



THE BEST OF TIMES

JUNE 2017

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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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KING OF PRUSSIA, PA 19406**

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**HOURS: MONDAY THRU FRIDAY
9:00 AM TO 3:00 PM**

OUR MISSION STATEMENT

THE OBJECTIVE OF THE UPPER MERION SENIOR SERVICE CENTER SHALL BE TO IDENTIFY AND TO ASSIST IN MEETING THE NEEDS OF OLDER ADULTS IN A MULTI-USE ENVIRONMENT FOR PHYSICAL, EDUCATIONAL AND RECREATIONAL ACTIVITIES.

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"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,

We have a busy month leading into the summer. Please join our General Membership meeting on June 14. This will be our final General Membership Meeting until September and it will be a very special meeting. In addition to celebrating our June and July Birthdays and enjoying birthday cake, members will be treated to lunch by BrightView Senior Living (*please sign up at front desk if you plan to attend*) and we will also be visited by Home Helpers Therapy Dogs. So please be sure to mark your calendars for June 14.

Another annual event will take place. Our UMSSC Band will again entertain at the Strawberry Festival at the Farmers' Market on Saturday June 10.

We will hold an AARP Drivers' Course (4-hour refresher) on Monday June 12 at 9:30 AM. Cost will be \$19.95 for AARP members or \$24.95 for non-members.

Another fun "Unwined and Paint" party will be held on Friday June 30 at 1:00 PM. Only \$20.00!

As I mentioned there will be no General Meetings in July and August. Also, in July and August we will begin our ½ day Fridays closing at noon.

A huge thank you goes to Helen Cabrey and her sister Judy Narke, and to Stella Lyons, Jean Grimes, Joan Banas, Nancy Cerio, Roseanne Scully, Don & Mary McCree and Shirley Robey. They all did a great job to make our "Spring Into Summer" Tea a wonderful affair. We all had a wonderful lunch of Nicoise Salad and dessert and were wonderfully entertained by "Principally Harps". We also had fun with our Hat Contest which was won by Dorothy Wilkinson.

We wish you all a Happy Fathers' Day and Happy Grandfathers' Day and as always, *come spend some time with us and remember to always say something nice about UMSSC.*

Mary McCree
President

Upper Merion Senior Service Center (UMSSC) is an equal opportunity institution that will not discriminate on the basis of race, color, religious affiliation, national origin, sex, age, marital status or disabilities in its activities, programs or employment practices

OUR BOARD OF DIRECTORS



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WHAT'S COMING UP

So many different ways to have fun! The following activities occur on the dates noted. In addition, be sure to check out our Weekly Activities listed on page 5. Expand your interests! Try something new!

AARP DRIVER ED COURSE - REFRESHER (4-HOUR)

MONDAY, JUNE 12 AT 9:30 AM. Course Instructor, Richard Fida. Cost: \$19.95 AARP Members and \$24.95 non-AARP Members. **Payment due by check only to instructor (Richard Fida) on day of course. Sign up at our Reception Desk.**

GENERAL MEMBERSHIP MEETING COME MINGLE WITH US!

WEDNESDAY, JUNE 14 AT 10:00 AM. Our monthly meeting is open to all members every 2nd Wednesday of the month at 10:00 AM. Learn what is going on at the senior center and join us to celebrate **June & July** birthdays with some cake, a 50/50 raffle and a birthday raffle for delicious baked bread from Le Bus. **Special guest presentation & lunch served by BrightView Senior Living (please sign-up at front desk if you plan to attend lunch).** Also, Aimee Capuzzi, Community Liaison with Home Helpers will be here to give a presentation on **Therapy Dogs and how they can improve your life.**

MAIN LINE HEALTH PRESENTATION

MONDAY JUNE 26 AT 1:30 PM. A representative from Main Line Health will give a presentation on "Stress Myths & Management".

UNWINED AND PAINT PARTY WITH SANFORD MOLINARO

FRIDAY, JUNE 30 AT 1:00 PM. COST: \$20.00 includes instruction, canvas, paint supplies, snacks. *Patriotic theme. Always a lot of fun!* Sign up and pay in the staff office.

FRIDAY FLICKS - "AUNTIE MAME"

FRIDAY JUNE 16 (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. "AUNTIE MAME" stars Rosalind Russell, Forest Tucker, Coral Browne, Fred Clark, Roger Smith, Patrick Knowles and Peggy Cass. An orphan goes to live with his free-spirited aunt. Conflict ensues when the executor of his father's estate objects to the aunt's lifestyle.

BOOK TALK - "A MAN CALLED OVE"

MONDAY, JUNE 19 at 1:00 PM. Meets on the 3rd Monday of the month. Coordinator: Patricia Ackah. This month's book "A Man Called Ove" by Fredrik Backman is about a grumpy yet loveable man who finds his solitary world turned on its head when a boisterous young family moves in next door.

VALLEY FORGE CASINO

WEDNESDAY, JUNE 21 (Cut-off date Monday, June 19) THE OFFER FOR GROUP IS \$20.00 IN SLOT PLAY: TO TAKE ADVANTAGE OF THIS OFFER YOU MUST COMPLETE REGISTRATION FORM AVAILABLE AT THE SENIOR CENTER OR ON OUR WEBSITE AT WWW.UMSSC.ORG. **All new and renewal casino memberships or one-day passes are handled by Valley Services (not UMSSC). Cash or credit card will be accepted by Valley Services (610-354-8118). If you are planning to take the Shuttle, please register in advance. Shuttle departs the center at 9:30 AM and returns at 2:30 PM.** For those driving, please meet in the Casino lobby between 9:30 AM and 10:00 AM. **THE RAMBLER NOW MAKES A STOP AT THE CASINO. Everyone must bring a valid photo ID.**

TROPICANA CASINO ATLANTIC CITY

MONDAY JUNE 26 COST: \$60.00 (INCLUDES TRANSPORTATION, SHOW AND \$15.00 SLOT PLAY. It's 1959 all over again on the Las Vegas strip. Get ready to enjoy a unique nostalgic show for all of you who have enjoyed the music of "The Rat Pack" (Frank Sinatra, Dean Martin, and Sammy Davis, Jr.). Relive the golden age of Las Vegas, as their "legends" take the stage for this wonderful reenactment of their shows that combine a wonderful mix of song and comedy sketches and brings us back to a time when seeing them in Vegas was considered the ultimate event in show business. Hear "Luck be a Lady," "New York, New York," "Sam's Song, and "That's Amore." Plus special guest star "Marilyn

Monroe" pays us a visit and entertains us with "Diamonds Are a Girl's Best Friend."

SEPTA PASS ID EVENT

THURSDAY, JUNE 29 FROM 11:30 AM to 1:00

PM: Representatives from Senator Daylin Leach's office will be here to take applications for SEPTA rail passes. They will complete the application, (name & address) take your picture and mail the applications to SEPTA. You must be 65 years or older to participate and provide some photo ID.

BLOOD PRESSURE CHECK

THURSDAYS, JUNE 8 AND JUNE 22 FROM 10:15

AM TO 12:45 PM our favorite Nurse Lori Gnacek from Bryn Mawr Hospital/Main Line Health will be here to check your blood pressure for free.

GARDEN CLUB

WEDNESDAYS, JUNE 14 AND 28 AT 1:00 PM.

Coordinator: Paul Buce. The club will nominally meet on the 14th and 28th in June, at the usual 1:00 PM; outdoors if weather permits. However, in our efforts to get the Patio plantings rolling we will likely meet on the other Wednesdays also. Coordination will be by e-mail. Anyone with interesting perennials to donate, bring a sample and help us get the Patio dressed up. Come join us and bring your green thumb!

OUTREACH

Representative Tim Briggs' aide will be here on **Thursday, June 8** from 11:00 AM to 2:00 PM.

Senator Daylin Leach's aide will be here on **Thursday, June 29** from 11:30 AM to 1:00 PM.

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.

★Jan Montgomery, Shirley Robey, Barbara Hamill and Don & Mary McCree gave a donation in memory of Maxine Newstein.

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.



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. 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 members volunteer. If you do have the time to volunteer please give your name to Mary, Cindy or Shirley in the office.

MEALS ON WHEELS

For a minimal cost, Neighborhoods Meals on Wheels will deliver meals to residents of the Upper Merion Area School District. Deliveries are available on a temporary or permanent basis to all those who are having difficulty shopping or preparing meals for themselves. One hot and one cold meal are delivered Monday through Friday. For more information, contact our office 610-265-7051, visit our website NeighborhoodMealsOnWheels.com or email us MealsOnWheels.UM@gmail.com.

KEEPING SENIORS INFORMED

PHYSICAL ACTIVITY AND THE BRAIN

So, the question is: "*Will Jane ever stop writing about exercise?*" and the answer is "probably not". Why not? There are so many favorable effects from activity/exercise that seniors need to take advantage of everything they can do to sustain a healthy body and mind.

Researchers at the University of Maryland say that "just as people can lose physical fitness quickly, brain fitness

may decline rapidly without exercise, too." Maintaining a healthy active brain is a necessity for good quality mental health and for your enjoyment of life.

The brain uses more energy than any other organ in the body. It relies on all of your healthy habits. Mental tasks burn oxygen and glucose just like physical tasks. So you can see that what is good for the body is good for the brain. When you take a twenty minute walk you help supply your brain with revitalizing oxygen and nutrients that trigger the release of uplifting brain chemicals. The brain is located in the penthouse of the body and helps coordinate all of the body's activities. Ever stop to consider how you can do more than one thing at a time? The brain enables us to walk, talk, and listen and hear all at the same time. So, if you need a really good reason to exercise, think about how valuable it is to maintain a healthy brain.

If you go to a gym or to an exercise class, good for you! But there are other ways you can sneak extra activities into your day with just a little effort. When watching TV, improve your grip strength by using a tennis ball to squeeze and release it. Consider getting up and walking around whenever there is a commercial. While waiting for your tea to steep, do counter top pushups. Stand back about two feet from the counter, place your hands on the counter edge, then tense your abdominal muscles as you bend your elbows and lean forward. Repeat this fifteen or more times. You could do this several times a day.

To relieve stiffness in your upper body, do both forward and backward shoulder rolls, one at a time, then both together. You can also do arm circles by holding your arms out to the side and do fifteen circles forward, followed by fifteen backward circles. These activities will give you more arm flexibility to reach up for that glass on an upper shelf.

Doing activities with a ball can give the brain a workout too. The smaller the ball the greater the challenge. Think about a pin-pong game. Your eyes need to follow the ball and the brain must give the message to your muscles to respond quickly. Even doing pitch and catch gives exercise to both the brain and the body.

Motion is lotion for your joints. So movement is like lubricating your joints. When joints move freely your muscles can function more effectively. Put it all together and realize the value and positive effects you can gain from activity/exercise.

Both your body and your brain will be grateful for your efforts. KEEP MOVING! *(contributed by Jane Burger)*

WEEKLY ACTIVITIES

BAND PRACTICE & INSTRUCTION: Tuesdays from 12:45 to 2:45 PM. The UMSSC Band practices under the direction of professional musician, Ed Hickman. Open invitation to anyone age 55 or over interested in playing with a group (*must become a member of the senior center*). Stop in any Tuesday afternoon to listen or to join the band.

BINGO: Thursdays at 10:15 AM. Cash prizes!

BREAD DAY WEDNESDAY & THURSDAY: Free bread, rolls and baked goods 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.***

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. 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!

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.

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.
Coordinator: Bill Reynolds. 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.

TAI CHI: 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 beginning June 5 through July 17 (no Class June 12) from 12:15 to 1:00 PM at the Community Center. 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: \$12.00, Non-Resident: \$27.00.

SENIOR CENTER COMMUNITY OUTREACH

APPRISE COUNSELOR

An AARP Volunteer Apprise Counselor is available through the Senior Center. They can provide assistance with insurance and Medicare concerns. Call the Senior Center at 610.265.4715 and give your name, telephone or email. We will provide the APPRISE COUNSELOR

with your information and they will contact you directly to set up an appointment.

ST. JOHNS SOUP KITCHEN

On **Thursday, June 29** the King of Prussia Women's Club serves over 100 homeless people at St. John's Soup Kitchen in Norristown. ***They would appreciate donations of pasta, canned chicken and canned tuna.*** There will be a box in the lobby for the donations from now until Wednesday June 28.

UPPER MERION EMERGENCY AID

Food and dry goods donations for local families. 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.***

VOLUNTEER FOR YOUR NEIGHBORHOOD

MEALS ON WHEELS

If you are interested in doing volunteer work for a worthy local community organization, why not try "Meals On Wheels". Meals on Wheels is a non-profit non-sectarian community service. They deliver two nutritious meals a day to homebound members of our community who are unable to prepare meals for themselves. They are in need of volunteers (men and women) to help prepare or deliver meals on a regular or occasional basis. All volunteers work in pairs:

- ★Meal Packer needed from 9:30-11:00 AM
- ★Meal Deliverers needed from 10:45 AM-12:30 PM

Their office is located at the Valley Forge Presbyterian Church and is open from 9:00 AM to 1:00 PM Monday through Friday (Telephone: 610-265-7051).

PUT BOOKS IN THE HANDS OF CHILDREN WHO NEED THEM

Book donations to the Bridgeport Elementary School children (grades K-4th) are still being collected. ***Our book donations are a big hit with the kids because they get to keep the books they pick. Let's keep it going! When donating books please be sure that they are in good condition.***

PROJECT LINUS – ONGOING

The "Hearts and Hands" ladies group at Good Shepherd's Church collect knitted and crocheted squares for blankets provided to children who are seriously ill or traumatized. Joan Banas collects the squares on behalf of the church. You can participate by knitting squares. Yarn and

patterns are on a table near the lobby. 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. Hat pattern available.

FLOWER CAUSE

UMSSC participates in this community assistance program. 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 JUNE

All of the following events take place at the UM Library:

Summer Reading for Seniors starts Monday, June 19. Read, Register & Review to win exciting prizes.

*** Tech Night on Monday, June 5 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.

*** History of King of Prussia Mall on Monday, June 5 at 7 pm in Freedom Hall.** For the past year, author and historian Michael Shaw has been looking carefully at one of the largest malls in America. The King of Prussia Mall is one of Montgomery County's most recognizable landmarks and, in terms of leasable retail space, is the largest mall in America. It has long been a shopper's paradise and Michael Shaw is attempting to write the story of the mall from its opening in 1963 to today.

*** De-Stress Workshop on June 7 at 7 pm:** Come and learn how to De-Stress. Seminar led by Kellie Brunton. Must register.

*** Adult Coloring Night on Monday, June 12 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!!

*** Fitness/yoga class on Monday, June 19 pm at the Community Center: *Check back for the time.*** Professional instructor from our Community center will teach you dance moves to burn your stress calories. Come and enjoy the class while your body tones. The class will be held at the Community Center. Please be there 10 minutes early to sign the waiver. **MUST REGISTER** through the library. **FREE** for all, need not be a member.

*** FREE Kona Ice for everyone** who registers for our summer reading summer on **Wednesday, June 21 from 6:30 pm to 7:30 pm at the township building rear parking lot.**

*** Knit Nite: Monday, June 26 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.

*** Save the date: Workshop on DIY projects. Sponsored by Home Depot King of Prussia on Thursday, July 27 at 7 pm in Freedom Hall.**

To register for any of the library events, you can register via our online calendar, or by calling 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.