

DON'T FORGET TO REGISTER FOR THE  
13<sup>TH</sup> ANNUAL SENIOR FALL FLING  
"CELEBRATING THE BEST OF TIMES"  
THURSDAY, SEPT. 18, 2014  
10:00 AM TO 2:00 PM

1<sup>st</sup> LEVEL OF THE PAVILION IN THE KING OF PRUSSIA MALL  
(Request that you be seated by 9:45 AM  
so the program can start on time)

THERE IS A SIGN UP SHEET AT THE CENTER  
RECEPTION DESK *or* IF YOU HAVE NOT ALREADY  
REGISTERED AT THE CENTER FOR THE FLING YOU CAN  
USE THE ATTACHED FORM TO REGISTER

MAIL IT (*BEFORE SEPT. 5*) TO:  
PUBLIC INFORMATION OFFICE  
UPPER MERION TOWNSHIP  
175 W. VALLEY FORGE ROAD  
KING OF PRUSSIA, PA 19406

*OR*

EMAIL ALL INFORMATION TO:  
[UMTinfo@umtownship.org](mailto:UMTinfo@umtownship.org)

# Celebrating the Best of Times

FREE to senior residents of the  
Upper Merion Area School District

Sponsored by the King of Prussia Mall

**REGISTER BY SEPTEMBER 5**

## 13th Annual Senior Fall Fling

Renew old friendships and establish new ones.

Enjoy musical entertainment  
and a wonderful buffet luncheon

Thursday, September 18, 2014

10:00 AM to 2:00 PM

Guests are asked to be seated by 9:45AM  
so the program can start on time.

1st level of The Pavilion in the King of Prussia Mall  
(Between Urban Outfitters & Morton's, The Steakhouse)

### REGISTRATION

PLEASE PRINT CLEARLY

Name: \_\_\_\_\_

Birth Year - 19 \_\_\_\_\_

Address: \_\_\_\_\_  
Street Post Office Zip Code

Day Phone: \_\_\_\_\_ E-mail Address: \_\_\_\_\_

Please drop-off or mail  
before September 5 to:

Public Information Office  
Upper Merion Township  
175 W. Valley Forge Road  
King of Prussia, PA 19406

or e-mail all information to:  
[UMTinfo@umtownship.org](mailto:UMTinfo@umtownship.org)



# THE BEST OF TIMES

## AUGUST 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**  
**650 SOUTH HENDERSON ROAD**  
**KING OF PRUSSIA, PA 19406**  
**TEL: 610-265-4715**  
**FAX 610-265-4005**  
**WEBSITE: [www.umssc.org](http://www.umssc.org)**  
**EMAIL: [info@umssc.org](mailto: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

### MEMBERS OF THE BOARD:

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

### HONORARY MEMBERS:

Mary Meere, Arthur Powell, Constance H. Williams, and  
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

August is summer at its best. Outdoor activities are in full swing. This time of year we look forward to locally grown vegetables, especially corn and tomatoes. It is also a month that has change just around the corner.

Planning and scheduling for our fall activities is well underway. Our board has met each month over the summer to discuss these matters. In September the general meetings will resume, after a summer break during July and August. Also resuming in September, the ever popular Friday Flicks. We have a great line-up of new movies planned, beginning with a showing of "Captain Phillips" on September 12.

We have planned a trip on September 14 to the National Museum of American Jewish History for its "Chasing Dreams-Baseball & Becoming American" exhibit which will talk about the greatest heroes in baseball who did more than just play the game. Sounds intriguing! After the museum our group will head back to King of Prussia for an early dinner at Pepper's Restaurant. Also, have you signed up for the Fall Fling on September 18? This year's fling is titled "Celebrating The Best of Times" will highlight the life and times of the Upper Merion Senior Service Center. The sign-up sheet is at the Reception Desk.

The Business/Investment group meets every Thursday at 10:00 AM in the computer room. We discuss any and all investment areas such as stocks, bonds, mutual funds and so many other methods of making wise investments. Starting in the fall we will invite professional experts from various business fields to talk with us. Some areas of interest are financial planners, estate planning, insurances, etc.

Enjoy what's left of our summer and also look forward to the change of seasons in the not too distant future. We're blessed to have all four seasons at their best and worst (who can forget last winter?). ***Come spend some time with us and remember to always say something nice about UMSSC.***

**Dick McCann**

***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***



## OUR BOARD OF DIRECTORS



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### SUMMER HOURS: THE CENTER CLOSSES AT 12:00 PM ON FRIDAYS

THE SENIOR CENTER WILL BE CLOSED ON FRIDAY, AUGUST 29 AND MONDAY, SEPTEMBER 1 FOR THE LABOR DAY HOLIDAY

### UPCOMING EVENTS

**SENIOR FARMER'S MARKET NUTRITION PROGRAM (SFMNP):** On Monday's *only* from 10:00 AM – 2:00 PM. Program runs until September 29, 2014. Checks (value of \$20.00 per person) 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 - Jack's Farm - Livengood Family Farm - Peach Bottom Farm.**

**MONDAY, AUGUST 18: RESORTS CASINO IN ATLANTIC CITY IN COLLABORATION WITH WAYNE SENIOR CENTER.** Bus departs from UMSSC at 9:00 AM and returns approximately 6:00 PM. **Cost: \$25.00** per person includes \$25.00 free slot play. Limit 47 passengers. **Must complete registration form to go; forms available at Center or on our website at [www.umssc.org](http://www.umssc.org). IMPORTANT NOTE: A MINIMUM OF 35 PASSENGERS MUST BE REGISTERED BY CUT OFF DATE MONDAY, AUGUST 11 OR TRIP WILL BE CANCELLED.**

**WEDNESDAY, AUGUST 20: 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](http://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, AUGUST 13. Everyone must bring a valid photo ID.**

### UPCOMING TRIPS

**SUNDAY, SEPTEMBER 14 AT 12:00 PM: CHASING DREAMS-BASEBALL & BECOMING AMERICAN AT THE NATIONAL MUSEUM OF AMERICAN JEWISH HISTORY:** From the composer who created the sound of baseball with just a few bars to the catcher who doubled as a spy. The greatest heroes in baseball did more than just play the game. They changed it. Come learn their stories. *Coach bus will pick up members from Pepper's Restaurant parking lot at 12:00 PM and return trip at 3:30 PM back to Peppers for an early dinner. Registration forms at the Info Center in the lobby. Cost: \$40.00 for UMSSC members and \$45.00 for non-UMSSC members.*

### 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 donation of everyone's favorite Entenmann's baked goodies for snacking. Who doesn't like Entenmann's? ★ **Costco** for their generous donation of a monthly gift card for our birthday cake purchases.

### 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:**

Thank you to Lu Eadeh for her generous donation to the Center in memory of her son, John.

A special thank you to the Mary Daly MacFarland Foundation for their donation of \$2,500.00.

We would also like to thank BCA for their \$5,000.00 grant to the senior center. Below is photo taken at the event to present the check.



Frnt Row: Harlyce Grossman, Mary McCree, Cindy Eastman  
Back Row: Mike Bowman, CEO of VF Casino, Scott Milner, BCA Chairman & Greg Waks

### **COMMUNITY OUTREACH**

#### **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 canned fruit, sauce, cereal, canned chicken, canned tuna, toilet paper, pancake mix and syrup are appreciated.***

#### **PUT BOOKS IN THE HANDS OF CHILDREN WHO NEED THEM**

Book donations to the Bridgeport Elementary School children (grades K-4<sup>th</sup>) are still being collected. ***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.***

#### **GARDEN CLUB VOLUNTEERS AT ROBERTS ELEMENTARY**

It was hands on for our Garden Club members who worked with Roberts Elementary principal Jabari Whitehead to help out with the beautiful vegetable and flower garden on the school's property. Our seniors have the expertise to coach Mr. Whitehead on how to keep the garden producing and looking good. The vegetables grown will be on student's lunch tables in the fall. Following are some photos from their hard work on a very hot morning.



## **COMMUNITY HAPPENINGS**

### **UPPER MERION FARMERS' MARKET**

***On August 9, there will be a Health and Wellness Fair at the Farmers' Market. The market has a designated parking area for seniors and the handicapped.*** It is on the same level as the market

so you don't have to negotiate stairs. Unfortunately, this parking area is not available on the 4th Saturday of the month which is the Community Yard Sale Day; but, you can always ride the Rambler! *The Rambler takes you to the market!* Seniors Farmers Markets checks (**SFMNP**) are accepted by the following vendors: **Frecon Farms - Jack's Farm - Livengood Family Farm - Peach Bottom Farm.** If you're a little short of cash, stop by the Farmers Market tent at the front entrance to the Market. You can swipe your credit or debit card for any multiple of \$10. **Market Money** is accepted by all our vendors, and is good for the entire 2014 season. It also makes a great gift!

### **SUMMER READING PROGRAM FOR SENIORS**

Upper Merion Township Library presents "Literary Elements" a summer reading program for seniors. The program ends on August 29, 2014. Register, read, review and win exciting prizes. And, it's not just for books; you can write a review of a movie you watched or a music CD you listened to. All you need is a library card from any library (not just Upper Merion). The first review you write, will be your registration too. The program ends August 29 and the grand prize winner will be announced on September 2, 2014. All entries will be combined for the Grand Prize Drawing. Details are at our Information Center in the lobby. If you have any questions regarding the Summer Reading Program you can contact Sangeetha Srinivasan, Program Coordinator from Upper Merion Township via email ([Ssrini@McLinc.org](mailto:Ssrini@McLinc.org)) or at 610-265-4805.

## **NEWSWORTHY**

### **A BIG THANK YOU TO PICNIC VOLUNTEERS!**

An event like the 6<sup>th</sup> Old Fashioned Picnic takes over 40 people to work together. I hope we all had a good time. Thank you to those who brought food: Ruth Shand, Mary McCree, Tony Segui, Helen Cabrey, Beth Cassidy, Shirley Robey, Harlyce & Jerry Grossman, Jane Burger, Joan Schloth, Janet Ruggiano, Ann Leahan, Ginny Santangelo, Dot Morio, Irene Knasiak, Jean Ehlinger, Paul & Sally Buce, Janet Sheehan, Rose Henderson, Theresa Smith, Rosemarie Van, Dottie Wisniewski, Gloria Wolfhope, Mary Pysz, Sarah Phillips, Ethel Hutchinson, June Dolan, Catherine Miller, Jack Moser, Virginia Spitko, Joan Bannas, a friend of center for the rolls, Cindy for the hot dogs, cake & ice cream. Pretty sure that covers the food.

Thanks to Lucy Damiani and Sarah Phillips for selling cash prize tickets, Pat D'Antonio, Ed Wenger & the sing along group for the patriotic music, Shirley Robey for designing and printing the tickets, posters & programs, Don for sound system, calling table numbers and patriotic video. Big thanks to Paul Buce for organizing and directing the games, also to the UMASD Administration staff who helped with the games. Thanks also to Mary McCree for shopping and guidance along the way. Many of you helped set up and more helped clean up. We hope that we have mentioned everyone. *Many hands made it go smoothly. An extra big thank you for so many willing helpers.*

### **HELP WITH DIGITAL DEVICES**

We are very excited to have Sangeetha Srinivasan, Program Coordinator from Upper Merion Township Library and several youth volunteers to again be at the Center on **Tuesday, August 19 at 9:30 AM** to help the seniors with their digital devices. The seniors should also bring their library card with them will be instructed on how to download ebooks and emagazines.

### **FLU SHOTS AVAILABLE AT SENIOR**

On Friday, September 12 from 9:00 AM to 1:00 PM Flu Shots will be administered by Rite Aid Pharmacy. Flu shots will be given, first come, first served. If you are interested you should call Rite Aid at 610-293-1496 with your insurance information to verify coverage. Medicare does pay for flu vaccines. (*Calling Rite Aid does not obligate you.*) The Rite Aid pharmacists, trained and licensed, will administer the vaccine. After the shot is received, you are requested to wait for about 15 minutes before leaving the building.

### **WHY ACTIVITY AND EXERCISE IS IMPORTANT**

Incorporate the values of exercise into your thought process so that when you want to avoid exercising your conscience will nag at you to remember WHY you should do it. Exercise can help you build more muscle and muscle burns more calories than fat. Exercise can increase your metabolism to burn more calories. Exercise can improve your cardio-respiratory system to bring more oxygen to all body cells. Exercise can help control appetite. Exercise can help you sleep better. (*Contributed by Jane Burger*)

### **STAY CONNECTED!**

Do we have your email address??? In an effort to keep you up to date on happenings at your senior center between newsletters, we are establishing an *email notification system*. Please be sure we have your email so you can *stay connected* to your senior center.



## **WHEELCHAIR RAMP AVAILABLE – FREE**

If you or someone you knows is in need of a wheelchair ramp (for outdoors), a local family has one to donate. Picture of it is on the bulletin board. For information please come in to the staff office.

## **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](http://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.

How can you get a **free** 2015 membership or three free Friday Flicks (with pizza)? Participate in the **Executive Director Membership Special**. Just refer five (5) new members to UMSSC. We offer a little something for everyone!

## **KEEPING SENIORS INFORMED**

### **The Health Care Section**

The changing face of health care in America has left many people, Pennsylvanians included, feeling frustrated and angry over the belief they have nowhere to turn. Time after time, we hear stories of managed care entities denying or delaying life-saving treatment or delaying payment to doctors and hospitals for so long that the patient often pays out-of-pocket to keep bill collectors at bay. *These practices will no longer be tolerated in Pennsylvania.*

Leading the nation in addressing the problem, the **Attorney General's Health Care Section** is one of the first consumer units in the United States. **The Health Care Section** will operate within the Bureau of Consumer Protection. Aimed at protecting the public from unfair health care practices and helping to shape Pennsylvania policy favor of the consumer, the *Health Care Section* will:

- 1) Help consumers get around barriers to proper health care;
- 2) Investigate and research cases where consumers are denied needed care or reimbursement;
- 3) Investigate unduly delayed payment by insurers for health care services provided;
- 4) Advise the Governor and the Legislature on consumer health care issues;
- 5) Assist in developing policies and proposed legislation to protect the consumer in the health care arena.

While the Health Care Section investigates, mediates and takes legal action on behalf of consumers against health care organizations that are involved in unfair and deceptive practices, it does not act as a personal attorney. However, complaints of deceptive practices may spur an investigation and possible legal action. If the Attorney General believes investigation of a dispute is in the public interest, she will investigate the controversy.

You can contact the Health Care Section at 1-717-705-6938 on weekdays from 8:30 AM until 5:00 PM. The Section also has a toll-free line, 1-877-888-4877, which operates within Pennsylvania on weekdays between the hours of 8:30 AM and 9:00 PM.

**If you have a problem with your HMO or Point of Service plan, you should "Take the Proper Steps", as follows:**

- 1. Call your managed care plan member services department.** Always call your managed care plan member services department first. Give them a chance to solve the problem. Many problems are solved at this level in an informal manner.
- 2. File a formal complaint or grievance with your plan.** If your phone call to the plan does not solve your problem, call the plan again and tell them that you want to file either a formal complaint or a formal grievance.
- 3. File a complaint with the Attorney General's Health Care Section.** Complaint forms can be obtained by calling **1-877-888-4877** or from our website, [www.attorneygeneral.gov](http://www.attorneygeneral.gov)

## **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 trombone, French horn or trumpet.** 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!

**BOARD GAMES AVAILABLE: Any day or time.** Various board games available to play in the kitchen.



Card table set up. *Interested in playing pinochle? Let us know. Some members have expressed interest in starting a group.*

**BOOK TALK: Monday, August 18 at 1:00 PM.** Meets on the 3<sup>rd</sup> Monday of the month. Coordinator: Patricia Ackah (610.265.4290). This month we will be reading **"The Patriarch-The Remarkable Life and Turbulent Times of Joseph P. Kennedy" by David Nasaw.** The next time you land at Logan Airport in Boston, pause a moment to reflect that you are standing on landfill annexed to what was once Noddle's Island. Here, sometime in the late 1840s, a young escapee from the Irish potato famine named Patrick Kennedy first set foot in the New World. A cooper by trade, Patrick died of cholera in 1858 at age 35. His grandson and near namesake, Joseph Patrick Kennedy, was born in 1888 in a neighborhood now known as unfashionable East Boston. The rest, as they say, is history. In the hands of his biographer David Nasaw, it is riveting history.

**BRIDGE CLUB: Tuesdays at 9:30 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. The news continues to overwhelm. We will discuss it every Monday morning at 10:30. Stop in to learn or vent, as the case may be.

**FINANCIAL/INVESTMENT DISCUSSION GROUP: Thursdays at 10:00 AM in the Computer Room.** Coordinator: Dick McCann. All levels of experience in making the best choices for your investments are welcome.

**FRIDAY FLICKS: *On hiatus until September. Returns on September 12 showing "Captain Phillips". Enjoy your summer!***

**GARDEN CLUB: Meets the second and fourth Wednesday at 1:00 PM.** Coordinator: Paul Buce. The club will not hold any meetings this month. Get out and care for your flowers, they need TLC in the heat. We'll be back in September.

**GENERAL MEMBERSHIP MEETING:** Monthly meeting open to all members on the **2nd Wednesday of the month at 10:00 AM. No meetings in July**

**or August. Meetings resume in September; August & September birthdays will be celebrated..** 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. *Special Note: In August, Line dancing will be held in the Great Room due to Park & Rec activities in the Gym.*** Coordinator: Aracelia Panzano. Cost: \$1.00 per lesson.

**NEW TIME - MAH-JONGG: Mondays at 9:30 AM.** Coordinator: Lynne Boroch. All level players are welcome, even beginners! Come in and learn to play this very popular game.

**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.**

**NEW TAI CHI: REGULAR WEEKLY CLASSES ON WEDNESDAY'S AT 12:00 PM BEGINNING SEPTEMBER 3 FOR A \$3.00 FEE PER CLASS.**

**YOGA: Monday's at 1:30 PM.** Video Instruction good for beginners, intermediate or advanced. Limited to 8 members per class.

**ZUMBA GOLD: *No classes over the summer.***

## REMINDERS FOR AUGUST 2014

*SUMMER HOURS: THE CENTER CLOSES AT 12:00 PM ON FRIDAYS*

- \* SENIOR FARMER'S MARKET NUTRITION PROGRAM (SFMNP): On Monday's *only* from 10:00 AM – 2:00 PM.
- \* BOOK TALK: MONDAY, AUGUST 18 AT 1:00 PM. THIS MONTH'S BOOK "THE PATRIARCH – THE REMARKABLE LIFE AND TURBULENT TIMES OF JOSEPH P. KENNEDY" BY DAVID NASAW
- \* RESORTS CASINO IN ATLANTIC CITY MONDAY, AUGUST 18: IN COLLABORATION WITH WAYNE SENIOR CENTER. BUS DEPARTS FROM UMSSC AT 9:00 AM AND RETURNS APPROXIMATELY 6:00 PM.
- \* HELP WITH DIGITAL DEVICES: TUESDAY, AUGUST 19 AT 9:30 AM
- \* VALLEY FORGE CASINO: WEDNESDAY, AUGUST 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
- \* THURSDAY, SEPT. 4 AT 10:00 AM: UMSSC JEOPARDY GAMES. GET YOUR TEAMS READY!
- \* MONDAY, SEPT. 8 AND TUESDAY SEPT. 9: AARP DRIVER SAFETY COURSE ( 8 HOUR COURSE)
- \* FRIDAY, SEPT. 12 *FRIDAY FLICKS RETURN*: (Pizza at 11:15 AM, Movie at 12:00 PM.) PLAYING THIS MONTH: "*CAPTAIN PHILLIPS*" **PLEASE SIGN UP IN ADVANCE**
- \* FLU SHOTS: FRIDAY, SEPTEMBER 12 FROM 9:00 AM TO 1:00 PM. WILL BE ADMINISTERED BY RITE AID PHARMACY. FLU SHOTS WILL BE GIVEN, FIRST COME, FIRST SERVED
- \* SUNDAY, SEPT. 14 AT 12:00 PM: "CHASING DREAMS-BASEBALL & BECOMING AMERICAN AT THE NATIONAL MUSEUM OF AMERICAN JEWISH HISTORY-MUSEUM TOUR FOLLOWED BY EARLY DINNER AT PEPPERS RESTAURANT
- \* THURSDAY, SEPT. 18: FALL FLING. MUST BE SEATED BY 9:45 AM: SIGN UP AT RECEPTION DESK

SENIOR CENTER WILL BE CLOSED ON FRIDAY, AUGUST 29 & MONDAY, SEPTEMBER 1 IN OBSERVANCE OF LABOR DAY

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