



THE BEST OF TIMES

NOVEMBER 2013

Published Monthly since 1997 by
the Upper Merion Senior Service Center
a Non-Profit 501(c)(3) Organization
Serving the Senior Community

UPPER MERION SENIOR SERVICE CENTER
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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
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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

My name is Cindy Eastman. As of November 4, 2013, I am your Executive Director. I am very excited to be joining the staff at your center and look forward to working with them, the Board of Directors, along with each of you to keep our Center running smoothly.

A little about me, I am a proud resident of Upper Merion for the better part of 48 years and a member of the Upper Merion Senior Service Center for several of those years. I am recently retired after a 40 plus year career in banking.

I have a true respect and appreciation for the mission of the Center and the importance the programs and events play in the lives of its members. I've had the pleasure of witnessing first hand the positive effect the daily programs, special events and friendships forged can have on it's members.

One of my duties will be to support the board, the volunteers and the entire membership in continuing the excellent programs being offered at our Center. I welcome your ideas and suggestions to continue it's success.

I would like to thank the Board of Directors for their vote of confidence by offering me this position.

I look forward to meeting you on your next visit.

Wishing you and yours a very healthy and happy Thanksgiving *and remember to always say something nice about UMSSC and its 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

NOVEMBER 2013

QUOTE OF THE MONTH: *Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos to order, confusion to clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend.*
By: Melody Beattie

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					10:00 SING-A-LONG 1	
3 <i>DAYLIGHT SAVINGS ENDS TURN YOUR CLOCKS BACK!</i>	4 9:30 FLU SHOTS 10:00 MAH-JONGG 10:30 CURRENT EVENTS 12:00 ZUMBA GOLD 1:30 YOGA	5 <i>Closed For Election Day</i> 	6 10:00 BOARD MEETING 1:00 LINE DANCING	7 10:15 BINGO 12:30 CHAIR EXERCISE	8 10:00 SING-A-LONG	9 
10 	11 10:00 MAH-JONGG 10:30 CURRENT EVENTS 12:00 ZUMBA GOLD 1:30 YOGA	12 9:30 COMPUTER CLUB 10:00 BRIDGE 10:45 GRACE KELLY EXHIBIT - MICHENER ART MUSEUM 11:30 CHAIR EXERCISE 1:00 ECONOMICS CLASS 1:00 KNITTING & CROCHETING 1:30 BAND PRACTICE & INSTRUCTION	13 10:00 GENERAL MEETING 1:00 LINE DANCING 1:00 GARDEN CLUB	14 10:00 NURSE 10:15 BINGO 11:00 OUTREACH BRIGGS 12:30 CHAIR EXERCISE	15 10:00 SING-A-LONG 11:15 FRIDAY FLICKS SHOWING: "QUARTET"	16 
17 	18 10:00 MAH-JONGG 10:30 CURRENT EVENTS 12:00 ZUMBA GOLD 1:00 BOOK TALK 1:30 YOGA	19 9:30 COMPUTER CLUB 10:00 BRIDGE 10:00 VACCINES AREN'T JUST FOR KIDS PRESENTATION 11:30 CHAIR EXERCISE 1:00 ECONOMICS CLASS 1:00 KNITTING & CROCHETING 1:30 BAND PRACTICE & INSTRUCTION	20 9:00 VALLEY FORGE CASINO 9:30 QUILTING 1:00 LINE DANCING	21 10:15 BINGO 11:00 TRAVEL TALES & TIPS 12:30 CHAIR EXERCISE	22 10:00 SING-A-LONG	23 
24 	25 10:00 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA 7:00 UMSSC BAND PERFORMANCE AT PATRIOTIC CONCERT AT UM MIDDLE SCHOOL	26 9:30 COMPUTER CLUB 10:00 BRIDGE 11:30 CHAIR EXERCISE 1:00 KNITTING & CROCHETING 1:30 BAND PRACTICE & INSTRUCTION	27 <i>Closed For Thanksgiving Holiday</i>	28 	29 <i>Closed For Thanksgiving Holiday</i>	30 

OUR BOARD OF DIRECTORS



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DATES WE ARE CLOSED

THE CENTER WILL BE CLOSED ON TUESDAY, NOVEMBER 5 FOR ELECTION DAY. WE WILL ALSO BE CLOSED ON WEDNESDAY NOV. 27, THURSDAY NOV. 28 AND FRIDAY, NOV. 29 IN OBSERVANCE OF THANKSGIVING HOLIDAY

UPCOMING EVENTS

FLU SHOTS: Monday, November 4 from 9:30 AM to 11:30 AM. Bryn Mawr Hospital Community Health Services Department nurses will be here to give flu shots. **You must register in advance by calling 1-866-225-5654.**

ECONOMICS CLASS: Tuesdays from 1:00 PM to 2:00 PM. The six one-hour sessions continue on November 12 and November 19. *Please sign up at the Reception Desk.*

FROM PHILADELPHIA TO MONACO: GRACE KELLY BEYOND THE ICON: TUESDAY, NOVEMBER 12. Bus departs center at 10:45 AM and departs museum at 3:00 PM. Cost (includes transportation, luncheon and tour): \$45.00 UMSSC members; \$50.00 non-UMSSC members. Exhibit At The Michener Art Museum will present the woman behind the celebrity and trace her extraordinary life journey through some 100 objects and photos drawn from archives dated 1930 to 1970, provided by the Grimaldi Forum Monaco, Prince's Place, Archives du Palais Princier

de Monaco and Audiovisual Archives of the Principality of Monaco. We will begin with a luncheon in the museum private dining room followed by the tour. *(Funded in part by the BCA Grant.)*

VACCINES AREN'T JUST FOR KIDS: TUESDAY, NOVEMBER 19 AT 10:00 AM: Presentation by Bryn Mawr Hospital, Community Health Services Dept. This presentation will increase your knowledge on why you need vaccinations and what vaccinations you should be getting.

VALLEY FORGE CASINO: ON WEDNESDAY, NOVEMBER 20. The offer for groups is \$15.00 in Slot Play and \$10.00 in Food Credit. This offer does not cost anything but **to take advantage of this offer you must complete registration form available at the Senior Center or on our website at www.umssc.org.** *Valley Services will handle all new and renewal casino memberships (not UMSSC). Cash or credit card will be accepted by Valley Services. If you have any questions you can contact Valley Services at 610-354-8118.* Shuttle will depart the center at 9:30 AM and return at 2:00 PM. For those driving, please meet in the Casino lobby between 9:30 AM and 10:00 AM. **CUT-OFF DATE FOR THIS TRIP IS WEDNESDAY, NOVEMBER 13. Everyone must bring a valid photo ID.**

PATRIOTIC CONCERT MONDAY, NOVEMBER 25 AT 6:30 PM AT THE UM MIDDLE SCHOOL. The UMSSC Band will be performing in concert with the Upper Merion Middle School Band. Hope you will come out to enjoy and support our fellow members.

UMSSC ANNUAL HOLIDAY PARTY: MONDAY, DECEMBER 9 FROM 11:00 AM TO 3:00 PM AT THE GRAND BALLROOM AT THE RADISSON HOTEL VALLEY FORGE CASINO. Tickets on sale now through November 26. Cost: UMSSC Members \$23.00 Non-UMSSC members \$26.00. Entertainment, Cash Prizes and Door Prizes.

PHILADELPHIA CHRISTMAS VILLAGE (through UM Park & Rec Dept.) SATURDAY, DEC. 14 AT 10:30 AM. Check out this annual Philadelphia Tradition where the Christmas Village will transform Love Park into a traditional Christmas Market. This unique experience offers thousands of lights, delicious smell of waffles, gingerbread, bratwurst and mulled wine. Vendors will be selling holiday gifts, ornaments and jewelry among other arts and crafts. You'll have time to shop and check out the Macy's light show. **TRANSPORTATION BY SCHOOL BUS departs 10:30 AM and returns 4:30 PM.** COST: \$12.00

(residents) or \$22.00 (non-residents). SIGN UP AND PAY AT THE TOWNSHIP BLDG. PARK & REC DEPT.

COMMUNITY OUTREACH

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?

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 Stove Top Stuffing, Canned Sweet Potatoes, Canned Cranberry Sauce, Chicken Broth and Canned Vegetables.***

You may have noticed ***a new collection box*** has been added. This has been set up by an Upper Merion High School senior Nafisa Thorpe who is currently involved in the Community Service Learning class and has volunteered to ***collect deodorant, toothpaste, toothbrushes, mouthwash, shampoo or conditioner, soap, dish detergent, and laundry detergent*** for the Upper Merion Emergency Aid. Her deadline to collect is December 5. So let's show her how generous we can be and help her out by donating. The list of needs is also on the box.

As always, we thank you for your generosity.

PUT BOOKS IN THE HANDS OF CHILDREN WHO NEED THEM

Book donations to the Bridgeport Elementary School children (grades K-4th) are still being collected. ***Please note on the bulletin board a thank you card from Bridgeport teacher, Mary Beth Adiletto. Sounds like our book donations are a big hit with the kids. Let's keep it going!*** Collection box is on the table outside of the lounge. ***When donating books please be sure that they are in good condition.***

PROJECT LINUS - ONGOING

The "Hearts and Hands" ladies group at Good Shepherd's Church is still collecting knitted and

crocheted squares for blankets. The purpose of Project Linus is to "provide love, a sense of security, warmth and comfort to children who are seriously ill, traumatized, or otherwise in need through the gifts of new, handmade blankets and afghans, lovingly created by volunteer "blanketeers." So far 60 or more blankets have been made and donated. ***Joan Banas has been collecting the squares on behalf of the church and will continue to do so as long as they are being made. Our participating members have a done a great job for a very good cause.***

CAMPOUT FOR HUNGER

Animal shelters are in great need of donations of dog and cat food. If you would like to help out, we will have a donation box placed in the lobby and ask that you donate by Thanksgiving. Donations of dog food, cat food, and any other pet supplies will be accepted. Watch for the labeled box which will be placed in the lobby during the month of November.

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!

A SPECIAL THANK YOU TO SAL FROM SICILIAN DELIGHT WHO ALWAYS COMES THROUGH FOR US! SAL DONATED GIFT CERTIFICATES FOR FREE PIZZA WHICH WERE AWARDED TO THE GRAND PRIZE WINNERS OF THE JEOPARDY V GAME.

COMMUNITY HAPPENINGS

UPPER MERION FARMERS' MARKET

The Market is now in its fourth season. Their hours on Saturdays are from 9:00 AM to 1:00 PM. This year's market has grown to include more than 20 vendors committed to providing locally-produced goods to members of the King of Prussia community and its neighboring communities.

UPPER MERION TRICENTENNIAL AFGHAN RAFFLE

Tickets can be purchased at the Senior Center for raffling of a special commemorative Tricentennial Afghan. A picture of the afghan is on the bulletin

board. Tickets are \$2.00 each or 3 for \$5.00. The drawing date is December 6 at the Holiday Hoopla.

NEWSWORTHY

INTERESTED IN PLAYING BRIDGE?

Lots of interest has been expressed. More information will be forthcoming in our February 2014 newsletter.

DO YOU NEED A GOOD REASON TO ATTEND THE CHAIR EXERCISE SESSION?

Rarely do neuroscientists, psychologists and physicians agree unequivocally on anything. But they agree on this: Exercise is the best thing you can do for your brain. "If we had a pill that could do what exercise does, its sales would put Viagra's to shame," says Laura L. Carstensen, director of the Stanford Center on Longevity and author of *A Long Bright Future*.

So if you haven't tried it yet why not come in on Tuesdays and Thursdays and try Chair Exercise classes. We have a couple of really great instructors to motivate and guide you. It's always more fun to exercise with a crowd and to do it with music. It's one way you can increase your brain power!

DID YOU SEE THE JEOPARDY GAME?

On Wednesday, October 16 we played our fifth Jeopardy game. We had eight wonderful teams (pictured below) and probably the highest total scores ever. The team of Joan Shaw and Jim Henry, the "Current Events" were the grand prize winners with a score of 8000! Wow! We congratulate them and all of the other teams for a really great game. Also, thanks to the members in the audience for supporting all of the teams, the guys from UMGA TV who did the taping, Howard Rosenblum and Mark Erb for technical support, volunteers who helped plan and researched topics and of course, to our wonderful host Paul Buce.



BIG BINGO

October was a very busy month. We held our third Big Bingo game. We had good attendance and everyone had a great time. The Lotto Basket winner was Bea Tasca and Janet Sheehan won the door prize. As

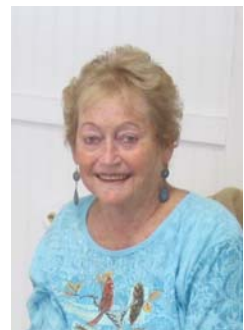
always, very special thanks go to Helen Cabrey who once again chaired the program and arranged for the concession stand along with her group of volunteers (pictured below). They all did a great job. This is a very important fund raiser for us and we thank all UMSSC members and those from the community who came out to play and support us. Special thanks also to Suzy Jo Donuts who generously again donated the donuts for us to sell.



CONCESSION STAND VOLUNTEERS: ETHEL HUTCHINSON, JANE BURGER, ANN LEAHAN AND JUDY NARKE & TICKET SELLER (BELOW RIGHT) JUNE DOLAN



LINDA BIROCHAK & HOWARD ROSENBLUM RAN THE GAME



LOTTO BASKET WINNER BEA TASCA



THE WINNER OF THE BINGO DOOR PRIZE COLOR PRINTER WAS JANET SHEEHAN

MEMBERSHIP DRIVE

2014 is fast approaching and it is time to renew your membership. New 2014 forms are now available in the info center and also on our website www.UMSSC.org We encourage you to renew and if you have a friend who might be interested, you should encourage them to join as well. Membership cost is still *only* \$15.00 and we have a lot to offer in the way of activities and special events and programs.

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. The Band is always looking for new members, if you are interested stop in and see what we are all about. Stop in on a Tuesday at 1:30 PM and check us out.

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

BOOK TALK: MONDAY, NOVEMBER 18 at 1:00 PM. Meets on the 3rd Monday of the month. Coordinator: Patricia Ackah (610.265.4290). This month's book **"BEST KEPT SECRET" By Jeffrey Archer. The third novel in Jeffrey Archer's compelling saga, the Clifton Chronicles** 1945. The vote in the House of Lords as to who should inherit the Barrington family fortune has ended in a tie. The Lord Chancellor's deciding vote will cast a long shadow on the lives of Harry Clifton and Giles Barrington.

BRIDGE CLUB: Tuesdays at 10:00 AM.

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. Here we continue to fly by the seat of our pants and try to keep up with world and local events. It's tough work, but somebody has to do it .. well, at least we try.

FRIDAY FLICKS: FRIDAY, November 15 (Pizza at 11:15 AM, Movie at 12:00 PM.) Coordinator: Don McCree. Pizza & Movie: \$5.00. Movie Only: \$2.00.

This month we will be showing "Quartet":

Beecham House is abuzz. The rumor circling the halls is that the home for retired musicians is soon to play host to a new resident. Word is, it's a star. For Reginald Paget (*Tom Courtenay*), Wilfred Bond (*Billy Connolly*) and Cecily Robson (*Pauline Collins*) this sort of talk is par for the course at the gossipy home. But they're in for a special shock when the new arrival turns out to be none other than their former singing partner, Jean Horton (*Maggie Smith*). Her subsequent career as a star soloist, and the ego that accompanied it, split up their long friendship and ended her marriage to Reggie, who takes the news of her arrival particularly hard. Can the passage of time heal old wounds? And will the famous quartet be able to patch up their differences in time for Beecham House's gala concert?

GARDEN CLUB: Meets the second and fourth Wednesday at 1:00 PM. Chairperson: Paul Buce. The club has but one meeting in Nov. On the 13th we will have a guest giving a talk on 'Architectural Walkways'. A concept that might add a little pizzazz to your landscape.

GENERAL MEMBERSHIP MEETING: Monthly meeting open to all members on the **2nd Wednesday of the month (November 13) 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.***

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

MAH-JONGG: Mondays at 10:00 AM. Coordinator: Lynne Borocho. 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 - 11:30 AM to 1:00 PM. *Senator Daylin Leach's* aide is here the last Thursday of the month.

QUILTING: Fourth Wednesday of the month at 9:30 AM. Instructor: Ethel Hutchinson. All levels welcome!

SHOW BOAT ATLANTIC CITY CASINO: ON HIATUS UNTIL SPRING.

SING-A-LONG: Fridays at 10:00 TO 11:30 AM. Coordinators: Theresa M. Smith and Dot Morio.

TRAVEL TALES AND TIPS: Meets on the third Thursday of each month at 11:00 AM. ***This month Terry Stevens will share her travel adventures along with slides from her recent trip to Cuba.***

Want to talk about one of your trips? Just let coordinator, John Desko, know a month in advance so that information can be put in the newsletter. This gives interested members an opportunity to see and hear about your trip.

YOGA: Monday's at 1:30 PM. *Video Instruction.* Limited to 8 members per class.

ZUMBA GOLD: Regular sessions will be on Monday's until November 18 from 12:00-12:45.

DID YOU KNOW. . . **MOMENTS THAT MATTER**

November 10, 1775: US Marine Corp established. On this date the Second Continental Congress meeting in Philadelphia passed a resolution stating that "two Battalions of Marines be raised" for service as landing forces with the fleet. This resolution established the Continental Marines and marked the birth date of the United States Marine Corps. Serving on land and at sea, these first Marines distinguished themselves in a number of important operations, including their first amphibious raid into the Bahamas in March 1776, under the command of Captain (later Major) Samuel Nicholas.

The first commissioned officer in the Continental Marines, Nicholas remained the senior Marine officer throughout the American Revolution and is considered to be the first Marine Commandant. The Treaty of Paris in April 1783 brought an end to the Revolutionary War and as the last of the Navy's ships were sold, the Continental Navy and Marines went out of existence.

Following the Revolutionary War and the formal re-establishment of the Marine Corps on 11 July 1798, Marines saw action in the quasi-war with France,

landed in Santo Domingo, and took part in many operations against the Barbary pirates along the "Shores of Tripoli".

Marines took part in numerous naval operations during the War of 1812, as well as participating in the defense of Washington at Bladensburg, Maryland, and fought alongside Andrew Jackson in the defeat of the British at New Orleans.

The decades following the War of 1812 saw the Marines protecting American interests around the world, in the Caribbean, at the Falkland Islands, Sumatra and off the coast of West Africa, and also close to home in operations against the Seminole Indians in Florida. George Washington received his appointment as commander-in-chief of the Continental Army the next day, and formally took command at Boston on July 3, 1775.

On November 10, 2013 the Marine Corps will celebrate its 238th Birthday.

November 13, 1982: Vietnam Veterans Memorial dedicated:

The Vietnam Veterans Memorial was founded by Jan Scruggs, who served in Vietnam (in the 199th Light Infantry Brigade) from 1969-1970 as an infantry corporal. He wanted the memorial to acknowledge and recognize the service and sacrifice of all who served in Vietnam. The Vietnam Veterans Memorial Fund, Inc. (VVMF), a nonprofit charitable organization, was incorporated on April 27, 1979, by a group of Vietnam veterans (John Wheeler, Chairman of the Board for VVMF, served in Vietnam as a captain at U.S. Army headquarters from 1969-1970; Robert Doubek, VVMF project director, then executive director, served in Vietnam from 1968-1969 as an Air Force intelligence officer) in Washington, D.C. Jan Scruggs (President of VVMF) lobbied Congress for a two acre plot of land in the Constitution Gardens. Significant initial support came from U.S. Senators Charles McC. Mathias, Jr. (on November 8, 1979, Senator Mathias introduced legislation to authorize a site of national parkland for the Memorial) of Maryland and John W. Warner (Senator Warner launched the first significant financial contributions to the national fund raising campaign) of Virginia. On July 1, 1980, in the Rose Garden, President Jimmy Carter signed the legislation (P.L. 96-297) to provide a site in Constitution Gardens near the Lincoln Memorial. It was a three and half year task to build the memorial and to orchestrate a celebration to salute those who served in Vietnam.

REMINDERS FOR NOVEMBER 2013

CENTER WILL BE CLOSED ON TUESDAY, NOV. 5 FOR ELECTION DAY AND ON WED. NOV. 27, THURS. NOV. 28 AND FRI. NOV. 29 FOR THE THANKSGIVING HOLIDAY

- * FLU SHOTS: MONDAY, NOVEMBER 4 AT 9:30 AM. MUST CALL AND REGISTER WITH MAIN LINE HEALTH
- * GRACE KELLY EXHIBIT AT THE MICHENER ART MUSEUM: TUESDAY, NOVEMBER 12. BUS DEPARTS CENTER AT 10:45 AM
- * GENERAL MEETING: WEDNESDAY, NOVEMBER 13 AT 10:00 AM
- * BASIC ECONOMICS: TUESDAYS AT 1:00 PM – TUESDAYS, NOV. 12 AND NOV. 19
- * FRIDAY FLICKS: FRIDAY, NOVEMBER 15 (Pizza at 11:15 AM, Movie at 12:00 PM.) SHOWING "QUARTET"
- * BOOK TALK: MONDAY, NOVEMBER 18 AT 1:00 PM. THIS MONTH'S BOOK IS: "BEST KEPT SECRET" by Jeffrey Archer
- * VACCINES AREN'T JUST FOR KIDS: TUESDAY, NOVEMBER 19 AT 10:00 AM. PRESENTED BY BRYN MAWR HOSPITAL COMMUNITY HEALTH SERVICES
- * VALLEY FORGE CASINO: WEDNESDAY, NOVEMBER 20 AT 9:30 AM. SHUTTLE WILL DEPART THE CENTER AT 9:30 AM AND RETURN AT 2:00 PM. FOR THOSE DRIVING, PLEASE MEET IN THE CASINO LOBBY BETWEEN 9:30 AM AND 10:00 AM
- * TRAVEL TALES AND TIPS: THURSDAY, NOVEMBER 21 AT 11:00 AM
- * UMSSC BAND PERFORMANCE AT PATRIOTIC CONCERT: MONDAY, NOVEMBER 25 AT 7:00 PM AT THE UM MIDDLE SCHOOL. PERFORMING WITH UM MIDDLE SCHOOL BAND.
- * **DON'T FORGET TO BUY YOUR HOLIDAY PARTY TICKET! ON SALE NOW! FOR THE PARTY ON MONDAY, DECEMBER 9, 2013.**
- * PHILADELPHIA CHRISTMAS VILLAGE (THROUGH UM PARK & REC DEPT.) SATURDAY, DEC. 14 AT 10:30 AM



NOTE:
THE UMSSC IS CLOSED WHEN THE UM AREA SCHOOL DISTRICT CLOSES 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 **OCTOBER 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