



THE BEST OF TIMES

OCTOBER 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
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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:

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Howard Lurie, Vice President
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Ronald G. Wagenmann

STAFF:

Shirley Robey, Executive Assistant
Beth Cassidy, Receptionist

"Best of Times" Editors:

Mary F. McCree and Shirley Robey

GOALS

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

MONTHLY MESSAGE

I, Howard Lurie, am the new Vice President of the Upper Merion Senior Service Center. I have been a resident of Upper Merion since the summer of 1968. My wife and I moved here when I joined the faculty of the School of Law at Villanova University. Prior to that, I was a trial attorney with the Federal Trade Commission in Washington, D.C. My tenure at the FTC was interrupted by two years of service as an officer in the US Army, assigned as an instructor at the Army Intelligence School.

I retired from Villanova in 2003, after 35 years. My areas of expertise were antitrust law, administrative law, intellectual property, and economic regulation. It was my course in Intellectual Property that got me involved with computers. Several years ago I joined the computer club at the Senior Center, and now serve as one of the club's coordinators.

In that capacity, I want to invite all interested members of the Center to attend any or all of our upcoming classes. These classes will be on Tuesdays from 10:30 to 11:30 in the computer room and are aimed at teaching the very basic use of computers. Classes will be: Computer Basics, Getting to the Internet, Word Processing and Email. You are invited to suggest topics for additional computer classes.

I will also be offering a six session class on Basic Economics. These classes will be one-hour each on Tuesdays at 1:00 pm.

Complete details on the computer and economics classes, plus dates and times, can be found in this Newsletter under "Upcoming Events".

Please let me know how I can serve you better as your Vice President. . . *and remember to always say something nice about UMSSC and its members.*

Howard Lurie

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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DATES WE ARE CLOSED

ALL MORNING ACTIVITIES WILL BE CANCELLED ON MONDAY, OCTOBER 7 FOR THE "MEET THE CANDIDATES FORUM" and ALL ACTIVITIES ARE CANCELLED ON FRIDAY, OCTOBER 18 FOR THE BRIGGS SENIOR EXPO

UPCOMING EVENTS

AARP DRIVER SAFETY COURSE (4-HOUR)

TUESDAY, OCTOBER 1 FROM 9:30 AM TO 1:30 PM. Course Instructor, Richard Fida. Cost: \$12.00 AARP Members \$14.00 non-AARP Members. Payment due day of course. Sign up sheet at Reception Desk.

MEET THE CANDIDATES FORUM: MONDAY, OCTOBER 7 AT 10:00 AM. Questions for the candidates should be submitted in writing prior to the forum. *Cards for writing your questions are available at the Reception Desk* and should be handed in to the office staff. Elections are for: Supervisors, Auditor, Tax Collector and School Board Directors.

COMPUTER CLASSES: Tuesdays from 10:30 AM to 11:30 AM. Instructor: Howard Lurie. *Computer Basics* October 8; *Getting to the Internet* October 15; *E-Mail* October 22 and *Word Processing* October 29. These classes will be aimed at teaching the very basic use of computers. One on one instruction would also be available if possible and necessary. A sign-up sheet will

be placed at the Reception Desk. **Classes will be free to members and \$25.00 for non-members (fee covers one or all classes).**

ECONOMICS CLASS: Tuesdays from 1:00 PM to 2:00 PM. Six one-hour sessions beginning October 8, October 15, October 22, October 29, November 12 and November 19. *Please sign up at the Reception Desk.*

UMSSC ANNUAL FUND RAISER DRAWING: WEDNESDAY, OCTOBER 9. The winning Raffle Tickets will be drawn and announced following this General Meeting. Be there to see if you are a winner!

BIG BINGO: SATURDAY, OCTOBER 12. 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 and cash prizes will be awarded; lottery basket raffle and 50/50. Refreshments will be available for sale. *No persons under age 18 will be admitted.*

JEOPARDY V: WEDNESDAY, OCTOBER 16 AT 10:00 AM: Everyone has such a great time playing Jeopardy. Would be great to see some new teams formed to take on the last winning team. 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.

STATE REPRESENTATIVE TIM BRIGGS SENIOR EXPO FRIDAY, OCTOBER 18 FROM 11:00 AM TO 1:00 PM. Free blood pressure screening, chair massage, senior programs and various vendors. Luncheon will be served.

HOW TO GET A GOOD NIGHT'S SLEEP: TUESDAY, OCTOBER 22 AT 10:00 AM. Bryn Mawr Hospital – Community Health Services presents program on how to deal with sleep problems.

VALLEY FORGE CASINO: ON WEDNESDAY, OCTOBER 23. The offer for groups is \$15.00 in Slot Play and \$10.00 in Food Credit. This offer does not cost anything but **to take advantage of this offer you must complete registration form available at the Senior Center or on our website at www.umssc.org.** *Valley Services will handle all new and renewal casino memberships (not UMSSC).* Cash or credit card will be accepted by Valley Services. *If you have any questions you can contact Valley Services at 610-354-8118.* Shuttle will depart the center at 9:30 AM and return at 2:00 PM. For those driving, please meet in the Casino lobby between 9:30 AM and 10:00 AM. **CUT-OFF DATE FOR THIS TRIP**

IS WEDNESDAY, OCTOBER 16. Everyone will need a valid photo ID.

MEDICARE PRESENTATION: MONDAY, OCTOBER 28 AT 10:00 AM. Barbara Pollock is a state-trained Medicare Volunteer Counselor. She will be presenting a "Medicare Open Enrollment" session. A question and answer period will allow members to clarify concerns about the Open Enrollment process. Further individual sessions can also be scheduled with Mrs. Pollock.

FROM PHILADELPHIA TO MONACO: GRACE KELLY BEYOND THE ICON: TUESDAY, NOVEMBER 12. Bus departs center at 10:45 AM and departs museum at 3:00 PM. Cost (includes transportation, luncheon and tour): \$45.00 UMSSC members; \$50.00 non-UMSSC members. Exhibit At The Michener Art Museum will present the woman behind the celebrity and trace her extraordinary life journey through some 100 objects and photos drawn from archives dated 1930 to 1970, provided by the Grimaldi Forum Monaco, Prince's Place, Archives du Palais Princier de Monaco and Audiovisual Archives of the Principality of Monaco. We will begin with a luncheon in the museum private dining room followed by the tour. *(Funded in part by the BCA Grant.)* **RESERVATIONS MUST BE MADE BY NO LATER THAN OCTOBER 12!**

COMMUNITY OUTREACH 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?

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 tuna, cereal and pasta.*** 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. ***Please note on the bulletin board a thank you card from Bridgeport teacher, Mary Beth Adiletto. Sounds like our book donations are a big hit with the kids. Let's keep it going!*** Collection box is on the table outside of the lounge. ***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." So far 60 or more blankets have been made and donated. ***Joan Banas has been collecting the squares on behalf of the church and will continue to do so as long as they are being made. Our participating members have a done a great job for a very good cause.***

ACKNOWLEDGEMENTS

GRACIAS! THANKS! DANKE! MERCI! ARIGATO! GRAZIE! OBRIGADO!

★ ***Thank you Tony from Angelo's Pizza*** – for the foot long Birthday Hoagie he donates to the center every month. ★ ***LeBus Bread*** – who donate delicious baked bread every month for the Member Bread Raffle and to ★ ***Sun Joe*** - who generously donates the baked goods we put out for snacks. We also thank ★ ***Sicilian Delight*** for their great discounts on pizza for Friday Flicks!

COMMUNITY HAPPENINGS

UPPER MERION FARMERS' MARKET

The Market is now in its fourth season. Their hours on Saturdays are from 9:00 AM to 1:00 PM. This year's market has grown to include more than 20 vendors committed to providing locally-produced goods to members of the King of Prussia community and its neighboring communities.

COMMUNITY DAY & TRICENTENNIAL PARADE

This event on Saturday, September 7 was a great success for the whole community and the turnout was huge! The weather could not have been nicer. The day began with the Tricentennial Parade which included marching bands and antique cars all headed to Heuser Park. There were many vendors, kids rides, games and

food at the park. UMSSC had a booth manned by a group of member volunteers. Pat D'Antonio was the Committee Chair and his volunteers included members from the UMSSC Sing-Along group and board members (along w/their spouses). Hoagies and drinks were sold to raise funds for the senior center. We also sold chance tickets for our October 9 Fund Raiser and gave out free snacks to the kids. Later in the afternoon our UMSSC Band performed in a short concert. Following are some photos from that day. Enjoy!



Thank you to Pat D'Antonio, all of our volunteers and the UMSSC band for making this day such a great success for the Senior Center!

TRICENTENNIAL EVENTS

TRICENTENNIAL SPEAKER SERIES:

Sunday, October 6 at 2:00pm, Township Building - Freedom Hall. *Revolutionary Campaign GIS Style* - presented by Sean Moir

NEWSWORTHY

THE PARVIN VOLUNTEER OF THE YEAR AWARD PRESENTED

The first ever Parvin Volunteer of the Year Award was presented to Jim and Elaine Parvin at the September General Meeting. This award will be given every year to recognize members who do extraordinary volunteer work at the Center. Jim accepted the award on his behalf and for his wife, Elaine, who was unable to come to the meeting.

Jim and Elaine have until recently maintained our membership records; actually, since the year 2000. Those records were the source of addresses for mailing our Newsletter and getting members to renew their memberships. They have participated in many of our activities and have volunteered to help at many of our special events, such as Community Day, our Flea Market and Craft Fair. Jim has acted as Master of Ceremonies at many of our parties and

he has entertained us all with some of his very funny jokes, much to the chagrin of Elaine.

Therefore, it is only fitting that this award be presented first to its namesakes. We honor and thank them for their *"extraordinary service and dedication to the ideals of our organization and it's members."* Thank you, Jim and Elaine!



President, Mary McCree and past Exec. Director, Harry Bailey present Jim Parvin with the award. Unfortunately, Elaine could not make it to the meeting.

VOLUNTEER HOURS REMINDER

If you do volunteer work, Janet Sheehan, Board Director, would like to remind you to record your hours in the "Volunteer Hours" book located at the Reception Desk.

INTERESTED IN PLAYING BRIDGE?

Lots of interest has been expressed. Watch for more information and dates.

Wii GAMES

We want to get the Wii games out of moth balls! We have a wonderful selection of games such as bowling, golf and baseball. Come in and give it a try. Bring a friend. The Wii is fun and easy to use. If you are interested, please put your name on the sign-up list at the Reception Desk. We plan to start the games in September on Friday afternoons (except on Friday Flick days) from 1:00 PM to 1:45 PM. Beth will be happy to coordinate the games with you.

ACTIVITIES

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

BAND PRACTICE & INSTRUCTION: Every Tuesday, from 1:30 to 2:30 PM the Upper Merion Senior Service Center Band practices under the direction of Ed Hickman. The Band is always looking for new members, if you are interested stop in and see what we are all about. Stop in on a Tuesday at 1:30 PM and check us out.

BINGO: Thursdays at 10:15 AM. Coordinator: Dan DeLuca. Cash prizes!

BOOK TALK: MONDAY, OCTOBER 21 at 1:00 PM. Meets on the 3rd Monday of the month. Coordinator: Patricia Ackah (610.265.4290). This month's book ***"How To Be An American Housewife"* by Margaret Dilloway.** is about the strong pull of tradition, and the lure and cost of breaking free of tradition. Set in California and Japan, it tells the story of Shoko, a Japanese woman who married an American GI as a way of improving her and her family's fortunes, moved with him to the States, and tried to learn how to be a proper American housewife; and her grown daughter Sue, who finds her own life as an American housewife is not at all what her mother would have wanted for her, or even what Sue had hoped for herself.

BRIDGE CLUB: Tuesdays at 10:00 AM.

CHAIR EXERCISE: Tuesdays at 11:30 AM to 12:15 PM and Thursdays from 12:30 PM to 1:15 PM. Coordinator: Jim Parvin. \$3.00 per class.

COMPUTER CLUB: Tuesdays 9:30 AM to 11:30 AM. Coordinators: Herman Natanblut and Howard Lurie. Meetings are open to all *members*, all ability levels. The Computer Club will be glad to answer any technical questions members have. ***COMPUTER INSTRUCTION IS BEING OFFERED. SEE DETAILS UNDER "UPCOMING EVENTS".***

CURRENT EVENTS DISCUSSION GROUP: Mondays at 10:30 AM in the Lounge. Coordinators: Joan Shaw and Paul Buce. The news loop never stops, or even slows down. Come check out what others think of some of the world's goings on, add your perspective.

FRIDAY FLICKS: FRIDAY, OCTOBER 25 (Pizza at 11:15 AM, Movie at 12:00 PM.) Coordinator: Don McCree. Pizza & Movie: \$5.00. Movie Only: \$2.00. ***This month we will be showing "No. 42 – the Jackie Robinson Story" starring Chadwick Boseman and Harrison Ford.*** The life story of Jackie Robinson and his history-making signing with the Brooklyn Dodgers under the guidance of team executive Branch Rickey. *Should be a good one!*

GARDEN CLUB: Meets the second and fourth Wednesday at 1:00 PM. Chairperson: Paul Buce. October 9th will be our annual **"Something from the Garden" Social:** Soup / Salad / Dessert in the kitchen at 1:00. Not a member? No problem. Stop by. We usually have extras and we make it a point to enjoy ourselves.

GENERAL MEMBERSHIP MEETING: Monthly meeting open to all members on the **2nd Wednesday of the month (October 9) at 10:00 AM.** Any member who wants to be put on the agenda at the meeting should contact Mary McCree, President.

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

LIBRARY: Open Monday through Friday from 9:00 AM to 3:00 PM. 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. \$1.00 fee per lesson.

MAH-JONGG: Mondays at 10:00 AM. Coordinator: Lynne Borocho. All level players are welcome. **Come in at 9:30 AM if you are interested in learning Mah-Jongg.**

NURSE: Every 2nd and 4th Thursday of each month from **10:00 AM to 12:00 PM.** Have your blood pressure checked by our favorite Nurse Lori Gnacek from Bryn Mawr Hospital/Main Line Health.

OUTREACH: *Representative Tim Briggs'* aide is here the second Thursday of the month - 11:30 AM to 1:00 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!

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

TRAVEL TALES AND TIPS: Meets on the third Thursday of each month at 11:00 AM. **This month Terry Stevens will share her travel adventures along with slides from her recent trip to Cuba.** Want to talk about one of your trips? Just let coordinator, John Desko, know a month in advance so that information can be put in the newsletter. This

gives interested members an opportunity to see and hear about your trip.

YOGA: Monday's at 1:30 PM. *Video Instruction.* Limited to 8 members per class.

ZUMBA GOLD: Regular sessions will be on Monday's beginning September 23 through November 18 from 12:00-12:45. Cost will be \$20.00 for Upper Merion residents and \$30.00 for non-residents. *Sign-up through Park & Rec. at the township building.*

DID YOU KNOW. . .

HOW TO EXERCISE WITHOUT GETTING OFF THE COUCH? HERE'S AN EXERCISE PROGRAM FOR LAZY PEOPLE.

- Jumping to conclusions.
 - Beating around the bush.
 - Climbing the walls.
 - Passing the buck.
 - Dragging your heels.
 - Pushing your luck.
 - Making mountains out of molehills.
 - Hitting the nail on the head.
 - Running around in circles.
 - Climbing the ladder of success.
 - Opening a can of worms.
 - Starting the ball rolling.
 - Jumping on the bandwagon.
 - Picking up the pieces.
 - Going over the edge.
- And last, but not least: Putting your foot in your mouth!



REMINDERS FOR OCTOBER 2013

ALL MORNING ACTIVITIES WILL BE CANCELLED ON MONDAY, OCTOBER 7 FOR THE "MEET THE CANDIDATES FORUM" AND ALL ACTIVITIES WILL BE CANCELLED ON FRIDAY, OCTOBER 18 FOR THE BRIGGS SENIOR EXPO

- * AARP DRIVER SAFETY COURSE (4-HOUR) TUESDAY, OCTOBER 1 FROM 9:30 AM TO 1:30 PM
- * MEET THE CANDIDATES FORUM: MONDAY, OCTOBER 7 AT 10:00 AM.
- * BASIC ECONOMICS: TUESDAYS AT 1:00 PM – SIX SESSIONS BEGINNING OCTOBER 8
- * COMPUTER CLASSES: TUESDAYS AT 10:30 AM: *OCTOBER 8 - COMPUTER BASICS; OCTOBER 15 - GETTING TO THE INTERNET; OCTOBER 22 - EMAIL AND OCTOBER 29 - WORD PROCESSING.*
- * 3RD BIG BINGO – SATURDAY, OCTOBER 12 AT 11:00 AM. ADVANCE SALES TICKETS: \$20.00 – DAY OF: \$25.00
- * SHOWBOAT CASINO TRIP: MONDAY, OCTOBER 14 AT 9:00 AM
- * JEOPARDY V: WEDNESDAY, OCTOBER 16 AT 10:00 AM
- * TRAVEL TALES AND TIPS: THURSDAY, OCTOBER 17 AT 11:00 AM
- * SENIOR EXPO SPONSORED BY STATE REPRESENTATIVE TIM BRIGGS: FRIDAY, OCTOBER 18 - 11:00 AM
- * BOOK TALK: MONDAY, OCTOBER 21 AT 1:00 PM. THIS MONTH'S BOOK IS: " How To Be An American Housewife" by Margaret Dilloway
- * HOW TO GET A GOOD NIGHT'S SLEEP: TUESDAY, OCTOBER 22 AT 10:00 AM
- * VALLEY FORGE CASINO: WEDNESDAY, OCTOBER 23 AT 9:30 AM. SHUTTLE WILL DEPART THE CENTER AT 9:30 AM AND RETURN AT 2:00 PM. FOR THOSE DRIVING, PLEASE MEET IN THE CASINO LOBBY BETWEEN 9:30 AM AND 10:00 AM
- * FRIDAY FLICKS: FRIDAY, OCTOBER 25 (Pizza at 11:15 AM, Movie at 12:00 PM.) SHOWING "NO. 42 – THE JACKIE ROBINSON STORY"
- * MEDICARE PRESENTATION: MONDAY, OCTOBER 28 AT 10:00 AM. "MEDICARE OPEN ENROLLMENT" PROCESS.

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"

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 September 4 will be posted on the UMSSC Bulletin Boards and listed on UMGA-TV (Comcast Channel 22 or Verizon FIOS Channel 33)
Visit the Center's web site at:
www.umssc.org

UPPER MERION SENIOR SERVICE CENTER
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