

# "The Best of Times"



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)



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

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### ANNOUNCEMENTS

**SUMMER HOURS ARE NOW OBSERVED AND THE CENTER WILL CLOSE AT 12:00 PM ON FRIDAY'S ONLY.**

\* \* \* \* \*

**NOTE: CUT-OFF DATE FOR SUBMISSION OF INFORMATION FOR THE SEPTEMBER NEWSLETTER IS AUGUST 12 - NO EXCEPTIONS.**

\* \* \* \* \*

**WHEN NECESSARY AT 2:45 PM AN ANNOUNCEMENT WILL BE MADE VIA THE PA SYSTEM: "THE SENIOR CENTER WILL CLOSE IN 15 MINUTES. ALL ACTIVITIES MUST BE COMPLETED BY 3:00 PM AND THE SENIOR CENTER VACATED"**

\* \* \* \* \*

**To see the monthly UMSSC "General Meeting" on your device do the following:**

1. Open your browser
2. Enter [vimeo.com/channels/891501](http://vimeo.com/channels/891501)
3. Select "Videos in Senior Shows"
4. Click on the meeting you want to watch
5. You'll see the member's name drawn in the "Jackpot" game.

**ENJOY!**

### SEVEN CREATIVE WAYS TO KEEP COOL DURING HOT SUMMER DAYS

1. Cool your pulse points by running cold water or ice cubes over your wrists for a few minutes.
2. Place a cold cloth on the back of your neck and leave it there for at least 5 minutes.
3. Eat small meals rather than large ones as digestion raises the body's core temperature.
4. Cool off your bed at night by using a freezing bottled water. Use it to cool your ankles and the back of your knees.
5. Freeze a couple of water bottles (freeze one for Fido, too, and put it in the pet's bed to keep him cool) and use them to cool down pulse points.
6. Don't turn on the oven! Cook outside using the grill, or use your microwave, crock pot, or serve something cold, like a yummy protein-packed salad.
7. Use overhead (ceiling) fans if you have them. For floor fans, place a bowl of ice or a frozen water jug behind the fan. The air will be cool. You may also want to place a fan on the hot side of a room and have the air blow out, basically allowing the fan to pull the heated air out of the room.



**STAY SAFE, KEEP COOL, AND ENJOY THE SUMMER!**

*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.*

# AUGUST 2019

# SIMPLE THINGS ARE OFTEN THE MOST SATISFYING



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<p>1</p> 9-11 WALK TRACK 10:00 FINANCE/INVEST GROUP <i>(ON HIATUS THIS MONTH)</i> 10:15 BINGO 12:30 FUN & FITNESS	<p>2</p> 9:30 PINOCHLE 10:00 SING-A-LONG <b>CENTER CLOSERS AT NOON</b>	<p>3</p>
<p>4</p>	<p>5</p> 9:30 MAH-JONGG 10:30 CURRENT EVENTS	<p>6</p> 9-11 WALK TRACK 10:00 COMPUTER CLUB <b>10-12 TECH HELP</b> 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING <b>6:00 NATIONAL NIGHT OUT @ KOP MALL</b>	<p>7</p> <b>10:00 BOARD MEETING</b> 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 LINE DANCING <i>(ON HIATUS THIS MONTH)</i>	<p>8</p> 9-11 WALK TRACK <b>9:15-12:00 NURSE</b> 10:00 FINANCE/INVEST GROUP <i>(ON HIATUS THIS MONTH)</i> 10:15 BINGO <b>11:00 OUTREACH BRIGGS</b> 12:30 FUN & FITNESS	<p>9</p> 9:30 PINOCHLE 10:00 SING-A-LONG <b>CENTER CLOSERS AT NOON</b>	<p>10</p>
<p>11</p>	<p>12</p> 9:30 MAH-JONGG 10:30 CURRENT EVENTS	<p>13</p> 9-11 WALK TRACK 10:00 COMPUTER CLUB <b>10-12 TECH HELP</b> 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING <b>2:00 MEMORY CAFE</b>	<p>14</p> 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 LINE DANCING <i>(ON HIATUS THIS MONTH)</i> 1:00 GARDEN CLUB <b>1:30 RED HAT LADIES</b>	<p>15</p> 9-11 WALK TRACK 10:00 FINANCE/INVEST GROUP <i>(ON HIATUS THIS MONTH)</i> 10:15 BINGO 12:30 FUN & FITNESS	<p>16</p> 9:30 PINOCHLE 10:00 SING-A-LONG <b>CENTER CLOSERS AT NOON</b>	<p>17</p>
<p>18</p>	<p>19</p> 9:30 MAH-JONGG 10:30 CURRENT EVENTS <b>1:00 BOOK TALK</b>	<p>20</p> 9-11 WALK TRACK 10:00 COMPUTER CLUB <b>10-12 TECH HELP</b> 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING	<p>21</p> <b>9:30 VALLEY FORGE CASINO</b> <b>10:00 PERSIAN SENIOR GROUP</b> 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 LINE DANCING <i>(ON HIATUS THIS MONTH)</i>	<p>22</p> 9-11 WALK TRACK <b>9:15- 12:00 NURSE</b> 10:00 FINANCE/INVEST GROUP <i>(ON HIATUS THIS MONTH)</i> <b>10:15 NO BINGO TODAY</b> 12:30 FUN & FITNESS	<p>23</p> 9:30 PINOCHLE 10:00 SING-A-LONG <b>CENTER CLOSERS AT NOON</b>	<p>24</p>
<p>25</p>	<p>26</p> 9:30 MAH-JONGG 10:30 CURRENT EVENTS	<p>27</p> 9-11 WALK TRACK 10:00 COMPUTER CLUB <b>10-12 TECH HELP</b> 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING	<p>28</p> 9:30 QUILTING 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 LINE DANCING <i>(ON HIATUS THIS MONTH)</i> 1:00 GARDEN CLUB	<p>29</p> 9-11 WALK TRACK 10:00 FINANCE/INVEST GROUP <i>(ON HIATUS THIS MONTH)</i> 10:15 BINGO <b>11:30 OUTREACH – LEACH</b> 12:30 FUN & FITNESS	<p>30</p> <b>CENTER CLOSED FOR LABOR DAY HOLIDAY</b>	<p>31</p>

### YOGA CANCELLED

Due to lack of interest and low attendance the Yoga Class has been permanently cancelled as of August 5.

### NO LINE DANCE IN AUGUST

Line Dance is on hiatus for the month of August. It will resume its regular schedule on Wednesday, September 4 at 1:00 PM.

### NO BINGO REMINDER

There will be no Bingo on **Thursday August 22**. It will resume its regular day and time on August 29.

### NOTICE FOR FUN & FITNESS PARTICIPANTS

Beginning the week of September 2, 2019, the Thursday session of Fun and Fitness will begin at 11:30 AM. This will provide a consistent time of 11:30 AM to 12:15 PM for both the Tuesday and Thursday sessions. Judy will continue to be the instructor. The fee is \$3.00 per session payable at the time you sign in.

### SENIOR FARMERS' MARKET

#### NUTRITION PROGRAM

**MONDAY THRU THURSDAY (ONLY) FROM 10:00 AM TO 1:30 PM. With proof of age and residency (Montgomery County)** eligible seniors will receive four \$5.00 checks, once per year. That's \$20.00 per person or \$40.00 per couple. Use checks to purchase fresh Pennsylvania grown produce at farmers' markets or farm stands. Checks may be redeemed between June and November 30, 2019.

### TECH DEVICE HELP

Sangeetha will be here with her student volunteers **every Tuesday in August** to give one-on-one assistance with your iPhone, iPad and/or Laptop devices. You must sign-up in the lobby. *Members will be taken in the order they sign up.*

### NATIONAL NIGHT OUT

TUESDAY, AUGUST 6 AT 6:00 PM at the King of Prussia mall in the Plaza parking lot. Visit our UMSSC table at this annual community-building campaign that promotes police-community partnerships and neighborhood camaraderie to

make our neighborhoods safe, more caring places to live.

### MEMORY CAFÉ

**TUESDAY AUGUST 13 AT 2:00 PM.** Support Group discussion for caregivers. Presented by Certified Dementia Practitioner from Arden Court.

### BOOK TALK

**MONDAY AUGUST 19 at 1:00 PM.** Coordinator: Patricia Ackah. This month's book **"FLIGHT BEHAVIOR" BY BARBARA KINGSOLVER.** Flight Behavior takes on one of the most contentious subjects of our time: climate change. With a deft and versatile empathy Kingsolver dissects the motives that drive denial and belief in a precarious world. Flight Behavior transfixes from its opening scene, when a young woman's narrow experience of life is thrown wide with the force of a raging fire. In the lyrical language of her native Appalachia, Barbara Kingsolver bares the rich, tarnished humanity of her novel's inhabitants and unearths the modern complexities of rural existence. Characters and reader alike are quickly carried beyond familiar territory here, into the unsettled ground of science, faith, and everyday truces between reason and conviction.

### VALLEY FORGE CASINO

**WEDNESDAY AUGUST 21 (Cut-off date MONDAY, AUGUST 19).** 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.*

### UPCOMING EXCURSION TRIPS

Following is information of upcoming trips planned by the Excursion Group. Watch for details on these and other trips in the upcoming months.

### MILL GROVE

**THURSDAY, SEPTEMBER 12 AT 12:30 PM.** A visit to Mill Grove in nearby Audubon, the first home of John James Audubon in America and the new museum there. *Transportation will be by carpool.* We will gather at the swimming pool lot and leave at 12:30 for the drive to Audubon. We will start with a tour of the house and then move on to the museum with its attractive displays and interactive features. We will return to the Center by 3:30 PM. **The cost is \$13.00 for members and \$15.00 for non-members.** *Registration forms are available in the lobby and on our website. Please indicate if you are willing to be a carpool driver.*

### HAGLEY MUSEUM

**THURSDAY, OCTOBER 10.** Travel via car pool to Wilmington DE to the former industrial site of the original black powder works of the DuPont Company founded in Delaware in 1802 and the first du Pont family home built in America. Times and cost will be forthcoming.

### DUTCH APPLE THEATER

**THURSDAY, NOVEMBER 14.** We will travel by bus to Dutch Apple Theater in Lancaster County for a matinee performance of *Irving Berlin's "Holiday Inn"*. A buffet lunch is included. Cost and additional information will be forthcoming.

### SAVE THESE DATES!

#### FLU SHOTS

**MONDAY SEPTEMBER 16 AND WEDNESDAY SEPTEMBER 25 FROM 11:00 AM TO 2:00 PM.** Kim Riley from the Giant Pharmacy will be here to give flu shots.

**"EVERYTHING BUT THE KITCHEN SINK"** is the theme for this year's *Senior Fall Fling* to be held on **September 26, 2019 from 10:00 AM to 1:00 PM.** This year the Fling Planning Committee has chosen to honor the Upper Merion Township Library. The library has always been a generous partner to the Senior Center; providing us with large print library books and Friday Flicks movies.

So, mark your calendars and come to show your support for this great organization. **You must register to attend. Forms are available at the Township Building or put your name on the list here at the Senior Center (in the lobby area).**

### SAVE THE DATE FOR BIG BINGO

**SUNDAY, OCTOBER 20, 2019. CA\$H PRIZES.** Advance Sale Tickets\*: \$20.00 Day of Tickets\*: \$25.00 Doors Open 11:00 AM Games Start 12:00 PM Refreshments for sale\*\*. (\*No One Under Age 18 Will Be Admitted \*\*No Outside Food or Beverage Permitted). **TICKET SALES BEGIN SEPTEMBER 23, 2019.**

### OUTREACH

An aide from Representative Tim Briggs' office will be here **Thursday August 8** from 11:00 AM to 2:00 PM.

Senator Daylin Leach's aide will be here **Thursday August 29** from 11:30 AM to 1:00 PM. SEPTA Passes can be obtained at this time.

### 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: Michelle Gallagher, Paul & Terry Puskar, Buck & Phyliss Rotay.



## KEEPING OUR MEMBERS INFORMED

### HAVE YOU MET PEGGY FORD?



Peggy joined the staff of the Senior Center in 2017 as an administrative assistant. She has also been a UMSSC member since 2014. Peggy was born and raised in King of Prussia. She attended Sacred Heart School of Radiology where she became a registered radiology technologist. She worked at Suburban General and Montgomery Hospital as an X-ray technician. Before joining the Senior Center Peggy worked at Royal Bank for 33 years. Many of our members know and recognize Peggy, and she them, from when she worked at the bank.

Peggy enjoys visiting her son, a retired Naval Corpsman, in North Carolina, her parents in Florida and her 2 grandchildren in Missouri. Her favorite type of vacation is to cruise to the islands. In fact, she just returned from a cruise to Puerto Rico, Bermuda and St. Martin. We are very happy to have Peggy working here at the Senior Center. She is friendly, funny, kind, and helpful. Peggy adds much to the enjoyment of those of us who work with her at the Senior Center. Thank you Peggy!!!

### ORGANIZE THIS

In this column we offer some great tips to help organize and clean out your space at home. Following are some helpful tips.

#### CLEVER USES FOR PEGBOARD

Hang pegboard on your wall or on the back of your closet door to keep your jewelry, purses or belts. It is easier to find things when they are organized.

You can even paint the peg board a pretty color to fit your décor.



You can use pegboard to keep your sewing supplies organized like scissors, thread and such.



Keep your small garden tools together in one place and easy to reach.



## DID YOU KNOW?

Sometimes flowers can take the shape of unexpected things. Following are photos of some of the great works of nature.

### **HOOKER'S LIPS (PSYCHOTRIA ELATA)**



### **DANCING GIRLS (IMPATIENS BEQUAERTII)**



### **SWADDLED BABIES (ANGULOAUNIFLORA)**



**Isn't nature wonderful!**

### **INTERESTED IN PLAYING POKER?**

A member has expressed interest in forming a group to play Poker. If you think you would be interested in playing please contact Bill Reynolds at 610-666-0356. Bill is a UMSSC member and has

agreed to coordinate this activity. No day or time has been established.

## **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 the programs, activities and services for our members. Does your company offer matching funds?

### **DONATIONS**

Thank you to the following who gave generous donations to the Senior Center:

- ★ The Womens Club of Upper Merion
- ★ Sally & Paul Buce in memory of Jerry Grossman
- ★ Shirley Robey in memory of Betty Cantwell

### **HELP SUPPORT UMSSC BY SHOPPING AT**



AmazonSmile is a website operated by Amazon that lets you enjoy the same wide selection of products, low prices, and convenient shopping features as on Amazon.com. The difference is that when you shop on AmazonSmile ([smile.amazon.com](https://smile.amazon.com)), the AmazonSmile Foundation will donate 0.5% of the purchase price to the eligible charitable organization of your choice. If you already shop on Amazon, your current user name and password will work on [smile.amazon.com](https://smile.amazon.com)

On your first visit to AmazonSmile, you will be prompted to select a charitable organization to receive donations from eligible purchases before you begin shopping. Amazon will remember your selection, and then every eligible purchase you make on AmazonSmile will result in a donation. Search for Upper Merion Senior Service Center or

you can use this link to go directly to our donation account.

<https://smile.amazon.com/ch/23-2966030>

### **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!

### **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. ★ **Thank you Giant Food Store** for weekly snack donations. ★ **Special thanks to the Upper Merion Township Library** for all they do for the Senior Center including large print books and Friday Flicks movies.

### **AROUND THE COMMUNITY**

#### **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.*

#### **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 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 AM to 1:00 PM. Monday through Friday. Telephone: 610-265-7051.

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



DO NOT MISS SUMMER READING PROGRAM AT THE LIBRARY. READ, REGISTER, AND REVIEW TO WIN EXCITING PRIZES

**Computer Class for Adults:** Thursday, August 1 at 10:30 AM and Thursday, August 29 at 7:00 PM in the Valley Forge Room. eBooks & eMagazines at the Library. **MUST REGISTER.** **Learn Overdrive:** Learn the ins and outs of downloading eBooks through OverDrive RB Digital. Download the newest issue and back issues of over 150 magazines for free!

**Travel Expo:** Monday, August 1 - 6:00 PM to 8:30 PM in Freedom hall. European Splendor & Disney Travel. With 10+ travel agents ready to share



information and brochures plus tips and tricks, this travel expo is perfect for upcoming travel plans! No cost or commitment to attend, just gather up some great information for your next travel plans. Don't miss the Disney Vacation Table by Ms. Becky from the library.

**Tech Night:** Monday, August 5 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.*

**Adult Board Game Night:** August 8 at 7:00 PM. Bring your friends and enjoy playing games of all kinds! We'll have several board games, but feel free to bring your own too.

**Computer Class for Adults:** Thursday, August 8 at 7:00 pm in Valley Forge Room. Online Travel Resources We have a number of online resources to help you make the most of your travel plans - whether it's learning about a location you're planning to visit or learning a new language, we've got you covered! *MUST REGISTER.*

**Adult Coloring Night:** Monday, August 12 at 7:00 PM in Valley Forge Room. Bring your friends and enjoy coloring. Walk-ins are welcome. Materials will be provided.

**Balanced Plate:** Monday, August 12 at 7:00 PM in Henderson Room. Learn the definition of health, why blood sugar goes out of control, get solutions for balancing blood sugar with food in every meal and the key for change and implementing new habits.

**Computer Class for Adults:** Thursday, August 15 at 7:00 PM in Valley Forge Room. Learn the basics of Microsoft Word from saving and printing a document to formatting font, margins, bullets, and more! *MUST REGISTER.*

**Computer Class for Adults:** Thursday, August 22 at 7:00 PM. Interested in downloading pictures from your phone or camera to print, share, and enjoy? Check out this beginner's class on doing just that! Learn how to download photos to a flash

drive and access them for email and printing. *MUST REGISTER.*

**Knit Nite:** Monday, August 26 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 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 NewsBank from home? NewsBank is a comprehensive collection of reliable news sources covering a wide array of topics and issues. All you need is your Upper Merion Township Library card! Get detailed information by going to our website [www.umtownship.org/departments/library/elibrary/](http://www.umtownship.org/departments/library/elibrary/)

**Café Style WiFi 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.

**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.



## JUST FOR FUN

### MARRIAGE FUNNIES

A bookseller conducting a market survey asked a woman: "Which book has helped you most in your life?" The woman replied, "My husband's check book!!"

\*\*\*\*\*

A prospective husband in a book store: "Do you have a book called 'Husband: the Master of the House?'" Sales girl: "Sir, fiction and comics are on the 1st floor!"

\*\*\*\*\*

Someone asked an old man: "Even after 70 years, you still call your wife 'darling, honey, love.' What's the secret?" Old man: "I forgot her name and I'm scared to ask her."

\*\*\*\*\*

Pharmacist to customer: "Sir, please understand, to buy an anti-depression pill you need a proper prescription ... Simply showing marriage certificate and wife's picture is not enough!"

\*\*\*\*\*

There are 3 kinds of men in this world. Some remain single and make wonders happen. Some have girlfriends and see wonders happen. The rest get married and wonder what happened!

\*\*\*\*\*

Wives are magicians. They can change anything into an argument.

\*\*\*\*\*

When a married man says, "I will think about it," what he really means is that he doesn't know his wife's opinion yet.

### SOME VERY UNIMPORTANT FACTS

All 50 states are listed across the top of the Lincoln Memorial on the back of the \$5 bill.

\*\*\*

A dime has 118 ridges around the edge.

\*\*\*

A cat has 32 muscles in each ear.

\*\*\*

A goldfish has a memory span of three seconds.

\*\*\*

A "jiffy" is an actual unit of time for 1/100th of a second.

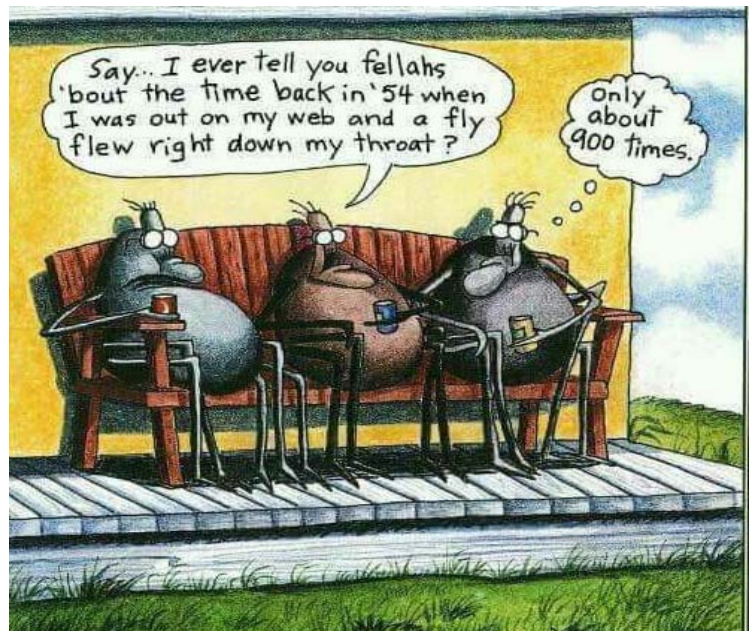
\*\*\*

A snail can sleep for three years.

\*\*\*

Al Capone's business card said he was a used furniture dealer.

\*\*\*

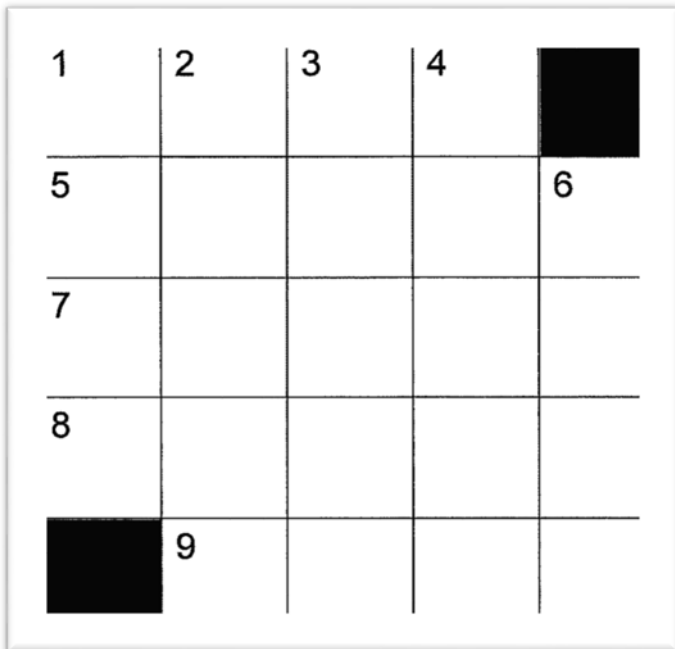


AT THE OLD SPIDERS HOME



I can't believe you still use a flip communicator.

### MINI CROSSWORD PUZZLE



#### ACROSS

- 1 SWARM
- 5 PLACES TO SHOWCASE
- 7 HOT SPOT
- 8 POISONOUS
- 9 SOAP INGREDIENTS

#### DOWN

- 1 DRY RUN
- 2 PRAISE
- 3 ADHESIVE
- 4 CINEMA SHOWING
- 6 JIFFS

### GORILLA

A gorilla walks into a bar and, to the amazement of the bartender, orders a martini.

When the bartender gives the gorilla the martini, he is further surprised to see that the ape is holding a \$20 bill.

The bartender takes the \$20 bill, then he decides to see just how smart the gorilla is, so he hands the gorilla \$1 change.

The gorilla quietly sips the martini until the bartender breaks the silence.

"We don't get too many apes in here," he says.

The gorilla replies, "At \$19 a drink, I'm not surprised."

### WORD SEARCH PUZZLES

#### LOOKING GOOD

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

- |              |           |       |
|--------------|-----------|-------|
| PERFUME      | HAIRSTYLE | BEARD |
| CURLING IRON | MOUSTACHE | SAUNA |
| EYE SHADOW   | STYLIST   | BRUSH |
| PERMANENT    | SHAMPOO   | RAZOR |
| WAXING       | BLOWDRYER | SPA   |
| GOATIE       | MAKEUP    | COMB  |
| HAIRCUT      | TRIM      |       |

## SUMMER FUN

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

FUN	FRIENDS	CAMPING
SNORKLING	REEF	BOATING
HIKING	PARTY	CAMPFIRE
LAKE	NIGHT SKY	FAMILY
SUMMER	CORAL	DRINKS
BEACH	FLOATING	POOL
WATER	SWIMMING	

## ONE LAST LAUGH



## THE END!

## CROSSWORD PUZZLE ANSWERS

1	T	2	E	3	E	4	M	■
5	E	X	P	O	6	S		
7	S	T	O	V	E			
8	T	O	X	I	C			
■	9	L	Y	E	S			



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### How much is your home worth?

As longtime residents of Upper Merion, we are proud to say we work where we live! Give us a call to discuss the value of your home today!



Dee Dee Reigh  
Assistant Broker  
Office: 610-265-0222  
Cell: 610-761-0482  
DDRReigh@aol.com



Cathy Simmons  
Realtor  
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<https://b-m.facebook.com/umssc.org/>

VISIT OUR WEBSITE: UMSSC.ORG



**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 premie 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.



**U.S. COAST GUARD DAY**  
**AUGUST 4**  
WE SALUTE COAST GUARD PERSONNEL TODAY & EVERY DAY. **SEMPER PARATUS! (ALWAYS READY)**



**NATIONAL HONEY BEE DAY**  
**AUGUST 17**  
NO BEES = NO FRUITS,  
NO NUTS, NO VEGETABLES



**WORLD DAFFODIL DAYS**  
**AUGUST 18**  
HELD TO RAISE AWARENESS OF CANCER & HOW TO AVOID IT.

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