



THE BEST OF TIMES

JANUARY 2016

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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"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

Dear Friends,

Wishing all a very Happy and Exciting 2016. The Upper Merion Senior Service Center will have lots of new plans this year.

Plan to help out on Martin Luther King Day January 18; many hands make light work. We are working gradually toward our move later in the year so much needs to be reviewed.

Remember to renew your membership for 2016 if you have not already done so...also please bring a friend and we will be happy to welcome them.

AARP 2015 Tax preparation on Thursdays only starting February 4 to April 7. Free tax preparation for seniors by AARP. Bring your tax documentation including your receipted real estate tax bills. Appointment sign-up schedule will be at the Reception Desk beginning in January 2016. You must sign up in person as no appointments will be taken over the telephone

We welcome our new 2016 board members. We value our board members who have much to offer and without them the center would not be able to function as well as we do. You will see them listed in our newsletter. A thank you to Janet Sheehan who is departing the board after many years of service.












The Upper Merion Senior Service Center, I know, will have a fruitful 2016 with our board and active membership. As we prepare for our move later this year we will be quite busy but will still have our activities and also look for your suggestions as to which activities you would like. The suggestion box is in the lobby and we encourage you to use it. *Come spend some time with us and remember to always say something nice about UMSSC.*

Mary McCree, President

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

UMSSC - JANUARY 2016

The future arrives an hour at a time.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 SENIOR CENTER CLOSED FOR NEW YEARS HOLIDAY	2 
3 	4 9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA	5 9:30 COMPUTER CLUB 9:30 BRIDGE 9:30 POKER 11:30 CHAIR EXERCISE 12:30 PINOCHLE 1:00 KNITTING/CROCHETING 12:45 BAND PRACTICE / INSTRUCTION	6 10:00 BOARD MEETING 12:00 TAI CHI 1:00 LINE DANCING	7 9:30 CANASTA 10:00 FINANCIAL/INVEST. DISCUSSION GROUP 10:15 BINGO 12:30 CHAIR EXERCISE	8 10:00 SING-A-LONG	9 
10 	11 9:30 MAH-JONGG 10:30 CURRENT EVENTS 12:00 ZUMBA GOLD 1:30 YOGA	12 9:30 COMPUTER CLUB 9:30 BRIDGE 9:30 POKER 11:30 CHAIR EXERCISE 12:30 PINOCHLE 1:00 KNITTING/CROCHETING 12:45 BAND PRACTICE INSTRUCTION	13 10:00 GENERAL MEETING 12:00 TAI CHI 1:00 LINE DANCING	14 9:30 CANASTA 9:30 NURSE 10:00 FINANCIAL/ INVEST. DISCUSSION GROUP 10:15 BINGO 11:00 OUTREACH BRIGGS 12:30 CHAIR EXERCISE	15 10:00 SING-A-LONG 11:15 FRIDAY FLICKS	16 
17 	18 SENIOR CENTER CLOSED FOR MARTIN LUTHER KING DAY OF SERVICE	19 9:30 COMPUTER CLUB 9:30 BRIDGE 9:30 POKER 11:30 CHAIR EXERCISE 12:30 PINOCHLE 1:00 KNITTING/CROCHETING 12:45 BAND PRACTICE / INSTRUCTION	20 9:30 VALLEY FORGE CASINO 12:00 TAI CHI 1:00 LINE DANCING	21 9:30 CANASTA 10:00 FINANCIAL/ INVEST. DISCUSSION GROUP 10:15 BINGO 12:30 CHAIR EXERCISE	22 10:00 SING-A-LONG 11:30 FRIDAY HEALTH FIX PRESENTATION: "CONTINENCE"	23/30 
24/31 	25 9:30 MAH-JONGG 10:30 CURRENT EVENTS 12:00 ZUMBA GOLD 1:00 BOOK TALK 1:30 YOGA	26 9:30 COMPUTER CLUB 9:30 BRIDGE 9:30 POKER 11:30 CHAIR EXERCISE 12:30 PINOCHLE 1:00 KNITTING/CROCHETING 12:45 BAND PRACTICE / INSTRUCTION	27 9:30 QUILTING 12:00 TAI CHI 1:00 LINE DANCING	28 9:30 CANASTA 9:30 NURSE 10:00 FINANCIAL/ INVEST. DISCUSSION GROUP 10:15 BINGO 11:00 OUTREACH LEACH 12:30 CHAIR EXERCISE	29 10:00 SING-A-LONG	

OUR BOARD OF DIRECTORS



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UPCOMING EVENTS

VALLEY FORGE CASINO WEDNESDAY, JANUARY 20. THE OFFER FOR GROUP IS \$20.00 IN SLOT PLAY: 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. All new and renewal casino memberships or one-day passes are handled by Valley Services (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 2:30 PM.** For those driving, please meet in the Casino lobby between 9:30 AM and 10:00 AM. **THE RAMBLER NOW MAKES A STOP AT THE CASINO. Everyone must bring a valid photo ID.**

RE-SCHEDULED: FRIDAY HEALTH FIX: FRIDAY JANUARY 22 AT 11:30 AM - CONTINENCE ISSUES. Program presented by Main Line Health. Sign up sheet at reception desk.

COSTCO SATURDAY, JANUARY 23 FROM 10:00 AM TO 2:00 PM. HEART HEALTH CLINIC. AT KING OF PRUSSIA STORE PHARMACY.

RAINBOW DINNER THEATER THURSDAY, MARCH 24 AT 9:30 AM: COST \$50.00 MEMBERS \$55.00 NON-MEMBERS INCLUDES TRANSPORTATION, LUNCH & SHOW "NANA'S NAUGHTY KNICKERS". BUS DEPARTS CENTER AT 9:30 AM.

(REGISTRATION FORMS AT INFO CENTER) Nana has a little business on the side; she makes slinky lingerie for senior citizens. Her soon-to-be attorney granddaughter is coming to spend the summer and oh, what fun she will have, trying to keep Nana from getting arrested!

BARNES FOUNDATION FRIDAY, APRIL 8 AT 11:15 AM. COST \$60.00 MEMBERS AND \$65.00 NON-MEMBERS INCLUDES CATERED LUNCH AT SENIOR CENTER, TRANSPORTATION AND MUSEUM GENERAL ADMISSION & SPECIAL PICASSO EXHIBIT. REGISTRATION FORMS AT INFO CENTER. The Barnes Foundation, in partnership with the Columbus Museum of Art, Ohio, premieres *Picasso: The Great War, Experimentation and Change*. The exhibition explores Pablo Picasso's work between 1912 and 1924, highlighting the tumultuous years of the First World War, when the artist began to alternate between cubist and classical modes in his art.

ACKNOWLEDGEMENTS

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 who have generously made donations to the Center:

★ **Fred & Nancy Brown, Jerry & Harlyce Grossman, Don & Mary McCree, Anna Marie Mich, Maxine Newstein, Janet Sheehan, Theresa Smith in memory of Elaine Parvin**

★ **Don & Mary McCree in memory of Delores Wiant**

★ **Janet Sheehan in memory of Kay Stalker**

★ **Cindy Eastman, Ruth Shand, Jerry & Harlyce Grossman & Mary & Don McCree in memory of Fran Gorski**

GRACIAS! THANKS! DANKE! MERCI!

★ **Thank you Tony from Angelo's Pizza** – for the foot long Birthday Hoagies he donates to the center every month. ★ **LeBus Bread** – who donates delicious baked bread every month for the Member Bread Raffle.

★ **Sun Joe** - who generously donates the baked goods we put out for snacks. ★ **Sicilian Delight** for their great discounts on pizza for Friday Flicks! ★ **Costco** for their generous donation of a monthly gift card for our birthday cake purchases. ★ **Acme Market** for their wonderful donation of baked goods.

COMMUNITY OUTREACH

SHOEBOX RECYCLING

We are continuing our Shoebox Recycling program in partnership with Community Recycling to collect *gently used, suitable for re-use* shoes for men, women or children around the globe. This program has other benefits as well. Every box we fill *will raise funds for the center*. **Please be sure shoes are clean and in good condition. PLEASE DO NOT DONATE boots, flip-flops, slippers, plastic shoes, crocs, etc.**

THANK YOU KNITTERS

We want to give an extra special thank you to our members who have donated their time to make the knitted caps for donation to **St. Christopher's Hospital for Children**. These adorable hats are for the preemie babies to keep their tiny bodies warm. If you can knit and would like to help out, please stop in the office and give your name. You can join the group here at the Center on Tuesday's at 1:00 PM or you can take the yarn and do your knitting at home. Copies of the pattern can be picked up from the staff office.

UPPER MERION EMERGENCY AID

More families are in need than ever before. Our donation box is outside of the lounge. They are grateful for all donations. ***The Upper Merion Emergency Fund has specifically requested food donations of boxed Potatoes (mashed, scalloped au gratin, etc.) boxed Macaroni and Cheese and boxed Stuffing, Spaghetti Sauce, Chicken Broth and Soup, Canned Pasta (Chef Boyardee), Tuna and Fruits and Vegetables. Peanut Butter & Jelly, Turkey Gravy, Cereal and laundry detergents. All donations are appreciated.***

PUT BOOKS IN THE HANDS OF CHILDREN WHO NEED THEM

Book donations to the Bridgeport Elementary School children (grades K-4th) are still being collected. ***Our book donations are a big hit with the kids because they get to keep the books they pick. 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 are 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 done a great job for a very good cause.

COMMUNITY HAPPENINGS

UM FARMERS MARKET

We'll have our Winter Market again, every other Saturday from 10 am to noon, with a smaller group of vendors, and primarily aimed at pre-orders. The first Winter Market will continue bi-weekly till May 7.

WHAT'S HAPPENING AT THE UM TOWNSHIP LIBRARY

Life Insurance 101: Monday, January 11, 2016 at 7 pm. An hour session on what you need to know about the many ways to utilize Life Insurance.

Yoga with Kamini: Not sure how to relax and stay calm? Come to this De-stress workshop and learn yoga from Kamini. Please check our online calendar or call us at [610-265-4805](tel:610-265-4805) for date and time.

Tech Night: Monday, January 18, 2016 at 7 pm in Henderson Room. Own an ipad or an iphone but have trouble using it? Planning on buying, but the latest technology troubling you? Need help with downloading e-books? Our youth volunteers are here to help you. You can register via our online calendar, or by calling [610-265-4805](tel:610-265-4805) or stopping by the library. Registration Required.

Knit Nite: Monday, January 25, 2016 at 7 pm. Fourth Monday of the Month. For all ages - from veterans to wanna-be knitters. If you don't know how to knit and want to learn, our more experienced knitters are always eager pass on their skills, and some advanced knitters are usually available to help with patterns and designs.

Café Style Wifi available at the library. Bring your smart devices and connect to our free wireless network. Library card number not required.

SAVE THE DATE: Saturday, February 27, 2016 from 10:00 am to 3:00 pm. 17th Annual Black

History Celebration. "Flying High With Black History". At the Upper Merion Township Building

NEWSWORTHY

IN MEMORIAM

Frances Gorski, Elaine Parvin, Kay Stalker

SHOULD YOU OR SHOULDN'T YOU?

More Americans are ditching their telephone landlines. The Centers for Disease Control and Prevention, which regularly tracks telephone usage, says the number of U.S. households relying only on cellular devices for phone service jumped to more than 35 percent by the first half of 2012 from about 20 percent in 2008. But some telecommunications experts warn older people to put plans to drop their landlines on hold.

"Having a quick and reliable option to reach emergency responders and immediate family is essential," says Raghu Santanam, a paramedic and professor of information systems at Arizona State University in Phoenix.

Susan Odom of Atmore, Ala., believes she would have choked to death if she hadn't dialed 911 on a traditional copper wire landline. A 911 call from a cellular phone or an Internet-based Voice over Internet Protocol (VoIP) service often requires routing the call to the correct emergency response center, which can cause delays for first responders when every second counts.

"If you call 911 from a landline, you get several advantages," Odom said on her local newspaper's website of the 2009 incident. "First, the call shows up on a computer screen in the correct 911 center. The screen shows a map and exactly where the call is coming from, the address and the name of the residence. Should the caller be unable to speak, get confused or not know where they are, the 911 screen shows EMS ... right where to go."

While "tech-savvy seniors can save money by switching to mobile and Internet-based services," Santanam says, he recommends keeping a landline as a plan B: "It's important to gauge the age-related changes and the convenience of keeping things simple. Given that all seniors are most familiar with landlines, it should be either the first option or the emergency backup option." Since copper lines are self-powered, "it makes even more sense," for older people in rural communities or areas prone to storms to resist offers from cable, cellular and satellite companies, Santanam says. "In case of bad-weather conditions, landline phones are much more likely to be available," he says. "For example, satellite-based Internet services in rural areas

can have outages during storms." And cellular towers can be vulnerable to losing power in natural disasters, as occurred during Hurricane Sandy.

"If they don't have enough backup battery power for these towers, your cell services will disappear," says Barbara Cherry, a professor in the telecommunications department at Indiana University and a former senior counsel at the Federal Communications Commission's Office of Strategic Planning & Policy Analysis.

"Reverse 911 calls" — prerecorded robocalls that enable authorities to notify people about imminent dangers such as tornados — don't automatically contact cellular or VoIP phones.

"In a country where we have an increasing number of elderly who need to make sure that medical device and medical alert services work, who need the superior voice quality," says Feld, "how do we make sure they are protected? That's a very big question right now."

by David Wallis, AARP, November 4, 2013 David Wallis is a freelance writer for AARP Media.

HOLIDAY "ADOPT A FAMILY" CAMPAIGN

Each year we are provided information on a local family in need. Our family needed and were given gifts of a brand new microwave, bed linens, pillows, towels and store gift cards. Also toys and clothing for the children. Thank you to all who contributed and helped to make their holiday a reason to celebrate and be thankful.



THANK YOU VOLUNTEERS

Our Holiday Party, held on December 7, was a great success. The entertainment was wonderful, the guests were delightful and the food was delicious. Photos of this happy event are posted on our bulletin board. We would like to thank our volunteers who worked hard to make this party happen. The Party Volunteers were Helen Cabrey, Beth Cassidy, Cindy Eastman, Harlyce Grossman, Howard Lurie, Dick McCann, Mary & Don McCree, Shirley Robey, Janet Sheehan, Sarah Phillips, Lucy Damiani, and Mike & Virginia Spitco. Thank you for all your hard work! A special thank you goes to Ed Hickman and our UMSSC Band!

MEMBERSHIP FEES

We are now accepting membership renewals for 2016. Remember, you must complete a new Membership Form each year. Forms are available at the INFO Center in the lobby or on our website www.umssc.org under "Forms". UMSSC membership fees are still only \$15.00 and ***you do not have to join the Community Center to be a member of the senior center. Be sure that you are given a membership card when you renew your membership.***

KEEPING SENIORS INFORMED

!!! HEADS UP !!!

When you were a kid or a teenager, how often did you hear the words "stand up straight" or "hold your head up"? You may have hated or ignored those words, but now you may understand how important they were.

To have good body alignment, the head should be lined up with the shoulders. The shoulders should be lined up with the hips and ankles.

Your head weighs about eight (8) pounds. When your head is thrust forward, the weight of it puts stress on the muscles of your neck and upper back and stretches those muscles. Meanwhile, your chest muscles get shorter and tighter. Over time these two actions can cause some changes in the shape of your spine. Once this occurs you can't change it. You can only try to avoid any further problems.

Improving your posture will facilitate better breathing and better oxygenation of all your body cells. Your goal is to keep your upper back and your chest muscles as strong and as flexible as you can to help you sit and stand upright and maintain good posture.

A simple activity to strengthen your upper back muscles is to squeeze your shoulder blades together a number of times throughout the day.

To help you adjust to the concept of having better posture, you may need to evaluate how you hold your head when reading or texting. Bring books or "devices" up to eye level rather than hunching forward to see them. Take rest periods to allow the muscles to relax.

(Contributed by Jane Burger)

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: Tuesdays from 12:45 to 2:45 PM. The Upper Merion Senior Service Center Band practices under the direction of professional musician, Ed Hickman. The band has an open invitation to anyone age 55 or over who is interested in playing with a group. Stop in any Tuesday afternoon to hear us practice, check us out, or join the band. ***We are currently looking for a trombone/baritone horn player.***

BINGO: Thursdays at 10:15 AM. Cash prizes!

BOARD GAMES: Available any day or time. Various board games available to play in the kitchen.

BOOK TALK: Monday, January 25 at 1:00 PM. Meets on the 3rd Monday of the month. Coordinator: Patricia Ackah (610.265.4290). This month's book: ***"SOME LUCK" by Jane Smiley*** gives us an intimate look at a family's triumphs and tragedies, zooming in on the realities of farm life, while casting - as the children grow up and scatter to New York, California, and everywhere in between - a panoramic eye on the monumental changes that marked the first half of the twentieth century. Rich with humor and wisdom, twists and surprises, Some Luck takes us through deeply emotional cycles of births and deaths, passions, and betrayals.

BRIDGE CLUB: Tuesdays at 9:30 AM. All bridge players welcome!

CANASTA: Thursday's at 9:30 AM in the Great Room. Beginners and experienced players welcome. Coordinator: Lynn Boroach.

CHAIR EXERCISE: Tuesdays at 11:30 AM to 12:15 PM and Thursdays from 12:30 PM to 1:15 PM. \$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. If the snow cooperates we will meet Monday mornings at 10:30 in the lounge. Between the election cycle and the evolving local and global events we are guaranteed plenty of topics.

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: Friday, January 15 - Pizza At 11:15 AM Movie At 12:00 PM. Coordinator: Don McCree. Showing: *"I'll See You In My Dreams"* starring Blythe Danner. Carol is a widow in her seventies who longs to be with someone in her final years. She has deep fears about love, family, and death due to her past experiences. Afraid of those fears and the hurdles that her age brings with dating, she manages to overcome them and discovers two delightful men. As she begins to fall for them both, she discovers each one is pulling her in very different directions.

GARDEN CLUB: Meets the Second and Fourth Wednesday at 1:00 PM. Coordinator: Paul Buce. The club does not meet in January. Put your garden plans together this month, check out those seed catalogs.

GENERAL MEMBERSHIP MEETING: Monthly meeting open to all members on the **2nd Wednesday of the month at 10:00 AM. Next meeting will be on January 13.**

KNITTING & CROCHETING: Tuesdays at 1:00 PM. Coordinator: Patricia Ackah. 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 Coordinator: Aracelia Panzano.

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 & ASK-A-NURSE: Every 2nd and 4th Thursday of each month from 9:30 AM to 12:15 PM. Have your blood pressure checked by our favorite Nurse Lori Gnacek from Bryn Mawr Hospital/Main Line Health. Main Line Health **"Ask a Nurse"** will be offering a selection of free general medical equipment. Fill out an application and meet with the nurse who will order the items for you.

OUTREACH: *Representative Tim Briggs' aide is here the second Thursday of the month (11:00 AM to 2:00 PM) and. Senator Daylin Leach's aide is here the last Thursday of the month (11:30 AM to 1:00 PM).*

PINOCHLE LADIES AND GENTS: Tuesday's at 12:30 AM in the Game Room. *They would welcome more players.*

POKER: Tuesday's at 9:30 AM in the kitchen. Table is open for additional players. Why not give it a try? They are a friendly group and welcome new players.

QUILTING: Fourth Wednesday 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.**

TAI CHI: Wednesdays at 12:00-12:45 PM. Cost: \$3.00 per class.

YOGA: Monday's at 1:30 PM. *Video Instruction good for beginners, intermediate or advanced.*

ZUMBA GOLD: Mondays starting 1/11/16 to 3/14/16 12:00 pm to 12:45 pm at Gulph School Gym. No class on 1/18/ or 2/15. Directors: Geni Roskos & Peg White; licensed Zumba Gold instructors. All the fun of Zumba designed for the 50+ participant and anyone desiring modifications - a less intense but still invigorating Latin dance based fitness class. Enjoy dancing the meringue, salsa, cha-cha, belly dance, and more. This workout is low impact but high energy and fun. Improve cardiovascular health, balance, strength and flexibility as you burn calories. Perfect for those just starting to exercise. COST: UM Resident: \$16.00. NON-UM Resident: \$26.00. **Register for Zumba Gold through Park and Rec Dept.**

ENLIGHTENED PERSPECTIVE

The following was written by Andy Rooney, a man who had the gift of saying so much with so few words. The

subjects covered affect us all on a daily basis.
Enjoy..... *I've learned*

That the best classroom in the world is at the feet of an elderly person.

That when you're in love, it shows.

That just one person saying to me, 'You've made my day!' makes my day.

That having a child fall asleep in your arms is one of the most peaceful feelings in the world.

That being kind is more important than being right.

That I can always pray for someone when I don't have the strength to help him in some other way.

That sometimes all a person needs is a hand to hold and a heart to understand.

That we should be glad God doesn't give us everything we ask for.

That money doesn't buy class.

That it's those small daily happenings that make life so spectacular.

That to ignore the facts does not change the facts.

That when you plan to get even with someone, you are only letting that person continue to hurt you.

That love, not time, heals all wounds.

That everyone you meet deserves to be greeted with a smile.

That no one is perfect until you fall in love with them.

That life is tough, but I'm tougher.

That when you harbor bitterness, happiness will dock elsewhere.

That one should keep his words both soft and tender, because tomorrow he may have to eat them.

That a smile is an inexpensive way to improve your looks.

That when your newly born grandchild holds your little finger in his little fist, that you're hooked for life.

That everyone wants to live on top of the mountain, but all the happiness and growth occurs while you're climbing it.

REMEMBERING - FOR THE FUN OF IT!

Test your 'youthful' memories of song and movies. Think you'll have fun with these! Answers below – don't cheat!

Question 1

- Which big-band popularized the song "Tuxedo Junction"?
- Benny Goodman
 - Tommy Dorsey
 - Glenn Miller
 - Jimmy Dorsey

Question 2

- What 'oldie-but-goodie' song contained the following: "...you leave the Pennsylvania Station 'bout a quarter to four..."
- Sunrise Serenade
 - Pennsylvania 6-500
 - American Patrol
 - Chattanooga Choo-Choo

Question 3

- What popular singer made the 1952 #1 recording "Wheel Of Fortune"?
- Helen O'Connell
 - Kaye Starr
 - Margaret Whiting
 - Kay Ballard

Question 4

- Which big-band gave Frank Sinatra his 'start'?
- Tommy Dorsey
 - Harry James
 - Jimmy Dorsey
 - Benny Goodman

Question 5

- What movie contained the passionate love scene in the sand between Burt Lancaster & Deborah Kerr?
- On The Beach
 - Beach Party
 - From Here to Eternity
 - Love Letters in the Sand

Question 6

- Which early popular composer wrote "Steppin' Out With My Baby"?
- George Gershwin
 - Paul Whiteman
 - Irving Berlin
 - Jerome Kern

Question 7

- In what movie did Irving Berlin's beautiful "White Christmas" first appear?
- White Christmas
 - Holiday Inn
 - There's No Business Like Show Business
 - It's a Wonderful Life

Question 8

- Can you remember who wrote and popularized the song "Georgia On My Mind"?
- Bix Beiderbecke
 - Hoagy Carmichael
 - Louis (Louie) Armstrong
 - Johnny Mercer

ANSWERS: 1-c; 2- d; 3-b; 4-b; 5-c; 6-c; 7-b; 8-b

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<p>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</p>	<p style="text-align: center;"><u>REMINDERS for JANUARY 2016</u></p> <p style="text-align: center;"><u>SENIOR CENTER WILL BE CLOSED ON MONDAY, JANUARY 18 FOR "MARTIN LUTHER KING DAY OF SERVICE"</u></p> <ul style="list-style-type: none"> * GENERAL MEETING WEDNESDAY, JANUARY 13 AT 10:00 AM * FRIDAY FLICKS: FRIDAY, JANUARY 15 AT 11:15AM – SHOWING: "I'LL SEE YOU IN MY DREAMS" STARRING BLYTHE DANNER * VALLEY FORGE CASINO WEDNESDAY, JANUARY 20. THE OFFER FOR GROUP IS \$20.00 IN SLOT PLAY * FRIDAY HEALTH FIX: FRIDAY, JANUARY 22 AT 11:30 AM: PRESENTATION ON "CONTINENCE" * COSTCO SATURDAY, JANUARY 23 FROM 10:00 AM TO 2:00 PM. HEART HEALTH CLINIC. AT KING OF PRUSSIA STORE PHARMACY * BOOK TALK MONDAY JANUARY 25 AT 1:00 PM: "SOME LUCK" BY JANE SMILEY * RAINBOW DINNER THEATER THURSDAY, MARCH 24 AT 9:30 AM: COST \$50.00 MEMBERS \$55.00 NON-MEMBERS INCLUDES TRANSPORTATION, LUNCH & SHOW "NANA'S NAUGHTY KNICKERS". BUS DEPARTS CENTER AT 9:30 AM * BARNES FOUNDATION FRIDAY, APRIL 8 AT 11:15 AM. COST \$60.00 MEMBERS AND \$65.00 NON-MEMBERS INCLUDES CATERED LUNCH AT SENIOR CENTER, TRANSPORTATION AND MUSEUM GENERAL ADMISSION & SPECIAL PICASSO EXHIBIT 	<p>NOTE: THE UMSSC IS CLOSED WHEN THE UM AREA SCHOOL DISTRICT CLOSES OR HAS LATE OPENING DUE TO INCLEMENT WEATHER</p> <p><i>UMASD SCHOOL CLOSING NUMBER IS "307"</i></p> <p>NOTICE IS ALSO BROADCASTED ON COMCAST CHANNEL 28 OR VERIZON FIOS CHANNEL 32</p> <p>OR CALL SENIOR CENTER AFTER 7:30 AM (610-265-4715) AND LISTEN TO VOICE MAIL RECORDING</p> <p>OR CALL KYW-1060 RADIO (215-925-1060) FOLLOW INSTRUCTIONS AND ENTER UMASD SCHOOL CLOSING NUMBER "307"</p>
<p>Note: Information submitted following DEC. 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</p>		