

# THE BEST OF TIMES

# JUNE 2012

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: <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.

# MONTHLY MESSAGE

Dear Members,

As we approach the halfway point of 2012, I would like to take time to reflect on what we have accomplished so far this year. The Upper Merion Senior Service Center has helped bring the community together so that we can interact with all demographics and age groups.

One of the events we had was the "Hunger Games" Book Talk where members from our group and students from the Upper Merion Area High School met and discussed the book and what individuals took from reading it.

Our Valentine's Day Social was a great success, bringing together members, non-members, friends, and relatives to share their love and friendship.

Our Flea Market was a remarkable event. The beautiful weather and large turnout from the community made it enjoyable for everyone.

The word "community" is very important. I applaud members who interact in community events, such as helping out at a local soup kitchen, community cleanup, or events that support a good cause. With community support we can lay a solid foundation for the present and future.

I hope you can find an activity that will make you feel as if you are making a difference for yourself and for the community.

Have a Safe and Happy Summer!!

Regards,

Jonathan Starback

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
	Mostgomery County STNIOR GAMES				1 10:00 MAH-JONGG 10:00 SING-A-LONG	2
3	4 9:30 PINOCHLE <b>10:00 MLH PRESENTATION</b> <i>"HYDRATION"</i> 10:00 MAH-JONGG 10:30 CURRENT EVENTS 1:00 CRAFTS 1:30 YOGA	5 9:30 COMPUTER CLUB 10:00 BRIDGE 12:30 CHAIR EXERCISE <b>1:00 ART INSTRUCTION</b> 1:00 CRAFTS 1:30 MUSIC INSTRUCTION	6 12:00 TAI CHI 12:00 COED BASKETBALL 1:00 LINE DANCING	7 10:15 BINGO <b>11:00 TRAVEL TALES</b> <b>AND TIPS</b> 12:30 CHAIR EXERCISE	8 10:00 MAH-JONGG 10:00 SING-A-LONG	9
10	11 9:30 PINOCHLE 10:00 MAH-JONGG <b>10:30 DRUG INTERACTIONS</b> 10:30 CURRENT EVENTS 1:00 CRAFTS 1:30 YOGA	12 9:30 COMPUTER CLUB 10:00 BRIDGE 12:30 CHAIR EXERCISE <b>1:00 ART INSTRUCTION</b> 1:00 CRAFTS 1:30 MUSIC INSTRUCTION	13 10:00 GENERAL MEETING 12:00 TAI CHI 12:00 COED BASKETBALL 1:00 LINE DANCING 1:00 GARDEN CLUB	14 10:15 BINGO 10:00 NURSE 11:00 OUTREACH- BRIGGS 12:30 CHAIR EXERCISE FLAG DAY	15 10:00 MAH-JONGG 10:00 SING-A-LONG <i>11:15 FRIDAY</i> <i>FLICKS</i>	16 I I I I I I I I I I I I I I I I I I I
17 HAPPY FATHERS DAY	18 9:00 CASINO TRIP 9:30 PINOCHLE 10:00 MAH-JONGG 10:30 CURRENT EVENTS 1:00 BOOK TALK 1:00 CRAFTS 1:30 YOGA	19 9:30 AARP DRIVER SAFETY (8-HR COURSE) 9:30 COMPUTER CLUB 10:00 BRIDGE 12:30 CHAIR EXERCISE 1:30 CHAIR EXERCISE 1:00 ART INSTRUCTION 1:00 CRAFTS 1:30 MUSIC INSTRUCTION	20 9:30 AARP DRIVER SAFETY (8-HR COURSE) 12:00 TAI CHI 12:00 COED BASKETBALL 1:00 LINE DANCING	21 10:15 BINGO 12:30 CHAIR EXERCISE	22 OLD-FASHIONED PICNIC ALL OTHER ACTIVITIES CANCELLED FOR TODAY	23
24	25 9:30 PINOCHLE 10:00 MAH-JONGG 10:30 CURRENT EVENTS <b>10:30 GOOD FOOD / GOOD</b> HEALTH 1:00 CRAFTS 1:30 YOGA	26 9:30 COMPUTER CLUB 10:00 BRIDGE <b>10:30 ARE YOU A</b> <b>CLUTTER BUG?</b> 12:30 CHAIR EXERCISE <b>1:00 ART INSTRUCTION</b> 1:00 CRAFTS 1:30 MUSIC INSTRUCTION	27 9:30 QUILTING 12:00 TAI CHI 12:00 COED BASKETBALL 1:00 LINE DANCING 1:00 GARDEN CLUB	28 10:15 BINGO <i>10:00 NURSE</i> <i>11:00 OUTREACH- LEACH</i> 12:30 CHAIR EXERCISE	29 10:00 MAH-JONGG 10:00 SING-A-LONG	30

**JUNE 2012** 

Quote Of The Month: To succeed in life, you need three things: a wishbone, a backbone and a funnybone.

<sup>. . .</sup> Reba McEntire

#### **OUR BOARD OF DIRECTORS**



INDEX - JUNE 2012

	PAGE
2012 GOALS	1
CALENDAR	2
UPCOMING EVENTS	3
COMMUNITY OUTREACH	4
ACKNOWLEDGEMENTS	4
COMMUNITY HAPPENINGS	4
NEWSWORTHY	5
SPOTLIGHT ON	6
ACTIVITIES	6
REMINDERS	BACK PAGE

# UPCOMING EVENTS

HYDRATION: Monday, June 4 at 10:00 AM. Lecture presented by Mary J. Gilliford, Health Educator, MLH Community Health Services. Sponsored by Bryn Mawr Hospital/Main Line Health.

**DRUG INTERACTION: Monday, June 11 at 10:30 AM.** Debbie Laspas, Pharmacist, R.Ph will give a presentation on interactions between a variety of medications.

#### AARP DRIVER SAFETY COURSE: Tuesday, June 19 and Wednesday, June 20 from 9:30 AM to

**2:00 PM** (8-hour course). Registration forms available at the center. Checks, \$12.00/AARP members or \$14.00/non-AARP members are to be sent directly to the AARP course instructor, Buzz Ordonio (address is on form).

#### ARE YOU A CLUTTER BUG? Tuesday June 26 at

**10:30AM**: Is a bargain at a yard sale a bargain if it's something you will never use? If there is heavy dust on an item or game is that an indication that you don't use it much? Should it be taking up space in your home? Does anyone have boxes in their closet and they don't know what's in them? Are you ever going to use it or should you pass it on to someone who will? Learning to clear out your stuff and keeping only the things you

need can greatly reduce your clutter. Perceived value of your possessions does not equate to actual value. It's liberating when you finally let go of things you've been holding onto for too long. Join us and find out if you are a clutter bug and how you can change.

#### JEOPARDY RETURNS: JULY 9 IS THE DATE SET FOR THE NEXT ROUND OF JEOPARDY. GET YOUR TEAMS READY- IT WILL BE HERE BEFORE YOU KNOW IT! SIGN UP FORMS ON BULLETIN BOARD! GUARANTEED TO HAVE FUN!!!!!!

#### **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 DUTREACH 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.** 

#### **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-4<sup>th</sup>) 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 they were posted on our bulletin board. *WE CAN ALL PUT BOOKS INTO THE HANDS OF CHILDREN.* 

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

★Thank you to *Angelo's Pizza* - Birthday Hoagie every month, to ★ *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!!!*).

\* Thank you to George Stanko for volunteering at our Reception Desk. George took time out from work at Vangard to come to the Senior Center. We're sure he had a good time meeting everyone!

THANK YOU FLEA MARKET SPONSORS! <u>GOLD SPONSORS (\$100.00):</u> AFA FOODS, INC. AGELESS EXERCISE B. PIETRINI & SONS BACCHI-COURTNEY FUNERAL, LTD. CHARRIOT SERVICES HP1 MANAGEMENT KING OF PRUSSIA YOUTH SPORTS FOUNDATION PEPPERS ITALIAN RESTAURANT & BAR REMINGTON & VERNICK ENGINEERS & AFFILIATES TURLEY INSURANCE YOUNG'S INSURANCE SERVICES, INC.

<u>SILVER SPONSORS (\$50.00):</u> DAN & CYNTHIA EASTMAN DOUG PERKINS GARAGE GUTKOWSKI FUNERAL HOME KEIL WELDING, INC. LITTLE SICILY PIZZA MARIAN'S ATTIC / LAUREL HOUSE SENATOR DAYLIN LEACH THE HONORABLE TIM BRIGGS UPPER MERION DEMOCRATIC COMMITTEE

> BRONZE SPONSORS (\$25.00) CHICK'S TAVERN

*GYMBOREE HEADS UP SALON KING OF PRUSSIA DAIRY QUEEN MICHAEL'S DELI MOHAWK TILE & MARBLE SAM ASH MUSIC SICILIAN DELIGHT STEVE'S SEWING & VACUUM WILLIAM A. MOORE FUNERAL HOME* 

# COMMUNITY HAPPENINGS

Upper Merion Township EAC & ECDC 3rd Environmental Educational Series

The third of a four part series of programs to explore saving Upper Merion residents money while benefiting the environment will be held on *Monday, June 11, 2012 from 7 to 8:30 pm* in Freedom Hall of the Upper Merion Township Building. *The program is free to the public.* 

This lively forum will explore the environmental and economic impact of a variety of trash and recyclables collection systems. Professionals and residents of communities using single haulers, multi-haulers, or municipal haulers will share their experience and knowledge.

This series is a joint effort of the Upper Merion Township Environmental Action Council and the Economic & Community Development Committee. Information this event will be listed on the Upper Merion Township website and calendar at www.umtownship.org.

## NEWSWORTHY COME BACK TO TAI CHI!

Our original instructor, Peter, has returned as of April 25. Welcome back Peter! When we first started Tai Chi our interest list had over 50 names on it. For some reason interest in Tai Chi waned after the first few months but has since slowly picked up. We encourage more members to come and try the class with Peter.

#### UMSSC VOLUNTEERS RECOGNIZED

On Monday, April 30 UMSSC recognized members who volunteer at the senior center. Snacks were donated by the members of the board and lucky volunteers received customized UMSSC reusable shopping bags. We appreciate your participating and helping out where and when needed at the Center. Keep up the good work!

#### **RECORD YOUR FAMILY HISTORY**

We all have a story to tell about our family. For a donation of \$10.00, we are planning to have someone record as you talk about your families' history. If interested, please put your name on the list at the reception desk. Final details are in the works and we will let you know when this will start.

# DID YOU KNOW . . . 10 SURPRISING GOOD USES FOR SALT

#### 1. Deter ants

Sprinkle salt in doorways, on window sills and anywhere else ants use to sneak into your house. It's a sure way to keep them out!

# 2. Kill grass and weeds growing in cracks in your driveway

Tired of weeding your driveway? Sprinkle salt on the grass and pour very hot water over it. Not only is this a highly effective way to kill unwanted plants, it's also eco-friendly and cheap.

#### 3. Say goodbye to fleas

If your dogs have fleas, simply wash their doghouse and blankets in salt water. If you're worried your dogs may have brought fleas into your house, simply sprinkle your carpets lightly with salt and then brush it in. Leave it for 12 hours and vacuum thoroughly.

#### 4. Pick up a dropped egg

If you drop an egg on the kitchen floor, sprinkle salt on the mess and leave it there for 20 minutes. You'll be able to wipe it right up.

#### 5. Clean up oven spills quickly

If a pie or casserole bubbles over in the oven, pour a handful of salt on top of the spill. It won't smoke, smell and, most importantly, will bake into a crust that makes the mess easier to clean once it's cooled.

#### 6. Clean brown spots off your iron

Simply sprinkle salt on a sheet of waxed paper, slide the iron across it and rub lightly with silver polish. Your iron will look like brand-new in no time.

#### 7. Remove stains from your coffee pot

Fill it with 1/4 cup of table salt and a dozen ice cubes. Swish the mixture around, let it sit for half an hour, fill it with cold water and rinse. Your coffee pot will look brand new.

#### 8. Keep your windshield frost-free

Dip a sponge into salt water and rub it on windows, and they won't frost up even when the mercury drops below zero.

#### 9. Shell nuts more easily

Soak pecans and walnuts in salt water for a few hours before shelling them. Doing so will make it easier to remove the meat.

#### 10. Drip-proof candles

If you soak new candles in a strong salt solution for a few hours, then dry them well, they won't drip when you burn them.

Source: Salt Institute

# NON-MEMBER SPOTLIGHT ON . . MARNIE SPOTT



Marni Spott, grand-daughter of Anna Nusko and daughter of Bernd and Erika Spott, Chairperson of the Upper Merion Board of Supervisors, just received a Fulbright Award. She will be serving her year in a town in Southern Austria in the state of Carinthia called Spittal an der Drau. It is a picturesque town close to the Italian border nestled in the Austrian Alps.

The Fulbright Foreign Language Teaching Assistantship program in Austria is a program offered to recent university graduates interested in working as teaching assistants in secondary schools in Austria. U.S. Teaching Assistants are assigned to one or two secondary schools in Austria that need help teaching students English. Those accepted into this program must be able to adapt to and embrace new cultures. Teaching Assistants help teachers of English for 13 hours a week. The program, overall, is a great way to gain a better command of both German and English.

A senior at the University of Colorado's College of Arts and Sciences, Marni pursued a double major in International Relations & German. Marni made the Dean's List which required that a student hold a 3.75 or better GPA and be enrolled in at least 12 graded credit hours of coursework for the given semester. This achievement ranks Marni among the top students at the University.

Marni has been the recipient of the University of Colorado's Alumni Association Award for her leadership, engagement and service to the University community. Marni also served as two-term President of the University's Student Alumni Association and as Vice President of the University's Model United Nations chapter among her many awards.

Marni is a 2007 graduate of the Shipley School in Bryn Mawr. Prior to graduating from the Shipley School, Marni attended the American International School-Vienna in Vienna, Austria and Caley Elementary School in King of Prussia.

Congratulations to Marni for a job well done and best to her in the future!

# 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: On Tuesday's beginning June 5 through July 10 from 1:00 PM to 3:00 PM. Six (6) week course for \$90.00. Must sign up and pay in advance for the entire 6 weeks. Sign up forms available at Info Center or on UMSSC website.

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

**BOOK TALK: MONDAY, JUNE 18 at 1:00 PM.** Coordinator: Patricia Ackah (610.265.4290). *Meets on the third Monday of the month.* This month is the **Part** *2 discussion of "Red Mist" by Patricia Cornwell.* 

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

**CASINO TRIP: MONDAY, JUNE 18.** 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, JUNE 13.* 

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

**CO-ED BASKETBALL:** Wednesday's from 12:00 PM to 1:00 PM in the gym. FREE.

**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.

**CRAFTS:** Monday's and Tuesday's at 1:00 PM. Coordinator: Dot Price. Instruction provided. Handmade items are for sale and all proceeds benefit the Center.

#### **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 Sunday news summaries and the editorials usually serve as the kick off point, and from there away we go. We need your take on events.

FRIDAY FLICKS: Friday, JUNE 15, (Pizza at 11:15 AM, Movie at 12:00 PM.) Coordinator: Don McCree. This month we will be showing "THE DESCENDANTS" starring George Clooney. Cost: \$5.00 for movie and pizza or \$2.00 for the movie only. Sign up and pay at the Reception Desk.

**GARDEN CLUB:** Meets the second and fourth Wednesday at 1:00 PM. Chairperson: Paul Buce. This month the club will meet on Wednesdays, the 13th and 27th, both on the road. On the 13th we will visit The Highlands over in Ft Washington. On the 27th we plan to visit a pair of local home gardens, always an interesting adventure. We welcome folks to join in.

**GENERAL MEMBERSHIP MEETING:** Monthly meeting open to all members on the 2nd Wednesday at 10:00 AM. Any member who wants to be put on the agenda at the meeting should contact Gerry Roth, President.

GOOD FOOD/GOOD HEALTH WITH PARI: Monday, JUNE 25 at 10:30 AM. Instructor: Pari Hoorfar will be making *Vegetable Wraps with Cheese.* Cost: \$6.00. *Minimum of 10 limited to 15. ADVANCE SIGN-UP AND PAYMENT IS REQUIRED SO THAT ENOUGH FOOD CAN BE PREPARED.* 

**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: Loretta DeLucca. \$1.00 fee per lesson.

**MAH-JONGG:** Monday's and Friday's at 10:00 AM. All level players are welcome. Interested in learning Mah-Jongg? *We have some members who are willing to teach new*  *players at any time.* 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.

#### POKER CLUB: On hiatus until further notice.

**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.** 

#### THE HISTORY OF FATHERS' DAY

Father's Day is a celebration of fathers inaugurated in the early twentieth century to complement Mother's Day in celebrating fatherhood and male parenting. One early observance of a Father's Day took place in Fairmont, West Virginia on July 5, 1908. It was organized by Mrs. Grace Golden Clayton, who wanted to celebrate the lives of the 210 fathers who had been lost in the Monongah Mining disaster several months earlier in Monongah, West Virginia, on December 6, 1907. It is possible that Clayton was influenced by the first celebration of Mother's Day that same year, just a few miles away. Clayton chose the Sunday nearest to the birthday of her recently deceased father.

Unfortunately, the day was overshadowed by other events in the city, West Virginia did not officially register the holiday, and it was not celebrated again. Clayton's celebration was forgotten until 1972, when one of the attendants to the celebration saw Nixon's proclamation of Father's Day, and worked to recover its legacy. The celebration is now held every year in the Central United Methodist Church.

Credit for what we now recognize as the official Father's Day goes to Sonora Smart Dodd, born in Arkansas from Spokane, who invented her own celebration of Father's Day in 1910. Its first celebration was in Spokane, Washington on June 19, 1910. Her father, the Civil War veteran William Jackson Smart, was a single parent who reared his six children in Spokane, Washington. Although she initially suggested June 5, her father's birthday, she did not provide the organizers with enough time to make arrangements, and the celebration was deferred to the third Sunday of June.

A bill to accord national recognition of the holiday was introduced in Congress in 1913. In 1916, President Woodrow Wilson went to Spokane to speak in a Father's Day celebration and wanted to make it official, but Congress resisted, fearing that it would become commercialized. US President Calvin Coolidge recommended in 1924 that the day be observed by the nation, but stopped short of issuing a national proclamation. Two earlier attempts to formally recognize the holiday had been defeated by Congress. In 1957, Maine Senator Margaret Chase Smith wrote a proposal accusing Congress of ignoring fathers for 40 years while honoring mothers, thus "[singling] out just one of our two parents". In 1966, President Lyndon B. Johnson issued the first presidential proclamation honoring fathers, designating the third Sunday in June as Father's Day. Six years later, the day was made a permanent national holiday when President Richard Nixon signed it into law in 1972. In addition to Father's Day, International Men's Day is celebrated in many countries on November 19 for men and boys who are fathers.

#### WE CELEBRATE OUR FATHERS AND SONS!



UM RAMBLER Free service to UM Township Seniors	REMINDERS FOR JUNE 2012	NOTE: THE UMSSC IS CLOSED
(Visit GVF Transportation for pass)	* HYDRATION: MONDAY, JUNE 4 AT 10:00 AM. MLH COMMUNITY HEALTH PRESENTATION	WHEN THE UM AREA SCHOOL DISTRICT CLOSES
You can ride back and forth to the Center, the Malls, and other	* DRUG INTERACTION: MONDAY, JUNE 11 AT 10:30 AM	DUE TO INCLEMENT WEATHER
destinations! GVF Transportation Dept.	* FRIDAY FLICKS: FRIDAY, JUNE 15 - PIZZA AT 11:15 AM MOVIE AT 12:00 PM. THIS MONTH'S MOVIE IS: "THE DESCENDANTS"	UMASD SCHOOL CLOSING NUMBER
1012 W. Eighth Ave., Suite A	* CASINO TRIP: MONDAY, JUNE 18 AT 9:00 AM	IS "307"
King of Prussia, PA 19406 Phone: 610-354-8899	* BOOK TALK: MONDAY, JUNE 18 AT 1:00 PM	NOTICE IS ALSO BROADCASTED ON COMCAST
<u>www.gvftma.com</u>	* AARP DRIVER SAFETY COURSE: TUESDAY JUNE 19 AND WEDNESDAY JUNE 20 FROM 9:30 AM TO 2:00 PM (8-HOUR COURSE)	CHANNEL 28 OR VERIZON FIOS
	* GOOD FOOD/GOOD HEALTH WITH PARI: MONDAY, JUNE 25 AT 10:30 AM	CHANNEL 32
Note: Information submitted following	* ARE YOU A CLUTTER BUG? TUESDAY, JUNE 26 AT 10:30 AM	OR CALL SENIOR CENTER AFTER 7:30 AM
May 2 will be posted on the UMSSC Bulletin	* JEOPARDY IS COMING JULY 9! DO YOU HAVE YOUR TEAM ORGANIZED?	(610-265-4715) AND LISTEN TO VOICE MAIL RECORDING
Boards and listed on UMGA-TV (Comcast Channel 22 or Verizon FiOS Channel 33) Visit the Center's web site at: <u>www.umssc.org</u>		OR CALL KYW-1060 RADIO (215-925-1060) FOLLOW INSTRUCTIONS AND ENTER UMASD SCHOOL CLOSING NUMBER "307"

#### **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