



THE BEST OF TIMES

MAY 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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EMAIL: info@umssc.org
HOURS: MONDAY THRU FRIDAY
9:00 AM TO 3:00 PM

OUR MISSION STATEMENT

THE OBJECTIVE OF THE UPPER MERION SENIOR SERVICE CENTER SHALL BE TO IDENTIFY AND TO ASSIST IN MEETING THE NEEDS OF OLDER ADULTS IN A MULTI-USE ENVIRONMENT FOR PHYSICAL, EDUCATIONAL AND RECREATIONAL ACTIVITIES.

OFFICERS:

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

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Paul Buce, Jane Burger, William Drolet, Ed Freudenberg,
Pari Hoorfar, Richard McCann, Howard Rosenblum,
Ruth Shand and Janet Sheehan

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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

Happy May Everyone,

My how time flies when you are having fun! I can say that since I was just reminded that it has been six months since I started as your executive director. What a wonderful six months it has been. Almost every day I have the pleasure of meeting a new member and the joy of greeting members I see on a regular basis and can now call friends.

Our Center is what I believe to be one of the "hidden gems" of our area. Now being a "gem" is great but the hidden part has to go. That's where you the members of our Center come in. We need you to spread the word to your neighbors, friends and family members to come and experience all the wonderful events and activities we offer and you have been enjoying. Remember you do *NOT* have to be a resident of Upper Merion to be a member of the Center. Minimum age is 55 years young. We currently have members from Philadelphia, Norristown, and Conshohocken and beyond. Membership dues are \$15.00 annually.

For the month of May we'll be running the Executive Director's Membership Special for every five new members you refer that join UMSSC you will be awarded *FREE* membership for 2015 or three *FREE* Friday Flicks of your choice (pizza included). Let's see how many *FREE* memberships/Friday Flicks we can award!!!! All winners will be announced in the July newsletter.

By this time next year the plan is to be in our new home on Valley Forge Road. This is a very exciting time for all of us. The drawings we've seen show a very beautiful building inside and out. We are very fortunate to have the Upper Merion Park and Recreation Department sharing the building. We plan to partner with them as much as possible to increase the events and activities we offer.

Keep watching for updates in the newsletter, on our website and of course on the bulletin boards next time you're in.









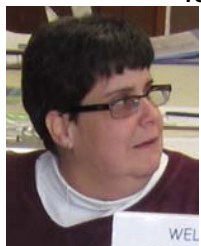
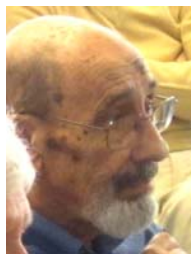


In closing I would like to thank the Board of Directors and the membership of UMSSC for this wonderful opportunity and *don't forget to say something nice about Upper Merion Senior Service Center and it's members.*

Cindy

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

MAY 2014:

NAME THAT MOVIE (1945) "If you ever need anything, no matter what it is or wherever you happen to be - " "Yes, I know. I just dial O for O'Malley."

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<p>1</p> <p>10:00 FINANCIAL / INVESTMENT DISCUSSION GROUP</p> <p>10:15 BINGO</p> <p>11:00 UM TWP. TIME CAPSULE INTERMENT CEREMONY INFO & RAMBLER BIRTHDAY CELEBRATION</p> <p>12:30 CHAIR EXERCISE</p>	<p>2</p> <p>10:00 SING-A-LONG</p>	<p>3</p> 
<p>4</p> 	<p>5</p> <p>10:00 MAH-JONGG</p> <p>10:30 CURRENT EVENTS</p> <p>1:30 YOGA</p>	<p>6</p> <p>9:15 MATTER OF BALANCE</p> <p>9:30 COMPUTER CLUB</p> <p>10:00 BRIDGE</p> <p>11:30 CHAIR EXERCISE</p> <p>1:00 KNITTING & CROCHETING</p> <p>1:30 BAND PRACTICE & INSTRUCTION</p>	<p>7</p> <p>10:00 BOARD MEETING</p> <p>1:00 LINE DANCING</p>	<p>8</p> <p>V-E DAY 1945</p> <p>10:00 NURSE</p> <p>10:00 FINANCIAL / INVESTMENT DISCUSSION GROUP</p> <p>10:15 BINGO</p> <p>11:00 OUTREACH BRIGGS</p> <p>12:30 CHAIR EXERCISE</p> <p>1:30 PRIVATE PAY VS INSURANCE REIMBURSEMENT HOME CARE</p>	<p>9</p> <p>9:15 GRANDPARENTS DAY AT ROBERTS ELEMENTARY SCHOOL</p> <p>10:00 SING-A-LONG</p> <p>11:15 FRIDAY FLICKS "PHILOMENA" . (Please sign up in advance)</p>	<p>10</p> 
<p>11</p> 	<p>12</p> <p>9:30 AARP DRIVER COURSE</p> <p>10:00 MAH-JONGG</p> <p>10:30 CURRENT EVENTS</p> <p>1:30 YOGA</p>	<p>13</p> <p>9:15 MATTER OF BALANCE</p> <p>9:30 COMPUTER CLUB</p> <p>10:00 BRIDGE</p> <p>11:30 CHAIR EXERCISE</p> <p>1:00 KNITTING & CROCHETING</p> <p>1:30 BAND PRACTICE & INSTRUCTION</p>	<p>14</p> <p>10:00 GENERAL MEETING</p> <p>1:00 LINE DANCING</p> <p>1:00 GARDEN CLUB</p>	<p>15</p> <p>10:00 FINANCIAL / INVESTMENT DISCUSSION GROUP</p> <p>10:15 BINGO</p> <p>12:30 CHAIR EXERCISE</p>	<p>16</p> <p>ANNUAL TEA</p> <p>11:00 AM - 2:00 PM</p>	<p>ARMED FORCES DAY 17</p> 
<p>18</p> 	<p>19</p> <p>10:00 MAH-JONGG</p> <p>10:30 CURRENT EVENTS</p> <p>1:00 BOOK TALK</p> <p>1:30 YOGA</p>	<p>20</p> <p>ELECTION DAY CENTER WILL BE CLOSED</p> <p>EXCEPT FOR THEATER TRIP</p> <p>8:45 HUNTERDON HILLS PLAYHOUSE "BUSYBODY" (PARK IN REAR PARKING LOT)</p>	<p>21</p> <p>9:30 VALLEY FORGE CASINO</p> <p>9:30 QUILTING</p> <p>1:00 LINE DANCING</p>	<p>22</p> <p>10:00 NURSE</p> <p>10:00 FINANCIAL / INVESTMENT DISCUSSION GROUP</p> <p>10:15 BINGO</p> <p>12:30 CHAIR EXERCISE</p>	<p>23</p> <p>CLOSED FOR MEMORIAL DAY OBSERVANCE</p>	<p>24</p> 
<p>25</p> 	<p>26</p> <p>CLOSED FOR MEMORIAL DAY OBSERVANCE</p>	<p>27</p> <p>9:15 MATTER OF BALANCE</p> <p>9:30 COMPUTER CLUB</p> <p>10:00 BRIDGE</p> <p>11:30 CHAIR EXERCISE</p> <p>1:00 KNITTING & CROCHETING</p> <p>1:30 BAND PRACTICE & INSTRUCTION</p>	<p>28</p> <p>1:00 LINE DANCING</p> <p>1:00 GARDEN CLUB</p>	<p>29</p> <p>10:00 FINANCIAL / INVESTMENT DISCUSSION GROUP</p> <p>10:15 BINGO</p> <p>11:30 OUTREACH LEACH</p> <p>12:30 CHAIR EXERCISE</p>	<p>30</p> <p>10:00 SING-A-LONG</p>	<p>31</p> 

OUR BOARD OF DIRECTORS



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THE CENTER WILL BE CLOSED ON TUESDAY, MAY 20 FOR ELECTION DAY (HUNTERDON TRIP TO GO AS PLANNED) AND FOR THE MEMORIAL DAY HOLIDAY ON FRIDAY, MAY 23 AND MONDAY, MAY 26.

UPCOMING EVENTS

TUESDAY, May 6, 13 and 27 and JUNE 3 FROM 9:15 AM TO 11:15 AM: BRYN MAWR HOSPITAL PRESENTS "MATTER OF BALANCE". Eight (8) Session Program emphasizing 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. **Please sign up at the Reception Desk.**

THURSDAY, MAY 8 AT 1:30 PM" PRIVATE PAY vs INSURANCE REIMBURSEMENT HOME CARE presentation by Karen Tornese RN, Marketing Manager at Assisting Hands Home Care **and ASSISTED LIVING vs PERSONAL CARE** presentation by Doreen Hoos RN, Managing Director at Columbia Cottage Assisted Living Senior Care. Light refreshments will be offered.

FRIDAY, MAY 9 AT 9:15 AM: GRANDPARENTS DAY AT ROBERTS ELEMENTARY SCHOOL. Be a "visiting" grandparent. Events include: refreshments, assembly, classroom visits, pictures and old school house tours. Registration required (Forms are at the Reception Desk). **School Bus Transportation is available from Senior Center.**

MONDAY, MAY 12: AARP DRIVERS COURSE (4-HOUR). FROM 9:30 AM TO 1:30 PM. Course Instructor, Richard Fida. Cost: \$15.00 AARP Members \$20.00 non-AARP Members. Payment due day of course. **Sign up at our Reception Desk.**

FRIDAY, MAY 16 FROM 11:00 AM TO 2:00 PM - 2014 VICTORIAN TEA: Join us at our **Victorian Tea Party** for an afternoon of entertainment, door and cash prizes. Wear your favorite hat and maybe you can win first place in our hat contest! We will have a beautiful musical performance by harpist Janet Whitman to create the perfect atmosphere for our event. This year's menu will feature chicken salad! Bring your own Cup, Saucer and Spoon. **COST: \$7.00. Reserved seating limited to 100. Tickets on sale from April 22 to May 9 from 10:00 AM to 2:00 PM, Monday through Friday.**

WEDNESDAY, MAY 21: VALLEY FORGE CASINO. The offer for groups is \$15.00 in Slot Play and \$10.00 in Food Credit. This offer does not cost anything but **to take advantage of this offer you must complete registration form available at the Senior Center or on our website at www.umssc.org. Valley Services will handle all new and renewal casino memberships 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, MAY 14. Everyone must bring a valid photo ID.**

UPCOMING TRIPS

TUESDAY, MAY 20: HUNTERDON HILLS PLAYHOUSE DINNER THEATRE: "BUSYBODY". \$60.00 UMSSC members - \$65.00 non-UMSSC members. Cost includes: transportation, show and luncheon. BUS DEPARTS CENTER AT 8:45 AM. (Trip funded in part by the BCA Grant.) **ALTHOUGH THE CENTER IS CLOSED ON THIS DATE FOR ELECTION DAY, THE TRIP IS STILL ON. BUS WILL PICK UP AND DROP OFF AT THE BACK PARKING LOT BEHIND THE CENTER. FOR YOUR CONVENIENCE, YOU SHOULD PARK IN THE BACK PARKING LOT.**

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 8:45 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 and yummy 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:

Theresa Smith for her generous donation to the Center.

Rose Marie Palladino for her generous donation to the Center.

COMMUNITY OUTREACH

ST. JOHNS SOUP KITCHEN

St. Johns Soup Kitchen will be serving a dinner on May 29 and have requested donations of the following: Pasta, spaghetti/tomato sauce and canned vegetables. ***Please bring your donations to the center by Tuesday, May 27.*** The box for donations is on the table outside of the lounge. St. Johns Soup Kitchen is run by the Women's Club of King of Prussia a worthy-cause organization which some of our members belong to.

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-4th) are still being collected. ***Our book donations are a big hit with the kids. Let's keep it going!*** Collection box is on the table 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

TIME CAPSULE INTERMENT CEREMONY INFORMATION AND RAMBLER 15TH BIRTHDAY CELEBRATION

The date for these events will be May 1, 2014 at 11:00 AM. The Interment ceremony will be at the flagpole behind the Township Building immediately followed by the 15th Birthday Celebration of the Rambler which will be held in Freedom Hall at the township building. Sign up at the reception desk. All are invited to attend.

UPPER MERION FARMERS' MARKET

The Farmers' Market opening day for the season will be May 17th. They are working on some options for handicapped and senior parking at the market. The market is laid out in the middle tier of the parking lot. Except for yard sale days, the third section of the lot is not used for vendors so they are considering opening it up for their cars as well as senior and handicapped parking only. This makes everything on one level for walking. In addition, there are plans to advertise that the Rambler makes a stop at the market too.

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, MAY 6 at 7:00 PM at the Park Theater
"AN EVENING WITH GENERAL GEORGE
WASHINGTON AND THE MARQUIS DE**

LAFAYETTE": Although there is no single person in America's history who has had greater impact on the United States of America than George Washington, the Marquis de Lafayette is also important to America's history – for without the French, we would not have won the American Revolution. Lafayette was a great admirer of General George Washington, and they shared a lifelong father-son relationship. Tonight we welcome the return of General George Washington and the Marquis de Lafayette to Valley Forge once again.

**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
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.

EXERCISE THE MIND

Forget brain teasers. If you want to keep your mind sharp, break a sweat. In a study, sedentary adults ages 57-75 were assigned to either stay inactive or take part in twelve weeks of supervised aerobic exercise training. Researchers tested participants' memory and overall brain function, and monitored brain changes by measuring blood flow to the brain. In the exercise group, but NOT in the inactive group, memory improved and blood flow increased to parts of the brain linked to better mental functioning later in life. Not only that, exercisers experienced benefits as early as six weeks into the program. *(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. 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, MAY 14** 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 Upper Merionopoly, 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, MAY 19 at 1:00 PM.

Meets on the 3rd Monday of the month. Coordinator: Patricia Ackah (610.265.4290). This month we will be

reading **"THE LIGHT BETWEEN OCEANS"** by M. L. Stedman. After four harrowing years on the Western Front, Tom Sherbourne returns to Australia and takes a job as the lighthouse keeper on Janus Rock, nearly half a day's journey from the coast. To this isolated island, where the supply boat comes once a season and shore leaves are granted every other year at best, Tom brings a young, bold, and loving wife, Isabel. Years later, after two miscarriages and one stillbirth, the grieving Isabel hears a baby's cries on the wind. A boat has washed up onshore carrying a dead man and a living baby.

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. No doubt that the news cycle is spinning rapidly. Join us on Monday mornings at 10:30 to keep on top of events. All are welcome to join in.

NEW 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, MAY 9 (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 **"PHILOMENA"**, a 2013 British-French-American drama film directed by Stephen Frears, based on the book *The Lost Child of Philomena Lee* by journalist Martin Sixsmith. Starring Judi Dench and Steve Coogan, it tells the true story of Philomena Lee's 50-year-long search for her son.

GARDEN CLUB: Meets the second and fourth Wednesday at 1:00 PM. Coordinator: Paul Buce. With the arrival of spring and the Flea Market in the rear view mirror, we roll into action. Meeting on the 14th will likely be a visit to one of the local arboretums, and on the 28th we'll attack the Center's gardens. Add your name to our e-mail list and we'll keep you informed.

GENERAL MEMBERSHIP MEETING: Monthly meeting open to all members on the **2nd Wednesday of the month (May 14) 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 to June 2 from 12:00 PM to 12:45 PM. No class on May 26. 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.**

LOTTERY BASKET WINNER!

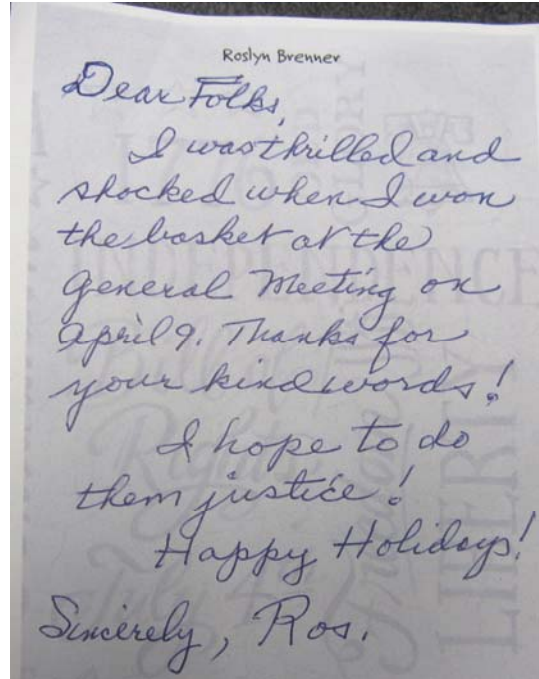
Congratulations to Roslyn Brenner who was the winner of our lottery basket. The winning ticket was drawn at our April 9 General Meeting.



Cindy Eastman & Helen Cabrey draw the winning ticket.



A very surprised and happy Ros with her basket. We hope she won big! See her thank you note below:



HOW ARE WE DOING?

As your Executive Director I want to be sure that we are doing everything we can to make our senior center an enjoyable place for you to come.

Are the programs and activities we offer of interest to you? If not, what suggestions do you have that would make it more interesting for you?

Please complete our little form that you can fill out, clip and drop into a small suggestion box located in the lobby. Let us know how you feel through your comments and suggestions for something new or different. We welcome your feedback! ✂

YOUR SUGGESTIONS (FOR ACTIVITIES AND/OR PROGRAMS):

YOUR COMMENTS:

HAVE A SAFE AND HAPPY MEMORIAL DAY!

REMINDERS FOR MAY 2014

- * TIME CAPSULE INTERMENT CEREMONY INFORMATION AND RAMBLER 15TH BIRTHDAY CELEBRATION: THURSDAY, MAY 1 AT 11:00 AM (TWP. BLDG.)
- * FINANCIAL/INVESTMENT DISCUSSION GROUP: THURSDAY'S AT 10:00 AM
- * BRYN MAWR HOSPITAL PRESENTS "MATTER OF BALANCE" TUESDAY'S May 6, 13 and 27 and JUNE 3 FROM 9:15 AM TO 11:15 AM
- * " PRIVATE PAY vs INSURANCE REIMBURSEMENT HOME CARE *and* ASSISTED LIVING vs PERSONAL CARE: THURSDAY, MAY 8 AT 1:30 PM
- * AARP SAFE DRIVER COURSE (4-HOUR COURSE): MONDAY, MAY 12 AT 9:30 AM
- * GENERAL MEETING: WEDNESDAY, MAY 14 AT 10:00 AM
- * FRIDAY FLICKS: FRIDAY, MAY 9 (Pizza at 11:15 AM, Movie at 12:00 PM.)
PLAYING THIS MONTH: "PHILOMENA" **PLEASE SIGN UP IN ADVANCE**
- * GRANDPARENTS DAY AT ROBERTS ELEMENTARY SCHOOL: FRIDAY, MAY 9 AT 9:15 AM
(SCHOOL BUS TRANSPORT FROM SENIOR CENTER TO ROBERTS - SIGN UP AT RECEPTION DESK)
- * VICTORIAN TEA PARTY: FRIDAY, MAY 16 11:00 AM to 2:00 PM. **TICKETS ON SALE NOW!**
- * BOOK TALK: MONDAY, MAY 19 AT 1:00 PM. THIS MONTH'S BOOK "THE LIGHT BETWEEN OCEANS" BY M. L. STEDMAN
- * HUNTERDON HILLS PLAYHOUSE DINNER THEATRE: "BUSYBODY". **TUESDAY, MAY 20.**
\$60.00 UMSSC MEMBERS - \$65.00 NON-UMSSC MEMBERS. COST INCLUDES: TRANSPORTATION, SHOW AND LUNCHEON. BUS DEPARTS CENTER AT 8:45 AM. (TRIP FUNDED IN PART BY THE BCA GRANT.) **THE CENTER IS CLOSED ON THIS DATE FOR ELECTION DAY. THEREFORE THE BUS WILL PICK UP AND DROP OFF AT THE BACK PARKING LOT BEHIND THE CENTER. FOR YOUR CONVENIENCE, YOU SHOULD PARK IN THE BACK PARKING LOT.**
- * VALLEY FORGE CASINO: WEDNESDAY, MAY 21 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
- * 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 8:45 AM. (TRIP FUNDED IN PART BY THE BCA GRANT.)

THE CENTER WILL BE CLOSED ON TUESDAY, MAY 20 FOR ELECTION DAY (HUNTERDON TRIP TO GO AS PLANNED) AND FOR THE MEMORIAL DAY HOLIDAY ON FRIDAY, MAY 23 AND MONDAY, MAY 26.

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

Note:
Information submitted following **APRIL 2** will be posted on the UMSSC Bulletin Boards and listed on UMGA-TV (Comcast Channel 22 or Verizon FiOS Channel 33)
Visit the Center's web site at:
www.umssc.org

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

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TO: RESIDENT or OCCUPANT