

# "The Best of Times"



APRIL  2019

UPPER MERION SENIOR  
SERVICE CENTER

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

TELE: 610-265-4715

on the web at [www.umssc.org](http://www.umssc.org)



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**NOTE: CUT-OFF DATE FOR SUBMISSION OF INFORMATION FOR MAY NEWSLETTER IS APRIL 20 - NO EXCEPTIONS**

## UPCOMING SPECIAL EVENTS



### **NOTE NEW DATES THRIFT SHOP/FLEA ROOM OPENS FOR DONATIONS MONDAY APRIL 8**

Hours are 9:30 to 1:30 Monday through Thursday through the Flea Market Day. Donations will be accepted starting on the 8<sup>th</sup>. Acceptable donations are children's books, appliances and electronics (in working order), knickknacks, decorations, etc. Not accepted items: adult books, used clothing, junk or broken non-working items.

If anyone knows of vendors or crafters who would like to have a table, please have them contact the Center for more information. The event needs volunteers to work on that day so

please sign up help or bake your favorite recipe for the bake sale.

### **VOLUNTEER OF THE YEAR AWARD**

**FRIDAY, APRIL 26 AT 1:00 PM.** To celebrate our *VOLUNTEER OF THE YEAR* we are hosting a get together in the *Great Room*. Light refreshments will be served. We need members to volunteer to bring in some finger foods to serve or to help out in setting up for the event. A sign-up sheet for volunteers is in the lobby area. **HOPE YOU CAN COME!**

### **22<sup>ND</sup> ANNUAL FLEA MARKET & BAKE SALE**

**SATURDAY, MAY 4 FROM 9:00 AM TO 2:00 PM**

*(RAIN OR SHINE – HELD INDOORS)*

Our Annual Flea Market & Bake Sale, held at the Senior Center, is open to the public. Buy a table space to sell your unwanted "treasures". (8'x4' table space-bring your own table). Whether you are buying or selling there will be something for everyone. - cash prizes –refreshments - baked goods and more! This is always a fun family day!

### **VICTORIAN TEA SOCIAL**

**FRIDAY, MAY 17 FROM 11:00 AM**

**- 2:00 PM COST: \$12.00:** Join us for

a fun afternoon of entertainment, door prizes and cash prizes. Wear your favorite hat and maybe you can win first place in our hat contest! Everyone brings their own cup and saucer. **Reserved seating.**


**Tickets on sale now in the lobby until May 10.**



*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.*

# APRIL 2019

*DON'T CONSUME YOUR TOMORROWS FEEDING ON YOUR YESTERDAYS*

| SUNDAY  | MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY   | SATURDAY |
|---|---|---|--|--|--|----------|
|   | 1<br>9:30 MAH-JONGG<br>10:30 CURRENT EVENTS<br>1:30 YOGA (VIDEO)<br><b>1:30 INTRODUCTION TO LAW</b>   | 2<br>9-11 WALK TRACK<br>10:00 COMPUTER CLUB<br>11:30 FUN & FITNESS<br>12:30 PINOCHLE<br>12:45 BAND PRACTICE / INSTRUCTION<br>1:00 KNITTING/CROCHETING   | 3<br><b>10:00 BOARD MEETING</b><br>12:00 TAI CHI (VIDEO)<br>12:30 CANASTA<br>1:00 LINE DANCING<br>1:00 MATTER OF BALANCE<br><b>(CLASS IS FULL)</b>   | 4<br>9-11 WALK TRACK<br>10:00 FINANCE/INVEST GROUP DISCUSSION<br>10:15 BINGO (12:30 FUN & FITNESS)   | 5<br>9:30 PINOCHLE<br>10:00 SING-A-LONG  | 6        |
| 7   | 8<br><b>9:30 THRIFT SHOP OPEN</b><br>9:30 MAH-JONGG<br>10:30 CURRENT EVENTS<br>1:30 YOGA (VIDEO)<br><b>1:30 INTRODUCTION TO LAW</b>                           | 9<br><b>9:30 THRIFT SHOP OPEN</b><br>9-11 WALK TRACK<br>10:00 COMPUTER CLUB<br>11:30 FUN & FITNESS<br>12:30 PINOCHLE <i>(IN LOUNGE)</i><br>12:45 BAND PRACTICE / INSTRUCTION<br>1:00 KNITTING/CROCHETING<br><b>2:00 MEMORY CAFÉ</b> | 10<br><b>9:30 THRIFT SHOP OPEN</b><br><b>9:30 GENERAL MEETING</b><br><b>11:30 COMPUTER BASICS</b><br>12:00 TAI CHI (VIDEO)<br>12:30 CANASTA<br>1:00 GARDEN CLUB<br>1:00 LINE DANCING<br>1:00 MATTER OF BALANCE <b>(FULL)</b><br><b>1:30 RED HAT LADIES</b><br><i>(IN CRAFT ROOM)</i> | 11<br><b>9:30 THRIFT SHOP OPEN</b><br>9-11 WALK TRACK<br><b>9:30 TO 12 NURSE</b><br>10:00 FINANCE/INVEST GROUP DISCUSSION<br><b>10:00 MLH MEMORY TALK(lounge)</b><br>10:15 BINGO <i>(IN GREAT ROOM)</i><br><b>11:00 OUTREACH – BRIGGS</b><br><b>11:30 COFFEE WITH A COP(lounge)</b><br>12:30 FUN & FITNESS | 12<br>9:30 PINOCHLE (in lounge)<br>10:00 SING-A-LONG<br><b>11:30 FRIDAY FLICKS</b>                     |          |
| 14  | 15<br><b>9:30 THRIFT SHOP OPEN</b><br>9:30 MAH-JONGG<br>10:30 CURRENT EVENTS<br><b>1:00 BOOK TALK</b><br>1:30 YOGA (VIDEO)<br><b>1:30 INTRODUCTION TO LAW</b> | 16<br><b>9:30 THRIFT SHOP OPEN</b><br>9-11 WALK TRACK<br>10:00 COMPUTER CLUB<br>11:30 FUN & FITNESS<br>12:30 PINOCHLE <i>(IN LOUNGE)</i><br>12:45 BAND PRACTICE / INSTRUCTION<br>1:00 KNITTING/CROCHETING                           | 17<br><b>9:30 THRIFT SHOP OPEN</b><br><b>9:30 VALLEY FORGE CASINO</b><br><b>10:00 PERSIAN SENIOR GROUP</b><br>12:00 TAI CHI (VIDEO)<br>12:30 CANASTA<br>1:00 LINE DANCING<br>1:00 MATTER OF BALANCE<br><b>(CLASS IS FULL)</b>  | 18<br><b>9:30 THRIFT SHOP OPEN</b><br>9-11 WALK TRACK<br>10:00 FINANCE/INVEST GROUP DISCUSSION<br>10:15 BINGO <i>(IN GREAT ROOM)</i><br>12:30 FUN & FITNESS  | 19<br><b>UMSSC CLOSED FOR HOLIDAY</b>  | 20       |
| 21<br><br><b>HAPPY EASTER</b> | 22<br><b>9:30 THRIFT SHOP OPEN</b><br>9:30 MAH-JONGG<br>10:30 CURRENT EVENTS<br>1:30 YOGA (VIDEO)   | 23<br><b>9:30 THRIFT SHOP OPEN</b><br>9-11 WALK TRACK<br>10:00 COMPUTER CLUB<br>11:30 FUN & FITNESS<br>12:30 PINOCHLE <i>(IN LOUNGE)</i><br>12:45 BAND PRACTICE / INSTRUCTION<br>1:00 KNITTING/CROCHETING                           | 24<br><b>9:30 THRIFT SHOP OPEN</b><br><b>EXCURSION TRIP TO DUTCH APPLE THEATER</b><br>9:30 QUILTING<br><b>11:30 COMPUTER BASICS</b><br>12:00 TAI CHI (VIDEO)<br>12:30 CANASTA<br>1:00 GARDEN CLUB<br>1:00 LINE DANCING<br>1:00 MATTER OF BALANCE <b>(FULL)</b>                       | 25<br><b>9:30 THRIFT SHOP OPEN</b><br>9-11 WALK TRACK<br>10:00 FINANCE/INVEST GROUP DISCUSSION<br><b>9:30 TO 12 NURSE</b><br>10:15 BINGO <i>(IN GREAT ROOM)</i><br><b>11:30 OUTREACH - LEACH</b><br>12:30 FUN & FITNESS  | 26<br>9:30 PINOCHLE (in lounge)<br>10:00 SING-A-LONG<br><b>1:00 VOLUNTEER APPRECIATION CELEBRATION</b> | 27       |
| 28  | 29<br><b>9:30 THRIFT SHOP OPEN</b><br>9:30 MAH-JONGG<br>10:30 CURRENT EVENTS<br>1:30 YOGA (VIDEO)   | 30<br><b>9:30 THRIFT SHOP OPEN</b><br>9-11 WALK TRACK<br>10:00 COMPUTER CLUB<br>11:30 FUN & FITNESS<br>12:30 PINOCHLE <i>(IN LOUNGE)</i><br>12:45 BAND PRACTICE<br>1:00 KNITTING/CROCHETING   |  |  |  |          |

**A NOTE FROM SHARON BRZOSKA**

I want to express my appreciation on behalf of the senior center to the many individuals and companies that donated door prizes and items for the basket raffle. Their support is truly appreciated.

The Valentine Hoagie Social was a fun and successful event with 90 members in attendance. We hope all the members who attended enjoyed themselves.

Big Bingo was Sunday, March 10<sup>th</sup> with 83 attendees. We had a basket raffle, 50/50, and sold out of all the food we made. I think everyone had a fun day. (PHOTOS BELOW).

Many thanks for the generous donations from these local businesses in support of our March Big Bingo event:

- GIANT FOOD STORES
- BRIGHTVIEW SENIOR LIVING
- BRIDGEPORT RIB HOUSE
- STEVE'S SEWING VACUUM QUILTING
- BONEFISH GRILL
- ANGELO'S PIZZA
- CAPT'N CHUCKY'S CRAB CAKE CO
- HEADS UP SALON
- STARBUCKS

We could not have these or any events without our volunteers and the donations we receive. I want to give a special thank you to all the volunteers who donated their time and talents to make the Valentine Social and Bingo events possible. Thank you to Helen Cabrey who was the lead organizer for the Valentine Hoagie Social and Big Bingo.



Volunteers: Judy Narke, Joan Banas & Helen Cabrey



Jane Burger, Helen Currykosky & Jean Ehlinger



Sarah Phillips & Lucy Damiani



Lynn McCue



Paul Buce, Howard Rosenblum & Don McCree



THANK YOU TO ALL OUR VOLUNTEERS AND BINGO PLAYERS!

### INTRODUCTION TO LAW - 2<sup>nd</sup> COURSE

**MONDAYS APRIL 1, APRIL 8 AND APRIL 15 AT 1:30 PM.** Howard Lurie is offering a class titled "Introduction to Law". This class continues with the following upcoming subjects: The Judicial System, Tort Law, Property Law, Contract Law, and will touch on constitutional law, administrative law, and evidence where relevant.

### MATTER OF BALANCE CLASS

**WEDNESDAYS BEGINNING APRIL 3 from 1:00 PM to 3:00 PM.** This class is offered free of charge to our members. It is a 2-hour class, held once a week for 8 weeks. The class is currently filled but your name can be put on a waitlist.

### MEMORY CAFÉ

**TUESDAY APRIL 9 AT 2:00 PM.** Support Group discussion for caregivers. Presented by Certified Dementia Practitioner from Arden Court.

### COMPUTER BASICS

**WEDNESDAYS APRIL 10 AND APRIL 24 FROM 11:30 AM to 12:30 PM.** Sangeetha will be back at the Center to teach computer basics. A sign-up sheet is in the lobby.

### GENERAL MEETING

**WEDNESDAY APRIL 10 AT 9:30 AM.** Our monthly meeting is open to all members. Learn what is going on at the Senior Center. Celebrate birthdays with some cake, a 50/50 raffle, a birthday raffle to win a hoagie from Angelo's Pizza and the "JACKPOT".

### COFFEE WITH A COP

**THURSDAY APRIL 11 AT 11:30 AM.** Upper Merion Police Officer, Glenn Muntzer will be here on the 2<sup>nd</sup> Thursday of every month to discuss your concerns and questions over coffee with members.

### FRIDAY Flicks!

**FRIDAY APRIL 12 - SICILIAN DELIGHT PIZZA (\$3.00) AT 11:30 AM - MOVIE (FREE) STARTS AT 12:15 PM.** Coordinator Don McCree. This month we will

show "A League of Their Own" starring Tom Hanks and Gena Davis.

### BOOK TALK

**MONDAY APRIL 15 at 1:00 PM.** Coordinator: Patricia Ackah. This month's book "Pachinko" by Min Jin Lee. In the early 1900s, teenaged Sunja, the adored daughter of a crippled fisherman, falls for a wealthy stranger at the seashore near her home in Korea. He promises her the world, but when she discovers she is pregnant--and that her lover is married--she refuses to be bought. Instead, she accepts an offer of marriage from a gentle, sickly minister passing through on his way to Japan. But her decision to abandon her home, and to reject her son's powerful father, sets off a dramatic saga that will echo down through the generations.

### VALLEY FORGE CASINO

**WEDNESDAY APRIL 17 (Cut-off date MONDAY, APRIL 15.** THE OFFER FOR THE GROUP IS \$20.00 IN SLOT PLAY: TO TAKE ADVANTAGE OF THIS OFFER YOU MUST COMPLETE THE REGISTRATION FORM (**NO TELEPHONE RESERVATIONS TAKEN**) AVAILABLE AT THE SENIOR CENTER OR ON OUR WEBSITE AT [WWW.UMSSC.ORG](http://WWW.UMSSC.ORG). Please check in with the Senior Center rep in the Casino lobby between 9:30 AM and 10:00 AM. **Everyone must bring a valid photo ID.**

### DUTCH APPLE THEATER, LANCASTER

**Wednesday, April 24.** We will travel by bus to **Dutch Apple Theater** in Lancaster County for a bountiful buffet lunch and a matinee performance of **Joseph & The Amazing Technicolor Dream Coat.**

### UPCOMING MAIN LINE HEALTH PRESENTATIONS

Thursday, April 11 at 10:00 AM: "Memory" presentation by Megan Perillo, SLP from MLH Home Care and Hospice.

Thursday, May 9 at 10:00 AM: "Sleep" presentation by Michael Misero, RPSGT, CCSH, Clinical Coordinator Sleep Medicine at Bryn Mawr and Lankenau Hospitals.

Thursday, June 13 at 10:00 AM: "Medication Management" presentation by Nan Willgruber, RN from MLH Health Homecare and Hospice.

**SAVE THESE DATES - EXCURSION TRIPS**

**MT. CUBA CENTER**

**THURSDAY, MAY 16.** Carpool to Mt. Cuba Natural Gardens near Wilmington, DE. Watch for more details next month.

**BALTIMORE INNER HARBOR**

**THURSDAY, JUNE 13.** Arrive via bus and on your own visit the Inner Harbor and other sites such as The National Aquarium, Science Museum, Historic Ships (a maritime museum including a lighthouse), boat tours of the harbor, shops and restaurants. Also, if you want to go farther afield: Fort McHenry, the Orioles' Camden Yards and the B&O Railroad Museum. More details coming soon.

**OUTREACH**

An aide from Representative Tim Briggs' office will be here **Thursday April 11** from 11:00 AM to 2:00 PM.

Senator Daylin Leach's aide will be here **Thursday April 25** from 11:30 AM to 1:00 PM. SEPTA Passes can be obtained at this time.

**ON THE ROAD WITH THE UMSSC BAND!**

The renowned UMSSC Band will be performing on Tuesday April 16 at 1:30 PM at the Tri County Adult Center in Pottstown. They practice at the Senior Center on Tuesday's at 12:45 PM if you would like to hear why they are in such demand!

**APPRISE COUNSELOR**

An AARP Volunteer Apprise Counselor is available through the Senior Center to provide assistance with *health insurance and Medicare enrollment*. Call the Senior Center at 610-265-4715 and give your name, telephone or email. We will provide the Apprise Counselor with your information and they will contact you directly.



Please join us as we welcome the following new members to our UMSSC family. We hope to see them around the Center. **Welcome to Sally Burgess, Barbara Klein-Richmond, Barbara Krier And Edith Krier.**

**KEEPING OUR MEMBERS INFORMED**

**NEW - ORGANIZE THIS**

In this new column we will offer, each month, some great tips to help organize and clean out your space at home. This month's tip is:

**PLASTIC BAG HOLDER**

An empty rectangular tissue box makes a convenient holder for small garbage bags, plastic grocery bags and small rags. Simply thumbtack it to the inside of a cabinet door.



**DID YOU KNOW?**

The world's smallest park is the size of a flower pot and sits in the middle of a Portland, OR, intersection. Mill Ends Park was supposed to be a light pole, but when the pole never showed up, a journalist planted some flowers, wrote leprechaun stories about it, and started calling it 'the World's Smallest Park'. Two years later, it became official: the park was dedicated on St. Paddy's Day, 1948.



(PHOTO) MILLS END PARK



Special thanks go to Detective Jerry Sauget and Officer Glen Munzer for the presentation on "Fraud "Is It A Scam". It was a very important and interesting topic. We had a good turnout for this event. Following are some photos of the event:



Don't forget Officer Munzer will be back here again on Thursday, April 11 for the "Coffee With a Cop". Bring your questions and community concerns for discussion.

**DONATIONS**

The following generous donations were given to the Senior Center. Thank you to:

★Cindy & Dan Eastman in memory of Margie Gallagher

**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?

**GRACIAS! THANKS! DANKE! MERCI!**

★ **Thank you Sicilian Delight** for the pizza for Friday Flicks! ★ **Thank you Tony from Angelo's Pizza** – for the foot-long Birthday Hoagies he donates to the Center every month. ★ **Costco** for their generous donation of a monthly gift card for our birthday cake purchases. ★ **Special thanks to the Upper Merion Township Library** for all they do for the Senior Center including large print books and Friday Flicks movies.

**FLOWER CAUSE**

If you purchase any flowers from **Plaza Flowers** (417 Egypt Road, Norristown, PA 19403 Telephone: 610-630-8825) you can help raise funds for Upper Merion Senior Service Center. Just mention **code ssc** when ordering and UMSSC receives a quarterly rebate equal to 5% of all purchases. Thank you!

**SENIOR CENTER COMMUNITY OUTREACH**

**UPPER MERION EMERGENCY AID**

We are thankful for what we have and for what we can give. We are accepting 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, cleaning supplies, laundry detergents and toiletries are needed. Also a special request for "after school" type snacks for kids (like individual fruit cups, granola bars, cookies, etc.). Let's**

*continue to help families in our community who are experiencing a time of need.*

## **AROUND THE COMMUNITY**

### **WHAT'S HAPPENING AT THE UM TOWNSHIP LIBRARY - APRIL UPDATES**



#### **DO NOT MISS GARDENING WORKSHOP AT THE LIBRARY, WEDNESDAYS IN APRIL**

**Sangeetha will be at the center on Wednesday, April 10 and Wednesday, April 24 from 11:30 AM to 12:30 PM to teach computer basics.**

**Tech Night on Monday, April 1 at 7:00 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. *Registration required.*

#### **GARDENING SERIES: MUST REGISTER**

**Wednesday, April 3 at 7:00 PM:** Tour the Botanical Garden Giardino Dei Semplici, Florence, Italy

**Wednesday, April 10 at 7:00 PM:** Container Gardening

**Wednesday, April 17 at 7:00 PM:** Pollinator Friendly Garden

**Wednesday, April 24 at 7:00 PM:** Tips and Tricks for Improving Deer Resistance in our Gardens.

**Social Security Workshop, Saturday April 6 and Saturday April 13 at 2:00 PM.** Learn how to maximize your social security benefits and increase your retirement income. Two-part series. *MUST REGISTER.*

**Learn to do your own Lollipop Bouquet on Sunday, April 7 at 2:00 PM.** Materials will be provided. *Must register.*

**Finding Fulfilling Employment after 50 on Monday, April 8 at 7:00 PM:** Presenter Ginny Neumer, former Job Developer/Career Counselor with a Dept. of Labor Program designed to put people 55+ back to work, will provide practical

solutions for achieving meaningful employment and answer questions about how to achieve that goal in a 1-hour interactive session.

**Adult Coloring Night on Monday, April 8 at 7:00 PM** in Valley Forge Room. Bring your friends and enjoy coloring. Walk-ins are welcome. Materials will be provided. We have added several board games to our collection. Come with your friends and enjoy!

**Spring Book Discussion Series continues:** Discussions are led by English Professors Carla Verderame and Erin Hunt of West Chester University. You can register either via our online calendar, or by calling or stopping by the library. There is a \$10.00 administrative fee for participating if borrowing the book set. This fee is waived if the participant purchases the series (available at a discount from the library) or supplies his/her own books.

#### **FINDING THE FAMILIAR IN THE FOREIGN, AND FINDING THE FOREIGN IN THE FAMILIAR: WOMEN'S LIVES AGAINST THE BACKDROP OF HISTORY**

The program dates and titles are:

April 14 Eleanor Oliphant is Completely Fine by Honeyman (Erin)

April 28 Future Home of the Living God by Erdrich (Carla)

All programs will meet from 2:00-3:30 PM

**Dance Fusion at the Upper Merion Community Center on Monday, April 15 at 6:00 PM.** Enjoy Library sponsored FREE exercise classes at the New Community Center. Celebrate the library's new partnership with UMPR that benefits YOU! Need not be a member but must register through the library. Please arrive 10 minutes early at the community center to check in and sign the waiver.

**Herbal Teas and Tinctures: Mother Nature's Medicine on Sunday, April 28 at 2:00 pm.** In this workshop you will learn about herbs as a holistic way to treat various health concerns, nutritional supplementation, and the proper way to brew them (infusion and decoction methods). A brief overview on tinctures and how to make them will also be

discussed. Attendees will also get an eBook: Teas and Tinctures: Herbs as Medicine

**Knit Nite: Monday, April 29 at 7:00 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 to pass on their skills, and some advanced knitters are usually available to help with patterns and designs.

To register for any of the library events, you can register via our online calendar, or by calling 610-265-4805, or stopping by the library.

**Watch out for this new section every month. One new e-resource each month!**

Did you know you can access **Consumer Reports** online from home for free? All you need is your Upper Merion Township Library card! Ratings, reviews, recommendations, and buying advice for thousands of products and services from an independent, nonprofit member organization.

[www.umtownship.org/departments/library/elibrary/](http://www.umtownship.org/departments/library/elibrary/)  
Notary Service: The library offers a notary service by appointment only for a \$5.00 fee. Please make sure to bring all necessary documents and, if needed, a witness. To make an appointment, call 610-265-4805.

Low Vision Reader: Our library has a low vision reader for use in the library. Please contact us for more information.

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

**Charging Station** at the Library: Did you leave your charger at home? Is your mobile device low on power and need recharging? Get charged with one of the charging stations at the library.

### **MEALS ON WHEELS**

For a minimal cost, Neighborhood Meals on Wheels will deliver meals to residents of the Upper Merion Area School District. Deliveries are available on a temporary or permanent basis to all those who are having difficulty shopping or

preparing meals for themselves. One hot and one cold meal are delivered Monday through Friday. For more information, contact our office at 610-265-7051 or you can visit our website at [NeighborhoodMealsOnWheels.com](http://NeighborhoodMealsOnWheels.com)., or email us at [MealsOnWheels.UM@gmail.com](mailto:MealsOnWheels.UM@gmail.com).

### **VOLUNTEER FOR YOUR NEIGHBORHOOD MEALS ON WHEELS**

If you are interested in doing volunteer work for a worthy local community organization, why not try "Meals on Wheels." Meals on Wheels is a non-profit non-sectarian community service. They deliver two nutritious meals a day to homebound members of our community who are unable to prepare meals for themselves. They are in need of the volunteers (men and women) to help prepare or deliver meals on a regular or occasional basis. All volunteers work in pairs: Meal packers needed from 9:30 to 11:00 AM. Meal deliverers needed from 10:45 AM. to 12:30 PM. Their office is located at the Valley Forge Presbyterian Church and is open from 9:00 a.m. to 1:00 PM. Monday through Friday. Telephone: 610-265-7051.

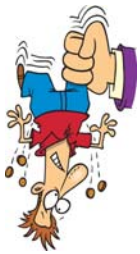
### **JUST FOR FUN**

#### **15 EXERCISES WE'D BE BETTER OFF WITHOUT**

- ~ Jumping on the bandwagon
- ~ Wading through paperwork
- ~ Running around in circles
  - ~ Pushing your luck
  - ~ Spinning your wheels
  - ~ Adding fuel to the fire
- ~ Beating your head against the wall
  - ~ Climbing the walls
  - ~ Beating your own drum
  - ~ Dragging your heels
  - ~ Jumping to conclusions
  - ~ Grasping at straws
  - ~ Fishing for compliments
- ~ Throwing your weight around
  - ~ Passing the buck



## WHAT DO YOU THINK ABOUT TAXES?

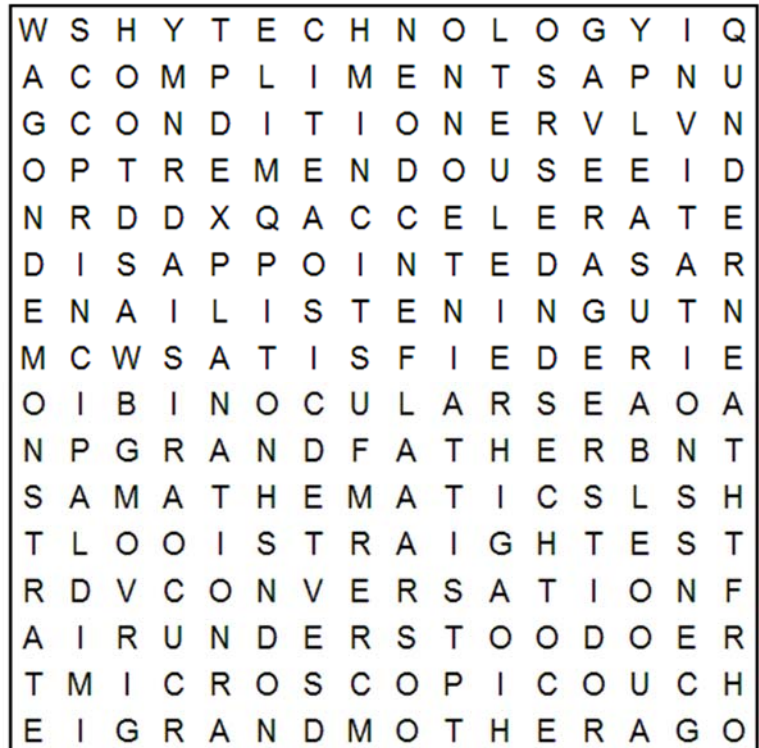


- “One difference between death and taxes is that death doesn’t get worse every time Congress meets.” –Anonymous
- “The income tax has made more liars out of the American people than golf has.” – Will Rogers
- “It is more deductible to give than to receive.” –Henry Leabo
- “Some taxpayers close their eyes, some stop their ears, some shut their mouths, but all pay through the nose.” –Evan Esar
- “An income tax form is like a laundry list—either way, you lose your shirt.” – Fred Allen
- “Tax reform is when you take the taxes off things that have been taxed in the past and put taxes on things that haven’t been taxed before.” –Art Buchwald
- “I figured out why Uncle Sam wears such a tall hat. It comes in handy when he passes it around.” –Soupy Sales
- “There is one difference between a tax collector and a taxidermist—the taxidermist leaves the hide.” –Mortimer Caplan, former IRS director



## WORD SEARCH PUZZLES

### DIFFICULT WORDS



ACCELERATE  
AVERAGE  
CONDITIONER  
DEMONSTRATE  
GRANDFATHER  
LISTENING  
NAIL  
SATISFIED  
TECHNOLOGY  
UNDERNEATH

AGO  
BINOCULARS  
CONVERSATION  
DISAPPOINTED  
GRANDMOTHER  
MATHEMATICS  
PLEASURABLE  
SHY  
TOE  
UNDERSTOOD

AIR  
COMPLIMENTS  
COUCH  
EXPLANATION  
INVITATIONS  
MICROSCOPIC  
PRINCIPAL  
STRAIGHTEST  
TREMENDOUS  
WAGON



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McGrory & DiPippo  
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- **Personal Injury**
- **Real Estate**
- **Bankruptcy**
- **Criminal Law**
- **Domestic Law/Divorce**
- **Estate Planning**
- **Taxation**
- **Workers Compensation**
- **License Suspension/DUI**
- **Corporate Law**
- **Administrative & Municipal Law**

*Robert J. Reilly, Jr.\**

*Salvatore F. Bello, Jr.\**

*Daniel T. McGrory\**

*Gregory P. DiPippo\**

\* Also Admitted in New Jersey

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Note:  
Information submitted following publication of this newsletter will be posted on the UMSSC Bulletin Boards, website and Facebook. Also listed on UMGA-TV (Comcast Channel 22 or Verizon FiOS Channel 33) Visit the Center's web site at: [www.umssc.org](http://www.umssc.org)

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!

INCLEMENT WEATHER & SENIOR CENTER CLOSINGS: CALL SENIOR CENTER FIRST AFTER 7:30 AM (610-265-4715) AND LISTEN TO VOICE MAIL RECORDING

**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.

**OUR 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 LEISURELY ACTIVITIES

**CALL FOR VOLUNTEERS**

Are you interested in volunteering at the Senior Center? Here is a chance to get involved with *your* organization. Many events require some extra hands to run successfully and we look to our membership to help out. We would especially like to see our newer members volunteer at the Senior Center. If you do have the time to volunteer please give your name to Dick McCann, Shirley Robey or Peggy Ford in the office.

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

We are always collecting children's books for the Bridgeport Elementary School children (grades K-4<sup>th</sup>). *Our book donations are a big hit with the kids because they get to keep the books they pick. Let's keep it going! 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 collect knitted and crocheted squares for blankets provided to children who are seriously ill or traumatized. Joan Banas collects the squares on behalf of the church. Our members can participate by knitting squares. Yarn and patterns are on a table near the lobby. Many thanks to our knitters and keep up the good work!

**KNITTED CAPS FOR ST. CHRISTOPHER'S**

Our members knit caps for preemie babies at *St. Christopher's Hospital for Children*. You can join the group here at the Center on Tuesdays at 1:00 PM or you can take the yarn and do your knitting at home. Hat pattern is available.

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APRIL 22



APRIL 26