

The Best of Times

AUGUST 2023



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/>

The year is moving along quickly, being August already. The members of the Center have been highly active this year, hopefully enjoying their favorite activities. We will resume several activities in September which have been on hiatus for the summer months. Line Dancing, Mahjong, and Monday Matinee will resume, and I am sure the participants look forward to the return of these activities. Check out the September calendar for when those activities resume. In preparation and to help our members make plans, this month's newsletter will include the August and September calendars. More activities will be added as they are scheduled so make sure to check the updated September calendar when it comes with the September newsletter.

Just a reminder to take advantage of Tech Help. If you have any challenges or questions about using your iPhone, iPad or you need to know how to Google on your laptop computer, Sangeetha is here to make this technology and all it has to offer easier to use.

August 21st is National Senior Citizens Day, recognizing the achievements of the more mature representatives of our nation. The day provides an opportunity to show our appreciation for the dedication, accomplishments, and services given throughout their lives. The Center will host an Ice Cream Social on Monday, August 21st from 1:00 to 2:30 PM in celebration of our seniors. Please sign up in the lobby to attend.

Looking ahead to September, we are planning something a little different. A Mocktails and Appetizer gathering will be held Thursday, September 14th. The time for the party will be from 4:00-6:00 PM. Save the date and hope for a fair-weather day to enjoy time on the patio with fellow members. Watch for more details in next month's newsletter.

Many thanks to Tina Garzillo, Chairperson of the UM Supervisors, for coming to talk to us about what's happening in the township. Tina has also supported our Garden Club with a donation of plantings. We appreciate her support of the Center.

Hope you enjoy the remainder of our summer months. See you around the Center.

Sharon Brzoska, President

WHAT'S HAPPENING AT THE CENTER

I SCREAM, YOU SCREAM. WE ALL SCREAM FOR ICE CREAM!!



PLEASE JOIN US ON MONDAY AUGUST 21 AS WE CELEBRATE NATIONAL SENIOR CITIZENS DAY WITH AN ICE CREAM SOCIAL from 1:00 PM to 2:30 PM. THIS IS OUR DAY!

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.

IMPORTANT NOTICE FOR FUN & FITNESS PARTICIPANTS: In Judy's absence, Don Nee will be teaching classes on August 1 and August 3.




AUGUST 2023

“ FOCUS ON THE STEP IN FRONT OF YOU NOT THE ENTIRE STAIRCASE “

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 9 -3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:30 FUN & FITNESS (DON NEE) 12:30 PINOCHLE 12:30 BAND PRACTICE	2 9-3 WALK THE TRACK 12:00 TECH HELP 12:00 NEIGHBOR TO NEIGHBOR ON ZOOM 12:30 CANASTA 12:30 LINE DANCING <i>(ON HIATUS)</i> 12:30 TAI CHI FOR ARTHRITIS GROUP #1 1:45 TAI CHI GROUP #2	3 9-3 WALK THE TRACK 10:15 BINGO 11:30 FUN & FITNESS (DON NEE) 12:30-2:30 MAH JONGG <i>(ON HIATUS)</i>	4 9-3 WALK THE TRACK 10:30 SING-A-LONG	5
6	7 9-3 WALK THE TRACK 11:00 CURRENT EVENTS (ALSO ON ZOOM) 12:30 MEXICAN TRAIN	8 9 -3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:30 FUN & FITNESS 12:30 PINOCHLE	9 9-3 WALK THE TRACK 12:00 NEIGHBOR TO NEIGHBOR ON ZOOM 12:30 CANASTA 12:30 LINE DANCING <i>(ON HIATUS)</i> 12:30 TAI CHI GROUP #1 1:45 TAI CHI GROUP #2	10 9- 3 WALK THE TRACK 9:30 TO 12:00 NURSE 10:15 BINGO 11:30 FUN & FITNESS 12:30-2:30 MAH JONGG <i>(ON HIATUS)</i>	11 9-3 WALK THE TRACK 10:30 SING-A-LONG	12
13	14 9-3 WALK THE TRACK 11:00 CURRENT EVENTS (ALSO ON ZOOM) 12:30 MEXICAN TRAIN 12:30 COFFEE WITH UM TAX COLLECTOR EVELYN ANKERS	15 9 -3 WALK THE TRACK 10:00 BOARD MEETING 10:00-11:30 RUMMIKUB 11:30 FUN & FITNESS 12:30 PINOCHLE 12:30 BAND PRACTICE	16 9-3 WALK THE TRACK 12:00 NEIGHBOR TO NEIGHBOR ON ZOOM 12:00 TECH HELP 12:30 CANASTA 12:30 LINE DANCING <i>(ON HIATUS)</i> 12:30 TAI CHI GROUP #1 1:45 TAI CHI GROUP #2	17 9-3 WALK THE TRACK 10:15 BINGO 11:30 FUN & FITNESS 12:30-2:30 MAH JONGG <i>(ON HIATUS)</i>	18 9-3 WALK THE TRACK 10:30 SING-A-LONG	19
20 NATIONAL SENIOR CITIZENS DAY AUG. 21	21 9-3 WALK THE TRACK 11:00 CURRENT EVENTS (ALSO ON ZOOM) 12:30 MEXICAN TRAIN 1:00-2:30 ICE CREAM SOCIAL	22 9 -3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:30 FUN & FITNESS 12:30 PINOCHLE 12:30 BAND PRACTICE	23 9-3 WALK THE TRACK 12:00 NEIGHBOR TO NEIGHBOR ON ZOOM 12:30 CANASTA 12:30 LINE DANCING <i>(ON HIATUS)</i> 12:30 TAI CHI GROUP #1 1:45 TAI CHI GROUP #2	24 9-3 WALK THE TRACK 10:15 BINGO 11:30 FUN & FITNESS 12:30-2:30 MAH JONGG <i>(ON HIATUS)</i> 1:00 QUILTING	25 9-3 WALK THE TRACK 10:30 SING-A-LONG	26
27	28 9-3 WALK THE TRACK 11:00 CURRENT EVENTS (ALSO ON ZOOM) 12:30 MEXICAN TRAIN	29 9 -3 AM WALK THE TRACK 10:00-11:30 RUMMIKUB 11:30 FUN & FITNESS 12:30 PINOCHLE 12:30 BAND PRACTICE	30 9-3 WALK THE TRACK 12:00 NEIGHBOR TO NEIGHBOR ON ZOOM 12:30 CANASTA 12:30 LINE DANCING <i>(ON HIATUS)</i> 12:30 TAI CHI GROUP #1 (FINAL SESSION) 1:45 TAI CHI GROUP #2 (FINAL SESSION)	31 9 - 3 WALK THE TRACK 10:15 BINGO 11:30 FUN & FITNESS 12:30-2:30 MAH JONGG <i>(ON HIATUS)</i>		

SEPTEMBER 2023

“ IMPERFECTION IS INDIVIDUALITY ”

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	TENTATIVE SCHEDULE AS OF AUGUST 1				¹ SENIOR CENTER CLOSED FOR LABOR DAY HOLIDAY	²
³	⁴ CLOSED FOR LABOR DAY  Labor Day	⁵ 9 -3 WALK THE TRACK 10:00 BOARD MEETING 10:00-11:30 RUMMIKUB 11:30 FUN & FITNESS 12:30 PINOCHLE	⁶ 9-3 WALK THE TRACK 12:00 TECH HELP 12:00 NEIGHBOR TO NEIGHBOR ON ZOOM 12:30 CANASTA 12:30 LINE DANCING IS BACK	⁷ 9 - 3 WALK THE TRACK 10:15 BINGO 11:30 FUN & FITNESS	⁸ 9-3 WALK THE TRACK 10:30 SING-A-LONG	⁹
¹⁰ GRAND PARENTS DAY	¹¹ 9-3 WALK THE TRACK NOTE NEW DAY & TIME 9:45 -12:15 MAH JONGG 11:00 CURRENT EVENTS (ALSO ON ZOOM) 11:30 MONDAY MATINEE RETURNS 12:30 MEXICAN TRAIN PATRIOT DAY	¹² 9 -3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:30 FUN & FITNESS 12:30 PINOCHLE 12:30 BAND PRACTICE	¹³ 9-3 AM WALK THE TRACK 11:00 GENERAL MEETING 12:00 NEIGHBOR TO NEIGHBOR ON ZOOM 12:30 CANASTA 12:30 LINE DANCING	¹⁴ 9-3 WALK THE TRACK 9:30-12 NURSE 10:15 BINGO 11:30 FUN & FITNESS 4:00 TO -6:00 PM MOCTAILS AND APPETIZERS	¹⁵ 9-3 WALK THE TRACK 10:30 SING-A-LONG	¹⁶ ROSH HASHANAH
¹⁷	¹⁸ 9-3 WALK THE TRACK 9:45-12:15 MAH JONGG 11:00 CURRENT EVENTS (ALSO ON ZOOM) 12:30 MEXICAN TRAIN 1:00 BOOK TALK	¹⁹ 9 -3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:30 FUN & FITNESS 12:30 PINOCHLE 12:30 BAND PRACTICE	²⁰ 9-3 WALK THE TRACK 12:00 NEIGHBOR TO NEIGHBOR ON ZOOM 12:00 TECH HELP 12:30 CANASTA 12:30 LINE DANCING	²¹ 9-3 WALK THE TRACK 10:15 BINGO 11:30 FUN & FITNESS	²² 9-3 WALK THE TRACK 10:30 SING-A-LONG 9:00 GROUNDS FOR SCULPTURE EXCURSION FIRST DAY OF AUTUMN 	²³
²⁴	²⁵ SENIOR CENTER CLOSED FOR YOM KIPPUR	²⁶ 9 -3 AM WALK THE TRACK 10:00-11:30 RUMMIKUB 11:30 FUN & FITNESS 12:30 PINOCHLE 12:30 BAND PRACTICE	²⁷ 9-3 WALK THE TRACK 12:00 NEIGHBOR TO NEIGHBOR ON ZOOM 12:30 CANASTA 12:30 LINE DANCING	²⁸ 9 - 3 WALK THE TRACK 10:15 BINGO 11:30 FUN & FITNESS 1:00 QUILTING	²⁹ 9-3 WALK THE TRACK 10:30 SING-A-LONG	³⁰

TECH HELP: Sangeetha will be at the Center the 1st and 3rd Wednesday of the month @ 12:00 PM. (*August 2 and August 16*). Meet in the Computer Room.

BLOOD PRESSURE CHECK: Thursday, August 10 from 9:30 to 12:00 PM. Have your blood pressure checked by MLH Nurse Tracey.

COFFEE AND CONVERSATION: Monday, August 14 at 12:30 PM Tax Collector Evelyn Ankers will be at UMSSC. Ms. Ankers will answer your tax questions, including about the recently mailed school tax bills. She will also accept tax payments at that time.

BOOK TALK: *No club meeting in August.*

LINE DANCE: Will resume on Wednesday, September 6 at 12:30 PM.

MAH JONGG - *NEW DAY NEW TIME*: Will resume on Monday, September 11 at 9:45 AM. All level players welcome to come and join a foursome and have some fun. * Beginner Classes to be held throughout the month of September. The 2023 mahjongg game card will be provided for use during the classes.

MONDAY MATINEE: Will resume Monday September 14.

DON'T MISS OUR MOCKTAILS & APPETIZERS PARTY ON THE PATIO: Thursday, September 14 from 4:00 PM to 6:00 PM. Join us for this after-hours get together. Parking will be better at this hour and we hope the time will accommodate those not always able to come to the Center during our normal hours.

SAVE THE DATE FOR BIG BINGO - SUNDAY OCTOBER 22!

EXCURSION DATES 2023

PAYMENT MUST BE PRESENTED WHEN YOU REGISTER FOR ANY TRIP.

GROUNDS FOR SCULPTURE-*TENTATIVE DATE*: FRIDAY, SEPTEMBER 22 AT 9:00 AM. A museum, sculpture garden, and arboretum framed by nature on 42 picturesque acres. Wander the grounds and discover hundreds of contemporary sculptures. Explore rotating exhibitions in six indoor galleries. *Cost: \$25.00 for members and \$30.00 for non-members. Only 29 seats available.*

DUTCH APPLE DINNER THEATER: FRIDAY, NOVEMBER 17. "*A Christmas Carol - The Musical*". *A season favorite! With his "Bah, Humbug!" Ebenezer Scrooge reveals his feelings about the holiday. But even for a grumpy old miser like him, it's never too late to change.*

- Limited number of tickets go on sale September 5 - until sold out.

- Cost: \$85.00 for members and \$95.00 for non-members.

- Payment must be made at time of sign-up. Transportation via charter bus which will depart at 10:00 AM from the upper pool parking lot. Includes buffet lunch.

BIRTHDAYS IN AUGUST

8/2 Marie Royds	8/13 Michael Marley	8/24 Roseanne Vigliotti
8/2 Ann Zugay	8/14 Jae Kim	8/25 Margaret Arnold
8/3 Connie Touhey	8/15 Sharlene Pastino	8/25 Judith Wise
8/4 James Scancellia	8/18 Ming Ming Chua	8/27 Eileen Nicola
8/5 Carolyn Hammond	8/21 Gretchen Emmerich	8/27 Faith Shepard
8/5 John Matulis	8/21 Elizabeth Marren	8/28 Mark Brody
8/5 Deborah Nassielski	8/21 Ramesh (Ram) Sood	8/28 Bernie Eastman
8/5 Paul Nemeth	8/22 Catherine Tornetta	8/30 John Moore
8/7 Jean Ehlinger	8/23 Cheryl Lineman	8/31 Audry Meskauskas
8/8 Martina Casey	8/23 Cheryl Whitney	8/31 Susan Ross
8/10 Marilyn Drucker	8/24 Rose Harper	8/31 Michelle Short
8/10 Martin Trumpler	8/24 Christine Morello	
8/12 Anna Marie Mich	8/24 Patricia Neary	

SPOTLIGHT ON: UMSSC BOARD MEMBERS

This monthly Spotlight series will introduce you to our current Executive Board and Board Directors as an opportunity to know them better.

HELEN CURRYKOSKY: Helen is the secretary on the Board. She is responsible for taking and distributing minutes from the General and Board meetings. Nine years ago, Helen and her late husband, Jack, moved to King of Prussia from Latrobe, PA, to be closer to her children and grandchildren. She and Jack were retired and looking for a senior center to join, so became members when we were still located in the Gulph Road School. Helen is a very vivacious, active woman. Helen started running half marathons (13.1 miles) in 2010 and has done a total of 9. Some in the area, and also some at Disney World in Orlando. Helen is a very talented painter of water colors and acrylics. Two of her paintings are hanging in the Latrobe Elementary School, which has the largest student-owned art collection in the country. Helen's mother still lives in Latrobe (near



Pittsburgh) and Helen often travels to visit her. Every year for the past 35 years Helen has painted Christmas ornaments for family members. They are absolutely beautiful. Helen has two children, a son and a daughter. She recently started kayaking with her son and granddaughters. She also enjoys spending a lot of time with her young grandson. Helen loves to work in her garden and bake cookies. She makes a most delicious Buffalo Chicken dip which she has brought to our potluck luncheons. Helen loves to host neighborhood gatherings. She would love to visit the Grand Canyon and travel to see the northern lights. I'm sure she will!

PAT HOLDEN: Pat is a Board Director. She retired 9 years ago from the Upper Merion School District after 30 years. Pat was the Director of Extended Day School teaching 4 to 5 year olds. Extended Day was located in the Gulph Road School with the Senior Center. Before teaching she was an x-ray technician. Pat has two sons, and 2 grandchildren with whom she loves spending time. Pat enjoys a wide range of activities. She is a member of the Norristown Chorale, a member of the Wayne Woods Garden Club, and a book club member for 48 years. Pat also coordinates the book club here at the Senior Center. She loves to travel which is how she became interested in our Excursion Club at the Senior Center. This past year Pat traveled to Australia and New Zealand with her best friend, Joan Shaw. In October she will be off to all four islands of Hawaii. Pat hopes future travels will take her to London for the Chelsea Flower Show and or to Scotland or the Greek Isles. That's quite an extraordinary travel itinerary.



IN MEMORIAM

We are sad to inform you of the deaths of some of our members, past and present. Nancy Butko passed away on July 5. Nancy was a friend of many at the Senior Center who enjoyed the Fun & Fitness classes and pinochle. Marie Scully passed away on July 20 at age 101. Marie, along with her husband Tom and daughters Roseanne and Pat, was an active member of the Senior Center for many years. We also mourn the loss of George Bullwinkle on July 5. George was a past member who enjoyed coming for the Computer Club.

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 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.

DID YOU KNOW? NATIONAL SENIOR CITIZENS DAY IS AUGUST 21, 2023

National Senior Citizens Day recognizes seniors who have spent their lives contributing to society and have impacted everyone's lives for the better. Improved healthcare has changed demographics and increased productivity of older citizens, allowing them to be more active than ever before. With more opportunities available as well, many senior citizens now begin second careers and are an example for younger generations. The country's foundation and stable sectors are the result of the hard work of our senior citizens and they deserve all our gratitude.

President Ronald Reagan took the initiative to honor seniors in 1988 when he signed Proclamation 5847 and marked August 21 as the day seniors will be celebrated. "Throughout our history, older people have achieved much for our families, our communities, and our country. That remains true today, and gives us ample reason this year to reserve a special day in honor of the senior citizens who mean so much to our land," Reagan proclaimed. "For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute. We can best demonstrate our gratitude and esteem by making sure that our communities are good places in which to mature and grow older — places in which older people can participate to the fullest and can find the encouragement, acceptance, assistance, and services they need to continue to lead lives of independence and dignity."

His words have withstood the test of time and are now, over 30 years later, more important than ever as older people are leading more productive lives. Reagan himself set an example for everyone — he was 69 years old when one of the world's most powerful titles of president of the U.S. was given to him on January 20, 1981. Reagan lived till the ripe old age of 93, and not only was he the oldest person to be elected president, he was also the oldest when his term ended at 77 years and 349 days.

According to the U.S. Census Bureau, approximately 78 million people aged 65 and older will reside in America by 2035. This figure will surpass the number of the population under the age of 18 for the first time in the nation's history.

TOP 10 WAYS TO HELP SENIORS TO BEAT THE HEAT

- 1. KEEP HOUSEHOLD WINDOWS OPEN:** As people age, their brain sometimes can't recognize that the body is overheating. As a result, some seniors keep windows closed or may wear sweaters on sweltering days because they feel cold. Be sure to open some windows throughout the house to circulate fresh air and maintain a safe temperature.
- 2. STAY COOL INSIDE CARS:** When traveling in a car, always maintain a suitable temperature during the trip. Leave windows open if you stay in the vehicle while someone runs into a store.
- 3. MINIMIZE EXPOSURE TO THE SUN:** Whether it is around the house, in the park or at the beach, you need to limit direct exposure to the sun. Not only do you run a higher risk of skin disease, sunburn, or overheating, but also exhaustion, an often dangerous—and overlooked—hazard during the summer.
- 4. DRINK PLENTY OF FLUIDS:** Staying hydrated is essential for everyone, but the elderly tend to lose fluids faster than other age groups.
- 5. AVOID STRESSFUL ACTIVITIES:** Even the most vivacious seniors should be careful how much energy they expend outdoors during the summer months. It can be difficult to give up activities or responsibilities as we get older, so be sure that you are not over-extending themselves.

6. STAY ACTIVE, BUT COOL: Take part in activities that are enjoyable and appropriate for weather conditions, and emphasize socialization. Pool exercises are a perfect way for seniors to stay fit, flexible and cool.

7. UNDERSTAND HOW SUN EXPOSURE CAN EFFECT CERTAIN MEDICATIONS: Some prescription medications can have negative side effects if the user has prolonged exposure to the sun or takes part in outdoor physical activities in very hot weather.

8. WEAR SUNSCREEN AND BUG REPELLENT: The season's sun and bugs can be a challenge to summer comfort, so be prepared to prevent their sting. Keep bug spray and a high-SPF sunscreen on hand, and apply the treatment regularly in accordance with the label instructions.

9. ESTABLISH A BUDDY SYSTEM: Create a set routine where a family member, a friend or a local volunteer checks on you on a daily basis during a heat wave.

10. KNOW THE WARNING SIGNS OF HEAT EXHAUSTION: Unusual fatigue, dizziness, nausea and headaches may be early signs of heat exhaustion. If you find that you are exhibiting these signs, hydrate and find a cool place to rest, and consult a physician. Call 9-1-1 if the problem is serious or if it persists.

UM LIBRARY PROGRAMS FOR AUGUST 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.)

SUMMER READING: For all ages continues in August. Online and in-person registrations are available!

ESL CLASS (English as a Second Language Conversation Group): No registration required. The group will meet **every Tuesday at noon** (12:00 PM) in person in Valley Forge Room.

TECH NIGHT: Will be walk-ins starting this month. This one on one tech help session meets first Monday of every month 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.

MEDITATION SERIES - MEDITATION WORKSHOP: Falun Dafa Meditation will be held on the second Tuesday of every month (August 8) 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.

COLORING AND BOARD GAME NIGHT: Meets second Monday of every month (August 14) at 6:00 PM. Bring your friends and enjoy coloring/playing. Materials will be provided. Walk-ins are welcome.

CHAT OVER CURRY: Tuesday, August 15 at 6:30 PM. Meet the author session where Dr. Milind Dhamankar, author of *HealthfulDiet*, will be talking about his experiences while writing this book. The book "Healthful Diet - Think Wise, Eat Twice and Drop Size" provides general and specific guidance to pre-diabetics and diabetics.

BOOK DISCUSSION: Saturday, August 19 at 10:30 AM. "The House on Mango Street" by Sandra Cisneros. Adults are welcome to gather and discuss the monthly book pick, meet neighbors, and munch on snacks. We read a variety of genres, including mystery, fantasy, historical fiction, and science fiction, not to mention selections from nonfiction. We invite you to come and share your thoughts and hear others' perspectives as well. Discussion Leaders: Ms. Pat Lee & Ms. Susan Tsiouris. **PARTICIPATION POLICY** (Effective Spring 2023): No administrative charge for participants borrowing books/participating; Books are not available for purchase from the Library; Participants may also supply their own copy of books or ask us for help borrowing.

VIRTUAL CAREER SERIES: Scheduled for 3rd Monday of month (August 21) at 6:00 PM. Please check our online calendar for topics discussed each month. Must register to receive zoom link.

ART, GAMES AND CHIT CHAT FOR ADULTS WITH DISABILITIES: Thursday August 24 at 12:30 pm. Let your creative juices flow while we make fun art projects. Don't feel like being artsy? We will have games and time for chit chat. Adults (18 and over) of all disabilities welcome. All materials included. This program is designed to offer our disability community a chance to get together to socialize, explore different art activities and enjoy games. It will be a casual atmosphere where fun and self-expression are encouraged. All materials will be provided. Support companions are required. Attendees must be 18 and up. Sessions will run the fourth Thursday

of each month. This program is being offered in collaboration with Autism Society Greater Philadelphia and co-sponsored by Upper Merion Township Library.

KNIT NITE: The group meets 4th Monday of the month (August 28) 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.

JUST FOR FUN

SILVER SCREEN

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

ANN BAXTER, AUDREY HEPBURN, AVA GARDNER, BETTE DAVIS,
CAROLE LOMBARD, GLORIA SWANSON, GRETA GARBO,
HEDY LAMARR, INGRID BERGMAN, JANE RUSSELL, JANE WYMAN,
JEAN HARLOW, JEAN SIMMONS, JOAN CRAWFORD, JUDY GARLAND,
LANA TURNER, LAUREN BACALL, MARILYN MONROE,
MERLE OBERON, MYRNA LOY, RITA HAYWORTH, VERONICA LAKE,
VIRGINIA MAYO, VIVIEN LEIGH.

*Be loving and kind, have fun and celebrate.
Stay safe and keep others safe. We celebrate all
senior citizens on August 21.*

Happy National Senior Citizens Day!



Thank You

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.