

# The Best of Times

## APRIL 2022



## 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)



<https://www.facebook.com/umssc.org/>

### *Spring Greetings Fellow Members,*

The Senior Center offers a variety of activities to enjoy such as exercise classes, computer club, card games, discussion groups, bingo, and special events. Several of our activities are also offered via ZOOM. If you would like to participate in a zoom activity call the Senior Center and provide your email address to get on the list and receive the Zoom Link. *If there is an activity not listed that you would enjoy doing at the Senior Center, please let us know.*

New and renewal Memberships for 2022 are being accepted. Annual dues are \$20.00. Please complete a membership form available at the Center or on our website and return with your payment by mail or in person to the Senior Center. *Join or renew now so that you can receive your monthly newsletter and participate in your favorite activities!* Proof of vaccination is still being enforced at the Senior Center, and masks are optional.

*We are delighted that our first trip since the pandemic has received such a great response and has sold out. Please be aware however, that in order to get on the bus you must have provided verification of vaccination when you registered and paid. **Important note: If you have not provided your proof of vaccination you must do so before April 6.** We will accept scanned or emailed copies (to [admin@umssc.org](mailto:admin@umssc.org)) or bring it in person. **Proof of vaccination is required for all or they will not be permitted on the bus.*** If anyone is not sure their vaccination status has been verified, please contact the office. *Also, don't forget your mask!*

If you have any questions, concerns or suggestions, please feel free to call me, Dick McCann (UMSSC President), at 610-416-7431 or email [rtmboater@aol.com](mailto:rtmboater@aol.com). *As always, I will be happy to hear from you.*

*Dick McCann, President*

### KEEPING OUR MEMBERS INFORMED

Please refer to the monthly calendar for all APRIL activities. Contact anyone in the office if you have questions. For activities conducted or available on Zoom you must call the office and provide your email address to receive the zoom link.

**NEW POKER:** EVERY WEDNESDAY AT 12:00 PM IN THE GAME ROOM. **(Starts April 6)** Open to anyone interested.







**BASIC COMPUTER CLASS:** Sangeetha will be at the center every 1st and 3rd Wednesday of the month @ 11:00 AM (APRIL 6 and 20). Sign-up sheet is in the lobby.

**MONDAY MATINEES:** MONDAY, APRIL 11: **"Knives Out"** starring Daniel Craig, Chris Evans, Ana de Armas, Jamie Lee Curtis, Michael Shannon, Don Johnson, Toni Collette, Lakeith Stanfield, Katherine Langford, Jaeden Martell, and Christopher Plummer.. The circumstances surrounding the death of crime novelist, Harlan Thrombey, are mysterious, but there's one thing that renowned Detective Benoit Blanc knows for sure -- everyone in the wildly dysfunctional Thrombey family is a suspect. *Order cheese pizza in advance (\$5.00 for 2 slices, soda and dessert) or brown bag your own lunch. We eat at 11:30 AM and movie starts at 12:00 PM.*

**NEW TIME GENERAL MEETING (2<sup>ND</sup> WEDNESDAY OF THE MONTH):** APRIL 13 at **11:00 AM.** **Tax Collector, Evelyn Ankers, is scheduled to give a short presentation at the meeting.** You can watch on UMGA TV (Comcast 22/Verizon 33). The meetings are aired on Thursday's at 6:00 PM and repeat the following day at 10:00 AM. The URL to use to go directly to the General Meeting video is <https://vimeo.com/channels/891501>.



# APRIL 2022

| SUNDAY  | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY   | SATURDAY              |
|---|--|--|--|--|--|-----------------------|
|   |   |                                   |    |                 | 1<br>10:30 SING-A-LONG   | 2                     |
| 3   | 4<br>10:30 CURRENT EVENTS<br>12:30 MEXICAN TRAIN   | 5<br><b>10:00 BOARD MEETING</b><br>9-11 WALK TRACK<br>11:30 FUN & FITNESS<br>12:30 PINOCHLE<br>12:30 BAND PRACTICE | 6<br><b>10:00 DUTCH APPLE THEATER TRIP</b><br><b>11:00 COMPUTER BASICS</b><br><b>12:00 POKER</b><br>12:30 CANASTA<br>1:00 LINE DANCING     | 7<br>9-11 WALK TRACK<br>10:15 BINGO<br>11:30 FUN & FITNESS   | 8<br>10:30 SING-A-LONG   | 9                     |
| 10<br><b>PALM SUNDAY</b>  | 11<br>10:30 CURRENT EVENTS<br>11:30 MONDAY MATINEE<br>"KNIVES OUT"<br>12:30 MEXICAN TRAIN                                | 12<br>9-11 WALK TRACK<br>11:30 FUN & FITNESS<br>12:30 PINOCHLE<br>12:30 BAND PRACTICE                              | 13<br><b>11:00 GENERAL MEETING- GUEST SPEAKER EVELYN ANKERS, TAX COLLECTOR</b><br><b>12:00 POKER</b><br>12:30 CANASTA<br>1:00 LINE DANCING | 14<br>9-11 WALK TRACK<br><b>9:30-12 BLOOD PRESSURE CHECK</b><br>10:15 BINGO<br>11:30 FUN & FITNESS | 15<br><b>UMSSC CLOSED FOR GOOD FRIDAY</b>  | 16<br><b>PASSOVER</b> |
| 17<br><b>HAPPY EASTER</b><br> | 18<br>10:30 CURRENT EVENTS<br><b>1:00 BOOK TALK (ALSO ON ZOOM)</b><br>12:30 MEXICAN TRAIN<br><br><b>IRS TAX DEADLINE</b> | 19<br>9-11 WALK TRACK<br>11:30 FUN & FITNESS<br>12:30 PINOCHLE<br>12:30 BAND PRACTICE                              | 20<br><b>11:00 COMPUTER BASICS</b><br><b>12:00 POKER</b><br>12:30 CANASTA<br>1:00 LINE DANCING   | 21<br>9-11 WALK TRACK<br>10:15 BINGO<br>11:30 FUN & FITNESS  | 22<br>10:30 SING A LONG<br><br> | 23                    |
| 24  | 25<br>10:30 CURRENT EVENTS<br><b>12:00 COFFEE WITH A COP</b><br>12:30 MEXICAN TRAIN                                      | 26<br>9-11 WALK TRACK<br>11:30 FUN & FITNESS<br>12:30 PINOCHLE<br>12:30 BAND PRACTICE                              | 27<br><b>12:00 POKER</b><br>12:30 CANASTA<br>1:00 LINE DANCING   | 28<br>9-11 WALK TRACK<br>10:15 BINGO<br>11:30 FUN & FITNESS<br><b>1:00 QUILTING</b>                | 29<br>10:30 SING A LONG  | 30                    |



**BLOOD PRESSURE CHECK:** THURSDAY APRIL 14 at 9:30 AM-12:00 PM. Main Line Health Nurse resumes blood pressure checks (*once a month*).

**BOOK TALK:** MONDAY, APRIL 18 at 1:00 PM in the Library/Lounge (in person or via zoom). Book selection is "That Summer" by Jennifer Weiner. This book is available at the UM Library.

**COFFEE WITH A COP:** MONDAY, APRIL 25 AT 12:00 PM. Join the conversation about your community with Upper Merion Police Officer, Glenn Muntzer and his canine partner.

**NEW DAY QUILTING:** Quilters will meet on the 4<sup>th</sup> Thursday of the month (*APRIL 28*) at 1:00 PM in the Craft Room. Questions? Contact Ethel Hutchinson 610-265-6495 or [Hutchinson.ethel63@gmail.com](mailto:Hutchinson.ethel63@gmail.com).

**NEIGHBOR TO NEIGHBOR:** EVERY WEDNESDAY at 12:00 PM-12:30 PM. **A zoom-only meeting** hosted by John Desko. Members meet virtually for casual chat. Provide your contact information to the office to receive the zoom link.

**SPECIAL NOTICE:** **LINE DANCE will be on hiatus starting Wednesday, May 25 until sometime in September. Last class will be Wednesday, May 18.**

### IN MEMORIAM

We are so sad to tell you of the passing of members *William Kocher on February 26, 2022* and *Jim McDonald on March 11, 2022*. Our deepest sympathies go out to their families and friends. They will be missed.

### EXCURSION DATES

**WASHINGTON, DC: THURSDAY, MAY 12.** This is an "on your own" bus trip. Cost: Members \$30.00 non-Members \$40.00. BUS WILL LEAVE FROM UPPER (POOL) PARKING LOT AT 8:00 AM and **DEPART WASHINGTON (New time) AT 4:00 PM.** *Payment and proof of vaccination for all must be presented when you register - no exceptions. Deadline to sign up is Monday May 2, 2022.*

**HISTORIC WYCK HOUSE AND GARDENS, GERMANTOWN, PA THURSDAY, JUNE 9.** Famous for it's 19<sup>th</sup> century roses. Tour of House and Gardens then out to lunch ( pay individually) CAR POOL leave at 10AM. Cost \$12 member, \$15.00 non-member. *Deadline to sign up Wednesday, June 1. Payment and proof of vaccination for all must be presented when you register- no exceptions.*

### IMPORTANT MESSAGE FROM UPPER MERION TWP. TAX COLLECTOR

**Upper Merion residents can pay their tax bills the following ways:**

1. By US Mail to the PO Box below. Checks should be payable to "Evelyn Ankers, Tax Collector".
2. By dropping the check in an envelope in the new lockbox installed at the Township building next to the water fountain close to the police station (*if you want a receipt, include a self-addressed envelope. No need to stamp it. Tax collector will put a stamp on the return.*)
3. By coming to in-person hours and paying by check or credit card. In person office hours (Township Building, Upper Level, ACR Room): Mondays and Fridays, 4 to 6 PM (except on legal holidays). Last Saturday of the month, 9 AM – Noon. \*Hours subject to change
4. Mondays and Fridays from 4 – 6 pm and the last Saturday of the month from 9 AM - noon in the Administrative Conference Room at the Township Building; or Wednesdays 11 am – noon at the Coffee with the Collector hour in the conference room of the Community Center (or just come get free coffee and a donut!).
5. By e-check or credit card online at my website below:

**Evelyn Ankers, Upper Merion Township Tax Collector**

P.O. Box 62405, King of Prussia, PA 19406-2405

Phone: (484) 501-4481 Email: [UMTaxCollector@gmail.com](mailto:UMTaxCollector@gmail.com) Website: [www.UpperMerionTaxCollector.com](http://www.UpperMerionTaxCollector.com)

### HAPPY APRIL BIRTHDAYS!

4/2 Maryann Keller

4/3 Janet Boyd

4/4 Terry Puskar

4/8 Anna DeMenna

4/9 Maryanne Schweidel

4/10 Mary Lee

4/11 Anna Marie Travagline

4/13 Noreen Balsano

4/15 Patrice Way

4/16 Joyce Montemaro

4/19 Kent Quackenbush

4/20 RoseMarie Crudello

4/21 Barbara Mather

4/25 Dorothy Morio

4/27 Margaret Capobianco

4/28 Anna Gobbo

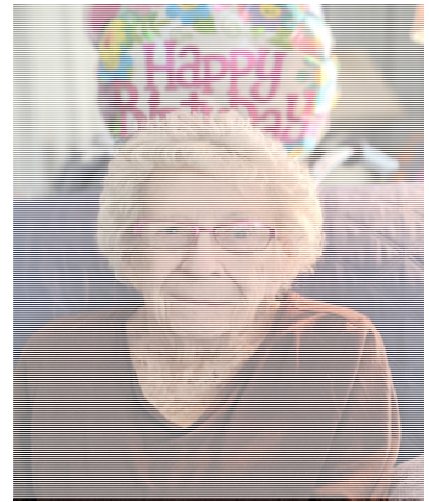
**APRIL 29, 1922 - MARIE A. SCULLY (CENTENARIAN)**  
**HAPPY 100<sup>TH</sup> BIRTHDAY MARIE!!!**

Marie was born in Scotia, NY. She is the daughter of the late George and Rose (Becker) Benker and grew up with two older brothers Charles and Robert. Marie is a 1941 graduate of Haverford High School.

She was employed by the Singer Store at 69<sup>th</sup> street teaching tailoring and slipcover skills. Later, Marie worked at General Electric (GE) Philadelphia in the relay department. Marie met the love of her life, the late Thomas J Scully marrying in October 1944. Marie has been a resident of King of Prussia since 1951. The couple was together for over 73 years raising a family of four girls.

In 1938, Marie joined a correspondence club paying 15 cents for her Dutch pen pal named Frans. They wrote for over 43 years before meeting for the first time. The married couples then enjoyed travelling several times to Holland and USA. Although 76 years of writing stopped when Frans passed, the families still keep in touch and visits when they can.

Marie spent many hours doing crafts, founding the knitting group called the “Knit Wits”, and teaching the art of sewing to young children. Other activities included Board of Election, Bowling and the Wayne Woods Garden Club. She loved summers on Long Beach Island enjoying her family and friends. Marie has one granddaughter, five grandsons, two great granddaughters and one great grandson. Marie is a current member of Trinity Episcopal Church, Gulph Mills and also has been a member of the Upper Merion Senior Center since 2001. She spends time with family & friends, watching her favorite TV shows, admiring her gardens and enjoys occasional outings.



**GREAT ACTIVITIES FOR SENIORS WITH LIMITED MOBILITY**

**1. Spend time reading.** Reading is a fantastic activity. It’s a fun way to spend time and keep the brain engaged. It can also improve memory, reduce stress, improve sleep, and delay cognitive decline. Whether you like reading physical books, magazines, using an e-reader, or listening to audiobooks, you can immerse yourself in a well-told story, look at photographs, or learn about an interesting new topic. Organizing a book club among friends is another way to enjoy reading *and* socializing.

**2. Explore a variety of hobbies.** Hobbies are great for adults with limited mobility. Activities that don’t require a lot of moving around include cooking, baking, birdwatching, knitting, crochet, indoor or container gardening, playing a musical instrument, or learning a language. This is also a perfect time to learn something new – maybe there are hobbies or interests you’ve never had a chance to explore before. Learning is also a great way to keep your mind active and prevent boredom.

**3. Exercise regularly.** Even if you are not very mobile, there may still be exercises you can do to get your body moving. Whether you’re sitting or standing, you can still get the health and mood benefits, especially from seated exercises or chair yoga routines. There are also exercise routines that can be done using a walker for stability or just focused on the feet and ankles to reduce swelling.

**4. Get creative.** Getting in touch with your creative side is another fun way to spend time. Drawing, coloring, painting, and sculpture are all wonderful ways to be creative. Fun projects might include creating scrapbooks, organizing family photo albums, or making a family recipe book. As a plus, being creative also comes with health benefits. Research has found creative activities can help people who are battling chronic illness to decrease negative emotions and increase positive ones, reduce stress and anxiety, and improve medical outcomes.

**5. Spend time outdoors.** Getting outside to spend a little time in nature is relaxing and a great mood booster. Even if limited mobility means that you can only get to the porch or sit next to a big window, getting some fresh air or viewing the scenery is a great everyday activity.

## UPPER MERION TOWNSHIP HOMETOWN HEROES PROGRAM

Upper Merion Township Hometown Heroes Banner Program proudly recognizes veteran service members who have been honorably discharged, both living and deceased. Each banner honors a specific Upper Merion service member whether a current or past resident of the Township.

The banner features the service member's name, rank, branch of armed service, era of service (WWII, Korea, Vietnam, etc.), service dates, prestigious medals, photo, and sponsored by section to include the sponsor name. The banner will measure 24" x 48", printed on both sides on heavy duty vinyl.

Banners will be displayed on Township-owned lamp poles at the following Township properties: The Township Building, The Community Center/Township Pool Complex, Heuser Park Sports Complex. Sponsors can select their location preference. (Note: Specific poles on the selected location cannot be requested.) Banners will be displayed from May through November for a two-year period. Afterward, banners are given to the sponsors as a keepsake. If the banner is not collected by a sponsor, it will become the property of the Township. Banner displays are available on a first-come, first-serve basis, and will be available until all spots are filled.

Sponsors may register for a new banner after the two-year period is completed.

**REGISTER FOR A BANNER:** Applications are now being accepted for the first full cycle of the Upper Merion Township Hometown Heroes banner program. ***Banners processed by April 8, 2022 will be installed in time for the Memorial Day (May 30) to be displayed through Veterans Day (November 11).*** Banners will be stored by the Township during winter months and will be reinstalled in May the following year.

*\*The Township is not responsible for replacing banners that are stolen, damaged, or destroyed due to vandalism or any acts of nature including high winds. Any loss or damage to an installed banner will be handled at the discretion of the Township.*

**APPLICATION:** Family members wishing to honor a loved one for their military service can obtain an application on line at the township website or at the Upper Merion Township Building's Administration Department at 175 West Valley Forge Road, King of Prussia, PA. The Administration Office is on the Upper Level of the Township Building and is open Monday through Friday 8:30AM – 5:00 PM. ***The Senior Center has applications available in the lobby area.***

**PHOTO OF VETERAN:** A photograph of the veteran in uniform, preferable a service portrait should accompany the application. (5"x7" or larger if possible). The photo will be scanned at the Township Admin Office and returned to the sponsor. Digital photos are acceptable. (If no photo is available, a standard silhouette will be used for the banner.)

To complete an application, family members must submit a completed and signed paper application form to the office, and provide a photo of the veteran in military uniform, as well as proof of honorable discharge (a DD214 form is preferred).

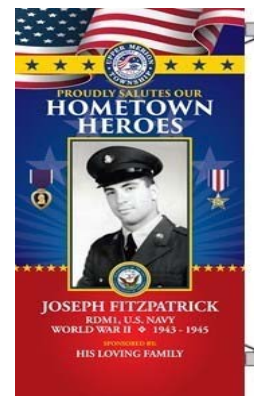
**COST:** A cost of **\$85** per banner is assessed and a check or money order for the full amount (payable to Upper Merion Township) must accompany the application at time of submission.

For more information about the Upper Merion Township Hometown Heroes program is asked to contact the Administration Office at 610-265-1071 x1229 or email Gerri at [gvattimo@umtownship.org](mailto:gvattimo@umtownship.org).

## UM LIBRARY PROGRAMS FOR APRIL 2022

***(Call the library at 610-265-4805 or check [www.umtownship.org/library](http://www.umtownship.org/library) to register for all their programs and for latest updates and online access.)***

**ZOOM BASIC COMPUTER CLASS:** Thursdays, April 14 & 28 at 11:00 AM. Sangeetha will lead the class. ***MUST REGISTER*** at the library to receive zoom links.



**ESL CLASS** (English as a Second Language Conversation Group): Every Tuesday at 12:00 PM. No registration required. The group will meet in person in Valley Forge Room. Participants *MUST wear a mask* at all times and social distance will be maintained.

**TECH NIGHT:** Resumes in person. This one-on-one tech help session meets first Monday of every month (April 4) at 6:30 PM. Bring your tablet/ipad/digital phone to get all your digital questions answered and learn to download books, magazines, audio books, and watch TV shows for free. *Must register to attend.*

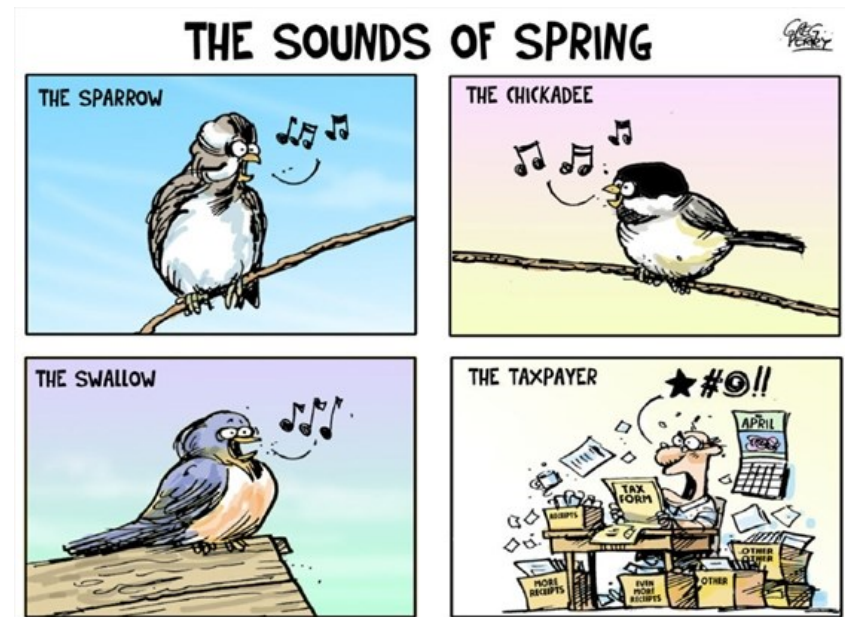
**COLORING AND BOARD GAME NIGHT:** Resumes in person. The group will meet second Monday of every month at 6:00 PM. Bring your friends and enjoy coloring/playing. Materials will be provided. Walk-ins are welcome. (Date: April 11 at 6:00 PM)

**VIRTUAL CAREER SERIES** is scheduled for 3rd Monday of month at 6:00 PM. Please check our online calendar for topics discussed each month. (Date: April 18 at 6:00 PM). *Must register to receive zoom link.*

**CELEBRATE EARTH DAY** at Upper Merion Township Park on Saturday, April 23 from 11:00 AM to 2:00 PM. Stop by Library's information table to know all about the free resources we offer and upcoming programs.

**Knit Nite** resumes in person. The group meets every 4<sup>th</sup> Monday at 6 pm. 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. (April Date: 25<sup>th</sup> at 6 pm)

## JUST FOR LAUGHS



WORD SEARCH

FLOWER POWER

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ACACIA, ASPIDISTRA, ASTER, AZALEA, BEGONIA, BLUEBELL,  
BOUGAINVILLEA, BUTTERCUP, CARNATION, CHRYSANTHEMUM,  
CYCLAMEN, DAFFODIL, DAHLIA, DAISY, EDELWEISS, FOXGLOVE,  
FUCHSIA, GARDENIA, GERANIUM, HIBISCUS, HYACINTH,  
HYDRANGEA, IRIS, JASMINE, LILAC, LILY, LOBELIA, LUPIN,  
MARIGOLD, NASTURTIUM, ORCHID, PEONY, PRIMROSE,  
PRIMULA, ROSE, TULIP, VERBENA, VIOLET, WISTERIA.

*Be loving and kind, have fun and celebrate.  
Stay safe and keep others safe. Remember this. Where  
flowers bloom so does hope. Wishing you a Happy Spring!*



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

★Special thanks to **SALVATORE'S TRATTORIA & PIZZERIA** for Friday Flicks pizza! ★Thank you to the **UPPER MERION TOWNSHIP LIBRARY** for all they do for the Senior Center including large print books and Monday Matinee movies. Thank you to **COSTCO** for gift cards.