



THE BEST OF TIMES

SEPTEMBER 2013

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

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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.

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Howard Lurie, Vice President
Helen Cabrey, Secretary
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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

It's September; can you believe it? Welcome back after a very hot and wet summer. The General Meetings will begin again on Wednesday, September 11 at 10:00 AM. We hope you all plan to attend. There are some new events to tell you about that were planned over the summer.

An 8-hour AARP Driver Safety Course is scheduled for *Tuesday and Wednesday, September 3 and 4* at 9:30 AM to 1:30 PM. A 4-hour course is scheduled for *October 1* at 9:30 AM to 1:30 PM. Cost for each is \$12.00 for AARP Members and \$14.00 for Non-AARP Members, payable day of course.

The 12th Annual Fall Fling is scheduled for *Thursday, September 26* at 10:00 AM at the Court of King of Prussia. Sign-up by September 13 on the registration sheet at the Reception Desk if you haven't already done so. Our popular "Friday Flicks" will resume on September 20 with a showing of "Silver Linings Playbook". Check out our Bulletin Board for more information.

You should plan on attending our *General Meeting on Wednesday, October 9*. The winning Raffle Ticket from our Annual Fund Raiser will be drawn following the meeting. *Good luck everyone!*

Our "Big Bingo" game will be held *Saturday, October 12* at 11:00 AM and is open to UMSSC members and the general public. Ticket sales begin Monday, September 16. *Save money and buy your ticket in advance for only \$20.00!* Tickets purchased the day of the game will be \$25.00. We will offer 20 games of regular bingo and 5 specials. Admission entitles you to 20 sheets, six playing cards per sheet. Additional packets are \$10.00 each. Special game packets are \$5.00 for set of four with four cards to a panel. Extra sheets for \$2.00 each will be sold before each game. The last special will be a Coverall Game for \$3.00 per card. Extra Coverall game cards for \$1.00 will be sold before last game. Dabbers are \$1.00 each. *Play to win prizes, cash prizes and door prizes.* Tickets for a "Lottery Basket" raffle will be sold at six for \$5.00 or \$1.00 ea. 50/50 tickets will be sold at ten for \$5.00 or for five or \$3.00. An array of food will be offered from 11:00 AM to 12:00 PM and during the Intermission.

We hope you all have a fun day.... and remember to always say something nice about UMSSC and its members.













Good luck to all!

Helen Cabrey

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

SEPTEMBER 2013

QUOTE OF THE MONTH: Friends are the sunshine of life. *John Hay*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>1</p>  <p>TONI GRAY</p>	<p>2</p> <p><i>SENIOR CENTER IS CLOSED FOR LABOR DAY OBSERVANCE</i></p>	<p>3</p> <p>9:30 <i>AARP DRIVER SAFETY COURSE</i></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>4</p> <p>9:30 <i>AARP DRIVER SAFETY COURSE</i></p> <p>10:00 BOARD MEETING</p> <p>1:00 LINE DANCING</p>	<p>5</p> <p><i>SENIOR CENTER CLOSED FOR ROSH HASHANAH OBSERVANCE</i></p>	<p>6</p> <p>10:00 SING-A-LONG (NEW)</p> <p>1:00 <i>Wii Games</i></p>	<p>7</p> <p><i>KING OF PRUSSIA TRICENTENNIAL PARADE</i></p> 
<p>8</p>  <p>DOTTIE WISNIEWSKI</p>	<p>9</p> <p>10:00 FARMER'S MARKET CHECKS DISTRIBUTION</p> <p>10:00 MAH-JONGG</p> <p>10:30 CURRENT EVENTS</p> <p>1:30 YOGA</p>	<p>10</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>11</p> <p>10:00 GENERAL MEETING</p> <p>1:00 LINE DANCING</p> <p>1:00 GARDEN CLUB- TRIP TO BARTRAM GARDENS</p>	<p>12</p> <p>10:00 NURSE</p> <p>10:15 BINGO</p> <p>11:00 OUTREACH BRIGGS</p> <p>12:30 CHAIR EXERCISE</p>	<p>13</p> <p>10:00 SING-A-LONG (NEW)</p> <p>1:00 <i>Wii Games</i></p>	<p>14</p>  <p>HELEN DROLET</p>
<p>15</p>  <p>BILL DROLET</p>	<p>16</p> <p>10:00 FARMER'S MARKET CHECKS DISTRIBUTION</p> <p>10:00 MAH-JONGG</p> <p>10:30 CURRENT EVENTS</p> <p>12:00 ZUMBA GOLD "FREE"</p> <p>1:00 BOOK TALK</p> <p>1:30 YOGA</p>	<p>17</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>18</p> <p>9:00 VALLEY FORGE CASINO</p> <p>1:00 LINE DANCING</p>	<p>19</p> <p>10:15 BINGO</p> <p>11:00 TRAVEL TALES & TIPS</p> <p>12:30 CHAIR EXERCISE</p>	<p>20</p> <p>10:00 SING-A-LONG</p> <p>11:15 FRIDAY FLICKS SHOWING: "SILVER LININGS PLAYBOOK"</p>	<p>21</p>  <p>PARI HOOFAR</p>
<p>22</p>  <p>DONNA COHEN</p>	<p>23</p> <p>10:00 FARMER'S MARKET CHECKS DISTRIBUTION</p> <p>10:00 MAH-JONGG</p> <p>10:30 CURRENT EVENTS</p> <p>12:00 ZUMBA GOLD</p> <p>1:30 YOGA</p>	<p>24</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>25</p> <p>9:30 QUILTING</p> <p>10:30 NOSTALGIA DAY "THE WAY WE WERE"</p> <p>1:00 GARDEN CLUB</p>	<p>26</p> <p><i>SENIOR CENTER CLOSED FOR 12TH ANNUAL FALL FLING AT KING OF PRUSSIA MALL 9:45 AM</i></p>	<p>27</p> <p>10:00 SING-A-LONG (NEW)</p> <p>1:00 <i>Wii Games</i></p>	<p>28</p> <p>DAN & LORETTA DELUCCA</p> 
<p>29</p>  <p>JANET SHEEHAN</p>	<p>30</p> <p>10:00 FARMER'S MARKET CHECKS DISTRIBUTION</p> <p>10:00 MAH-JONGG</p> <p>10:30 CURRENT EVENTS</p> <p>12:00 ZUMBA GOLD</p> <p>1:30 YOGA</p>	 <p>WHERE'S JUNE DOLAN?</p>	 <p>ANDY MANSUETO HARRY BAILEY TONY SEGUI</p>	 <p>JEAN GRIMES</p>		

OUR BOARD OF DIRECTORS



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DATES WE ARE CLOSED

THE CENTER WILL BE CLOSED ON MONDAY, SEPTEMBER 2 IN OBSERVANCE OF LABOR DAY AND THURSDAY, SEPTEMBER 5 FOR ROSH HASHANAH.

UPCOMING EVENTS

SENIOR FARMER'S MARKET NUTRITION PROGRAM (SFMNP): On Monday's only until September 30, 2013. Checks (value of \$20.00 per person or \$40.00 per couple) are available to seniors, age 60+ years and living on limited household income are eligible to receive checks to redeem at participating farmers' markets (list will be provided) for fresh, locally grown produce. **Checks available through Center office on Monday's only between 10:00 AM and 2:00 PM.** The following vendors at the Upper Merion Farmers' Market will honor these checks. They are: Frecon Farms, Livengood Family Farm and Peach Bottom Farm.

AARP DRIVER SAFETY COURSE (8-HOUR) TUESDAY & WEDNESDAY, SEPTEMBER 3 & 4 FROM 9:30 AM TO 1:30 PM. Course Instructor, Richard Fida. Cost: \$12.00 AARP Members \$14.00 non-AARP Members. Payment due day of course. Sign up sheet at Reception Desk.

COMMUNITY DAY and TRICENTENNIAL PARADE: SATURDAY, SEPTEMBER 7. Watch the Tricentennial

Day Parade and see the UMSSC Band perform. The parade begins at 1:00 PM, the Fair begins at 3:00 PM and the UMSSC Band will perform at 4:00 PM. Visit our booth at the fair – our volunteers will be selling hoagies and books of chance. **COME OUT AND SHOW YOUR SUPPORT FOR OUR SENIOR CENTER AND OUR OWN UMSSC BAND.**

BIG BINGO ADVANCE TICKET SALES: STARTING MONDAY, SEPTEMBER 16. Save \$5.00 and buy your ticket for only \$20.00 in advance of game to be held Saturday, October 12.

VALLEY FORGE CASINO: ON WEDNESDAY, SEPT. 18. 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, SEPTEMBER 11.** Everyone will need a valid photo ID.

NOSTALGIA DAY: WEDNESDAY, SEPTEMBER 25 AT 10:30 AM. This year's theme "The Way We Were". Go back in time and revisit some old memories. Refreshments will be served.

12TH ANNUAL SENIOR FALL FLING: THURSDAY, SEPTEMBER 26 AT 10:00 AM AT THE COURT IN KING OF PRUSSIA MALL (lower level outside of The Cheese Factory). **MUST BE SEATED NO LATER THAN 9:45 AM SO AS NOT TO DISTURB THE PROGRAM.** This year's theme will be "Showcasing Musical Seniors". We plan to showcase all senior musical talent; senior high school student musicians and senior musicians in the community. **SIGN UP BY SEPTEMBER 13 AT THE RECEPTION DESK.**

AARP DRIVER SAFETY COURSE (4-HOUR) TUESDAY, OCTOBER 1 FROM 9:30 AM TO 1:30 PM. Course Instructor, Richard Fida. Cost: \$12.00 AARP Members \$14.00 non-AARP Members. Payment due day of course. Sign up sheet at Reception Desk.

AMERICAN TREASURES MUSEUM TOUR: TUESDAY, OCTOBER 1 AT 10:00 AM. A 2-hour tour to see an expansive American memorabilia collection

amalgamated by a private collector in Oaks. Tens of thousands of items displayed over 3 acres; vintage cars/motorcycles, nickelodeons/music boxes, toys/dolls/calliopes and store animations viewed from the comfort of a tram car. COST: \$35.00 for UMSSC Members and \$40.00 for non-UMSSC Members. Includes transportation, tour and catered buffet luncheon payable at time of sign up. Registration forms at Info Center. **Bus departs center at 9:15 AM.**

MEET THE CANDIDATES FORUM: MONDAY, OCTOBER 7 AT 10:00 AM. Questions for the candidates should be submitted in writing prior to the forum. Cards for writing your questions are available at the Reception Desk and should be handed in to the office staff. Elections are for: Supervisors, Auditor, Tax Collector and School Board Directors.

UMSSC ANNUAL FUND RAISER DRAWING: WEDNESDAY, OCTOBER 9. The winning Raffle Tickets will be drawn and announced following the General Meeting. Be there to see if you are a winner!

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 tuna, cereal and pasta.*** 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.***

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!

COMMUNITY HAPPENINGS

UPPER MERION FARMERS' MARKET

The Market is now in its fourth season. Their hours on Saturday's 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.

TRICENTENNIAL EVENTS

COMMUNITY DAY & PARADE: Saturday,

September 7. Mark your calendars, and come out! You and/or your group is invited to march with us or watch from the sidelines, then head on over to Heuser Park for the rest of the festivities!

TRICENTENNIAL SPEAKER SERIES:

Sunday, October 6 at 2:00pm, Township Building - Freedom Hall. *Revolutionary Campaign GIS Style* - presented by Sean Moir

NEWSWORTHY

CRAFT ROOM LADIES RECEIVE RECOGNITION

While they sit at the table in the craft room chatting away, the hands of our craft room ladies are always

busy knitting and crocheting beautiful hats, blankets, etc. Recently they received recognition from Einstein Medical Center Montgomery for their donation of knitted and crocheted items for newborns. Their spirit of giving to others in the community is a really positive reflection of UMSSC and they make us proud.

BCA AWARD PRESENTATION

The Senior Center received a grant award from the Board of Community Assistance (BCA) at a reception held on August 1 at the Waterford Ballroom at the Radisson Hotel. It was attended by the UMSSC Board Members. This grant was made possible from contribution made by the Valley Forge Casino.



Presenting the award to Mary McCree, UMSSC Board President and Harlyce Grossman, UMSSC Treasurer are from left to right; Lydia Dan Sardinas, Chair of BCA Committee, Michael Bowman, CEO/President of Valley Forge Casino, and Greg Waks, UM Supervisor

VOLUNTEER HOURS REMINDER

If you do volunteer work, Janet Sheehan, Board Director, would like to remind you to record your hours in the "Volunteer Hours" book located at the Reception Desk.

COMPUTER CLUB WILL OFFER COMPUTER CLASSES

Members of the Computer Club will be offering computer classes. These classes will be aimed at teaching the very basic use of computers and will run on Tuesday's only for one hour each at 10:30 AM to 11:30 AM. *Computer Basics* will be held on October 8; *Getting to the Internet* will be held on October 15; *E-Mail* on October 22 and *Word Processing* on October 29. One on one instruction would also be available if possible and necessary. A sign-up sheet will be placed at the Reception Desk. ***Classes will be free to members and \$25.00 for non-members (fee covers one or all classes).***

ECONOMICS CLASS

Howard Lurie will be offering free classes on Economics for those members who are interested. There will be six one-hour sessions which will be held on Tuesdays at 1:00 PM. Class dates are as follows: October 8, October 15, October 22, October 29, November 12 and November 19. *Please sign up at the Reception Desk.*

INTERESTED IN PLAYING BRIDGE?

Would you like to learn to play bridge and/or duplicate bridge? If so we have a gentleman who will be teaching this popular card game at the center. An "interest only" sign-up sheet will be at the Reception Desk. If there is enough interest, more detailed information will be provided at a later date.

Wii GAMES

We want to get the Wii games out of moth balls! We have a wonderful selection of games such as bowling, golf and baseball. Come in and give it a try. Bring a friend. The Wii is fun and easy to use. If you are interested, please put your name on the sign-up list at the Reception Desk. We plan to start the games in September on Friday afternoons (except on Friday Flick days) from 1:00 PM to 1:45 PM. Beth will be happy to coordinate the games with you.

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. We are looking to round out our band we are looking for musicians who can play the Cello, the French Horn, the trombone, and the clarinet. Interested? 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, SEPTEMBER 16 at 1:00 PM. Meets on the 3rd Monday of the month. Coordinator: Patricia Ackah (610.265.4290). This month's book, ***"Wait Till Next Year – A Memoir" by Doris Kearns Goodwin.*** Set in the suburbs of New York in the 1950s, a touching memoir of Goodwin's growing up in love with her family and baseball. She re-creates the postwar era, when the corner store was a

place to share stories and neighborhoods were equally divided between Dodger, Giant, and Yankee fans. We meet the people who most influenced Goodwin's early life: her mother, who taught her the joy of books but whose debilitating illness left her housebound; and her father, who taught her the joy of baseball and to root for the Dodgers of Jackie Robinson, Roy Campanella, Pee Wee Reese, Duke Snider, and Gil Hodges.

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

CHAIR EXERCISE: Tuesday's at 11:30 AM to 12:15 PM and Thursday's from 12:30 PM to 1:15 PM. Coordinator: Jim Parvin. \$3.00 per class.

COMPUTER CLUB: Tuesday's 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. ***PLEASE STOP IN!***

CURRENT EVENTS DISCUSSION GROUP: Monday's at 10:30 AM in the Lounge. Coordinators: Joan Shaw and Paul Buce. Lots of things to talk about. Those good news items are hard to come by so keep a sharp eye and bring them along when you join the group.

FRIDAY FLICKS: FRIDAY, SEPTEMBER 20 (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 "***Silver Linings Playbook***" starring Bradley Cooper, Robert De Niro and Best Actress Oscar Winner, Jennifer Lawrence.

GARDEN CLUB: Meets the second and fourth Wednesday at 1:00 PM. Chairperson: Paul Buce. Wednesday September 11 is our planned visit to Bartram's Gardens in Philly. Our reservation is for 1:00 PM, so departure is 12:00 PM. The tour is 90 minutes, so we'll be out before rush hour. Cost is \$12.00. Call Paul Buce if you plan to come. (610-265-5469). The meeting on the 25th should be our fall garden clean-up.

GENERAL MEMBERSHIP MEETING: Monthly meeting open to all members on the ***2nd Wednesday of the month (September 11) at 10:00 AM.*** Any member who wants to be put on the agenda at the meeting should contact Mary McCree, President. ***August and September birthdays will be celebrated. Come enjoy birthday cake, 50/50 and free bread from Le Bus. We will also have a special visit from Senator Daylin Leach, so plan to come!***

KNITTING & CROCHETING: Tuesday's 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. 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 of biographies and mysteries 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: Monday's 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 - 11:00 AM to 2:00 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!

SING-A-LONG: Friday's 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 will feature pictures from Hawaii; a stopover in San Francisco then on to Maui and a day trip to Pearl Harbor.*** 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: ***There will be a Free Demo for anybody that wants to attend on September 16 at 12:00 noon in Gulph Gym.*** Regular sessions will be on Monday's beginning September 23 through November 18 from 12:00-12:45. Cost will be \$20.00 for Upper Merion residents and \$30.00 for non-residents. Sign-up through Park & Rec. at the township building.

**DID YOU KNOW . . .
"STUFF YOU DID NOT KNOW"?**

It takes glass one million years to decompose, which means it never wears out and can be recycled an infinite amount of times!

Gold is the only metal that doesn't rust, even if it's buried in the ground for thousands of years.

Your tongue is the only muscle in your body that is attached at only one end.

If you stop getting thirsty, you need to drink more water. When a human body is dehydrated, its thirst mechanism shuts off.

Each year 2,000,000 smokers either quit smoking or die of tobacco-related diseases.

Zero is the only number that cannot be represented by Roman numerals.

Kites were used in the American Civil War to deliver letters and newspapers.

The song, Auld Lang Syne, is sung at the stroke of midnight in almost every English-speaking country in the world to bring in the new year.

Drinking water after eating reduces the acid in your mouth by 61 percent.

Peanut oil is used for cooking in submarines because it doesn't smoke unless it's heated above 450 F.

The roar that we hear when we place a seashell next to our ear is not the ocean, but rather the sound of blood surging through the veins in the ear.

Nine out of every 10 living things live in the ocean.

The banana cannot reproduce itself. It can be propagated only by the hand of man.

Airports at higher altitudes require a longer airstrip due to lower air density.

The University of Alaska spans four time zones.

The tooth is the only part of the human body that cannot heal itself.

In ancient Greece, tossing an apple to a girl was a traditional proposal of marriage. Catching it meant she accepted.

Warner Communications paid \$28 million for the copyright to the song Happy Birthday.

Intelligent people have more zinc and copper in their hair.

A comet's tail always points away from the sun.

The Swine Flu vaccine in 1976 caused more death and illness than the disease it was intended to prevent.

Caffeine increases the power of aspirin and other painkillers; that is why it is found in some medicines.

The military salute is a motion that evolved from medieval times, when knights in armor raised their visors to reveal their identity.

If you get into the bottom of a well or a tall chimney and look up, you can see stars, even in the middle of the day.

When a person dies, hearing is the last sense to go. The first sense lost is sight.

In ancient times strangers shook hands to show that they were unarmed.

Strawberries are the only fruits whose seeds grow on the outside.

Avocados have the highest calories of any fruit at 167 calories per hundred grams.

The moon moves about two inches away from the earth each year.

The earth gets 100 tons heavier every day due to falling space dust.

Due to earth's gravity, it is impossible for mountains to be higher than 15,000 meters.

Mickey Mouse is known as "Topolino" in Italy.

Soldiers do not march in step when going across bridges because they could set up a vibration which could be sufficient to knock the bridge down.

Everything weighs one percent less at the equator.

For every extra kilogram carried on a space flight, 530 kg of excess fuel are needed at lift-off.

The letter J does not appear anywhere on the periodic table of the elements.



REMINDERS FOR SEPTEMBER 2013

THE CENTER WILL BE CLOSED MONDAY, SEPTEMBER 2 IN OBSERVANCE OF LABOR DAY AND THURSDAY, SEPTEMBER 5 IN OBSERVANCE OF ROSH HASHANAH

- * FARMER'S MARKET CHECK DISTRIBUTION: MONDAY'S FROM 10:00 AM-2:00 PM
- * AARP DRIVER SAFETY COURSE (8-HOUR) TUESDAY & WEDNESDAY, SEPTEMBER 3 & 4 FROM 9:30 AM TO 1:30 PM
- * TRAVEL TALES AND TIPS: THURSDAY, SEPTEMBER 19 AT 11:00 AM *SAN FRANCISCO AND HAWAII PRESENTATION*
- * BOOK TALK: MONDAY, SEPTEMBER 16 AT 1:00 PM. THIS MONTH'S BOOK IS: "WAIT TILL NEXT YEAR – A MEMOIR" BY DORIS KEARNS GOODWIN
- * BIG BINGO ADVANCE TICKET SALES BEGIN: MONDAY, SEPTEMBER 16 FROM 10:00 AM TO 2:00 PM
- * VALLEY FORGE CASINO: WEDNESDAY, SEPTEMBER 18 AT 9:30 AM. SHUTTLE WILL DEPART THE CENTER AT 9:30 AM AND RETURN AT 2:00 PM. FOR THOSE DRIVING, PLEASE MEET IN THE CASINO LOBBY BETWEEN 9:30 AM AND 10:00 AM
- * FRIDAY FLICKS: FRIDAY, SEPTEMBER 20 (Pizza at 11:15 AM, Movie at 12:00 PM.) SHOWING "SILVER LININGS PLAYBOOK"
- * FREE ZUMBA GOLD CLASS: MONDAY, SEPTEMBER 23 AT 12:00 PM
- * 12TH ANNUAL SENIOR FALL FLING: THURSDAY, SEPTEMBER 26 AT 10:00 AM. *SIGN UP BY SEPTEMBER 13 AT RECEPTION DESK!*
- * AARP DRIVER SAFETY COURSE (4-HOUR) TUESDAY, OCTOBER 1 FROM 9:30 AM TO 1:30 PM
- * AMERICAN TREASURES TOUR: TUESDAY, OCTOBER 1. BUS DEPARTS CENTER AT 9:15 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 **AUGUST 7** will be posted on the UMSSC Bulletin Boards and listed on UMGA-TV (Comcast Channel 22 or Verizon FIOS Channel 33)
Visit the Center's web site at:
www.umssc.org

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

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TO: RESIDENT or OCCUPANT