

# "The Best of Times"



**FEBRUARY ♥ 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/>

## IN THIS ISSUE

	PAGE
MONTHLY CALENDAR	2
KEEPING OUR MEMBERS INFORMED	6
ACKNOWLEDGEMENTS	7
SENIOR CENTER COMMUNITY OUTREACH AROUND THE COMMUNITY	7
JUST FOR FUN	9
BACK PAGE (MISC. INFO)	

Friends,

How do I begin to thank you for the wonderful, exciting and enlightening five years I spent with all of you!!!

I consider each of you a dear friend and I am blessed to have you in my life. From greeting you for various activities to partying with you at one of our special events I am filled with fond memories.

The surprise retirement party was the topper. To keep such a secret. You guys are really good at secrets.

I know it took all of you to make it such a success. There are too many of you to name individually.

Thanks to all of you for the delicious food. Your generosity is unmatched. The Visa gift card, scarves, cash, Bed Bath and Beyond gift card and the Coupons - oh how I loved it all!!!

The best gift was seeing you all there. Thank you for taking the time from your busy schedules to wish me well!!!

Your friendship continues to be the gift that keeps giving!!

Love,

*Cindy*



## VALENTINE HOAGIE SOCIAL


**FRIDAY FEBRUARY 15**

**11:00 AM to 2:00 PM**

**Tickets: \$7.00**

**On Valentine's Day don't be woeful  
Join us for the Valentine Social  
You can bring a friend or come alone  
So quick buy your ticket - don't postpone!**

Join us for a fun afternoon of door prizes, entertainment and Hoagies. Hoagie Choice of Italian, Tuna or Turkey. Open to members and non-members. Cut-off date February 11.




*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.*

# FEBRUARY 2019

*A SMILE IS THE SHORTEST DISTANCE BETWEEN TWO PEOPLE*



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 9:30 PINOCHLE 10:00 SING-A-LONG	2
3 9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA (VIDEO)	4	5 9 TO 11 AM WALK TRACK 10:00 COMPUTER CLUB 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING	6 <b>10:00 BOARD MEETING</b> 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 LINE DANCING <b>1:30 RED HAT LADIES</b>	7 9 TO 11 AM WALK TRACK 10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 BINGO 12:30 FUN & FITNESS	8 9:30 PINOCHLE 10:00 SING-A-LONG	9
10 9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA (VIDEO)	11	12 9 TO 11 AM WALK TRACK 10:00 COMPUTER CLUB 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING <b>2:00 MEMORY CAFE</b>	13 <b>9:30 GENERAL MEETING</b> <b>11:30 COMPUTER BASICS</b> 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 GARDEN CLUB 1:00 LINE DANCING	14 9 TO 11 AM WALK TRACK <b>9:30 TO 12:00 NURSE</b> 10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 BINGO <b>11:00 OUTREACH - BRIGGS</b> <b>11:30 COFFEE WITH A COP</b> 12:30 FUN & FITNESS 	15 <b>ANNUAL VALENTINE HOAGIE SOCIAL</b> <b>11:00 AM TO 2:00 PM DOOR PRIZES ENTERTAINMENT</b> <b>ALL ACTIVITIES CANCELLED</b>	16
17 9:30 MAH-JONGG 10:30 CURRENT EVENTS <b>1:00 BOOK TALK</b> 1:30 YOGA (VIDEO)  <b>PRESIDENTS DAY</b>	18	19 9 TO 11 AM WALK TRACK 10:00 COMPUTER CLUB 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING	20 <b>9:30 VALLEY FORGE CASINO</b> <b>10:00 PERSIAN GROUP</b> 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 LINE DANCING	21 9 TO 11 AM WALK TRACK 10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 BINGO 12:30 FUN & FITNESS	22 9:30 PINOCHLE 10:00 SING-A-LONG <b>11:30 FRIDAY FLICKS</b>	23
24 9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA (VIDEO)	25	26 9 TO 11 AM WALK TRACK 9:30 COMPUTER CLUB 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING	27 9:30 QUILTING <b>11:30 COMPUTER BASICS</b> 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 GARDEN CLUB 1:00 LINE DANCING	28 9 TO 11 AM WALK TRACK <b>9:30 TO 12:00 NURSE</b> 10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 BINGO <b>11:30 OUTREACH - LEACH</b> 12:30 FUN & FITNESS		

## UPCOMING SPECIAL EVENTS



### UMSSC BIG BINGO

**SUNDAY, MARCH 10, 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) Registration Forms are available at the Info Center in the Lobby or on our website [UMSSC.org](http://UMSSC.org).**



### FLEA ROOM/THRIFT SHOP OPENS FOR DONATIONS MONDAY MARCH 18

UMSSC will be accepting donations for our **ANNUAL FLEA MARKET to be held on SATURDAY, APRIL 13 from 9:00 AM to 2:00 PM.** Acceptable donations are children's books, appliances and electronics (in working order), knickknacks, decorations, etc. Not accepted: donations of adult books, used clothing, junk or broken or non-working items. **The Flea Room will be open Monday through Thursday from 9:30 AM to 1:30 PM (NOT OPEN ON FRIDAYS).** All profits from sales benefit the Senior Center.

### CALL FOR VOLUNTEERS

We rely on volunteers to offer their time and talents to help with upcoming events and contribute to their success. We hope that you will sign up on the volunteer page in the Lobby or speak with or email Sharon Brzoska. [sbrzoska@umssc.org](mailto:sbrzoska@umssc.org). Below are some upcoming events for which we need volunteers. ***They can only succeed with your help!***

Helen Cabrey, Chairperson of the Big Bingo committee, is looking for members who can help out with selling tickets and setting up.

Sharon Brzoska is chairing the committee for the Flea Market Day. The Flea Room/Thrift shop will need a chairperson and volunteer committee to set up, spend time in the shop, and then take it down the week following the Flea Market. This is an important event in our fundraising efforts and we need member support.

Chairpersons and committees are also needed for the **Volunteer Appreciation Lunch** to be held on April 26 and the **Victorian Tea** to be held on May 17.

### COFFEE WITH A COP

**THURSDAY FEBRUARY 14.** Upper Merion Police Officer, Glenn Muntzer will be here on the 2<sup>nd</sup> Thursday of every month at 11:30 AM for discussions over coffee with members.

### MEMORY CAFÉ

**TUESDAY FEBRUARY 12 AT 2:00 PM.** Support Group discussion for caregivers. Presented by Certified Dementia Practitioner from Arden Court.

### COMPUTER BASICS

**WEDNESDAYS FEBRUARY 13 AND 27 FROM 11:30 AM to 12:30 PM.** Sangeetha will be back at the center to teach computer basics. A sign-up sheet is in the lobby.

### GENERAL MEETING

**WEDNESDAY FEBRUARY 13 AT 9:30 AM.** Our monthly meeting is open to all members. Learn what is going on at the Senior Center. Celebrate birthdays with some cake, a 50/50 raffle, a birthday raffle to win a hoagie from Angelo's Pizza and the "JACKPOT".

### GARDEN CLUB

**WEDNESDAY FEBRUARY 13 AND FEBRUARY 27 AT 1:00 PM.** Garden Club will meet in the Great Room.

### VALLEY FORGE CASINO

**WEDNESDAY FEBRUARY 20 (Cut-off date MONDAY, FEB. 18) THE OFFER FOR THE GROUP IS**

\$20.00 IN SLOT PLAY: TO TAKE ADVANTAGE OF THIS OFFER YOU MUST COMPLETE REGISTRATION FORM 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.*

#### **BOOK TALK**

**MONDAY FEBRUARY 18 at 1:00 PM.** Coordinator: Patricia Ackah. This month's book "Dry Grass of August" by Anna Jean Mayhew. In this beautifully written debut, Anna Jean Mayhew offers a riveting depiction of Southern life in the throes of segregation and what it will mean for a young girl on her way to adulthood and for the woman who means the world to her.

#### **FRIDAY FLICKS!**

**FRIDAY FEBRUARY 22 - SICILIAN DELIGHT PIZZA (\$3.00) AT 11:30 AM - MOVIE (FREE) STARTS AT 12:15 PM.** Coordinator Don McCree. This month we will show "**FINDING YOUR FEET**" starring Imelda Staunton, Timothy Spall, Celia Imrie. When "Lady" Sandra Abbott discovers that her husband of 40 years is having an affair with her best friend, she seeks refuge in London with her estranged, older sister Bif. The two could not be more different - Sandra is a fish out of water next to her outspoken, serial dating, free-spirited sibling. But different is just what Sandra needs at the moment, and she reluctantly lets Bif drag her along to a community dance class, where she starts finding her feet.

#### **OUTREACH**

An aide from Representative Tim Briggs' office will be here **Thursday February 14** from 11:00 AM to 2:00 PM.

Senator Daylin Leach's aide will be here **Thursday February 28** from 11:30 AM to 1:00 PM. SEPTA Passes can be obtained at this time.

#### **GUEST SPEAKER FROM PA ATTORNEY GENERAL'S OFFICE**

**MONDAY, MARCH 4 AT 12:00 PM.** A representative from Attorney General Josh Shapiro's office will be here for discussion on a topic relative to keeping senior citizens safe.

#### **AARP DRIVER SAFETY COURSE**

**MONDAY, MARCH 11 from 9:30 AM to 2:00 PM** (1/2-hour lunch break - not provided by UMSSC). This is a **4-hour REFRESHER driver safety course** to review driving with the goal of keeping everyone safe, aware of new driving laws and handling driving situations encountered. **You must have completed the 8-hour course.** Class maximum is 35. No late comers admitted after 9:30 AM. Cost is \$15.00 for AARP members and \$20.00 for non-AARP payable in advance. Sign up and pay (with check or money order payable to AARP) in lobby. *NO TELEPHONE REGISTRATIONS WILL BE TAKEN.*

#### **SAVE THESE DATES - EXCURSION TRIPS**

##### **THE NATIONAL CONSTITUTION CENTER**

Join us **Thursday, March 21<sup>st</sup>** for a visit to the National Constitution Center on Independence Mall in Philadelphia. In addition to a **guided tour**, we will have a chance to see the exhibit about **Alexander Hamilton**. The cost of the trip is \$16, \$18 for non-members of the center. To get there we will meet at the swim pool parking lot at 9 a.m. then carpool to the Radnor Station of the regional rail and at Jefferson Station, transfer to the Market St. subway which will bring us within a block of the Center. Seniors ride free on SEPTA. Get a SEPTA Key Card if you don't already have one (apply at Tim Briggs' office). Sign up in the lobby and please indicate if you are willing to be a carpool driver.

##### **DUTCH APPLE THEATER, LANCASTER**

**Wednesday, April 24** we will travel by bus to **Dutch Apple Theater** in Lancaster County for a bountiful lunch and a matinee performance of **Joseph & The Amazing Technicolor Dream Coat**. The cost will be about \$65 (\$70 for non-members) for the outing. Look for a sign-up sheet in the lobby.

### MT. CUBA CENTER

**Thursday, May 16** is the date for a carpool trip to Mt. Cuba natural gardens near Wilmington, DE. Watch for more details next month.

### BALTIMORE INNER HARBOR

We will take a bus to **Baltimore's Inner Harbor Thursday, June 13**. There is lots to see and do there: The National Aquarium, Science Museum, Historic Ships (a maritime museum including a lighthouse), boat tours of the harbor, shops and restaurants; and if you want to go farther afield: Fort McHenry, the Orioles' Camden Yards and the B&O Railroad Museum. More details coming soon.

### INTRODUCTION TO LAW

#### INTEREST SIGN UP

Howard Lurie is considering offering a class **tentatively** titled "Introduction to Law" if there is sufficient interest on the part of UMSSC members. The class will consist of five one-hour sessions.

The class topics will be:

1. Anatomy of a law suit.
2. The judicial system.
3. Tort law.
4. Property law.
5. Contract law.

There will be no discussion of criminal law.

Please indicate your interest on the signup sheet in the lobby area. The dates and time have not been decided, depending on interest.

### MATTER OF BALANCE CLASS

This class will be offered free of charge to our members this Spring or Fall. It would be a 2-hour class, held once a week for 8 weeks. We would need at least 8 members in order to hold the classes. There will be an "interest only" sign-up sheet in the lobby.

### 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. Welcome to: Qaisra Ahmed, Donna Bonasera, Mark Brody, Dorothy Carter, Relina Martis, Mary Ann & Paul Theony.

### TIME TO RENEW YOUR MEMBERSHIP FOR 2019

January starts a new membership year at the senior center. If you or someone you know, is 55 plus and not already a member, come check out all the programs and activities available.

Join the garden, computer, or book club. Participate in the finance/investment or current events discussions. Enjoy Friday Flicks or sing-a-long. Don't forget to stay healthy with Fun and Fitness Exercises, yoga or tai-chi. If you enjoy playing cards, how about pinochle, mahjonn, or canasta. If you like crafts, join the group for quilting, knitting or crocheting.

Take advantage of other special events and trips. Our location is a Rambler stop.

We now have a new and improved *abbreviated* form for *membership renewals* (yellow paper). Brand new members should complete the longer form (white paper).

We are open 9:00 am to 3:00 pm weekdays. Annual membership is only \$20.00. More information can be found at [www.umssc.org](http://www.umssc.org). or call us at 610-265-4715. Meet new friends and enjoy our many activities and presentations.

## **KEEPING OUR MEMBERS INFORMED**

### **MATURE DRIVER SAFETY TIPS**

Vision is the primary sense utilized in driving, yet it is one of the first to deteriorate as we age. Below are a few tips from the PA Department of Transportation that may help keep you safe during your travels:

- Both near and distance vision is needed to drive safely.
- Have regular eye and medical examinations to maintain your driving ability.
- Reduce driving at night, dusk or dawn when visibility is more difficult.
- Aging eyes become more sensitive to bright light or glare.
- Avoid looking directly into headlights of approaching vehicles.
- Have your mirrors properly adjusted.
- Watch for parked vehicles, pedestrians, children and animals in your side vision.
- Know your medications. Some prescription medications and over the counter medications can make you drowsy or affect your driving.
- Plan ahead. Know your route and try to stay on familiar roads.
- Avoid difficult driving. Rush hour, left turns, driving at night and driving in bad weather can make driving more complicated.
- Avoid distractions while driving, such as eating or cell phone use.

**ALWAYS WEAR YOUR SEAT BELT!**

### **SOME TIPS TO AVOID IDENTITY THEFT**

We all have heard about or even experienced firsthand some form of identity theft. Unfortunately, senior citizens are often the target of identity theft by scammers. Here are a few tips that you can use to help protect you from identity theft.

**Guard your personal information:** Never give your Social Security number, credit card number, checking or savings account numbers to anyone unless you initiate the contact. Also, do not carry your Social Security card around in your wallet or purse, and don't carry around your Medicare card either unless you're going to the doctor.

**Use strong passwords:** To safeguard your personal data on your smartphone or tablet don't use a password that's easy to hack, like 1234 or 0000. Also, make your computer passwords more than 8 characters long, with uppercase and lowercase letters, numbers, and symbols like # and %, and use different passwords on different accounts.

**Be wary of unknown emails:** Never click on links in emails from strangers, or those that claim to be from the Social Security Administration, IRS or other government agencies, or from your bank, phone or credit card company warning of a "problem." This can result in identity-stealing malware being installed on your computer. To protect your computer from malware, install antivirus software and set up automatic security updates and full weekly scans.

**Secure your mail:** Empty your home mailbox quickly or buy a locked mailbox to deter thieves. Mail outgoing payments from a U.S. Postal Service mailbox or the post office, not from your more vulnerable home mailbox.

**Get safer credit cards:** If you don't already have one, get an EMV chip credit card from your credit card provider. They're much more difficult for fraudsters to hack than magnetic strip cards.

**Shred unneeded documents:** Buy a crosscut paper shredder so you can shred all unneeded records, receipts, statements, preapproved credit offers or other papers you throw out that has your financial or personal information.

**Monitor your accounts:** Review your monthly bank and credit card statements carefully, and see if your bank or credit card issuer offers free alerts that will warn you of suspicious activity as soon as it's detected. If they do, sign up for them.

**Watch your credit:** You can receive one free credit report a year from each of the three major credit bureaus (Equifax, Experian and TransUnion) by going to [www.annualcreditreport.com](http://www.annualcreditreport.com). If you stagger your request you could possibly get one free copy every four months.

**Set up security freezes:** If you don't plan to apply for new credit, loans, insurance or utility services, freeze your credit reports so crooks can't open up new accounts in your name. Rules vary by state, but the \$5 to \$20 fee is waived if you're 65 or older, or show proof of past ID theft. Security freezes are set up at all three credit bureaus at [equifax.com](http://equifax.com), [experian.com](http://experian.com) and [transunion.com](http://transunion.com).

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



The following generous donations were given to the Senior Center. Thank you to:

- ★ Taylor Chapter of Ort America made a donation to UMSSC.
- ★ Cass Hostler made a donation to UMSSC.
- ★ Jessie Kealey made a donation to UMSSC.

### **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. ★ **Special thanks to the Upper Merion Township Library** for all they do for the Senior Center including large print books and Friday Flicks movies.

### **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!

### **SENIOR CENTER COMMUNITY OUTREACH**

#### **UPPER MERION EMERGENCY AID**

We are thankful for what we have and for what we 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 help families in our community who are experiencing a time of need.**

### **AROUND THE COMMUNITY**

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



Upper Merion Township Library & Friends of Black History present the 20th Annual Celebration of Black History "Hidden Treasures of African American History" on Saturday, February 23 from 10:00 AM to 3:00 PM. Join us for live music, soul food samples, a historical interpreter, and more. There will be special activities and crafts for kids as

**well as vendors selling jewelry, clothing, and hand crafted items and more!**

**Winter Reading Program continues.** Read, register, and review. Stop by the library for more information. Submit your reviews by March 20 to enter the drawing to win an Amazon Kindle Fire!

**Tech Night on Monday, February 4 at 7:00 PM** in the 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.

**Financial Management Series** Presented by Edmund Dracup, MSFS, CLU®, ChFC®, CFP®, REBC®, RICP, CLTC Seminar Co-Sponsored by Ufinancial Group. Attend all or choose the one that benefits you! Check our online calendar for more information.

- **Taxes: Tuesday, February 5 at 6:30 PM**
- **Charitable Giving & Legacy Planning: Tuesday, February 12 at 6:30 PM**
- **Business succession: Tuesday, February 19 at 6:30 PM**

All 3 seminars will be held in the Henderson Room.

**Adult Coloring Night on Monday, February 11 at 7:00 PM** in Valley Forge Room. Bring your friends and enjoy coloring. Walk-ins are welcome. Materials will be provided. If you are interested in puzzles, we have them as well!!

**Movie Matinee "Hidden Figures" on Thursday, February 14 at 2:00 PM** in Freedom Hall. The true story of three brilliant African American women at NASA, who serve as the brains behind one of the greatest operations in history: the launch of astronaut John Glenn into orbit, a stunning achievement that restored the nation's confidence, turned around the Space Race and galvanized the world. All are welcome. Light refreshments will be served.

**Knit Nite: Monday, February 25 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 to pass on their skills, and some advanced knitters are usually available to help with patterns and designs.

**Low Vision Reader:** Our library has a low vision reader for use in the library. Please contact us for more information.

**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.

**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.**

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

**JUST FOR FUN**

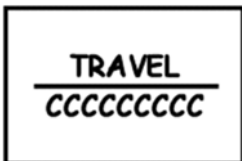
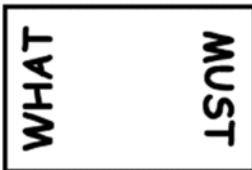


**More Exercise**

I used to watch golf on TV but my doctor told me that I need more exercise, so now I watch tennis.

**REBUS PUZZLES**

(answers on page 10)



**WORD SEARCH PUZZLE**

**VALENTINE'S DAY WORD SEARCH**

Find all these words in the grid. They can run in any direction but will always be in a straight line. The left over letters will complete this quotation:

If love is blind \_\_\_\_\_



- |        |              |              |
|--------|--------------|--------------|
| ADORE  | AMOUR        | BOUQUET      |
| CARDS  | CARESS       | CHOCOLATES   |
| CRUSH  | CUPID SARROW | DATE         |
| DESIRE | DEVOTED      | DINNER       |
| DOVES  | FANTASY      | FIDELITY     |
| FLIRT  | GIFTS        | HEART        |
| HONEY  | HUGS         | KEEN         |
| KISS   | LIASON       | LOVE         |
| SWEET  | YEARN        | RELATIONSHIP |

**JUST FOR LAUGHS**

**Interpreting Dreams**

After she woke up, a woman told her husband, "I just dreamed that you gave me a pearl necklace for Valentine's day. What do you think it means?"

"You'll know tonight." he said.

That evening, the man came home with a small package and gave it to his wife. Delighted, she opened it - to find a book entitled "The meaning of dreams"

### A Thoughtful Valentine's Day Gift

Jim asked his friend, Tony, whether he had bought his wife anything for Valentine's Day. 'Yes,' came the answer from Tony who was a bit of a chauvinist, 'I've bought her a belt and a bag.' 'That was very kind of you,' Jim added, 'I hope she appreciated the thought.' Tony smiled as he replied, 'So do I, and hopefully the vacuum cleaner will work better now.'

### Valentine's Day Card Trivia

- Teachers will receive the most Valentine's Day cards, followed by children, mothers, wives, and then, sweethearts. Children ages 6 to 10 exchange more than 650 million Valentine's cards with teachers, classmates, and family members.
- According to the Greeting Card Association, an estimated one billion valentine cards are sent each year, making Valentine's Day the second largest card-sending holiday of the year. [An estimated 2.6 billion cards are sent for Christmas].
- Hallmark has over 1330 different cards specifically for Valentine's Day.

### KISSING TRIVIA

- An average person spends two weeks of his or her life kissing.
- Two out of every three couples turn their heads to the right when they kiss.
- Eskimos, Polynesians and Malaysians rub noses instead of kissing.



### WORD SEARCH PUZZLE



### GROUNDHOG DAY



- |          |              |             |
|----------|--------------|-------------|
| BORROW   | GROUNDHOG    | SHADOW      |
| CLOUDY   | HIBERNATE    | SIGN        |
| COLD     | HOLIDAY      | SIXWEEKS    |
| DAY      | MAMMAL       | SPRING      |
| EMERGE   | PENNSYLVANIA | UNDERGROUND |
| FEBRUARY | PREDICTION   | WEATHER     |
| FORECAST | RODENT       | WINTER      |

### **REBUS PUZZLE ANSWERS:**

- 1. What goes up must come down**
- 2. To see red**
- 3. Overseas travel**
- 4. Middle aged**



Bello Reilley  
McGrory & DiPippo  
— ATTORNEYS AT LAW —

- **Personal Injury**
- **Real Estate**
- **Bankruptcy**
- **Criminal Law**
- **Domestic Law/Divorce**
- **Estate Planning**
- **Taxation**
- **Workers Compensation**
- **License Suspension/DUI**
- **Corporate Law**
- **Administrative & Municipal Law**

*Robert J. Reilley, Jr.\**

*Salvatore F. Bello, Jr.\**

*Daniel T. McGrory\**

*Gregory P. DiPippo\**

\* Also Admitted in New Jersey

144 East DeKalb Pike, Suite 300, King of Prussia, PA 19406  
(610) 992-1300 Fax: (610) 992-1505  
[www.prbmlaw.com](http://www.prbmlaw.com)

# VALLEY FORGE PRESBYTERIAN CHURCH

We are an INTERGENERATIONAL community  
LEARNING, CELEBRATING, and DOING  
GOD'S unconditional GOOD!

Worship Gatherings Sundays 10:00am:  
Celebrating and proclaiming the unconditional love of  
God with our songs, prayers, and welcome of ALL.

### Learning and Growth Opportunities:

Children and Youth Sunday School, Adult Bible  
Studies, Book Discussion Group and Book Club

### Participating in God's good:

Host site of the UM Area Community Cupboard,  
Host Candlebrook Block Party, Chili Cookoff,  
AA(Mon-Fri Noon), NA (Fri eve), Neighborhood  
Meals on Wheels, Local/Int'l Mission Partners  
Community Flea Market, Community Service

191 Town Center Road, KOP, 19406 610-265-2420  
[www.ValleyForgePres.org](http://www.ValleyForgePres.org) [www.PCUSA.org](http://www.PCUSA.org)

*Serving the Community Since 1941*



## Bernard S. Gutkowski Funeral Home

### Upper Merion's Only Funeral Home

**305 Jefferson Street  
Swedesburg, PA 19405  
610-275-6385**


[www.gutkowskifuneralhome.com](http://www.gutkowskifuneralhome.com)

Keith J. Murphy  
Supervisor  
Funeral Director

Bernard S. Gutkowski  
Funeral Director

Edward J. Furman, CPA  
Partner

[efurman@maillie.com](mailto:efurman@maillie.com)  
PO Box 680, Oaks, PA 19456-0680  
610.935.1420 | Cell: 610.212.5445  
[www.maillie.com](http://www.maillie.com)



*Expertise Beyond The Numbers*  
Certified Public Accountants and Business Consultants



Office Phone: 484 • 881 • 3399  
Cell Phone: 610 • 207 • 8386  
Fax: 866 • 334 • 1960

**health & wellness  
for all ages & abilities**

[Lou@agelesexerciseinc.com](mailto:Lou@agelesexerciseinc.com)  
[www.agelesexerciseinc.com](http://www.agelesexerciseinc.com)

**Lou Busovsky**  
President



**TIM BRIGGS** PA  
STATE REPRESENTATIVE 149<sup>th</sup>

*Serving the communities of  
Bridgeport, Lower Merion, Upper Merion,  
West Conshohocken and West Norriton*

**PHONE: 610-768-3135 EMAIL: REPBRIGGS@PAHOUSE.NET**  
**WEBSITE: WWW.PAHOUSE.COM/BRIGGS**




**Terri Morrison, Realtor®**  
M.D.P. and Upper Merion Alumni

office 610.280.4050 cell 484.467.0209  
[Terri.Morrison@LNF.com](mailto:Terri.Morrison@LNF.com)  
650 W. Uwchlan Ave. Exton, PA 19425  
[www.longandfooster.com/terrimorrison](http://www.longandfooster.com/terrimorrison)






**DAYLIN LEACH**  
STATE SENATOR - 17TH DISTRICT  
COMMONWEALTH OF PENNSYLVANIA

SUITE 208  
601 SOUTH HENDERSON ROAD  
KING OF PRUSSIA, PA 19406  
PHONE: (610) 768-4200  
FAX: (610) 768-4204

SENATE BOX 203017  
HARRISBURG, PA 17120-3017  
PHONE: (717) 787-5544  
FAX: (717) 705-7741  
E-MAIL: [dleach@psenate.com](mailto:dleach@psenate.com)

Since 1952

***The Bacchi Funeral Home & Crematory, Ltd.***

805 DeKalb St. (Rt. 202) Bridgeport, PA 19405-1211

(610) 272-1941

[www.bacchifuneralhome.com](http://www.bacchifuneralhome.com)



Darryl R. Bacchi, Supervisor  
1928 - Russell J. Bacchi, F.D. - 2002

*We are a family owned and operated funeral home which has been serving Bridgeport, King of Prussia, Norristown and surrounding communities since 1952.*

**King of Prussia Crematory is located on our premises.**

**[www.cremating.com](http://www.cremating.com). Casket and Vault Display Room –**

**Parking on Premises – Pre-arranged Funerals Available**

**We are proud to sponsor the Upper Merion Senior Service Center!**

**TIME TO RENEW YOUR MEMBERSHIP FOR 2019**

January starts a new membership year at the senior center. If you or someone you know, is 55 plus and not already a member, come check out all the programs and activities available.

We now have a new and improved *abbreviated* form for *membership renewals* (yellow paper). Brand new members should complete the longer form (white paper).

Membership is only \$20.00. More information can be found at [www.umssc.org](http://www.umssc.org). or call us at 610-265-4715.

Meet new friends and enjoy our many activities and presentations.

**THESE ADS BENEFIT THE UPPER MERION SENIOR SERVICE CENTER. WE THANK ALL OF OUR ADVERTISERS FOR THEIR SUPPORT AND ENCOURAGE OUR MEMBERS TO SUPPORT THESE BUSINESSES!**

LIKE US ON FACEBOOK Hit "control" "right click" on link below



<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, Cindy Eastman or Shirley Robey in the office.

### PUT BOOKS IN THE HANDS OF CHILDREN WHO NEED THEM

We are 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 preemie 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.



### OFFICERS:

Dick McCann  
President  
Sharon Brzoska  
Vice President  
Helen Currykosky  
Secretary  
Harlyce Grossman  
Treasurer

### BOARD DIRECTORS:

Jane Burger  
Jeanne Green  
Tom Harrington  
Cass Hostler  
Howard Lurie  
Howard Rosenblum  
Joan Shaw

### HONORARY

### MEMBERS:

Constance H. Williams  
Ronald G. Wagenmann

### POSTHUMOUS

### HONORARY

### MEMBERS:

Harry J. (Buddy) Bailey  
Mary F. McCree  
Mary Meere  
Arthur Powell

### STAFF:

Executive Assistant:  
Shirley Robey  
Admin. Assistant:  
Peggy Ford  
Receptionist:  
Beth Cassidy

### "Best of Times"

### Editors:

Shirley Robey  
Peggy Ford