

The Best of Times

FEBRUARY 2024



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

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It has been a very cold and snowy month of January. We were spoiled the last several years without significant snow events. I chose to close the Center when the forecast threatened a snow accumulation. It is safer for our members to stay home and stay safe and will continue to make that call going forward. If you are questioning if we are open, please give us a call and the phone message will say if we are closed for the day.

Looking forward to the busy month of February. We have our annual February party, this year being the Valentine Hoagie Social scheduled for February 9th. Our committee chair, Marion Wilkinson, has arranged entertainment for the party. Make sure to get your tickets by February 2nd to join the party.

February 14th, we welcome back Dawn Batman and Tracy Flynn from the Montgomery County Department of Health and Human Services Office of Senior Services for two programs. They are repeating the Tai Chi for Arthritis program. Enrollment for this program will give priority to members who were unable to sign up for the prior program due to the overwhelming popularity. The same day will be Healthy Steps in Motion. Both classes have a 20-participant limit so sign up early if you would like to attend either program. Please refer to the calendar for times and dates. Both programs run weekly into April.

Main Line Health will present Heart Health on February 29th. Such an appropriate topic for February.

Save the date! We are planning to have our Big Bingo on April 7.

Thank you to those of you who have renewed their membership for 2024. If it has slipped your mind, please see one of our staff to sign up for the new year. We have many events and programs for you to enjoy in 2024. Do not miss all we have to offer.

Happy Valentines Day to each of you. May your day be filled with peace and love.

Hope to see you around the Center.

Until next time,

Sharon Brzoska, President

WHAT'S HAPPENING AT THE CENTER







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** please call the office and provide your email address to receive the zoom link.

SAVE THE DATE


♥ **VALENTINE HOAGIE SOCIAL:** Friday February 9 from 12:00 to 2:30 PM. Celebrate with us! Enjoy entertainment, door prizes and 50/50 raffle. Ticket \$8.00 on sale until February 2.

TECH HELP: Sangeetha will be at the Center the 1st and 3rd Wednesday of the month @ 12:00 PM. (**FEBRUARY 7 AND FEBRUARY 21**). Meet in the Computer Room.

FEBRUARY 2024 BE THE RAINBOW IN SOMEONE'S CLOUD

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
				9 - 3 WALK THE TRACK 10:15 BINGO 11:30 FUN & FITNESS	9-3 WALK THE TRACK 10:30 SING-A-LONG 1:00-2:30 TRIVIA <i>GROUNDHOG DAY</i>	
4	5	6	7	8	9	ALL
	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 TECH HELP 12:00 NEIGHBOR ON ZOOM 12:30 CANASTA 12:30 LINE DANCING 1:00 KNIT & CROCHET GROUP	9-3 WALK THE TRACK 10-12 NURSE 10:15 BINGO 11:30 FUN & FITNESS	12 TO 2:30 VALENTINE HOAGIE SOCIAL  ALL ACTIVITIES CANCELLED	
11	12	13	14	15	16	17
	9-3 WALK THE TRACK 11:00 CURRENT EVENTS (ALSO ON ZOOM) 11:30 MONDAY MATINEE BLUE ANGELS DOCUMENTARY 12-3 PAINTING GROUP 12:30 MEXICAN TRAIN <i>LINCOLN'S BIRTHDAY</i>	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 NEIGHBORS ON ZOOM 12:30 CANASTA 12:30 LINE DANCING 1:00 KNIT & CROCHET GROUP 12:30 TAI CHI PROGRAM 1:45 HEALTHY STEPS IN MOTION  <i>ASH WEDNESDAY</i>	9-3 WALK THE TRACK 10:15 BINGO 11:30 FUN & FITNESS 	9-3 WALK THE TRACK 10:30 SING-A-LONG 1:00 -2:30 TRIVIA	
18	19	20	21	22	22	24
	9-3 WALK THE TRACK 11:00 CURRENT EVENTS (ALSO ON ZOOM) 12-3 PAINTING GROUP 12:30 MEXICAN TRAIN 1:00 BOOK TALK <i>PRESIDENT'S DAY</i>	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 NEIGHBORS ON ZOOM 12:30 CANASTA 12:30 LINE DANCING 1:00 KNIT & CROCHET GROUP 12:30 TAI CHI 1:45 HEALTHY STEPS IN MOTION	9-3 WALK THE TRACK 10:15 BINGO 11:30 FUN & FITNESS 1:00 QUILTING <i>WASHINGTON'S BIRTHDAY</i>	9-3 WALK THE TRACK 10:30 SING-A-LONG 1:00 -2:30 TRIVIA	
	26	27	28	29		
	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 NEIGHBORS ON ZOOM 12:30 CANASTA 12:30 LINE DANCING 1:00 KNIT & CROCHET GROUP 12:30 TAI CHI PROGRAM 1:45 HEALTHY STEPS IN MOTION	9-3 WALK THE TRACK 10:15 BINGO 11:30 FUN & FITNESS 12:45 MLH -HEART HEALTHY PRESENTATION		

MARCH 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 9:30-3 WALK THE TRACK 10:30 SING-A-LONG 1:00-2:30 TRIVIA	2
3	4 9:30-3 WALK THE TRACK 11:00 CURRENT EVENTS (ALSO ON ZOOM) 12-3 PAINTING GROUP 12:30 MEXICAN TRAIN	5 9:30 -3 WALK THE TRACK 10:00 BOARD MEETING 10:00-11:30 RUMMIKUB 11:30 FUN & FITNESS 12:30 PINOCHLE 12:30 BAND PRACTICE	6 9:30-3 WALK THE TRACK 12:00 TECH HELP 12:00 NEIGHBOR ON ZOOM 12:30 CANASTA 12:30 LINE DANCING 1:00 KNIT & CROCHET GROUP 12:30 TAI CHI 1:45 HEALTHY STEPS IN MOTION	7 9:30-3 WALK THE TRACK 10:15 BINGO 11:30 FUN & FITNESS 12:45 BRAIN BOOST PRESENTATION	8 9:30-3 WALK THE TRACK 10:30 SING-A-LONG 1:00-2:30 TRIVIA	9  DAYLIGHT SAVINGS TIME
10 RAMADAN BEGINS	11 9:30-3 WALK THE TRACK 11:00 CURRENT EVENTS (ALSO ON ZOOM) 11:30 MONDAY MATINEE 12-3 PAINTING GROUP 12:30 MEXICAN TRAIN	12 9:30 -3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:30 FUN & FITNESS 12:30 PINOCHLE 12:30 BAND PRACTICE	13 9:30-3 WALK THE TRACK 12:00 NEIGHBORS ON ZOOM 12:30 CANASTA 12:30 LINE DANCING 1:00 KNIT & CROCHET GROUP 12:30 TAI CHI 1:45 HEALTHY STEPS IN MOTION	14 9:30-3 WALK THE TRACK 10-12 NURSE 10:15 BINGO 11:30 FUN & FITNESS <i>(CANCELLED FOR TODAY)</i> 12:30 GENERAL MEETING FOLLOWED BY ST. PATRICK'S DAY LUNCHEON	15 9:30-3 WALK THE TRACK 10:30 SING-A-LONG 1:00-2:30 TRIVIA	16
17 ST PATRICKS DAY	18 9:30-3 WALK THE TRACK 11:00 CURRENT EVENTS (ALSO ON ZOOM) 12-3 PAINTING GROUP 12:30 MEXICAN TRAIN 1:00 BOOK TALK	19 9:30 -3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:30 FUN & FITNESS 12:30 PINOCHLE 12:30 BAND PRACTICE FIRST DAY OF SPRING	20 9:30-3 WALK THE TRACK 12:00 TECH HELP 12:00 NEIGHBORS ON ZOOM 12:30 CANASTA 12:30 LINE DANCING 1:00 KNIT & CROCHET GROUP 12:30 TAI CHI 1:45 HEALTHY STEPS IN MOTION	21 9:30-3 WALK THE TRACK 10:00 BUS TRIP TO BUBE'S BREWERY 10:15 BINGO 11:30 FUN & FITNESS	22 9:30-3 WALK THE TRACK 10:30 SING-A-LONG 1:00-2:30 TRIVIA	23
24 PALM SUNDAY	25 9:30-3 WALK THE TRACK 11:00 CURRENT EVENTS (ALSO ON ZOOM) 11:30 MONDAY MATINEE 12-3 PAINTING GROUP 12:30 MEXICAN TRAIN	26 9:30 -3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:30 FUN & FITNESS 12:30 PINOCHLE 12:30 BAND PRACTICE	27 9:30-3 WALK THE TRACK 12:00 NEIGHBORS ON ZOOM 12:30 CANASTA 12:30 LINE DANCING 1:00 KNIT & CROCHET GROUP 12:30 TAI CHI 1:45 HEALTHY STEPS IN MOTION	28 9:30-3 WALK THE TRACK 10:15 BINGO 11:30 FUN & FITNESS 12:45 BALANCE ISSUES PRESENTATION 1:00 QUILTING	29 CENTER IS CLOSED GOOD FRIDAY	30 31 EASTER SUNDAY



MONDAY MATINEE: Monday February 12 at 11:30 AM. Movie is "Blue Angels". A documentary about the Blue Angels, formally named the U.S. Navy Flight Demonstration Squadron. They are a flight demonstration squadron of the United States Navy. Formed in 1946, the unit is the second oldest formal aerobatic team in the world, after the French formed in 1931. The team, composed of six Navy and one Marine Corps demonstration pilot, fly Boeing F/A-18 Super Hornets.

NOTE NEW TIME BLOOD PRESSURE CHECK: Thursday, February 8 from 10:00 AM to 12:00 PM. Have your blood pressure checked by MLH Nurse Tracey.

TAI CHI FOR ARTHRITIS AND FALLS PREVENTION: Wednesdays beginning February 14 through April 3 from 12:30 PM to 1:30 PM. Eight-week course presented by MONTCO Dept. of Aging. Increase your strength, balance and flexibility while improving your mind, body and spirit. (Class size minimum 10 -maximum 20.) ***This class is open only to members who did not participate in last years' class.***

HEALTHY STEPS IN MOTION: Wednesdays beginning February 14 through April 3 from 1:45 PM to 2:45 PM. Eight-week course presented by MONTCO Dept. of Aging. Learn to reduce the risk of falling, new exercises, build strength and improve your balance. (Class size minimum 10 -maximum 20.)

BOOK TALK: Monday, February 19 at 1:00 PM. Group will be reading "The Wind Knows My Name" by Isabel Allende.



MAIN LINE HEALTH PRESENTATION: HEALTHY HEART: Thursday February 29 at 12:45 PM. Presented by Abby Riley, RN, BSN. Main Line Health Women & Heart Disease Program Manager. She will discuss: Importance of checking blood pressure. Age related changes in the heart. What is heart disease? What can I do to prevent heart disease? Managing your medications.

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.

MEMBERSHIP DRIVE

It is time to renew your membership for 2024. 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 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. Memberships for the calendar year 2024 can be renewed now. ***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.



PEDIATRIC DENTISTRY Jay Goldsleger, DDS Scott Goldsleger, DDS Natalie De Barros, DMD Marc Virtue, DDS David Kim, DMD Robyn Isker, DMD	GENERAL DENTISTRY Larry Schlarb, DMD Skip Hoerz, DMD Ama Soley, DMD Andrew Rush, DMD Kristine Rushby, DMD
ORTHODONTICS Bryan Ruda, DMD Erin Bauerle, DMD	
ENDODONTICS Serena Colletti, DMD	
610/337-2325 Fax 610/337-3863 www.uppermerctondental.com	

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.**

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.**

EXCURSIONS FOR 2024

MARCH 21 - BUS TRIP TO BUBE'S BREWERY MURDER MYSTERY FEAST

Lively interactive dinner theater entertainment. Tour of Historic Bube's Brewery in Mt. Joy. (If you opt to take tour of brewery be advised there are steps.) Trip includes delicious lunch with appetizer, salad, soup, tenderloin tips, chicken Alfredo and desserts, ice tea or coffee. Tickets on sale Feb 1st. *Members will have priority for tickets. If the bus does not fill, tickets will then become available to non-members.* Cost \$80 for members \$95 for non- members. BUS DEPARTS POOL PARKING LOT AT 10:00 AM.

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TENTATIVE 2024 EXCURSIONS

APRIL 2024 - LITITZ & WOLF SANTUARY

MAY 2024 - WEST LAUREL HILL CEMETERY

JUNE 2024 - ANDALUSIA HOUSE & GARDENS

OCTOBER 2024 - JIM THORPE

NOVEMBER 15, 2024 - DUTCH APPLE DINNER THEATER "WHITE CHRISTMAS" (VIA BUS)

BIRTHDAYS IN FEBRUARY

2/3 Rosemarie Van

2/4 Jeanne Fee

2/4 Wendy Schildt

2/4 Raymond Vance

2/5 Linda Quam

2/6 Nancy Hosler

2/11 Marybeth Guminski

2/11 Edward Hickman

2/12 Rose Chambers

2/13 Edwina McQuaid

2/13 Peggy Newman

2/13 Anthony Rizzo

2/14 Dolly Leonard

2/15 Wing Lau

2/15 Dot Long

2/16 Ursel Sandt

2/17 Emma Levering

2/19 Sandy Colon

2/19 Maryellen McTeague

2/22 Paul Little

2/23 Caroline Gilday

2/23 Lisa Ramsey

2/24 John Hornyak

2/24 Doris Spera

2/25 Judy Lukis

2/26 Lorraine D'Alleva

UM LIBRARY PROGRAMS FOR FEBRUARY 2024

(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.)

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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UPPER MERION TOWNSHIP LIBRARY & FRIENDS OF BLACK HISTORY PRESENT THE 25TH ANNUAL CELEBRATION OF BLACK HISTORY

Carnival Kick-Off: Saturday, Feb. 3 | 10:30 AM - 3:30 PM

Family Storytime Featuring Black Creators: Saturday, Feb. 3 | 10:30 - 11:00 AM

Kid's Crafts and Activities: Saturday, Feb. 10 | 1:00 - 4:00 PM

Motown Performance, Warren Oree's Arpeggio Jazz Ensemble: Friday, Feb. 16 | 6:30 - 8:00 PM

The Marketplace: Saturday, Feb. 24 | 10:00 AM - 2:00 PM. Shop Black-owned businesses with a wide variety of products.

Dr. Daisy Century, Historical Interpreter: Saturday, Feb. 24 | 11:00 AM - 12:00 PM

Take a journey through the life of Harriet Tubman

Dr. Paul D. Best, Storyteller and Educator: Wednesday, Feb. 28 | 6:30 - 7:30 PM

FREE RAFFLE TICKET with each event attended. To learn more or to register for any of these events, please visit our calendar at www.umtlibrary.libcal.com



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VALENTINE'S DAY WORD SEARCH

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

Valentine
 Candy
 Chocolate
 February
 Flowers
 Friend

Cupid
 Cuddle
 Hug
 Kiss
 Love

Be Mine
 Hearts
 Card
 Love
 Arrow

Pink
 Red
 Roses
 I Love You
 Sweet



February

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

MONTH
 COLD
 CHOCOLATE
 GROUNDHOG DAY
 CUPID
 LOVE
 WINTER
 FLOWERS
 FRIEND
 SNOW
 VALENTINES DAY
 SECOND
 FEBRUARY
 PRESIDENTS DAY
 ICE



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★ 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.