

The Best of Times

FEBRUARY 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/>

Greetings Fellow Members,

Membership renewals for 2022 are now being accepted and are *due by the end of February*. Annual dues are \$20.00. Please complete a membership renewal form available at the Center or on our website and return with your payment by mail or in person to the Senior Center. *Renew now so that you continue to receive your newsletter and participate in your favorite activities!* Proof of vaccination and a mask mandate are still being enforced at the Senior Center.

It's that time of the year again folks when the weather is unpredictable. If it doesn't look good outside (snowing or freezing rain) and you planned to visit the Senior Center, *please, for your own safety, call first and check. The voice mail will indicate if we are closed.*

The Senior Center offers a variety of activities to enjoy such as exercise classes, computer club, card games, discussion groups, bingo, and special events. *If there is an activity not listed that you would enjoy doing at the Senior Center, please let us know.*

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 February 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.

TRANSPORTATION & SEPTA KEY CARD


People 65 or older can take advantage of free transit service on local established routes for buses, trollies, rapid transit lines and Regional Rail travel within Pennsylvania with a Septa Senior Key Card (Senior Fare Card) or a PA Driver's license/photo ID with a magnetic strip. Medicare cards are no longer accepted. If you have a Senior Key Card with an expiration date between January 2020 and December 2021, they have been extended until the same expiration month in 2022. If you do not have a Septa Key Card, State Representative Tim Briggs' district office had a recent flier offering more information on how to obtain an ID. Their office number is 610-768-3135. If you lost your card, you may call the Key Customer Call Center at 855-567-3782.

GENERAL MEETING (2nd Wednesday of the month): FEBRUARY 9 at 9:30 AM. We will have a guest speaker, Jaimie Colonna a Physical Therapist who works at Moss Rehab who will speak on Osteoporosis and bone health. Ms. Colonna has been treating patients for over 20 years, starting in early intervention and now working with an adult outpatient population. You can watch on UMGA TV (Comcast 22/Verizon 33). The meetings are aired on Thursday's at 6:00 PM and repeat the following day at 10:00 AM. The URL to use to go directly to the General Meeting video is <https://vimeo.com/channels/891501>.

BLOOD PRESSURE CHECK: THURSDAY FEBRUARY 10 at 9:30 AM-12:00 PM. Main Line Health Nurse resumes blood pressure checks (*once a month*).

FEBRUARY 2022 *A SMILE IS THE SHORTEST DISTANCE BETWEEN TWO PEOPLE*



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 9 TO 11 WALK TRACK 11:30 FUN & FITNESS 12:30 PINOCHLE 12:30 BAND PRACTICE <i>(suspended)</i>	2 10:00 BOARD MEETING 12:00 NEIGHBOR TO NEIGHBOR <i>(ON ZOOM)</i> 12:30 CANASTA 1:00 LINE DANCING	3 9 - 11 WALK TRACK 10:15 BINGO 11:30 FUN & FITNESS	4 10:30 SING-A-LONG	5
6	7 10:30 CURRENT EVENTS <i>(ALSO ON ZOOM)</i>	8 9 TO 11 WALK TRACK 11:30 FUN & FITNESS 12:30 PINOCHLE 12:30 BAND PRACTICE <i>(suspended)</i>	9 9:30 GENERAL MEETING 12:00 NEIGHBOR TO NEIGHBOR <i>(ON ZOOM)</i> 12:30 CANASTA 1:00 LINE DANCING	10 9 - 11 WALK TRACK 9:30 BLOOD PRESSURE CHECK 10:15 BINGO 11:30 FUN & FITNESS	11 10:30 SING-A-LONG	12
13	14 10:30 CURRENT EVENTS <i>(ALSO ON ZOOM)</i> 11:30 MONDAY MATINEE 	15 9 TO 11 WALK TRACK 11:30 FUN & FITNESS 12:30 PINOCHLE 12:30 BAND PRACTICE <i>(suspended)</i>	16 12:00 NEIGHBOR TO NEIGHBOR <i>(ON ZOOM)</i> 12:30 CANASTA 1:00 LINE DANCING	17 9 - 11 WALK TRACK 10:15 BINGO 11:30 FUN & FITNESS	18 10:30 SING-A-LONG	19
20	21 10:30 CURRENT EVENTS <i>(ALSO ON ZOOM)</i> 1:00 BOOK TALK <i>(ALSO ON ZOOM)</i> PRESIDENTS DAY	22 9 TO 11 WALK TRACK 11:30 FUN & FITNESS 12:30 PINOCHLE 12:30 BAND PRACTICE <i>(suspended)</i>	23 12:00 NEIGHBOR TO NEIGHBOR <i>(ON ZOOM)</i> 12:30 CANASTA 1:00 LINE DANCING	24 9 - 11 WALK TRACK 10:15 BINGO 11:30 FUN & FITNESS	25 10:30 SING-A-LONG	26
27	28 10:30 CURRENT EVENTS <i>(ALSO ON ZOOM)</i> 12:00 PRESENTATION BY UM SUPERVISOR GREG WAKS					

MONDAY MATINEES: MONDAY, FEBRUARY 14: "*Lady of the Manor*". Past and present collide when slacker Hannah gets hired to portray Lady Wadsworth --an 1800s Southern belle-- for tours at Wadsworth Manor. Hannah tries to fake it until the ghost of Lady Wadsworth appears and tells her it's time to change her wild ways -- or she'll haunt her forever. You can order cheese pizza in advance (2 slices, soda and dessert for \$5.00) or brown bag your own lunch. We eat at 11:30 A.M. and movie starts at 12:00 P.M.

BOOK TALK: MONDAY, FEBRUARY 21 at 1:00 PM in the Library/Lounge (in person or via zoom). Book selection is "*Writers & Lovers*" by Lily King. This book is available at the UM Library.

TOWNSHIP PRESENTATION: MONDAY FEBRUARY 28 at 12:00 PM. Supervisor Greg Waks will be here to discuss township activities.

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

CALL FOR VOLUNTEERS: The Senior Service Center's Bylaws have not had a serious review in a number of years, and need to be updated. The Bylaws are the main governing document for a non-profit organization such as ours. Howard Lurie has agreed to chair the Bylaws Committee, and is seeking volunteers interested in serving on the Committee. No special skills are needed to serve on the Committee, other than a willingness to provide input and recommendations. If interested or have any questions, **please email Howard at hrlurie@gmail.com.**

ATTENTION CRAFTERS: At the Senior Center we have a beautiful, bright craft room full of fabrics, sewing machines and tables. Yarn is available for Linus Project Blankets. Fancy yarns also available for special sweater or scarf. We have plenty of needles and pattern books. *Sewing machines* may be used (with permission) by experienced sewers. **Questions? Contact Ethel Hutchinson 610-265-6495 or Hutchinson.ethel63@gmail.com.**

LIKE TO PLAY GAMES? C'MON IN AND BRING FRIENDS!

The Senior Center has a large and varied collection of **board games**. Bring yourself and some friends in to the game room and have some fun. Make arrangements with staff for availability of time and space.

POKER: A new member of the Senior Center is looking for others to play poker. Sign the interest sheet in the lobby or call the office and let us know if you are interested. **MEXICAN TRAIN (DOMINOS) PLAYERS:** If you are interested in playing there is a sign-up sheet in the lobby of the Senior Center. You can also call the Center and ask to have your name put on the list. If enough interest is shown in this activity, a day and time will be selected to play.

EXCURSION DATES

DUTCH APPLE DINNER THEATER WITH LUNCH BUFFET: APRIL 6, 2022. **Tickets on sale now** for bus trip to see a performance of "*Singin' in the Rain*". Bus departs from upper pool parking lot at 10:15 AM. Cost: Members: \$65.00 Non-Members \$75.00. **LIMIT 40 PEOPLE. PROOF OF VACCINATION ARE REQUIRED FOR ALL AT SIGN-UP.**

WASHINGTON, DC: Bus trip to Washington, DC being planned for May, 2022. No details available yet.

HAPPY FEBRUARY BIRTHDAYS!

2/2 Mohammad Behradnia	2/12 Rose Chambers	2/19 Maryellen McTeague
2/2 Jennifer Lurie	2/12 Mary Jane McKenna	2/20 Paul Kubler
2/2 Ruth Sartor	2/12 Duane Menago	2/22 Paul Little
2/3 Rosemarie Van	2/13 Edwina McQuaid	2/23 Caroline Gilday
2/4 Wendy Schildt	2/13 Peggy Newman	2/23 Jerene Glidden
2/4 Barbara Skoczylas	2/13 Harry Nuskey	2/23 Bonnie Turner
2/4 Raymond Vance	2/13 Anthony Rizzo	2/24 Doris Spera
2/5 Linda Quam	2/13 Mary Wilson	2/25 Errico Gregory
2/6 Nancy Hosler	2/15 Wing Lau	2/25 Jen Jefferis
2/6 Ted Quillen	2/16 Ursel ISandt	2/25 Judy Lukis
2/9 Gilbert Condon	2/17 Emma Levering	2/26 Lorraine D'Alleva
2/11 Edward Hickman	2/17 Charlotte Reynolds	2/27 Todd McKee
2/12 Claire Banas	2/19 Ann Lister	

THANK YOU FOR YOUR DONATIONS TO THE SENIOR CENTER

Thank you to the following members for their generous contributions: Chris & Lynn Capobianco in memory of their father, Pat Capobianco. Stephen and Sabrina Girty in memory of Pat Capobianco. Cindy & Dan Eastman made a contribution in memory of Janice Auernheimer.

IN MEMORIAM

We extend our deepest sympathies to the family and friends of Marie Buler who passed away on December 19. Marie was a founding member of UMSSC and served on the Board as secretary. We are also very sad to hear of the passing of Conrad Kruse on December 27, 2021. Conrad was a former member and was very active in the Computer Club. Our deepest sympathies to his family and friends.

LINE DANCING IS GOOD FOR YOUR HEALTH

The health benefits of line dancing are obvious. Everyone benefits from exercise and *line dancing is so much fun*, it doesn't seem like exercise. Here is a list of some of the health benefits you will enjoy if you line dance on a regular basis:

- ✓ Cardiovascular and muscular strength and flexibility become better;
- ✓ High blood pressure, high cholesterol levels and high triglyceride levels, as well as high blood sugar levels can all improve;
- ✓ Coordination improves as you work through the different movements;
- ✓ Lung capacity can increase;
- ✓ Help with weight control – half an hour of continuous line dancing can burn an average of 300 calories
- ✓ The social aspects of line dancing are obvious. Your sense of well-being and the camaraderie you have with the other dancers is wonderful for your health.

Lauretta leads a Line Dance Class at the Senior Center on Wednesdays at 1:00 PM. If you like to dance and have fun, why not join her and other members. Get your body moving!

UM LIBRARY PROGRAMS FOR FEBRUARY

(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.)

Upper Merion Township Library & Friends of Black History present the 23rd annual celebration of Black History "A Kaleidoscope of Black History", a month-long celebration at the library in person and virtual.

BLACK HISTORY CELEBRATION EVENTS

Musical Performance by Ralph Penn: Friday, February 04, 2022 at 6:30 PM

DIY Activities for Kids: Saturday, February 12, 2022 from 1:00 PM - 4:00 PM

Virtual Tour of Slavery Museum: Thursday, February 17, 2022 at 2:30 PM.

Historical Interpretation by Daisy Century: Saturday, February 26, 2022 at 11:00 AM

Zoom basic Computer Class: Led by Sangeetha on Thursdays, February 10 and 24 at 11:00 AM. MUST REGISTER at the library to receive zoom links. Sangeetha will be at the center every 1st and 3rd Wednesday of the month @ 11:00 AM (February 2 and 16). Seniors should check with Ms. Shirley or Ms. Peggy for the sign up instructions.

Winter Reading Program for Seniors: Started January 4, 2022. Read, register and review to win great prizes. Feel free to come in person to submit your reviews or check our website to review online.

ESL Class (English as a Second Language Conversation Group): No registration required. The group will meet every Tuesday at 12:00 PM in person in Valley Forge Room. Participants *MUST* wear a mask at all times and social distance will be maintained.

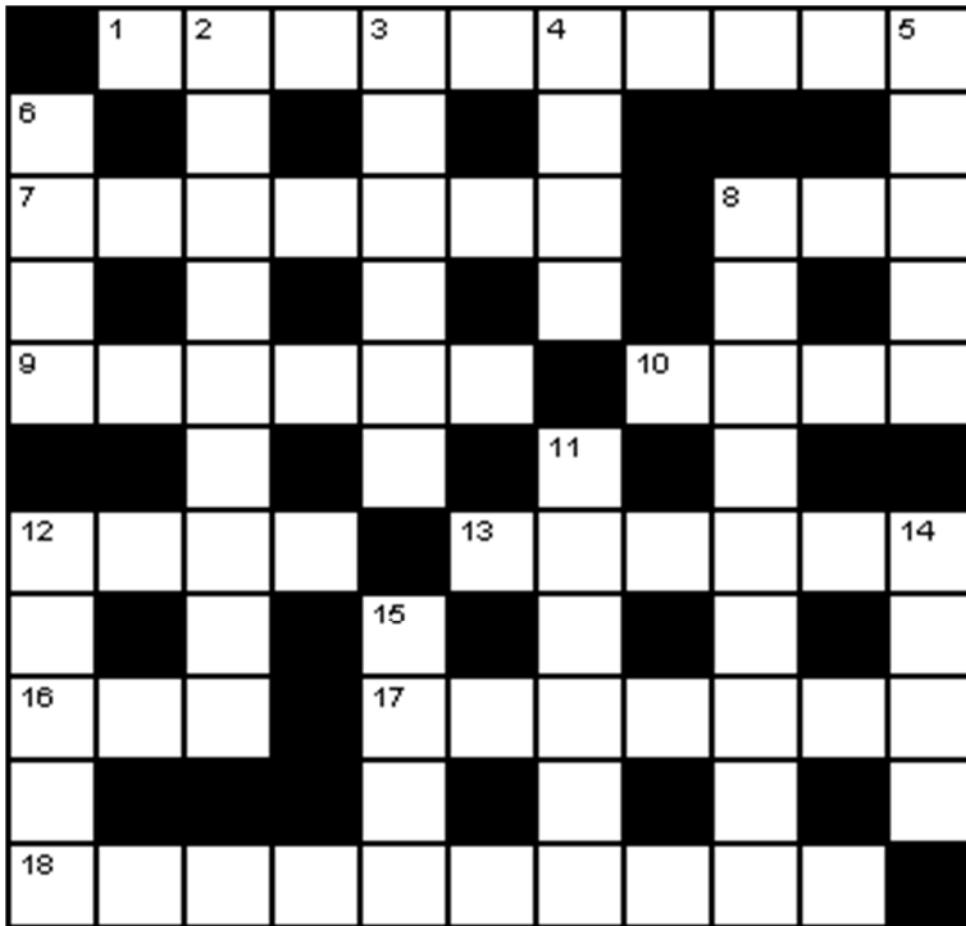
Coloring and Board Game Night: *Resumes in person.* Meets 2nd Monday of month (February 14) at 6:00 PM. Bring your friends and enjoy coloring/playing. Materials will be provided. Walk-ins are welcome.

Knit Nite: *Resumes in person.* Meets every 4th Monday at 6:00 PM (February 28) for 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.

Virtual Career Series: Scheduled for 3rd Monday of month at 6:00 PM. Please check our online calendar for topics discussed each month. (This month it will be held on February 21). Must register to receive zoom link.

FUN & GAMES

QUICK CROSSWORD (answers on page 8)



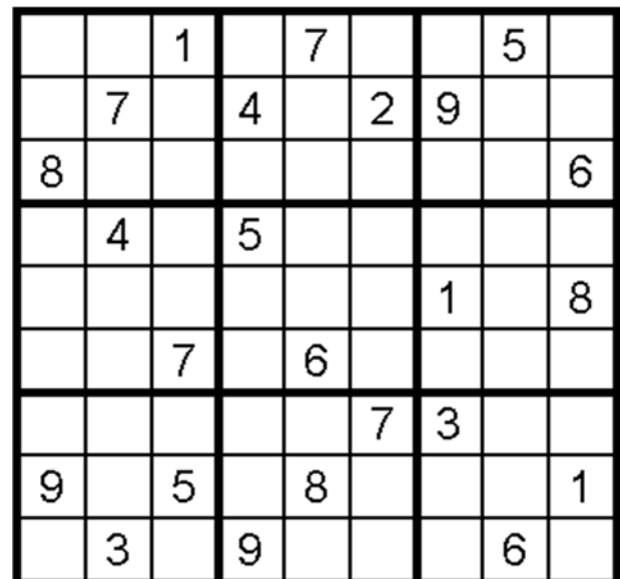
ACROSS

1. Inverse (10)
7. Curt (7)
8. Crib (3)
9. Sentinel (6)
10. Hinge joint (4)
12. Remedy (4)
13. Cask (6)
16. Mythical bird (3)
17. Fishing boat (7)
18. Duty (10)

DOWN

2. Bizarre (9)
3. Disregard (6)
4. Wealthy (4)
5. Nimble (5)
6. Arithmetical operation (4)
8. Lowest female singing voice (9)
11. Empty (6)
12. Freight (5)
14. Entice (4)
15. Male deer (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.



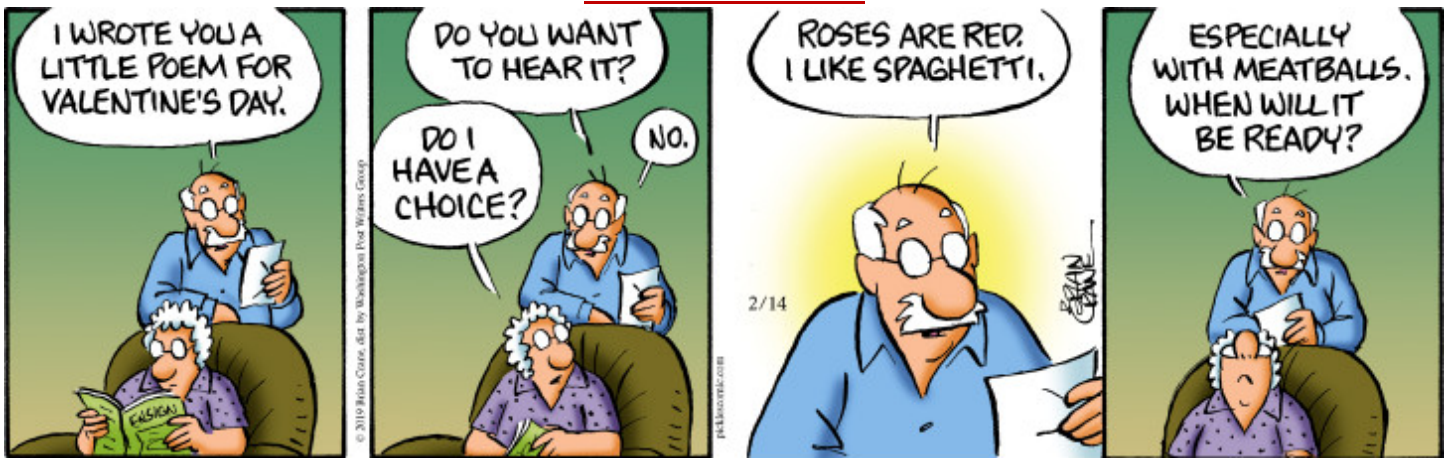
WORD SEARCH

Valentine



ADORE, APPEAL, ARROW, ATTRACTION, BEAU, BEGUILLED,
BELOVED, BEWITCHED, BOW, BOYFRIEND, CAPTIVATED,
CARD, CARING, CHARM, CHERISH, CRUSH, CUPID, DEAREST,
DESIRE, DEVOTION, DOTE, EMOTION, ENCHANTED, ENRAPTURED,
EROS, GIFT, GIRLFRIEND, GREETING, INFATUATION, KISSES,
LOVE, LOYALTY, PASSION, ROMANCE, SMITTEN, SWEETHEART,
TREASURE, TRUE LOVE, VALENTINE, YEARNING.

JUST FOR LAUGHS



"He'll take a dozen long-stemmed roses."



Be loving and kind, have fun and celebrate.

Stay safe and keep others safe.

*Wave goodbye to the old year and embrace the new - full of
hope, dreams and good health.*

Wishing you a Happy Valentines Day!



GRACIAS! THANKS! DANKE! MERCI!

★Special thanks to **SALVATORE'S TRATTORIA & PIZZERIA** for Friday Flicks 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

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

SUDOKU ANSWERS

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