



# THE BEST OF TIMES

**JUNE 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**  
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**KING OF PRUSSIA, PA 19406**  
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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, 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

### *Greetings from the Gamester,*

Finally! It appears that summer is coming, and may have arrived by the time you get this message, so ..  
♪ Picnic time is coming, ♪ picnic time is coming ♪ ,  
.. and I'd like to stir the picnic games pot.

In keeping with the "*how can we improve*" theme, I am asking for your perspectives in evaluating the games we played at past picnics. It seems that we always have a good time with the games, and based on the feedback I get from folks right after the picnic, most are happy with them. No question that there have been some clunkers. Some "no fun", some "just plain too hard", and so they were not used again. But although I try to watch and evaluate the games, I seem to be busier than the proverbial "one armed paper hanger" while they are in progress. Last year we added some table puzzles and memory tests. How did you like them?

I need quick feedback via the suggestion box, in person, or leave a note on my shelf (top left as you enter the office area), so we have time to put changes in ***before Picnic Day on Friday, June 27***. And don't worry about hurting my feelings; the idea is to offer games the group enjoys.




Along that line, new game suggestions would be invaluable. I have used old standards and added games based on the TV show "Minute To Win It", and some from old Boy Scout books. I have pretty much exhausted my inventory, but I'm betting there are lots more out there, and you folks probably have your favorites. Let me know; share them with me!!

Now that my ad is done, let me remind you that there is more to the Picnic than the games. Food, food, and more food, singing, and a general good time. Ethel Hutchinson has taken on the role of coordinating the whole shebang, no small task, scheduled for ***Friday, June 27***. More details are in this Newsletter.

*Paul*

***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***

# JUNE 2014

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p> 	<p>2</p> <p>10:00 MAH-JONGG 10:30 CURRENT EVENTS 12:00 ZUMBA GOLD 1:30 YOGA</p>	<p>3</p> <p>9:15 MATTER OF BALANCE 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>10:00 BOARD MEETING 1:00 LINE DANCING</p>	<p>5</p> <p>10:00 FINANCIAL / INVESTMENT DISCUSSION GROUP 10:15 BINGO 12:30 CHAIR EXERCISE</p>	<p>6</p> <p>10:00 SING-A-LONG</p>	<p>7</p> 
<p>8</p> 	<p>9</p> <p>10:00 MAH-JONGG 10:30 CURRENT EVENTS 12:00 ZUMBA GOLD 1:30 YOGA</p>	<p>10</p> <p>8:45 HUNTERDON HILLS PLAYHOUSE "BETTER WITH A BAND" 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>10:00 GENERAL MEETING 1:00 LINE DANCING 1:00 GARDEN CLUB</p>	<p>12</p> <p>10:00 NURSE 10:00 FINANCIAL / INVESTMENT DISCUSSION GROUP 10:15 BINGO 11:00 OUTREACH BRIGGS 12:30 CHAIR EXERCISE</p>	<p>13</p> <p>10:00 SING-A-LONG 11:15 FRIDAY FLICKS "SAVING MR. BANKS". (Please sign up in advance)</p>	<p>14</p> <p>FLAG DAY</p> <p>STRAWBERRY FESTIVAL AT UM FARMERS MARKET</p> <p>UMSSC BAND PERFORMANCE</p>
<p>15</p> <p>FATHER'S DAY</p>	<p>16</p> <p>10:00 MAH-JONGG 10:30 CURRENT EVENTS 1:00 BOOK TALK 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>9:30 VALLEY FORGE CASINO 1:00 LINE DANCING</p>	<p>19</p> <p>10:00 FINANCIAL / INVESTMENT DISCUSSION GROUP 10:15 BINGO 12:30 CHAIR EXERCISE</p>	<p>20</p> <p>10:00 SING-A-LONG</p>	<p>21</p> <p>FIRST DAY OF SUMMER</p> 
<p>22</p> 	<p>23</p> <p>9:00 SHOWBOAT CASINO 10:00 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA</p>	<p>24</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>25</p> <p>9:30 QUILTING 1:00 LINE DANCING 1:00 GARDEN CLUB</p>	<p>26</p> <p>10:00 NURSE 10:00 FINANCIAL / INVESTMENT DISCUSSION GROUP 10:15 BINGO 11:30 OUTREACH LEACH 12:30 CHAIR EXERCISE</p>	<p>27</p> <p>OLD FASHIONED PICNIC &amp; SUMMER BIRTHDAY CELEBRATIONS</p> <p>ALL OTHER ACTIVITIES CANCELLED FOR TODAY</p>	<p>28</p> 
<p>29</p> 	<p>30</p> <p>10:00 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA</p>					

## OUR BOARD OF DIRECTORS



## INSIDE THIS ISSUE

	PAGE
2014 GOALS	1
CALENDAR	2
UPCOMING EVENTS	3
UPCOMING TRIPS	4
ACKNOWLEDGEMENTS	4
COMMUNITY OUTREACH	4
COMMUNITY HAPPENINGS	5
NEWSWORTHY	5
ACTIVITIES	6
REMINDERS	BACK PAGE

## UPCOMING EVENTS

**TUESDAY, JUNE 3 FROM 9:15 AM TO 11:15 AM: BRYN MAWR HOSPITAL PRESENTS "MATTER OF BALANCE". (Final Session)** Program emphasizes practical strategies to manage falls. Learn to view falls as controllable, set goals for increasing activity, make changes to reduce fall risks at home and exercise to increase strength and balance.

**WEDNESDAY, JUNE 18: 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](http://www.umssc.org). Valley Services will handle all new and renewal casino memberships or one-day passes (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, JUNE 11. Everyone must bring a valid photo ID.***

**SHOWBOAT CASINO: MONDAY, JUNE 23.** Bus departs from Center at 9:00 AM and returns approximately 7:00 PM. **Cost: \$25.00** per person includes \$25.00 free slot play. Limit 47 passengers. **Must complete registration form to go; forms available at Center or on our website at [www.umssc.org](http://www.umssc.org). IMPORTANT NOTE: A**

**MINIMUM OF 35 PASSENGERS MUST BE REGISTERED BY MONDAY, JUNE 9 OR TRIP WILL BE CANCELLED.**

**OLD-FASHIONED PICNIC/SUMMER BIRTHDAY CELEBRATION: FRIDAY, JUNE 27 AT 10:00 AM. (NOTE: ALL OTHER ACTIVITIES CANCELLED ON THIS DAY).** Join us in the Great Room for a day of good food, fun games and door prizes. **Tickets \$6.00 on sale starting Monday, June 2 through Friday, June 20 or until sold out.** Reserved seating limited to 100. Help make our picnic a success by Volunteering to **donate one of these side dishes: garden salad, sauerkraut, baked beans, fruit salad, coleslaw, potato salad, deviled eggs or cookies.** If you donate a side dish, **please bring in by 9:30 AM the day of the picnic. A sign-up sheet is at the Reception Desk.**

## UPCOMING TRIPS

**TUESDAY, JUNE 10: HUNTERDON HILLS PLAYHOUSE DINNER THEATRE: "BETTER WITH A BAND".** \$60.00 UMSSC members - \$65.00 non-UMSSC members. Cost include: transportation, show and luncheon. **BUS DEPARTS CENTER AT 9:30 AM.** (Trip funded in part by the BCA Grant.)

## 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! ★ **Brian Neuffer** made a very generous donation of everyone's favorite Entenmann's baked goodies for snacking. Who doesn't like Entenmann's?

## 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 have generously made donations to the Center:***

Gerry Roth for his generous donation to the Center in memory of his wife, Betty.

Mary & Don McCree for their generous donation in memory of David Rosenblum, son of Howard Rosenblum.

Ethel Hutchinson for her generous donation to the Center.

**COMMUNITY OUTREACH**

**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 Peanut Butter & Jelly and large cans of soup (like Progresso). Canned vegetables and fruit, 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-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 under the bulletin board. ***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." ***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.***

**COMMUNITY HAPPENINGS**

**PARK & REC TRIP TO BARNES FOUNDATION**

Want to see artwork by Cezane, Matisse, Renoir or Picasso? Join Park & Rec on ***Saturday, June 7*** for a trip to the Barnes Foundation. Tour the Barnes at your own pace with the easy-to-use digital audio guide that provides commentary, music and history. After the Barnes you'll have time to stroll the Ben Franklin Parkway or get a bite to eat at one of the

many restaurants near the museum. ***School Bus leaves from Candlebrook Elementary School at 10:30 AM and departs from Philadelphia at 4:00 PM. Ticketed entrance time is 1:00 PM. Cost: Residents \$35.00, Non-UM Residents \$45.00.***

**UPPER MERION FARMERS' MARKET**

The Farmers' Market is open. A Strawberry Festival will be held on June 14. There will be a strawberry cooking contest and many of the vendors will be selling fresh strawberries, strawberry milkshakes, strawberry cookies, and more. The UMSSC Band will perform at the Strawberry Festival.

On June 28 there will be a Community Yard Sale. Spaces are still available for \$15 per space.

***The market has a designated parking area for seniors and the handicapped.*** It is on the same level as the market so you don't have to negotiate stairs. ***Unfortunately, this parking area is not available on the 4th Saturday of the month or on the Community Yard sale day;*** but, you can always ride the Rambler! The Rambler takes you to the market!

**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.

**TUESDAY, JUNE 3 at 7:00 PM at the Washington Memorial Chapel "THE HISTORICAL EVOLUTION OF VALLEY FORGE":** Marc Brier, a ranger at Valley Forge National Historical Park, discusses the many and varied visions of this iconic American treasure.

**NEWSWORTHY**

**2014 PARVIN VOLUNTEER OF THE YEAR AWARD GIVEN OUT AT VOLUNTEER APPRECIATION DAY LUNCHEON**

What can we say; we just love our volunteers. That's why each year we have a Volunteer Appreciation Day. On April 28 in order to recognize and thank those volunteers, a delicious luncheon was provided by the UMSSC Board of Directors and lively entertainment was provided by the "Hardly Ables", a mini string band. What a wonderful way to show our volunteers how much we appreciate them and the time they give to the center and the community.

## PARVIN VOLUNTEER OF THE YEAR AWARDED

We asked our members to vote for the member they felt was the top volunteer at UMSSC. This year the Parvin ***Volunteer of the Year Award was presented to Helen Cabrey.*** Year after year Helen has chaired or volunteered to help out at many of our events and fund raisers such as Big Bingo, the Annual Tea and the Annual Flea Market & Bake Sale. She is also the secretary on the UMSSC Board of Directors. We value the time she has given and all of the cooking and baking she has done for us. We are so very lucky to have her as a member of UMSSC.

***Honorable mention awards were presented to Paul Buce, Ethel Hutchinson, Mary and Don McCree.*** Following are pictures of some of the afternoon's highlights:



From left to right: Volunteer of the Year: Helen Cabrey  
Honorable Mentions: Ethel Hutchinson, Mary, McCree,  
Paul Buce and Don McCree



The Volunteer Appreciation luncheon was well attended.



The "Hardly Ables" were talented and great fun!!



Ann Leahan and Helen Cabrey do the mummurs strut!

## THANK YOU TO OUR FLEA MARKET SPONSORS

The following individuals and businesses from King of Prussia and the surrounding communities, generously made donations to our Flea Market and Bake Sale.

They were: ***Bacchi-Courtney Funeral Home, Ltd., Chick's Tavern, Colonial Electric, Continental Bank, Creed's Seafood & Steaks, Doug Perkins Garage, Heads Up Salon, Peppers Italian Restaurant & Bar, Remington & Vernick Engineers & Affiliates, Ruths' Chris Steak House, Sicilian Delight, Turley Insurance Agency and the Upper Merion Democratic Committee.***

We also want to thank ***Suzy Jo Donuts*** for their donation of the best donuts around, to ***Lafayette Ambulance*** for advertising our Flea Market on their marquee, and to ***Kathy Marinick and her crew at the Upper Merion Area School District*** for their help in putting up our banner and for advertising our Flea Market on the school marquee. For the past couple of years UMASD Family & Consumer Science teacher, Megan Bishop has had her High School students bake muffins and cookies to sell at our Flea Market. We appreciate their continued generosity.

## THANK YOU TO OUR FLEA MARKET VOLUNTEERS

The following members volunteered their time to help out at Annual Flea Market and Bake Sale a great success: Patricia Ackah, Sally & Paul Buce, Helen Cabrey, Pattie Cunnane, Lucy & Tom Damiani, Loretta & Dan DeLuca, June Dolan, Lu Eadeh, Cindy Eastman, Jean Ehlinger, Barbara Frailey, Doris & Ed Freudenberg, Ginny Gioia, Jean Grimes, Harlyce & Gerry Grossman, Rose Henderson, Ethel Hutchinson, Marie Kauffman, Jim Henry, Ann Leahan, Barbara & Paul Little, Betty Matey, Mary & Don McCree, Lyn McCue, Catherine Miller, Mary Miller, Dot Morio, Judy

Narke, Sarah Phillips, Dot Price, Loretta Polites, Mary Quick, Barbara Richter, Shirley Robey, Ruth Shand, Janet Sheehan, Mike Spitko, Terry Stevens, Bea Tasca, Ed Wenger and Dottie & John Yacek-Matulis. Thank you all for helping to make our Annual Flea Market & Bake Sale a great success! We couldn't have done it without you! Please accept our apologies if we missed your name.

### **THANK YOU TO OUR VENDORS!**

Last, but certainly not least, we thank the vendors who rented spaces at our flea market. There would not have been a flea market without them. One of our vendors even sent a letter thanking us for sponsoring the flea market. She wrote "there was a steady stream of buyers and browsers . . . throughout the day. . ." "We also enjoyed your lunch and baked goods. Your venue was excellent . . ." What a nice letter to receive. It's a great feeling to get positive feedback!

### **REMINDER**

When paying for membership or special trips or events with a check, please remember to pay separately. Do not combine two events or trips on one check. If, however, you are paying for a trip for yourself and a spouse, one check is acceptable for the two of you for that one event. The same applies for membership for yourself and a spouse and one check is acceptable for the two of you. Receiving your payment in this manner helps us to keep our bookkeeping in order. Thank you.

### **REGULAR EXERCISE CAN MAKE YOU FEEL BETTER**

When you exercise, more energy-producing mitochondria form in your muscle cells. They are the cellular powerhouses that convert glucose, fat and oxygen into the substance that cells use for energy. So while exercise burns energy, it also enables muscle cells to produce more energy. Any type of exercise also creates more tiny blood vessels. Those vessels bring more oxygen (and glucose and fat) to every one of your cells. Aerobic exercise which makes you breathe deeply and increases your heart rate gets the most oxygen circulating. So, ironically, regular exercise can improve your energy even if you do not feel like you have the energy to exercise. Give exercise a try!!  
*(Contributed by Jane Burger)*

### **MEMBERSHIP DRIVE**

There is still time to renew your 2014 membership. If your friends tell you they are not receiving the monthly newsletter, remind them to renew their membership. 2014 membership forms are available in the info center and also on our website [www.UMSSC.org](http://www.UMSSC.org). We

encourage you to have your friends renew or have a new friend who might be interested join. Membership cost is still **only** \$15.00 and we have a lot to offer in the way of activities and special events and programs.

### **SPECIAL INVITATION TO NEW MEMBERS**

Come to the Great Room for the general membership meeting on **Wednesday, June 11** and stay to have birthday cake and chat with some of the members and board members.

### **BOARD GAMES AVAILABLE**

We have set up a table in the kitchen for playing board games. The games can be found on the shelf by the table. We offer UpperMerionopoly, Rummikub, Scrabble, Backgammon and a couple of others. Relax and have some fun. Also good for your brain. Get a game going with an old friend or make a new friend and invite them to play!

Interested in playing pinochle? Let us know. Some members have expressed interest in starting a group.

### **GET WELL CARDS FOR MEMBERS**

**If you know of a member who is sick or recovering from an accident or surgery, and could use a little cheering up or encouragement, please let us (in the office) know about them so that we can place a card on the reception desk for everyone to sign. We want all of our members to know that we care about them and that they are missed.**

### **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. Our wonderful band is planning to expand. They have an open invitation to anyone 55 or over. They are looking for musicians who want to get back into playing with a group. **They are specifically looking for those who play flute, guitar, trumpet, violin and steel drum.** The band meets every Tuesday at 1:30 PM under the direction of Ed Hickman. Stop in and see them. All are welcome.

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

**BOOK TALK: MONDAY, JUNE 16 at 1:00 PM.** Meets on the 3<sup>rd</sup> Monday of the month. Coordinator: Patricia Ackah (610.265.4290). This month we will be reading **"Saving Italy – The Race to Rescue the**



***Nations Treasures from the Nazis*** by Robert Edsel. is an astonishing account of a little known American effort to save Italy's vast store of priceless monuments and art during World War II.

**BRIDGE CLUB:** Tuesdays at 10:00 AM. All bridge players welcome!

**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. Monday mornings are still one of the hot tickets in town. World events continue to give us fresh material every week. Join us at 10:30 in the lounge. All are welcome to join in.

**FINANCIAL/INVESTMENT DISCUSSION GROUP:** Thursdays at 10:00 AM in the Lounge Coordinator: Dick McCann. All levels of experience in making the best choices for your investments are welcome.

**FRIDAY FLICKS: FRIDAY, June 13 (Pizza at 11:15 AM, Movie at 12:00 PM.)** Coordinator: Don McCree. Pizza & Movie: \$5.00. Movie Only: \$2.00. **Please sign up in advance.** This month we will be showing **"SAVING MR. BANKS" starring Emma Thompson and Tom Hanks.** Author P.L. Travers reflects on her childhood after reluctantly meeting with Walt Disney, who seeks to adapt her Mary Poppins books for the big screen.

**GARDEN CLUB:** Meets the second and fourth Wednesday at 1:00 PM. Coordinator: Paul Buce. The schedule for June is fluid at the moment, so keep an eye on the Garden Club's bulletin board for what's going on. Meanwhile keep the 2nd & 4th Wednesday afternoons on your calendar.

**GENERAL MEMBERSHIP MEETING:** Monthly meeting open to all members on the **2nd Wednesday of the month (June 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.** The Free Library of Philadelphia's Library for the Blind and Physically Handicapped (LBPH) offers a wide variety of services for customers throughout the Commonwealth. Some are available on site, and any are available free through the mail. These services are available and provided without charge to eligible readers. You can sign up to receive Braille Books, Descriptive Videos, Braille and Audio reading Download service, Large-print books and audiobooks by Mail. **Registration forms to sign up for this service are in our lobby area.**

**LINE DANCING:** Every Wednesday at 1:00 PM in the gym. Coordinator: Aracelia Panzano. Cost: \$1.00 per lesson.

**MAH-JONGG:** Mondays at 10:00 AM. Coordinator: Lynne Boroach. 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. Come in and enjoy singing some old favorites together. **Members meet for lunch at Michael's Deli following the program.**

**YOGA:** Monday's at 1:30 PM. *Video Instruction good for beginners, intermediate or advanced.* Limited to 8 members per class.

**ZUMBA GOLD:** Session runs Monday's from 12:00 PM to 12:45 PM on **June 2. Make-up class on Monday June 9.** Cost: \$16.00 UM Residents and \$26.00 Non-UM Residents. Sign up and pay at the Township Building. **THIS IS AN UM TWP. PARK & REC DEPT. PROGRAM.**

**REMINDERS FOR JUNE 2014**

- \* BRYN MAWR HOSPITAL PRESENTS "MATTER OF BALANCE" *LAST SESSION* - TUESDAY JUNE 3 FROM 9:15 AM TO 11:15 AM
- \* GENERAL MEETING: WEDNESDAY, JUNE 11 AT 10:00 AM
- \* FRIDAY FLICKS: FRIDAY, JUNE 13 (Pizza at 11:15 AM, Movie at 12:00 PM.)  
PLAYING THIS MONTH: **"SAVING MR. BANKS"** **PLEASE SIGN UP IN ADVANCE**
- \* HUNTERDON HILLS PLAYHOUSE DINNER THEATRE: **"BETTER WITH A BAND". TUESDAY, JUNE 10:** \$60.00 UMSSC MEMBERS - \$65.00 NON-UMSSC MEMBERS. COST INCLUDES: TRANSPORTATION, SHOW AND LUNCHEON. **BUS DEPARTS CENTER AT 9:30 AM.** (TRIP FUNDED IN PART BY THE BCA GRANT.)
- \* BOOK TALK: MONDAY, JUNE 16 AT 1:00 PM. THIS MONTH'S BOOK **"SAVING ITALY: THE RACE TO RESCUE THE NATIONS TREASURES FROM THE NAZIS"** BY ROBERT EDESEL
- \* VALLEY FORGE CASINO: WEDNESDAY, JUNE 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
- \* SHOWBOAT CASINO: MONDAY, JUNE 23. BUS DEPARTS FROM CENTER AT 9:00 AM AND RETURNS APPROXIMATELY 7:00 PM.
- \* **OLD-FASHIONED PICNIC/SUMMER BIRTHDAY CELEBRATION:** FRIDAY, JUNE 27 AT 10:00 AM. (NOTE: ALL OTHER ACTIVITIES CANCELLED ON THIS DAY).

NOTE:  
THE UMSSC IS CLOSED WHEN THE UM AREA SCHOOL DISTRICT 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"

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 **MAY 7** 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  
650 SOUTH HENDERSON ROAD KING OF PRUSSIA, PA 19406

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TO: RESIDENT or OCCUPANT