



THE BEST OF TIMES

NOVEMBER 2016

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

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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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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,

Yes, it is here again. Time to re-set our clocks! Daylight Savings time ends on Sunday, November 6. The extra time will give you an opportunity to gain an extra hour of sleep in preparation for our many activities at the center.

Please remember to vote on Tuesday, November 8. We will be open on Election Day.

Our Upper Merion Senior Service Band will be performing at the Middle School at the Upper Merion Area Community Band Patriotic Concert on Thursday, November 10 at 7:00 PM. It will be held at the Upper Merion Area Middle School. The band is comprised of students from the Middle & High Schools, faculty, UMSSC band members, parents and other community members. The band is directed by Mr. Al Homicz. At this time there are 11 of our members planning to participate: Brian and Ann Lister, Ethel Hutchinson, Jim Barrett, Phil Piazza, Doug Dooley, Lee Seymour, Donna Cohen, Rose Kaminski, Kirk Peterman and Ed Hickman.

Our Annual Holiday Party at the Radisson Tower of the Valley Forge Casino Resort will be held on Monday, December 5 beginning at 11:00 AM. Tickets are on sale now; cost is only \$25 members and \$30 non-members. Complete menu is on display in the lobby. A free \$10.00 slot play is included. Be sure to bring your photo ID for the casino.

At the November 9th General Membership Meeting, the nominating committee shall present a complete slate. Members may add nominations from the floor if all requirements are met. Nominations will be closed after members have had time to present their nominations.

Remember we are now accepting membership renewals for 2017. Upper Merion Senior Service Center dues remain at \$15.00 per year. You will receive a membership card when you renew.

There is a new procedure at the front desk when you sign in. There is a new column which has a handicap symbol at the top. We would like to know if you have a handicap placard. Thank you for your cooperation!

Wishing all a very Happy Thanksgiving and remember... to always say something nice about UMSSC and it's members!

Mary McCree
President

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

THE SENIOR CENTER WILL BE CLOSED ON WEDNESDAY, NOVEMBER 23, THURSDAY, NOVEMBER 24 AND FRIDAY, NOVEMBER 25 FOR THANKSGIVING HOLIDAY

DIABETES PRESENTATION BY MAIN LINE HEALTH: MONDAY, NOVEMBER 14 AT 1:30 PM.

VALLEY FORGE CASINO WEDNESDAY, NOVEMBER 16 (Cut-off date Mon., NOV. 14.) THE OFFER FOR GROUP IS \$20.00 IN SLOT PLAY: 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 (610-354-8118). If you are planning to take the Shuttle please register in advance. Shuttle departs the center at 9:30 AM and returns at 2:30 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. Everyone must bring a valid photo ID.**

MONDAY, DECEMBER 5 FROM 11:00 AM TO 3:00 PM: UMSSC ANNUAL HOLIDAY PARTY IN THE GRAND BALLROOM IN THE RADISSON TOWER OF THE VALLEY FORGE CASINO RESORT. Tickets go on sale October 18. Cost: UMSSC Members \$25.00 Non-UMSSC members \$30.00. The menu will be a choice of chicken or salmon. Celebrate the holidays with us!

Entertainment, Cash Prizes, Door Prizes and \$10.00 Slot Play. **Don't forget your photo ID for the casino.**

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 who have generously made donations to the Center:

★ Mary & Don McCree in memory of Nancy D'Antonio

GRACIAS! THANKS! DANKE! MERCI!

★ *Sicilian Delight for their pizza for Friday Flicks!*
★ *Thank you Tony from Angelo's Pizza – for the foot long Birthday Hoagies he donates to the center every month.* ★ *LeBus Bread – who donates delicious baked bread every week.*
★ *Costco for their generous donation of a monthly gift card for our birthday cake purchases.* ★ *Malvern Wegmans for their bountiful donation of baked goods.* ★ *Acme Market for their wonderful donation of baked goods.* ★ *Sun Joe - who generously donates the baked goods we put out for snacks.*

COMMUNITY OUTREACH

ST. JOHNS SOUP KITCHEN

On Thursday, December 29 the King of Prussia Women's Club will be serving over 100 homeless people at St. John's Soup Kitchen in Norristown. They would appreciate donations of chicken gravy or gravy mix, stuffing and canned vegetables. There will be a box in the lobby for the donations from now until December 19. (Note: the senior center will be closed for the Christmas and New Years holiday the following week.)

UPPER MERION EMERGENCY AID

More families are in need than ever before. Our donation box is in the lobby. **Special requests for Thanksgiving Holiday foods are: donations of boxed Potatoes (mashed, scalloped au gratin, etc.) boxed Stuffing, Chicken Broth, canned Cranberry Sauce, canned sweet potatoes and can or jar Turkey Gravy. All donations are appreciated.**

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 because they get to keep the books they pick. Let's keep it going! 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 collect knitted and crocheted squares for blankets provided to children who are seriously ill or traumatized. Joan Banas collects the squares on behalf of the church. You can participate by knitting squares. Yarn and patterns are on a table near the lobby. Finished squares go into a bin on the same table.

SHOEBOX RECYCLING

We continue 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. Every box we fill ***raises funds for the center. Please be sure shoes are clean and in good condition.***

KNITTED CAPS FOR ST. CHRISTOPHERS

Caps are knitted for preemie babies to keep by our members for donation to ***St. Christopher's Hospital for Children***. 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.

FLOWER CAUSE

Flower Cause is a new community assistance program which UMSSC is participating in. If you purchase any flowers from ***Plaza Flowers*** (417 Egypt Road, Norristown, PA 19403 Telephone: 610-630-8825) ***you can help raise funds for Upper Merion Senior Service Center.*** Just mention ***code ssc*** when ordering and UMSSC receives a quarterly rebate equal to 5% of all purchases. Thank you!

COMMUNITY HAPPENINGS

UM FARMERS' MARKET

Farmers' Market regular hours are Saturdays 9 AM to 1 PM.

WHAT'S HAPPENING AT THE UM TOWNSHIP LIBRARY

Fall book Discussion Continues: All programs will meet from 2 p.m. to 3:30 p.m. Erin Hurt and Carla Verderame, will return to lead the discussions for this

five-part series, Literary Revelations: Making Sense of the Past and the Present. The program dates and titles are:

November 13: God Help the Child, by Toni Morrison

November 20: The Sympathizer, by Viet Thanh Nguyen.

The Participation Policy (effective Fall 2011) is as follows: There is an administrative charge of \$10 per series to participate in the Sunday book discussions for participants who choose to borrow the book set from the library. There will be no charge if the participant supplies his or her own copies of the books, or if the participant purchases all of the books for the series from the library. Call [610-265-4805](tel:610-265-4805), stop in at the library to register

Dr. Steve's presentation on The Dead Really Do Tell Tales on Wednesday, November 9 at 7 pm:

Let's learn from Dr. Stephen about the dead and ancient Egyptian medical world. Open for all ages. Light refreshments will be provided.

Adult Coloring Night on Monday, November 14 at 7:00 pm. Bring your friends and enjoy coloring. Walk-ins are welcome. Materials will be provided. If you are interested in puzzles, we have them as well!!

Tech Night on Monday, November 21 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. Registration Required

Knit Nite: Monday, November 28 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 pass on their skills, and some advanced knitters are usually available to help with patterns and designs.

Yoga with Kamini on Monday, November 28 at 7 pm. Not sure how to relax and stay calm? Come to this De-stress workshop. Walk-ins are welcome.

To register for any of the library events, you can register via our online calendar, or by calling [610-265-4805](tel:610-265-4805) or stopping by the library.

Low Vision Reader: Our library has a low vision reader for use in the library. Please contact us for more information.

Café Style Wifi available at the library. Bring your smart devices and connect to our free wireless network. Library card number not required.

Charging Station at the Library: Did you leave your charger at home? Is your mobile device low on power and need recharging? Get charged with one of the charging stations at the library. **Café Style Wifi**

available at the library. Bring your smart devices and connect to our free wireless network. Library card number not required.

NEWSWORTHY

CONGRATULATIONS TO THE WINNERS OF OUR ANNUAL FUND RAISER

We drew the winning tickets on Wednesday, October 19 at our General Meeting. The winners were:

1st Prize: Charles Cirafesi

2nd Prize: Tita de La Cruz

3rd Prize: Joan Madel

We congratulate our winners! We also thank all of our members, their families and friends who purchased the tickets which raises money for the Senior Center.

ELECTIONS

Referring here to the UMSSC elections! The November General Meeting will be your last opportunity to get nominations on the ballot. Remember that this is your Center. Been thinking about getting more involved in making it work? And it does take work behind the scene as well as at the events and meetings. Now is your chance to add your skills to the mix or nominate someone you think has the right stuff. See Dick McCann, Paul Buce, or stop in the office and pick up a nomination form. Election day will be the day of the December General Meeting, December 14th.

p.s. Don't forget to vote on Nov 8th also . . . very important.

INTERESTED IN CHESS?

Let us know if you are interested in forming a Chess Club at the center. Stop in the office and we will record those interested. If we have enough interest, a club will be started.

BREAD DAY WEDNESDAY & THURSDAY

Members are invited to come in on Wednesdays and Thursdays to pick up free bread, rolls and baked goods which have been donated to the Center. ***Bring your shopping bag and come between 12:00 PM and 2:00 PM. Please do not come early and please wait until the volunteers have unpacked and re-bagged the bread.***

MEMBERSHIP FEES

We are now accepting membership renewals for 2017. Remember, you must complete a new Membership Form each year. Forms are available at the INFO Center in the lobby or on our website www.umssc.org under "Forms". UMSSC membership

fees are still only \$15.00 and ***you do not have to join the Community Center to be a member of the senior center. Be sure that you are given a membership card when you renew your membership.***

KEEPING SENIORS INFORMED

THE ADMIRABLE TRAITS OF OLYMPIANS

Do you have any of the admirable traits of an Olympian? When you watched the various competitions, you had to be impressed by the skills of the athletes. You may have said to yourself "Wow. I could never have done that in my lifetime"! As a senior citizen it is doubtful that you would ever be considering such intense competition. However, you could incorporate some of those admirable traits into your daily activities.

What are some of those traits? A brief list would include: persistence, resilience, inner strength, determination and goal setting. As you think about yourself, can you identify any of those traits as ones which you have? Can you visualize how they could be assets to your every day?

So, who do seniors compete against? Unless you participate in the Senior Games every fall (like, Paul and Sally Buce, Ethel Hutchinson and Dottie Wisniewski) you are most likely to be competing against yourself rather than other people. You set your own goals and strive to accomplish them.

Why would you want to set some goals? It is always favorable to have a goal or goals to make your day more productive. You do not need to have a rigid agenda, but you should have a plan to complete some activities every day. This can give you a sense of accomplishment rather than feel that you have just wasted a day of your life.

A trait to help you accomplish a goal is persistence (meaning - to continue firmly). If you eventually want to walk ten blocks, start with two or three and gradually increase until you reach ten. Then set a new goal. A goal can keep you motivated to do the best that you can in any endeavor.

The trait of resilience is the ability to bounce back. So if one of your knees hurts too much to take a walk be determined to resume walking the next day and reset your goal.

Whenever you ask yourself "can I really do this?" the positive response should be "yes I have the strength to do this." This includes both inner strength and determination and the physical strength to actually do the activities. Physical strength is built by repetition.

Your fingers, hands, arms, legs, etc., will never be stronger if you do not use them repetitively every day. Maintaining physical strength is essential to keeping your independence to have a good quality of life.

Your inner strength is the little engine that says "I think I can" over and over and urges you to stay with your plan. Incorporate some of those admirable traits into your daily life to enable you to enjoy each day now and into the future.

(contributed by Jane Burger)

THE THERAPEUTIC SCIENCE OF ADULT COLORING BOOKS: HOW THIS CHILDHOOD PASTIME HELPS ADULTS RELIEVE STRESS

By Dana Dovey

THE HEALING POWER OF ART

Art may not be able to cure disease, but it can surely make coping with it a lot better. Researchers have acknowledged the therapeutic qualities of art for years, and today, art therapy is used to help people express themselves when what they're feeling is too difficult to put into words, such as when they're faced with a cancer diagnosis.

Research shows this form of therapy often has tangible results. One 2006 study, for example, found that mindfulness art therapy for women with cancer helped to significantly decrease symptoms of physical and emotional distress during treatment. Another study from the same year concluded that after only one hour of art therapy, adult cancer patients of all ages "overwhelmingly expressed comfort" and a desire to continue with the therapy.

"People with cancer very often feel like their body has been taken over by the cancer. They feel overwhelmed," Joke Bradt, a music therapist at Drexel University in Philadelphia, told Reuters. "To be able to engage in a creative process... that stands in a very stark contrast to sort of passively submitting oneself to cancer treatments."

It's not just those with cancer that can benefit from the visual arts, either. Art therapy is also helpful among people dealing with a variety of other conditions, such as depression, dementia, anxiety, and PTSD.

Art therapy often involves using an art medium as a tool to help address a patient's specific problem, but as you might have observed in your high school art class, some individuals are more artistically gifted than others. Those who judge themselves as bad artists may be more likely to miss out on the benefits of art-based therapies. Adult coloring, therefore, presents a creative venture without the need for

artistic flair. One simply needs to color within the lines in order to get the desired effect. However, some experts suggest it's this lack of artistic input from patients that prevents adult coloring from being considered a genuine form of art therapy.

WHAT'S GOING ON WHEN WE COLOR

Just because adult coloring alone may not constitute art therapy, that doesn't mean the activity isn't helpful. Theresa Citerella, an art therapy student at Lesley University in Cambridge, Mass., told *Medical Daily* that she has seen more people using the coloring books, both in class and in therapy, to help them focus. "A lot of my fellow graduate classmates bring these coloring books into the classroom setting as a tool to focus more on lectures," Citerella said, explaining that more professors are beginning to welcome this behavior. "For my internship, I find the clients who are fidgeting and cannot sit still ask for coloring the books in order to concentrate on group discussions. We have several adult coloring books at my site to offer the clients."

And considering the inability to focus is often a symptom of anxiety or stress, it only makes sense that adult coloring books would also help with those as well. Dr. Stan Rodski, a neuropsychologist who also happens to be the author of his own line of adult coloring books, says that coloring elicits a relaxing mindset, similar to what you would achieve through meditation. Like meditation, coloring allows us to switch off our brains from other thoughts and focus on the moment. Tasks with predictable results, such as coloring or knitting, can often be calming — Rodski was even able to see the physical effects they had on our bodies by using advanced technology. "The most amazing things occurred — we started seeing changes in heart rate, changes in brainwaves," he told the Australian Broadcasting Corporation, adding that part of this neurological response in "colorists" comes from the repetition and attention to patterns and detail associated with coloring.

Dr. Joel Pearson, a brain scientist at the University of New South Wales in Australia presented a different explanation for the therapeutic effect: Concentrating on coloring an image may facilitate the replacement of negative thoughts and images with pleasant ones.

"You have to look at the shape and size, you have to look at the edges, and you have to pick a color," Pearson told Nine MSN. "It should occupy the same parts of the brain that stops any anxiety-related mental imagery happening as well. ... Anything that helps you control your attention is going to help."

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. Note: no band practice on Tuesday, November 1. 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!

BOOK TALK: Monday, November 21 at 1:00 PM. Meets on the 3rd Monday of the month. Coordinator: Patricia Ackah. This month's book: "ALL THE LIGHT WE CANNOT SEE" by Anthony Doerr is a stunningly ambitious and beautiful novel about a blind French girl and a German boy whose paths collide in occupied France as both try to survive the devastation of World War II.

BRIDGE CLUB: Tuesdays at 9:30 AM in the Lounge. All bridge players welcome!

CANASTA: Wednesday's at 1:00 PM and Thursday's at 9:30 AM. Coordinator: Lynn Boroch. *Want to learn to play? Beginner players will be welcome for instruction by Lynn (Wednesday).*

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. The group continues to meet on Monday mornings at 10:30. As usual there are more than enough topics to fill the hour and a half. The group has continued to grow, but there's always enough room for one more.

FINANCIAL / INVESTMENT DISCUSSION GROUP: THURSDAYS AT 10:00 AM. Coordinator: Dick McCann. This is a small intimate group who meet to discuss all levels of experience in making the best choices for your investments. You don't have to

be rich, we will discuss any size investment you are thinking of making or have questions on. We offer an open invitation to all regarding subjects you would like to discuss and any questions you may have. Again, all are welcome!

FRIDAY FLICKS: Friday November 18. (Pizza at 11:15 AM, Movie at 12:00 PM) Coordinator: Don McCree. Pizza: \$3.00. Movie: *Free*. Showing "**HELLO MY NAME IS DORIS**" starring Sally Field, Max Greenfield, Beth Behrs, Wendi McLendon-Covey, Stephen Root, Elizabeth Reaser, Natasha Lyonne and Tyne Daly. Doris Miller is a shy, eccentric 60-something woman, living alone following the death of her mother, whom she has lived with for her whole life. At the funeral, her brother Todd and his wife try to persuade her to sell the house, especially the possessions, as she is a hoarder and has a habit of keeping discarded furniture she finds on the street. Her only close friend is the fiery Roz, though she gets along with her granddaughter. On her way to work, where she has been working as a data entry worker for decades, she meets a younger co-worker John who she is immediately infatuated with. Empowered and inspired by cliched self-improvement tapes, Doris decides to go after him.

GARDEN CLUB: Meets the Second and Fourth Wednesday at 1:00 PM. Coordinator: Paul Buce. ***The club will meet only once this month,*** that will be on the second Wednesday, November 9, at 1:00 pm. Weather will pretty much have wound up our outdoor work, but we'll pick a subject and roll on.

GENERAL MEMBERSHIP MEETING: Monthly meeting open to all members on the 2nd Wednesday of the month at 10:00 AM. Next meeting will be on **November 9.** Learn what is going on at the senior center and join us to celebrate November birthdays with some cake! 50/50 raffle and birthday raffle for delicious baked bread from Le Bus.

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
(NO LINE DANCE CLASS NOVEMBER 9)**

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.

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.

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. They would welcome more players.

POKER: Tuesday's at 9:30 AM in the lounge. Table is open for additional players. Why not give it a try? They are a friendly group and welcome new players.

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 NEW VIDEO VERSION: Wednesdays at 12:00-12:45 PM. Video Instruction good for beginners, intermediate or advanced.

WEDNESDAY CARD PLAYERS: WEDNESDAY AT 9:30 AM. An informal, friendly gathering of members- some play cards some play bingo.

YOGA: Monday's at 1:30 PM. Video Instruction good for beginners, intermediate or advanced.



ACTIVE MEMBERS

