

The Best of Times

APRIL 2023



UPPER MERION SENIOR SERVICE CENTER

431 W. VALLEY FORGE ROAD
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On the web at www.umssc.org

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

There is an old saying, April showers bring May flowers. Let's all look forward to the May flowers and the approach of summer. In April, many of our members will celebrate the Easter Holiday. I hope it is a time they will enjoy with family and loved ones.

March was a busy month at the Center with our biggest event, Big Bingo. We had over 100 people attend the bingo and had a lot of fun and some folks won some money along the way. I want to personally thank the many volunteers as well as our office staff for all their hard work making this a success. Without volunteers, nothing can be accomplished. If you have not volunteered in the past, think about trying it out. It is very rewarding and develops relationships with other member volunteers. A special thank you to the many local businesses who gave donations in support of our fundraiser. The newsletter will contain the list of our donors. Please consider supporting those businesses who support the Senior Center.

Lots of activities coming up in April. More presentations and our Spring Fling potluck. More information is in the newsletter so add it to your calendar and make a plan to attend. The potluck parties have been well attended and many members have made positive comments about the gatherings. Other parties planned going forward include a Tea party in May and a picnic in June.

Hope to see you enjoying the many activities at the Senior Center.

Sharon Brzoska, President

THANKS TO THE LOCAL BUSINESSES WHO SUPPORTED OUR BINGO FUNDRAISER! WE ASK MEMBERS TO PLEASE SUPPORT THE BUSINESSES THAT SUPPORT US.

FOOD DONATIONS:

CORROPOLESE ITALIAN BAKERY & DELI
PHILLY PRETZEL FACTORY – PLYMOUTH MEETING
WEGMANS MARKET – KING OF PRUSSIA

GIFT CARD DONTIONS




ANGELO'S PIZZA COMPANY
EVELYN ANKERS - UM TAX COLLECTOR
GATEWAY CAFE
HEADS UP FAMILY SALON
JEM'S RESTAURANT
KEYSTONE GRILL
PENNY'S BY PLAZA FLOWERS
PEPPERS BY AMEDEO'S RESTAURANT
PETRUCCI'S ICE CREAM
SCREWBALLS
STEVE'S SEWING

**Thank
You!**

APRIL 2023

BE GOOD TO PEOPLE FOR NO REASON



| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|---|--|---|---|---|
| |  | **YOU CAN NOW WALK THE TRACK 9 TO 3 MONDAY THRU FRIDAY** |  | | | 1 |
| 2 PALM SUNDAY | 3 9-3 WALK THE TRACK 11:00 CURRENT EVENTS (ALSO ON ZOOM) 12:30 MEXICAN TRAIN | 4 9-3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:30 FUN & FITNESS 12:30 PINOCHLE 12:30 BAND PRACTICE | 5 9-3 WALK THE TRACK 12:00 COMPUTER BASICS 12:00 NEIGHBOR TO NEIGHBOR ON ZOOM 12:30 CANASTA 12:30 LINE DANCING PASSOVER BEGINS | 6 9-3 WALK THE TRACK 10:15 BINGO 11:30 FUN & FITNESS 12:30-2:30 MAH JONGG | 7 SENIOR CENTER CLOSED GOOD FRIDAY | 8 |
| 9  EASTER | 10 9-3 WALK THE TRACK 11:00 CURRENT EVENTS (ALSO ON ZOOM) 11:30 MONDAY MATINEE "MOONFALL" 12:30 MEXICAN TRAIN | 11 9-3 WALK THE TRACK 9:00 BOARD MEETING 10:00-11:30 RUMMIKUB 11:30 FUN & FITNESS 12:30 PINOCHLE 12:30 BAND PRACTICE | 12 9-3 WALK THE TRACK 12:00 NEIGHBOR TO NEIGHBOR ON ZOOM 12:30 CANASTA 12:30 LINE DANCING | 13 9-3 WALK THE TRACK 9:30 TO 12:00 NURSE 10:15 BINGO 11:30 FUN & FITNESS 12:30-2:30 MAH JONGG | 14 9-3 WALK THE TRACK 1030 SING-A-LONG | 15 |
| 16 | 17 9-3 WALK THE TRACK 11:00 CURRENT EVENTS (ALSO ON ZOOM) 12:30 MEXICAN TRAIN 1:00 BOOK TALK | 18 9-3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:30 FUN & FITNESS 12:30 PINOCHLE 12:30 BAND PRACTICE | 19 9-3 WALK THE TRACK 12:00 COMPUTER BASICS 12:00 NEIGHBOR TO NEIGHBOR ON ZOOM 12:30 CANASTA 12:30 LINE DANCING | 20 9-3 WALK THE TRACK 10:15 BINGO 11:30 FUN & FITNESS 12:30-2:30 MAH JONGG | 21 ALL ACTIVITIES CANCELLED  POT LUCK 12-2 PM | 22  |
| 23 30 | 24 9-3 WALK THE TRACK 11:00 CURRENT EVENTS (ALSO ON ZOOM) 12:00 COFFEE WITH YOUR STATE SENATOR 12:30 MEXICAN TRAIN | 25 9-3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:30 FUN & FITNESS 12:30 PINOCHLE 12:30 BAND PRACTICE | 26 9-3 WALK THE TRACK 11:00 FALL PREVENTION PRESENTATION 12:00 NEIGHBOR TO NEIGHBOR ON ZOOM 12:30 CANASTA 12:30 LINE DANCING | 27 9-3 WALK THE TRACK 9:15 MUTTER MUSEUM EXCURSION 10:15 BINGO 11:30 FUN & FITNESS 12:30-2:30 MAH JONGG 1:00 QUILTING | 28 9-3 WALK THE TRACK 1030 SING-A-LONG | 29 |



MEET OUR RECEPTIONIST - BETH CASSIDY

As most of you know, when you come into the Center Beth will greet you with a smile. Beth has worked at the Senior Center for 24 years. WOW! In addition to answering the telephone she helps with membership sign up and with mailing the monthly newsletter. If you receive a get well card from UMSSC members, it was probably made by Beth. She is excellent at giving tours of the Senior Center and providing information to people who are considering joining. Beth is very dedicated to the Senior Center and the members. She loves what she does and it shows!

WHAT'S HAPPENING AT THE CENTER

THE SENIOR CENTER WILL BE CLOSED ON FRIDAY APRIL 7 IN OBSERVANCE OF GOOD FRIDAY.

IN MEMORIAM

We extend our deepest sympathies to the family and friends of Ann Leahan. Ann was a long time member of the Senior Center and enjoyed volunteering for events, bingo and Casino trips. She will be missed.

We are also saddened by the recent death of Sally Buce, wife of Paul. Also a long time member, Sally enjoyed helping with newsletter mailings, bingo and special events. Our deepest sympathies to Paul and his family and friends.

SPRING FLING POTLOCK PARTY: FRIDAY, APRIL 21 FROM 12:00 PM TO 2:00 PM. Join us as we WELCOME SPRING! Bring a dish and bring a friend. *Please consider volunteering to help set up and/or clean up!*

COFFEE WITH A REPRESENTATIVE OF STATE SENATOR AMANDA CAPPELLETTI'S OFFICE: MONDAY APRIL 24 AT 12:30 PM. Coffee and conversation with a staff member from Senator Cappelletti's office. If you need to renew your SEPTA Key Card or would like to apply for a new one, they will take care of it for you.

FALL PREVENTION. WEDNESDAY, APRIL 26 AT 11:00 AM. Deborah Jankowski from Montgomery County Office of Senior Services will present Fall Prevention. As we grow older, our fall risk increases. Learn what causes falls, how to address fear of falling and what you can do to prevent your fall risk. A presentation by the Montgomery County Office of Senior Services.

UM TWP. FIRE & EMS DEPARTMENT: MONDAY, MAY 22 AT 12:30 PM. Presentation by William C. Daywalt Jr., Deputy Fire Marshall, Upper Merion Township Fire and EMS Department.

SECOND SHOT OF TWO DOSE SHINGLES VACCINE AT SENIOR CENTER. TUESDAY, JUNE 13 FROM 10:00 AM TO 11:30 AM. Giant Pharmacy will be offering the Shingles vaccine ONLY to *UMSSC Members* at the Senior Center. **Shingrix is a two dose vaccine.** The second does is scheduled for Tuesday, June 13. Kim Riley, pharmacist from Giant will be administering the vaccine. *The vaccine will be free to seniors who have a Part D prescription drug plan.* However, you should still first *check with your Part D prescription provider* to confirm you will not have a co-pay or have to meet a deductible in order to receive the vaccine for free. *Also, remember to bring your Medicare and Part D prescription card with you. You must complete and sign a consent form now available in the staff office.*

PROJECT LINUS – YARN NEEDED

The “Hearts and Hands” ladies group at Good Shepherd’s Church are still collecting knitted and crocheted squares for blankets. 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 in keeping this project active. *We are asking for donations of 4-ply yarn (any color) to be used by our knitters. If you have any that you would like to give, please put it in the yarn bin on the blanket table in the lobby area.*

VETERANS CARE PACKAGE DONATIONS

In association with the Norristown Veterans Affairs office we will be collecting donations for care packages to give to veterans. Below is a list of the preferred donation items. *If donating any food or drink or drink mixes, please be sure these items have not expired.* We are collecting:

MENS/WOMENS FLIP FLOPS FOR SHOWERS - MENS/WOMENS SOCKS (BOOT OR CALF SIZE ONLY)- TOOTH BRUSHES/TOOTH PASTE- KLEENEX (INDIVIDUAL SIZE WRAPPED PACKAGES)- COMBS- SMALL WRITING TABLETS & ENVELOPES- PENS/PENCILS- GUM - PEANUT BUTTER CRACKER PACKS- BEEF JERKY OR SLIM JIMS- COFFEE OR TEA BAGS - GATORADE- DRINK MIXES - KOOL AID OR ICED TEA.

There is an assigned box in the lobby area to place items you are donating. Thank you in advance to those who give.

ACTIVITIES

Please refer to the monthly calendar for all **APRIL** activities. Contact anyone in the office if you have questions. **Before venturing out in inclement weather, please call the Center, check your email or check our UMSSC website to see if we are opened or closed.** For activities conducted or available on Zoom you must call the office and provide your email address to receive the zoom link.

WALK THE TRACK EXTENDED: We can now walk the track Monday thru Friday from 9:00 to 3:00 PM.

NOTE NEW START TIME FOR COMPUTER BASICS: Sangeetha will be at the Center every 1st and 3rd Wednesday of the month @ 12:00 PM. (April 5 and April 19). Meet in the Computer Room.

MONDAY MATINEE: Monday, April 10. Lunch at 11:30 AM and Movie at 12:00 PM. This month's movie is **"MOONFALL"** starring Halle Berry, Patrick Wilson, John Bradley, Michael Peña, Charlie Plummer, Kelly Yu, and Donald Sutherland. The world stands on the brink of annihilation when a mysterious force knocks the moon from its orbit and sends it hurtling toward a collision course with Earth. With only weeks before impact, NASA executive Jocinda "Jo" Fowler teams up with a man from her past and a conspiracy theorist for an impossible mission into space to save humanity.

BOOK TALK: Monday, April 17 at 1:00 PM. Also on Zoom. Book selection is *"Olga Dies Dreaming"* by Xochitl Gonzalez. A blazing talent debuts with the tale of a status-driven wedding planner grappling with her social ambitions, absent mother, and Puerto Rican roots—all in the wake of Hurricane Maria.

DO YOU LIKE TO PAINT? Marybeth Guminski is interested in forming a group of UMSSC members to meet weekly and who like to paint with acrylics. This is not an instruction class and no art supplies will be provided. If interested please put your name on the "interest only" signup sheet in the lobby. If you have any questions, you can contact Marybeth at 610-996-1428 or email marybethgum@comcast.net.

EXCURSION DATES 2023

PAYMENT MUST BE PRESENTED WHEN YOU REGISTER FOR ANY TRIP.

SIGN UP NOW - MUTTER MUSEUM: THURSDAY APRIL 27. Via car pool. The Mütter Museum is a medical museum located in the Center City area of Philadelphia, Pennsylvania. It contains a collection of anatomical and pathological specimens, wax models, and antique medical equipment.

NORTHVIEW GARDEN IN MAPLE GLEN: FRIDAY, JUNE 2. Via car pool. Tour of private garden.

PEARL BUCK HISTORICAL HOUSE: THURSDAY, JUNE 22. Via car pool. Tour of the historical house & gardens.

DUTCH APPLE DINNER THEATER: FRIDAY, NOVEMBER 17. "A Christmas Carol".

HAPPY APRIL BIRTHDAYS!

4/2 Maryann Keller

4/3 Janet Boyd

4/3 Kurt Leichter

4/4 Terry Puskar

4/7 Eleanor Matsil

4/8 Anna DeMenna

4/9 Barbara Schneider

4/9 Maryanne Schweidel

4/10 Mary Kenny Lee

4/11 Anna Marie Travagline

4/13 Noreen Balsano

4/13 Ken Luciani

4/15 Patrice Way

4/16 Florence DeBose

4/17 Barbara Gordon

4/19 Kent Quackenbush

4/19 Evelyn Reider

4/20 Rose Marie Crudello

4/21 Barbara Mather

4/22 Yvonne Davis

4/23 Krishan Singh

4/25 Lisa Scintilla

4/25 Dorothy Morio

4/26 Jill Kelly

4/28 Leonard DeBose

4/28 Anna Gobbo

SPOTLIGHT ON: VOLUNTEERING AT THE SENIOR CENTER

NATIONAL VOLUNTEER WEEK runs from April 16 thru April 22. There are many opportunities to volunteer at the Senior Center. All members of the UMSSC Board are volunteers. We have a variety of activities that require some extra help from members such as decorating for holidays, organizing and helping with our parties. Even some of our activities are organized and run by members. We are planning a variety of potluck gatherings and parties, such as the April Potluck and the May Tea. Members can volunteer to make and bring refreshments or help with set up and clean up.

Volunteering provides many benefits to both mental and physical health. Volunteering helps counteract the effects of stress, anger, and anxiety. The social contact aspect of helping and working with others can have a profound effect on your overall psychological well-being. Nothing relieves stress better than a meaningful connection to another person. Working with pets and other animals has also been shown to improve mood and reduce stress and anxiety.

Volunteering combats depression. Volunteering keeps you in regular contact with others and helps you develop a solid support system, which in turn protects you against depression.

Volunteering makes you happy. By measuring hormones and brain activity, researchers have discovered that being helpful to others delivers immense pleasure. Human beings are hard-wired to give to others. The more we give, the happier we feel.

Volunteering provides a sense of purpose. Older adults, especially those who have retired or lost a spouse, can find new meaning and direction in their lives by helping others. Whatever your age or life situation, volunteering can help take your mind off your own worries, keep you mentally stimulated, and add more zest to your life.

Volunteering helps you stay physically healthy. Studies have found that those who volunteer have a lower mortality rate than those who do not. Older volunteers tend to walk more, find it easier to cope with everyday tasks, are less likely to develop high blood pressure, and have better thinking skills. Volunteering can also lessen symptoms of chronic pain and reduce the risk of heart disease.

MEET SOME OF OUR VOLUNTEERS:



SHERMAN KELLER (THURS. BINGO)



LYNN MCCUE (FUN & FIT)



DON MCCREE (MON. MATINEE)



LAURETTA ZIMMER (LINE DANCE & BOARD)

HAVE YOU NOTICED OUR HOLIDAY TREE?

THANK YOU to Sharon Brzoska and Joan Banas who have been decorating our little tree in the Senior Center lobby for the holidays. It was decorated for Christmas, Valentines Day, St. Patricks' Day and now Easter. In addition to the little tree you will notice other seasonal decorations around the Center that Joan and Sharon have put up and *they look great!* **THANK YOU LADIES!**



SPRING IS HERE - DO SOMETHING FUN!

Plant something green.
See the cherry blossoms.
Have a picnic in the park.
Find the first crocuses and snowdrops.
Take a walk.
Sit outside at a café.
Play a round of golf.
Look for four-leaf clovers.
Find a playground and swing on the swings.
Feed the ducks at pond.
Sit on the porch and listen to the rain.
Watch bumblebees at work in a garden.
Notice the trees budding.
Spot a rainbow.
Listen to the birds singing.
Feel the sun on your face.
Leave your windows open to catch a spring breeze.
Wear open-toed shoes.
Visit the zoo.
Decorate your home with fresh tulips and daffodils.

UM LIBRARY PROGRAMS FOR APRIL 2023

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

ZOOM BASIC COMPUTER CLASS: Sangeetha will lead class on April 3 and April 27 at 11:00 AM. *Must register at the library to receive zoom links or call 610-265-4805 to register.*

RECIPE SWAP PARTY: Monday, April 3 at 6:30 PM. Recipe Swap is a simple way to explore new foods, from right here in the community. Bring your recipe printed or handwritten and share your experience with others. Anyone and everyone are free to take a recipe, and we can print more copies, there is no need to keep this a strictly one-to-one swap! Attend and enter to win Longwood Garden entry pass for 4. **MUST REGISTER TO ATTEND.**

BE YOUR OWN BANK: Monday, April 3 at 6:30 PM. Come learn the method to have a rock-solid financial plan and a predictable retirement income. Presenter Crowley, will teach you to eliminate the uneasy feeling of the ups and downs of the stock and real estate markets, and to be your own funding source. Learn to take advantage of current U.S. tax laws to earn money Tax-Deferred and Tax-Free! **MUST REGISTER TO ATTEND.**

BASIC BRIDGE CLASS: Six Tuesdays starting April 4 at 10:00 AM in Henderson Room. Instructor: Dennis Shaub is a Silver Life Master, ACBL Certified, ACBL Director with 50+ years of experience. This is a 6 week beginner bridge course based on the Audrey Grant system. After completion of this course you will be able to play bridge on a basic level with friends, private groups or beginner level club games. **MUST REGISTER TO ATTEND. UMSSC MEMBERS CAN LEARN TO PLAY AND THEN FORM A GROUP TO PLAY AT THE SENIOR CENTER!**

TECH NIGHT: Will be walk-ins starting this month. This one on one tech help session meets first Monday of every month (April 3) at 6:00 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.

COLORING AND BOARD GAME NIGHT: Second Monday of every month (April 10) at 6:00 PM. Bring your friends and enjoy coloring/playing. Materials provided. Walk-ins welcome.

MEDITATION SERIES: Meditation Workshop - Falun Dafa Meditation will be held on the second Tuesday of every month (April 11) at 6:00 PM. Discover the power of self-cultivation. Learn what keeps tens of millions around the world happy, healthy, and energized. Falun Dafa, also known as Falun Gong, is a traditional Chinese mind-body practice that consists of five easy-to-learn exercises and meditation and is guided by the principles of Truthfulness,

Compassion, and Forbearance. It is free to learn and is practiced by people from all walks of life in over 130 countries worldwide.

VIRTUAL CAREER SERIES: Scheduled for 3rd Monday of month (April 17) at 6:00 PM. Please check our online calendar for topics to be discussed each month. *Must register to receive zoom link.*

KNIT NITE: The group meets 4th Monday of the month (April 24) at 6:00 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.

BOOK DISCUSSION: Sunday, April 30 from 2:00 PM to 3:30 PM. Book selection is "Luncheon of the Boating Party" by Susan Vreeland. Must register to participate. Stop by the library pick up a copy of the book.

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

THINK SPRING WORD SEARCH

O T T C F L O W E R B U D S C B S Y C N
N O L Y S U F X T A F B Y G H Q M D Q N
H G N I L D E E S Y E H R E V P O Q B S
G B A R B E C U E B G F F G G J S B M N
F I F J M X P D V I T H B R N I S A A E
W O T V C R Y R S E U I S Y I H O K H L
P S C N N L D W M E A D O W Z C L B Z L
I U S R A L L I P R E T A C Z R B T S O
L N T I G S E I L F R E T T U B N D Q P
U S R E B K H B Q V Q U Y C B N D V H E
T H A T C H L I N G C K B Y S E K I H L
E I I A G H I L X C R X D Q Y X S C V M
P N N N L S U S E Z E E R B E L T N E G
Y E B E Z B T R I O S R E W O H S V V Q
C W O V Y N O I T A R G I M G N I R P S
M A W U D G G O O D P Y R E N E E R G P
D R F J A L S S A R G I P J B A G B A R
J M S E Z Q R G L V L O Y P I C A Z R O
V T V R O B I N U O A V I O R S F F Y U
I H G M G W U L F R A G R A N C E Q Z T

WARMTH
BUZZING
FRAGRANCE
CATERPILLARS
HIKES
MEADOW
SEEDLING
RAINBOW

BLOSSOMS
GREENERY
FLOWER BUDS
BUTTERFLIES
BARBECUE
POLLEN
SUNSHINE
GRASS

TULIP
GENTLE BREEZES
SPRING MIGRATION
SHOWERS
REJUVENATE
ROBIN
SPROUT
HATCHLING

*Be loving and kind, have fun and celebrate.
Stay safe and keep others safe. Nothing ever seems
impossible in Spring, you know.*



GRACIAS! THANKS! DANKE! MERCI!

★ Special thanks to **SALVATORE'S TRATTORIA & PIZZERIA** for delicious Monday Matinee 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.

