



THE BEST OF TIMES

MAY 2015

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.

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Dick McCann, Vice President
Helen Cabrey, Secretary
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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.

ATTENTION! ATTENTION! ATTENTION!

***Celebrate 50th Anniversary
"Older Americans" month***

***Don't miss this special
fun community event!***

***"GET INTO THE ACT"
WELLNESS EXPO 55+***

**TUESDAY, MAY 19, 2015
2:00 PM TO 7:00 PM**

**Upper Merion Senior Service Center
650 S. Henderson Road
King of Prussia, PA 19406**

You won't want to miss this event!

***FREE ADMISSION & REFRESHMENTS
BRING FAMILY & FRIENDS***

***Visit over 35 exhibitors (partial list in this
newsletter) for the Mind, Body and Spirit***













**Take advantage of educational and
informative activities:** CPR Training, Balance
Testing, Blood Pressure Check, Hand Massage,
Foot Exam, Reiki and more.

Community Involvement: UM Police, UM
Park & Rec, UM Fire Departments, Lafayette
Ambulance and more.

***Come meet special guest Ms. Pennsylvania
Senior America JoAnn Bechtel & more***

***Enjoy live music provided by the UMSSC
Band***

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>IRENE KNASIAK</p>	 <p>ROSE HENDERSON</p>	 <p>HELEN CABREY</p>	 <p>NANCY D'ANTONIO</p>	 <p>SARAH PHILLIPS</p>	<p>1</p> <p>9:30 POKER 10:00 SING-A-LONG 11:00 Wii GAMES</p>	 <p>PAT BRUNNER</p>
 <p>JEAN EHLINGER</p>	<p>4</p> <p>9:30 MAH-JONGG 10:30 CURRENT EVENTS 12:00 ZUMBA GOLD 1:30 YOGA</p>	<p>5</p> <p>9:30 COMPUTER CLUB 9:30 BRIDGE 9:30 POKER 11:30 CHAIR EXERCISE 12:30 PINOCHLE <i>(in Great Room)</i> 1:00 KNITTING/CROCHETING 12:45 BAND PRACTICE / INSTRUCTION</p>	<p>6</p> <p>10:00 BOARD MEETING 11:00 Wii GAMES 12:00 TAI CHI (GYM) 1:00 LINE DANCING</p>	<p>7</p> <p>10:00 FINANCIAL/ INVEST. DISCUSSION GROUP 10:15 BINGO <i>(in Great Room)</i> 12:30 CHAIR EXERCISE</p>	<p>8</p> <p>9:30 POKER 10:00 SING-A-LONG 11:00 Wii GAMES 11:15 FRIDAY FLICKS "FOXCATCHER"</p>	 <p>ANN LISTER</p>
<p>10</p> <p>HAPPY MOTHER'S DAY TO ALL OF OUR MEMBERS</p>	<p>11</p> <p>9:30 MAH-JONGG 10:30 CURRENT EVENTS 12:00 ZUMBA GOLD 1:30 YOGA</p>	<p>12</p> <p>9:30 COMPUTER CLUB 9:30 BRIDGE 9:30 POKER 11:30 CHAIR EXERCISE 12:30 PINOCHLE <i>(in Great Room)</i> 1:00 KNITTING/CROCHETING 12:45 BAND PRACTICE / INSTRUCTION</p>	<p>13</p> <p>10:00 GENERAL MEETING 11:00 Wii GAMES 12:00 TAI CHI (GYM) 1:00 LINE DANCING 1:00 GARDEN CLUB</p>	<p>14</p> <p>10:00 FINANCIAL/INVEST. DISCUSSION GROUP 9:30 NURSE 10:15 BINGO <i>(in Great Room)</i> 11:00 OUTREACH BRIGGS 12:30 CHAIR EXERCISE</p>	<p>15</p> <p>9:30 POKER 10:00 SING-A-LONG 11:00 Wii GAMES</p>	 <p>ANNA MARIE MICH</p>
 <p>LU EADEH</p>	<p>18</p> <p>9:30 MAH-JONGG 10:30 CURRENT EVENTS 12:00 ZUMBA GOLD 1:00 BOOK TALK 1:30 YOGA</p>	<p>19</p> <p>SENIOR CENTER ACTIVITIES CANCELLED FOR ELECTION DAY</p> <p>WELLNESS EXPO 55+ 2:00 PM-7:00 PM ALL ARE INVITED TO ATTEND</p>	<p>20</p> <p>9:30 VALLEY FORGE CASINO 9:30 QUILTING 10:00 GARDEN CLUB TRIP BARNES ARBORETUM 11:00 Wii GAMES 12:00 TAI CHI (GYM) 1:00 LINE DANCING</p>	<p>21</p> <p>10:00 FINANCIAL/ INVEST. DISCUSSION GROUP 10:15 BINGO <i>(in Great Room)</i> 12:30 CHAIR EXERCISE</p>	<p>22</p> <p>CLOSED FOR MEMORIAL DAY HOLIDAY</p>	 <p>JOANNE MEENAN</p>
<p>24</p> <p>31</p>	<p>25</p> <p>CLOSED FOR MEMORIAL DAY HOLIDAY</p>	<p>26</p> <p>9:30 COMPUTER CLUB 9:30 BRIDGE 9:30 POKER 11:30 CHAIR EXERCISE 12:30 PINOCHLE 1:00 KNITTING/CROCHETING 12:45 BAND PRACTICE / INSTRUCTION</p>	<p>27</p> <p>10:00 MLH MEMORY PRESENTATION 11:00 Wii GAMES 12:00 TAI CHI (GYM) 1:00 LINE DANCING</p>	<p>28</p> <p>10:00 FINANCIAL/ INVEST. DISCUSSION GROUP 9:30 NURSE 10:15 BINGO <i>(in Great Room)</i> 11:30 OUTREACH LEACH 12:30 CHAIR EXERCISE</p>	<p>29</p> <p>9:30 POKER 10:00 SING-A-LONG 11:00 Wii GAMES</p>	<p>30</p> 

OUR BOARD OF DIRECTORS



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UPCOMING EVENTS

ALL REGULAR ACTIVITIES ARE CANCELLED ON TUESDAY, MAY 19 FROM 2:00 – 7:00 PM THE WELLNESS EXPO 55+ THE CENTER IS CLOSED ON FRIDAY, MAY 22 & MONDAY, MAY 25 IN OBSERVANCE OF MEMORIAL DAY

WELLNESS EXPO 55+ MAY 19th, 2015 FROM 2:00 to 7:00 PM. Explore over 40 exhibitors of the Arts, Health Care, Wellness, Exercise & More. Live entertainment, activities, prizes, free food. Fun day to stimulate your mind, body & spirit. Don't miss a presentation by Bob Butera and an appearance by JoAnn Bechtel, Ms. Pennsylvania Senior America 2014.

PARTIAL EXHIBITOR LIST

- AAA Mid-Atlantic
- AARP Pennsylvania
- Advanced Foot & Ankle Wellness Center
- AFLAC
- Ageless Exercise
- Angel Companions
- Bryn Mawr Hospital / Main Line Health
- Caring Hearts Homecare Assistance
- Chesapeake Physical & Aquatic Therapy Comfort Keepers
- Coldwell Banker Preferred
- Comfort Keepers
- Continental Bank—Div. at Bryn Mawr Trust
- Dynamic Home Therapy
- Express Med of King of Prussia, LLC

- Fairmount Athletic Club
- Gulph Mills Chiropractic Center
- Heartland Hospice
- Home Helpers
- Independence Blue Cross
- Lafayette Ambulance
- Lucille Roberts Women's Fitness
- Montgomery Bar Association
- Optum Palliative & Hospice
- Royal Bank America
- Surrey Services for Seniors
- Sweat Fitness
- Turley Insurance
- Upper Merion Park & Rec
- Upper Merion Twp. Fire & Rescue Services
- Wells Fargo
- YogaLife Institute
- Zumba Gold

HISTORY PRESENTATION: WEDNESDAY, MAY 13 (After the General Meeting).

UMSSC and Band Member, Chuck Dewey, has been a history buff since childhood. He is keenly interested in the Napoleonic Military Period, 1794 to 1815, considered to be the most colorful of military periods. Chuck's hobby is as a military miniaturist and he will have on display his Napoleonic collection of toy soldiers and battle scene dioramas. Chuck's hobby is a great passion of his and considers this a way of giving back to future generations to see and be inspired. It's a spotlight into the past. So with great pleasure he wishes to present and share his hobby with you all.

VALLEY FORGE CASINO WEDNESDAY, May 20. THE OFFER FOR GROUP IS \$20.00 IN SLOT PLAY:

This offer does not cost anything but **to take advantage of this offer you must complete registration form available at the Senior Center or on our website at www.umssc.org. All new and renewal casino memberships or one-day passes are handled by Valley Services (not UMSSC).** Cash or credit card will be accepted by Valley Services. If you have any questions you can contact Valley Services at 610-354-8118. Shuttle will depart the center at 9:30 AM and return at 2:00 PM. For those driving, please meet in the Casino lobby between 9:30 AM and 10:00 AM. **THE RAMBLER NOW MAKES A STOP AT THE CASINO. CUT-OFF DATE FOR THIS TRIP IS WEDNESDAY, May 13. Everyone must bring a valid photo ID.**

BRYN MAWR HOSPITAL PRESENTATION

WEDNESDAY, May 27 AT 10:00 AM. Presentation on Memory will be given by Sheli James, RN MLH Home Care.

BRANDYWINE RIVER MUSEUM HAS BEEN RE-SCHEDULED FOR WEDNESDAY, JULY 8. WATCH FOR TOUR DETAILS IN THE JUNE NEWSLETTER

ACKNOWLEDGEMENTS

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:

- ★Maxine Newstein to the Center.
- ★Brian McDonald to the Center.
- ★Ernesto & Placida DiGenova to the Center
- ★Harlyce & Jerry Grossman in memory of Louise Bailey.
- ★Antonio & Maryann DiGenova to the Center.
- ★Joan & John Janof to the Center.
- ★Don & Mary McCree in memory of Louise Bailey
- ★Dan & Cindy Eastman in memory of Louise Bailey
- ★Ruth Shand in memory of Louise Bailey
Cindy & Dan Eastman in memory of Catherine Spittle
- ★Ethel Hutchinson in memory of Louise Bailey.
- ★Shirley Robey in memory of Louise Bailey.
- ★Pat Farr to the Center.
- ★Tita De La Cruz to the Center.

COMMUNITY OUTREACH

SHOEBOX RECYCLING

We are continuing our Shoebox Recycling program in partnership with Community Recycling to collect *gently used, suitable for re-use* shoes for men, women or children around the globe. This program has other benefits as well. Every box we fill *will raise funds for the center*. **Please be sure shoes are clean and in good condition. PLEASE DO NOT DONATE boots, flip-flops, slippers, plastic shoes, crocs, etc.**

KNITTERS WANTED

As you may or may not know, our knitting group **donates knitted caps to St. Christopher's Hospital for Children**. The hats are for the premie babies to keep their tiny bodies warm. We are in need of some

additional volunteers to help knit the hats. If you can knit and would like to help out, please stop in the office and give your name. You can join the group here at the Center on Tuesday's at 1:00 PM or you can take the yarn and do your knitting at home. Copies of the pattern can be picked up from the staff office.

UPPER MERION EMERGENCY AID

Dried goods donations collected for families in the community. More families are in need than ever before. Our donation box is outside of the lounge.

The Upper Merion Emergency Fund has specifically requested food donations of Boxed Mashed, Scalloped, and Au Gratin Potatoes, Boxed Macaroni and Cheese, Spaghetti Sauce, Peanut Butter & Jelly, Chicken Broth, Canned Fruit, Tuna, Canned Sweet Potatoes, Canned White Potatoes, Cereal and laundry detergents are appreciated. PLEASE NO SOUP AT THIS TIME.

PUT BOOKS IN THE HANDS OF CHILDREN WHO NEED THEM

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

PROJECT LINUS – ONGOING

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

COMMUNITY HAPPENINGS

UM FARMERS MARKET

The Farmers' Market will kick off its Opening Day Celebration with a chicken barbecue on Saturday, May 16 from 9:00 AM to 1:00 PM.

WHAT'S HAPPENING AT THE UM TOWNSHIP LIBRARY

Spring 2015 Book Discussion Series : Reading Love and Loss on Foreign Shores

May 17 The Golem and the Jinni by Helene Wecker

May 31 Transatlantic by Colum McCann

Gardening Series

Monday, May 4 @ 7 pm: Gardening Tips & Tricks, a show and Tell

Monday, May 11 @ 7 pm: Planting for Birds

Register via our online calendar or by calling us at [610-265-4805](tel:610-265-4805)

Cinco De Mayo @ the Library:

May 5, 2015 from 6:30 pm to 8:30 pm : Join us as we celebrate the rich culture. Entertainment, food, display and much more. Details to follow or check our website.

Social Security Workshop:

Session 1: Wednesday, May 13 from 6:00 pm

Session 2: Wednesday, May 20 from 6:00 pm

Valley Forge Room

For ages 58 to 67. What Baby Boomers Need to Know To Maximize Retirement Income.

Women Empowerment Seminar:

May 11, 2015 at 7:00 pm in Henderson Room

Ladies, join us for an evening devoted to you. Sit back and learn to empower you as a woman

Tech Night: Monday, May 18, 2015 at 7 pm in Henderson Room. Own an iPad or an iPhone but have trouble using it? Planning on buying, but the latest technology troubling you? Need help with downloading e-books? Our youth volunteers are here to help you. You can register via our online calendar, or by calling [610-265-4805](tel:610-265-4805) or stopping by the library. Registration Required

Knit Nite: Monday, May 18, 2015 at 7 pm. Fourth Monday of the Month. For all ages - from veterans to wanna-be knitters. If you don't know how to knit and want to learn, our more experienced knitters are always eager to pass on their skills, and some advanced knitters are usually available to help with patterns and designs.

Library is closed from May 23 through May 25 for Memorial Day weekend

NEWSWORTHY

MEMBERSHIP FEES

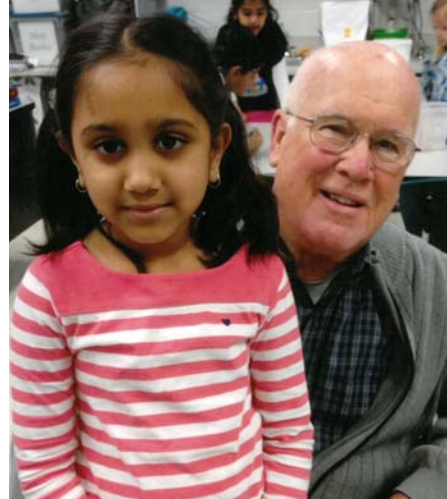
UMSSC membership fees remain at \$15.00 and are separate from the Community Center membership fees.

MEMBERS PARTICIPATE IN GRANDPARENTS DAY AT ROBERTS ELEMENTARY

On April 10 members of UMSSC participated in Grandparents Day at the Roberts Elementary School. Cindy Eastman, Executive Director and Dick McCann, Board Vice President, represented the two kindergarten classes. The objective was to be assigned to a child who did not have a grandparent in attendance.

The children from all grades performed in a recital before going to the classrooms to give us a look at what their typical school day is like. In my case we also attended a kindergarten music class. All the children seemed excited to have visitors.

Principal Jabari Whitehead, Roberts Elementary School, demonstrated a well-run, organized, and happy school experience. Congratulations to the entire staff at Roberts!



Dick McCann poses with his "adopted" grandchild

MEMBERSHIP FORM REMINDER

Please remember you must complete a new membership form when renewing your membership. Membership runs from January 1 to December 31, 2015 and still costs only \$15.00 for the year!

KEEPING SENIORS INFORMED

After the age of 30, the average person may gain 1 to 2 pounds per year. However, you can take some steps to help prevent this. Exercising regularly helps burn up some of the calories you eat. For those who are walkers, be aware that you can burn about 200 calories for each mile you walk. Participation in other exercise activities can increase your calorie burn.

Reassess your eating habits to see if you are using some of the general principles of healthy eating. Choices should include a variety of fruits, vegetables, whole grains, dairy, legumes and nuts. Eat fish and poultry at least twice a week and limit your intake of red meats and fats. Reduce your intake of high calorie snacks. Portion control is essential.

Get the benefits of a good night's sleep. Sleep enables the healing of body tissue due to daily damage; it helps the immune system function properly and it gives the brain time to rest, repair and regroup.

(Contributed by Jane Burger)

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: Tuesdays from 12:45 to 2:45 PM. The Upper Merion Senior Service Center Band practices under the direction of professional musician, Ed Hickman. The band has an open invitation to anyone age 55 or over who is interested in playing with a group. Stop in any Tuesday afternoon to hear us practice, check us out, or join the band.

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

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

BOOK TALK: MONDAY, MAY 18 at 1:00 PM. Meets on the 3rd Monday of the month. Coordinator: Patricia Ackah (610.265.4290). This month we will be reading "The World we Found" by Thrity Umrigar", a sparkling and sharp slice of life that, in presenting four personal stories, and reflects and illuminates universal truths. Four women have been friends since their student days in Bombay, during the heady but dangerous years of the 1970s when protests and marches dominated university life and parents looked on, confused and horrified. Now thirty years have passed and one of the four, Armaiti, has been diagnosed with cancer. She asks for a reunion of the four friends -- she, Nishta, Laleh, and Kavita. Her simple request sets off a cavalcade of events, not only back in time but irrevocably forward.

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. \$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. We meet at 10:30 (or slightly thereafter) Monday morning to review the week's news. All perspectives are welcome and appreciated, please come and bring yours.

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

FRIDAY FLICKS: FRIDAY, MAY 8 (Pizza at 11:15 AM, Movie at 12:00 PM) Coordinator: Don McCree. Pizza & Movie: \$5.00. Movie Only: \$2.00. ***If you are coming to Friday Flicks, please sign up in advance; this is important to do prior to end of day Thursday, April 16, as we order our pizzas and set up the great room with comfortable chairs for our movie goers. This month we will be showing "FOXCATCHER" starring Steve Carell, Channing Tatum and Mark Ruffalo.*** The greatest Olympic Wrestling Champion brother team joins Team Foxcatcher led by multimillionaire sponsor John E. du Pont as they train for the 1988 games in Seoul - a union that leads to unlikely circumstances.

GARDEN CLUB: Meets the Second and Fourth Wednesday at 1:00 PM. Coordinator: Paul Buce. We will have a regular meeting on the second Wednesday at 1:00. ***We'll join the Main Line School Night folks for an insiders' tour of the Barnes Foundation Arboretum on Wednesday, May 20th, 10:00AM-12:00. This requires individual registration with Main Line School Night, at 610-687-0460; Course TT31057, cost \$25. We will arrange a car pool since parking is tight down at Barnes in Merion Station. No meeting on the 4th Wednesday.***

GENERAL MEMBERSHIP MEETING: Monthly meeting open to all members on the ***2nd Wednesday of the month at 10:00 AM (on May 13).*** Birthdays will be celebrated. Come enjoy birthday cake, 50/50 and free bread. Any member who wants to be put on the agenda at the meeting should contact Mary McCree, President. ***After meeting stay for the history presentation by Chuck Dewey.***

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

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

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

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

NOTE TIME CHANGE: NURSE & ASK-A-NURSE: Every 2nd and 4th Thursday of each month from 9:30 AM to 12:15 PM. Have your blood pressure checked by our favorite Nurse Lori Gnacek from Bryn Mawr Hospital/Main Line Health.

Main Line Health **"Ask a Nurse"** will be offering a selection of free general medical equipment. Offered will be items from pill organizers to wheelchairs. If you are in need of certain medical equipment MLH is offering, you can come in to the center, fill out an application and meet with the nurse who will order the items for you.

OUTREACH: Representative Tim Briggs' aide is here the second Thursday of the month (11:00 AM to 2:00 PM) and Senator Daylin Leach's aide is here the last Thursday of the month (11:30 AM to 1:00 PM)

PINOCHLE LADIES AND GENTS: Tuesday's at 12:30 AM in the Game Room.

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

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

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

TAI CHI: Wednesdays at 12:00 PM in the gymnasium. Cost: \$3.00 per class.

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

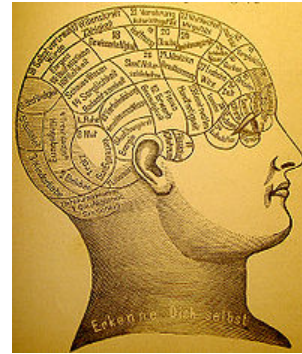
YOGA: Monday's at 1:30 PM. *Video Instruction good for beginners, intermediate or advanced.* Limited to 8 members per class.

ZUMBA GOLD: Session runs Monday's only until May 18 from 12:00 PM to 12:45 PM. Cost: \$16.00 UM Residents and \$26.00 Non-UM Residents. **Sign up and pay at the Township Building. THIS IS AN UM TWP. PARK & REC DEPT. PROGRAM.**

**DON'T FORGET TO ATTEND
THE WELLNESS EXPO 55+
MAY 19 FROM 2:00 – 7:00 PM**

STIMULATE YOUR

MIND



BODY



SPIRIT



See you there!

NOTE NEW TIME

**HAVE YOUR BLOOD
PRESSURE CHECKED!**



NURSE LORI GNACEK

**WILL BE HERE ON THE SECOND
AND FOURTH THURSDAY
OF THE MONTH
9:30 AM - 12:15 PM**

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