

# The Best of Times

## APRIL 2024



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/>

Welcome to April. The year is moving along quickly but I am glad the winter weather is in our rear-view mirror. Looking forward to opening our garden/patio area for your enjoyment this year. The Garden Group is making plans to bring in summer flowers and add perennials. If you are interested in helping with the garden, please let us know.

Thank you all who attended our March General Meeting and St Patrick's luncheon. I hope you will continue to join us for our next meeting in June. A big thank you to Laretta Zimmer and her volunteers who organized the delicious food we enjoyed at the luncheon. Thank you to the Board Members and Committee for donating the fine desserts. Hope you had a wonderful time, learned something about how the Center works and have a new understanding of how your Board of Directors are involved and lead many activities.

April 21<sup>st</sup> is our semi-annual Big Bingo event. This is our biggest semi-annual fundraiser. If you can support the event by donating a gift basket for the basket raffle it would be appreciated. Make sure you get your tickets to play, help us advertise the event, and bring your friends. Always great fun.

There are several presentations coming up in the next couple of months. Please be sure to check the remainder of the newsletter and calendar to find out more and plan to attend. It is important to have an audience when the presenters volunteer their time by visiting us and providing their expertise. I know I always learn something new whenever I attend.

As I always say – hope to see you around the Center enjoying activities and meeting and socializing with other members.

Until next time,

*Sharon Brzoska, President*

A promotional graphic for Phoenix Physical Therapy. It features the text "Experience Elevated Physical Therapy Care." at the top. Below that is the "Phoenix Physical Therapy" logo, which includes a stylized figure with arms raised. Underneath the logo is the text "Fall Prevention | Post-Surgical Care | Neurorehabilitation". At the bottom, it lists the address "Phoenix PT-Bridgeport, 207 W Fourth St, Bridgeport, PA 19405, 610.228.4641" and the website "www.phoenixphysicaltherapy.com". The graphic has a white background with orange and yellow diagonal stripes on the right side.

### WHAT'S HAPPENING AT THE CENTER





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** please call the office and provide your email address to receive the zoom link.

**Please make special note that this month the start time for some activities has changed. Fun & Fitness will start at 11:45 AM and Band Practice and Pinochle will each start at 12:45 PM.**









**FIRE PREVENTION FOR SENIORS:** Thursday, April 4 at 12:45 PM. UM Twp. Deputy Fire Marshall, Bill Daywalt, will be at the Center to discuss fire safety tips.

# APRIL 2024

*Be the best version of yourself!*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b> 9-3 WALK THE TRACK 11:00 CURRENT EVENTS (ALSO ON ZOOM) 12-3 PAINTING GROUP 12:30 MEXICAN TRAIN	<b>2</b> 9 -3 WALK THE TRACK 10:00-11:30 RUMMIKUB <b>11:45 FUN &amp; FITNESS</b> <b>12:45 PINOCHLE</b> <b>12:45 BAND PRACTICE</b>  <b>**NOTE NEW START TIMES</b>	<b>3</b> 9-3 WALK THE TRACK <b>12:00 TECH HELP</b> 12:00 NEIGHBORS ON ZOOM 12:30 CANASTA 12:30 LINE DANCING 1:00-2:30 KNIT & CROCHET <b>12:30 TAI CHI -FINAL CLASS</b> <b>1:45 HEALTHY STEPS IN MOTION - FINAL CLASS</b>	<b>4</b> 9-3 WALK THE TRACK 10:15 BINGO <b>11:45 FUN &amp; FITNESS</b> <b>12:45 FIRE PREVENTION FOR SENIORS PRESENTATION</b>  <b>**NOTE NEW START TIME</b>	<b>5</b> 9-3 WALK THE TRACK 10:30 SING-A-LONG <b>10:30 COFFEE WITH UMSSC PRESIDENT SHARON BRZOSKA IN THE LIBRARY</b> 1:00-2:30 TRIVIA	<b>6</b>
<b>7</b>	<b>8</b> 9-3 WALK THE TRACK 11:00 CURRENT EVENTS (ALSO ON ZOOM) <b>11:30 MONDAY MATINEE "MOVING ON"</b> 12-3 PAINTING GROUP 12:30 MEXICAN TRAIN  <b>"SOLAR ECLIPSE"</b>	<b>9</b> 9 -3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:45 FUN & FITNESS 12:45 PINOCHLE 12:45 BAND PRACTICE	<b>10</b> 9-3 WALK THE TRACK 12:00 NEIGHBORS ON ZOOM 12:30 CANASTA 12:30 LINE DANCING 1:00-2:30 KNIT & CROCHET	<b>11</b> 9 -3 WALK THE TRACK <b>9:45-12 NURSE</b> <b>10:00 BOARD MEETING</b> 10:15 BINGO 11:45 FUN & FITNESS <b>12:45 FRAUDSLEUTH SIGN-UP FOR MONTCO HOMEOWNERS ONLY</b>	<b>12</b> 9-3 WALK THE TRACK 10:30 SING-A-LONG 1:00-2:30 TRIVIA	<b>13</b>
<b>14</b>	<b>15</b> 9-3 WALK THE TRACK 11:00 CURRENT EVENTS (ALSO ON ZOOM) 12-3 PAINTING GROUP 12:30 MEXICAN TRAIN <b>1:00 BOOK TALK</b>	<b>16</b> 9 -3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:45 FUN & FITNESS 12:45 PINOCHLE 12:45 BAND PRACTICE	<b>17</b> 9-3 WALK THE TRACK 12:00 NEIGHBORS ON ZOOM <b>12:00 TECH HELP</b> 12:30 CANASTA 12:30 LINE DANCING 1:00-2:30 KNIT & CROCHET	<b>18</b> 9-3 WALK THE TRACK 10:15 BINGO 11:45 FUN & FITNESS <b>12:45 UMT TAX COLLECTOR EVELYN ANKERS</b>	<b>19</b> 9-3 WALK THE TRACK 10:30 SING-A-LONG 1:00-2:30 TRIVIA	<b>20</b>
<b>21</b> <b>BIG BINGO DOORS OPEN AT 11:30</b> 	<b>22</b> 9-3 WALK THE TRACK 11:00 CURRENT EVENTS (ALSO ON ZOOM) 12-3 PAINTING GROUP 12:30 MEXICAN TRAIN  <b>EARTH DAY</b> <b>PASSOVER BEGINS</b>	<b>23</b> 9 -3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:45 FUN & FITNESS 12:45 PINOCHLE 12:45 BAND PRACTICE	<b>24</b> 9-3 WALK THE TRACK 12:00 NEIGHBORS ON ZOOM 12:30 CANASTA 12:30 LINE DANCING 1:00-2:30 KNIT & CROCHET GROUP	<b>25</b> 9-3 WALK THE TRACK <b>8:30 WOLF SANTUARY &amp; LITITZ EXCURSION</b> 10:15 BINGO 11:45 FUN & FITNESS <b>1:00 QUILTING</b>	<b>26</b> 9-3 WALK THE TRACK 10:30 SING-A-LONG 1:00-2:30 TRIVIA	<b>27</b>
<b>28</b>	<b>29</b> 9-3 WALK THE TRACK 11:00 CURRENT EVENTS (ALSO ON ZOOM) 12-3 PAINTING GROUP 12:30 MEXICAN TRAIN	<b>30</b> 9-3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:45 FUN & FITNESS 12:45 PINOCHLE 12:45 BAND PRACTICE				

# MAY 2024 BE THE FLOWER IN SOMEONE'S GARDEN

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TENTATIVE AS OF 3/25			<p>9-3 WALK THE TRACK  <b>12:00 TECH HELP</b>            12:00 NEIGHBORS ON ZOOM            12:30 CANASTA            12:30 LINE DANCING            1:00 KNIT &amp; CROCHET GROUP</p>	<p>9- 3 WALK THE TRACK            10:15 BINGO            11:45 FUN &amp; FITNESS  <b>12:45 HEART HEALTH PRESENTATION BY MLH</b></p>	<p>9-3 WALK THE TRACK            10:30 SING-A-LONG            12:30-2:00 TRIVIA</p>	
5	6	7	8	9	10	11
	<p>9-3 WALK THE TRACK            11:00 CURRENT EVENTS (ALSO ON ZOOM)            12-3 PAINTING GROUP            12:30 MEXICAN TRAIN</p>	<p>9-3 WALK THE TRACK            10:00-11:30 RUMMIKUB            11:45 FUN &amp; FITNESS            12:45 PINOCHLE            12:45 BAND PRACTICE</p>	<p>9-3 WALK THE TRACK            12:00 NEIGHBOR ON ZOOM            12:30 CANASTA            12:30 LINE DANCING            1:00 KNIT &amp; CROCHET GROUP</p>	<p>9-3 WALK THE TRACK  <b>9:45-12 NURSE</b>  <b>10:00 BOARD MEETING</b>            10:15 BINGO            11:45 FUN &amp; FITNESS</p>	<p>9-3 WALK THE TRACK  <b>10:00 WEST LAUREL HILL EXCURSION</b>            10:30 SING-A-LONG            12:30 -2:00 TRIVIA</p>	
12	13	14	15	16	17	18
<p>HAPPY Mother's DAY</p>  <p>MOTHERS DAY</p>	<p>9-3 WALK THE TRACK            11:00 CURRENT EVENTS (ALSO ON ZOOM)  <b>11:30 MONDAY MATINEE</b>            12-3 PAINTING GROUP            12:30 MEXICAN TRAIN</p>	<p>9 -3 WALK THE TRACK            10:00-11:30 RUMMIKUB            11:45 FUN &amp; FITNESS            12:45 PINOCHLE            12:45 BAND PRACTICE</p>	<p>9 -3 WALK THE TRACK            12:00 NEIGHBORS ON ZOOM  <b>12:00 TECH HELP</b>            12:30 CANASTA            12:30 LINE DANCING            1:00 KNIT &amp; CROCHET GROUP</p>	<p>9-3 WALK THE TRACK            10:15 BINGO            11:45 FUN &amp; FITNESS</p>	<p>9-3 WALK THE TRACK            10:30 SING-A-LONG            12:30 -2:00 TRIVIA</p>	<p>ARMED FORCES DAY</p>  <p>THANK YOU TO ALL THAT SERVE</p> <p>ARMED FORCES DAY</p>
19	20	21	22	23	24	25
	<p>9-3 WALK THE TRACK            11:00 CURRENT EVENTS (ALSO ON ZOOM)            12-3 PAINTING GROUP            12:30 MEXICAN TRAIN  <b>1:00 BOOK TALK</b></p>	<p>9 -3 WALK THE TRACK            10:00-11:30 RUMMIKUB            11:45 FUN &amp; FITNESS            12:45 PINOCHLE            12:45 BAND PRACTICE</p>	<p>9-3 WALK THE TRACK            12:00 NEIGHBORS ON ZOOM            12:30 CANASTA            12:30 LINE DANCING            1:00 KNIT &amp; CROCHET GROUP</p>	<p>9-3 WALK THE TRACK            10:15 BINGO            11:45 FUN &amp; FITNESS  <b>12:45 SEN CAPPELETTI REPRESENTATIVE/SEPTA PASS CARDS</b>  <b>1:00 QUILTING</b></p>	<p><b>CLOSED FOR MEMORIAL DAY HOLIDAY</b></p> 	
26	27	28	29	30	31	
	<p>Memorial Day</p>  <p>CENTER IS CLOSED</p>	<p>9 -3 WALK THE TRACK            10:00-11:30 RUMMIKUB            11:45 FUN &amp; FITNESS            12:45 PINOCHLE            12:45 BAND PRACTICE</p>	<p>9-3 WALK THE TRACK            12:00 NEIGHBORS ON ZOOM            12:30 CANASTA            12:30 LINE DANCING            1:00 KNIT &amp; CROCHET GROUP</p>	<p>9-3 WALK THE TRACK            10:15 BINGO            11:45 FUN &amp; FITNESS</p>	<p>tea party</p>  <p>WATCH FOR DETAILS</p> <p>ALL ACTIVITIES CANCELLED</p>	

**COFFEE WITH A BOARD MEMBER** on Friday, April 5<sup>th</sup> at 10:30 Sharon Brzoska is excited to meet with new and long standing members. This is your opportunity to ask questions.

**MONDAY MATINEE:** Monday April 8 at 11:30 AM. Movie is "Moving On" starring Jane Fond, Lily Tomlin and Malcolm McDowell. A comedy film about two old friends who plot revenge on a widower who wronged them decades ago. Movie is free. There is a \$5.00 charge to order pizza and you must sign up and pay in advance.

**NOTE TIME CHANGE - BLOOD PRESSURE CHECK:** Thursday, April 11 from **9:45 to 12:00**. Have your blood pressure checked by MLH Nurse Tracey.

**FRAUD SLEUTH:** Thursday, April 11 from 12:45 PM to 2:30 PM. Fraud Sleuth is a free tool from the Montgomery County Recorder of Deeds for homeowners to alert them via e-mail if anything is ever recorded in their office against their property. Appointments will be scheduled in advance every 10 minutes until 2:30 PM at which time you can provide your information to the County Recorder. This will be open to the public, so if you wish to sign up you should do so as soon as possible and *you must be on time for your appointment*.

**BOOK TALK:** Monday, April 15 at 1:00 PM. Group will be reading "Lessons in Chemistry" by Bonnie Garmus.

**TAX COLLECTOR:** Thursday, April 18 at 12:45: UM Tax Collector Evelyn Ankers is scheduled to bring lunch and discuss our real estate taxes. She will take tax payments. This event will be open to the public.

**UMSSC BIG BINGO: TICKETS ON SALE NOW FOR SUNDAY, APRIL 21, 2024 - CASH PRIZES.** ADVANCE SALE TICKETS: \$35.00 (INCLUDES ALL GAMES) TICKETS SALES AT DOOR: \$40.00 (INCLUDES ALL GAMES). *OPEN TO THE PUBLIC*. DOORS OPEN AT 11:30 AM. GAMES START AT 12:30 PM. 50/50 DRAWING - BASKET RAFFLE - DOOR PRIZES - REFRESHMENTS SOLD. \* *No outside food or beverage permitted. No one under 18 admitted.*

**MAIN LINE HEALTH PRESENTATION: HEALTHY HEART:** Thursday May 2 at 12:45 PM. Presented by Abby Riley, RN, BSN. Main Line Health Women & Heart Disease Program Manager. She will discuss: Importance of checking blood pressure. Age related changes in the heart. What is heart disease? What can I do to prevent heart disease? Managing your medications.



**SCREWBALLS**  
*Sports Bar & Grille*

216 West Beidler Road (610) 337-3888  
King of Prussia, PA 19406 Fax: (610) 337-3724  
[www.ScrewballsBarAndGrille.com](http://www.ScrewballsBarAndGrille.com)



**Angelo's PIZZA**

216 West Beidler Road  
King of Prussia, PA 19406  
(p) 610 265-4148  
(f) 610 265-6563  
[www.AngelosPizzaKOP.com](http://www.AngelosPizzaKOP.com)  
f Angelo'sPizzaKOP



Allendale Dental 860 First Avenue  
Suite 6-A  
King of Prussia, PA 19406  
610-265-3311  
610-337-0950

[allendaledental.com](http://allendaledental.com)

**Dr. Kunaal Goyal**  
Cosmetic & Family Dentistry

**BYLAW CHANGE.**

The Board has reviewed the current Bylaws for the Upper Merion Senior Service Center. We agree we should open our membership to seniors who are 50 years and older. The current Bylaws allow membership at age 55. Since many organizations, including AARP, consider 50 to be senior, we are proposing a change to the Bylaw. Changes require

notification at a General Meeting and publication in our newsletter.

ARTICLE III – Membership Section 1: Members shall be fifty-five years of age or older. A spouse may become a member regardless of age.

At the General membership meeting in June, we will vote on accepting the Bylaw change to: ARTICLE III – Membership Section 1: Members shall be fifty years of age or older. A spouse may become a member regardless of age.

**BAKE SALE INTEREST:** Some interest was expressed by one of our members in starting a bake sale. Proceeds from the bake sales would benefit the senior center. If you would be interested in participating, please put

your name and phone number on- the sign up sheet in the lobby area. No further details are available at this time.

**DO YOU PLAY AN INSTRUMENT?** The UMSSC Band is looking for some new members who enjoy playing jazz and big band music. The band meets on Tuesdays at 12:45 PM. Please stop by any Tuesday to listen or to ask about joining.

**Bacchi Funeral Home & Crematory, Ltd.**

805 DeKalb Street • Bridgeport, PA 19405

610-272-1941 • Fax: 610-278-6683

www.bacchifh.com • info@bacchifh.com

Heather M. Hughes, Supervisor



**Szpindor-Meyers Funeral Home, P.C.**

101 North Park Avenue • Trooper, PA 19403

610-539-8010 • Fax: 610-635-0284

www.meyersfh.com • info@smfhpc.com

James T. Meyers, Supervisor

**EXCURSIONS FOR 2024**

**APRIL 25 - CAR POOL EXCURSION TO WOLF SANCTUARY AND LITITZ**

Our trip to historic Lititz in Lancaster County will start with a visit to the Wolf Sanctuary of Pennsylvania just outside of town. Then, we head into the center of “the coolest small town in America” where we can have lunch, stop in to the many and varied shops including the homes of Sturgis Pretzels and Wilbur Chocolates (Wilburbuds anyone?), visit historic sites and/or stroll the streets and Lititz Springs Park – all within a few blocks.

MAY 10, 2024 - HISTORIC WEST LAUREL HILL CEMETERY AND GARDENS (CAR POOL)

JUNE 20, 2024 - ANDALUSIA HOUSE & GARDENS (CAR POOL)

SEPTEMBER 2024- WINTERTHUR (CAR POOL)

OCTOBER 2024 - JIM THORPE

NOVEMBER 15, 2024 - DUTCH APPLE DINNER THEATER "WHITE CHRISTMAS" (VIA BUS)



**BIRTHDAYS IN APRIL**

4/2 Maryann Keller

4/4 Terry Puskar

4/8 Anna DeMenna

4/11 Robert Troilo

4/15 Patrice Way

4/17 Mary Slifer

4/21 Bernadette Montemayor

4/25 Lisa Scintilla

4/27 Dorothy Schmid

4/3 Janet Boyd

4/4 Dorothy Quinn

4/10 Mary Kenney Lee

4/13 Noreen Balsano

4/16 Florence DeBose

4/19 Evelyn Reider

4/22 Pat Lombardi

4/26 Robert DiGiacomo

4/28 Leonard DeBose

4/3 Dianne Edwards

4/7 Eleanor Matsil

4/11 Anna Marie Travagline

4/13 Ken Luciani

4/16 Joyce Montemaro

4/20 Rosemarie Crudello

4/25 Dorothy Morio

4/26 Jill Kelly

4/30 Maryann Roth

**HELP WITH HANDLING HEALTH CLAIM DENIALS**


Have you ever had a health care procedure or claim denied by your insurance company? ProPublica has been investigating the many ways health insurance companies deny "tens of millions of claims" every year. They have developed a tool to help you determine why your claim was denied. Below is a link to the tool. You can also check ProPublica's website for more information. <https://projects.propublica.org/claimfile/>.

**VETERANS CARE PACKAGE DONATIONS:** In association with the Norristown Veterans Affairs Office, we are collecting donations for care packages to give to veterans. Here 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. ITEMS REQUESTED:

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.

**Place items in assigned box in lobby area. Thank you in advance to those who give and special thanks to Marita Torphy who solicited donations from the Jefferson Crossing community.**

<b>PEDIATRIC DENTISTRY</b> Jay Goldsleger, DDS Scott Goldsleger, DDS Natalie De Barros, DMD Marc Virtue, DDS David Kim, DMD Robyn Isker, DMD	<b>GENERAL DENTISTRY</b> Larry Schlarb, DMD Skip Hoerz, DMD Ana Soleye, DMD Andrew Rush, DMD Kristine Rushby, DMD
	<b>ORTHODONTICS</b> Bryan Ruda, DMD Erin Bauerle, DMD
	<b>ENDODONTICS</b> Serena Colletti, DMD
	610/337-2325 Fax 610/337-3863 www.uppermeriondental.com

**PROJECT LINUS – YARN NEEDED:** A total of 30 blankets have been distributed so far this year. A request has been made for the knitters to make crib size blankets for babies. We are asking for donations of 4-ply yarn (any color) to be used by our knitters for the Project Linus knitted squares. 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. By March 8 a total of 30 blankets had been distributed to cancer patients.

### DID YOU KNOW? BENEFITS OF GARDENING

As nature comes into bloom, the warmer weather is drawing us outdoors. Cultivating a garden is a great activity for seniors in spring and summer. It's fun, purposeful and even provides numerous health benefits.

Gardening can lower levels of cortisol which can alleviate stress and even reduce high blood pressure. Also, being out in the sunlight and creating a beautiful space to rest and relax will bring peace and a reduction in anxiety. (Don't forget your sunscreen!) Gardening is a moderating intense exercise and can count towards the expert recommended 30 minutes of exercise daily. Additionally, being outside in a sunny garden can increase vitamin D levels, which has also been shown to reduce the risk of heart disease.



**VALLEY FORGE SECURITY CENTER**  
COMPLETE SECURITY PROTECTION FOR  
HOME OR BUSINESS

Valley Forge Security Center  
169 Town Center Road  
King of Prussia, PA 19406

Phone (610) 265-3380  
Fax (610) 265-7830  
sales@valleyforgesecurity.com

In addition to being a great form of physical exercise, garden can increase mobility and strength. Keeping lesser used muscles engaged, gardening has been shown to be a productive way of rebuilding strength and mobility following a stroke.

Gardening is one such lifestyle choice that may reduce the risk of Alzheimer's and related forms of dementia. Engaging critical functions like dexterity, problem-solving, endurance and sensory awareness, studies have found that gardening can reduce the risk of dementia by as much as 36%.

You can join the UMSSC Garden Group. They plant and maintain the raised beds out on the patio and would love to see more of our members helping out.

### UM LIBRARY PROGRAMS FOR APRIL 2024

**(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.)**

#### **SPECIAL PROGRAMS:**

**UNVEILING THE ECLIPSE - A JOURNEY THROUGH ASTRONOMICAL WONDERS:** Tuesday, April 2 | 6:30 PM

**VIRTUAL- RESEARCHING FAMILY HISTORY AT YOUR LIBRARY WITH MYHERITAGE LIBRARY EDITION :** Thursday, April 4 | 2:00 PM

**TODAY'S ECLIPSE: A JOURNEY THROUGH THE SKIES,** Monday, April 8 | 12:30 PM

**THE LAST GARDEN IN ENGLAND:** Book Discussion, Monday, April 8 | 6:30 PM

**EGYPT BEFORE THE PYRAMIDS - Dr. Steve's Presentation:** Monday, April 15 | 6:30 PM

**PAINT NIGHT:** Monday, April 29 | 6:00 PM

**ONGOING PROGRAMS AT THE LIBRARY:**

**TECH NIGHT:** First Monday of every month from 6:00 pm to 7:30 PM.

**ESL CLASS:** (English as a Second Language Conversation Group) every Tuesday at 12:00 PM.

**MEDITATION SERIES: MEDITATION WORKSHOP - FALUN DAFA MEDITATION:** Second Tuesday of every month at 6:00 PM.

**PUBLIC SPEAKING CLASS FOR ADULT:** Every Wednesday at 6: 30 PM.

**ART, GAMES AND CHIT CHAT FOR ADULTS WITH DISABILITIES:** Second and fourth Thursdays at 12:30 PM.

**BOOK DISCUSSION:** Third Saturday of every month at 2:00 PM.

**VIRTUAL CAREER SERIES:** 3rd Monday of month at 6:00 PM.

**KNIT NITE:** 4<sup>th</sup> Monday at 6:00 PM.

**FREE RAFFLE TICKET** with each event attended. Enter to win passes to Longwood Gardens. To learn more or to register for any of these events, please visit our calendar at [www.umtlibrary.libcal.com](http://www.umtlibrary.libcal.com)

**DO YOU REMEMBER?** *(compliments of Dick McCann)*

For those who never saw any of the Burma Shave signs, here is a quick lesson in our history of the 1930's and '40's. Before there were interstates, when everyone drove the old 2 lane roads, Burma Shave signs would be posted all over the countryside in farmers' fields. I'm sure that Burma Shave actually saved some lives. People laughed and then were more careful! It was a REAL "service" to America, even though it was an advertisement and it was one of the RARE "really useful" ones!

DON'T STICK YOUR ELBOW  
OUT SO FAR  
IT MAY GO HOME  
IN ANOTHER CAR. **Burma Shave**

TRAINS DON'T WANDER  
ALL OVER THE MAP  
'CAUSE NOBODY SITS  
IN THE ENGINEER'S LAP. **Burma Shave**

SHE KISSED THE HAIRBRUSH  
BY MISTAKE  
SHE THOUGHT IT WAS  
HER HUSBAND JAKE. **Burma Shave**

DON'T LOSE YOUR HEAD  
TO GAIN A MINUTE  
YOU NEED YOUR HEAD  
YOUR BRAINS ARE IN IT. **Burma Shave**

DROVE TOO LONG  
DRIVER SNOOZING  
WHAT HAPPENED NEXT  
IS NOT AMUSING. **Burma Shave**



# EARTH DAY

## WORD SEARCH

### WORD LIST

AIR  
APRIL  
CLEAN  
CLIMATE  
COMPOST  
CONSERVATION  
EARTH  
ECOLOGY  
ECOSYSTEM  
GREEN  
GREENHOUSE  
LITTER  
NATURE  
OCEAN  
ORGANIC  
POLLUTION  
PRESERVE  
RECYCLE  
REDUCE  
RESOURCE  
REUSE  
SAVE  
SOLAR  
SUSTAINABLE  
TRASH  
TREES  
WASTE  
WATER

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







Italian Restaurant and Bar

Live Music

Thursday-Sunday



Corporate Meetings

Private Parties

Trivia Nights

Happy Hour

Class Reunions

Funeral Luncheons

175 Town Center Road King of Prussia, PA 19406

[peppersitalianrestaurantandbar.com](http://peppersitalianrestaurantandbar.com)

610.265.2416

# YOUR FOOT HEALTH IS OUR PRIORITY

At Advanced Foot & Ankle Wellness Center, we take care of:



hard to cut toenails



corns and calluses



diabetic foot care



foot pain

**WE ARE ALWAYS ONE STEP AHEAD**

**CONSULT NOW**



610-822-3900



[www.kopfootdoctor.com](http://www.kopfootdoctor.com)



WORD SEARCH - APRIL

l	f	u	o	h	c	m	j	k	s	d	u	c	k
a	l	c	d	h	o	t	o	t	h	p	p	h	q
m	o	a	a	u	l	t	y	b	o	l	p	i	j
b	w	n	f	n	o	r	b	a	w	a	a	c	l
c	e	d	f	t	r	e	u	s	e	n	r	k	i
h	r	y	o	c	f	a	n	k	r	t	a	w	l
o	s	e	d	c	u	t	n	e	s	s	d	s	y
c	u	b	i	a	l	s	y	t	i	l	e	e	h
o	p	o	l	r	p	a	i	n	t	i	n	g	a
l	a	n	s	r	p	e	e	p	s	j	m	g	t
a	s	n	n	o	s	p	r	i	n	g	u	s	c
t	t	e	e	t	q	t	u	l	i	p	s	u	h
e	e	t	s	s	b	u	t	t	e	r	f	l	y
b	l	a	t	d	e	c	o	r	a	t	e	r	y

TULIPS PEEPS PAINTING SHOWERS LILY SPRING  
BASKET BUTTERFLY BUNNY CARROTS BONNET COLORFUL  
CHICK DAFFODILS CHOCOLATE DUCK CANDY FLOWERS  
DECORATE JOY DYE LAMB EGGS PLANTS HUNT  
NEST PARADE HATCH



Bello Reilley  
McGrory & DiPippo  
— ATTORNEYS AT LAW —

*Robert J. Reilley, Jr.\**  
*Salvatore F. Bello, Jr.\**  
*Daniel T. McGrory\**  
*Gregory P. DiPippo\**

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

\* Also Admitted in New Jersey

144 East DeKalb Pike, Suite 300, King of Prussia, PA 19406  
(610) 992-1300 Fax: (610) 992-1505  
[www.prbmlaw.com](http://www.prbmlaw.com)

# Acosta Contracting

*the process is the product*

**Serving King of Prussia for over 50 years!**

**KITCHENS • BATHROOMS • DECKS  
ADDITIONS • BASEMENTS**

Flooring	Roofing & Siding
Drywall	Concrete
Painting	Paving
Tile Work	Fencing
Plumbing	Doors & Windows
Electrical	Pressure Washing
Carpentry	Heating & Air Conditioning

**George Acosta**

610.265.4845 • ga3456@gmail.com

473 Prince Frederick Street, King of Prussia, PA 19406

[www.acostacontracting.com](http://www.acostacontracting.com)



# Acosta Contracting

[www.acostacontracting.com](http://www.acostacontracting.com)

PRESORTED STANDARD  
U.S. POSTAGE PAID  
2EVERYDOOR  
ECRWSS

LOCAL  
POSTAL CUSTOMER

***providing ALL residential services...***



*Learn from yesterday, live for today,  
hope for tomorrow.*



**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.