

The Best of Times

AUGUST 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

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

NEWS AROUND THE CENTER

It's the good ole' summertime and the Senior Center is open and activities are still happening. Some activities are on hiatus for the summer but we still have enough going on to keep our members out of the hot, humid weather. *If your favorite activity is on a summer break now's the time to try something new!*

The patio is always available for our members to use and it is a nice for those who like to be outdoors and don't mind the heat. You could bring your lunch and enjoy it out on patio or you could sit outside to read a book or chat with friends. Umbrellas are ready to go up!

If you have been out on the patio recently you may have noticed we now have a "garden shed". It was put up by Jerry Testa, the guy who takes care of everything at the Senior Center and the Community Center. *Thank you Jerry!!*

We extend special thanks to our members who have been knitting squares for the *LINUS PROJECT*. A total of 74 afghans were assembled with the knitted squares and donated to cancer patients. Thanks to Joan Banas for managing this project at the Senior Center. *This program will start up again in the fall.*

There was a power outage at the Senior Center on July 7, but rather than cancel Bingo game and Fun & Fitness exercise class, our members decided to tough it out and go on with their activities. Bingo was played the old fashioned way with a bingo roll cage thanks to Maryann Keller who summoned her husband to bring their game from home. Thanks also to the member who volunteered to call numbers. For the Fun & Fitness, which is done with music, we found batteries for the boom box and members braved the lack of air conditioning and exercised. *Just goes to show that when the going gets tough, seniors get tougher!*

As always, we thank our favorite Upper Merion Twp. Library for providing the Senior Center with large-print books. We just recently received a batch of new books. Thank you Laura and Linda for always coming through for us. The newest book selection can be found on the cart in our library.

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. *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 AUGUST 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. *Proof of vaccination is still being enforced at the Senior Center; however, masks are optional.*

THE FOLLOWING ACTIVITIES ARE SUSPENDED FOR THE MONTH OF AUGUST:

General Meetings, Book Talk, Mah Jongg, Mexican Train (Dominos), Monday Matinee and Line Dance. All will resume in September.

IMPORTANT REMINDER TO BAND MEMBERS: No band practice on August 30.

AUGUST 2022

SIMPLE THINGS ARE OFTEN THE MOST SATISFYING



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 10:00 MAH-JONGG (<i>ON HIATUS</i>) 10:30 CURRENT EVENTS (<i>ALSO ON ZOOM</i>) 12:30 MEXICAN TRAIN (<i>ON HIATUS</i>)	2 9-11 WALK TRACK 10:00 BOARD MEETING 11:30 FUN & FITNESS 12:30 PINOCHLE 12:30 BAND PRACTICE	3 11:00 CELL PHONE & COMPUTER HELP 12:00 ZOOM NEIGHBOR TO NEIGHBOR 12:30 CANASTA 1:00 LINE DANCING (<i>ON HIATUS</i>)	4 9-11 WALK TRACK 10:15 BINGO 11:30 FUN & FITNESS	5 10:30 SING-A-LONG	6
7	8 10:00 MAH-JONGG (<i>ON HIATUS</i>) 10:30 CURRENT EVENTS (<i>ALSO ON ZOOM</i>) 12:30 MEXICAN TRAIN (<i>ON HIATUS</i>)	9 9-11 WALK TRACK 11:30 FUN & FITNESS 12:30 PINOCHLE 12:30 BAND PRACTICE	10 11:00 CELL PHONE & COMPUTER HELP 12:00 ZOOM NEIGHBOR TO NEIGHBOR 12:30 CANASTA 1:00 LINE DANCING (<i>ON HIATUS</i>)	11 9-11 WALK TRACK 9:30-12 NURSE 10:15 BINGO 11:30 FUN & FITNESS	12 10:30 SING-A-LONG	13
14	15 10:00 MAH-JONGG (<i>ON HIATUS</i>) 10:30 CURRENT EVENTS (<i>ALSO ON ZOOM</i>) 12:30 MEXICAN TRAIN (<i>ON HIATUS</i>)	16 9-11 WALK TRACK 11:30 FUN & FITNESS 12:30 PINOCHLE 12:30 BAND PRACTICE	17 11:00 CELL PHONE & COMPUTER HELP 12:00 ZOOM NEIGHBOR TO NEIGHBOR 12:30 CANASTA 1:00 LINE DANCING (<i>ON HIATUS</i>)	18 9-11 WALK TRACK 10:15 BINGO 11:30 FUN & FITNESS	19 10:30 SING-A-LONG	20
21	22 10:00 MAH-JONGG (<i>ON HIATUS</i>) 10:30 CURRENT EVENTS (<i>ALSO ON ZOOM</i>) 12:30 MEXICAN TRAIN (<i>ON HIATUS</i>)	23 9-11 WALK TRACK 11:30 FUN & FITNESS 12:30 PINOCHLE 12:30 BAND PRACTICE	24 11:00 CELL PHONE & COMPUTER HELP 12:00 ZOOM NEIGHBOR TO NEIGHBOR 12:30 CANASTA 1:00 LINE DANCING (<i>ON HIATUS</i>)	25 9-11 WALK TRACK 10:15 BINGO 11:30 FUN & FITNESS 1:00 QUILTING	26 10:30 SING-A-LONG	27
28	29 10:00 MAH-JONGG (<i>ON HIATUS</i>) 10:30 CURRENT EVENTS (<i>ALSO ON ZOOM</i>) 12:30 MEXICAN TRAIN (<i>ON HIATUS</i>)	30 9-11 WALK TRACK 11:30 FUN & FITNESS 12:30 PINOCHLE 12:30 NO BAND PRACTICE TODAY	31 11:00 CELL PHONE & COMPUTER HELP 12:00 ZOOM NEIGHBOR TO NEIGHBOR 12:30 CANASTA 1:00 LINE DANCING (<i>ON HIATUS</i>)			

PHONE AND COMPUTER HELP: Sangeetha and her Upper Merion High School student volunteers will be at the Senior Center every WEDNESDAY (August 3, 10, 17 & 24) to help with questions or problems you have with your cell phones or computers.

BLOOD PRESSURE CHECK: THURSDAY, AUGUST 11 at 9:30 AM-12:00 PM. Main Line Health Nurse will check your blood pressure.

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

QUILTING: Quilters will meet on the THURSDAY, AUGUST 25 at 1:00 PM in the Craft Room. *Questions? Contact Ethel Hutchinson 610-265-6495 or Hutchinson.ethel63@gmail.com.*

BINGO CALLER: We are searching for a volunteer to be an *alternate* in running the Bingo Activity. This volunteer would run the computer program designed by one of our members (Howard Rosenblum) to call the bingo numbers. Bingo is held every Thursday from 10:15 AM until 12:15 PM. If you are interested in volunteering let a staff member know. Howard will instruct you on running the program.

EXCURSION DATES

PAYMENT & PROOF OF VACCINATION FOR ALL TRIPS MUST BE PRESENTED WHEN YOU REGISTER FOR ANY TRIP.

THURSDAY SEPTEMBER 15, 2022. Join us for a car pool trip to Fonthill Museum in Doylestown, Pa to see three floors of decorative ceramic tile artistry. We will stop for lunch (not included in price). Car pool departs from upper pool parking lot at 9:30 AM. COST: MEMBERS \$15.00 and NON-MEMBERS \$18.00. You must complete a registration form (found in the lobby). ***PLEASE NOTE: THERE IS NO ELEVATOR.***

THURSDAY, OCTOBER 13. Bus trip to Bucks County Playhouse to see “EVITA”. Lunch on your own in historic New Hope prior to show. ***TICKET SALES BEGIN MONDAY, AUGUST 8 AND ARE LIMITED!***

HAPPY AUGUST BIRTHDAYS!

8/2 Marie Royds	8/7 Jean Ehlinger	8/18 Ming Ming Chua
8/2 Ann Zugay	8/10 Linda Culbertson	8/21 Elizabeth Marren
8/3 Connie Touhey	8/10 Marilyn Drucker	8/22 Catherine Tornetta
8/4 Barbara Hamill	8/10 Martin Trumpler	8/24 Christine Morello
8/4 James Scancelli	8/12 Anna Marie Mich	8/24 Patricia Neary
8/5 Carolyn Hammond	8/13 Rose Garibian	8/25 Judith Wise
8/5 John Matulis	8/13 Michael Marley	8/27 Faith Shepard
8/5 Deborah Nasielski	8/14 Jae Kim	8/28 Bernie Eastman
8/5 Paul Nemeth	8/17 Ed Petersohn	8/30 John Moore

UM LIBRARY PROGRAMS FOR AUGUST 2022

(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 Thursday, August 11 & 25 at 11:00 AM. *Must register at the library to register to receive zoom links.*

SUMMER READING PROGRAM FOR SENIORS: Ends Friday, August 19. Read, register, and review to win great prizes. Paper forms are available at the library or visit our website www.umtownship.org/library to enter online.

PHOTO ORGANIZING WITH DARLA: Monday August 1 at 6:30 PM in Freedom Hall. A “not to miss” presentation. Learn how to organize photos. This presentation will focus on paper photos and memorabilia, digital photos, or the whole gamut of old-to-new. Darla will teach the attendees to organize photos *WITHOUT THE NEED TO PURCHASE ANY SOFTWARE.*

TECH NIGHT: Resumes in person. One on one tech help session meets first Monday of every month at 6:30 PM (August 1). 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.*

NATIONAL NIGHT OUT: Tuesday, August 2 from 6:00 PM to 7:30 PM. Stop by the library information table at the *SWEET BRIAR LOCATION* to say hi to our high school volunteers who will be sharing information on our upcoming programs and services.

SUMMER ESL CLASS (English as a Second Language Conversation Group): No registration required. Group meets in person *every Tuesday in August at 6:00 PM* in Valley Forge Room. Participants **MUST** wear a mask at all times and social distance will be maintained.

FAMILY BOARD GAME EVENT: Stop by the library anytime on Monday August 8 between 3:00 PM and 8:00 PM with your family to enjoy games of all kinds! We'll have several board games, but feel free to bring your own too.

VIRTUAL CAREER SERIES: Scheduled for 3rd Monday of month (August 15) at 6:00 PM. Please check our online calendar for topics to be discussed each month. *Must register to receive zoom link.*

KNIT NITE: Resumes in person. The group meets 4th Monday of the month ([August 22](#)) 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.

DID YOU KNOW **CRAZY FACTS**

1. Humans are the only animals that enjoy spicy foods.
2. Humans are also the only animals whose brains shrink.
3. Potato chips cause more weight gain than any other food.
4. Bananas can't reproduce.
5. it's impossible to hum while you hold your nose.
6. The least interesting day in history was April 11, 1954.
7. Bigger forks lead you to eat less.
8. The longest-living insect is the termite.
9. Chewing gum after a meal reduces heartburn.
10. Dogs can smell cancer.
11. Bees can detect bombs.
12. The world's biggest tire producer is Lego.
13. The longest word you can type with just your left hand is "sweaterdresses".
14. Naps could save your life.
15. You sleep deeper on a hammock than a bed.
16. Newborns don't shed tears.

ICE CREAM IN AMERICA (from a PBS Article)

It is impossible to say how exactly ice cream reached America, but it likely arrived with European settlers in the early 1700s. By this time, several books on confectionery had been produced and included recipes for ices and ice cream. Housewives would serve these treats to guests in the shape of vegetables, fruits and animals, thanks to special ice cream molds. In 1790, the first ice cream parlor opened in New York. During the summer of the same year, our first president, George Washington, is said to have spent \$200 to satisfy his craving for the refreshing treat. Inventory records of his Mt. Vernon home also indicate that he owned several ice cream pots made from tin and pewter. Thomas Jefferson is said to have kept several ice houses, able to hold up to 62 wagonloads of ice, along with copious amounts of ice cream. Even the Lincolns had a taste for the cold stuff. Before and during his presidency, Abraham Lincoln's wife Mary Todd frequently hosted strawberry parties for

friends in both Springfield, Illinois and Washington to celebrate berry season. Fresh ripe strawberries were served with cake and you guessed it ice cream.

Though its history spans worldwide and over centuries, ice cream has made itself quite comfortable in America, becoming one of the most popular desserts in the country. A staggering 9% of American cow s milk production is dedicated to ice cream. Apple pie might be the most traditionally American dessert, but what is served as its most popular sidekick? Vanilla ice cream, of course! This creamy iced treat has firmly planted itself in the hearts of foodies across America.

3 INGREDIENT VANILLA ICE CREAM (EASY)

2 Cups heavy cream

1 (14oz). Can Sweetened Condensed Milk

2 Tbsps. Vanilla Extract

Beat cream with mixer until soft peaks show. Beat in condensed milk and vanilla extract. Pour into a loaf pan, cover with plastic wrap directly on mixture and freeze for at least 7 hours.

JUST FOR LAUGHS

CHICKEN SALE

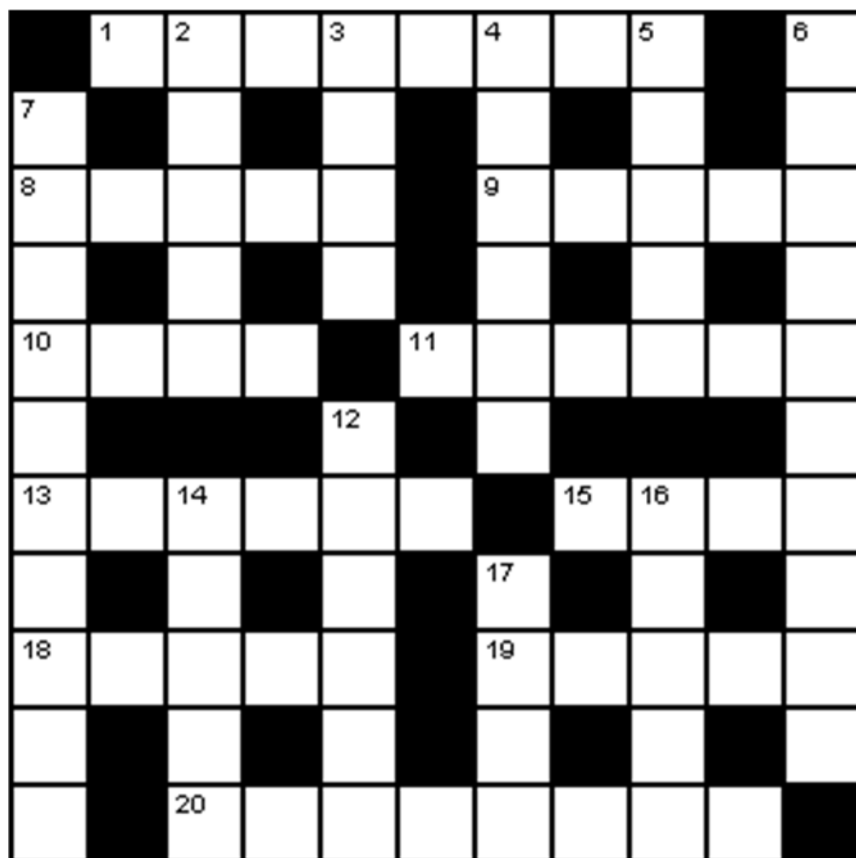
Our supermarket had a sale on boneless chicken breasts, and a woman I know intended to stock up. At the store, however, she was disappointed to find only a few skimpy prepackaged portions of the poultry, so she complained to the butcher. "Don't worry, lady," he said. "I'll pack some more trays and have them ready for you by the time you finish shopping." Several aisles later, my friend heard the butcher's voice boom over the public-address system: "Will the lady who wanted bigger breasts please meet me at the back of the store."



"Give me your hand... I ran out of cones."

FUN AND GAMES

QUICK CROSSWORD (answers on page 8)



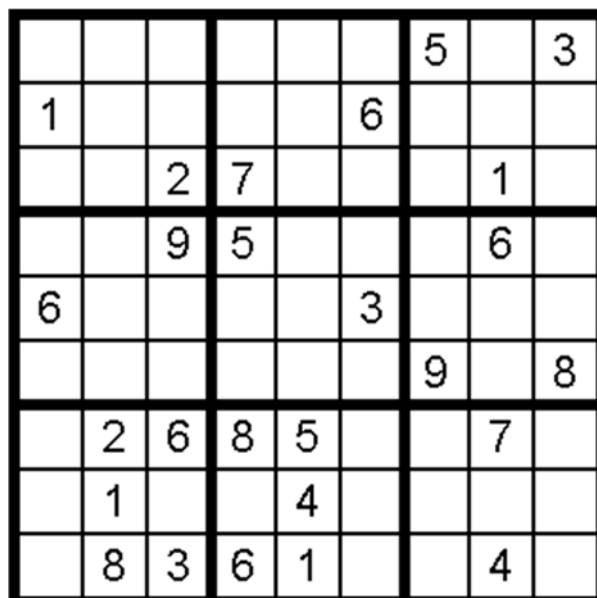
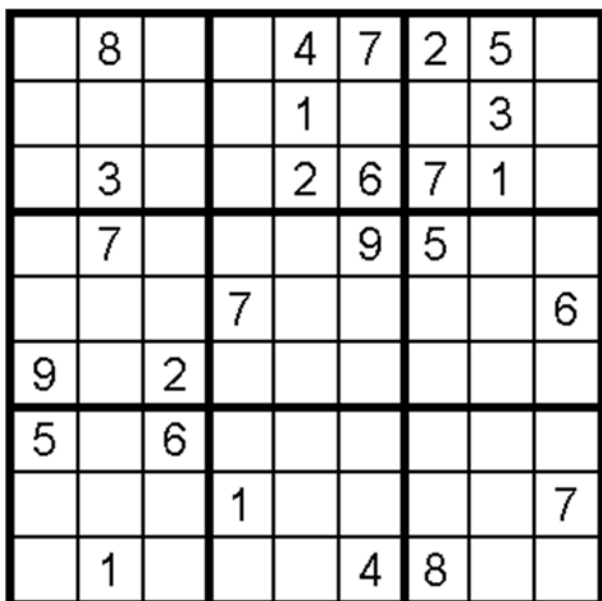
ACROSS

1. Anteater (8)
8. Common (5)
9. Regions (5)
10. Employed (4)
11. Nearer (6)
13. Sartor (6)
15. Overt (4)
18. Mediterranean fruit (5)
19. Dialect (5)
20. List of technical terms (8)

DOWN

2. Intense (5)
3. Aromatic herb (4)
4. Capable of being cultivated (6)
5. Retains (5)
6. Epicure (10)
7. Riotous (10)
12. Spanish dance (6)
14. Cake topping (5)
16. Earlier (5)
17. Prejudice (4)

SUDOKU (answers on page 8). The rules of Sudoku are simple. Place digit from 1 to 9 in each empty cell so every row, every column, and every 3 x 3 box contains the digits 1 to 9



WORD SEARCH
ANYONE FOR TENNIS?



Alexander Zverev, Andy Murray, David Goffin, Diego Schwartzman,
Dominic Thiem, Fabio Fognini, Grigor Dimitrov, Hyeon Chung,
Jack Sock, John Isner, Juan Martin del Potro, Kevin Anderson,
Kyle Edmund, Marin Cilic, Novak Djokovic, Pablo Carreno Busta,
Rafael Nadal, Roberto Bautista Agut, Roger Federer, Sam Querrey,
Tomas Berdych.

Be loving and kind, have fun and celebrate. Stay safe and keep others safe. Enjoy the summer!



GRACIAS! THANKS! DANKE! MERCI!

★Special thanks to SALVATORE'S TRATTORIA & PIZZERIA for 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.



CROSSWORD ANSWERS

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

SUDOKU ANSWERS

6	8	1	3	4	7	2	5	9	8	6	7	4	2	1	5	9	3		
7	2	9	8	1	5	6	3	4	3	9	2	7	8	5	4	1	6		
4	3	5	9	2	6	7	1	8	1	7	3	4	6	9	5	8	2		
8	5	4	7	3	2	1	9	6	8	5	4	7	3	2	1	9	6		
9	6	2	5	8	1	4	7	3	5	9	6	2	7	8	3	4	1		
5	9	6	2	7	8	3	4	1	2	4	8	1	5	3	4	2	6	8	9
2	4	8	1	5	3	9	6	7	9	8	3	6	1	7	2	4	5		
3	1	7	6	9	4	8	2	5	4	2	6	8	5	9	3	7	1		
8	6	7	4	2	1	5	9	3	7	1	5	3	4	2	6	8	9		
1	5	4	9	3	6	8	2	7	6	4	8	1	9	3	7	5	2		
3	9	2	7	8	5	4	1	6	5	7	1	2	6	4	9	3	8		
2	3	9	5	7	8	1	6	4	4	2	6	8	5	9	3	7	1		
6	4	8	1	9	3	7	5	2	7	1	5	3	4	2	6	8	9		
5	7	1	2	6	4	9	3	8	9	8	3	6	1	7	2	4	5		
4	2	6	8	5	9	3	7	1	8	6	7	4	2	1	5	9	3		
7	1	5	3	4	2	6	8	9	6	4	8	1	9	3	7	5	2		
9	8	3	6	1	7	2	4	5	5	9	6	2	7	8	3	4	1		