

UPPER MERION SENIOR SERVICE CENTER 650 SOUTH HENDERSON ROAD KING OF PRUSSIA, PA 19406 TEL: 610-265-4715 FAX 610-265-4005 WEBSITE: <u>www.umssc.org</u> EMAIL: <u>info@umssc.org</u> 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:

Gerry Roth, President Mary F. McCree, Vice President Helen Cabrey, Secretary Harlyce Grossman, Treasurer MEMBERS OF THE BOARD:

Paul Buce, Les Cohen, Ed Freudenberg, Pari Hoorfar, Ethel Hutchinson, Howard Lurie, Ruth Shand and Janet Sheehan

HONORARY MEMBERS:

Mary Meere, Arthur Powell, Constance H. Williams **STAFF:**

Jonathan Stanback, Executive Director Shirley Robey, Administrative Assistant Beth Cassidy, Receptionist

"Best of Times" Editors:

Mary F. McCree and Shirley Robey

<u>GOALS</u>

• 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.

THE BEST OF TIMES

JULY 2012

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

MONTHLY MESSAGE

A Little History - Some interesting facts about July 4th..... On June 11, 1776, Thomas Jefferson was appointed to a five man committee, alongside John Adams of Massachusetts, Roger Sherman of Connecticut, Benjamin Franklin of Pennsylvania and Robert R. Livingston of New York that were charged with drafting a formal statement justifying the break with Great Britain. Jefferson was given the task of drafting the Declaration of Independence which would become the foremost statement of human liberty and equality ever written.

The tradition of patriotic celebration became even more widespread after the war of 1812, in which the United States again faced Great Britain. In 1870, the U.S. Congress made July 4th a federal holiday; in 1941, the provision was expanded to grant a paid holiday to all federal employees. Over the years, the political importance of the holiday would decline but Independence Day remained an important national holiday and a symbol of patriotism.

Falling in mid-summer, the Fourth of July has since the late 19th century become a major focus of leisure activities and a common occasion for family get-togethers, often involving fireworks and outdoor barbecues. The most important symbol of the holiday is the American Flag. *(from Thomas Jefferson Drafts the Declaration of Independence)(History.com)*

Enjoy this national holiday with your family and friends. The fun begins at 4:00pm. Bring the family and join everyone for an evening of Fun, food, music and fireworks! Fireworks start at dark (approx 9:00pm) at Heuser Park. Raindate: July 5, 2012

Happy Independence Day!

Mary McGree

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
	2 9:30 PINOCHLE 10:00 MAH-JONGG 10:30 CURRENT EVENTS 1:00 KNITTING & CROCHETING 1:30 YOGA	3 9:30 COMPUTER CLUB 10:00 BRIDGE 12:30 CHAIR EXERCISE 1:00 KNITTING & CROCHETING 1:30 MUSIC INSTRUCTION	4 CENTER CLOSED INDEPENDENCE DAY OBSERVANCE	5 10:15 BINGO 11:00 TRAVEL TALES AND TIPS 12:30 CHAIR EXERCISE	6 10:00 MAH-JONGG 10:00 SING-A-LONG SUMMER HOURS BEGIN CLOSE AT NOON	7
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15	16 9:00 CASINO TRIP 9:30 PINOCHLE 10:00 MAH-JONGG 10:30 CURRENT EVENTS 1:00 BOOK TALK 1:00 KNITTING & CROCHETING 1:30 YOGA	17 9:30 COMPUTER CLUB 10:00 BRIDGE 12:30 CHAIR EXERCISE 1:00 KNITTING & CROCHETING 1:30 MUSIC INSTRUCTION	18 12:00 TAI CHI	19 10:15 BINGO 12:30 CHAIR EXERCISE	20 REP. TIM BRIGGS 4 TH ANNUAL SENIOR EXPO & LUNCHEON 11:00 AM TO 1:00 PM ALL ACTIVITIES CANCELLED	21
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JULY 2012

Quote Of The Month: "Everything is funny as long as it is happening to somebody else." Will Rogers

OUR BOARD OF DIRECTORS



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UPCOMING EVENTS

THE SENIOR CENTER WILL BE CLOSED ON WEDNESDAY, JULY 4 IN OBSERVANCE OF INDEPENDENCE DAY.

SUMMER HOURS: THE CENTER WILL CLOSE AT NOON ON FRIDAY'S BEGINNING JULY 6

JEOPARDY RETURNS: JULY 9 at 10:00 AM is the date set for the next round of Jeopardy. Our teams are ready! Check them out on the bulletin board. Jeopardy will be here before you know it! We have prizes for the winners and all who participate. Don't want to play? Be a part of the audience and cheer on your favorite teams. Everyone guaranteed to have fun!!!!!!!

4TH ANNUAL SENIOR EXPO: Friday, July 20 from 11:00 AM to 1:00 PM. Sponsored by Rep. Tim

Briggs. This free event will feature health screenings and many vendors with useful information. Representatives from state, county and local health agencies will be on hand to answer any questions. Free luncheon will be provided. *For additional information contact Rep. Brigg's office at 610.768.3135.* **RECORD YOUR FAMILY HISTORY: Monday, July 23 and Friday, July 27 from 10:00 AM to 11:00 AM in the lounge.** \$10.00 donation will be accepted at time of sign-up. To schedule your appointment come in to the office.

VALLEY FORGE CASINO TRIP: Tuesday,

July 31. Special offer from VF Casino. For cost of \$25.00 you will receive \$25.00 in slot play, \$30.00 food and beverage voucher, a free shuttle bus from the center and back, and a three (3) month dining membership which includes unlimited access to the casino, 10% off every meal and invitations to exclusive member events. *When you sign up for membership a photo ID will be required, so please remember to bring it with you.* Bus will depart the center at 9:30 AM and depart from the casino at 2:00 PM.

CULTURAL CAR POOL TRIPS

"Offering of the Angels – Treasures from the Uffizi Gallery in Florence, Italy". Exhibition from April 21 to August 10 of 45 paintings and tapestries by such Renaissance and Baroque masters as Bottielli, Titian, Tintoretto, Parmigianino and Cristofano at the Michener Art Museum in Bucks County. *If you are interested in going contact Terry Stevens via email only for additional information and reservations (PLEASE do not contact UMSSC office). Terry's email address is:* Terrystev@comcast.net.

COMMUNITY OUTREACH DONATIONS TO UMSSC

Upper Merion Senior Service Center is now 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 nonprofit organization 501(c)(3) we rely upon outside donations and gifts to help finance some of our programs, activities and services to our members.**

 \bigstar Thank you to the Women's Club of Upper Merion from whom we received a generous donation.

★ Thank you to Royal Bank America for their generous donation to pay for printing of our Fall Fund Raiser raffle tickets due to the efforts of Ruth Shand's daughter, Cindy Eastman, Senior Vice President of Royal Bank America.

★ The Mary Daly MacFarland Foundation, a private charitable foundation, presented the center with a donation to be devoted to our music program. This generous gift has been given in memory of Mary Daly MacFarland.

Donations have been made to the center in memory of Thomas Moran by: Paul & Sally Buce and Don & Mary McCree.

★ A donation has been made in memory of Theresa Gillespie by Ethel Hutchinson.

★ An anonymous donation was generously made to the center.

UPPER MERION EMERGENCY AID

Dried goods donations collected for families in the community. Donation box is outside of the lounge. The Upper Merion Emergency Fund is requesting donations of *peanut butter and jelly and cans of* fruit. 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-4th) are still being collected. Collection box is on the table outside of the lounge. Members might keep in mind how valuable these books are to young readers. Thank you notes have been received from the children and are posted on our bulletin board. WE CAN ALL PUT BOOKS INTO THE HANDS OF CHILDREN.

ST. JOHN'S SOUP KITCHEN

The Women's Club of Upper Merion will be preparing a summer picnic meal at St. John's Kitchen for the homeless. They will be serving hot dogs and are **IN** NEED OF CANS OF BAKED BEANS AND

WATERMELONS. If you would like to donate, please place the items in the box along the corridor marked for St. John's. The items will be needed by Wednesday, August 29.

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. Tony has been doing this for over five years and we really appreciate his generosity. Thank you Tony! * LeBus Bread – Member Raffle every month 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 (*Everyone raves* about their pizza!!!).

FRIDAY FLICKS

Our Friday Flicks will be vacationing until Friday, September 14. This activity is made possible through the Upper Merion Township Library and Marianne Hooper who delivers it faithfully to the Center each month. This activity has become very popular and our members are requesting it to be held twice a month instead of once a month. We will certainly try to honor this request. Check our newsletter or web site for further information throughout the summer.

COMMUNITY HAPPENINGS

UM 2012 CONCERTS UNDER THE STARS PERFORMANCE DATES

- July 8, 2012: Carbon Leaf with Special Guest Griz
- July 15, 2012: Craig Bickhardt and Friends featuring Ronstadt Generations
- July 22, 2012: Plush with Wanamaker Lewis Band

July 29, 2012: Terrance Simien & The Zydeco Experience with Chris Kasper

Free for seniors! General admission: \$5.00.

NEWS FROM UPPER MERION FARMERS' MARKET

Saturday, July 14th, there will be the 3rd Annual Zucchini 500 event. This is similar to the Cub Scouts Pinewood Derby except the kids decorate racecars out of zucchini, or the veggie of their choice...cucumbers, squash etc. and race them down the racetrack

Another special event is our Community Yard Sale on July 28. We invite the public to browse our yard sale as well as enjoy the music and fun at the Farmers Market.

DON'T FORGET TO VISIT THE UPPER MERION FARMER'S MARKET ON SATURDAY'S FROM 9:00 AM TO 1:00 PM.

NEW HOME FOR THEATRE HORIZON

Congratulations to Theatre Horizon as they ceremoniously "break ground" on their new 120-seat theater due to open in November, 2012. The theater will be in the former Bell Telephone building at 401 DeKalb Street which will be renovated to accommodate the theater, ground-floor offices, a multi-use lobby, upgraded lighting, sound system, dressing rooms and classrooms and storage space. Since it was formed in 2005 the theater has had to perform in seven different locations, but will now have a permanent home.

NEWSWORTHY

UMSSC BIRTHDAYS

Members birthdays for July and August will be celebrated at the September General Membership Meeting.

POWER OUTAGES AT THE SENIOR CENTER

For safety reasons, whenever there is a power outage at the Senior Center, it will be necessary for the center to close. *Please honor this request; it is made to insure your safety*.

GOLD'S GYM (THE FACTORY)

The township is progressing in the move to upgrade the former Gold's Gym at the swim club on Valley Forge Road as a community center. They have selected an architectural firm to begin developing plans to modify the building. A group of UMSSC members attended the township meeting to review the architect candidates prior to selection. The architects did not present designs, but did discuss possibilities. The winning team is **Buell, Kratzer, Powell** and they will tour our center early in the process to learn what and how we operate.

PLEASE COME BACK TO TAI CHI!

Where are all of the people who expressed interest in Tai Chi with instructor, Peter? He has been back since April and we thought more people would be coming back. When we first started Tai Chi our interest list had over 50 names on it. Where are all of you now? We encourage more members to come and try the class with Peter.

RECORD YOUR FAMILY HISTORY

We all have a story to tell about our family. For a donation of \$10.00, we will record as you talk about your families' history. We will provide you with some pre-selected questions to guide you through the recording or if you prefer you can just talk generally. Dates selected for the first recordings are Monday, July 23 and Friday, July 27. You should allow at least 2-

hours for a recording. Sign up and give your \$10.00 donation in the office.

COURSE ON INTRODUCTION TO INVESTING WITH PUT AND CALL STOCK OPTIONS

What are "put and call stock options"? If you would like to find out why not plan to join us for a course to be given by one of our members at no cost. This will be a very basic course and will proceed at an appropriate pace to insure the attendees understand the material. However, this course will not deal with employee stock options. Watch the newsletter and bulletin board for course start date and information. There is also an *interest sheet* at the reception desk and if there is enough interest the course will be held in the fall.

UMSSC FALL FUND RAISER

Raffle tickets will be mailed to our members this month. If you need more please stop in the office or give us a call and we will be happy to accommodate you. The drawing will be at noon on Wednesday, September 12th. Our prizes will be \$100 3rd prize, \$300 2nd prize, \$500 1st prize. We encourage you to support this very special fund raiser.

UMSSC BIG BINGO

Mark your calendar for Saturday, October 20th for our *BIG Bingo.* More information will be forthcoming.

VOTER ID – WHAT YOU NEED TO KNOW

Beginning with elections that occur after September 17, 2012, all voters MUST provide a current photo ID at each election in order to vote. If you cannot provide acceptable proof of identification, you may cast a provisional ballot and verify your identity with the county elections board within six days following the election. More information will be available at Rep. Tim Briggs Senior Expo to be held here on Friday, July 20. Brochures will also be available at the Center.

DID YOU KNOW ...

. . more has happened on July 4th than declaring American independence.

We all know that this is America's birthday, the day that our country declared its independence from England, but what else happened on this day in history? On July 4th, 1826, the 50th anniversary of the adoption of the Declaration of Independence, two of America's founding fathers died. Both John Adams and Thomas Jefferson, our country's second and third presidents, respectively, died on this day in 1826. Just five years later, James Monroe, the fifth president, died on July 4th, 1831.

In the literary world, July 4th is known for at least two famous publications. The first edition of Walt Whitman's frequently revised "Leaves of Grass" was published on July 4th, 1855. The first volume contained 12 poems, which were rewritten and added to over the years. On July 4th, 1862 author Lewis Carroll created "Alice in Wonderland" for Alice P. Liddell. Three years later on July 4th, 1865, the first edition of "Alice in Wonderland" was released.

On July 4th, 1863, Confederate General John C. Pemberton surrendered to Union General Ulysses S. Grant at Vicksburg during the Civil War.

The entertainment sector has seen its share of momentous events that happened on the 4th of July. On this day in 1832, "America" was first sung in public and in1883 Buffalo Bill Cody presented his first Wild West Show in North Platte, NE. In 1961, four years after the death of her beloved "Bogie", actress Lauren Bacall married actor Jason Robards. July 4th 1969 was the day that 140,000 people attended the Atlanta Pop Festival featuring Led Zeppelin and Janis Joplin.

Sporting events are no stranger to happenings on the 4th either. In 1905, a 20 inning baseball game was played with the Philadelphia A's eventually beating the Boston Red Sox 4-2. The first U.S. motorcycle race was held on this day in 1914. It was 300 miles long. Baseball saw two significant events in 1939. Red Sox player Jim Tabor hits two grand slams in one game. It was the same day that the Yankees retired their first jersey, Lou Gehrig's #4. In 1960, the New York Yankees' Mickey Mantle hit his 300th career homer. And on July 4th 1984 NASCAR driver Richard Petty won his 200th race at the Firecracker 400 in Daytona Beach, FL.

Famous people born on July 4th include Yankee Doodle Dandy George M. Cohan, mobster Meyer Lansky, propagandist Tokyo Rose, advice columnists and twin sisters Abigail Van Buren and Ann Landers, actress Eva Marie Saint, playwright Neil Simon, R & B singer Bill Withers, newscaster Geraldo Rivera, and singer John Waite. *From Today in History by Becky Smith, Yahoo! Contributing Network*

MEMBER SPOTLIGHT ON ED HICKMAN – THE "ARTIE SHAW" OF UMSSC



What is a band without a leader? It's definitely not a band. That's why we count our lucky stars that we have Ed Hickman to lead the UMSSC Band. Ed has a lot of talent. Not only does he lead the band, but he has taught some of our members to play an instrument or has reintroduced them to an instrument they may have played when they were young. Ed plays the clarinet and the saxophone.

Ed and his wife Jackie have two children and four grandchildren. Ed's little granddaughter, Ella, sometimes comes to band practice with him and pretends to be playing music along with her grandfather.

Before his retirement in 2004 from Lockheed Martin, Ed worked at the Navy Yard on the Trident submarine. *However, according to his wife, his first love is and always will be music.*

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.

ART INSTRUCTION: *Next class will be offered in September.*

BINGO: Thursdays at 10:15 AM. Coordinator: Evelyn Cavaliere. Cash prizes!

BOOK TALK: MONDAY, JULY 16 at 1:00 PM. Coordinator: Patricia Ackah (610.265.4290). *Meets on the third Monday of the month*. This month's book is **"Unbroken" by Laura** *Hillenbrand*. A World War II story of a man's journey into extremity; "Unbroken" is a testament to the resilience of the human mind, body, and spirit.

BRIDGE CLUB: Tuesday's at 10:00 AM.

CASINO TRIP: MONDAY, JULY 16. Bus departs from Center to Showboat Casino at 9:00 AM and returns approximately 6:15 PM. Bus Captain: Harry Bailey. *Cost: \$25.00* per person. Limit 47 passengers. No telephone reservations. *MINIMUM 30 PASSENGERS REQUIRED. CUT-OFF DATE FOR TRIP IS WEDNESDAY, JULY 11.*

CHAIR EXERCISE: Every Tuesday and Thursday from 12:30 PM to 1:15 PM. Coordinator: Jim Parvin. \$3.00 per class.

COMPUTER CLUB: Tuesday's 9:30 AM to 11:30 AM. Coordinators: Herman Natanblut and Howard Lurie. No fee; no class limit. Meetings are open to all *members*, all ability levels.

CURRENT EVENTS DISCUSSION GROUP:

Monday's at 10:30 AM in the Lounge. Coordinator: Joan Shaw. The group meets at 10:30 each Monday morning to discuss the week's news. The news marches on, *no summer break*. The pace of events seems to be speeding up, as we address more topics every week. Join us; you will get caught up in the goings on.

FRIDAY FLICKS: NO FRIDAY FLICKS UNTIL FRIDAY, SEPTEMBER 14.

GARDEN CLUB: Meets the second and fourth Wednesday at 1:00 PM. Chairperson: Paul Buce. July marks the beginning of our club summer slowdown; it is usually just too hot. But we will meet the second and forth Wednesdays. Weather permitting we'll do some much needed cleanup in the center gardens on the 11th. On the 25th, who knows?

GENERAL MEMBERSHIP MEETING: NO GENERAL MEETINGS IN JULY AND AUGUST. WILL RESUME ON WEDNESDAY, SEPTEMBER 12.

GOOD FOOD/GOOD HEALTH WITH PARI: NO CLASSES SCHEDULED UNTIL SEPTEMBER.

KNITTING & CROCHETING: Monday's and Tuesday's 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. An excellent selection of large print books, tapes and videos are available to borrow.

LINE DANCING: ON HIATUS UNTIL SEPTEMBER.

MAH-JONGG: Monday's at 10:00 AM *(No games on Friday's during the summer)*. All level players are welcome. Interested in learning Mah-Jongg? Coordinator: Lynne Boroch.

MUSIC INSTRUCTION: Tuesday's at 1:30 PM. Instructor: Ed Hickman.

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 - 11:00 AM to 1:00 PM.

PINOCHLE LADIES AND GENTS: Monday's at 9:30 AM.

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

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

STAND-UP YOGA: Monday's at 1:30 PM. Certified Instructor: Dr. Christine Grad. \$3.00 per class. Limited to 8 members per class.

TAI CHI: Every Wednesday from 12:00 PM to 12:45 PM. Coordinator Louise Bailey. \$3.00 per class.

TRAVEL TALES AND TIPS: 11:00 AM on the first Thursday of each month in the Computer Room. Join this discussion group to share inexpensive travel tips and adventures. **Coordinator: John Desko.**



UPPER MERION SENIOR SERVICE CENTER 650 SOUTH HENDERSON ROAD KING OF PRUSSIA, PA 19406

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