

The Best of Times

DECEMBER 2023



UPPER MERION SENIOR SERVICE CENTER

431 W. VALLEY FORGE ROAD

KING OF PRUSSIA, PA 19406

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With ending of my year as the President of the Senior Center, I am reflecting on my experience. Many members have offered messages of appreciation. It means a lot to me. I have met and talked with so many of you through the past year and have truly enjoyed those interactions. We have an amazing membership.

I am fortunate to have an impressive and dedicated Board of Directors who support the goals of the Center. They volunteer to lead different programs, bring new ideas of how we can improve the services to our members and step up to help with all our special events. I am very appreciative of our office staff: Shirley, Peggy, and Beth for all they do behind the scenes to make the Center run. Thank you.

Don't forget to vote for the new Board of Directors. Fortunately, the Executive Board members, including myself have volunteered to remain in their positions and are running unopposed so we are a "shoe-in". There is one Board position open for the coming year and two candidates. This newsletter contains an interview with the candidates to help you in your decision. Please vote and return your ballot prior to or at the General Membership meeting on December 13th. Ballots will be counted, and the new board member announced. Please plan on attending the meeting.

The end of 2023 is fast approaching. Many of us will celebrate Christmas, the Christian religious holiday. Others will reaffirm the ideals of Judaism with the celebration of Hanukkah. May you all have the opportunity, however you celebrate, to enjoy the company of friends and family. Let's all remember how this season is the perfect time to reflect on our many blessings and seek out ways to make life better for those around us.

Until next time,

Sharon Brzoska, President

WHAT'S HAPPENING AT THE CENTER

THE SENIOR CENTER WILL BE CLOSED FOR THE HOLIDAYS FROM FRIDAY, DECEMBER 22 THROUGH MONDAY, JANUARY 1.

Please refer to the monthly calendar for all **DECEMBER** 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.

SAVE THE DATE!

Get your ticket for the Annual Holiday Party on Friday December 15 from 12:00-2:30 pm. Enjoy a catered buffet from Peppers by Amadeos, as well as doorprizes and lots of fun! **TICKETS ON SALE UNTIL DECEMBER 1.**

TECH HELP: Sangeetha will be at the Center the first and 3rd Wednesday of the month @ 12:00 PM. (December 6 and December 20). Meet in the Computer Room.





December 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 9-3 WALK THE TRACK 10:30 SING-A-LONG 12-30-2:00 TRIVIA	2
3	4 9-3 WALK THE TRACK 11:00 CURRENT EVENTS (ALSO ON ZOOM) 12-3 PAINTING GROUP 12:30 MEXICAN TRAIN	5 9 -3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:30 FUN & FITNESS 12:30 PINOCHLE 12:30 BAND PRACTICE	6 9-3 WALK THE TRACK 2:00 NEIGHBOR TO NEIGHBOR ON ZOOM 12:30 CANASTA 12:30 LINE DANCING	7 9 - 3 WALK THE TRACK 10:00 BOARD MEETING 10:15 BINGO 11:30 FUN & FITNESS 12:45 MLH -HIP AND KNEE SEMINAR <i>HANUKKAH BEGINS</i>	8 9-3 WALK THE TRACK 10:30 SING-A-LONG 12:30 -2:00 TRIVIA 	9
10	11 9-3 WALK THE TRACK 11:00 CURRENT EVENTS (ALSO ON ZOOM) 11:30 MONDAY MATINEE "CHRISTMAS VACATION" 12-3 PAINTING GROUP 12:30 MEXICAN TRAIN	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 WALK THE TRACK 11:00 GENERAL MEETING PRESENTATION FOLLOWING: THE RIGHT TIME TO UPDATE YOUR ESTATE PLANNING Salvatore Bello III, Attorney 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	15 NOON TO 2:30 ALL ACTIVITIES CANCELLED	16
17 	18 9-3 WALK THE TRACK 11:00 CURRENT EVENTS (ALSO ON ZOOM) 12-3 PAINTING GROUP 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 11:00 MLH PRESENTATION ALZHEIMERS & DEMENTIA 12:00 NEIGHBOR TO NEIGHBOR ON ZOOM 12:30 CANASTA 12:30 LINE DANCING	21 9-3 WALK THE TRACK 10:15 BINGO 11:30 FUN & FITNESS 1:00 QUILTING <i>FIRST DAY OF WINTER</i>	22 CENTER CLOSED FOR HOLIDAYS 	23
24 CHRISTMAS EVE	25 CHRISTMAS DAY CENTER CLOSED	26 KWANZAA CENTER CLOSED	27 CENTER CLOSED FOR HOLIDAYS 	28 CENTER CLOSED FOR HOLIDAYS 	29 CENTER CLOSED FOR HOLIDAYS 	30
31 NEW YEARS EVE	<i>January 1, 2024</i> HAPPY NEW YEAR		HAPPY KWANZAA! <i>Merry Christmas</i> Happy Hanukkah <i>Happy Holidays</i>			

JANUARY 2024

"SEE THE GOOD IN ALL THINGS!"

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TENTATIVE AS OF DECEMBER 2023	 CENTER CLOSED	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	9-3 WALK THE TRACK 12:00 TECH HELP 12:00 NEIGHBOR TO NEIGHBOR ON ZOOM 12:30 CANASTA 12:30 LINE DANCING	9 - 3 WALK THE TRACK 10:15 BINGO 11:30 FUN & FITNESS	9-3 WALK THE TRACK 10:30 SING-A-LONG 12:30-2:00 TRIVIA	
7	9-3 WALK THE TRACK 11:00 CURRENT EVENTS (ALSO ON ZOOM) 11:30 MONDAY MATINEE 12-3 PAINTING GROUP 12:30 MEXICAN TRAIN	9 -3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:30 FUN & FITNESS 12:30 PINOCHLE 12:30 BAND PRACTICE	9-3 WALK THE TRACK 12:00 NEIGHBOR TO NEIGHBOR ON ZOOM 11:00 MLH PRESENTATION "BOOST YOUR NUTRITION" 12:30 CANASTA 12:30 LINE DANCING	9 - 3 WALK THE TRACK 9:30-12 NURSE 10:15 BINGO 11:30 FUN & FITNESS	9-3 WALK THE TRACK 10:30 SING-A-LONG 12:30 -2:00 TRIVIA	13
14	 MARTIN LUTHER KING DAY OF SERVICE AT THE SENIOR CENTER ALL ACTIVITIES CANCELLED	9 -3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:30 FUN & FITNESS 12:30 PINOCHLE 12:30 BAND PRACTICE	9-3 WALK THE TRACK 12:00 TECH HELP 12:00 NEIGHBOR TO NEIGHBOR ON ZOOM 12:30 CANASTA 12:30 LINE DANCING	9-3 WALK THE TRACK 10:15 BINGO 11:30 FUN & FITNESS 12:45 UM LIBRARY PRESENTATION BY SANGEETHA	9-3 WALK THE TRACK 10:30 SING-A-LONG 12:30 -2:00 TRIVIA	20
21	9-3 WALK THE TRACK 11:00 CURRENT EVENTS (ALSO ON ZOOM) 12-3 PAINTING GROUP 12:30 MEXICAN TRAIN 1:00 BOOK TALK (ALSO ON ZOOM)	9 -3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:30 FUN & FITNESS 12:30 PINOCHLE 12:30 BAND PRACTICE	9-3 WALK THE TRACK 12:00 NEIGHBOR TO NEIGHBOR ON ZOOM 12:30 CANASTA 12:30 LINE DANCING	9-3 WALK THE TRACK 10:15 BINGO 11:30 FUN & FITNESS 1:00 QUILTING	9-3 WALK THE TRACK 10:30 SING-A-LONG 12:30 -2:00 TRIVIA	27
28	9-3 WALK THE TRACK 11:00 CURRENT EVENTS (ALSO ON ZOOM) 12-3 PAINTING GROUP 12:30 MEXICAN TRAIN	9 -3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:30 FUN & FITNESS 12:30 PINOCHLE 12:30 BAND PRACTICE	9-3 WALK THE TRACK 12:00 NEIGHBOR TO NEIGHBOR ON ZOOM 12:30 CANASTA 12:30 LINE DANCING			

MAIN LINE HEALTH PRESENTATION: Thursday December 7 at 12:45 PM. "Hip and Knee Replacement".

MONDAY MATINEE: Monday December 11. Pizza at 11:30 AM - Movie at 12:00 PM. This month's movie is "CHRISTMAS VACATION". *Pizza order must be made and paid for by Thursday, Dec. 7.*

GENERAL MEETING: Wednesday, December 13 at 11:00 AM. Following the meeting, Salvatore Bello, III will give a presentation on "The Right Time to Update Your Estate Planning".

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BLOOD PRESSURE CHECK: Thursday, December 14 from 9:30 to 12:00 PM. Have your blood pressure checked by MLH Nurse Tracey.

BOOK TALK: Monday, December 18 at 1:00 PM. Group will be reading "The Sweetness of Water" by Nathan Harris. an unforgettable cast of characters, depicting Georgia in the violent crucible of Reconstruction. Equal parts beauty and terror, as gripping as it is moving, *The Sweetness of Water* is an epic whose grandeur locates humanity and love amid the

most harrowing circumstances.

MAIN LINE HEALTH PRESENTATION: Wednesday, December 20 at 11:00 AM. "Alzheimers and Dementia". *This presentation is open to the public.*

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 12:30 PM. Please stop by any Tuesday to listen or to ask about joining.

MEET THE CANDIDATES FOR THE UMSSC BOARD



MARION WILKINSON was born and raised in King of Prussia. She has two children and five grandchildren. Her husband of 51 years, Jim, passed away in 2022. Jim and Marion owned ADTS, which was a corporate drivers' training company. They served local Fortune 500 companies such as Johnson & Johnson, Hewlett Packard and Merck Pharmaceuticals. After retiring from their business they enjoyed living in the Virgin Islands for 20 years. In 2017 they sold their house there and moved back to KOP just before Hurricane Irma destroyed it. Marion has been a member of the Senior Center since 2019. She joined to make new friends and volunteer where needed. Marion is very service oriented and has helped out at several of our potluck parties and special events, like Big Bingo. She also volunteers some of her time helping out with our Veterans' donation program. Marion donated ice cream for our Ice Cream Social. For that event, the volunteer ice cream scoopers were Marion's granddaughter, son and daughter. It's obvious she influences her family on the importance of community service. Marion loves to paint and comes to the Senior Center on Thursdays with her sister, Joan, to play Bingo. She plans on traveling soon to San Antonio, TX to see her grandson who is in the Air Force. Family is everything to her!



VIVIAN PEIKEN grew up in Harrisburg and moved to Philadelphia to attend Temple. At age 50 she returned to Temple to get her law degree and began her career as an attorney. For her encore career Vivian worked at the Pennsylvania Department of Human Services and is knowledgeable about food stamps, nursing homes and Medicaid. She enjoys doing public service work. Vivian served for 17 years on the Upper Merion Environmental Advisory Committee and then 2 years on the Planning Commission. She currently volunteers on the

township Zoning Hearing Board where she serves as chair. She has lived in Upper Merion Township since 1996 after moving from Rosemont when her younger son graduated from high school. She also has a son who lives in Philadelphia and sadly, a third son who passed away. Vivian is close to her brother, and his wife. Family is important to her. Following her retirement, Vivian joined the Senior Center in 2023 to meet new people and make new friends. You will find her at the Senior Center almost every Tuesday playing pinochle. Vivian likes to travel and has planned a trip to Morocco in December.

MEMBERSHIP DRIVE

The time to renew your membership for 2024 is coming up. We encourage you to have your friends renew or have a new friend who might be interested in joining. The 2024 Membership Form and UMSSC Code of Conduct are attached to this month's Newsletter. They are also available on our website www.UMSSC.org, or stop in the Center to renew. Membership cost is only \$25.00, and we have a lot to offer in the way of activities, special events and programs. Membership for the calendar year 2024 can be renewed beginning November 1, 2023. ***Don't forget to acknowledge receipt of UMSSC Code of Conduct with your signature on the membership form.***



PROJECT LINUS – YARN NEEDED

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. ***A TOTAL OF 73 BLANKETS WERE DONATED THIS SUMMER! THIS MEANS WITH EACH BLANKET 73 PEOPLE HAVE BEEN SHOWN THEY ARE CARED ABOUT. WAY TO GO KNITTERS!***

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.***



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 12:30 PM. Please stop by any Tuesday to listen or to ask about joining.

EXCURSIONS FOR 2024 (TENTATIVE)

- MARCH 2024 - BUBE BREWERY MURDER MYSTERY THEATER (VIA BUS)
- APRIL 2024 - LITITZ & WOLF SANTUARY (CAR POOL)
- MAY 2024 - WEST LAUREL HILL CEMETERY (CAR POOL)
- JUNE 2024 - ANDALUSIA HOUSE & GARDENS (CAR POOL)
- OCTOBER 2024 - JIM THORPE (CAR POOL)
- NOVEMBER 15, 2024 - DUTCH APPLE DINNER THEATER-WHITE CHRISTMAS (VIA BUS)

BIRTHDAYS IN DECEMBER

12/1 Michael Contos
12/1 Robert Crooks
12/2 Richard McCann
12/3 Ethel Hutchinson
12/7 Penny Rudolph
12/7 Charlotte Vrabel
12/8 Geraldine Fontaine
12/8 Barbara Scott
12/10 Deanie Moses
12/11 Shirley Weaver
12/11 Angie Williamson
12/12 Mary Storti

12/14 John Desko
12/15 Tina Garzillo
12/16 Clarissa Fullam
12/16 Richard Meckley
12/17 Joseph Liebreich
12/17 Darlene Spangler
12/19 Albert Hill
12/21 Janice Barthold
12/21 Don McCree
12/22 Jyoti Disa
12/22 Joan Madel
12/24 Patrick David

12/24 Shirley Eichelberger
12/25 Lucy Damiani
12/26 Thomas Finley
12/27 Zee Raiser
12/27 Janet Ward
12/28 Selma Felman
12/28 Alireza Hoorfar
12/28 David Landsman
12/29 Nancy Kiniry
12/30 Harry McCullough
12/30 Mildred Peyton
12/31 Jeannie Hu

SPOTLIGHT ON: OUR ADVERTISERS

Welcome and thank you to our new advertisers. Your support is greatly appreciated. These businesses are supporting us and we encourage our members to support them.

TO SMILE OR NOT TO SMILE




We haven't always bared our pearly whites for the camera. Back in the 19th century, only children, peasants, and drunks smiled in photographs; everyone else kept their faces neutral, which was considered attractive and dignified at the time.

That's not the only reason people didn't smile for photos, though. For one, it took several hours (or days!) for cameras to capture the photograph in the first place. As you can imagine, it's tough to stay still for that long, let alone hold a grin. What's more, dental hygiene was not a priority back in the day, and most people didn't want to

show off a mouth full of missing or broken teeth. Photographs were also expensive, meaning the average person only sat for one or two photos in their lifetime. Because this was such an important occasion, each person was on his or her best behavior—hence the somber expressions.

No matter the original reason for these serious-looking photos, the trend didn't last for long. The invention of Kodak's \$1 camera in the 1900s, along with the rise of the Hollywood movie industry, allowed more and more "everyday" moments to be captured on film. So, smiling in photographs became the norm—and so did saying "cheese." The idea of saying "cheesing" in photos first appeared around the 1940s. The *Big Spring Herald*, a local Texas newspaper, printed an article that referenced the phrase in 1943. While no one knows for certain who came up with it or why, most believe the word itself obliges you to smile. The "ch" sound causes you to clench your teeth, and the long "ee" sound parts your lips, making a facial expression that resembles a grin.

As the holidays approach and you gather with friends and family, someone will be taking pictures. So get into the spirit, flash those pearly white and say **CHEESE!**

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UM LIBRARY PROGRAMS FOR DECEMBER 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.)

BOLLYWOOD DANCE DEMO FOR ADULTS: Monday, December 11 at 7:00 PM. Learn to dance like a star on the Latest Bollywood Hits! Join this fun session and learn unique choreographies! Must register.

PAINTING WORKSHOP FOR ADULTS: Wednesday, December 13, from 6:00 PM to 7:30 PM. Join us for a creative journey. Unleash your artistic talents and let the colors flow. Don't miss this chance to create something beautiful! Must register. Supplies will be provided!

Dr. Steve's Presentation on Monday, December 18 at 6:30 PM In Freedom Hall: In October 1913, a colossal granite sphinx arrived in Philadelphia to great excitement. Weighing close to 15 tons, the sphinx was the second largest ancient Egyptian monument ever to come to America (after New York's Central Park obelisk that had arrived in 1881). Learn more interesting facts about it!!!

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.

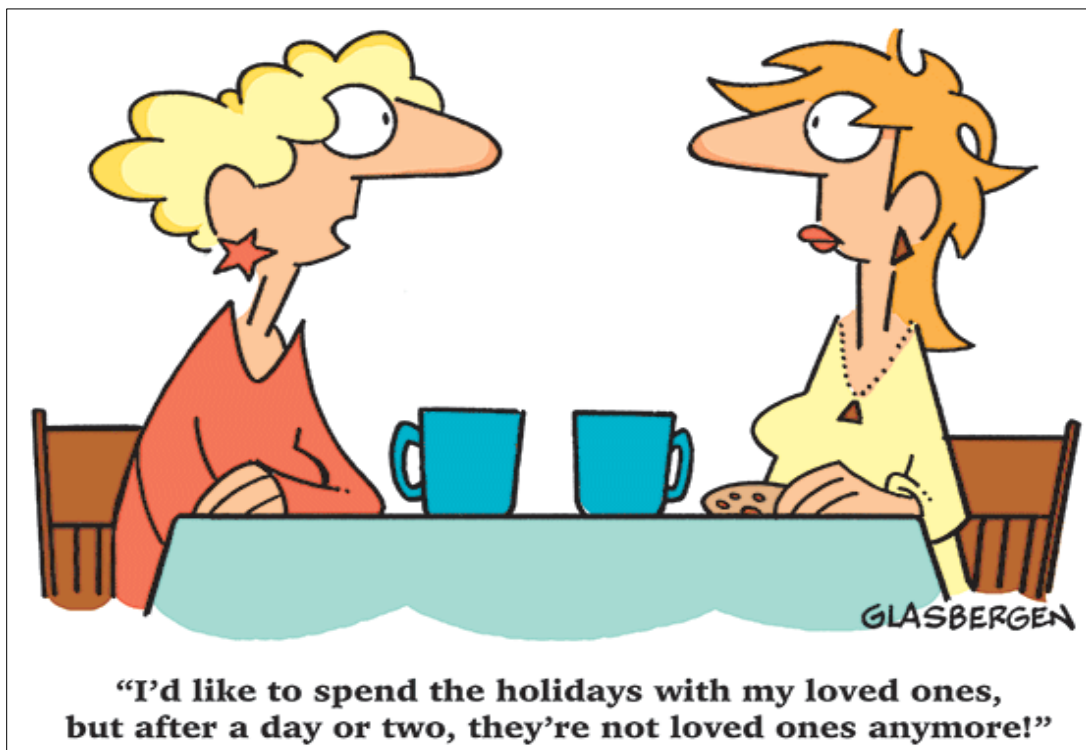
Art, Games and Chit Chat for Adults with Disabilities, second and fourth Thursdays at 12:30 PM.

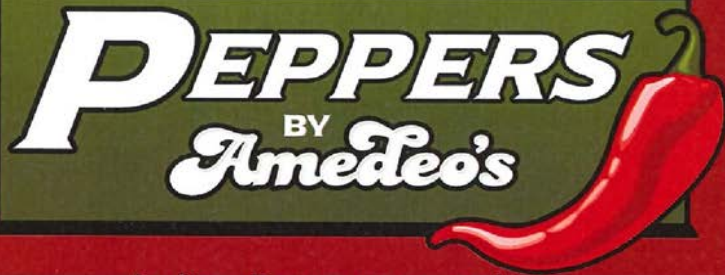
Book Discussion: Third Saturday of every month at 2:00 PM.

Virtual Career Series: 3rd Monday of month at 6:00 PM.

Knit Nite: 4th Monday at 6:00 PM.

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 ITYOJWADXNYEMISTLETOEOELSEHSLLEB
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- | | | | | |
|--------------|------------------|------------------|----------------|----------------|
| Angels | Bells | Blitzen | Bow | Candles |
| Candy Canes | Cards | Carols | Cheer | Chestnuts |
| Chimney | Christmas Dinner | Christmas Lights | Christmas Tree | Church |
| Comet | Cookies | Cupid | Dancer | Dasher |
| Donner | Elves | Family | Festive | Fireplace |
| Frosty | Garland | Gingerbread Man | Holidays | Holly |
| Ivy | Jack Frost | Jesus | Jingle Bells | Jolly |
| Joy | Manger | Merry | Mistletoe | Nativity |
| Noel | North Pole | Nutcracker | Ornaments | Peace |
| Prancer | Presents | Reindeer | Ribbon | Rudolph |
| Santa Clause | Scrooge | Season | Sled | Sleigh |
| Snowflake | Snowman | Spirit | Stockings | Three Wise Men |
| Tinsel | Toys | Vixen | Winter | Wreath |
| Yuletide | | | | |



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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.