



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, Marie Fischuk, Ed Freudenberg, Pari Hoorfar, Ethel Hutchinson, Ruth Shand and Janet Sheehan.

HONORARY MEMBERS:

Mary Meere, Arthur Powell,
Constance H. Williams

STAFF:

Thomas E. Stanback, Executive Director
Shirley Robey, Administrative Assistant
Beth Cassidy, Receptionist
"Best of Times" Editors: Mary F. McCree, and
Shirley Robey
Contributing Writer: Leo Dolan

GOALS

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

THE BEST OF TIMES

JANUARY 2012

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

MONTHLY MESSAGE

Dear Members,

Thank you for having faith in my ability to perform as your President. However, no one person can move us forward alone. But, with talented officers and board members, we can continue to provide a center for all of us to enjoy.

I have been associated with UMSSC for over 10 years. Those were the *good old days* when government agencies had money to give us such as the Commonwealth did via Connie Williams (\$100,000 start-up money). Now it is very difficult to get even small amounts to pay for the things we seniors like to do. We will keep our expenses as low as possible and search for new sources of funding which will enable us to continue to provide our members a quality center of fun and educational programs and trips.

My observations of the members of the center who are actively involved with our programs are enjoying their days spent here and on our various trips. I know I do. I ask that they continue to support these activities in 2012. I also would like to see the many members that have not participated much or at all to join in the fun this year. You will be glad that you did.

I believe that I can speak for all of your Officers, Board Members, Administrative Assistant, and Receptionist in wishing you all a Happy and Healthy New Year!

Best in 2012,

Gerry

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

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DON'T FORGET TO SIGN-UP FOR THESE UPCOMING EVENTS

**CENTER CLOSED: MONDAY, JANUARY 2 IN
OBSERVANCE OF NEW YEAR'S DAY. WE
WILL REOPEN ON TUESDAY, JANUARY 3.**

**MARTIN LUTHER KING, JR. DAY OF
SERVICE:** We need members to volunteer to help with general clean-up around the Senior Center on Monday, Jan. 16 from 10:00 AM to 12:00 PM. **PLEASE NOTE: NO OTHER ACTIVITIES SCHEDULED ON THIS DAY. SIGN-UP AT RECEPTION DESK.**

**FALL PREVENTION: MONDAY, JANUARY 30
AT 10:00 AM.** Presentation by Tracy Finney, PT of Bryn Mawr Hospital/Main Line Health.

**NEW ACTIVITY BEING OFFERED AT THE
CENTER:** We are very excited to inform you that **Art Classes** will be offered at the Center beginning in February. UMSSC member and artist, Millie Becker, will instruct students of all levels in painting and drawing in watercolors, oils, acrylics and pastels. Here is an opportunity to learn something new or improve your current skills. Millie will focus on color mixing, design, theory, form, line etc. Watercolor painters can complete a new painting each lesson. The charge will be \$15.00 per person and you must have your own supplies. Members as well as non-members are encouraged to sign up for what will be a very enjoyable 10 week course which will be held on Tuesday's from 1:00 pm to 3:00 pm beginning February 7 to April 10, 2012.

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. Donation box is in the lobby. The Upper Merion Emergency Fund is requesting donation of gloves and socks for any age. As always, we thank you for your generosity.

ST. JOHN'S SOUP KITCHEN

St. John's Soup Kitchen is in need of canned goods as their numbers are growing. They do not need any desserts. Any donation you can give will be greatly appreciated. The collection box is on the table outside of the Lounge. St. John's Kitchen is run by volunteers of the Women's Club of Upper Merion.

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. We can all **PUT BOOKS INTO THE HANDS OF CHILDREN.**

MILITARY OUTREACH

Mary Conboy accepted gifts of table games for the foundation named for her son to distribute to soldiers overseas. The gift was generously donated by UMSSC member Sally McDonough. Mary Conboy is pictured below with our Military Outreach Chairperson, Marie Fischuk.



ARIGATO! GRAZIE! OBRIGADO!

★ Thank you to **Angelo's Pizza** - Birthday Hoagie every month, to ★ **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 (*Everyone raves about their pizza!!!*). Also, we have a new contributor. Many thanks to ★ **Brown + Bunn, Inc.** for their donations of Tastykakes. Yum!!!

★ A special thanks to the Upper Merion Police Association for their generous donation of \$1,000.00 presented at the December General Meeting. Frank Luther is pictured below accepting the check from Detective Les Glauner.



★ Also we want to thank Tom Gunther from Norview Farms Nursery on Henderson Road who supplied the Garden Club members with fresh greens to make their Christmas Wreaths.

★ The **Holiday Party** was a huge success thanks to all our volunteers. Thank you to our table captains especially Anna Marie Mich who captained 3 tables. Thanks to Evelyn Cavaliere and her crew of workers selling tickets for the Chance Prizes at the party. They were Beverly Samuel, Sarah Philips, Jeanne Goodwin and Dottie Wisniewski. Thanks to Dan and Loretta DeLucca for handling the preparation of the tickets for the big drawing. Thanks to Janet Sheehan and Ruth Shand for handling the reception desk at the party. More thanks to Shirley Robey and Marie Fischuk for taking on the huge task of counting chance ticket receipts. Thank you Shirley for the beautiful tickets you designed and all the other support tasks that pop up to make our party successful. Special thanks to our super volunteers who handled the selling of the party tickets. They worked for six weeks prior to the party. They are Nancy Kime, Lyn McCue, Ann Zebrowski, Jean Grimes, June Dolan,

Theresa Smith, Ann Leahan, Marie Fischuk. Thanks to Helen Cabrey for her handling of the door prizes and wrapping them so beautifully and to Beth, Tom and Frank for distributing them. Thanks to Tom for his help and support and last but not least thanks to Frank for the beautiful invocation he presented at the party. We also thank the UMSSC Band for playing their wonderful medley of holiday music. They really helped to create a very special holiday atmosphere for us. Everyone really enjoyed the short concert. Great job! Thank you to our guests who participated and helped make this a super party.

I apologize for any one I may have forgotten ...hopefully there are none. One more person; thank you to my husband Don who helps where ever he is needed. *Merry Christmas and Happy Healthy New Year to all. . .*
Mary McCree

THANK YOU, BILL! - *Frank Luther*

While many of us were enjoying the Labor Day weekend, Bill Alvini began working on the revision of the website for the senior center. Bill volunteers his expertise, time, and service to help non-profits to develop websites for their organizations and the center is fortunate to have Bill volunteer to help UMSSC.

The new website will be easier to navigate and to read. Data and changes will be able to be made by the webmaster from any computer, so the individual will not need to be restricted to working at the center to do updates and changes. One unique advantage of this feature is that the webmaster can put a notice under **ANNOUNCEMENTS** that "The center is closed today because of weather conditions".

The new website will allow the center to have the same calendar that is published in the monthly newsletter. In addition, the monthly newsletter will be available on the website. Not only that, the newsletters can be archived so that members can refer to back issues for information.

The addition of the newsletter to the website is critical. As the center faces future economic issues, cost cutting savings must be considered. If every member who has a computer read the monthly newsletter via the website and did not

receive a paper copy, the center would be ahead of the game financially!

As the website continues to be developed, look for other features as well. To see the new website, go to umssc.org. I think you will like what you see!

UMSSC thanks Bill Alvini for his willingness to help the center to continue to move into the 21st century!

PRESIDENT'S REPORT

Once again, I would like to thank Evelyn Cavaliere, Rose DiDonna, and Beth Cassidy for preparing the December newsletters for mailing.

A thank you also to Evelyn and Dan DeLucca for volunteering to decorate the Lobby, the Great Room, and the Dining Room for the Holidays.

Thanks go out to Pat Perkins for her generous monetary donation to the center to help defray expenses for programs for our members.

Our *PUT BOOKS INTO THE HANDS OF CHILDREN* project continues. Five packets of books were sent to Bridgeport in December. Thanks to everyone who dropped off books and I am asking all members to please consider a contribution to this worthy cause.

Our library circulation for November was 104 books.

Check out the center's new website at umssc.org. With a click to the links you can read the current newsletter and have access to the monthly calendar. The local weather is also updated on the right hand side of the homepage. The LOGIN at the lower left corner is for the use of the Webmaster; there is no need to login once you get to the site. Thanks go out to Bill Alvini who has been working with me on the creation of this new website for the center.

At the request of board member Ethel Hutchinson to make School District Senior Lifetime Passes available for our members, Dr. Jamula, Superintendent, agreed to be at the center following the December General Membership Meeting. These passes allow senior citizens to attend all concerts, plays, and athletic contests in the district's schools without charge.

The Upper Merion Area High School would like the members of the Senior Center to participate in two activities in the spring: the Volunteer Fair and Diversity Day. The Volunteer Fair on April

20 will be a "job fair" and the school is asking organizations to have a table where members of an organization can explain the organization's needs to the students so that the students can sign up to volunteer for service to the organization. The Diversity Day will be held on March 30 and senior center members are asked to participate to show the make-up of the center. Contact person at the high school for these programs is Mike Fabrizio, assistant principal.

NEWSWORTHY

OFFICER AND BOARD ELECTIONS FOR 2012

At the December 14 General Membership Meeting the following slate was presented for Election *by Acclamation*:

Officers (term 1 year): President - Gerry Roth, Vice President - Mary McCree, Secretary - Helen Cabrey and Treasurer - Harlyce Grossman.

Board of Directors (term 3 years): Paul Buce, Marie Fischuk and Pari Hoorfar.

PLEASE COMPLETE SURVEY

Attached to this month's Best of Times is a copy of a new survey. The survey asks for your input as to what you like or don't like to read in our newsletter or if you would prefer not to receive a paper copy but review it on our webpage www.UMSSC.org. Your feedback is very important to us as we want to be sure that we are providing information that interests you.

SEPARATE CHECKS CLARIFIED

We would just like to clarify what we mean by "separate checks". Separate checks are only required for payment of different activities. (i.e. *do not* write one check to pay for membership and a casino trip.) **However, couples or friends attending the same activity together can combine their payment for that one activity or event on one check.** Thank you for your cooperation.

2012 MEMBERSHIP REMINDER

The cost of everything is going up – but not membership at 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. ***Membership Renewals for 2012 began on December 1. There will be no membership cards for the year 2012.*** We look forward to receiving your

membership renewal. If you have any questions, feel free to stop by the staff office.

AGING RESEARCH

The Cognition and Aging Lab in the Department of Psychology at Bryn Mawr College is recruiting volunteers between the ages of 60-90 years to participate in research examining the effects of aging on memory, perception and language. Individuals will be paid \$15.00 per hour for their participation. Results are completely confidential. If you would like to take part or learn more about this research study, please call the Cognitive and Aging Lab at 610-526-5014 or email us at bmcoglab@gmail.com.

SPOTLIGHT ON

THE PARVINS



You can't be a member of UMSSC and not know Jim and Elaine Parvin. Elaine has been our membership chairperson almost since the birth of the senior center. She gets a lot of help from her better half, Jim. You may know Jim as the person who signs you in for Chair Exercise attendance on Tuesday's and Thursday's. Elaine also creates the cute little Monthly Birthday Lists that we post on our bulletin board. They are always colorful and created specifically for the holidays and seasons within each month. Unfortunately, Elaine's health keeps her home bound but occasionally she will attend some special occasion held at the center. So, although you may not see the Parvin's too often they are still extremely active (*from home*) for the benefit of the center. Elaine keeps all of the membership records up to date. Jim collects the membership applications and delivers them to Elaine and each month he runs off the mail labels for the newsletters from his computer. Our members would not get their monthly newsletters without the Parvin's. Words could

never express how much they are needed and appreciated. Thank you Jim and Elaine!

THE UMSSC BAND

We are very fortunate at our senior center to have members who are quite talented and who share their talents with us by playing in the UMSSC Band. The band is made up of around 15 members who really enjoy music. Their teacher and band leader is Ed Hickman. With Ed's guidance they not only treat us with their music at various events here at the center, but they have been invited to play at the Fall Fling and various school concerts and at other senior centers. In December they were invited by the township to play at the "Holiday Hoopla" celebration and lighting of the township Christmas tree.

Some band members already knew how to play their instruments and have been playing music for a time. But others have only learned to read music and play an instrument in the past couple of years. Wow! What an accomplishment and how proud they must be of themselves. How proud we are of all of them!



GARDEN CLUB IN ACTION



Making jewelry

Making Christmas Wreaths



ACTIVITIES

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

NEW STARTING IN FEBRUARY - ART

INSTRUCTION: Tuesday's from 1:00 pm to 3:00 pm. All levels welcomed to do watercolor, oils, acrylics and pastels. Learn color mixing, design, theory, form, line, etc. ***Bring your own supplies.*** Instructor: Millie Becker. Cost: \$15.00 for 10 weeks ***beginning Tuesday's FEBRUARY 7 to APRIL 10.***

BINGO: Thursdays at 10:15 AM. Coordinator: Evelyn Cavaliere. Cash prizes!

BOOK TALK: **Monday, January 23 at 1:00 PM.** Coordinator: Patricia Ackah (610.265.4290). Meets on the third Monday of the month. This month's book is ***"The Sunflower: On the Possibilities and Limits of Forgiveness"*** by Simon Wiesenthal.

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

CASINO TRIP: MONDAY, JANUARY 23. Bus departs from Center to Showboat Casino at 9:00 AM and returns approximately 6:15 PM. Bus Captain: Harry Bailey. **Cost: \$25.00** per person. Limit 47 passengers. No telephone reservations. **MINIMUM 35 PASSENGERS REQUIRED. CUT-OFF DATE FOR TRIP IS WEDNESDAY, JANUARY 18.**

CRAFTS: 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.

CURRENT EVENTS DISCUSSION GROUP:

Monday's at 10:30 AM in the Lounge. Coordinator: Joan Shaw. The group meets Mondays at 10:30. The news continues to roll in. The primary season kicks off and likely the plot will grow thicker. Join us to try to keep track of what's happening.

FRIDAY FLICKS: Friday, January 20 (Pizza at 11:15 AM, Movie at 12:00 PM.) This month we will be showing *Water for Elephants*, starring Reese Witherspoon and Robert Pattinson.

GARDEN CLUB: Chairperson: Paul Buce. Meets the second and fourth Wednesday at 1:00 PM. **The garden club does not meet in January.** We'll kick off 2012 in February, till then, happy dreams of warm sun, a lush green lawn and plenty of colorful flowers.

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.

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.

MAH-JONGG: Monday's and Friday's at 10:00 AM. All level players are welcome. Interested in learning Mah-Jongg? ***We have some members who are willing to teach new players. Come at 9:30 AM if you would like to learn to play.***

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.

PINOCHLE LADIES AND GENTS: Monday's at 9:30 AM.

POKER CLUB: Tuesday's and Friday's at 9:00 AM. \$5.00 ante, \$2.00 entry. Coordinator: Bernie Zelenak.

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

MUSIC PROGRAMS

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

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

UMSSC EXERCISE PROGRAMS

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

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

CO-ED BASKETBALL: Wednesday's from 12:00 PM to 1:00 PM in the gym. FREE.

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

STAND-UP YOGA: Monday's at 1:30 PM. Certified Instructor: Dr. Christine Grad. \$3.00 per class. Limited to 8 members per class.

COMPUTER LEARNING CENTER

COMPUTER CLUB: Tuesday's 9:30 AM to 11:30 AM. Coordinators: Herman Natanblut and Howard Lurie. No fee; no class limit. Meetings are open to all *members*, all ability levels.

HEALTH AND WELL-BEING

GOOD FOOD/GOOD HEALTH WITH PARI: Monday, January 23 at 10:30 AM.

Instructor: Pari Hoorfar will be making *Persian Stew*. Cost: \$6.00. **Minimum of 10 - limited to 15. ADVANCE SIGN-UP AND PAYMENT IS REQUIRED SO THAT ENOUGH FOOD CAN BE PREPARED.**

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.

2011 HOLIDAY PARTY GOERS !





This issue of the Best of Times is dedicated to our outgoing President, Frank Luther.

Thank you Frank for four great years! You can finally enjoy your retirement.



REMINDERS FOR JANUARY 2012

- * NEW YEAR'S DAY OBSERVANCE: MONDAY JANUARY 2. SENIOR CENTER IS CLOSED ON THIS DATE AND ALL ACTIVITIES ARE CANCELLED
- * MARTIN LUTHER KING, JR. DAY OF SERVICE: MONDAY, JANUARY 16. 10:00 AM TO 12:00 PM . ALL REGULAR ACTIVITIES ARE CANCELLED ON THIS DATE
- * FRIDAY FLICKS: FRIDAY, JANUARY 20 - PIZZA AT 11:15 AM MOVIE AT 12:00 PM. MOVIE: "WATER FOR ELEPHANTS"
- * GOOD FOOD/GOOD HEALTH WITH PARI: MONDAY, JANUARY 23 AT 10:30 AM
- * CASINO TRIP: MONDAY, JANUARY 23 AT 9:00 AM
- * BOOK TALK: MONDAY, JANUARY 23 AT 1:00 PM
- * FALL PREVENTION (BRYN MAWR HOSP./MAIN LINE HEALTH): MONDAY, JANUARY 30 AT 10:00 AM
- * ART INSTRUCTION: TUESDAY'S AT 1:00 PM BEGINNING FEB. 7 TO APRIL 10

HAPPY NEW YEAR!



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 Dec. 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

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"

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

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