



# THE BEST OF TIMES

## APRIL 2017

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**

**431 W. VALLEY FORGE ROAD  
KING OF PRUSSIA, PA 19406**

**TEL: 610-265-4715**

**FAX 610-265-4005**

**WEBSITE: [www.umssc.org](http://www.umssc.org)**

**EMAIL: [info@umssc.org](mailto: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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#### **"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 Friends,

April is right around the corner and our Flea Market and Bake Sale is coming soon.

The Flea Room is now open for donations and shopping on Mondays through Thursdays from 9:30 AM to 1:30. Our Flea Market and Bake Sale is on Saturday April 22 from 9 AM to 2 PM. Spaces are available for \$20. We hope you will join us for shopping and lunch. Donated cakes will be accepted on Friday April 21. Sugar free also accepted.

Join us for "Cooking with Pari" on Monday April 10 at 12:00 PM. - cost is only \$8. Pari will be preparing French Crepes.

Friday April 28, we will have our "Unwined and Paint" Party with Sanford Molinaro. Participation cost is \$20 which includes all necessary supplies. Sign up and pay in the staff office.

A trip to the Barnes Museum is planned for Thursday April 20. Admission is \$15. Bus cost is not determined as yet. More information in the attached newsletter.

Main Line Health will have presentation on Wednesday April 26 at 1:30 PM on "Breast Cancer".

The Center is closed on Friday April 14 (Good Friday) and Monday April 17 (Easter Monday).

*As always, come spend some time with us and remember to always say something nice about UMSSC.*


Happy Passover and Happy Easter!

*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***

# APRIL 2017



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 APRIL FOOL'S DAY
2  NAT'L PB&J DAY	3 9:30 FLEA ROOM OPEN 9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA (VIDEO)	4 9:30 FLEA ROOM OPEN 9:30 COMPUTER CLUB 9:30 POKER 10:00 BRIDGE 11:30 CHAIR EXERCISE 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/ CROCHETING	5 9:30 FLEA ROOM OPEN 9:30 WEDNESDAY CARD PLAYERS 10:00 BOARD MEETING 12:00 TAI CHI (VIDEO) 12:00 BREAD DAY 12:30 CANASTA 1:00 LINE DANCING	6 9:30 FLEA ROOM OPEN 10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 BINGO 12:00 BREAD DAY 12:30 CHAIR EXERCISE	7 10:00 SING-A-LONG 11:30 FRIDAY FLICKS	8
			NAT'L GO FOR BROKE DAY	NAT'L CARAMEL POPCORN DAY	NAT'L COFFEE CAKE DAY	
9 PALM SUNDAY	10 9:30 FLEA ROOM OPEN 9:30 MAH-JONGG 10:30 CURRENT EVENTS 12:00 COOKING WITH PARI 1:30 YOGA (VIDEO)  PASSOVER BEGINS AT SUNDOWN	11 9:30 FLEA ROOM OPEN 9:30 COMPUTER CLUB 9:30 POKER 10:00 BRIDGE 11:30 CHAIR EXERCISE 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/ CROCHETING	12 9:30 FLEA ROOM OPEN 9:30 WEDNESDAY CARD PLAYERS 10:00 GENERAL MEETING 12:00 BREAD DAY 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 GARDEN CLUB 1:00 LINE DANCING	13 9:30 FLEA ROOM OPEN 9:30 NURSE 10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 BINGO 11:00 OUTREACH-BRIGGS 12:00 BREAD DAY 12:30 CHAIR EXERCISE	14 SENIOR CENTER CLOSED FOR GOOD FRIDAY HOLIDAY	15
		NAT'L PET DAY	NAT'L GRILLED CHEESE SANDWICH DAY	NAT'L SCRABBLE DAY		
16  EASTER	17 SENIOR CENTER CLOSED FOR EASTER HOLIDAY	18 9:30 FLEA ROOM OPEN 9:30 COMPUTER CLUB 9:30 POKER 10:00 BRIDGE 11:30 CHAIR EXERCISE 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/ CROCHETING	19 9:30 FLEA ROOM OPEN 9:30 VALLEY FORGE CASINO 9:30 QUILTING 9:30 WEDNESDAY CARD PLAYERS 12:00 BREAD DAY 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 LINE DANCING	20 9:30 BARNES MUSEUM TRIP 9:30 FLEA ROOM OPEN 10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 BINGO 12:00 BREAD DAY 12:30 CHAIR EXERCISE	21 10:00 SING-A-LONG	22 ANNUAL UMSSC FLEA MARKET 9:00 AM TO 2:00 PM
		NAT'L CHEESEBALL DAY		NAT'L LOOK ALIKE DAY		EARTH DAY
23 30	24 9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:00 BOOK TALK 1:30 YOGA (VIDEO)  HOLOCAUST REMEMBRANCE DAY	25 9:30 COMPUTER CLUB 9:30 POKER 10:00 PINOCHLE 10:00 BRIDGE 11:30 CHAIR EXERCISE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/ CROCHETING	26 9:30 WEDNESDAY CARD PLAYERS 12:00 BREAD DAY 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 LINE DANCING 1:30 MLH PRESENTATION "BREAST CANCER"	27 9:30 NURSE 10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 BINGO 11:30 OUTREACH LEACH 12:00 BREAD DAY 12:30 CHAIR EXERCISE	28 10:00 SING-A-LONG 12:00 UNWINED & PAINT PARTY	29
		NAT'L HUG A PLUMBER DAY		NAT'L TELL A STORY DAY	NAT'L BLUEBERRY PIE DAY	

## OUR BOARD OF DIRECTORS



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### UPCOMING EVENTS

**COOKING WITH PARI MONDAY, APRIL 10 AT 12:00 PM - cost: \$8.00.** Pari Hoorfar will be making French Crepes with recipes for a variety of fillings. Learn to make crepes and enjoy eating what Pari prepares. Minimum of 10 people.

**VALLEY FORGE CASINO WEDNESDAY, APRIL 19 (Cut-off date MON. APR 17) 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](http://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.**

**BARNES MUSEUM THURSDAY, APRIL 20.** The Excursions Committee has organized a visit to the fabulous collection of impressionist period art. The bus will leave the Senior Center at 9:30 AM and leave the Barnes at 2:30 for the return to Center. Admission to the museum is \$15.00. Cost of the bus ride is not definitely known at press time, but will be approximately \$24.00. For lunch there is a restaurant

and a snack bar inside the Barnes and there are restaurants nearby. If you would like to join us, use one of the sign-up sheets in the lobby.

**FLEA ROOM IS OPEN:** 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 (NOT OPEN ON FRIDAY'S)**. 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!

**20<sup>th</sup> ANNUAL FLEA MARKET & BAKE SALE - SATURDAY, APRIL 22 FROM 9:00 AM TO 2:00 PM (RAIN OR SHINE – HELD INDOORS)** Table space: **\$20.00** (8'x4' space – bring your own table & chair). Sell your unwanted "treasures" or donate to Senior Center. cash prizes –refreshments for sale and more! *(Bake sale proceeds benefit Senior Center)*

**WEDNESDAY, APRIL 26 AT 1:30 PM:** Main Line Health Presentation on Breast Cancer Awareness. Please sign-up at reception desk.

**FRIDAY, APRIL 28 AT 12:00 PM: UNWINED & PAINT PARTY with Sanford Molinaro.** Paid participation of \$20.00 includes instruction, canvas, paint supplies, snacks. *Paint your way into Spring! Always a lot of fun!* Sign up and pay in the staff office.

**GROUNDS FOR SCULPTURE THURSDAY, MAY 11.** The trip to a park-size garden graced with an amazing variety of sculptures. The cost of admission is \$12.00, plus the cost of the bus. We will leave the Center at 10:00 AM. Lunch can be had on-site at a snack bar, cafeteria or restaurant. Sign up forms are in the lobby.

### 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.***

★ Pari Fard made a donation to the Center.

★ Cindy & Dan Eastman made a donation to the Center.

★ Cindy & Dan Eastman, Mary & Don McCree and Dot Morio made donations to the Center in memory of Ed Wenger's wife, Loretta.

★ Cindy & Dan Eastman and Ann & Brian Lister and Don & Mary McCree made donations to the UMSSC Band in memory of Larry Kelly.

### **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.* ★ *Special thanks go to the Upper Merion Township Library for all they do for the Senior Center - large print books and Friday Flicks.*



## **COMMUNITY OUTREACH**

### **UPPER MERION EMERGENCY AID**

More families are in need than ever before. Our donation box is in the lobby. ***They have requested donations of boxed Potatoes (mashed, scalloped au gratin, etc.) boxed Macaroni and Cheese and boxed Stuffing, Spaghetti Sauce, Chicken Broth and Soup, Canned Pasta (Chef Boyardee), Tuna and Fruits and Vegetables. Peanut Butter & Jelly, Turkey Gravy, Cereal and laundry detergents. All donations are appreciated.***

### **PUT BOOKS IN THE HANDS OF CHILDREN WHO NEED THEM**

Book donations to the Bridgeport Elementary School children (grades K-4<sup>th</sup>) 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.

Joan is very happy to report that ***60 blankets were donated in 2016.*** They are much appreciated by the recipients. Many thanks to our knitters and keep up the good work!

### **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**

### **WHAT'S HAPPENING AT THE UM TOWNSHIP LIBRARY IN MARCH**

**Spring book Discussion** series 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, Not the usual: unexpected acts of exploration and resistance. The program dates and titles are:

**April 9-**The Moviegoer, by Walker Percy

**April 23-**The Storied Life of A.J. Fikry, by Gabrielle Zevin

**May 7-**The Sellout, by Paul Beatty

**May 21-**The Nightingale, by Kristin Hannah

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

**Tech Night on Monday, April 3 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.

**Adult Coloring Night on Monday, April 10 at 2:00 pm and 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!!

**Knit Nite: Monday, April 24 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.

**Book Sale on April 21, 22, 23 and 24:** Save the planet and support the library at the same time! Our Used Book Sale will have hundreds of children's and adult books on sale for great prices in Freedom Hall of the Township Building. Please call us or check our website for more details.

Friday, April 21: 6 pm to 8 pm (preview sale)

Saturday, April 22: 10 am to 5 pm

Sunday April 23: 1 to 4:30 pm

Monday, April 24: 9 am to 12 noon

**Money Smart Week at the library:**

**How Money Works (Money 101) April 24 Monday, April 24 at 7:00 pm** :This seminar will cover financial basics including the Rule of 72, mutual funds, the 3 Ds of successful investing, paying off your debt in the best possible manner, credit card traps and life insurance policies.

**Debt Concepts Tuesday, April 25 at 7:00 pm** :

This presentation focuses on how credit really works, and how your credit score is determined. It also covers how to apply debt stacking to eliminate debt quickly, and the long term costs associated with consumer debt. There are also tips given on how to stay out of debt.

**Budgeting and Lowering Expenses Wednesday, April 26 at 7:00 pm** Is there more month at the end of your money? Learn some great ideas on how to create and stay within a budget. You can also get some practical tips on lowering expenses that can make a huge difference in the long run. This is must-know information for most families.

**Home buying Wednesday, April 26 at 7:00 pm** Looking to buy a home soon? Don't know how to start? Learn some do's and don'ts on how to prepare ahead of time. Acquire some great tips on how much you

need saved, your ideal credit score and much more. Ideal for a first time home buyer or if you haven't bought in many years.

**Don't miss Dr. Steve's presentation, Gardening workshops series and many great programs in May.**

**SAVE THE DATE:** Money Smart week April 24 through April 28. All seminars focused on money and finance. Mega Book Sale. Check our website for more details.

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), tel:[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.

### **FARMERS MARKET**

Beginning mid-May the open-air farmers market at Upper Merion Township welcomes consumers every Saturday from 9:00 am to 1:00 pm and will remain open until Thanksgiving. The farmers market is located at the Upper Merion Township Building on Valley Forge Road in King of Prussia, Pennsylvania.

### **NEWSWORTHY**

#### **CALL FOR VOLUNTEERS**

Are you interested in volunteering at the Senior Center? Here is a chance to get involved with *your* organization. We hold many events that require some extra hands to run successfully and we look to our membership to help out.

We could use volunteers to help out at our Annual Flea Market on April 22. This could involve selling baked goods or chance tickets or helping out in our Flea Room.

In May, we have a Tea Social and would need volunteers to help decorate and set up, serve food or help with clean up.

The senior center membership has really grown since we moved, but it seems we are always turning to the same members to help out. Therefore, we would especially like to see some of our newer member volunteer. If you do have the time to volunteer please give your name to Shirley in the office.

## **THANK YOU TO OUR "BIG BINGO" VOLUNTEERS**

On Saturday, March 25 we held our annual BIG Bingo game. This event was made possible through a great group of volunteers led by Chairperson, Helen Cabrey: Judy Narke, Joan Banas, Jean Ehlinger, Henry Conrad, Paul Buce, Janet Sheehan, Roseanne Scully, Howard Rosenblum, Linda Birochak, Don & Mary McCree, Cindy Eastman Sarah Phillips and Lucy Damiani. Also volunteering were two high school students, Riley Burke and her friend Brianna. **Thank you** all for helping to make our BIG Bingo the success that it was!



## **LOTTERY BASKET DONATIONS**

Thank you to the following for donating towards our lottery "wreath": Jane Burger, Helen Cabrey, Cindy Eastman, Victoria Harner, Toni Herrick, Ann Leahan,

Ann Lister, Mary & Don McCree, Judy Narke and Roseanne Scully.

## **IMPORTANT NOTICE REGARDING AARP 2016 TAX PREPARATION**

AARP Foundation Tax-Aide offers free tax preparation to anyone of any age - especially if you are 50 or older or can't afford paid tax preparation. The locations for this service have changed. ***They will not be at the Upper Merion Senior Service Center this year.***

Below is the list of locations offering this service:

- 1) Wayne Senior Center: For appointment 610-688-6246 on Tuesdays, Thursdays and Fridays.
- 2) Surrey Services for Seniors: For appointment 610-647-6404 on Fridays.
- 3) Easttown Library: for appointment 610-644-0138 Mondays and Tuesdays.
- 4) State Rep. Kampf's Office: for appointment 610-251-2876 on Wednesdays only.
- 5) Springfield Township Library: for appointment 215-836-5300 on Thursdays only
- 6) Ambler Senior Center: for appointment 267-469-0101 on Tuesdays only.

For additional information: [www.pataxaide.org](http://www.pataxaide.org)

## **LET'S PLAY PINOCHLE!**

The Pinochle group is looking for members interested to play any of the following:

- Players for Single Deck Pinochle
- Players for Beginner Instructions
- Players to refresh skills

They have a good size, fun group who meet every Tuesday at 12:30 PM. Why not give it a try?

## **CHECK OUT OUR CRAFT ROOM**

We have bright, pretty new items available at low prices perfect for gift giving. Our door is always open. If we are not there - the honor system is okay. MEMBERS: Do you have a hobby? Want to start a new hobby? Besides knitting, crocheting and quilting, we have plastic canvass to work with. If you have questions about sewing or operating your sewing machine, we can help. *Pat Ackah or Ethel Hutchinson.*

## **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.***

## **KEEPING SENIORS INFORMED**

### **THE MAGIC OF WATER**

Just because you don't feel thirsty doesn't mean your body doesn't need water. The thirst mechanism is not one of the best regulating mechanisms of the body. It tends to lag behind when you do feel thirsty, the brain is reminding you that your body fluids need water.

About 60% of your body is water. Blood accounts for only about 4% with about 7% in other body fluids. The rest is spread throughout your body. It is in your cells and between cells, in your eyeballs, in your spinal column and in other body organs.

System wide distribution doesn't occur as soon as you drink a glass of water. The effects occur after the water enters the gastrointestinal tract and crosses the intestinal wall. Then the water begins moving into the blood and plasma changing the proportion of essential salts dissolved in the blood. The balance between the body fluids and these salt particles tell your brain just how dry you are. The brain gives your body some signals that help you tell if your body is adequately hydrated. Two recognizable signals are increased saliva flow and urine the color of pale yellow.

Water is lost from the body in several ways. You know about urine, but some other ways are less obvious. Loss occurs with perspiration which you are aware of but also from the skin called invisible loss, meaning you are not aware of it. For every breath we exhale we lose a little water. (Remember in cold weather when you can "see" your breath?) Some less obvious signals that we need water include feeling out of sorts, wanting something but not knowing what, a little tired, on edge, slightly headachy or feeling hungry.

Even when your thirst mechanism is working it usually won't tell you to drink all you need. Most people replace only about 50-75% of the water they lost. You need to keep drinking well past the feeling of being thirsty. The usual recommendation is to drink 6-8 glasses a day. Start drinking it as soon as you get up and continue throughout the day. Drink a larger number of glasses if you are very active and perspire a lot. (Note: if for health reasons your doctor has given you restrictions, please follow his recommendations.)

Water is what keeps us going. It is your body's transport system for delivering what is needed - oxygen and nutrients. Water helps regulate your internal body temperature to avoid a melt-down when environmental temperatures are high or when you have prolonged exertion or a high fever. Water helps cushion the joints by filling both the cells and the

intercellular spaces. Adequate water helps the kidneys do their job.

To encourage you to drink plenty of water, think of the many benefits and values of water. Water keeps skin looking good. It carries away waste products. It facilitates needed chemical reactions in the body. It lubricates joints to keep body motion smooth and painless. It is the best replacement for lost fluid. It is readily available and is free or inexpensive. Best of all - it has no calories. *(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!

**BOOK TALK: Monday, April 24 at 1:00 PM.** Meets on the 3<sup>rd</sup> Monday of the month. Coordinator: Patricia Ackah. This month's book: **"HOUSEMAIDS DAUGHTER" by Barbara Mutch**, a story of love and duty colliding on the arid plains of Apartheid-era South Africa.

**NOTE NEW TIME - BRIDGE CLUB: Tuesdays at 10:00 AM in the Lounge.** All bridge players welcome!

**CANASTA: Wednesday's at 12:30.** 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 April 7.** *(Please wait in the lounge area until Pizza at 11:30 AM, Movie at 12:15 PM)* Coordinator: Don McCree. Pizza: \$3.00. Movie: Free. Showing ***This month, we will show "Jackie" starring Natalie Portman.*** The film follows Jackie Kennedy in the days when she was First Lady in the White House and her life following the assassination of her husband, President John F. Kennedy, in 1963. It is partly based on Theodore H. White's *Life* magazine interview with the widow at Hyannis Port, Massachusetts

**GARDEN CLUB: Meets the Second and Fourth Wednesday at 1:00 PM.** Coordinator: Paul Buce. The club will meet on the second and fourth Wednesday afternoons. Welcome to spring? Well, the calendar and Flea Market say it is. This month we will have our regular meeting on the 12th, followed by our participation at the Flea on the 22nd. If anyone has surplus plants or gardening items, give us a shout and we'll sort them to use on the patio or for sale at the Flea Market. Thanks, and see you at the Flea Market.

**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 ***April 12.*** Learn what is going on at the senior center and join us to celebrate **April** 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.** 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.

**NEW TIME NURSE: Every 2nd and 4th Thursday of each month from 10:15 AM to 12:45 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. Everyone has fun!

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

**ZUMBA GOLD WITH GENI AND FRIENDS: Classes on Mondays through May 22 at the Community Center. No class APRIL 17. Register for Zumba Gold through Park and Rec Dept.** Instructor: Geni Roskos. All the fun of Zumba designed for the 50+ participant and anyone desiring modifications -a less intense but still invigorating Latin dance fitness class. COST: Resident: \$16, Non-Resident: \$31.



**UPPER MERION SENIOR SERVICE CENTER**  
 431 W. VALLEY FORGE ROAD KING OF PRUSSIA, PA 19406

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TO:

**REMINDERS FOR APRIL 2017**

**SENIOR CENTER WILL BE CLOSED ON FRIDAY, APRIL 14 FOR GOOD FRIDAY HOLIDAY AND MONDAY, APRIL 17 FOR EASTER HOLIDAY**

- \* FRIDAY FLICKS: FRIDAY, APRIL 7 AT 11:15 AM. SHOWING THIS MONTH: "JACKIE" STARRING NATALIE PORTMAN
- \* COOKING WITH PARI MONDAY, APRIL 10 AT 12:00 PM COST: \$8.00 - "FRENCH CREPES"
- \* GENERAL MEETING: WEDNESDAY APRIL 12, 2017 AT 10:00 AM
- \* VALLEY FORGE CASINO WEDNESDAY, APRIL 19 AT 9:30 AM. *MUST REGISTER TO GET THE GROUP OFFER OF \$20.00 IN SLOT PLAY. CUT OFF DATE MONDAY APRIL 17*
- \* BARNES MUSEUM THURSDAY, APRIL 20 AT 9:30 AM. ORGANIZED BY EXCURSION GROUP TOUR OF COLLECTION OF IMPRESSIONIST PERIOD ART. ADMISSION \$15.00 PLUS COST OF BUS (APPROX. \$24.00)
- \* 20<sup>TH</sup> ANNUAL FLEA MARKET SATURDAY, APRIL 22 FROM 9:00 AM TO 2:00 PM
- \* BOOK TALK MONDAY APRIL 24 AT 1:00 PM. THIS MONTH'S BOOK IS "HOUSEMAIDS DAUGHTER" BY BARBARA MUTCH
- \* MAIN LINE HEALTH PRESENTATION ON BREAST CANCER AWARENESS WEDNESDAY, APRIL 26 AT 1:30 PM
- \* EXCURSIONS GROUP BARNES MUSEUM: THURSDAY, APRIL 20 BUS LEAVES SENIOR CENTER AT 9:30 AM AND LEAVES THE BARNES MUSEUM AT 2:30 PM. COST \$15 PLUS COST OF BUS
- \* UNWINED & PAINT PARTY WITH SANFORD MOLINARO - FRIDAY, APRIL 28 AT 12:00 PM
- \* GROUNDS FOR SCULPTURE THURSDAY, MAY 11. ORGANIZED BY EXCURSION GROUP TOUR PARK-SIZE GARDEN GRACED WITH AMAZING VARIETY OF SCULPTURES. ADMISSION \$12.00 PLUS COST OF BUS

***INCLEMENT WEATHER & SENIOR CENTER CLOSINGS:***

**CALL SENIOR CENTER FIRST AFTER 7:30 AM (610-265-4715) AND LISTEN TO VOICE MAIL RECORDING**



**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](http://www.gvftma.com)

**Note:**  
 Information submitted following MARCH 1 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](http://www.umssc.org)