

The Best of Times

AUGUST 2021



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



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

WE ARE BACK!

Greetings fellow members,

The Senior Center officially reopened on July 12. We were so excited to see the return of our members. Familiar faces give a sense of normalcy. Of course, we are still following safety measures. To enter the Senior Center and participate in any activities, members will need to be fully vaccinated and proof of vaccination (official vaccination card) must be presented upon entering. Masks are optional.

If you have any questions or concerns, please feel free to call me at 610-416-7431 or email rtmboater@aol.com. As always, I will be happy to hear from you.

Dick McCann

THANK YOU FOR YOUR DONATIONS TO THE SENIOR CENTER

We very much appreciate and thank our members for their generous contributions.

Thank you to the following members for their donations: Anna Gobbo, Anna and Carmine DeMenna and Barbara Miller.

KEEPING OUR MEMBERS INFORMED

Please refer to the calendar for all August activities. If you do not see the activity you would like to participate in, it may be suspended for the summer or there was not enough interest to continue it. Contact anyone in the office if you have questions.

While most activities have resumed we have not heard from anyone regarding the Garden Club. Garden Club members were in charge of maintaining the raised flower and herb beds on the patio. If you are already a participant in this activity and want to get it going again or if you have an interest in participating, please call or email Shirley (admin@umssc.org) or Peggy (pford@umssc.org) in the office and let us know so we can get it on the calendar.

The Finance Discussion Group, although listed on the July calendar, will be suspended until September. Book Talk has also suspended meeting until September. They will go back to meeting in person on Mondays at 1:00 PM. The UMSSC Band met in July and the decision was made to begin Band Practice in September. They will meet once a week on Tuesdays at 12:30 PM. Computer Club has resumed meeting in person on Tuesdays at 10:00 AM. Also this month, we welcome back the Persian Group who are meeting on the third Wednesday of the month at 10:00 AM.

A decision to resume Line Dancing has not been made.

SENIOR FARMERS' MARKET NUTRITION PROGRAM will start on August 2. Checks will be distributed Monday through Thursday (*ONLY*) from 10:00 AM to 1:30 PM. With proof of age (60+ in 2021) and residency (Montgomery County) and with a total household income within guidelines, you will receive, for 2021, checks

AUGUST 2021

SIMPLE THINGS ARE OFTEN THE MOST SATISFYING



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
	9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA (VIDEO)	9-11 WALK TRACK 10:00 COMPUTER CLUB 11:30 FUN & FITNESS 12:30 PINOCHLE 1:00 KNITTING/CROCHETING	10:00 BOARD MEETING 12:00 TAI CHI (VIDEO) 12:30 CANASTA	9-11 WALK TRACK 10:15 BINGO 11:30 FUN & FITNESS	9:30 PINOCHLE 10:00 SING-A-LONG CENTER CLOSSES AT NOON	
8	9	10	11	12	9	14
	9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA (VIDEO)	9-11 WALK TRACK 10:00 COMPUTER CLUB 11:30 FUN & FITNESS 12:30 PINOCHLE 1:00 KNITTING/CROCHETING	12:00 TAI CHI (VIDEO) 12:30 CANASTA	9-11 WALK TRACK 10:15 BINGO 11:30 FUN & FITNESS	9:30 PINOCHLE 10:00 SING-A-LONG CENTER CLOSSES AT NOON	
15	16	17	18	19	20	21
	9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA (VIDEO)	9-11 WALK TRACK 10:00 COMPUTER CLUB 11:30 FUN & FITNESS 12:30 PINOCHLE 1:00 KNITTING/CROCHETING	10:00 PERSIAN GROUP 12:00 TAI CHI (VIDEO) 12:30 CANASTA	9-11 WALK TRACK 10:15 BINGO 11:30 FUN & FITNESS	9:30 PINOCHLE 10:00 SING-A-LONG CENTER CLOSSES AT NOON	
22	23	24	25	26	23	28
	9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA (VIDEO)	9-11 WALK TRACK 10:00 COMPUTER CLUB 11:30 FUN & FITNESS 12:30 PINOCHLE 1:00 KNITTING/CROCHETING	12:00 TAI CHI (VIDEO) 12:30 CANASTA	9-11 WALK TRACK 10:15 BINGO 11:30 FUN & FITNESS	9:30 PINOCHLE 10:00 SING-A-LONG CENTER CLOSSES AT NOON	
29	30	31				
	9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA (VIDEO)	9-11 WALK TRACK 10:00 COMPUTER CLUB 11:30 FUN & FITNESS 12:30 PINOCHLE 1:00 KNITTING/CROCHETING		BEGINNING AUGUST 2ND FARMERS MARKET CHECKS AVAILABLE MONDAY THRU THURSDAY 10:00 TO 1:30 ONLY		

totaling \$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 until November 30, 2021

UM LIBRARY PROGRAMS FOR AUGUST

Sangeetha will lead a **Zoom Basic Computer Class** on Thursday, August 12 and August 26. YOU MUST REGISTER at the library to receive zoom links.

ESL Class via Zoom (English as a Second Language Conversation Group): No registration required. The group will meet every Tuesday at 12:00 PM online via Zoom until further notice. The same zoom link below will be used every week. Please log in 5 minutes before the class.

August Financial Series: Must register at the library to receive zoom link.

Annuities 101: Tuesday, August 3 at 6:30 PM.

Job Transitioning: Tuesday, August 17 at 6:30 PM.

Understanding Your Retirement Road Map: Thursdays August 5, 12, 19 and 26 at 6:30 PM.

Summer Reading Program For Seniors: Continues. Check our website to submit your reviews online or visit us in person to register/review to win exciting prizes.

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

DID YOU KNOW?

DOG DAYS OF SUMMER

Wow, it's sure hot and muggy. That's because we're in the Dog Days of Summer, the hottest, muggiest days of the year. As the song goes "roll out those lazy, hazy, crazy days of summer". If you are feeling the effects of hot, muggy, sultry, "weather that you can wear", you can be certain that you are in the Dog Days of Summer. It is also a period of drought and occasional strong thunderstorms. By definition, the Dog Days Summer are the hottest and steamiest part of summer. Typically, this is the period when Sirius, the Dog Star, rises at the same time as the Sun, from July 3 -August 11.

When the Dog Days of Summer arrive it's time to do those memorable summer time activities that help us to keep our cool. They include:

- ✓ Take a dip in the pool.
- ✓ Go to the beach or to the lake.
- ✓ Take the grandkids to a water park.
- ✓ Watch the sultry days go by in a cozy hammock.
- ✓ Laze under a shady tree.
- ✓ Quaff your thirst with a frozen summer drink.
- ✓ Go to an evening baseball game.

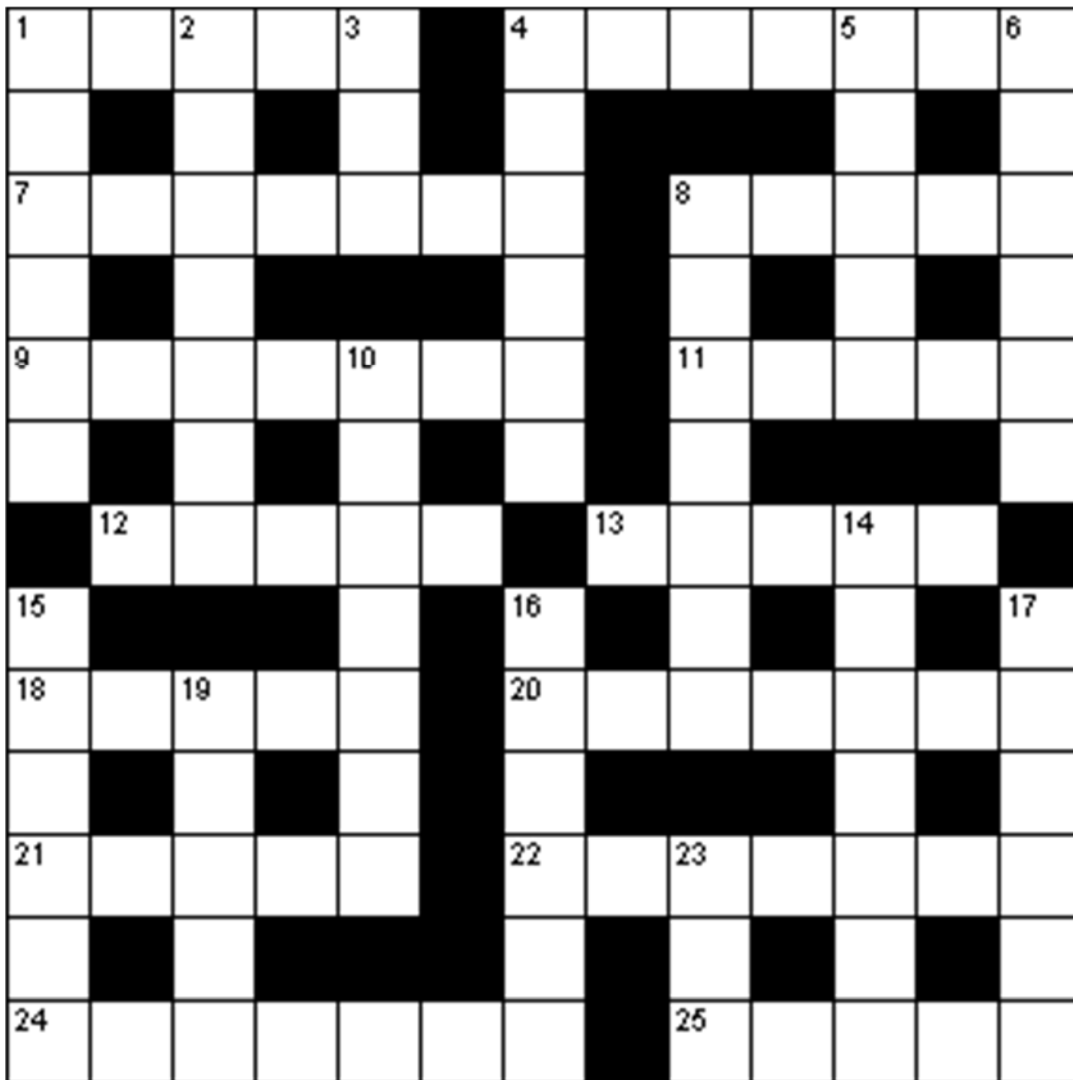
Whatever your favorite pastime for the Dog Days of Summer, we do not believe it should be spent indoors all day long, in air-conditioned comfort. Rather, get out and enjoy the hot weather while it is here. After all, the days are already growing shorter, and you know what that ultimately leads to...



CROSSWORDS

(answers on page 7)

CATCH-WORDS - 14



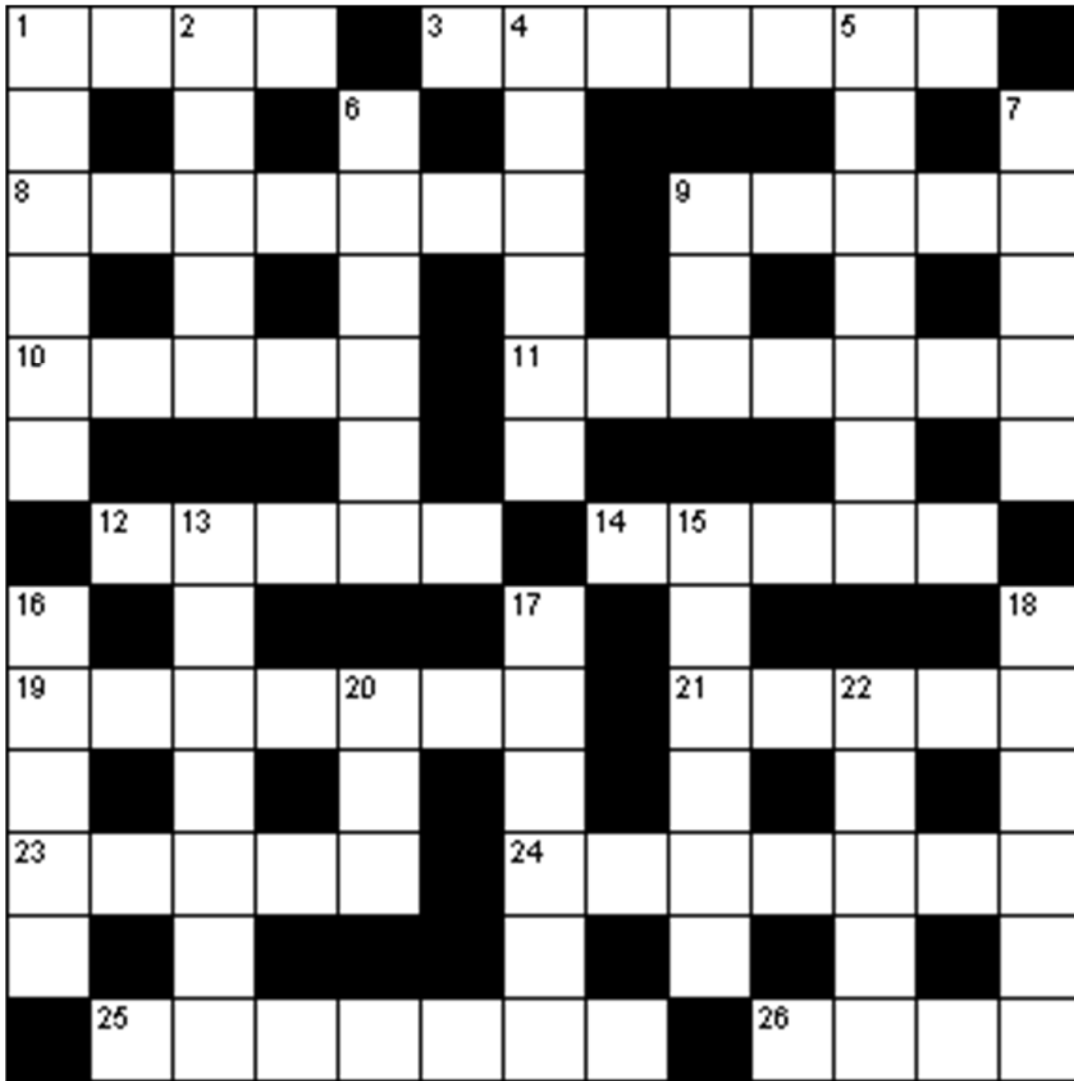
ACROSS

1. ___ Sam (5)
4. The ___ of power (7)
7. ___ dealing (7)
8. The lesser of two ___ (5)
9. A solar or lunar ___ (7)
11. Less ___, more speed (5)
12. Business as ___ (5)
13. A chip off the old ___ (5)
18. Too many cooks spoil the ___ (5)
20. ___ makes the heart grow fonder (7)
21. Bright ___ (5)
22. Questions and ___ (7)
24. The ___ article (7)
25. Skull and cross ___ (5)

DOWN

1. ___ we stand (6)
2. Building ___ in the air (7)
3. At a loose ___ (3)
4. A ___ of laughs (6)
5. Hard as ___ (5)
6. ___ said than done (6)
8. Inhales and ___ (7)
10. ___ and cream (7)
14. To whom it may ___ (7)
15. ___ and flowing (6)
16. ___ limitation (6)
17. The lion, king of ___ (6)
19. A drop in the ___ (5)
23. A ___ story (3)

CATCH-WORDS 15



ACROSS

1. A ___ in one (4)
3. ___ is the spice of life (7)
8. ___ and dearest (7)
9. Song & ___ man (5)
10. Sooner or ___ (5)
11. Imports and ___ (7)
12. Beauty and the ___ (5)
14. Writer's ___ (5)
19. ___ begins at home (7)
21. ___ and volley (5)
23. An ___ a day keeps the doctor away (5)
24. ___ and spills (7)
25. A warm ___ (7)
26. ___ - friendly (4)

DOWN

1. ___ with care (6)
2. Last but not ___ (5)
4. National ___ (6)
5. Temper ___ (7)
6. ___ and flowers (6)
7. A sixth ___ (5)
9. Lucky ___ (3)
13. Lead by ___ (7)
15. The last ___ (6)
16. A drop in the ___ (5)
17. You can't beat the ___ (6)
18. Brain - ___ (6)
20. As cold as ___ (3)
22. ___ the roost (5)

WORD SEARCH PUZZLE

AMERICANA

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

ANNIE OAKLEY, BAT MASTERSON, BILLY THE KID, BOOT HILL,
BUFFALO BILL, CALAMITY JANE, COCHISE, DANIEL BOONE,
DAVY CROCKETT, DOC HOLLIDAY, DODGE CITY, GENERAL CUSTER,
GERONIMO, GOLD RUSH, JAMES BOWIE, JESSE JAMES,
KIT CARSON, OREGON TRAIL, PAT GARRETT, PIONEER,
PONY EXPRESS, PROSPECTOR, SITTING BULL, STAGECOACH,
WAGON TRAIN, WILD WEST, WINCHESTER, WYATT EARP.

JUST FOR LAUGHS

MOPED VS. FERRARI

An elderly man on a Moped, looking about 90 years old, pulls up next to a doctor at a street light.

The old man looks over at the sleek shiny car and asks, "What kind of car ya got there, sonny?"

The doctor replies, "A Ferrari GTO. It cost half a million dollars!"

"That's a lot of money," says the old man. "Why does it cost so much?" "Because this car can do up to 220

miles an hour!" states the doctor proudly. The Moped driver asks, "Mind if I take a look inside?"

"No problem," replies the doctor.

So the old man pokes his head in the window and looks around. Then, sitting back on his Moped, the old man says, "That's a pretty nice car, all right.... but I'll stick with my Moped!"

Just then the light changes, so the doctor decides to show the old man just what his car can do. He floors it, and within 30 seconds the speedometer reads 150 mph. Suddenly, he notices a dot in his rear view mirror. It seems to be getting closer! He slows down to see what it could be and suddenly WHOOOSSSHHH!

Something whips by him going much faster! "What on earth could be going faster than my Ferrari?" the doctor asks himself. He presses harder on the accelerator and takes the Ferrari up to 180 mph.

Then, up ahead of him, he sees that it's the old man on the Moped!

Amazed that the Moped could pass his Ferrari, he gives it more gas and passes the Moped at 200 mph and he's feeling pretty good until he looks in his mirror and sees the old man gaining on him AGAIN!

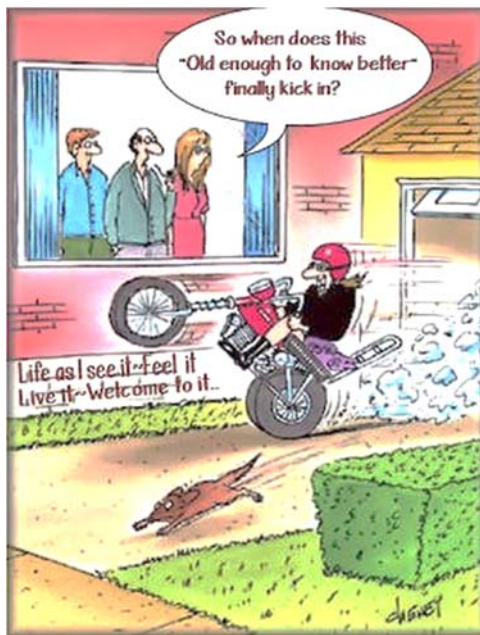
Astounded by the speed of this old guy, he floors the gas pedal and takes the Ferrari all the way up to 220 mph.

Not ten seconds later, he sees the Moped bearing down on him again! The Ferrari is flat out, and there's nothing he can do! Suddenly, the Moped plows into the back of his Ferrari, demolishing the rear end.

The doctor stops and jumps out and unbelievably the old man is still alive.

He runs up to the banged-up old guy and says, "I'm a doctor.... Is there anything I can do for you?"

The old man whispers, "Unhook my suspenders from your side view mirror!"



CROSSWORD ANSWERS



To All!

*Be Loving and Kind, Have Fun and Celebrate
Stay Safe and Keep Others Safe.*



Stay Cool!

