



THE BEST OF TIMES

FEBRUARY 2013

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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KING OF PRUSSIA, PA 19406
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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, William Drolet, Ed Freudenberg,
Pari Hoorfar, Ethel Hutchinson, Howard Lurie, Ruth Shand
and Janet Sheehan

HONORARY MEMBERS:

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

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

Dear Members,

We are only into the second month of 2013 and so much is going on. Please **mark your calendars** for the following events which will occur in addition to our regularly scheduled activities:

AARP Tax Preparation – beginning Thursday, February 7 – April 11. Sign up at the Reception Desk

Royal Bank Presentation on *Social Security* - Thursday, February 7 at 10:00 AM (*light refreshments*)

Valentine Hoagie Social – Friday February 15th – tickets on sale beginning January 22 – only \$7.00

Presentation by Main Line Health's Mary Guilford on "*Heart Health*" Tuesday February 19th at 10 AM

AARP Driver Safety 4-Hour Course – Wednesday February 27 from 9:30 AM to 1:30 PM. Pick-up a Registration form at the Info Center in the lobby.

2ND ANNUAL BIG Bingo – Saturday – March 2nd - Advance Tickets on sale beginning February 11th for \$20 & Day of BIG Bingo cost -\$25

Jeopardy IV – Wednesday – March 20th sign up for a team!

Hunterdon Hills Playhouse –
Butterflies are Free - Tuesday, April 9th
Wake Up Darling – Wednesday, May 22nd

\$55 members, \$60 nonmembers
Sign up soon as seats are limited to 47 people

Presentation by Main Line Health on "*Skincare*" Monday April 15th at 10 AM

Annual Flea Market – Saturday, April 20th Flea Room opens – Monday March 25 through April 18, Monday through Thursday from 9:30 AM to 1:30 PM.

Please find details within the body of our Newsletter and remember . . .

















"Say something nice about the Upper Merion Senior Service Center and our members"

Mary McCree

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

FEBRUARY 2013 ♥ Quote of the month: "Have a heart that never hardens, a temper that never tires, and a touch that never hurts."

Charles Dickens

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					10:00 SING-A-LONG ¹	 GROUND HOG DAY ²
 ³	10:00 MAH-JONGG ⁴ 12:00 ZUMBA GOLD 10:30 CURRENT EVENTS 1:30 YOGA CONSTITUTION DAY	9:30 COMPUTER CLUB ⁵ 10:00 BRIDGE 12:30 CHAIR EXERCISE 1:00 KNITTING & CROCHETING 1:30 MUSIC INSTRUCTION	10:00 BOARD MEETING ⁶ 1:00 LINE DANCING	10:00 AARP TAX PREP ⁷ 10:00 ROYAL BANK – SOCIAL SECURITY 10:15 BINGO 12:30 CHAIR EXERCISE	10:00 SING-A-LONG ⁸ 11:15 FRIDAY FLICKS "CROOKED ARROW"	 ⁹
 ¹⁰ CHINESE NEW YEAR YEAR OF THE SNAKE	10:00 MAH-JONGG ¹¹ 10:30 CURRENT EVENTS 12:00 ZUMBA GOLD 1:30 YOGA	9:30 COMPUTER CLUB ¹² 10:00 BRIDGE 12:30 CHAIR EXERCISE 1:00 KNITTING & CROCHETING 1:30 MUSIC INSTRUCTION	10:00 GENERAL MEETING ¹³ 1:00 LINE DANCING 1:00 RED HAT LADIES ASH WEDNESDAY	10:00 AARP TAX PREP ¹⁴ 10:00 NURSE 10:15 BINGO 11:00 OUTREACH-BRIGGS 12:30 CHAIR EXERCISE ♥ VALENTINES DAY	♥ VALENTINE SOCIAL ¹⁵ 11:00 AM-2:00 PM <i>All other activities cancelled today</i>	 ¹⁶
 ¹⁷	SENIOR CENTER CLOSED IN OBSERVANCE OF PRESIDENTS DAY ¹⁸ 	9:30 COMPUTER CLUB ¹⁹ 10:00 MLH PRESENTATION "Heart Health" 10:00 BRIDGE 12:30 CHAIR EXERCISE 1:00 KNITTING & CROCHETING 1:30 MUSIC INSTRUCTION	9:30 VF CASINO ²⁰ 9:30 QUILTING 1:00 LINE DANCING	10:00 AARP TAX PREP ²¹ 10:15 BINGO 12:30 CHAIR EXERCISE	10:00 SING-A-LONG ²²	 ²³
 ²⁴ FLAG DAY	10:00 MAH-JONGG ²⁵ 10:00 GOOD FOOD / GOOD HEALTH 10:30 CURRENT EVENTS 12:00 ZUMBA GOLD 1:00 BOOK TALK 1:30 YOGA	9:30 COMPUTER CLUB ²⁶ 10:00 BRIDGE 12:30 CHAIR EXERCISE 1:00 KNITTING & CROCHETING 1:30 MUSIC INSTRUCTION	9:30 AARP DRIVER SAFETY COURSE ²⁷ 1:00 GARDEN CLUB 1:00 LINE DANCING	10:00 AARP TAX PREP ²⁸ 10:00 NURSE 10:15 BINGO 12:30 OUTREACH-LEACH 12:30 CHAIR EXERCISE		

OUR BOARD OF DIRECTORS



Not pictured is new board member William Drolet

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DATES WE ARE CLOSED

**THE SENIOR CENTER WILL BE CLOSED:
FRIDAY, FEB. 15 FOR THE VALENTINE SOCIAL.**

**WE ARE ALSO CLOSED ON MONDAY, FEBRUARY
18 FOR PRESIDENTS' DAY.**

UPCOMING EVENTS

**AARP DRIVER SAFETY 4-HOUR COURSE:
WEDNESDAY, FEBRUARY 27 FROM 9:30 AM TO
1:30 PM.** Registration forms, available from Info Center in the lobby, are to be completed and sent with your payment to the AARP Instructors: Carli & Richard Fida (address on form). Cost: \$12.00/AARP members or \$14.00/non-AARP members. Call 215-407-8985 or 8989 if you have any questions. Next course scheduled for March 5 and 6 will be an 8-hour course.

**AARP 2013 TAX PREPARATION: Held on
Thursday's only beginning February 7 through April
11.** Tax preparation for seniors by appointment only. Bring in all of your tax documentation *including your real estate tax bills*. Appointment sign-up schedule is at the reception desk. **Must sign up in person. No appointments will be taken over the telephone.**

ROYAL BANK PRESENTATION: SOCIAL SECURITY & PAPER CHECKS : THURSDAY, FEB. 7 AT 10:00 AM. *Are you getting Social Security, VA or other federal benefits by paper check? Did you know you are required by the US Department of Treasury to switch to electronic payments by March 1, 2013.* Please join us for a *free*, informative session to discuss what changes may mean to you and how best to prepare for March 1st. We'll be joined by representatives from Royal Bank America who will provide details on the government's program and options that are available to all benefits recipients. Light refreshments will be served.

**VALENTINE HOAGIE SOCIAL: FRIDAY,
FEBRUARY 15 FROM 11:00 AM TO 2:00 PM.** Open to members and non-members. Cost: \$7.00, includes choice of Tuna, Turkey, Italian or Cheese Hoagie w/chips, beverage and dessert. Limited reserved seating. Tickets on sale until Friday, **February 8 or until sold out.** *Door prizes and entertainment (must be present to win door prizes).*

**MLH PRESENTATION: "HEART HEALTH":
TUESDAY, FEBRUARY 19 AT 10:00 AM IN THE
GREAT ROOM.** Mary Gilliford, Health Educator for Bryn Mawr Hospital - Community Health Services and American Heart Association faculty will present.

**VALLEY FORGE CASINO: WEDNESDAY,
FEBRUARY 20 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 IS WEDNESDAY, FEB. 13. 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. Does your company offer matching funds?

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

- ★ Taylor Chapter of Women's American ORT
- ★ Upper Merion Police Association

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 soup (large and small cans).*** 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. ***When donating books please be sure that they are in good condition.***

UPPER MERION TRICENTENNIAL MEMORABILIA

Tricentennial Memorabilia is available at the *cashier's window in the Upper Merion Township Building*. There are always new items so please stop over and see which ones you would like. Checks should be made payable to *Upper Merion 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

UPPER MERION TOWNSHIP'S 14TH ANNUAL CELEBRATION OF BLACK HISTORY

"Let Freedom Ring" is this year's theme for the Black History Month celebration at UM Township Building on Saturday, February 9 from 10:00 am to 3:00 pm. There will be special displays and a marketplace of unique artwork, African crafts and other items. The program schedule is as follows:

- 10:30 AM – Drumming & Dancing Children's Program.
- 11:30 AM – A multimedia presentation on Dr. Martin

- Luther King and Civil Rights.
- 12:30 PM – Soul Food Sampling
- 1:30 PM – Revolutionary War Hero Ned Hector (portrayed by Noah Lewis)

UPPER MERION TOWNSHIP INVITES YOU TO THE TRICENTENNIAL GALA CELEBRATION – 1713 to 2013!

The Tricentennial Gala will take place on February 16, 2013 in the Waterford Ballroom at the Radisson Valley Forge Hotel. Black tie optional and period attire is welcomed and encouraged. *Tickets are \$75.00.* The center has a supply of ticket order forms in our lobby area. For more information go to www.uppermerion300.org.

TRICENTENNIAL SPEAKER SERIES

Sunday, February 24 at 2:00pm at the Township Building - Freedom Hall: "New Sweden: Some of the first local settlers in our area."

Sunday, March 10 at 1:00 PM at the Township Building – Freedom Hall: "COLONIAL DAYS" featuring Gen. George Washington, as interpreted by Dean Malissa. Sponsored by the Friends of Valley Forge Park. Travel back in time and see how folks who lived in Upper Merion lived during the 18th century. Speak to and observe the arts of spinning, weaving and other daily life activities. Explore life at the Encampment (Valley Forge Park). Meet some of the women and children who were there as washwomen, cooks and nurses from 1777-1778 and meet the General himself who will entertain with stories and demonstrate the minuet with the audience. Light refreshments will be served.

FRIENDS OF VALLEY FORGE PARK SPEAKER SERIES

The annual Speaker Series is held in cooperation with the Washington Memorial Chapel. Programs are held on the first Tuesday of the month at 7 pm. The following programs will be held at the Chapel.

Tuesday, February 5: Native Americans in the American Revolution presented by *Daniel K. Richter*, historian, educator, author. Discover why most Native Americans allied themselves with the British against the United States during the American Revolution – and what it cost them.

Tuesday, March 5: Abigail Adams: Founding Mother, Patriot, Wife and Political Advisor presented by *Kim Hanley*, re-enactor, historian, motivational speaker. Kim shares her first-person interpretation on a conversation with "Dear Abigail," an astute wife and mother, guaranteed to provide

insight into the concerns of 18th century Americans, as well as those of the 21st century.

UMGA HAS SUPPLY OF COOKIE TINS

Do you need any cookie tins? If so a supply is available for the taking from UMGA at the Township Building.

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. We look forward to receiving your membership renewal. If you have any questions, feel free to stop by the staff office.

RED LABEL REMINDER

Just a friendly reminder that a RED DOT placed on your February newsletter address label means you have not renewed your membership for 2013 and this will be your last newsletter until you renew. Membership runs from January 1 to December 31, 2013.

UMSSC MLK DAY OF SERVICE

We were honored to have volunteers from Royal Bank America and some our members to help on Martin Luther King Day of Service on January 21st.

Our gardens were cleaned and pruned by a stalwart group from Royal Bank America led by our Garden Club President Paul Buce and Cindy Eastman, Senior Vice President of Royal Bank America who braved the very cold temperatures and came prepared to work outside in their boots and gloves.

Our center is sparkling as all the windows were cleaned by our members, Les Cohen, Eileen Rodrique and her grand-daughter Jessie Bereda and Jonathan Stanback, our Executive Director. Our computer room is all spiffy too as John Desko will attest. Our exercise room weights are all clean and disinfected....chairs wiped down, window areas cleaned thanks to Jonathan Stanback and Royal Bank America volunteers.

Closets were cleaned and organized by Helen Cabrey, Shirley Robey, Don McCree, Paul Buce. Library organized by Terry Stevens. A big job, our kitchen, freezer and refrigerator, coffee pot et al are all spic and span thanks to Ethel Hutchinson, Pattie Cunnane, Jean Ehlinger and the gang from Royal Bank America.

Our lobby was cleaned, walls and all with the help of Theresa Smith, Jonathan Stanback, Eileen Rodrique and Jessie Bereda and Les Cohen. All our audio equipment was tended to by Don McCree.

Our craft room was cleaned and organized by Lucy and Tom Damiani and Gerry Fontaine. Our Treasurer's Office was organized as well with Harlyce Grossman, our Treasurer at the Helm.

All our "over the hill" documents were dutifully shredded by Ruth Shand.

We are guaranteed all germs were washed away. Come visit us and see the fruits of the labors of all of our volunteers. ***Thank you all!!!***



16th ANNUAL FLEA MARKET AND BAKE SALE

Spring must be on the way when we think of our Annual Indoor Flea Market and Bake Sale, which will be held Saturday, April 20 from 9:00 AM to 3:00 PM. Our Flea Room will be accepting clean, re-useable items starting Monday, March 25 and will be open from 9:30 AM to 1:30 PM, Monday through Thursday. Acceptable donations will be children and adult books, toys, jewelry, knickknacks, decorative items, new clothing only and electric and electronic items in working order.

8' x 5' spaces will be available for \$20.00. If you were thinking of holding a garage sale this year, you may want to get a space at the Flea Market for greater exposure to many people who may wish to purchase your treasures.

We also encourage donations of homemade or purchased cakes, pies and cookies for the bake sale. Refreshments will be served in our lunch room.

To make this event successful, be sure to pick up lawn signs in the office to advertise this event. They will be available on March 13 (after the General Meeting). However, you cannot put them on your lawn until March 20.

So, don't forget to mark the date (Saturday, April 20) for the Flea Market on your calendar and on your to-do list.

FUTURE CLASSES

Howard Lurie is willing to teach another class in late winter or early spring if there is sufficient interest. The subject would be one of the following: Basic Statistics, Basic Economics or Basic Investing. Please express your interest to the office.

BOARD SWEARING IN

At the General Meeting on January 16, the following were sworn-in by District Judge James Gallagher as members of the Board: Mary McCree, Vice President; Helen Cabrey, Secretary; Harlyce Grossman, Treasurer; and the following Directors: Paul Buce, Les Cohen, William Drolet, Ed Freudenberg, Pari Hoorfar, Ethel Hutchinson, and Ruth Shand. Gerald Roth, President and Directors: Howard Lurie and Janet Sheehan were absent and will be sworn in at a future date.

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.

MEMBER SPOTLIGHT ON LYNN BOROCH



On Monday mornings we have noticed quite a few people wandering down the hall towards the great room. They are going to play Mah Jongg; a Chinese board game that has become very popular at the Center. It is so popular that it has even boosted our membership numbers. We attribute this in part to selecting activities that are current and popular. However, we also believe it is due to the willingness of one of our members, Lynn Boroch, to teach new players. If new players come in a ½ hour before the scheduled 10:00 AM start time of the game Lynn will teach them how to play; sometimes as many as 4 or more members at a time.

So we wanted to acknowledge Lynn and how much we appreciate her volunteering to help out at the Center. Lynn truly represents what the spirit of the center is all about. **She is a member that we can definitely "say something nice about."**

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, February 25 at 1:00 PM. Coordinator: Patricia Ackah (610.265.4290). This month's book is "**THE KITCHEN HOUSE**" by **Kathleen Grissom**. When a white servant girl violates the order of plantation society, she unleashes a tragedy that exposes the worst and best in the people she has come to call her family.

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 now numbers about 10 each week. We have lively discussions on any subject you can imagine. Join us to add your views, or just sit in and listen to see if you want to venture in.

FRIDAY FLICKS: FRIDAY, FEBRUARY 8 (Pizza at 11:15 AM, Movie at 12:00 PM.) Coordinator: Don McCree. This month we will be showing "**CROOKED ARROWS**" starring Brandon Routh, Joe Logan, Gil Birmingham and Ben Logan. A mixed-blood Native American, eager to modernize his reservation, must prove himself to his father, the traditionalist Tribal Chairman, by rediscovering his spirit. He is tasked with coaching the reservation's high school lacrosse team which competes against the better equipped and better trained players of the elite Prep School League. **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. Club meetings kick off for the year 2013 on Feb 27 at 1:00. The subject will be setting up our first pass at a schedule for the year. New members always welcome.

GENERAL MEMBERSHIP MEETING: Monthly meeting open to all members on the **2nd Wednesday of the month (February 13) 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: Monday, February 25 at 10:00 AM. Instructor: Pari Hoorfar Cost: \$6.00. Minimum of 10 - limited to 15. Advance sign-up and payment is required so that enough food can be prepared. *Watch the bulletin board to see what Pari will be cooking.*

KNITTING & CROCHETING: 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. Coordinator: Lynne Boroch. All level players are welcome. *Come in at 9:30 AM if you are interested in learning Mah-Jongg.*

MUSIC INSTRUCTION: Tuesday's at 1:30 PM. Instructor: Ed Hickman. ***This group has need of a cellist. If you know someone who would like to play, a cello will be provided. We would love to have them join!***

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 – times for Feb. 28 will be 12:30PM to 2:30 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.

TRAVEL TALES AND TIPS: WILL BE ON HIATUS FOR THE WINTER.

NEW - ZUMBA GOLD: MONDAY'S AT 12:00 PM IN THE GYM. Instructors: Peg White and Geni Roskos. New fitness program offered through Upper Merion Park & Rec. (No class Feb. 18.) *Register and pay at UM Twp. Bldg. – Park & Rec. Dept. for future classes.*

DID YOU KNOW . . .

THE MONTH OF FEBRUARY IS:

- American Heart month
- AMD/Low vision awareness month
- Black history month
- Library lovers month
- National bird feeding month
- National cherry pie month
- and of course,*
- Return shopping carts to the supermarket month!

REMINDERS FOR FEBRUARY 2013

- * AARP TAX PREP: THURSDAY'S ONLY BEGINNING FEBRUARY 7 THRU APRIL 11. SIGN-UP BOOK FOR 1-HOUR APPOINTMENTS AT RECEPTION DESK
- * ROYAL BANK PRESENTATION ON SOCIAL SECURITY & PAPER CHECKS: THURSDAY, FEBRUARY 7 AT 10:00 AM
- * FRIDAY FLICKS: FRIDAY, FEBRUARY 8 AT 11:00 AM (SHOWING: "CROOKED ARROWS")
- * GENERAL MEETING: WEDNESDAY, FEBRUARY 13 AT 10:00 AM
- * VALENTINE HOAGIE SOCIAL: FRIDAY, FEBRUARY 15 FROM 11:00 AM TO 2:00 PM (ALL OTHER ACTIVITIES CANCELLED)
- * MAIN LINE HEALTH PRESENTS-HEART HEALTH: TUESDAY, FEBRUARY 19 AT 10:00 AM
- * VALLEY FORGE CASINO: WEDNESDAY, FEBRUARY 20 AT 9:30 AM
- * GOOD FOOD/GOOD HEALTH WITH PARI: MONDAY, FEBRUARY 25 AT 10:00 AM
- * BOOK TALK: MONDAY, FEBRUARY 25 AT 1:00 PM
- * AARP DRIVER SAFETY COURSE: WEDNESDAY, FEBRUARY 27 FROM 9:30 AM TO 1:30 PM (4-HOUR COURSE). REGISTRATION FORMS AVAILABLE AT THE INFO CENTER IN THE LOBBY.

**SENIOR CENTER CLOSED MONDAY, FEBRUARY 18 IN
OBSERVANCE OF PRESIDENT'S DAY.
(ALL ACTIVITIES CANCELLED)**



NOTE:
THE UMSSC
IS CLOSED
WHEN THE UM
AREA SCHOOL
DISTRICT CLOSES
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
JAN. 9 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

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