

The Best of Times

NOVEMBER 2025

UPPER MERION SENIOR SERVICE CENTER



431 W. VALLEY FORGE ROAD

KING OF PRUSSIA, PA 19406

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How quickly have we come to the last two months of 2025. Where did the time go? I am sure we all ask that question often – like the last time I looked, I was 21, then 50 and then Medicare eligible! I am glad to still be enjoying the days and hope to enjoy other milestones.

As a reminder, there is still time for any member to run for one of the open positions on the Board for 2026. Openings exist for the President, Vice-President, Secretary, Treasurer and three Board Directors. The final nominations will be announced at the General Meeting on November 12th, and voting will be finalized at our December General Meeting.

November begins our membership drive for 2026. You may renew your membership by seeing any of the staff members beginning on November 1st. The \$25 membership fee remains the same and we look forward to seeing everyone next year. I hope you feel our activities and special events add value to your life. Encourage a friend to join with you.

Once again, I want to thank the many volunteers who provide their time at the Senior Center for helping with our special projects and to those who volunteer in our community. Volunteering and working with others enrich our lives in many ways.



Thanksgiving, later this month, will be an opportunity for many of us to gather with family and friends to enjoy time together. I hope you all have a wonderful Thanksgiving holiday.

Hope to see you around the Center. Maybe see you for a coffee and snack in the kitchen area.

Sharon Brzoska, President

WHAT'S HAPPENING AT THE CENTER

FUN & FITNESS IS CANCELLED ON TUESDAY, NOVEMBER 11 FOR THE VETERANS DAY BREAKFAST. ALL ACTIVITIES ARE CANCELLED ON WEDNESDAY, NOVEMBER 12 FOR THE GENERAL MEETING.

THE SENIOR CENTER WILL BE CLOSED NOVEMBER 26 THROUGH NOVEMBER 28 FOR THANKSGIVING HOLIDAY.

Please refer to the monthly calendar for all NOVEMBER activities. Contact anyone in the office if you have questions. For activities conducted or available on Zoom, please call the office and provide your email address to receive the zoom link.

NOVEMBER 2025 *THANK A VETERAN!*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
2 DAYLIGHT SAVINGS TIME BEGINS	3 9-3 WALK THE TRACK 11:00 CURRENT EVENTS (ALSO ZOOM) 12-3 ART GROUP 12:30 MEXICAN TRAIN 1:00 POKER	4 9 -3 WALK THE TRACK 10:00 BOARD MEETING 10:00-11:30 RUMMIKUB 11:45 FUN & FITNESS 12:45 PINOCHLE 12:45 BAND PRACTICE	5 9-3 WALK THE TRACK 9:45 MEDITATION 12:00 CELLPHONES MADE SIMPLE 12:30 CANASTA 12:30 LINE DANCING 1:00-3:00 OPEN GAME ROOM	6 9-3 WALK THE TRACK 10:15 BINGO 11:45 FUN & FITNESS 12:45 PHOENIX PT PRESENTATION WINTER/HOLIDAY SAFETY TIPS 1:00-3:00 OPEN GAME ROOM	7 9-3 WALK THE TRACK 9:15 CHAIR YOGA 10:30 SING-A-LONG 1:00 TRIVIA	8
9	10 9-3 WALK THE TRACK 11:00 CURRENT EVENTS(ALSO ZOOM) 12:00 MONDAY MATINEE "Going My Way" 12-3 ART GROUP 12:30 MEXICAN TRAIN	11 9 -3 WALK THE TRACK 10:00 VETERANS BREAKFAST 10:00-11:30 RUMMIKUB 11:45 FUN & FITNESS(CANCELLED) 12:45 PINOCHLE 12:45 BAND PRACTICE VETERANS DAY	12 11:30 GENERAL MEETING ALL ACTIVITIES CANCELLED 1:45 DIABETES PROGRAM	13 9-3 WALK THE TRACK 9:45-12 NURSE 10:15 BINGO 11:45 FUN & FITNESS 1:00-3:00 OPEN GAME ROOM	14 9-3 WALK THE TRACK 9:15 CHAIR YOGA 10:30 SING-A-LONG 1:00 TRIVIA	15
16	17 9-3 WALK THE TRACK 11:00 CURRENT EVENTS(ALSO ZOOM) 12-3 ART GROUP 12:30 MEXICAN TRAIN 1:00 POKER 1:00 BOOK TALK	18 9 -3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:45 FUN & FITNESS 12:45 PINOCHLE 12:45 BAND PRACTICE	19 9-3 WALK THE TRACK 9:45 MEDITATION 12:00 CELLPHONES MADE SIMPLE 12:30 CANASTA 12:30 LINE DANCING 1:00-3:00 OPEN GAME ROOM	20 9-3 WALK THE TRACK 9:45 DUTCH APPPLE "HOLIDAY INN" EXCURSION 10:15 BINGO 11:45 FUN & FITNESS 1:00-3:00 OPEN GAME ROOM 1:00 QUILTING	21 9-3 WALK THE TRACK 9:15 CHAIR YOGA 10:30 SING-A-LONG 1:00 TRIVIA	22
23 30	24 9-3 WALK THE TRACK 11:00 CURRENT EVENTS(ALSO ZOOM) 12-3 ART GROUP 12:30 MEXICAN TRAIN	25 9 -3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:45 FUN & FITNESS 12:45 PINOCHLE 12:45 BAND PRACTICE	26 CLOSED FOR THANKSGIVING HOLIDAY	27 UMSSC CLOSED 	28 CLOSED FOR THANKSGIVING HOLIDAY	29

DECEMBER TENTATIVE AS OF 10/20

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TENTATIVE AS OF 10/20 SUBJECT TO CHANGE	1 9-3 WALK THE TRACK 11:00 CURRENT EVENTS(ALSO ZOOM) 12-3 ART GROUP 12:30 MEXICAN TRAIN 1:00 POKER	2 9 -3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:45 FUN & FITNESS 12:45 PINOCHLE 12:45 BAND PRACTICE	3 9-3 WALK THE TRACK 9:45 MEDITATION 12:00 CELLPHONES MADE SIMPLE 12:30 CANASTA 12:30 LINE DANCING 1:00-3:00 OPEN GAME ROOM	4 9-3 WALK THE TRACK 10:15 BINGO 11:45 FUN & FITNESS 1:00-3:00 OPEN GAME ROOM	5 9-3 WALK THE TRACK 9:15 CHAIR YOGA 10:30 SING-A-LONG 1:00 TRIVIA	6
7	8 9-3 WALK THE TRACK 11:00 CURRENT EVENTS (ALSO ZOOM) 12:00 MONDAY MATINEE 12-3 ART GROUP 12:30 MEXICAN TRAIN	9 9 -3 WALK THE TRACK 10:00 BOARD MEETING 10:00-11:30 RUMMIKUB 11:45 FUN & FITNESS 12:45 PINOCHLE 12:45 BAND PRACTICE	10 11:30 GENERAL MEETING ALL ACTIVITIES CANCELLED EXCEPT 1:45 DIABETES PROGRAM	11 9-3 WALK THE TRACK 9:45-12 NURSE 10:15 BINGO 11:45 FUN & FITNESS 1:00-3:00 OPEN GAME ROOM	12 HOLIDAY PARTY  ALL ACTIVITIES CANCELLED	13
14  HANUKKAH BEGINS	15 9-3 WALK THE TRACK 11:00 CURRENT EVENTS(ALSO ZOOM) 12-3 ART GROUP 12:30 MEXICAN TRAIN 1:00 POKER 1:00 BOOK TALK	16 9 -3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:45 FUN & FITNESS 12:45 PINOCHLE 12:45 BAND PRACTICE	17 9-3 WALK THE TRACK 9:45 MEDITATION 12:00 CELLPHONES MADE SIMPLE 12:30 CANASTA 12:30 LINE DANCING 1:00-3:00 OPEN GAME ROOM	18 9-3 WALK THE TRACK 10:15 BINGO 11:45 FUN & FITNESS 1:00-3:00 OPEN GAME ROOM 1:00 QUILTING	19 9-3 WALK THE TRACK 9:15 CHAIR YOGA 10:30 SING-A-LONG 1:00 TRIVIA	20
21 FIRST DAY OF WINTER	22 9-3 WALK THE TRACK 11:00 CURRENT EVENTS(ALSO ZOOM) 12-3 ART GROUP 12:30 MEXICAN TRAIN	23 9 -3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:45 FUN & FITNESS 12:45 PINOCHLE 12:45 BAND PRACTICE	24 UMSSC CLOSED FOR THE HOLIDAYS  CHRISTMAS EVE	25  UMSSC CLOSED	26 UMSSC CLOSED FOR THE HOLIDAYS  KWANZAA	27
28	29 UMSSC CLOSED FOR THE HOLIDAYS	30 UMSSC CLOSED FOR THE HOLIDAYS	31 UMSSC CLOSED  NEW YEARS EVE	1 UMSSC CLOSED  NEW YEARS DAY	2 UMSSC CLOSED FOR THE HOLIDAYS WILL REOPEN MONDAY JANUARY 5	

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AN IMPORTANT REMINDER: TO THOSE PARTICIPATING IN FUN & FITNESS, MEDITATION, AND CHAIR YOGA CLASSES, YOU MUST BE SIGNED IN, PAID AND READY TO PARTICIPATE **PRIOR TO START TIME OF CLASS.**

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James T. Meyers, Supervisor

CALL FOR NOMINATIONS

This is a call for nominations for 2026 elections of UMSSC Officers and Board Directors. We will be electing members for President, Vice President, Secretary and Treasurer (one year terms) and Board of Directors (three year terms). *Please submit your suggestions for qualified candidates to the Nominating Committee: Peggy Ford or Shirley Robey by no later than **November 7** so they can be announced at the November 12 General Meeting.* "Submit" means you have spoken with the person you want to nominate to get their

consent. Once you have their consent please fill out a nomination form (available at the center) and have it signed by the person you are nominating. ***Please give this important election some thought. We are now accepting nominations.***

BOARD MEETING: TUESDAY, NOVEMBER 4 AT 10:00 AM.

CELL PHONES MADE EASY: WEDNESDAYS FROM 12:00-1:00 PM (except November 12 and November 26). Bring your cell phone, tablet, laptop—or any digital device—and get help with your tech questions. Whether you're learning the basics or just need a quick tip, we're here to help you feel more confident and connected!

MEDITATION PROGRAM: WEDNESDAY, NOVEMBER 5 AND NOVEMBER 19 AT 9:45 AM.

WINTER/HOLIDAY SAFETY TIPS: THURSDAY, NOVEMBER 6 AT 12:45 PM. Presentation by Lauren Moll from Phoenix Physical Therapy.

MONDAY MATINEE: MONDAY NOVEMBER 10 AT 12:00 PM. This month's movie is the 1944 Oscar winning "GOING MY WAY" starring Bing Crosby and Barry Fitzgerald". A young priest revitalizes a failing parish and brings new life to the elder priest.

GENERAL MEETING: WEDNESDAY, NOVEMBER 12 AT 11:30 AM. Following the meeting Bill Daywalt, Deputy Fire Marshal, will do a presentation on the hazards of lithium ion batteries. Lunch will be offered to attendees following the meeting.

BLOOD PRESSURE CHECK: THURSDAY, NOVEMBER 13 from 9:45 AM to 12:00 PM. Have your blood pressure checked by MLH Nurse Tracey.



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BOOK TALK: MONDAY NOVEMBER 17 AT 1:00 PM. This month's book is "Akin" by Emma Donoghue

WALKING CLUB: You can join them by giving your name and contact info to the office and we will pass on to the group leader who will provide you with a date and location of where to meet for the walk.

WELCOME NEW MEMBERS: Please join the Board and staff to acknowledge and make welcome our new members. Welcome to: Wallis Brooks, Jennifer Downing, Bob Kelly, Robert Mandik, Tony Mandik, Dave McCarraher, and Terri Shannon.

MEMBERSHIP DRIVE

The time to renew your membership for 2026 is coming up. Membership for the calendar year 2026 can be renewed beginning November 3, 2025. We encourage you to have your friends renew or have a new friend who might be interested in joining. The 2026 Membership Form and UMSSC Code of Conduct are attached to this month's Newsletter. They are also available on our website www.UMSSC.org, or stop in the Center to renew. Membership cost is still only \$25.00, and we have a lot to offer in the way of activities, special events and programs. ***Don't forget to acknowledge receipt of UMSSC Code of Conduct with your signature on the membership form.***

PEDIATRIC DENTISTRY Jay Goldsleger, DDS Scott Goldsleger, DDS Natalie De Barros, DMD Marc Virtue, DDS David Kim, DMD Robyn Ivceer, DMD	GENERAL DENTISTRY Larry Schlarb, DMD Skip Hoerz, DMD Ana Soleye, DMD Andrew Rush, DMD Kristine Rushby, DMD
	
ORTHODONTICS Bryan Ruda, DMD Erin Bauerle, DMD	
ENDODONTICS Serena Colletti, DMD	
610/337-2325 Fax 610/337-3863 www.uppermeriondental.com	

BIRTHDAYS IN NOVEMBER

11/1 Regina Costa	11/6 Diane Crocco	11/20 Bruce Kraveta
11/1 Rose Marie Palladino	11/7 Linda DeMedio	11/22 Jeanne Moon
11/1 Lizette Richardson	11/7 Jeanne Paradis	11/22 George Schnabel
11/1 Koge Suto	11/8 Maureen Harrington	11/24 Anthony D'Alleva
11/1 Edward Wenger	11/8 Ann Nuss	11/25 Sheila Reeves
11/2 Bernadette Reedel	11/13 Leslie Pfeil	11/25 Michele Springman
11/2 Lauren Ruppe	11/16 Adrianne Reilly	11/27 Sherman Keller
11/3 Manuel Kaplan	11/16 Henry Wahls, Jr.	11/27 Barbara Schryver
11/4 Dennis Donahoe	11/17 Cecelia (Peggy) Murphy	11/28 Anita Aherne
11/5 Joan Banas	11/17 Melina Sit	11/29 Jeanne Zelli
11/5 Roseanne Dippell	11/18 Howard Lurie	11/30 Len Brzoska
11/6 Dominic Appleton	11/20 Wendy Cooper	11/30 Patricia Cunnane
	11/20 Malka Kantor Rapkin	

SPECIAL EVENTS - A LOOK AHEAD

NOVEMBER

- Tuesday, November 11 Veteran's Breakfast
- Wednesday, November 12, 2025 (General Meeting)

DECEMBER

- Wednesday, December 10, 2025 (General Meeting)
- Friday, December 12, 2025 Holiday Party

PROJECT LINUS: Members knit squares for blankets for cancer patients. Yarn is available in the office. **THANK YOU**



Bonnie Monastra
President

484-432-3968
bmonastra@agelessexercise.net

865 Bainbridge Drive
West Chester, PA 19382

TO OUR MEMBERS WHO CONTRIBUTE BY VOLUNTEERING TO KNIT THE BLANKET SQUARES A COUPLE OF SAMPLES OF THE HANDIWORK IS HANGING IN THE LOBBY AREA. RECENTLY 42 FINISHED KNITTED BLANKETS DISTRIBUTED TO THOSE IN NEED. We would like to acknowledge the following ladies for their knitting contribution to this project: They are Janet King, Cathy Reilly, Barbara Orman, Jill Kelly, Relina Martis, Tracey Paradis, Janet Ward, Nancy Rae and Iliana Mendez. Special thanks to Joan Banas for heading up this wonderful project! You all do our senior center proud!

WORKING SMOKE ALARMS SAVE LIVES! Any Upper Merion Township resident who needs a smoke alarm can call the ***Smoke Alarm Installation Hotline at 484-636-3945 to request an installation.***

VETERANS CARE PACKAGE DONATIONS: In association with the Norristown Veterans Affairs Office, we are collecting donations for care packages to give to veterans. *If donating any food or drink or drink mixes, please be sure these items have not expired. Place items in assigned box in lobby area.*



Italian Restaurant and Bar

Live Music

Thursday-Sunday

Corporate Meetings
Private Parties
Trivia Nights

Happy Hour
Class Reunions
Funeral Luncheons

175 Town Center Road King of Prussia, PA 19406

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UPPER MERION AREA COMMUNITY CUPBOARD: We are collecting food to be donated to the UM Community Cupboard. If you wish to contribute the labeled box is in the lobby area.

UM LIBRARY PROGRAMS FOR NOVEMBER 2025

ONGOING PROGRAM AT THE LIBRARY (CHECK OUR ONLINE CALENDAR FOR MORE INFORMATION ABOUT THE PROGRAMS WE OFFER):

Sangeetha will be at the center to help with your tech questions every Wednesday in November (*except November 12 and November 26*) at 12:00 PM. Please check with Ms. Shirley or Ms. Peggy for sign-up instructions.

SILENT BOOK CLUB: 1st Monday of every month from 6:00 PM to 7:30 PM.

ESL CLASS: (English as a Second Language Conversation Group) every Tuesday at 12:00 PM.

CRAFT TUESDAY: every Tuesday at 6:00 PM (Perfect space to create, connect, and share craft ideas.)

MEDITATION SERIES: Meditation Workshop - 2nd Tuesday of every month at 6:00 PM.

ART, GAMES, AND CHIT CHAT FOR ADULTS WITH DISABILITIES: 2nd & 4th Thursdays at 12:30 PM.

MAHJONG MEETUP MANIA: Every Thursday at 1:00 PM.
BOOK DISCUSSION: 3rd Saturday of every month at 10:30 AM.
KNIT NITE: 4th Monday at 6:00 PM.

LIBRARY NOVEMBER HIGHLIGHTS

FAMILY BOARD GAME EVENT: Monday, November 10 at 6:00 PM

BOOK DISCUSSION: Saturday, November 15 at 10:30 AM - "Tom Lake" by Ann Patchett

DR. STEVE'S PRESENTATION: Monday, November 17 at 6:30 PM

2025 INK & INSPIRATION: LOCAL AUTHOR SHOWCASE EVENT: Saturday, November 8, 2025 at 3:00 PM.

Join us for *Ink & Inspiration: Local Author Showcase* at the library! Celebrate the incredible talent within our community as local authors share their stories, insights, and creative journeys. Enjoy captivating readings, engaging discussions, and the chance to connect with the voices behind the books you love. Whether you're an avid reader, an aspiring writer, or simply curious, this event is a wonderful opportunity to discover the literary gems of our neighborhood. Don't miss this chance to be inspired and support our local storytellers!

If you are an author and would like to participate, please use the link below to register! <https://forms.gle/t6v8nBWceyQngR4F9> or get in touch with Ms. Sangeetha at ssrini@mclinc.org to reserve your table.

UPPER MERION TOWNSHIP LIBRARY PRESENTS "HANNIBAL-PRINCIPLES OF WAR" TALK BY RAY ROSSA: Wednesdays, November 5, November 12, and, November 19 at 6:30 PM. Join us for a three-part series exploring the legendary Battle of Cannae and the timeless Principles of War used by masters like Hannibal, Napoleon, Sun Tzu, and more. Learn how these leaders consistently outmaneuvered their opponents—and how their strategies still apply today. Each session includes a 40–45 minute presentation followed by a short discussion. Perfect for history buffs, strategy enthusiasts, and curious minds! Presenter Ray Rossa is a former U.S. Army officer with a lifelong passion for the military and military history. After serving at the Armor School in Fort Knox, he continued to deepen his expertise through extensive research and study. A skilled and engaging presenter, Ray has delivered seminars for historical societies, libraries, colleges, and other organizations. He holds a Master's degree in Psychology and has taught at DeVry University and local community colleges.

FREE RAFFLE TICKET with each event attended. Enter to win exciting prizes. To learn more or to register for any of these events, please visit our calendar at www.umtlibrary.libcal.com.

Call the library at 610-265-4805 or Check www.umt township.org/library for latest updates and to access our online access.



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Happy Thanksgiving

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S T U F F I N G R E E T I N G C A R D S M J X C
P F Y Q Q T E B Z O J C W G C S S J C V Q Z E Y
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M Y P Q S E V I L O U D U O E V I S P T O M G H
Z D P U M P K I N P I E P D X K N W E V A P E U

APPLE PIE
CHOCOLATE CREME PIE
FAMILY
HOLIDAY
NOVEMBER TWENTY THIRD
PUMPKIN BREAD
SEASONS CHANGE
TRIPLE BERRY PIE

BANANA CREME PIE
CRANBERRY SAUCE
FRIENDS
HOLIDAY TRAVEL
OLIVES
PUMPKIN PIE
STUFFING
TURKEY

BEER
DINNER ROLLS
GRAVY
MASHED POTATOES
PECAN PIE
PUMPKIN STEW
SWEET POTATOES
WINE

CHERRY PIE
FALL LEAVES
GREETING CARDS
MIXED DRINKS
PICKLES
SCARECROW
THE TURKEY SONG
YAMS



VETERANS DAY

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TROOPS

You can't go back and change the beginning, but you can start where you are and change the ending.



GRACIAS! THANKS! DANKE! MERCI!

★ Thank you to the **UPPER MERION TOWNSHIP LIBRARY** for all they do for the Senior Center providing large print books, Monday Matinee movies and Tech Help.

★ Thank you to **COSTCO** for gift cards.

★ Thank you to our business advertisers.

2026 INDIVIDUAL MEMBERSHIP



UPPER MERION SENIOR SERVICE CENTER

431 W. VALLEY FORGE ROAD, KING OF PRUSSIA, PA 19406

TELEPHONE: 610-265-4715

Our Website: www.umssc.org

FOR NEW MEMBERS: PLEASE ENTER ALL INFORMATION.

FOR MEMBER RENEWAL: PLEASE PROVIDE ANY CHANGES ON THE BLANK LINES OR CHECK NO CHANGES.

** PLEASE PRINT **

Last Name:		First Name:	
E-Mail:		Telephone:	

Membership Fee: \$25.00

CHECK IF ARE YOU A VETERAN: ☐

NO CHANGES ☐

Do you have a handicap placard? Yes ☐ No ☐

BIRTHDAY: MONTH _____ DAY _____

Select One: Mr. ☐ Dr. ☐ Mrs. ☐ Ms. ☐ Miss ☐

Last Name: _____ First Name: _____

Street or P.O. Box: _____

City: _____ State: _____ Zip Code: _____

Telephone: (_____) _____ Cell Phone: (_____) _____

Emergency Contact Name: _____ **Telephone:** (_____) _____

How did you find out about the Senior Center? _____

Code of Conduct: I acknowledge receipt of the UMSSC Code of Conduct (signature) _____

Confidentiality: The UMSSC guarantees your privacy. None of the above personal information will be made available to anyone, with the exception of birthdays, which are posted in the newsletter every month.

OFFICE USE ONLY

Date Paid: _____ Cash: \$ _____ Check No. _____ Payment Rec'd. By: _____

Membership Card issued: _____

UMSSC MEMBERSHIP CODE OF CONDUCT

GOAL:

The Upper Merion Senior Service Center goal is to provide a **welcoming and friendly place to socialize, learn new things and participate in activities**. These guidelines are intended to provide an environment of safety, mutual respect, and comfort for all Senior Center members and guests.

EXPECTATIONS:

Everyone should be considerate and treat others with kindness, courtesy, and respect regardless of individual opinions, ethnicity, race, sexuality, age, disability, or religion. Participants must also be responsible for providing their own personal care and needs. A caregiver must accompany participants not able to attend to their own personal needs and must remain for the duration of their stay. Any person exhibiting illness, poor personal hygiene, and/or related conditions that may compromise the health of others may be asked to leave the Center until the condition is remedied.

UNACCEPTABLE BEHAVIOR:

- Disturbing, disruptive, or unsafe behavior that infringes on the rights of members and staff, including any conduct that interferes with use or enjoyment of facility amenities by other participants or interrupts activities or programs being offered by the center or causes damage or destruction to property.
- Use of abusive, obscene, threatening, harassing, insulting, offensive, or suggestive language.
- Harassment or intimidation by words, gestures, body language or any menacing behavior.
- Physical contact with another person in any angry or threatening manner or threatening of physical violence.
- Borrowing and/or tampering with another person's property or Center property or belongings without permission.
- Carrying or concealing weapons or other devices that could be used as a weapon.
- Use of tobacco is prohibited inside the Center or during any center activities.
- Alcohol is prohibited unless it is sanctioned by the Center Board for specific activities.
- Selling, soliciting, panhandling, or conducting personal commercial activities.
- Talking on telephones or using electronic devices without headphones in a manner that disrupts other participants.
- Inappropriate attire.

UNDERSTANDING:

Continuous complaints and negative comments are detrimental and uncomfortable for other participants. Concerns should be brought to the attention of the staff so appropriate action can be taken. Questions or disputes about violations and/or the interpretation of the provisions of this Code of Conduct will be resolved by the Board of Directors.

CONSEQUENCES:

Verbal Warning

- Meet with the participants to discuss the Incident and the meeting will be documented.
- Discuss inappropriate behavior.
- Advise participants that continued inappropriate behavior will result in suspension from the program.

SUSPENSION OF CENTER PRIVILEGES:

The length of time will be dependent on the nature and the severity of the violation and will be decided by the Board of Directors.

If a violation of the Code of Conduct Policy or an action causes harm to another participant, staff or property, the violator will be instructed to leave immediately and may permanently lose all privileges at the Center.

No refunds of fees shall be given for any suspension or expulsion for violating the Code of Conduct.

Approved: May 9, 2023