

The Best of Times

SEPTEMBER 2026



UPPER MERION SENIOR SERVICE CENTER

431 W. VALLEY FORGE ROAD

KING OF PRUSSIA, PA 19406

TELE: 610-265-4715

On the web at www.umssc.org

 <https://www.facebook.com/umssc.org/>

September has rolled around again. Time to celebrate Labor Day, an annual public holiday that honors the social and economic achievements of workers. Originating in the late 19th century during the Industrial Revolution, it celebrates the labor movement's fight for fair wages, safe conditions, and the standard eight-hour workday. All of us have benefited from those advances and protections in our working lives.

We have scheduled several special presentations for September and throughout the upcoming months. Check the calendars and plan to attend. The General Meeting is Wednesday, September 9th. Please sign up and remember that you must attend the meeting to be invited to enjoy lunch.

September is our first call for the upcoming elections for Board positions. Please consider helping to shape the organization by volunteering to become a member of the Board. Our current members selflessly offer their time to make possible many of our current activities and spearhead our fundraising efforts. I thank them for their commitment to the Senior Center and our members.

Don't forget, September 13th is *Grandparents Day*. I hope you can celebrate the day with those grandchildren. Hope to see you around the Center. Happy Labor Day.

Sharon Brzoska, President

WHAT'S HAPPENING AT THE CENTER

Please refer to the monthly calendar for all **SEPTEMBER** activities. Contact anyone in the office if you have questions. For activities conducted or available on **Zoom**, please call the office and provide your email address to receive the zoom link. **THE SENIOR CENTER WILL BE CLOSED FOR LABOR DAY ON FRIDAY, SEPTEMBER 4 AND MONDAY SEPTEMBER 7. WE WILL ALSO BE CLOSED ON MONDAY, SEPTEMBER 21 FOR YOM KIPPUR.**

2026 UPCOMING SPECIAL EVENTS

OCTOBER

- Thursday, October 1 Start of 8-week Healthy Steps in Motion
- Tuesday, October 6 (Board Mtg.)
- Monday, October 19 Peppers Give Back Day 4:00-9:00 PM
- Wednesday, October 21 Boscov's Days
- Thursday, October 22 Colebrookdale Autumn Splendor Historic Train Ride & Lunch, Boyertown PA via Carpool

PEDIATRIC DENTISTRY

Jay Goldsleger, DDS
Scott Goldsleger, DDS
Natalie De Barros, DMD
Marc Virtue, DDS
David Kim, DMD
Robyn Inker, DMD



GENERAL DENTISTRY

Larry Schlarb, DMD
Skip Hoerz, DMD
Ama Soleye, DMD
Andrew Rush, DMD
Kristine Rushby, DMD

ORTHODONTICS

Bryan Ruda, DMD
Erin Bauerle, DMD

ENDODONTICS

Serena Colletti, DMD

610/337-2325 Fax 610/337-3863
www.uppermeriondental.com

SEPTEMBER 2026 GOODBYE SUMMER - HELLO FALL

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 9 -3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:45 FUN & FITNESS 12:45 PINOCHLE 12:45 BAND PRACTICE 4:30-7:00 EVENING GAMES	2 9-3 WALK THE TRACK 9:45 MEDITATION 12:00 CELLPHONES MADE SIMPLE (CANCELLED) 12:30 CANASTA 12:30 LINE DANCING 1:00-3:00 BOCCE 1:00-3:00 OPEN GAME ROOM	3 9-3 WALK THE TRACK 10:15 BINGO 11:45 FUN & FITNESS 1:00-3:00 OPEN GAME ROOM	4 SENIOR CENTER CLOSED FOR LABOR DAY HOLIDAY	5
6 	7 SENIOR CENTER CLOSED 	8 9 -3 WALK THE TRACK 10:00 BOARD MEETING 10:00-11:30 RUMMIKUB 11:45 FUN & FITNESS 12:45 PINOCHLE 12:45 BAND PRACTICE 4:30-7:00 EVENING GAMES (CANCELLED)	9 11:30 GENERAL MEETING AND LUNCHEON YOU MUST ATTEND THE MEETING TO ATTEND THE LUNCHEON ALL ACTIVITIES CANCELLED	10 9-3 WALK THE TRACK 9:45-12 NURSE (CANCELLED) 10:15 BINGO 11:45 FUN & FITNESS 12:45 CHANGING PERCEPTIONS OF SUSTAINABILITY & LOW WASTE LIVING 1:00-3:00 OPEN GAME ROOM	11 9-3 WALK THE TRACK 9:15 CHAIR YOGA 9:45-11:45 OPEN GAME ROOM 1:00 TRIVIA PATRIOT DAY	12 ROSH HASANAH 
13 	14 9-3 WALK THE TRACK 11:00 CURRENT EVENTS (ALSO ZOOM) 11:45-3 ART GROUP 12:30 MEXICAN TRAIN 1:00 BOOK TALK 1:00 POKER 1:45-3:00 TAI-CH PETRUCCI'S GIVE BACK NIGHT 6:00-8:30	15 9 -3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:45 FUN & FITNESS 12:45 PINOCHLE 12:45 BAND PRACTICE 4:30-7:00 EVENING GAMES	16 9-3 WALK THE TRACK 9:45 MEDITATION NEW 10:00-12:00 MAH JONGG 12:00 CELLPHONES MADE SIMPLE (CANCELLED) 12:30 CANASTA 12:30 LINE DANCING 1:00-3:00 BOCCE 1:00-3:00 OPEN GAME ROOM	17 9-3 WALK THE TRACK 10:15 BINGO 11:45 FUN & FITNESS 12:45 UNDERSTANDING MEDICARE PRESENTATION 1:00-3:00 OPEN GAME ROOM	18 9-3 WALK THE TRACK 9:15 CHAIR YOGA (CANCELLED) 9:45-11:45 OPEN GAME ROOM 1:00 TRIVIA	19 UM COMMUNITY CENTER OPEN HOUSE 9:00-1:00
20	21 UMSSC CLOSED FOR YOM KIPPUR 	22 9 -3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:45 FUN & FITNESS 12:45 PINOCHLE 12:45 BAND PRACTICE 4:30-7:00 EVENING GAMES FIRST DAY OF AUTUMN 	23 9-3 WALK THE TRACK 10-11 SEPTA KEY CARDS NEW & RENEWAL APPOINTMENT REQUIRED 10:00-12:00 MAH JONGG 12:00 CELLPHONES MADE SIMPLE (CANCELLED) 12:30 CANASTA 12:30 LINE DANCING 1:00-3:00 BOCCE 1:00-3:00 OPEN GAME ROOM SAL'S TRATTORIA GIVE BACK DAY 11:00 AM - 9:00 PM	24 9-3 WALK THE TRACK 10:15 BINGO 10:30 PINES THEATER EXCURSION 11:45 FUN & FITNESS 1:00 QUILTING 1:00-3:00 OPEN GAME ROOM	25 9-3 WALK THE TRACK 9:15 CHAIR YOGA (CANCELLED) 9:45-11:45 OPEN GAME ROOM 1:00 TRIVIA	26
27	28 9-3 WALK THE TRACK EVENTS(ALSO ZOOM) 11:45-3 ART GROUP 12:30 MEXICAN TRAIN 1:00 POKER 1:45-3:00 TAI-CH	29 9 -3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:45 FUN & FITNESS 12:45 PINOCHLE 12:45 BAND PRACTICE EVENING GAMES (CANCELLED) 4:00-6:00 Band Concert followed by hors d'oeuvres	30 9-3 WALK THE TRACK 10:00-12:00 MAH JONGG 12:00 CELLPHONES MADE SIMPLE (CANCELLED) 12:30 CANASTA 12:30 LINE DANCING 1:00-3:00 BOCCE 1:00-3:00 OPEN GAME ROOM			

OCTOBER 2026 TENTATIVE AS OF 8/20

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TENTATIVE AS OF 8/20 SUBJECT TO CHANGE				1 9-3 WALK THE TRACK 10:15 BINGO 11:45 FUN & FITNESS 10:00-12:00 FLU SHOTS 1:00-3:00 OPEN GAME ROOM 1:00 HEALTHY STEPS IN MOTION week 1 sign up in advance required	2 9-3 WALK THE TRACK 9:15 CHAIR YOGA 9:45-11:45 OPEN GAME ROOM 1:00 TRIVIA	3 
4 	5 9-3 WALK THE TRACK 9:30-3:00 VF HOMESTEAD QUILTERS (PRIVATE) 11:00 CURRENT EVENTS (ALSO ZOOM) 11:45-3 ART GROUP 12:30 MEXICAN TRAIN 1:00-3:00 POKER 1:45-3:00 TAI CHI	6 9 -3 WALK THE TRACK 10:00 BOARD MEETING 10:00-12:00 FLU SHOTS 10:00-11:30 RUMMIKUB 11:45 FUN & FITNESS 12:45 PINOCHLE 12:45 VISITING ANGELS PRESENTATION 4:15-7 EVENING GAMES UM NATIONAL NIGHT OUT	7 9-3 WALK THE TRACK 9:45 MEDITATION 10:00-12:00 MAH JONGG 12:00 CELLPHONES MADE SIMPLE 12:30 CANASTA 12:30 LINE DANCING 1:00-3:00 BOCCE 1:00-3:00 OPEN GAME ROOM	8 9-3 WALK THE TRACK 9:45-12 NURSE 10:15 BINGO 11:45 FUN & FITNESS 1:00-3:00 OPEN GAME ROOM 1:00 HEALTHY STEPS IN MOTION week 2	9 9-3 WALK THE TRACK 9:15 CHAIR YOGA 9:45-11:45 OPEN GAME ROOM 1:00 TRIVIA	10 
11 	12 9-3 WALK THE TRACK 11:00 CURRENT EVENTS(ALSO ZOOM) 11:45-3 ART GROUP 12:30 MEXICAN TRAIN 1:00 BOOK TALK 1:45-3:00 TAI CHI	13 9 -3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:45 FUN & FITNESS 12:45 PINOCHLE 12:45 BAND PRACTICE 4:30-7 EVENING GAMES US NAVY BIRTHDAY	14 9-3 WALK THE TRACK 10:00-12:00 MAH JONGG 12:30 CANASTA 12:30 LINE DANCING 1:00-3:00 BOCCE 1:00-3:00 OPEN GAME ROOM	15 9-3 WALK THE TRACK 10:15 BINGO 11:45 FUN & FITNESS 1:00-3:00 OPEN GAME ROOM 1:00 HEALTHY STEPS IN MOTION week 3	16 9-3 WALK THE TRACK 9:15 CHAIR YOGA 9:45-11:45 OPEN GAME ROOM 1:00 TRIVIA	17 
18 	19 9-3 WALK THE TRACK 11:00 CURRENT EVENTS(ALSO ZOOM) 11:45-3 ART GROUP 12:30 MEXICAN TRAIN 1:00 POKER 1:45-3:00 TAI CHI PEPPERS GIVE BACK NIGHT-4:00-9:00 PM	20 9 -3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:45 FUN & FITNESS 12:45 PINOCHLE 12:45 BAND PRACTICE 4:30-7 EVENING GAMES	21 9-3 WALK THE TRACK 9:45 MEDITATION 10:00-12:00 MAH JONGG 12:00 CELLPHONES MADE SIMPLE 12:30 CANASTA 12:30 LINE DANCING 1:00-3:00 BOCCE 1:00-3:00 OPEN GAME ROOM BOSCOV FRIENDS HELPING FRIENDS DAY	22 9-3 WALK THE TRACK 10:15 COLEBROOKDALE RR EXCURSION 10:15 BINGO 11:45 FUN & FITNESS 1:00-3:00 OPEN GAME ROOM 1:00 QUILTING 1:00 HEALTHY STEPS IN MOTION week 4	23 9-3 WALK THE TRACK 9:15 CHAIR YOGA 9:45-11:45 OPEN GAME ROOM 1:00 TRIVIA	24 
25 	26 9-3 WALK THE TRACK 11:00 CURRENT EVENTS(ALSO ZOOM) 11:45-3 ART GROUP 12:30 MEXICAN TRAIN 2:00-3:00 TAI CHI	27 9 -3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:45 FUN & FITNESS 12:45 PINOCHLE 12:45 BAND PRACTICE 4:30-7 EVENING GAMES	28 9-3 WALK THE TRACK 10:00-12:00 MAH JONGG 12:30 CANASTA 12:30 LINE DANCING 1:00-3:00 BOCCE 1:00-3:00 OPEN GAME ROOM	29 9-3 WALK THE TRACK 10:15 BINGO 11:45 FUN & FITNESS 1:00-3:00 OPEN GAME ROOM 1:00 HEALTHY STEPS IN MOTION week 5	30 9-3 WALK THE TRACK 9:15 CHAIR YOGA 9:45-11:45 OPEN GAME ROOM 1:00 TRIVIA	31 HAPPY HALLOWEEN 

COMPASS



We are proud to have
successfully closed
75+ transactions in
Upper Merion School
District **since 2020**



Laura Hewitt & Bill Deery
610-400-5951 484-752-0730

Your local real estate experts,
neighbors and Upper Merion alumni.

Scan this code to learn how our
sellers earned top dollar; **We will**
front you \$\$\$, interest free to
maximize your profit.

"WE MAKE MOVING EASY!"



610-947-0408 ask for Bill Deery
BillDeery.net LauraHewitt.com

NOVEMBER

- Tuesday, October 6 (Board Mtg.)
- Saturday, , November 7 Fall Craft Show & Bake Sale
- Wednesday, November 11 Veterans' Breakfast
- Friday, November 13 Chriskindlmarkt, Bethlehem, PA Bus Trip
- Sunday, November 15 Fall Big Bingo
- Wednesday, November 18 (General Meeting)
- Wednesday, November 25 Thanksgiving Weekend - CLOSED
- Thursday, November 26 Thanksgiving Weekend - CLOSED
- Friday, November 27 Thanksgiving Weekend - CLOSED

CALL FOR NOMINATIONS

This is the first call for nominations for 2027 elections of UMSSC Officers and Board Directors. We will be electing members for President, Vice President, Secretary and Treasurer (one year terms) and Board of Directors (three year terms). Please submit your suggestions for qualified candidates to the *Nominating Committee: Peggy Ford or Shirley Robey*. "Submit" means you have spoken with the person you want to nominate to get their consent. Once you have their consent please fill out a nomination form (attached, or available at the center or on the UMSSC website under "forms") and have it signed by the person you are nominating. *Please give this important election some thought* over the next few months and in the Fall we will be accepting your nominations.

Bacchi Funeral Home & Crematory, Ltd.

805 DeKalb Street • Bridgeport, PA 19405

610-272-1941 • Fax: 610-278-6683

www.bacchifh.com • info@bacchifh.com

Heather M. Hughes, Supervisor



Szpindor-Meyers Funeral Home, P.C.

101 North Park Avenue • Trooper, PA 19403

610-539-8010 • Fax: 610-635-0284

www.meyersfh.com • info@smfhpc.com

James T. Meyers, Supervisor



TIM BRIGGS PA 149th
STATE REPRESENTATIVE

Property Tax/Rent Rebate
FREE Notary Services
Apply/Renew Senior SEPTA Pass

610-768-3135
All services require an appointment. Please call to schedule.

WWW.REPBRIGGS.COM

   @REP TIMBRIGGS

IMPORTANT RULES FOR EVERYONE PARTICIPATING IN TAI CHI, FUN & FITNESS, MEDITATION AND CHAIR YOGA

PLEASE ARRIVE FOR THE ABOVE-MENTIONED ACTIVITIES **15 MINUTES BEFORE THE SCHEDULED START TIME**. YOU NEED TO BE SIGNED IN AND PAID BEFORE PARTICIPATING IN THESE CLASSES. PLEASE BE THERE WITH THE REQUIRED EQUIPMENT BEFORE THE START OF THE CLASS. ANYONE NOT FULLY PREPARED OR LATE WILL NOT BE ABLE TO PARTICIPATE IN THE CLASS FOR THAT DAY. THIS IS FOR EVERYONES' SAFETY AND CONSIDERATION.

TUESDAY EVENING HOURS: **NO EVENING HOURS ON TUESDAY, SEPTEMBER 8 and SEPTEMBER 29.**

BLOOD PRESSURE CHECK: **NO BLOOD PRESSURE CHECK THIS MONTH.**

CELL PHONES MADE EASY: **ON HIATUS FOR MONTH OF SEPTEMBER.**

CHAIR YOGA: **NO CLASSES ON FRIDAY SEPTEMBER 18 AND SEPTEMBER 25.**

BOSCOV'S ANNUAL FRIENDS HELPING FRIENDS EVENT: SHOPPING PASSES ARE ON SALE NOW AT THE SENIOR CENTER. The Boscovs event is scheduled for **WEDNESDAY, OCTOBER 21**. Customers who donate \$5 for a shopping pass receive 25% off purchases in-store or online for one day only (8:00 AM – 11:00 PM), with 100% of the donation going to the Senior Center.

SCREWBALLS
Sports Bar & Grille

216 West Beidler Road
King of Prussia, PA 19406
www.ScrewballsBarAndGrille.com

(610) 337-3888
Fax: (610) 337-3724

WALKING GROUP (pictured): EVERY MONDAY. We walk mostly outdoors on local trails or at the mall when weather is inclement. If you would like to join the group or would like more information, please give your name and contact info to the office.

TAI CHI (**MUST ARRIVE BY 1:45 PM**): Every Monday from 2:00 - 3:00 PM in the **COMMUNITY CENTER EXERCISE ROOM**. \$2.00 per class. Join instructor *John Saguto* for a gentle Tai Chi class focused on slow, flowing movements, balance, and relaxation. Tai Chi is known to help improve balance, flexibility, coordination, and overall well-being, while also reducing stress. No prior experience is needed. Please wear: Comfortable, loose-fitting clothing and flat non-slip shoes. All are welcome.



BOARD MEETING: TUESDAY, SEPTEMBER 8 AT 10:00 AM.

SEPTA KEY CARD: Wednesday, September 2 from 10:00 AM to 12:00 PM. A representative from Tim Briggs office will be here to take new SEPTA Key Card applications and also renewals if they are within 6 months of expiration. Also, available to anyone within 6 months of their 65th birthday. Sign-up sheet for 15 minute appointments in lobby area. **PLEASE BRING A FORM OF ID.**

MEDITATION PROGRAM (**MUST ARRIVE BY 9:30 AM**): WEDNESDAYS, SEPTEMBER 2 AND SEPTEMBER 16 AT 9:45 AM.



GENERAL MEETING (**PLEASE ARRIVE AND BE SEATED BEFORE START OF MEETING AT 11:30 AM**): WEDNESDAY, SEPTEMBER 9 AT 11:30 AM. **HOT LUNCH WILL BE SERVED TO THOSE MEMBERS WHO ATTEND THE MEETING.**

PRESENTATION - SHIFT SUSTAINABLE GOODS & SERVICES: THURSDAY, SEPTEMBER 10 AT 12:45 PM. A very interesting introduction to the idea of practical and sustainable habits that we can utilize into our everyday life.

BOOK TALK: MONDAY, SEPTEMBER 14. This month's book is "*Remarkably Bright Creatures*" by Shelby Van Pelt.

PETRUCCI'S GIVE BACK: MONDAY SEPTEMBER 14 FROM 6:00 PM TO 8:30 PM. A portion of your purchase is donated to the Senior Center.

NEW ACTIVITY MAH JONGG: STARTS WEDNESDAY SEPTEMBER 16 and then every Wednesday from 10:00 TO 12:00 PM in the Game Room. All playing levels welcomed.

PRESENTATION - UNDERSTANDING MEDICARE: THURSDAY, SEPTEMBER 17 AT 12:45 PM. Presentation by Dan Newman from Humana. He will discuss what Medicare Parts A & B covers, the Medicare supplemental plan options and the Part C Medicare advantage plans and the Part D drug plans.

COMMUNITY CENTER OPEN HOUSE. SATURDAY, SEPTEMBER 19 from 9:00 AM to 1:00 PM. The Upper Merion Community Center is celebrating 10 years. The Senior Center will be included in the event, celebrating 10 years since the facility opened. We are looking for





Bello Reilley
McGrory & DiPippo
— ATTORNEYS AT LAW —

- **Personal Injury**
- **Real Estate**
- **Bankruptcy**
- **Criminal Law**
- **Domestic Law/Divorce/Custody**
- **Estate Planning**
- **Taxation**
- **Workers Compensation**
- **License Suspension/DUI**
- **Corporate Law**
- **Administrative & Municipal Law**

*Robert J. Reilley, Jr. **

*Salvatore F. Bello, Jr. **

*Daniel T. McGrory **

*Gregory P. DiPippo **

Salvatore F. Bello, III

* Also Admitted in New Jersey

144 East DeKalb Pike, Suite 300, King of Prussia, PA 19406

(610) 992-1300 Fax: (610) 992-1505

www.prbmlaw.com

volunteers to help that day either at the Community Center or the Senior Center. Please sign up in the lobby if you would like to help.

SALVATORE'S TRATTORIA GIVE BACK: WEDNESDAY, SEPTEMBER 23 FROM 11:00 AM TO 9:00 PM. A portion of food sales will be donated to the Senior Center. Mention the Senior Center when ordering/paying.

UMSSC JAZZ BAND PERFORMANCE: TUESDAY, SEPTEMBER 29 FROM 4:00-6:00 PM. Join us for a late afternoon band concert followed by snacks.

VACCINATION CLINIC: WEGMANS PHARMACY WILL BE HERE ON THURSDAY, OCTOBER 1 AND TUESDAY, OCTOBER 6 FROM 10:00 AM TO 12:00 PM. FLU, COVID AND RSV SHOTS WILL BE OFFERED. SIGN UP SHEET AND FORMS IN LOBBY (HAND COMPLETED FORMS IN TO OFFICE STAFF).

PLEASE REMEMBER TO BRING YOUR MEDICARE INSURANCE INFORMATION CARDS.

HEALTHY STEPS IN MOTION: Thursdays beginning October 1 at 1:00 PM. *Eight-week course* presented by MONTCO Office of Aging Services. Learn to reduce the risk of falling, new exercises, build strength and improve your balance. (Class size minimum 10 -maximum 20.) Sign-up sheet in lobby area.

***SOLD OUT* - COLEBROOKDALE RAILROAD AUTUMN SPLENDOR HISTORIC TRAIN RIDE & LUNCH:** THURSDAY, OCTOBER 22 AT 10:00 AM. *COST \$75.00. MEMBERS ONLY CAR POOL TRIP. LIMITED TO 20 MEMBERS. Enjoy a delicious*

lunch in a dining car onboard the historic train as the leaves start to change! MEET AT POOL PARKING LOT AT 10:00 AM. TO ATTEND, PLEASE COMPLETE A REGISTRATION FORM AND SUBMIT WITH PAYMENT TO THE OFFICE, BEFORE MONDAY, SEPTEMBER 18.

VETERAN'S DAY BREAKFAST: WEDNESDAY, NOVEMBER 11 AT 9:30 AM. Veterans are invited to the Senior Center for a buffet breakfast. We would love to have you join us. You can sign up in person at the senior center (sign up sheet in lobby) or on line at <https://forms.gle/beF5W2tCs5DGPycUA>. Please provide your name and contact information by October 30. If you have a problem signing up on line, please contact the office (610-265-4715).

WELCOME NEW MEMBERS

Please join the Board and staff to acknowledge and make welcome our new members. Welcome to: Angelo Arocena, Victoria Arocena, John & Marie Calhoun, Ellen Chang, Elizabeth Gheopreal, Barbara Heckert, Joseph Hogan, Zandra Maffett, Kathryn Marinick, Jackie McAllister, Jaszmin Mooney, Debbie Nagy, Patricia Neary, Marilyn Noble, David Stepansky, Debra Schwartz-Stepansky, Imelda & Eduardo Tobias

PROJECT LINUS: Members knit squares for blankets for cancer patients. Yarn is available in the office. *THANK YOU TO OUR MEMBERS WHO CONTRIBUTE BY VOLUNTEERING TO KNIT THE BLANKET SQUARES A COUPLE OF SAMPLES OF THE HANDIWORK IS HANGING IN THE LOBBY AREA AND ESPECIALLY TO JOAN BANAS WHO PUTS THE SQUARES TOGETHER TO COMPLETE THE AFGHANS.*

VETERANS CARE PACKAGE DONATIONS: In association with the Norristown Veterans Affairs Office, we are collecting donations for care packages to give to veterans. *If donating any food or drink or drink mixes, please be sure these items have not expired. Place items in assigned box in lobby area.*



Experience Elevated Physical Therapy Care.

Phoenix.
Physical Therapy

Fall Prevention | Post-Surgical Care | Neurorehabilitation

Phoenix PT-Bridgeport
207 W Fourth St
Bridgeport, PA 19405
610.228.4641
www.phoenixphysicaltherapy.com



Ageless
exercise
health and wellness for all ages and abilities

Bonnie Monastra
President

484-432-3968
bmonastra@agelessexercise.net

865 Bainbridge Drive
West Chester, PA 19382

UPPER MERION AREA COMMUNITY CUPBOARD: We are collecting food to be donated to the UM Community Cupboard. If you wish to contribute the labeled box is in the lobby area.

LIONS CLUB OF AUDUBON/OAKS: There is a box in the lobby where we collect donations of useable glasses to repurpose for people who cannot afford to pay for glasses. If you have glasses that you no longer wear please consider donating them.

WORKING SMOKE ALARMS SAVE LIVES! Any Upper Merion Township resident who needs a smoke alarm can call the ***Smoke Alarm Installation Hotline at 484-636-3945 to request an installation.***

VALLEY FORGE HOMESTEAD QUILTERS ([ON HIATUS UNTIL OCTOBER](#)): This private charitable group has been offered use of the UMSSC Craft Room for making their "comfort quilts". They will be here the first Monday of the month between 9:30 AM and 3:30 PM. During this time, the Craft Room will not be available for member use.

SEPTEMBER BIRTHDAYS

2 Chantel Fattore	2 Martha Smoczylo	3 Tom Pappanastasiou
4 Adeline Walters	7 Cynthia Porrecca	7 Edward Price
7 Cheryl Smith	7 Jeff Smith	7 Terry Weiss
8 Lynne Boroch	8 Mary Ann Fazzini	9 Peg Alzamora
9 Helen Currykosky	11 Jerzy Dutkiewicz	11 Janice Montgomery
12 Wayne Walters	13 Roseann Lucarini	13 Judith Smull
17 John Calhoun	17 Debra Cane	17 Joseph Hogan
19 Lisa Bufo	19 Hope MacDougall	19 Fietta Sherlock
20 Eby Bassiri	20 Cathy Koffs	21 Ian Gibbs
21 Michael Skoroda	21 Yan Yan Wong	22 Relina Martis
23 Dianne Versak	26 Suzanne Andrews	26 Paul Buce
26 Paricher Hoorfar	26 Robert Kelly	26 Angela Palcko
28 Francine Cocchia	28 Rosemary McCullough	28 Christine Pappanastasiou
28 Joyce Ross	28 Katherine Stephens	29 Nancy Rae
30 Mitchell Jarosz		

UM LIBRARY PROGRAMS FOR SEPTEMBER

(CHECK OUR ONLINE CALENDAR FOR MORE INFORMATION ABOUT THE PROGRAMS WE OFFER) *Call the library at 610-265-4805 or check www.umtownship.org/library for latest updates and to access our online access.*

SANGEETHA WILL NOT BE AT THE CENTER IN SEPTEMBER. PLEASE CHECK WITH MS. SHIRLEY OR MS. PEGGY FOR SIGN-UP INSTRUCTIONS STARTING OCTOBER.

SEPTEMBER LIBRARY HIGHLIGHTS

BRIDGE BASICS: Wednesdays, September 9,16,23,30 and October 7 & 14 at 10:0 AM. Learn Bridge in six weeks! Join Ruby Life Master and ACBL Certified Instructor/Director Dennis Shaub for a beginner-friendly course based on the Audrey Grant system. Learn the basics of bidding, hand evaluation, play, defense, scoring, and more, so you'll be ready to enjoy bridge with friends or at beginner club games. Register today!

MINIATURE MASTERPIECES FOR ADULTS: Wednesday, September 9 at 6:00 PM. Discover miniature painting! Learn the basics of painting miniature figures from adding color and detail to bringing characters to life. No experience needed, and all materials are provided!

YOUR LIFE, YOUR CHOICE: Wednesday, September 16 at 6:30 PM. Join us for a one-hour, nurse-led discussion about advance care planning and making informed healthcare choices. Learn how to consider the care you want, talk with loved ones and providers, and plan for the future.

PRESENTATION: DR. STEVE'S CSI ANCIENT EGYPT INVESTIGATING DEATHS ALONG THE NILE: Tuesday, September 22 at 6:30 PM. Uncover Ancient Egyptian Mysteries! Explore how anthropologists study human skeletal remains to uncover clues about ancient lives, from age and biological sex to possible causes of death. Drawing on archaeological research in Egypt, this fascinating presentation also explores royal-family "cold cases" and techniques used in modern forensic investigations. ***Please note: respectful images of actual ancient Egyptian skeletal remains will be shown.***

ONGOING LIBRARY PROGRAMS

(Check our online calendar for more information about the programs we offer)

BOOK & BITES READING CLUB: First Monday of every month from 6:00 to 7:30 PM.

ESL CLASS (English as a Second Language Conversation Group): Every Tuesday at 12:00 PM

CRAFT TUESDAY: Every Tuesday at 6:00 PM (Perfect space to create, connect, and share craft ideas.)

MEDITATION SERIES: MEDITATION WORKSHOP: Second Tuesday of every month at 6:00 PM

ART, GAMES, AND CHIT CHAT FOR ADULTS WITH DISABILITIES: Second and fourth Thursdays at 12:30 PM

MAHJONG MEETUP MANIA: Every Thursday at 1:00 PM

BOOK DISCUSSION: Third Saturday of every month at 10:30 AM

Reel Talk: Movie Club: Third Monday of every month at 6:30 PM

Knit Nite: 4TH Monday at 6:00 PM

BOOK DISCUSSION: Saturday, September 19 at 10:30 AM "Plague of Doves" by *Louise Erdrich*



PEPPERS
BY
Amadeo's

Italian Restaurant and Bar

Live Music
Thursday-Sunday

Corporate Meetings Happy Hour
Private Parties Class Reunions
Trivia Nights Funeral Luncheons



175 Town Center Road King of Prussia, PA 19406
peppersitalianrestaurantandbar.com
610.265.2416

**UPPER MERION SENIOR SERVICE CENTER
2027 ELECTION BALLOT**

PRESIDENT: SHARON BRZOSKA
VICE PRESIDENT: CINDY EASTMAN
SECRETARY: HELEN CURRYKOSKY
TREASURER: TOM HARRINGTON

VOTE FOR TWO OF THE FOLLOWING FOR BOARD OF DIRECTORS

BOARD DIRECTOR-_____

BOARD DIRECTOR-_____

(PLEASE PRINT)

**IN ORDER FOR YOUR VOTE TO BE COUNTED, PLEASE WRITE IN ONLY THE NAME OF THE
PERSON YOU ARE VOTING FOR ON THE APPROPRIATE LINE**

Member Name _____ Signature_____

(PLEASE PRINT)



Labor Day

Word Scramble

Labor Day is celebrated in the United States on the first Monday of September. The jumbles here include both historically significant words and ways people celebrate today.

MVNEMEOT _____

MANPLUL _____

AYFTR _____

EBESRMTEP _____

EWKEDN _____

SWEAG _____

TSRGIH _____

AYONDM _____

DRAET _____

TKEIRS _____

ABUEERCB _____

TFAFIRC _____

IOTAVACN _____

ILOYAH _____

IRZEAOGN _____

CUYTISRE _____

LRAYL _____

CPCIIN _____

RCEGMIU _____

BARLO _____

ARDPEA _____

NNUIO _____

RTPI _____

OJB _____

LABOR DAY

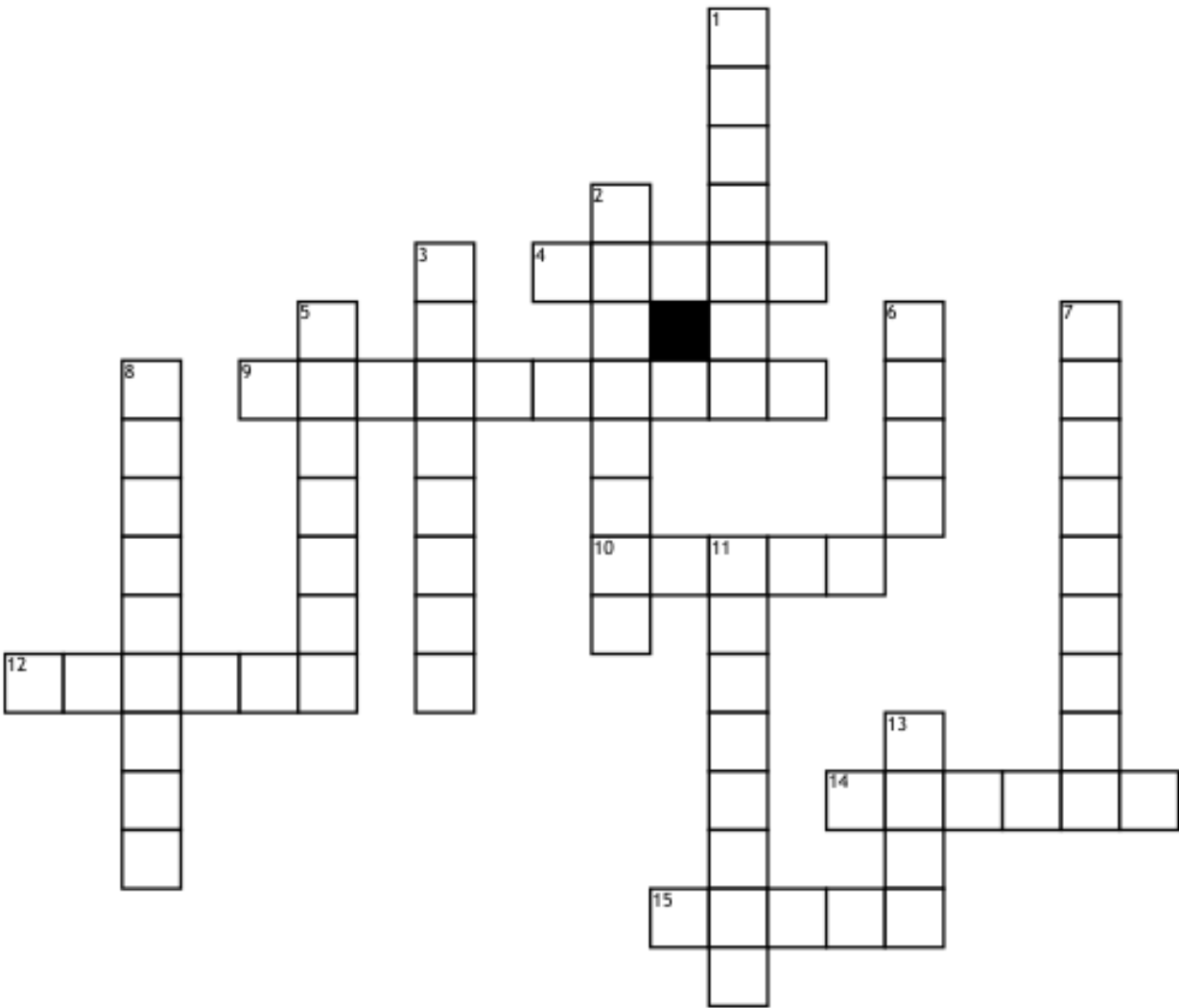
R V M C B N U T W Z F N S A B C Y T C K M E C I
 E D P A R A D E W J I J Q H R Z C U E E H D O L
 H I D T S O T B F Y D A H N L C C R W T I X K W
 C D N E K E E W Y A D E E R H T N M F B U E J F
 A A N I G X R Z I K Q T E K O V A P H N M T D F
 E R J V M N O I N U R V D A Y O F F F Z N Q J C
 T O T R K N I G H T S O F L A B O R K Y A R P D
 S D O T L Z X A N L Q M E H A P I W F G O J O X
 S E P T E M B E R F V Y B Z O P M O L W C E L M
 O F Z V F A L L R A Y R K T P T P J N K O E H T
 M O N D A Y U B I J U W H R O B A L U R I W Y N
 Z U B V F B C G F I R E F I G T H E R L L K M E
 V D I H T Q W Z M D C R B F Q O E E D L S Y N M
 M B V I N E C E J X G L Q X A V Y D T E R D F Y
 L R Z V Y X I Q E H S L P B C A Z L G N E M O O
 C O P M W D X Y R C V F S P E R D K K D K Q M L
 O U D B P Z D N O S C H O O L W W C G O R P M P
 D Z V J S T I R K E S K V O U O A S B F O J B M
 H G W I M G C V Z Y T J R K S P D S V S W G Q E
 P U Z Z X P T U R I D V W R Q Q R P A U L O W L
 Y Q O E S C E O X N L N P V N A E S M M E Y D C
 E P O L I C E O F F I C E R X R E U G M E T D B
 C T N E M Y O L P M E N U T R Q D I L E T A A D
 T A W N Y R L B M H O Z G N D L C T P R S D L A

three day weekend
 end of summer
 firefigther
 September
 stirkes
 labor
 afl

knights of labor
 steel workers
 employment
 teacher
 parade
 Union

police officer
 unemployment
 no school
 day off
 monday
 fall

LABOR DAY



Across

4. Another word for work.
 9. To help.
 10. An act of joining.
 12. People you are related to.
 14. Someone that gets paid to work.

15. I miss summer _____.

Down

1. A get together where you cook.
 2. Grilled food is called
 3. The _____ anthem .
 5. Christmas, Easter, 4th of July, Halloween.

6. To sit still or sleep.

7. To be excited.

8. The 9th month of the year.

11. My mom is in the hair _____.

13. something you do for money.

Word Bank

Cookout
 Worker
 Labor

Family
 Industry
 Union

September
 Contribute
 Barbecue

Break
 Holiday
 Celebrate

Rest
 Work
 National

*All labor that uplifts humanity
has dignity. "* *Martin Luther King, Jr.*



GRACIAS! THANKS! DANKE! MERCI!

- ★ Thank you to the **UPPER MERION TOWNSHIP LIBRARY** for all they do for the Senior Center providing large print books and tech Help.
- ★ Thank you to **COSTCO** for gift cards.
- ★ Thank you to our business advertisers.