



# THE BEST OF TIMES

**JULY 2014**

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](http://www.umssc.org)**  
**EMAIL: [info@umssc.org](mailto: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:

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

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

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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,

Summer is a time when we spend more time outdoors, take vacation and generally have a change in pace. It is also a time when the Upper Merion Senior Service Center finalizes plans for future activities, trips, educational presentations. Remember we are always open to suggestions for any of the above and also any not mentioned.

**Mark your Calendars:** A freebie....we will be holding a Tai Chi Class on Wednesday, July 9 at 12:30 PM. As mentioned there will be no charge for this class. If well accepted our plan is to hold classes beginning in September at the same time. Cost will then be \$3.00.

Time to set up your Jeopardy teams. We will again have Jeopardy on Thursday, September 4. Friday Flicks returns on Friday, September 12.

Another unique trip on September 14, "*Chasing Dreams-Baseball & Becoming American*" at the National Museum of American Jewish History. *More details in the following pages of this newsletter.*

Remember to sign up now for the *Fall Fling* held at the Court in the King of Prussia Plaza on Thursday, September 18. *The sign-up sheet is at the Reception Desk.*

Nostalgia Day – Monday afternoon on September 22.

Our Fall Fund Raiser chance books will be mailed during July with the drawing on Wednesday, October 8<sup>th</sup> at the General Membership Meeting. Special thank you to DAVID BLACKMORE & ASSOCIATES GEOTECHNICAL & ENVIRONMENTAL ENGINEERING who so generously are funding our ticket printing again. We thank them for their continued generosity.

BIG Bingo is scheduled for Saturday October 11. Check our newsletter for more details on any of the above. Have a wonderful enjoyable fun summer. See you at the Center and remember to always say something nice about UMSSC.

*Mary,*  
*your president & friend*

***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***



## OUR BOARD OF DIRECTORS



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## UPCOMING EVENTS

### WEDNESDAY, JULY 16: VALLEY FORGE CASINO.

The offer for groups is \$15.00 in Slot Play and \$10.00 in Food Credit. 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](http://www.umssc.org). Valley Services will handle all new and renewal casino memberships or one-day passes (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, JULY 9. Everyone must bring a valid photo ID.***

## UPCOMING TRIPS

### SUNDAY, SEPTEMBER 14 AT 12:00 PM: CHASING DREAMS-BASEBALL & BECOMING AMERICAN AT THE NATIONAL MUSEUM OF AMERICAN JEWISH HISTORY:

From the composer who created the sound of baseball with just a few bars to the catcher who doubled as a spy. The greatest heroes in baseball did more than just play the game. They changed it. Come learn their stories. *Coach bus will pick up members from Pepper's Restaurant parking lot at 12:00 PM and return trip at 3:30 PM back to Peppers for an early dinner. Registration forms at the Info Center in the lobby. Cost: \$40.00 for UMSSC members and \$45.00 for non-UMSSC members.*

## 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 donate 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:***

Harlyce & Gerry Grossman for their generous donation in memory of David Rosenblum, son of Howard Rosenblum.

Ruth Shand for her generous donation in memory of David Rosenblum, son of Howard Rosenblum.

Doris & Ed Freudenberg for their generous donation to the Center.

A special thank you to the King of Prussia Women's Club for their generous donation presented to the center at our June General Membership Meeting.

## COMMUNITY OUTREACH

### ST. JOHN'S SOUP KITCHEN

St. Johns Soup Kitchen will be serving a dinner on July 31 and have requested donations of the following: tuna, pasta, and watermelon. ***Please bring your donations to the center by Wednesday, July 30.*** The box for donations is on the table outside of the lounge. St. Johns Soup Kitchen is run by the *Women's Club of King of Prussia* a worthy-cause organization which some of our members belong to.

### 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 fruit, sauce, cereal, canned chicken, canned tuna, toilet paper, pancake mix and syrup are appreciated.***

### PUT BOOKS IN THE HANDS OF CHILDREN WHO NEED THEM

Book donations to the Bridgeport Elementary School children (grades K-4<sup>th</sup>) 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 30<sup>TH</sup> ANNUAL CONCERTS UNDER THE STARS

Presented by Upper Merion Township & Point Entertainment, Concerts Under the Stars is currently in its 30<sup>th</sup> year and lauded both regionally and awarded nationally. A family-oriented event which brings national touring acts with local support to a beautiful park setting.

All concerts are held at 175 West Valley Forge Road (behind Township Bldg.) on Sunday Nights at 7:00 PM. Admission is Free and parking is available on the premises. All concerts are held outdoors. Bring lawn chairs and blankets.

***Sunday, July 6:*** Cheryl Wheeler w/Special Guest John Beacher; ***Sunday, July 13:*** Liz Longley w/Special Guest Kevin Killen; ***Sunday, July 20:*** WXPN Welcomes Trout Fishing in America w/Special Guest Caveman Dave; ***Sunday, July 27:*** Sweet Loretta Fat – A Tribute to the Beatles w/Special Guest Dan Rooney

### UPPER MERION FARMERS' MARKET

***Plan to be with us on July 12 for the 5<sup>th</sup> Annual Zucchini 500! We'll get ting started early with the Zucchini 500 Clinic on July 5. Get your wheels set,***

***register for the big event and get tips on creating the best possible racer!***

***The market has a designated parking area for seniors and the handicapped.*** It is on the same level as the market so you don't have to negotiate stairs. Unfortunately, this parking area is not available on the 4th Saturday of the month or on the Community Yard sale day; but, you can always ride the Rambler! ***The Rambler takes you to the market!*** Seniors Farmers Markets checks (***SFMNP***) are accepted by the following vendors: ***Frecon Farms - Jack's Farm - Livengood Family Farm - Peach Bottom Farm.*** If you're a little short of cash, stop by the Farmers Market tent at the front entrance to the Market. You can swipe your credit or debit card for any multiple of \$10. ***Market Money*** is accepted by all our vendors, and is good for the entire 2014 season. It also makes a great gift!

### NEWSWORTHY

#### THANK YOU TO OUR VICTORIAN TEA VOLUNTEERS

The following members volunteered their time to help out at our Annual Victorian Tea Party: Jane Burger, Donna Cinelli, Rose Dale, Lucy Damiani, Cindy Eastman, Jean Ehlinger, Patti George, Harlyce & Jerry Grossman, Ethel Hutchinson, Ann Leahan, Liz Marren, Betty Matey, Mary & Don McCree, Mary Miller, Sarah Phillips, Shirley Robey, Joan Schloth, Ruth Shand, and Molly Trainer, Ed Wenger, Ann Zebrowski. ***If we missed your name, please forgive us, and know that we are thankful for everyone involved.***

We would also like to thank Tom Kohler from Rep. Tim Briggs office, who helped to set up and take down the tables; a very heavy task. Thanks for your help Tom!

Following are some pictures from the tea:







### RECIPE REQUEST

As you all know, the food for the Tea was so graciously prepared by Helen Cabrey and her sister, Judy Narke. Everyone at the Tea raved about the "potatoes gratin" and have been asking for the recipe. Well, here it is and please feel free to bring in samples to the Center staff!

Clip this out and keep with your recipes!



### POTATOES GRATIN

- 2 cups half & half
- 1-1/2 tsp. salt
- 1/2 tsp. ground pepper
- 1/4 tsp garlic powder
- 3 lbs. Yukon Gold potatoes (very thinly sliced – recommend using a mandolin)
- 2 cups shredded Extra Sharp White Cheddar Cheese
- 1 cup shredded Parmesan cheese (you can also use regular jar of grated parmesan)

In medium bowl stir half & half and next 3 ingredients. Divide potatoes in half and layer (approx. 3 to 4 slices) into well greased muffin tins. Sprinkle with cheddar cheese and layer with remaining potatoes. Pour half & half over potatoes into each cup (approx. 3 to 4 tsp each). Sprinkle with parmesan cheese. Loosely cover with aluminum foil and bake at 350 degrees for 45 minutes. Remove foil and bake for additional 15 minutes. Yields 24 potato muffins.

**ENJOY!**

### UMSSC BAND PERFORMS AT STRAWBERRY FESTIVAL

A tradition has been born; the UMSSC Band has been invited to perform each year at the Strawberry Festival at the Farmer's Market. Our band performed there on Saturday, June 14. They had a beautiful day to play. Following are pictures from that day.



## HELP WITH DIGITAL DEVICES

We were very excited to have Sangeetha Srinivasan, Program Coordinator from Upper Merion Township Library and several youth volunteers at the Center on June 17 to help the seniors with their digital devices. The seniors were also told if they brought their library cards with them, that they would be instructed on how to download ebooks and emagazines. **Because this gathering was such a success, they have agreed to return on July 15 for another session.** We share some photos below:



## HOW DOES YOUR BODY RESPOND TO EXERCISE?

Exercise affects levels of hormones and chemical messengers in your body when you exercise. Your body releases epinephrine and norepinephrine. In Large amounts, these stress hormones cause energy-draining fight or flight responses. But in modest amounts induced by exercise, they make you feel energized. Exercise also boosts levels of compounds called endorphins. These are the "feel good" chemicals that lift your mood. An elevated mood in itself can be an energy booster. So, don't think of exercise as a tedious routine, but as an energy enhancer available to you. *(Contributed by Jane Burger)*



## 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.

## MEMBERSHIP DRIVE

There is still time to renew your 2014 membership. If your friends tell you they are not receiving the monthly newsletter, remind them to renew their membership. 2014 membership forms are available in the info center and also on our website [www.UMSSC.org](http://www.UMSSC.org). We encourage you to have your friends renew or have a new friend who might be interested join. 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 five (5) new members to UMSSC. We offer a little something for everyone!

## REMINDER

When paying for membership or special trips or events with a check, please remember to pay separately for each. Do not combine two events or trips on one check or combine membership dues with trip or event payments. If, however, you are paying for a trip or membership for yourself and a spouse, one check is acceptable for the two of you. Receiving your payment in this manner helps us to keep our bookkeeping in order.

**Also, whenever possible, please try to bring exact change when signing up for activities.**

## 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.** Coordinator: Dan DeLucca. Cash prizes!

**BOARD GAMES AVAILABLE: Any day or time.** Various board games available to play in the kitchen. Card table set up. *Interested in playing pinochle? Let us know. Some members have expressed interest in starting a group.*

**BOOK TALK: Monday, July 21 at 1:00 PM.** Meets on the 3<sup>rd</sup> Monday of the month. Coordinator: Patricia Ackah (610.265.4290). This month we will be reading **"THE ART OF RACING IN THE RAIN"** by Garth Stein. Enzo knows he is different from other dogs: a philosopher with a nearly human soul (and an obsession with opposable thumbs), he has educated himself by watching television extensively, and by listening very closely to the words of his master, Denny Swift, an up-and-coming race car driver. Through Denny, Enzo has gained tremendous insight into the human condition, and he sees that life, like racing, isn't simply about going fast.

**NEW TIME-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. As the news cycle takes no summer vacation, the group will be busy every Monday morning 10:30 to 12:00+ in the lounge. Stop in for a free preview any Monday.

**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: On hiatus until September. Returns on September 12 showing "Captain Phillips". Enjoy your summer!**

**GARDEN CLUB: Meets the second and fourth Wednesday at 1:00 PM.** Coordinator: Paul Buce. **The club will meet only on July 9.** Summer has set in, time to lay back and rest (as though there were a summer rest time for gardeners). Meeting time is 1:00 on Wednesday. Check out bulletin board for details.

**GENERAL MEMBERSHIP MEETING:** Monthly meeting open to all members on the **2nd Wednesday of the month at 10:00 AM. No meetings in July or August. Meetings resume in September; August & September birthdays will be celebrated..** 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: 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.** 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. Cost: \$1.00 per lesson.

**MAH-JONGG: Mondays 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.**

**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 (11:30 AM to 1:00 PM)

**QUILTING: Fourth Wednesday of the month 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.**

NEW – TAI CHI: **FREE** class on Wednesday July 9 at 12:30 PM. **REGULAR WEEKLY CLASSES TO BEGIN IN SEPTEMBER FOR A \$3.00 FEE PER CLASS.**

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

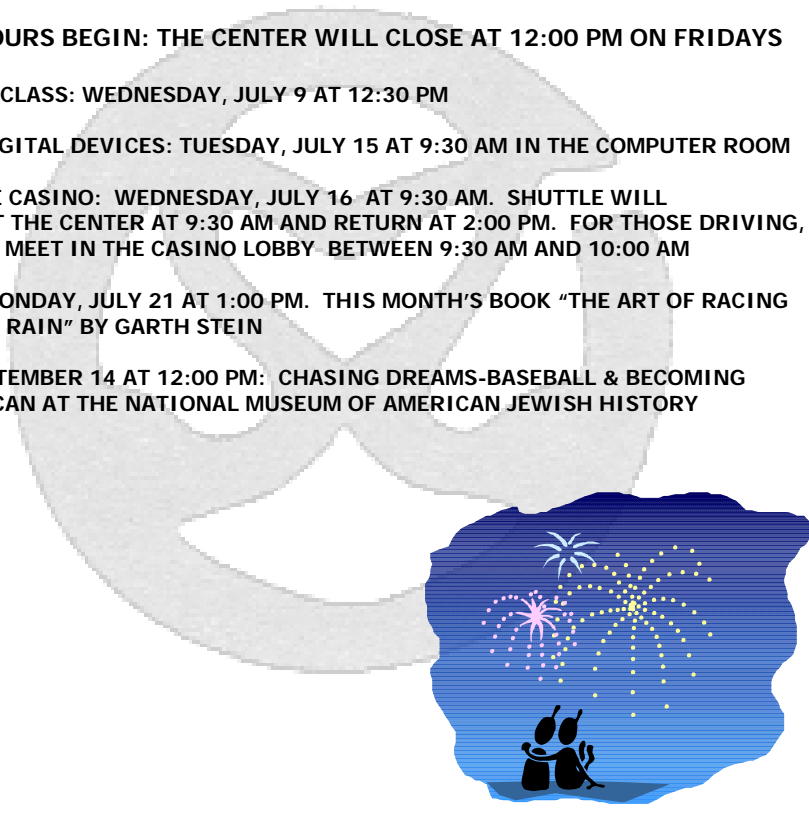
**ZUMBA GOLD: No classes over the summer.**

**REMINDERS FOR JULY 2014**

**SENIOR CENTER WILL BE CLOSED ON FRIDAY, JULY 4 & MONDAY, JULY 7  
IN OBSERVANCE OF INDEPENDENCE DAY**

**SUMMER HOURS BEGIN: THE CENTER WILL CLOSE AT 12:00 PM ON FRIDAYS**

- \* **FREE** TAI CHI CLASS: WEDNESDAY, JULY 9 AT 12:30 PM
- \* HELP WITH DIGITAL DEVICES: TUESDAY, JULY 15 AT 9:30 AM IN THE COMPUTER ROOM
- \* VALLEY FORGE CASINO: WEDNESDAY, JULY 16 AT 9:30 AM. 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
- \* BOOK TALK: MONDAY, JULY 21 AT 1:00 PM. THIS MONTH'S BOOK "THE ART OF RACING IN THE RAIN" BY GARTH STEIN
- \* SUNDAY, SEPTEMBER 14 AT 12:00 PM: CHASING DREAMS-BASEBALL & BECOMING AMERICAN AT THE NATIONAL MUSEUM OF AMERICAN JEWISH HISTORY



**NOTE:  
THE UMSSC  
IS CLOSED  
WHEN THE UM  
AREA SCHOOL  
DISTRICT CLOSSES  
OR HAS LATE  
OPENING  
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!  
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Dept.  
1012 W. Eighth Ave.,  
Suite A  
King of Prussia, PA  
19406  
Phone: 610-354-8899  
[www.gvftma.com](http://www.gvftma.com)

**Note:**  
Information  
submitted following  
*JUNE 4* 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](http://www.umssc.org)

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650 SOUTH HENDERSON ROAD KING OF PRUSSIA, PA 19406**

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