Smith and Dot Morio; Pianist: Ed Wenger. Come in and enjoy singing some old favorites together. ***Members meet for lunch at Michael's Deli following the program.***

TAI CHI: ONE FREE FIRST CLASS IN DECEMBER for NEW ATTENDEES REGULAR WEEKLY CLASSES ON WEDNESDAY'S AT 12:00 PM IN THE GYMNASIUM \$3.00 FEE PER CLASS.

Wii GAMES: Wednesdays and Fridays at 11:00 AM in the lounge. Coordinator: Beth Cassidy

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

WE THANK THE BUSINESSES SHOWN ON THE FOLLOWING PAGES WHO HAVE PLACED ADS IN OUR NEWSLETTER. WE HOPE OUR MEMBERS WILL SUPPORT THEM AS THEY SUPPORT US.

Happy Holidays To All!

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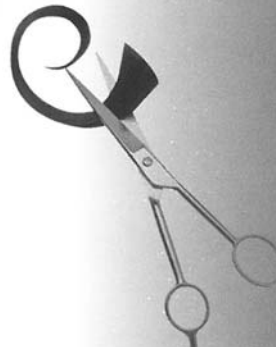
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