



THE BEST OF TIMES

MARCH 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
650 SOUTH HENDERSON ROAD
KING OF PRUSSIA, PA 19406
TEL: 610-265-4715
FAX 610-265-4005
WEBSITE: www.umssc.org
EMAIL: info@umssc.org
HOURS: MONDAY THRU FRIDAY
9:00 AM TO 3:00 PM

OUR MISSION STATEMENT

THE OBJECTIVE OF THE UPPER MERION SENIOR SERVICE CENTER SHALL BE TO IDENTIFY AND TO ASSIST IN MEETING THE NEEDS OF OLDER ADULTS IN A MULTI-USE ENVIRONMENT FOR PHYSICAL, EDUCATIONAL AND RECREATIONAL ACTIVITIES.

OFFICERS:

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

MEMBERS OF THE BOARD:

Paul Buce, Les Cohen, 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,

Spring must be on the way when we think of our **16th 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's 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.

Ed Freudenberg

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

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

MARCH 2013 Quote of the month: *"Success is not final – failure is not fatal. It is the courage to continue that counts."* Winston Churchill

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				10:00 SING-A-LONG	1 UMSSC BIG BINGO 	
	4 10:00 MAH-JONGG 12:00 ZUMBA GOLD 10:30 CURRENT EVENTS 1:30 YOGA	5 9:30 AARP SAFE DRIVER COURSE 9:30 COMPUTER CLUB 10:00 BRIDGE 12:30 CHAIR EXERCISE 1:00 KNITTING & CROCHETING 1:30 MUSIC INSTRUCTION	6 9:30 AARP SAFE DRIVER COURSE 10:00 BOARD MEETING 1:00 LINE DANCING	7 10:00 AARP TAX PREP 10:15 BINGO 12:30 CHAIR EXERCISE	8 10:00 SING-A-LONG	9 
10 TRICENTENNIAL EVENT 1:00 PM – 4:00 PM COLONIAL DAYS GEORGE WASHINGTON (HELD AT TWP. BLDG.) DAYLIGHT SAVINGS BEGINS	11 10:00 MLH PRESENT. ON PROSTATE / BREAST CANCER 10:00 MAH-JONGG 10:30 CURRENT EVENTS 12:00 ZUMBA GOLD 1:30 YOGA	12 9:30 COMPUTER CLUB 10:00 BRIDGE 12:30 CHAIR EXERCISE 1:00 KNITTING & CROCHETING 1:30 MUSIC INSTRUCTION	13 10:00 GENERAL MEETING 1:00 LINE DANCING 1:00 GARDEN CLUB	14 10:00 AARP TAX PREP 10:00 NURSE 10:15 BINGO 11:00 OUTREACH-BRIGGS 12:30 CHAIR EXERCISE	15 10:00 SING-A-LONG 11:15 FRIDAY FLICKS "WAKING NED DEVINE"	16 
17 ST. PATRICK'S DAY 	18 10:00 MAH-JONGG 10:30 CURRENT EVENTS 12:00 THE IRISH & HOW THEY GOT THAT WAY 1:00 BOOK TALK 1:30 YOGA	19 9:30 COMPUTER CLUB 10:00 BRIDGE 12:30 CHAIR EXERCISE 1:00 KNITTING & CROCHETING 1:30 MUSIC INSTRUCTION	20 UMSSC  ALL OTHER ACTIVITIES CANCELLED FIRST DAY OF SPRING!	21 9:30 VF CASINO 10:00 AARP TAX PREP 10:15 BINGO 12:30 CHAIR EXERCISE	22 10:00 SING-A-LONG	23 
24 PALM SUNDAY 	25 10:00 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA PASSOVER BEGINS AT SUNDOWN 	26 9:30 COMPUTER CLUB 10:00 BRIDGE 12:30 CHAIR EXERCISE 1:00 KNITTING & CROCHETING 1:30 MUSIC INSTRUCTION	27 1:00 GARDEN CLUB 1:00 LINE DANCING	28 10:00 AARP TAX PREP 10:00 NURSE 10:15 BINGO 12:30 OUTREACH-LEACH 12:30 CHAIR EXERCISE	29 SENIOR CENTER CLOSED GOOD FRIDAY OBSERVANCE	30 
31 EASTER HOLIDAY 						

OUR BOARD OF DIRECTORS



INDEX - MARCH 2013

	PAGE
2013 GOALS	1
CALENDAR	2
DATES WE ARE CLOSED	3
UPCOMING EVENTS	3
DATESCOMMUNITY OUTREACH	3
ACKNOWLEDGEMENTS	4
COMMUNITY HAPPENINGS	4
NEWSWORTHY	4
MEMBER SPOTLIGHT	6
ACTIVITIES	6
DID YOU KNOW	6
REMINDERS	BACK PAGE

DATES WE ARE CLOSED

**THE CENTER WILL BE CLOSED ON FRIDAY, MARCH 29
IN OBSERVANCE OF GOOD FRIDAY AND MONDAY,
APRIL 1 IN OBSERVANCE OF EASTER.**

UPCOMING EVENTS

**AARP 2013 TAX PREPARATION: Held on
Thursday's only 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.***

**UMSSC 2ND BIG BINGO GAME: SATURDAY,
MARCH 2. DOORS OPEN AT 11:00 AM, GAMES
START AT 12:00 PM. *Tickets on sale now!***
Advance sale tickets \$20.00, day of \$25.00. Prizes
include Vera Bradley and cash prizes; lottery basket
raffle and 50/50. Refreshments will be available for
sale. *No persons under age 18 will be admitted.*

**AARP DRIVER SAFETY 8-HOUR COURSE:
TUESDAY AND WEDNESDAY, MARCH 5 & 6 FROM
9:30 AM TO 1:30 PM. Sign-up sheet at Reception
Desk. *Payment due day of course.*** Instructors:
Carli & Richard Fida. Cost: \$12.00/AARP members or
\$14.00/non-AARP members. Call 215-407-8985 or
8989 if you have any questions.

**MAIN LINE HEALTH AND BRYN MAWR HOSPITAL
COMMUNITY HEALTH SERVICES DEPARTMENT
PRESENTATION ON PROSTATE/BREAST CANCER.
MONDAY, MARCH 11 AT 10:00 AM IN THE GREAT
ROOM.**

**FRANK MCCOURT'S "THE IRISH AND HOW THEY
GOT THAT WAY" MONDAY, MARCH 18 AT 12:00
PM.** Join us for a video of this stage performance which
tells the story of the Irish experience both on the
Emerald Isle and here in America. The story is told
through the songs of Ireland, from such immortals as
"Danny Boy," "The Rose of Tralee, and "Harrigan"—the
works of George M. Cohan including "Give My Regards
to Broadway," "You're A Grand Ole Flag" and "I'm A
Yankee Doodle Dandy". *Light refreshments will be
offered.*

**UMSSC JEOPARDY IV: WEDNESDAY, MARCH 20
AT 10:00 AM.** If you haven't played before now is your
chance. Sign up with your spouse or a friend. Name
your team; test your knowledge on a variety of topics
and join us for great fun! Always a good turn-out by
players and viewers. Sign-up forms will be posted on
the bulletin board.

**VALLEY FORGE CASINO: THURSDAY, MARCH 21
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, MARCH 14 DON'T FORGET TO
BRING YOUR PHOTO ID WITH YOU TO THE CASINO.*

FLEA ROOM OPENS: MONDAY, MARCH 25. Bring in
your donations or come in to shop. The Flea Room will
be open Monday through Thursday from 9:30 AM to
1:30 PM. Acceptable donations are children's books,
appliances and electronics (in working order),
knickknacks, decorations, etc. Donations of used
clothing, junk or broken or non-working items not
accepted! *All profits from sales benefit the Senior
Center.*

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?

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.*** 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

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*.

As the TriCentennial Celebration is self supporting, we could all help by donating to the Tricentennial with their **Ten for Tricent** campaign, a fundraising effort for our 300th Birthday Bash! Your donation today means you've just joined the celebration! You may donate \$10.00 or more by donating online or by making out a check payable to Upper Merion Township Foundation and giving it to the cashier in the Township Building or mailing to Upper Merion Township Tricentennial P. O. BOX 60184, King of Prussia, PA 19406. *This address is also posted on our bulletin board.*

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 for Friday Flicks!

DONATIONS TO THE CENTER

Donations have been made to the Center by the following members:

Maxine Newstein *to the Center.*

Ralph & Kay Bruno, Harlyce & Jerry Grossman, Ethel Hutchinson, Constance Luther, Frank Luther, Sylvia Luther, Don & Mary McCree, Shirley Robey and Ruth Shand *in memory of Evelyn Cavaliere.*

Ethel Hutchinson and Don & Mary McCree *in memory of Helene Thorpe.*

COMMUNITY HAPPENINGS

TRICENTENNIAL SPEAKER SERIES

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, 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.

NEWSWORTHY

2013 MEMBERSHIP REMINDER

The Membership Drive for 2013 is still ongoing and 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.

FUTURE CLASSES

Howard Lurie is willing to teach another class in late winter or early spring. If there is sufficient interest in any one of the following classes, it will be offered in the spring.

The class that will be offered is the one that receives the most interest. ***There is an "Interest Only" sign-up sheet at the Reception Desk.*** Feel free to indicate your interest in more than one course. All of the courses will be very basic, and geared to insuring that those in attendance truly understand the subject matter.

BASIC INVESTING (two sessions, one hour each): This class will explore and compare the various kinds of investments: savings accounts, certificates of deposit, government bonds, tax free municipal bonds, corporate bonds, mutual funds, common and preferred stock, and annuities.

STATISTICS (four sessions, one hour each): This class will deal with the various kinds of averages, that mysterious item called the standard deviation, and statistical sampling such as political polling.

ECONOMICS (four sessions, one hour each): This class will deal with the laws of supply and demand, monopoly versus competition, and the impact of government policies on the economy.

AMERICA RESPONDS WITH LOVE

By Paul Buce

On February 5, 2013 I attended a promotion sponsored by the Plaza folks and an organization called 'America Responds With Love'. They are donating 30,000 bulbs to the township in honor of our 300 anniversary. They are being distributed to organizations in the township. This morning they had a little ceremony for the occasion. It was filmed by Channel 6, and the township channel (UMGA). A few quick words then a ribbon cutting.

The bulbs are an assortment of tulips, daffodils, crocus, and alliums (sorted). Bottom line we need to put in for a share of those quickly. Certainly we could use some at the center, and a few at the Saulin Memorial, but where else might we use them? Preferably in a public or semi-public setting. The BID was represented and I assume they will put in a major request to hit the 202 divider and some major displays. For us think parks, entrances, etc.

Key factor is that the bulbs are conditioned and starting to grow so need to be planted ASAP. They should

bloom this spring. The center gardens are clean so we can hit them without much ado, and I think the ground is soft enough to dig (plant in clusters of 25). Fortunately we are heading into a relatively warm phase right now. Ideas, thoughts ??? Let me know.



PAUL IS PICTURED (2ND FROM LEFT) ACCEPTING BULB DONATIONS.

NEWSLETTER SURVEY TALLY

Following are the results of our newsletter survey: A total of 474 surveys were mailed with the January Newsletter. *Out of the 474 mailed, 49 surveys were returned.* For those members who prefer not to receive a paper copy, the newsletter is available on our website www.umssc.org by the first of each month. Thank you to all of the respondents for your suggestions and comments. They have been very useful in planning future issues.

SURVEY TALLY
"THE BEST OF TIMES" NEWSLETTER

SEGMENT	READ? (YES)	READ? (NO)	KEEP? (YES)	KEEP? (NO)
CALENDAR	47		35	
UPCOMING EVENTS	48		36	
COMMUNITY OUTREACH	47	2	32	3
ACKNOWLEDGEMENTS	46	1	33	2
COMMUNITY HAPPENINGS	45		34	2
NEWSWORTHY	46		32	2
MEMBERS' SPOTLIGHT	47		33	2
DID YOU KNOW?	46	1	32	3
ACTIVITIES	46		35	1
REMINDERS	47		34	2
PAPER	35			
WEB	14			



CHECK OUT OUR "UPDATED" WEBSITE

We have added new categories to our website for your convenience. "Community Partners" will allow you to access websites of UM Township, UM Police, UMASD, UM Farmers' Market, Sen. Daylin Leach, and State Rep. Tim Briggs. More will be added in the future as needed. We also added the category "Closings and Cancellations" which will give you dates that we are closed for weather, emergency or special event related happenings.

Special thanks go to UMASD computer guru, Bill Alvini, who has helped Shirley (the "Webmaster") from the very beginning in getting the website up and running. So, check it out at www.umssc.org and let us know what you think.

BOARD SWEARING IN

At the General Meeting on February 13, the following were sworn-in by District Judge James Gallagher: Gerald Roth, President and Directors: Howard Lurie and Janet Sheehan.

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

DOTTIE YACEK-MATULIS



We have many talented and interesting members at UMSSC. We think it is important to recognize that our members have interests outside of the Senior Center from which we benefit and that they are kind enough to share these interests and talents with us. This month we want to tell you all "the dirt" on Dottie Yacek-Matulis. Dottie loves getting her hands into soil and compost potting plants for the Senior Center's Flea Market and for summer plant swaps. A Garden Club

member, Dottie helps to plan some of their day trips to other gardens and takes care of the Garden Club bulletin board. Dottie competes yearly in the Philadelphia International Flower Show and has had winning entries in the jewelry, pressed plants (she is vice-chair) and mini-arrangements. She has 4 entries for this year's show. Good Luck Dottie!

Dottie has worn many hats since her Slavic Linguistics days at Penn, Syracuse and the first class of the Russian School at Norwich University. Photographer, Ukrainian egg designer, technical dissertation typist, Eastern European artifact retailer, international folk musician, and translator. Her 15 minutes of fame came in form of an acknowledgement in the book "The Mammoth Hunters" by Jean Auel. Look it up!

She is also a member of the Guild of Papermakers and the Philadelphia Guild of Hand Weavers, an avid recycler-re-purposer, and a vegan. Dottie loves cats. Dottie has not decided what she wants to be when she grows up; but her varied interest will surely fuse into something interesting!

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: Dan DeLucca. Cash prizes!

BOOK TALK: MONDAY, MARCH 18 at 1:00 PM. Meets on the 3rd Monday of the month. Coordinator: Patricia Ackah (610.265.4290). This month's book is **Moloka'i** by Alan Brennert. This richly imagined novel, set in Hawaii more than a century ago, is an extraordinary epic of a little-known time and place--- and a deeply moving testament to the resiliency of the human spirit.

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. The Computer Club will be glad to answer any technical questions members have. **PLEASE STOP IN!**

CURRENT EVENTS DISCUSSION GROUP: Monday's at 10:30 AM in the Lounge. Coordinator: Joan Shaw. Group meets Mondays at 10:30 in the



lounge to discuss any & all hot news events. We start the session with each member suggesting a topic, then launch into discussion. Come listen in, or add your views.

FRIDAY FLICKS: FRIDAY, MARCH 15 (Pizza at 11:15 AM, Movie at 12:00 PM.) Coordinator: Don McCree. This month we will be showing "WAKING NED DEVINE" starring Ian Bannen, David Kelly, and Fionnula Flanagan. Who hasn't dreamed of becoming instantly, outrageously rich in the flash of a series of lucky numbers? In a quaint Irish village, old codgers Jackie and Michael learn that someone has won the lottery. They plan on conning the lucky winner out of some cash. Cost: \$5.00 for movie and pizza or \$2.00 for the movie only. Sign up and pay in advance at the Reception Desk.

GARDEN CLUB: Meets the second and fourth Wednesday at 1:00 PM. Chairperson: Paul Buce. We'll add our thanks for the Royal Bank team that really put in a major effort to clean up the center's gardens on a chilly morning. Plans are not yet in place for meeting agendas for March, but guaranteed one session will be the final touches for spring cleanup.

GENERAL MEMBERSHIP MEETING: Monthly meeting open to all members on the **2nd Wednesday of the month (March 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: *On hiatus until September.*

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.

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

SHOWBOAT CASINO TRIP: *SUSPENDED UNTIL MAY 2013. A survey of interest will be taken in April before a trip is scheduled.*

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.*

ZUMBA GOLD: MONDAY'S AT 12:00 PM IN THE GYM. Instructors: Peg White and Geni Roskos. Fitness program offered through Upper Merion Park & Rec. Current class session ends on March 11. Next session will begin on Monday, April 8. Cost: Resident Seniors: \$15.00. Non-Resident Seniors: \$31.00. *Register and pay at UM Twp. Bldg. – Park & Rec. Dept. for future classes.*

DID YOU KNOW . . .
SOME IRISH BLESSINGS

MAY YOUR BLESSINGS OUTNUMBER THE SHAMROCKS THAT GROW, AND MAY TROUBLE AVOID YOU WHEREVER YOU GO.



THERE ARE GOOD SHIPS, AND THERE ARE WOOD SHIPS, THE SHIPS THAT SAIL THE SEA. BUT THE BEST SHIPS ARE FRIENDSHIPS, AND MAY THEY ALWAYS BE.



MAY YOU HAVE WARM WORDS ON A COLD EVENING, A FULL MOON ON A DARK NIGHT, AND THE ROAD DOWNHILL ALL THE WAY TO YOUR DOOR.



REMINDERS FOR MARCH 2013

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
FEB. 5 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

- * AARP TAX PREP: THURSDAY'S ONLY NOW THRU APRIL 11. SIGN-UP BOOK FOR 1-HOUR APPOINTMENTS AT RECEPTION DESK
- * AARP DRIVER SAFETY COURSE: TUESDAY & WEDNESDAY, MARCH 5 & 6 FROM 9:30 AM TO 1:30 PM (8-HOUR COURSE). SIGN-UP SHEET AT RECEPTION DESK – PAYMENT DUE DAY OF COURSE.
- * MAIN LINE HEALTH AND BRYN MAWR HOSPITAL COMMUNITY HEALTH SERVICES DEPARTMENT PRESENTATION ON PROSTATE/BREAST CANCER MONDAY, MARCH 11 AT 10:00 AM IN THE GREAT ROOM.
- * GENERAL MEETING: WEDNESDAY, MARCH 13 AT 10:00 AM
- * FRIDAY FLICKS: FRIDAY, MARCH 15 AT 11:00 AM (*SHOWING: "WAKING NED DEVINE"*)
- * VIDEO SHOWING OF "THE IRISH AND HOW THEY GOT THAT WAY" BY FRANK MCCOURT MONDAY, MARCH 18 AT 12:00 PM (*Light refreshments will be offered*)
- * BOOK TALK: MONDAY, MARCH 18 AT 1:00 PM. THIS MONTH'S BOOK IS MOLOKA'I BY ALAN BRENNERT
- * UMSSC JEOPARDY GAME: WEDNESDAY, MARCH 20 AT 10:00 AM. *ALL OTHER ACTIVITIES CANCELLED FOR TODAY*
- * VALLEY FORGE CASINO: THURSDAY, MARCH 21 AT 9:30 AM
- * FLEA ROOM OPENS: MONDAY, MARCH 25. BRING YOUR DONATIONS OR COME IN TO SHOP MONDAY'S THROUGH THURSDAY'S, 9:30 AM TO 1:30 PM
- * *THE SENIOR CENTER WILL BE CLOSED ON FRIDAY, MARCH 29 FOR GOOD FRIDAY OBSERVANCE AND MONDAY, APRIL 1 IN OBSERVANCE OF EASTER.*



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

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

TO: RESIDENT or OCCUPANT