

THE BEST OF TIMES

JULY 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 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.

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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

WELCOME SUMMERTIME!

The warm weather months are a good time to commit ourselves to staying physically and mentally healthy.

Walking, gardening and swimming are all activities we can do at our own pace.

Of course, here at the Center, we offer many activities to stimulate our senses.

Whether at the seashore, an outdoor barbecue or any other function, we should stay safe and hydrated.

Have a happy and safe summer! ... and remember to always say something nice about UMSSC and it's members.

Harlyce Grossman



Garden Club Members visiting Mt. Cuba Gardens: (*left to right*): Frances Poche, Jim Henry, Ethel Hutchinson, Pattie Cunnane, Terry Stevens and Paul Buce

JULY 2013

QUOTE OF THE MONTH: One flag, one land, one heart, one hand, one Nation evermore!

Oliver Wendell Holmes

						r Wendell Holmes
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 10:00 FARMER'S MARKET CHECKS DISTRIBUTION 10:00 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA	9:30 COMPUTER CLUB 10:00 BRIDGE 11:30 CHAIR EXERCISE 1:00 KNITTING & CROCHETING 1:30 MUSIC INSTRUCTION	1:00 BOARD MEETING 1:00 LINE DANCING	SENIOR CENTER CLOSED FOR INDEPENDENCE DAY HOLIDAY	SENIOR CENTER CLOSED FOR INDEPENDENCE DAY HOLIDAY	
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21	9:00 SHOWBOAT CASINO 10:00 FARMER'S MARKET CHECKS DISTRIBUTION 10:00 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA	9:30 COMPUTER CLUB 10:00 BRIDGE 11:30 CHAIR EXERCISE 1:00 KNITTING & CROCHETING 1:30 MUSIC INSTRUCTION	9:30 QUILTING 1:00 LINE DANCING 1:00 GARDEN CLUB	10:00 NURSE 10:15 BINGO 11:00 OUTREACH- LEACH 12:30 CHAIR EXERCISE	26 10:00 SING-A-LONG SUMMER HOURS - SENIOR CENTER CLOSES AT 12 NOON	27
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OUR BOARD OF DIRECTORS



INDEX - JULY 2013

	PAGE
2013 GOALS	1
CALENDAR	2
UPCOMING EVENTS	3
COMMUNITY OUTREACH	4
ACKNOWLEDGEMENTS	4
COMMUNITY HAPPENINGS	5
MEMBER SPOTLIGHT	5
NEWSWORTHY	6
ACTIVITIES	6
REMINDERS	BACK PAGE

DATES WE ARE CLOSED

THE CENTER WILL BE CLOSED ON THURSDAY AND FRIDAY, JULY 4 AND JULY 5 IN OBSERVANCE OF INDEPENDENCE DAY.

SUMMER HOURS BEGIN ON FRIDAY JULY 12 AND END ON AUGUST 30. THE CENTER WILL BE CLOSING AT NOON.

UPCOMING EVENTS

SENIOR FARMER'S MARKET NUTRITION
PROGRAM (SFMNP): On Monday's only until
September 30, 2013. Checks (value of \$20.00 per
person or \$40.00 per couple) are available to seniors,
age 60+ years and living on limited household income
are eligible to receive checks to redeem at participating
farmers' markets (list will be provided) for fresh, locally
grown produce. Checks available through Center
office on Monday's only between 10:00 AM and
2:00 PM. The following vendors at the Upper
Merion Farmers' Market will honor these checks.
They are: Frecon Farms, Livengood Family Farm
and Peach Bottom Farm.

VALLEY FORGE CASINO: ON WEDNESDAY, JULY 17. 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, JULY 10. **Everyone will need a valid photo ID.** The best options are a driver's license, passport, or ID issued by the DMV that is not a driver's license. *IDs that* are not accepted are credit cards with photos, military ID, expired licenses.

12TH ANNUAL SENIOR FALL FLING: THURSDAY, SEPTEMBER 26 AT 10:00 AM. PLEASE PLAN TO ARRIVE NO LATER THAN 9:45 AM SO AS NOT TO DISTURB THE PROGRAM. This year's theme will be "Showcasing Musical Seniors". We plan to showcase all senior musical talent; senior high school student musicians and senior musicians in the community. SIGN UP AT THE RECEPTION DESK.

COMMUNITY OUTREACH DONATIONS TO UMSSC

The Mary MacFarland Foundation has made a very generous donation to the Center for our music program.

At the June 12th General Meeting, Jean Ehlinger presented to the Center on behalf of Barbara Hamill and the Womens Club of Upper Merion a generous donation.

Generous donations have been made to the Center by the following members:

Tita De La Cruz to the Center.

Catherine Miller to the Center.

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?

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 tuna, canned spaghetti and canned ravioli.* 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. *Please note on the bulletin board a thank you card from Bridgeport teacher, Mary Beth Adiletto. Sounds like 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.

LOCK FOR LIFE

Lock for Life is a *free* program available through the Upper Merion Township Police Department. It is intended to provide Police, Fire and Emergency Medical Service personnel access to your residence in the event of an emergency where you are unable to open the door. Pick up a brochure form at the "Info Center" for more detailed information and how to register. Registration forms are also available there.

GOT DRUGS?

The Upper Merion Twp. Police have set up a *permanent location* at the Township Bldg. to safely dispose of unused prescription and over-the-counter medications *24 hours a day, 7 days a week. Accepted medications are*: prescription medication and patches, pet medications, over-the-counter medications, vitamins and samples. *Not accepted are:* needles,

thermometers, liquids, aerosol, peroxide and inhalers. If you have a question you can contact the Community Response Unit of the Upper Merion Township Police Dept. at 610-265-3232 or hnuskey@umtownship.org.

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 Market is now in its fourth season. Their hours on Saturday's are from 9:00 AM to 1:00 PM. 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.

TRICENTENNIAL EVENTS

THE WIZARD OF OZ: July 19, 20, 25 & 26 @ 7:30 PM and July 21 & 27 @ 2:00 PM at Shannondell at Valley Forge Performing Arts Theater and Presented by the King of Prussia Players. Ticket Prices: Adults (13 to 64): \$20.00 - Seniors (age 65 and older): \$15.00, Children (age 12 and younger): \$15.00. Mail check to: King of Prussia Players, Box 75, King of Prussia, PA 19406 *or* order on-line (\$2.00 convenience fee) at either of the links above.

TRICENTENNIAL GOLF CLASSIC AND DINNER: Monday, July 29. Shotgun Start at 1:00pm followed by Dinner around 5:30pm Gulph Mills Golf Club. *Golf tournament is*

Sold Out. Attend Dinner Only: \$35. Proper attire is required. Registration is on a First-Money-In basis. To sign up for dinner, include the names of all dining guests along with each person's e-mail address and cell numbers and a check payable to "Upper Merion Township Foundation" to: Dan Russell - Parks and Recreation Director, Upper Merion Township, 175 W. Valley Forge Road, King of Prussia, PA 19406. If you have any questions, please contact: David Broida, Golf Classic Director, 610-864-4303, dbroida@gmail.com

COMMUNITY DAY & PARADE: Saturday,

September 7. Mark your calendars, and come out! You and/or your group is invited to march with us or watch from the sidelines, then head on over to Heuser Park for the rest of the festivities!

TRICENTENNIAL SPEAKER SERIES:

Sunday, October 6 at 2:00pm, Township Building
- Freedom Hall. *Revolutionary Campaign GIS*Style - presented by Sean Moir

"300 YEARS IN A SINKHOLE" - A MUSICAL PLAY: October 18, 19 & 20 at Upper Merion Middle School. Enjoy this frolicking musical comedy as it takes you on a journey through the Township's 300 year history.

NEWSWORTHY

COMPUTER CLUB WILL OFFER COMPUTER CLASSES

Members of the Computer Club will be offering computer classes. These classes will be aimed at teaching the very basic use of computers. A one-hour class twice a month on Tuesday's from 10:30 AM to 11:30 AM will begin in the fall. The first class will be on computer basics, followed by classes on email, word processing, internet browsing, etc. One on one instruction would also be available if possible and necessary. Watch in the upcoming newsletters and bulletin board for additional information. Classes will be free to members and \$25.00 for non-members (fee covers one or all classes).

PARKING FOR BUS TRIPS

If you have signed up for a bus trip leaving from the Senior Center and you have "handicap" placard, please plan to park in the rear parking lot. This allows members with handicapped placards who will be attending events throughout the day the convenience of parking in the front. For your convenience when the buses return to the center they will let people off the bus where their cars are parked – front or back. So if you are on a day trip and have the handicap placard please plan to park in the rear of the building. It is flat, there are plenty of spaces and is convenient to enter. Thank you.

FRIDAY FLICKS ON HIATUS FOR JULY AND AUGUST

During the summer months we will not be showing any movies. We would like to take this opportunity to thank John Desko who does a great job each month of putting together the "coming next month previews". Thank you John! We also owe a special thank you to

the Upper Merion Library (*especially Karen Hastings*) for providing the movies to us.

As always, we value your input for movies you would like to see. Hope to see you all in September for a great new line up of movies. *Don McCree*

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. If you have already signed up you will be contacted to schedule a date and time. You should allow at least 2-hours for a recording. Sign up and give your \$10.00 donation in the office.

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.

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

BOOK TALK: MONDAY, JULY 15 at 1:00 PM.

Meets on the 3rd Monday of the month. Coordinator: Patricia Ackah (610.265.4290). This month's book "*Our Kind" by Kate Walbert* examines the lives of a group of former country-club housewives, now alone, independent and looking to break the rules. In a series of linked stories, Walbert conveys with humor and pathos all the anger, disappointment, vulnerability and pride of this second-sex generation raised to expect no alternative to marriage and motherhood. Now divorced, their children flown the coop, these ten suburban women are finally free.

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

CHAIR EXERCISE: *NOTE TIME CHANGE FOR TUESDAY'S ONLY*: Tuesday's at 11:30 AM to 12:15 PM and Thursday's 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. Meetings are open to all *members*, all ability levels. The Computer Club will be glad to answer any technical questions members have. **PLEASE STOP IN!**

CURRENT EVENTS DISCUSSION GROUP:

Monday's at 10:30 AM in the Lounge. The world news spins ever faster, join in and stay informed. We

are a friendly group. Coordinators: Joan Shaw and Paul Buce.

FRIDAY FLICKS: NO MOVIES IN JULY AND AUGUST. WE WILL RESUME IN SEPTEMBER. SEE YOU THEN!

GARDEN CLUB: Meets the second and fourth Wednesday at 1:00 PM. Chairperson: Paul Buce. At the moment July is an open calendar, but we will meet, just subject matter is unknown. Check the Garden bulletin board, or sign up for e-mail meeting announcements ... see list on bb.Come join us!

GENERAL MEMBERSHIP MEETING: NO GENERAL MEETINGS IN JULY AND AUGUST. WILL RESUME ON WEDNESDAY, SEPTEMBER 11.

KNITTING & CROCHETING: Tuesday's at 1:00 PM. Coordinator: Dot Price. Instruction provided. Handmade 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: Every Wednesday at 1:00 PM in the gym. Coordinator: Aracelia Panzano. \$1.00 fee per lesson.

MAH-JONGG: Monday's 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.*

MUSIC 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. We are looking to round out our band we are looking for musicians who can play the Cello, the French Horn, the trombone, and the clarinet. Interested? Stop in on a Tuesday at 1:30 PM and check us out. We are always looking for a new gig and the more the merrier.

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.

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.

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: *No classes over the summer. See you in September!*

DID YOU KNOW?

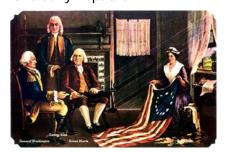
10 interesting facts about the flag, including some new vocabulary words and the location of five flags flying a long way from the United States?

1. The flag predates the Constitution.

The flag was authorized by the Continental Congress on June 14, 1777. The motion read, "Resolved that the flag of the thirteen United States be 13 stripes alternate red and white: that the union be 13 stars, white in a blue field, representing a new constellation." The Constitution was written 10 years after that and ratified in 1789.

2. What's the deal with Betsy Ross?

Historians are still debating Betsy's role in designing the first flag, but she recounted that she was asked to sew the flag by her fellow churchgoer, George Washington. Ross had also done some seamstress work for Washington. You can read the debates online, but here's what the historic marker in front of her house says: "Credited with making the first stars and stripes flag, Ross was a successful upholsterer. She produced flags for the government for over 50 years. As a skilled artisan, Ross represents the many women who supported their families during the Revolution and early Republic."



3. What exactly is a vexillologist?

A vexillologist is a flag expert. It's a relatively new word, coming into use in 1959. According to the

North American Vexillological Association, there are currently no degrees offered on the subject.

4. Who approves design changes in the flag?

Congress and the president have ordered design changes in the past to accommodate the addition of new states. President James Monroe and Congress agreed in 1818 that there should be 13 stripes as well as one star for each state in the Union.

5. Who decides the rules for flag etiquette?

It's in the federal code as Chapter 1 of Title 4. The law also includes the approved text of the Pledge of Allegiance.

6. Where outside the United States can you see the flag continuously 24 hours a day?

There are five American flags flying on the moon, thanks to the Apollo astronauts. You may not be able to see markings on them, though; they have mostly likely turned white ever the years.

turned white over the years.



7. Which flag had the snake on it?

You've probably seen the yellow flag with a coiled rattlesnake and the motto "Don't Tread On Me." This is the Gadsden flag, named after its designer, General Christopher Gadsden. The flag was used in the Revolutionary War. There are other variations of the flag with rattlesnakes and versions of the motto. Benjamin Franklin was one of the originators of the snake as an American political symbol, in a famous 1754 political cartoon.



8. Where was the first flag flown outside the U.S. in a military action?

It was first flown over the shores of Tripoli. The Marines were involved in military actions against the Barbary pirates and after they hit the shore, they raised the Stars and Stripes. After the Battle of Derne in 1805, the

flag was raised on foreign soil for the first time after a battle.

9. What is Francis Scott Key's flag connection?

Key witnessed the American flag flying after a British attack on Fort McHenry in Baltimore in 1814, while he was a guest on a British ship as he negotiated for the return of American prisoners. His experience inspired him to write a poem, "Defence of Fort McHenry." After it was published, Key matched it up with music from a popular British tune, which eventually became "The Star-Spangled Banner," our national anthem. By the way, if "vexillology" wasn't enough fun, here's another one: the act of adding new lyrics to an existing song is called "contrafactum."

10. What's the biggest American flag?

It's so big you can't fly it, but the "Superflag" conceived of by the late Thomas Demski measures 505 by 225 feet and weighs 3,000 pounds. It takes 600 people to unfurl. Each star is 17 feet high. Bonus fact: The National Constitution Center in Philadelphia has its own giant American flag on display in its Grand Hall Overlook, surrounded by the flags of all the U.S. states and territories and with the iconic Independence Hall in the background. The flag has flown over the capitals of all 50 states and was hung by Muhammad Ali in a special Flag Day ceremony on June 14, 2003, when the museum opened.

THE FLAG THAT FLIES OVER UMSSC

PHOTO BY DON MCCREE



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

Note:
Information
submitted following
JUNE 5 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

REMINDERS FOR JULY 2013

- * FARMER'S MARKET CHECK DISTRIBUTION: MONDAY'S ONLY FROM 10:00 AM – 2:00 PM
- * SUMMER HOURS BEGIN ON FRIDAY JULY 12 THE CENTER WILL CLOSE AT 12:00 PM
- * BOOK TALK: MONDAY, JULY 15 AT 1:00 PM. THIS MONTH'S BOOK IS: "OUR KIND" BY KATE WALBERT.
- * VALLEY FORGE CASINO: WEDNESDAY, JULY 17 AT 9:30 AM. SHUTTLE WILL DEPART THE CENTER AT 9:30 AM AND RETURN AT 2:00 PM. FOR THOSE DRIVING, PLEASE MEET IN THE CASINO LOBBY BETWEEN 9:30 AM AND 10:00 AM
- * TRAVEL TALES AND TIPS: THURSDAY, JULY 18 AT 11:00 AM
- * SHOWBOAT CASINO TRIP: MONDAY, JULY 22 BUS DEPARTS CENTER AT 9:00 AM.

THE SENIOR CENTER WILL BE CLOSED ON THURSDAY, JULY 4 AND FRIDAY, JULY 5 FOR THE INDEPENDENCE DAY HOLIDAY



NOTE:
THE UMSSC
IS CLOSED
WHEN THE UM
AREA SCHOOL
DISTRICT CLOSES
DUE TO
INCLEMENT
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UMASD SCHOOL CLOSING NUMBER IS "307"

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(215-925-1060)
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AND ENTER
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