



# THE BEST OF TIMES

**DECEMBER 2013**

Published Monthly since 1997 by  
the Upper Merion Senior Service Center  
a Non-Profit 501(c)(3) Organization  
Serving the Senior Community

**UPPER MERION SENIOR SERVICE CENTER**  
**650 SOUTH HENDERSON ROAD**  
**KING OF PRUSSIA, PA 19406**  
**TEL: 610-265-4715**  
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**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.

### **OFFICERS:**

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

### **MEMBERS OF THE BOARD:**

Paul Buce, William Drolet, Ed Freudenberg, Pari Hoorfar,  
Ethel Hutchinson, 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**

Dear Friends,

This is a very special time as the year ends and we reflect on past memories of the year. We have a new Executive Director, our staff is superb and we have a full Board. These are all people to whom we should acknowledge all they donate to the success of our wonderful center. When we tally the volunteer hours which are donated by all of our members it is clear why we succeed.

As we look forward to our monthly newsletter to see what is happening, it is important to remember our website [www.umssc.org](http://www.umssc.org). As you are aware, the bulk mail procedure has been in a state of flux for the last few months and while we plan to work around that the best we can we will be releasing the newsletter earlier. You can always check our website and catch up with our activities.

Merry Christmas, Happy Hanukkah and Happy Kwanzaa. Best to all whichever is your holiday and the best to you for a very Happy and Healthy New Year in 2014.

Remember it is time to re-new your membership and bring a friend. Check us out; we plan to have a spectacular 2014! . . . . *and remember to always say something nice about UMSSC and its members.*

*Mary McCree*

***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***

# December 2013

**Quote of the Month:** The best and most beautiful things in the world cannot be seen or even touched. They must be felt within the heart. *Helen Keller*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
<p>1</p> 	<p>2</p> <p>10:00 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA</p>	<p>3</p> <p>9:30 COMPUTER CLUB 10:00 BRIDGE 11:30 CHAIR EXERCISE 1:00 KNITTING &amp; CROCHETING 1:30 BAND PRACTICE &amp; INSTRUCTION</p>	<p>4</p> <p><b>10:00 BOARD MEETING</b> 1:00 LINE DANCING</p>	<p>5</p> <p>10:15 BINGO <b>11:30 OUTREACH LEACH</b> 12:30 CHAIR EXERCISE</p>	<p>6</p> <p>10:00 SING-A-LONG</p> <p><b>6:00 PM HOLIDAY HOOPLA AT UM TWSHP. BLDG. UMSSC BAND PLAYS AT 6:45 PM</b></p>	<p>7</p> 	
<p>8</p> 	<p>9</p> <p><b>Senior Center Closed For Holiday Party At Radisson Hotel Valley Forge Casino</b></p>	<p>10</p> <p>9:30 COMPUTER CLUB 10:00 BRIDGE 11:30 CHAIR EXERCISE 1:00 KNITTING &amp; CROCHETING 1:30 BAND PRACTICE &amp; INSTRUCTION</p>	<p>11</p> <p><b>10:00 GENERAL MEETING</b> 1:00 LINE DANCING 1:00 GARDEN CLUB</p>	<p>12</p> <p><b>10:00 NURSE</b> 10:15 BINGO <b>11:00 OUTREACH BRIGGS</b> 12:30 CHAIR EXERCISE</p>	<p>13</p> <p>10:00 SING-A-LONG</p>	<p>14</p> 	
<p>15</p> 	<p>16</p> <p>10:00 MAH-JONGG 10:30 CURRENT EVENTS <b>1:00 BOOK TALK</b> 1:30 YOGA</p>	<p>17</p> <p>9:30 COMPUTER CLUB 10:00 BRIDGE 11:30 CHAIR EXERCISE 1:00 KNITTING &amp; CROCHETING 1:30 BAND PRACTICE &amp; INSTRUCTION</p>	<p>18</p> <p><b>9:00 VALLEY FORGE CASINO</b> 1:00 LINE DANCING</p>	<p>19</p> <p>10:15 BINGO <b>11:00 TRAVEL TALES &amp; TIPS</b> 12:30 CHAIR EXERCISE</p>	<p>20</p> <p>10:00 SING-A-LONG <b>11:15 FRIDAY FLICKS SHOWING: "LOVE ACTUALLY"</b></p>	<p>21</p> 	
<p>22</p> 	<p>23</p> <p><b>CLOSED FOR HOLIDAY SEASON</b></p>	<p>24</p> <p><b>CLOSED FOR HOLIDAY SEASON</b> <i>Christmas Eve</i></p>	<p>25</p> <p><b>CLOSED FOR HOLIDAY SEASON</b> <i>Christmas Day</i></p>	<p>26</p> <p><b>CLOSED FOR HOLIDAY SEASON</b> <i>First Day of Kwanzaa</i></p>	<p>27</p> <p><b>CLOSED FOR YEAR'S HOLIDAY SEASON</b></p>	<p>28</p> 	
<p>29</p> 	<p>30</p> <p><b>CLOSED FOR HOLIDAY SEASON</b></p>	<p>31</p> <p><b>CLOSED FOR HOLIDAY SEASON</b> <i>New Year's Eve</i></p>					<p><b>TRIMMING THE TREE</b></p> <p><b>HAPPY HOLIDAYS!</b></p>

## OUR BOARD OF DIRECTORS



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### DATES WE ARE CLOSED

**THE CENTER WILL BE CLOSED ON MONDAY, DECEMBER 9 FOR THE ANNUAL HOLIDAY PARTY. WE WILL ALSO BE CLOSED FROM DECEMBER 23 TO JANUARY 1 FOR THE HOLIDAY SEASON**

### UPCOMING EVENTS

**VALLEY FORGE CASINO: ON WEDNESDAY, DECEMBER 18.** 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](http://www.umssc.org). Valley Services will handle all new and renewal casino memberships (not UMSSC). Cash or credit card will be accepted by Valley Services. If you have any questions you can contact Valley Services at 610-354-8118.** Shuttle will depart the center at 9:30 AM and return at 2:00 PM. For those driving, please meet in the Casino lobby between 9:30 AM and 10:00 AM. **CUT-OFF DATE FOR THIS TRIP IS WEDNESDAY, DECEMBER 11. Everyone must bring a valid photo ID.**

**UMSSC ANNUAL HOLIDAY PARTY: MONDAY, DECEMBER 9 FROM 11:00 AM TO 3:00 PM AT THE GRAND BALLROOM AT THE RADISSON HOTEL VALLEY FORGE CASINO. Tickets still available.**

Cost: UMSSC Members \$23.00 Non-UMSSC members \$26.00. Entertainment, Cash Prizes and Door Prizes.

**PHILADELPHIA CHRISTMAS VILLAGE (through UM Park & Rec Dept.) SATURDAY, DEC. 14 AT 10:30 AM.** Check out this annual Philadelphia Tradition where the Christmas Village will transform Love Park into a traditional Christmas Market. This unique experience offers thousands of lights, delicious smell of waffles, gingerbread, bratwurst and mulled wine. Vendors will be selling holiday gifts, ornaments and jewelry among other arts and crafts. You'll have time to shop and check out the Macy's light show. **TRANSPORTATION BY SCHOOL BUS departs 10:30 AM and returns 4:30 PM.** COST: \$12.00 (residents) or \$22.00 (non-residents). SIGN UP AND PAY AT THE TOWNSHIP BLDG. PARK & REC DEPT.

### COMMUNITY OUTREACH DONATIONS TO UMSSC

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

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

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

Jerry & Harlyce Grossman *in memory of Betty Roth*

Don & Mary McCree *in memory of Betty Roth*

Ruth Shand *in memory of Betty Roth*

### U.S. MARINE CORPS' "TOYS FOR TOTS" PROGRAM

State Representative Tim Briggs' office is a drop off point for the **U.S. Marine Corps' "Toys for Tots" Campaign.** We have a box in our lobby for new unwrapped toys. Tim Briggs' office will pick up the toys to save us a trip to his office. This "Toys for Tots" Campaign will be distributed to less fortunate children in Southeastern and Central Montgomery County. We will be collecting now until the holidays. Again, thank you for your generosity

### 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 Stove Top Stuffing, Canned Sweet Potatoes, Canned Cranberry Sauce, Chicken Broth and Canned Vegetables.***

You may have noticed ***a new collection box*** has been added. This has been set up by an Upper Merion High School senior Nafisa Thorpe who is currently involved in the Community Service Learning class and has volunteered to ***collect deodorant, toothpaste, toothbrushes, mouthwash, shampoo or conditioner, soap, dish detergent, and laundry detergent*** for the Upper Merion Emergency Aid. Her deadline to collect is December 5. So let's show her how generous we can be and help her out by donating. The list of needs is also on the box. ***As always, we thank you for your generosity.***

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

Book donations to the Bridgeport Elementary School children (grades K-4<sup>th</sup>) 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 outside of the lounge. ***When donating books please be sure that they are in good condition.***

### PROJECT LINUS - ONGOING

The "Hearts and Hands" ladies group at Good Shepherd's Church is still collecting knitted and crocheted squares for blankets. The purpose of Project Linus is to "provide love, a sense of security, warmth and comfort to children who are seriously ill, traumatized, or otherwise in need through the gifts of new, handmade blankets and afghans, lovingly created by volunteer "blanketeers." So far 60 or more blankets have been made and donated. ***Joan Banas has been collecting the squares on behalf of the church and will continue to do so as long as they are being made. Our participating members have a done a great job for a very good cause.***

### ACKNOWLEDGEMENTS

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

★ ***Thank you Tony from Angelo's Pizza*** – for the foot long Birthday Hoagie he donates to the center every month. ★ ***LeBus Bread*** – who donate delicious baked bread every month for the Member Bread Raffle

and to ★ ***Sun Joe*** - who generously donates the baked goods we put out for snacks. We also thank ★ ***Sicilian Delight*** for their great discounts on pizza for Friday Flicks!

### COMMUNITY HAPPENINGS

#### UPPER MERION FARMERS' MARKET

The Farmers' Market has closed for the winter but will begin its fifth season next Spring. This year's market has grown to include more than 20 vendors committed to providing locally-produced goods to members of the King of Prussia community and its neighboring communities.

### NEWSWORTHY

#### CHANCE BOOK RAFFLE WINNERS

We forgot to mention in last month's Newsletter the winners of our Annual Chance Book Raffle. The drawing was held after the General Meeting on October 9<sup>th</sup>. The \$500.00 winner was Pat Neary; the \$300.00 winner was Dot Boyle and the \$100.00 winner was Tony Segui. ***Congratulations to each of you! Spend it in good health.***



Pat Neary



Dot Boyle



Tony Segui

#### INTERESTED IN PLAYING BRIDGE?

Lots of interest has been expressed. More information will be forthcoming in our February 2014 newsletter.

#### DO YOU NEED A GOOD REASON TO ATTEND THE CHAIR EXERCISE SESSION?

Rarely do neuroscientists, psychologists and physicians agree unequivocally on anything. But they agree on this: Exercise is the best thing you can do for your brain. "If we had a pill that could do what exercise does, its sales would put Viagra's to shame," says Laura L. Carstensen, director of the Stanford Center on Longevity and author of A Long Bright Future.

So if you haven't tried it yet why not come in on Tuesdays and Thursdays and try Chair Exercise classes. We have a couple of really great instructors to motivate and guide you. It's always more fun to exercise with a crowd and to do it with music. It's one way you can increase your brain power!

## **MEMBERSHIP DRIVE**

2014 is fast approaching and it is time to renew your membership. 2014 forms are now available in the info center and also on our website [www.UMSSC.org](http://www.UMSSC.org) We encourage you to renew and if you have a friend who might be interested, you should encourage them to join as well. Membership cost is still *only* \$15.00 and we have a lot to offer in the way of activities and special events and programs. ***Attached to this newsletter is a membership form for your convenience to complete and mail in with your \$15.00 dues.***

## **ACTIVITIES**

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

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

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

**BOOK TALK: MONDAY, DECEMBER 16 at 1:00 PM.** Meets on the 3<sup>rd</sup> Monday of the month. Coordinator: Patricia Ackah (610.265.4290). This month's book ***"Love Child"*** by Sheila Kohler is the compelling story of a forbidden marriage, a baby lost, and a love triangle gone horribly wrong. The story centers on Bill, a South African woman whose life has been defined by the apartheid-era, class-driven society in which she lives. Under pressure to make her will, Bill is forced to think about the momentous events and decisions that have made her an extremely wealthy if somewhat disillusioned woman. To whom should she leave her fortune? As Bill relives her past, we learn that this is a simple question with a complicated answer.

**BRIDGE CLUB:** Tuesdays at 10:00 AM.

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

**COMPUTER CLUB:** Tuesdays 9:30 AM to 11:30 AM. Coordinators: Herman Natanblut and Howard Lurie. Meetings are open to all *members*, all ability levels. The Computer Club will be glad to answer any technical questions members have.

**CURRENT EVENTS DISCUSSION GROUP:** Mondays at 10:30 AM in the Lounge. Coordinators: Joan Shaw and Paul Buce. Holidays or not the news marches on and we will be here to review and comment on it.

**FRIDAY FLICKS: FRIDAY, DECEMBER 20 (Pizza at 11:15 AM, Movie at 12:00 PM.)** Coordinator: Don McCree. Pizza & Movie: \$5.00. Movie Only: \$2.00. This month we will be showing ***"LOVE ACTUALLY"***: starring Hugh Grant, Colin Firth, Laura Linney, Liam Neeson, Emma Thompson, Alan Rickman. A 2003 British Christmas-themed romantic comedy film written and directed by Richard Curtis. The screenplay delves into different aspects of love as shown through ten separate stories involving a wide variety of individuals, many of whom are shown to be interlinked as their tales progress. Set primarily in London, the story begins five weeks before Christmas and is played out in a weekly countdown until the holiday, followed by an epilogue that takes place one month later.

**GARDEN CLUB:** Meets the second and fourth Wednesday at 1:00 PM. Chairperson: Paul Buce. The holidays are upon us, it is time to make wreaths. This is our one meeting for December; Wednesday the 11th. We start at 12:30, in the Great Room. Bring greens and / or do-dads if you can.

**GENERAL MEMBERSHIP MEETING:** Monthly meeting open to all members on the ***2nd Wednesday of the month (DECEMBER 11) at 10:00 AM.*** Any member who wants to be put on the agenda at the meeting should contact Mary McCree, President.

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

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

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

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

**OUTREACH:** *Representative Tim Briggs'* aide is here the second Thursday of the month (11:00 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) **(except for month of December – he will be here on December 5)**

**QUILTING:** Fourth Wednesday of the month at 9:30 AM. Instructor: Ethel Hutchinson. All levels welcome!

**SHOW BOAT ATLANTIC CITY CASINO: ON HIATUS UNTIL SPRING.**

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

**TRAVEL TALES AND TIPS:** Meets on the third Thursday of each month at 11:00 AM. Want to talk about one of your trips? Just let coordinator, John Desko, know a month in advance so that information can be put in the newsletter. This gives interested members an opportunity to see and hear about your trip.

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

**ZUMBA GOLD:** Will resume in January, 2014. A free class will be held on January 6 at 12:00 PM. Sign up and pay at UM Township Park & Rec Dept.

### HOW ARE WE DOING?

As your new Executive Director I want to be sure that we are doing everything we can to make our senior center an enjoyable place for you to come.

Are the programs and activities we offer of interest to you? If not, what suggestions do you have that would make it more interesting for you?

Please complete our little form that you can fill out, clip and drop into a small suggestion box located in the lobby. Let us know how you feel through your comments and suggestions for something new or different. We welcome your feedback!

### YOUR SUGGESTIONS (FOR ACTIVITIES AND/OR PROGRAMS):



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### YOUR COMMENTS:

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### PHOTOS FROM TIM BRIGGS EXPO ON OCTOBER 18



Don & Mary McCree sign-up new members



Patricia Ackah waits to speak with Tim Briggs



Joanne Meenan, Sally Buce and Lu Eadeh



Maxine Newstein, Dee Hoffman & Pattie Cunane



Paul Buce and friends



Irene Knasiak, Theresa Smith & Anna Marie Mich



Peg Palmer and Sally Pontecorvo



Rita McNally & Dottie Wisniewski speak with Erika Spott

## HOLIDAY HITS

Can you identify the talented artist who holds the top selling holiday song of each decade? *(Answers are below – don't cheat!)*

**40's "White Christmas"**

**50's "The Chipmunk Song"**

**60's A Holly Jolly Christmas"**

**70's "Feliz Navidad"**

**80's "Last Christmas"**

**90's "All I Want for Christmas Is You"**

**00's "Where Are You Christmas?"**

Answers: 40's  
Bing Crosby,  
50's Alvin &  
the  
Chipmunks,  
60's Burl Ives,  
70's Jose  
Feliciano, 80's  
Wham!, 90's  
Mariah Carey,

## REMINDERS FOR DECEMBER 2013

- \* UM HOLIDAY HOOLA: FRIDAY, DECEMBER 6 AT 5:00 PM AT THE UM TOWNSHIP BULDING. OUR OWN UM BAND PERFORMS AT 6:45 PM
- \* ANNUAL HOLIDAY PARTY: MONDAY, DECEMBER 9, 2013 AT 11:00 AM AT THE GRAND BALLROOM AT THE RADISSON HOTEL VALLEY FORGE CASINO
- \* GENERAL MEETING: WEDNESDAY, DECEMBER 11 AT 10:00 AM
- \* PHILADELPHIA CHRISTMAS VILLAGE (THROUGH UM PARK & REC DEPT.) SATURDAY, DEC. 14 AT 10:30 AM
- \* BOOK TALK: MONDAY, DECEMBER 16 AT 1:00 PM. THIS MONTH'S BOOK IS: "LOVE CHILD" BY SHEILA KOHLER
- \* VALLEY FORGE CASINO: WEDNESDAY, DECEMBER 18 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
- \* TRAVEL TALES AND TIPS: THURSDAY, DECEMBER 19 AT 11:00 AM
- \* FRIDAY FLICKS: FRIDAY, DECEMBER 20 (Pizza at 11:15 AM, Movie at 12:00 PM.) SHOWING "LOVE ACTUALLY"

**THE CENTER WILL BE CLOSED ON MONDAY, DEC. 9 FOR THE ANNUAL HOLIDAY PARTY AND FROM MONDAY, DECEMBER 23 TO WEDNESDAY, JANUARY 1, 2014 IN OBSERVANCE OF THE HOLIDAY SEASON**

*Wishing You All A Joyous Holiday Season!*



NOTE:  
THE UMSSC IS CLOSED WHEN THE UM AREA SCHOOL DISTRICT CLOSES DUE TO INCLEMENT WEATHER

UMASD SCHOOL CLOSING NUMBER IS "307"

NOTICE IS ALSO BROADCASTED ON COMCAST CHANNEL 28 OR VERIZON FIOS CHANNEL 32

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

OR CALL KYW-1060 RADIO (215-925-1060) FOLLOW INSTRUCTIONS AND ENTER UMASD SCHOOL CLOSING NUMBER "307"

UM RAMBLER  
Free service to UM Township Seniors (Visit GVF Transportation for pass)  
You can ride back and forth to the Center, the Malls, and other destinations!  
GVF Transportation Dept.  
1012 W. Eighth Ave., Suite A  
King of Prussia, PA 19406  
Phone: 610-354-8899  
[www.gvftma.com](http://www.gvftma.com)

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

UPPER MERION SENIOR SERVICE CENTER  
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