



THE BEST OF TIMES

JANUARY 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
650 SOUTH HENDERSON ROAD
KING OF PRUSSIA, PA 19406
TEL: 610-265-4715
FAX 610-265-4005
WEBSITE: www.umssc.org
EMAIL: 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, Jane Burger, William Drolet, 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

Dear Members,

Happy 2014 to all of you! It is always exciting to begin a new year. We plan to have interesting trips, programs and presentations. Please feel welcome to suggest an activity or trip we welcome your suggestions in our suggestion box in the lobby or verbally in the office.

You will see detailed information on an important presentation we will be hosting this month on January 6 in the body of this newsletter. Check it out.

We will be holding our usual Martin Luther King Day of service at the center on January 20. If you would like to join us, please do.

We welcome our 2014 board members. We value our board members who have much to offer and without them the center would not be able to function as well. Much thanks to each and every one of them.




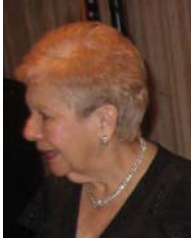







We also welcome all of our members and all they bring to the success of our center. Remember without you there would be no Upper Merion Senior Service Center. We are resurrecting our membership cards as we have had requests to do so and we aim to please. We ask you to pick them up the next time you are at the center as we will not be mailing them.

Remember it is time to re-new your membership for 2014 if you have not already done so...also please bring a friend, as we will be happy to welcome them.

The Upper Merion Senior Service Center, I know, will have a fruitful 2014 with Cindy as our Executive Director . . . ***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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<p>1</p> <p>Closed for New Year's Day</p> 	<p>2</p> <p>10:15 BINGO 12:30 CHAIR EXERCISE</p>	<p>3</p> <p>10:00 SING-A-LONG</p>	<p>4</p> 
<p>5</p> 	<p>6</p> <p>10:00 MAH-JONGG 10:30 CURRENT EVENTS 12:00 ZUMBA GOLD (FREE CLASS) 1:30 YOGA 2:00 MONTCO MEDICAL SOCIETY PRESENTATION ON EYE HEALTH</p>	<p>7</p> <p>9:30 COMPUTER CLUB 10:00 BRIDGE 11:30 CHAIR EXERCISE 1:00 KNITTING & CROCHETING 1:30 BAND PRACTICE & INSTRUCTION</p>	<p>8</p> <p>10:00 BOARD MEETING 1:00 LINE DANCING</p>	<p>9</p> <p>10:00 NURSE 10:15 BINGO 11:30 OUTREACH BRIGGS 12:30 CHAIR EXERCISE</p>	<p>10</p> <p>10:00 SING-A-LONG 11:15 FRIDAY FLICKS "THE ENGLISH TEACHER"</p>	<p>11</p> 
<p>12</p> 	<p>13</p> <p>10:00 MAH-JONGG 10:30 CURRENT EVENTS 12:00 ZUMBA GOLD 1:30 YOGA</p>	<p>14</p> <p>9:30 COMPUTER CLUB 10:00 BRIDGE 11:30 CHAIR EXERCISE 1:00 KNITTING & CROCHETING 1:30 BAND PRACTICE & INSTRUCTION</p>	<p>15</p> <p>10:00 GENERAL MEETING 1:00 LINE DANCING</p>	<p>16</p> <p>10:15 BINGO 12:30 CHAIR EXERCISE</p>	<p>17</p> <p>10:00 SING-A-LONG</p>	<p>18</p> 
<p>19</p> 	<p>20</p> <p><i>Closed for Martin Luther King Day of Service</i></p>	<p>21</p> <p>9:30 COMPUTER CLUB 10:00 BRIDGE 11:30 CHAIR EXERCISE 1:00 KNITTING & CROCHETING 1:30 BAND PRACTICE & INSTRUCTION</p>	<p>22</p> <p>9:30 VALLEY FORGE CASINO 9:30 QUILTING 1:00 LINE DANCING</p>	<p>23</p> <p>10:00 NURSE 10:15 BINGO 12:30 CHAIR EXERCISE</p>	<p>24</p> <p>10:00 SING-A-LONG</p>	<p>25</p> 
<p>26</p> 	<p>27</p> <p>10:00 MAH-JONGG 10:30 CURRENT EVENTS 12:00 ZUMBA GOLD 1:00 BOOK TALK 1:30 YOGA</p>	<p>28</p> <p>9:30 COMPUTER CLUB 10:00 BRIDGE 11:30 CHAIR EXERCISE 1:00 KNITTING & CROCHETING 1:30 BAND PRACTICE & INSTRUCTION</p>	<p>29</p> <p>1:00 LINE DANCING</p>	<p>30</p> <p>10:15 BINGO 12:30 CHAIR EXERCISE 11:00 OUTREACH LEACH</p>	<p>31</p> <p>10:00 SING-A-LONG</p>	

OUR BOARD OF DIRECTORS



INDEX - JANUARY 2014

	PAGE
2013 GOALS	1
CALENDAR	2
UPCOMING EVENTS	3
COMMUNITY OUTREACH	3
ACKNOWLEDGEMENTS	4
COMMUNITY HAPPENINGS	4
NEWSWORTHY	4
ACTIVITIES	5
HOW ARE WE DOING?	6
JUST FOR FUN	6
REMINDERS	BACK PAGE

DATES WE ARE CLOSED

THE CENTER WILL BE CLOSED ON WEDNESDAY, JANUARY 1 FOR NEW YEAR'S DAY. ALL ACTIVITIES ARE CANCELLED ON MONDAY, JANUARY 20 FOR MLK DAY OF SERVICE

UPCOMING EVENTS

MONTGOMERY COUNTY MEDICAL SOCIETY PRESENTATION ON EYE HEALTH - MONDAY, JANUARY 6 AT 2:00 PM: We will be hosting a presentation by Mark F. Pyfer, M.D. board certified in ophthalmic surgery by the American Board of Ophthalmology and a Fellow of the American Academy of Ophthalmology. He specializes in state-of-the-art [refractive](#) and [cataract](#) surgery. Dr. Pyfer serves on the teaching faculty of Wills Eye Hospital in Philadelphia, where he has performed over 1000 vision correction procedures since 1997. During Dr. Pyfer's presentation, he will review eye health issues affecting those over 65 years of age, and highlight new technologies for diagnosis and treatment of these conditions. Specifically: Cataract; Glaucoma; Age-related Macular Degeneration; Dry Eye Syndrome and Blepharitis. The talk will last 45 minutes with 15 minutes for questions and discussion afterwards

ZUMBA GOLD WINTER: FREE DEMO CLASS MONDAY, JANUARY 6 AT 12:00 PM. ZUMBA GOLD SESSION RUNS JANUARY 13, JANUARY 27, FEBRUARY 3, FEBRUARY 10 FEBRUARY 24, MARCH 3, 10, 17 AND LAST CLASS MAR 24. **NO CLASS MLK DAY JANUARY 20 AND PRESIDENTS DAY FEBRUARY 17. SIGN UP AND PAY AT THE TOWNSHIP BLDG – PARK & REC DEPT. COST: UM Residents: \$20 – Non-UM Residents: \$30.**

WEDNESDAY, JANUARY 22: 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. 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, JANUARY 15. Everyone must bring a valid photo ID.**

AARP 2013 TAX PREPARATION: THURSDAYS ONLY STARTING FEBRUARY 6 TO APRIL 10: It's that time again! Free tax preparation for seniors by AARP. Bring your tax documentation including your receipted real estate tax bills. Appointment sign-up schedule will be at the Reception Desk beginning in January 2014. **Must sign up in person. No appointments will be taken over the telephone.**

ACKNOWLEDGEMENTS

DONATION FROM UM POLICE ASSOCIATION

Officer Harry Nuskey and Sergeant Jim Tees presented a donation of \$500.00 to the Center on behalf of the Upper Merion Police Association. Their generous and greatly appreciated donation was presented at the December 4 Board Meeting.

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!

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 generously made donations to the Center:

- ★Gerry Roth in memory of his dear wife Betty.
- ★Bob & Barbara Boris in memory of their friend Betty Bashaw.
- ★Donna & Les Cohen in memory of their dear friends: Betty Roth, Gene Lopoten, and Jim Siciliano.
- ★Thank you to Fanny & Fritz Collins for donation of an antique tambourine which belonged to their Aunt.
- ★Thank you to Howard Rosenblum who donated supplies for use at our weekly Bingo game.
- ★ Thank you to Ethel Hutchinson for her donation of shelves to keep the board games on in memory of Harriet Kagan.

COMMUNITY OUTREACH

SOCKS 4 SOULS

During this time of giving thanks, it is important for us to remember those who are in need. It's easy to overlook the role clean, dry socks play in staying healthy. Yet, for someone who doesn't have them, the impact on their physical and emotional well-being - especially in cold weather - can be huge. This initiative was started last year by Sierra Stoudt-Reddi, an Upper Merion Area High School student, to provide clean and dry socks to our area's homeless. Our collection box is set up in the lobby so you can bring clean or new socks of any color or size. We will be collecting through the **first week of January**.

ST. JOHN'S SOUP KITCHEN

Food donations are now being collected for meals to serve at the St. John's Soup Kitchen on January 30. Donations of frozen turkey should be made by *Wednesday, January 15*. Additional donations of turkey gravy, gravy mix, stuffing, instant mashed potatoes, canned vegetables and cranberry sauce should be brought in by *Monday, January 27*.

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. Toiletries, household and laundry detergents are also 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 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." 69 blankets and afghans were recently completed and donated to the cause, and many thanks go to our members who knitted the squares. ***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.***

COMMUNITY HAPPENINGS

UPPER MERION FARMERS' MARKET

Winter Fresh: Yes, the Farmers' Market is open January 4 through April on every other Saturday from 10:00 AM to 12:00 PM. **(Rain, Sleet, or Snow)**

FRIENDS OF VALLEY FORGE PARK SPEAKER SERIES

As part of the Friends mission to provide interesting and compelling programming for the public, the annual Speaker Series is held in cooperation with the Washington Memorial Chapel. Each year, a new slate of programs is scheduled and offered at the Chapel or the park theater. Programs are held on the first Tuesday of the month at 7 pm. The following programs will be held at the Chapel:

**JANUARY 7: THE STORY OF CLIVEDEN:
BUILDING A MEMORY. Presenter David Young,**

the executive director of Cliveden. "Cliveden" is synonymous with the October 4, 1777 Battle of Germantown. Benjamin Chew (1722-1810), who at one time held the position of Chief Justice of the Supreme Court of the Province of Pennsylvania, purchased the bucolic Germantown property in the Philadelphia countryside as a summer retreat for his family. The house he named "Cliveden" was constructed there between 1763 to 1767. Except for a brief period between 1779 and 1797, the Chews occupied Cliveden for seven generations until 1972. Cliveden is a National Historic Landmark and one of America's great historic sites.

February 4: THE HISTORICAL EVOLUTION OF VALLEY FORGE. Speaker Marc Brier, a ranger at Valley Forge National Historical Park, discusses the many and varied visions of this iconic American treasure.

March 4: AN EVENING WITH MARTHA WASHINGTON: GENERAL'S WIFE AND PRESIDENT'S LADY. Historic interpreter Carol Spacht presents a fascinating first-person look at a first lady.

NEWSWORTHY

NEW OFFICERS AND BOARD OF DIRECTORS INSTALLED BY ACCLAMATION AT THE DECEMBER GENERAL MEETING

Following is the list of the officers and board members who were acclaimed at the December general meeting:

Officers:

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

Members of the Board:

Jane Burger, Ed Freudenberg and Richard McCann

THANK YOU

We would like to thank Ethel Hutchinson for her six years of service and dedication to the center as a board member. Ethel is also the keeper of the center's photo albums which are kept in the lounge for all to enjoy. There are several year's worth of photo collages in these albums – a pictorial "history" of our special events and activities over the years. Thank you Ethel for all your hard work!

PHILADELPHIA MUSEUM OF ART PHOTOGRAPHY CONTEST

We have some very talented members here at the center. We would like to acknowledge and congratulate John Desko who won an award for a

photo he submitted for a photography contest. Congratulations John!

HOLIDAY PARTY

Our annual party was a success. Many thanks to those who made it possible. Starting with Shirley who designed our tickets. All of our ticket sellers who faithfully manned the ticket sale table for weeks prior to the party. Ruth Shand who single handedly processed all the registrations at the desk. Cindy who did a great job handling our announcements among many other activities throughout the day. Thanks to Ginny Santangelo who separated all of the tickets into strips of ten and Sarah Philips and her team who then sold these tickets for our Cash Prizes. Helen Cabrey who wraps all of door prizes and graciously distributed them along with Cindy and Don McCree. Special thank you to Cindy Eastman, our Executive Director for the donation of 4 emergency kits containing supplies recommended per the Ready PA project. Cindy purchased and assembled all the items. A special thank you to Don McCree who lays out the table configuration each year. Also a big thank you to our members who attended the function and also special guests from the Township and School District and Legislative Offices. A thank you to Mark Shepperd for emceeing and providing dance music for our line dancers. Thanks to the Aracelia Panzana for providing a list of the tunes. A very big Thank You to our Band who each year starts off our party with their wonderful music. Thank you to Ed Hickman, our band director who helped out with emceeing duties as well. Harlyce and Jerry Grossman who helped tremendously with the initial planning of this event. Thank you to Howard Rosenblum, one of our new board members who has designed an Events Database which will be helpful in the future. If we have forgotten anyone please forgive us.

Mostly we thank Mary McCree for without all her hard work this party would not have happened. THANK YOU MARY!

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?

Is it getting more difficult for you to rise from a chair? Activities in the chair exercise sessions can help you strengthen the quads (upper leg muscle) which are involved in standing up from a sitting position. You will also learn how to make the ankles more flexible. These are activities you can easily do at home to continue to

strengthen those muscles and make some of your every day activities a bit easier.

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 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.

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, JANUARY 27 at 1:00 PM. Meets on the 3rd Monday of the month. Coordinator: Patricia Ackah (610.265.4290). *"The Omnivore's Dilemma. A Natural History of Four Meals"*. What should we have for dinner? The question has confronted us since man discovered fire, but according to Michael Pollan, the bestselling author of *The Botany of Desire*, how we answer it today, at the dawn of the twenty-first century, may well determine our very survival as a species. Should we eat a fast-food hamburger? Something organic? Or perhaps something we hunt, gather, or grow ourselves? The omnivore's dilemma has returned with a vengeance, as the cornucopia of the modern American supermarket and fast-food outlet confronts us with a bewildering and treacherous food landscape. What's at stake in our eating choices is not only our own and our children's health, but the health of the environment that sustains life on earth.

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. This group is the place to be at 10:30 on Monday mornings. Plenty to discuss, and lots of perspectives on the news. Discussions continue to expand our horizons and views of what's happening. Come join in, always room for more.

FRIDAY FLICKS: FRIDAY, JANUARY 10 (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 *"The English Teacher" starring Julianne Moore, Greg Kineer and Nathan Lane*. Linda Sinclair is a forty-year-old unmarried English teacher whose greatest relationships are with her favorite authors and stories. When a disheartened former student moves back into town after failing to make it as a playwright in New York, Linda decides to step out of her comfort zone and produce his play with the help of the high school drama teacher.

GARDEN CLUB: Meets the second and fourth Wednesday at 1:00 PM. Chairperson: Paul Buce. *The gardeners and the club are on hiatus this month.* We had a good year in 2013, and look forward to 2014. We'll pick up again in February. See you then.

GENERAL MEMBERSHIP MEETING: Monthly meeting open to all members on the **3rd Wednesday of the month (JANUARY 15) 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)

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.

TRAVEL TALES AND TIPS: Coordinator: John Desko. ***On winter hiatus starting in January, 2014.***

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

ZUMBA GOLD: Classes will resume on January 13, 2014. A ***free class will be held on January 6 at 12:00 PM.*** Sign up and pay at UM Township Park & Rec Dept.

PICTURES FROM OUR HOLIDAY PARTY



*Wishing everyone a safe and
Happy New Year!*

Reminders for January 2014

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

- * MONTGOMERY COUNTY MEDICAL SOCIETY PRESENTATION ON EYE HEALTH: MONDAY, JANUARY 6 AT 2:00 PM
- * FRIDAY FLICKS: FRIDAY, JANUARY 10 (Pizza at 11:15 AM, Movie at 12:00 PM.) SHOWING "THE ENGLISH TEACHER"
- * GENERAL MEETING: WEDNESDAY, JANUARY 15 AT 10:00 AM
- * VALLEY FORGE CASINO: WEDNESDAY, JANUARY 22 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
- * BOOK TALK: MONDAY, JANUARY 27 AT 1:00 PM. THIS MONTH'S BOOK IS: "THE OMNIVORE'S DILEMMA: A NATURAL HISTORY OF FOUR MEALS"
- * AARP 2013 TAX PREPARATION: THURSDAYS ONLY BY APPOINTMENT ONLY STARTING FEBRUARY 6 TO APRIL 10

SEE PAGE 3 UNDER UPCOMING EVENTS FOR MORE DETAILS
REGARDING ITEMS LISTED ABOVE

THE CENTER WILL BE CLOSED WEDNESDAY, JANUARY 1 IN
OBSERVANCE OF NEW YEAR'S DAY
and on
MONDAY, JANUARY 20 FOR MARTIN LUTHER KING DAY
OF SERVICE (AT THE CENTER)



NOTE:
UMSSC IS CLOSED
WHEN UM AREA
SCHOOL DIST.
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"

Note:
Information
submitted following
December 4 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

**Non-Profit Org.
U.S. Postage
PAID
Southeastern, PA
Permit No. 615**

TO: RESIDENT or OCCUPANT