



THE BEST OF TIMES

SEPTEMBER 2014

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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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:

Mary F. McCree, President
Howard Lurie, Vice President
Helen Cabrey, Secretary
Harlyce Grossman, Treasurer

MEMBERS OF THE BOARD:

Paul Buce, Jane Burger, Ed Freudenberg, Pari Hoorfar,
Richard McCann, Howard Rosenblum,
Ruth Shand and Janet Sheehan

HONORARY MEMBERS:

Mary Meere, Arthur Powell, Constance H. Williams, and
Ronald G. Wagenmann

STAFF:

Cynthia L. Eastman, Executive Director
Shirley Robey, Executive Assistant
Beth Cassidy, Receptionist

"Best of Times" Editors:

Mary F. McCree and Shirley Robey

GOALS

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

MONTHLY MESSAGE

This month is the beginning of the search for a new slate of candidates for officers and board members of the center. Bill Drolet left a legacy for us to reach out and get more folks thinking about who should be steering our organization and hopefully get more folks involved in doing so.

You are likely aware of the work that goes on behind the scene in order to make any organization run smoothly. Well this outfit is not different. Many members share the load, operating in various roles to bring programs and special events to fruition. I can't begin to tell you how much effort goes into keeping things rolling. Thanks to many volunteers we have an active center here.











Amongst those volunteers are the officers and board members who set the course. Each year we elect a set of four officers (President, Vice Pres., Treasurer and Secretary) and three Board Directors. We are currently soliciting the full membership to search your inventory of experiences here and help identify candidates for these positions. Two key requirements for candidates are residency in the Upper Merion School District and a willingness to get involved. Think about it. You can put your suggestions in the "suggestion box", tell somebody in the office or tell me.

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

Paul Buce

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

SEPTEMBER 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>1</p> <p>CENTER IS CLOSED FOR LABOR DAY HOLIDAY</p>	<p>2</p> <p>9:30 COMPUTER CLUB 9:30 BRIDGE 11:30 CHAIR EXERCISE 1:00 KNITTING & CROCHETING 1:30 BAND PRACTICE & INSTRUCTION</p>	<p>3</p> <p>10:00 BOARD MEETING 12:00 TAI CHI (GYM) 1:00 LINE DANCING</p>	<p>4</p> <p>10:00 FINANCIAL/INVESTMENT DISCUSSION GROUP 10:15 BINGO 12:30 CHAIR EXERCISE</p>	<p>5</p> <p>10:00 SING-A-LONG</p>	<p>6</p> <p>VISIT THE SENIOR CENTER BOOTH AT THE UPPER MERION COMMUNITY FAIR HEUSER PARK 12:00 PM – 4:00 PM</p>
<p>7</p> 	<p>8</p> <p>9:30 8 HR. AARP DRIVER SAFETY 4 HRS EA DAY 9:30 MAH-JONGG 10:00 GOOD FOOD/ GOOD HEALTH WITH PARI 10:30 CURRENT EVENTS 1:30 YOGA</p>	<p>9</p> <p>9:30 8 HR. AARP DRIVER SAFETY -4 HRS EA DAY 9:30 COMPUTER CLUB 9:30 BRIDGE 11:30 CHAIR EXERCISE 1:00 KNITTING & CROCHETING 1:30 BAND PRACTICE & INSTRUCTION</p>	<p>10</p> <p>10:00 GENERAL MEETING 12:00 TAI CHI (GYM) 1:00 GARDEN CLUB 1:00 LINE DANCING</p>	<p>11</p> <p>10:00 NURSE 10:00 FINANCIAL / INVESTMENT DISCUSSION GROUP 10:15 BINGO 11:00 OUTREACH BRIGGS 12:30 CHAIR EXERCISE</p>	<p>12</p> <p>9:00 FLU SHOTS 10:00 SING-A-LONG 11:15 FRIDAY FLICKS "CAPTAIN PHILLIPS"</p>	<p>13</p> 
<p>14</p> 	<p>15</p> <p>9:30 MAH-JONGG 10:30 CURRENT EVENTS 12:00 ZUMBA GOLD (FREE DEMO) 1:00 BOOK TALK 1:30 YOGA</p>	<p>16</p> <p>9:30 COMPUTER CLUB 9:30 BRIDGE 11:30 CHAIR EXERCISE 1:00 KNITTING & CROCHETING 1:30 BAND PRACTICE & INSTRUCTION</p>	<p>17</p> <p>9:30 VALLEY FORGE CASINO 12:00 TAI CHI (GYM) 1:00 LINE DANCING</p>	<p>18</p> <p>SENIOR CENTER IS CLOSED FOR THE 13TH ANNUAL SENIOR FALL FLING AT THE KING OF PRUSSIA MALL</p>	<p>19</p> <p>10:00 SING-A-LONG</p>	<p>20</p> <p>REP. TIM BRIGGS SHREDDING EVENT 11:00 AM – 1:00 PM AT THE DISTRICT OFFICE 554 SHOEMAKER RD. KING OF PRUSSIA</p>
<p>21</p> 	<p>22</p> <p>9:30 MAH-JONGG 10:30 CURRENT EVENTS 12:00 ZUMBA GOLD 1:00 NOSTALGIA DAY 1:30 YOGA (LOUNGE)</p>	<p>23</p> <p>9:30 COMPUTER CLUB 9:30 BRIDGE 11:30 CHAIR EXERCISE 1:00 KNITTING & CROCHETING 1:30 BAND PRACTICE INSTRUCTION</p>	<p>24</p> <p>10:00 UMSSC JEOPARDY VI GAMES 12:00 TAI CHI (GYM) 1:00 GARDEN CLUB 1:00 LINE DANCING</p>	<p>25</p> <p>SENIOR CENTER IS CLOSED FOR ROSH HASHANAH</p>	<p>26</p> <p>10:00 SING-A-LONG</p>	<p>27</p> 
<p>28</p> 	<p>29</p> <p>9:30 MAH-JONGG 10:30 CURRENT EVENTS 12:00 ZUMBA GOLD 1:30 YOGA</p>	<p>30</p> <p>9:30 COMPUTER CLUB 9:30 BRIDGE 11:30 CHAIR EXERCISE 1:00 KNITTING & CROCHETING 1:30 BAND PRACTICE & INSTRUCTION</p>				

OUR BOARD OF DIRECTORS



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**THE SENIOR CENTER WILL BE CLOSED:
MONDAY, SEPTEMBER 1 FOR LABOR DAY AND
THURSDAY, SEPTEMBER 18 FOR THE FALL FLING
AND SEPTEMBER 25 FOR ROSH HASHANAH.
REGULAR FRIDAY HOURS (9:00 AM TO 3:00 PM)
WILL RESUME ON SEPTEMBER 5.**

UPCOMING EVENTS

**COMMUNITY FAIR: SATURDAY, SEPTEMBER 6
from 12:00 PM to 4:00 PM AT HEUSER PARK
(Rain Date Sunday, Sept. 7).** Visit our booth at the fair – our volunteers will be selling hoagies and books of chance and recruiting new members. **COME OUT AND SHOW YOUR SUPPORT FOR OUR SENIOR CENTER.**

MONDAY, SEPTEMBER 8 at 10:00 AM. GOOD FOOD/GOOD HEALTH WITH PARI: Instructor: Pari Hoorfar. Cost: \$6.00. Minimum of 10 - limited to 15. Advance sign-up and payment is required so that enough food can be prepared. ***This month Pari will be preparing Lettuce Wraps.***

MONDAY & TUESDAY, SEPT. 8 & 9 AT 9:30: AARP DRIVERS COURSE (8-HOUR). FROM 9:30 AM TO 1:30 PM. Course Instructor, Richard Fida. Cost: \$15.00 AARP Members \$20.00 non-AARP Members. Payment due day of course. ***Sign up at our Reception Desk.***

FRIDAY, SEPTEMBER 12 FLU SHOTS: From 9:00 AM to 1:00 PM. Administered by Rite Aid Pharmacy. No appointment necessary. If you are interested you should call Rite Aid at 610-293-1496 with your

insurance information to verify coverage. Medicare does pay for flu vaccines. (*Calling Rite Aid does not obligate you.*) The Rite Aid pharmacists, trained and licensed, will administer the vaccine. After the shot is received, you are requested to wait for about 15 minutes before leaving the building.

RETURN OF FRIDAY FLICKS: SEPTEMBER 12 (Pizza at 11:15 AM, Movie at 12:00 PM) Pizza & Movie: \$5.00. Movie Only: \$2.00. ***Please sign up in advance.*** This month we will be showing **"CAPTAIN PHILLIPS" starring Tom Hanks.** High-tension dramatization of a real-life story about Somali pirates overwhelming a cargo ship

WEDNESDAY, SEPTEMBER 17: VALLEY FORGE CASINO. 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.** ***All new and renewal casino memberships or one-day passes are handled by Valley Services (not UMSSC).*** Cash or credit card will be accepted by Valley Services. If you have any questions you can contact Valley Services at 610-354-8118. Shuttle will depart the center at 9:30 AM and return at 2:00 PM. For those driving, please meet in the Casino lobby between 9:30 AM and 10:00 AM. ***CUT-OFF DATE FOR THIS TRIP IS WEDNESDAY, SEPT. 10. Everyone must bring a valid photo ID.***

THURSDAY, SEPTEMBER 18 AT 10:00 AM to 2:00 PM (must be seated by 9:45 AM) 13TH ANNUAL SENIOR FALL FLING: CELEBRATING "THE BEST OF TIMES". At the Court in King of Prussia. Free event for seniors residing in the Upper Merion area. Themed event includes: musical entertainment, buffet luncheon and more. ***PLEASE SIGN-UP AT RECEPTION DESK***

NOSTALGIA DAY: MONDAY, SEPTEMBER 22 AT 1:00 PM. Remember when you actually looked forward to a TV Show? Go back in time to watch snippets of the *Carol Burnett Show*. Hilarious scenes with Carol, Harvey, Tim, Lyle and Vicki. Has there ever been a better comedy ensemble? Come to Nostalgia Day and we will see some of the old shows and have some good laughs! Light refreshments will be served.

JEOPARDY VI: WEDNESDAY, SEPTEMBER 24 AT 10:00 AM: Sign up to play or plan to come and watch. Almost authentic Jeopardy game. We have great prizes for the winning teams. Would be great to see some new team names on our Jeopardy "Board". Why not give the past winning teams a run for their money. Sign up with

your spouse (*if you dare!*) or a friend. Name your team; test your knowledge on a variety of topics and join us for great fun! **All morning activities are cancelled on this day.**

SAVE THE DATE. BIG BINGO IS COMING!

SATURDAY, OCTOBER 11: *Advance ticket sales* begin September 15. Save \$5.00 by purchasing your ticket in advance. (\$25.00 the day of.)

UPCOMING TRIPS

JUST A REMINDER: *If you are going on an all day trip and require handicap parking, please park in the rear of the building and leave open the spaces in front for those attending a daily activity. Thank you!*

HUNTERDON HILLS PLAYHOUSE "BREAKING LEGS" TUESDAY, OCTOBER 14: (*cut-off date: Wednesday, Oct. 1*) COST: MEMBERS \$60.00 NON-MEMBERS \$65.00 INCLUDES: *TRANSPORTATION, LUNCH & SHOW.* Tickets on sale now! COMPLETE FORM AND HAND IN WITH YOUR PAYMENT AT THE RECEPTION DESK. **BUS DEPARTS CENTER AT 9:00 AM.** For those who require handicap parking, please park in the rear of the building.

MONDAY, DECEMBER 1, 2014 (*cut-off date: NOVEMBER 17*) **TONY ORLANDO CHRISTMAS SHOW AT THE SANDS CASINO-BETHLEHEM.** COST: MEMBERS \$60.00 NON-MEMBERS \$65.00 INCLUDES: *TRANSPORTATION, SHOW AND \$20.00 SLOT PLAY ON SALE NOW!* COMPLETE FORM AND HAND IN WITH YOUR PAYMENT AT THE RECEPTION DESK. **BUS DEPARTS CENTER AT 9:30 AM.** For those who require handicap parking, please park in the rear of the building.

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! ★ *Brian Neuffer* made a very generous donation of everyone's favorite Entenmann's baked goodies for snacking. Who doesn't like Entenmann's? ★ *Costco* for their generous donation of a monthly gift card for our birthday cake purchases.

MEMBER DONATIONS TO UMSSC

Upper Merion Senior Service Center is a member of the *United Way Donor Program.* Anyone wishing to make a donation to the UMSSC can designate UMSSC as the recipient of their donation. (Reference UMSSC ID #45796, UW Agency #8229767.)

Please consider a tax-deductible donation to the Upper Merion Senior Service Center. As a non-profit organization 501(c)(3) we rely upon outside donations and gifts to help finance some of our programs, activities and services to our members. Does your company offer matching funds?

Thank you to the following members who have generously made donations to the Center:

Harlyce & Gerry Grossman in memory of Bill Drolet

Ruth Shand in memory of Bill Drolet

Mary & Don McCree in memory of Bill Drolet

Mary & Don McCree in memory of Ginny Yarnall

COMMUNITY OUTREACH

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 canned fruit, sauce, cereal, canned chicken, canned tuna, toilet paper, pancake mix and syrup 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. Let's keep it going!** Collection box is on the table under the bulletin board. **When donating books please be sure that they are in good condition.**

PROJECT LINUS - ONGOING

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

COMMUNITY HAPPENINGS

UPPER MERION FARMERS' MARKET

The Farmers' Market is very proud of their community interaction. Community groups like Friends of Valley Forge have an opportunity to educate us about their volunteer work. Area artisans have developed a loyal local following. We've provided an outlet for musical groups and talented high schoolers. We've lost count of the number of families who have adopted dogs and cats through our many animal rescue groups. And best of all, many of the people and groups have been with us for most of our five-year history. Congratulations to the Farmers' Market for all they have done for the community.

NEWSWORTHY

WHY ACTIVITY AND EXERCISE IS IMPORTANT

Incorporate the values of exercise into your thought process so that when you want to avoid exercising your conscience will nag at you to remember WHY you should do it. Exercise can help you build more muscle and muscle burns more calories than fat. Exercise can increase your metabolism to burn more calories. Exercise can improve your cardio-respiratory system to bring more oxygen to all body cells. Exercise can help control appetite. Exercise can help you sleep better.

(Contributed by Jane Burger)



STAY CONNECTED!

Do we have your email address??? In an effort to keep you up to date on happenings at your senior center between newsletters, we are establishing an *email notification system*. Please be sure we have your email so you can *stay connected* to your senior center.

PLAYERS WANTED

If you are interested in playing pinochle, poker or if you would like to try some of the Wii games we have available, please let us know by putting your name and game preference on our sign-up sheet at the reception desk. We have some members who are definitely interested in getting a game of pinochle started. The Wii game is ready to go in the lounge. We have bowling, golf, baseball and a few other games. *Why not bring a friend to play and maybe make a few new ones!*

MEMBERSHIP DRIVE

The time to renew your membership for 2015 is coming up. We encourage you to have your friends renew or have a new friend who might be interested in joining. 2015 membership forms are available in the info center and also on our website www.UMSSC.org. Membership

cost is still **only** \$15.00 and we have a lot to offer in the way of activities and special events and programs.

How can you get a **free** 2015 membership or three free Friday Flicks (with pizza)? Participate in the ***Executive Director Membership Special***. Just refer three (3) new members to UMSSC. We offer a little something for everyone!

THANK YOU FOR YOUR HELP!

We were very fortunate to have Sangeetha Srinivasan, Program Coordinator from Upper Merion Township Library and several student volunteers at the Center to help our members with their digital devices. Sangeetha and her group worked one-on-one with our members to instruct and answer questions about their iPhones, iPads, etc. We thank them for helping to make seniors more "tech-savvy".

KEEPING SENIORS INFORMED

SENIORS. PREPARE. PLAN. STAY INFORMED. BE READY

The likelihood that you and your family will recover from an emergency tomorrow often depends on the planning and preparation done today. While each person's abilities and needs are unique, every individual can take steps to prepare for all kinds of emergencies. By evaluating your own personal needs and making an emergency plan that fits those needs, you and your loved ones can be better prepared.

There are commonsense measures older Americans can take to start preparing for emergencies before they happen.

Create a network of neighbors, relatives, friends and co-workers to aid you in an emergency. Discuss your needs and make sure everyone knows how to operate necessary equipment. If appropriate, discuss your needs with your employer.

Seniors should keep specialized items ready, including extra wheelchair batteries, oxygen, catheters, medication, food for service animals and any other items you might need. Keep a list of the type and model numbers of the medical devices you require. Be sure to make provisions for medications that require refrigeration. Make arrangements for any assistance to get to a shelter.

BASIC DISASTER SUPPLIES KIT:

A basic emergency supply kit could include the following recommended items:

- * **Water:** one gallon of water per person per day for at least three days, for drinking and sanitation
- * **Food:** at least a three-day supply of non-perishable food

- * Battery-powered or hand crank **radio** and a **NOAA Weather Radio** with tone alert and extra batteries for both
- * **Flashlight** and extra batteries
- * **First aid kit**
- * **Whistle** to signal for help
- * **Dust mask** to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- * Moist towelettes, garbage bags and plastic ties for personal sanitation
- * Wrench or pliers to **turn off utilities**
- * Manual can opener for food
- * Local maps
- * **Cell phone** with chargers, inverter or solar charger

SUPPLIES FOR UNIQUE NEEDS:

- *Denture needs
- *Contact lenses and supplies
- *Extra eye glasses
- *Ask your doctor about storing prescription medications such as heart and high blood pressure medication, insulin and other prescription drugs.
- * If you live in a *cold climate*, you must think about warmth. It is possible that you will not have heat. Think about your clothing and bedding supplies. Be sure to include one complete change of clothing and shoes per person, including:
 - * Jacket or coat
 - * Long pants
 - * Long sleeve shirt

KIT STORAGE LOCATIONS:

Since you do not know where you will be when an emergency occurs, prepare supplies for home, work and vehicles.

HOME: *Your disaster supplies kit should contain essential food, water and supplies for at least three days.*

Keep this kit in a designated place and have it ready in case you have to leave your home quickly. Make sure all family members know where the kit is kept. Additionally, you may want to consider having supplies for sheltering for up to two weeks.

VEHICLE: *In case you are stranded, keep a kit of emergency supplies in your car. This kit should include:*

- * Jumper cables

- * Flashlights and extra batteries
- First aid kit and necessary medications in case you are away from home for a prolonged time
- * Food items containing protein such as nuts and energy bars; canned fruit and a portable can opener
- * Water for each person and pet in your car
- * AM/FM radio to listen to traffic reports and emergency messages
- * Cat litter or sand for better tire traction
- * Shovel
- * Ice scraper
- * Warm clothes, gloves, hat, sturdy boots, jacket and an extra change of clothes
- * Blankets or sleeping bags

Also consider:

- * A fully-charged cell phone and phone charger
- * Flares or reflective triangle
- * Be prepared for an emergency by keeping your gas tank full and if you find yourself stranded, be safe and stay in your car, put on your flashers, call for help and wait until it arrive.

For more information, read [Ready.gov's Preparing Makes Sense For Older Americans](http://Ready.gov) or visit the [Red Cross website](http://RedCross.org).

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. Our wonderful band is planning to expand. They have an open invitation to anyone 55 or over. They are looking for musicians who want to get back into playing with a group. ***They are specifically looking for those who play trombone, French horn or trumpet.*** The band meets every Tuesday at 1:30 PM under the direction of Ed Hickman. Stop in and see them. ***All are welcome!***

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

BOARD GAMES AVAILABLE: Any day or time. Various board games available to play in the kitchen. Card table set up. *Interested in playing pinochle? Let us know. Some members have expressed interest in starting a group.*

BOOK TALK: Monday, September 15 at 1:00 PM. Meets on the 3rd Monday of the month. Coordinator: Patricia Ackah (610.265.4290). ***Again, this month we will continue discussing "The Patriarch-The Remarkable Life and Turbulent Times of Joseph P. Kennedy" by David Nasaw.***

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

CHAIR EXERCISE: Tuesdays at 11:30 AM to 12:15 PM and Thursdays from 12:30 PM to 1:15 PM. 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.

CURRENT EVENTS DISCUSSION GROUP: Mondays at 10:30 AM in the Lounge.

Coordinators: Joan Shaw and Paul Buce. The world rolls on and we try to keep up. Maybe this month we will finally understand the Middle East situation.

FINANCIAL/INVESTMENT DISCUSSION GROUP: Thursdays at 10:00 AM in the Computer Room.

Coordinator: Dick McCann. All levels of experience in making the best choices for your investments are welcome.

FRIDAY FLICKS: FRIDAY, September 12 (Pizza at 11:15 AM, Movie at 12:00 PM) Coordinator: Don McCree. Pizza & Movie: \$5.00. Movie Only: \$2.00.

Please sign up in advance. This month we will be showing "**CAPTAIN PHILLIPS**" starring **Tom Hanks**. High-tension dramatization of a real-life story about Somali pirates overwhelming a cargo ship

GARDEN CLUB: Meets the Second and Fourth Wednesday at 1:00 PM. Coordinator: Paul Buce.

Welcome back gardeners! Meetings resume this month. We'll work on our "Something From the Garden" social on the 24th.

GENERAL MEMBERSHIP MEETING: Monthly meeting open to all members on the ***2nd Wednesday of the month at 10:00 AM on September 10.***

(August & September birthdays will be celebrated.) 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. Library Volunteer: Nancy Kime. An excellent selection of large print books, tapes and videos are available to borrow. ***Don't forget to check out the "roving book cart" featuring a special selection on loan from the Upper Merion Township Library.***

LINE DANCING: Every Wednesday at 1:00 PM in the gym. Coordinator: Aracelia Panzano. Cost: \$1.00 per lesson.

NEW TIME - MAH-JONGG: Mondays at 9:30 AM.

Coordinator: Lynne Borocho. 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 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 (11:00 AM to 2:00 PM) *Senator Daylin Leach's* aide is here the last Thursday of the month (11:30 AM to 1:00 PM)

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; Pianist: Ed Wenger. Come in and enjoy singing some old favorites together. ***Members meet for lunch at Michael's Deli following the program.***

NEW TAI CHI: REGULAR WEEKLY CLASSES ON WEDNESDAY'S AT 12:00 PM IN THE GYMNASIUM BEGINNING SEPTEMBER 3 FOR A \$3.00 FEE PER CLASS.

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

ZUMBA GOLD: *FREE DEMO September 15th.*

Session runs Monday's only September 22 until November 17 from 12:00 PM to 12:45 PM. Cost: \$20.00 UM Residents and \$30.00 Non-UM Residents. Sign up and pay at the Township Building. ***THIS IS AN UM TWP. PARK & REC DEPT. PROGRAM.***

REMINDERS FOR SEPTEMBER 2014

- * **NEW ACTIVITY** – TAI CHI: WEDNESDAYS AT 12:00 PM BEGINNING SEPTEMBER 3
- * **SATURDAY, SEPTEMBER 6 AT 12:00 PM: COMMUNITY FAIR. VISIT THE SENIOR CENTER BOOTH AT THE UPPER MERION COMMUNITY FAIR HEUSER PARK 12:00 PM – 4:00 PM**
- * **MONDAY, SEPTEMBER 8 at 10:00 AM. GOOD FOOD/GOOD HEALTH WITH PARI: Minimum of 10 - limited to 15. PLEASE SIGN UP IN ADVANCE.**
- * **MONDAY, SEPT. 8 AND TUESDAY SEPT. 9 FROM 9:30 AM – 1:30 PM: AARP DRIVER SAFETY COURSE (8 HOUR COURSE – 4 HRS. EACH DAY)**
- * **FRIDAY, SEPTEMBER 12 FRIDAY FLICKS RETURN: (Pizza at 11:15 AM, Movie at 12:00 PM.) PLAYING THIS MONTH: "CAPTAIN PHILLIPS" PLEASE SIGN UP IN ADVANCE**
- * **FLU SHOTS: FRIDAY, SEPTEMBER 12 FROM 9:00 AM TO 1:00 PM. WILL BE ADMINISTERED BY RITE AID PHARMACY. NO APPOINTMENT NECESSARY**
- * **BOOK TALK: MONDAY, SEPTEMBER 15 AT 1:00 PM. THIS MONTH'S BOOK "THE PATRIARCH – THE REMARKABLE LIFE AND TURBULENT TIMES OF JOSEPH P. KENNEDY" BY DAVID NASAW**
- * **VALLEY FORGE CASINO: WEDNESDAY, SEPTEMBER 17 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**
- * **THURSDAY, SEPTEMBER 18: FALL FLING. MUST BE SEATED BY 9:45 AM: SIGN UP AT RECEPTION DESK**
- * **MONDAY, SEPTEMBER 22 AT 1:00 PM: NOSTALGIA DAY**
- * **WEDNESDAY, SEPTEMBER 24 AT 10:00 AM: UMSSC JEOPARDY GAMES. GET YOUR TEAMS READY! MORNING ACTIVITIES ARE CANCELLED.**
- * **SATURDAY, OCTOBER 11: BIG BINGO IS COMING! SAVE THE DATE. ADVANCE TICKET SALES BEGIN SEPTEMBER 15. SAVE \$5.00 BY PURCHASING YOUR TICKET IN ADVANCE.**

REGULAR FRIDAY HOURS (9:00 AM - 3:00 PM) WILL RESUME SEPTEMBER 5.
SENIOR CENTER WILL BE CLOSED MONDAY, SEPTEMBER 1 IN OBSERVANCE OF LABOR DAY,
THURSDAY, SEPTEMBER 18 FOR THE FALL FLING AND
THURSDAY, SEPTEMBER 25 FOR ROSH HASHANAH

NOTE:
THE UMSSC IS CLOSED WHEN THE UM AREA SCHOOL DISTRICT CLOSES OR HAS LATE OPENING 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 **AUGUST 6** 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
650 SOUTH HENDERSON ROAD KING OF PRUSSIA, PA 19406

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