

The Best of Times

JANUARY 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/>

New Years' Greetings Fellow Members,

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. Maybe you would enjoy playing bridge or a board game. We would be happy to schedule your activity on our calendar.*

Membership renewals for 2022 are now being accepted and 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

Proof of vaccination and a mask mandate are still being enforced at the Senior Center. 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 January activities. Contact anyone in the office if you have questions.

BOOK TALK: Monday, January 10 at 1:00 PM in the Library/Lounge (in person or via zoom). Book selection is "Anxious People" by Fredrick Backman.

MONDAY MATINEES: Monday, January 10. We will show "LADY OF THE MANOR". Past and present collide when slacker Hannah gets hired to portray Lady Wadsworth -- a Southern belle from the 1800s -- for tours at Wadsworth Manor. Hannah figures she can fake it well enough, until the ghost of Lady Wadsworth appears and tells her it's time to change her wild ways -- or she'll haunt her forever. As always 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 the movie starts at 12:00 P.M.

GENERAL MEETING JANUARY 12: General Meetings are held on the second Wednesday of each month. 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 JANUARY 13 10:00 AM-12:30 PM: Main Line Health Nurse resumes blood pressure checks.

ATTENTION CRAFTERS: Tuesday January 25 at 1:00 PM there will be a meeting for folks interested in doing or learning more about quilting. We have a good amount of fabric, sewing machines and tables to work on. **KNITTERS OR CROCHETERS:** Yarn available for Linus Project Blankets. Fancy yarns also available for special sweater or scarf. We have plenty of needles and pattern books. **NEED EMBROIDERY FLOSS:** We have lots. **SEWING MACHINES:** may be used (with permission) by experienced sewers. Come, learn and share your experience and enthusiasm. Get to know other seniors. **Questions?** Contact Ethel Hutchinson 610-265-6495 or Hutchinson.ethel63@gmail.com.

EXCURSION DATES

DUTCH APPLE DINNER THEATER WITH LUNCH BUFFET: APRIL 6, 2022. *Tickets on sale beginning January 3* for bus trip to see a performance of "Singin' in the Rain". From the golden age of movie musicals, "Singin' in the

JANUARY 2022

“THE QUALITY, NOT THE LONGEVITY, OF ONE’S LIFE IS WHAT IS IMPORTANT!” MLK, JR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 
2	3 10:30 CURRENT EVENTS TICKETS ARE NOW ON SALE FOR DUTCH APPLE TRIP IN APRIL	4 9-11 WALK THE TRACK 11:30 FUN & FITNESS 12:30 PINOCHLE 12:30 BAND PRACTICE <i>(SUSPENDED)</i>	5 10:00 BOARD MEETING 12:30 CANASTA 1:00 LINE DANCING	6 9-11 WALK THE TRACK 10:15 BINGO 11:30 FUN & FITNESS	7 10:30 SING-A-LONG	8
9	10 10:30 CURRENT EVENTS 11:30 MONDAY MATINEE “LADY OF THE MANOR” 1:00 BOOK TALK	11 9-11 WALK THE TRACK 11:30 FUN & FITNESS 12:30 PINOCHLE 12:30 BAND PRACTICE <i>(SUSPENDED)</i>	12 9:30 GENERAL MEETING 12:30 CANASTA 1:00 LINE DANCING	13 9-11 WALK THE TRACK 10:15 BINGO 10:00-12:30 NURSE 11:30 FUN & FITNESS	14 10:30 SING-A-LONG	15
16 	17 SENIOR CENTER IS CLOSED FOR MARTIN LUTHER KING DAY OF SERVICE	18 9-11 WALK THE TRACK 11:30 FUN & FITNESS 12:30 PINOCHLE 12:30 BAND PRACTICE <i>(SUSPENDED)</i>	19 12:30 CANASTA 1:00 LINE DANCING	20 9-11 WALK THE TRACK 10:15 BINGO 11:30 FUN & FITNESS	21 10:30 SING-A-LONG	22
23	24 10:30 CURRENT EVENTS	25 9-11 WALK THE TRACK 11:30 FUN & FITNESS 12:30 PINOCHLE 12:30 BAND PRACTICE <i>(SUSPENDED)</i>	26 12:30 CANASTA 1:00 LINE DANCING	27 9-11 WALK THE TRACK 10:15 BINGO 11:30 FUN & FITNESS	28 10:30 SING-A-LONG	29
30	31 10:30 CURRENT EVENTS					

Rain" brings up the starlet, the leading man and a love affair that could change lives ... and make or break careers. 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.**

HAPPY JANUARY BIRTHDAYS!

1/1 Helen Chin	1/18 Ruth Giera	1/24 Phyllis Petrolina
1/1 Eleana Panarello	1/20 Thelda Liebreich	1/25 Renee Zenker
1/3 Dorothy Carter	1/20 Bernadette Wesler	1/26 Anthony Balsano
1/4 Eva Maria Wynn	1/21 Teresa D'Antonio	1/28 Rose Clemente
1/9 Anthony Pizza	1/21 Richard Nasielski	1/28 Eileen Rodrique
1/13 Sharon Brzoska	1/21 Dorothy Polinka	1/30 Sandra Heitner
1/13 Claire Carson	1/21 Evelyn Winters	1/30 Howard Rosenblum
1/13 Barbara Thomas	1/21 Lauretta Zimmer	1/31 Dee Dalasio
1/14 Robert Williams	1/22 Roslyn Brenner	1/31 Marion Wilkinson
1/16 Marvin Garber	1/23 Hedy Weiss	
1/17 Phil Thomson	1/24 Cathleen McDermott	

THANK YOU FOR YOUR DONATIONS TO THE SENIOR CENTER

Thank you to the following members for their generous contributions: Rocco Capobianco in memory of his brother, Pat. Anna Gobbo gave a donation in memory of her fellow Pinochle player, Margaret Jochum. Renee Zenker and Joe Liebreich each made donations to the Senior Center.

LIVE YOUR BEST LIFE BY READING MORE

Reading is an activity that produces a state of flow; the experience of being fully immersed in the activity that you're carrying out. When you're fully engrossed in a book, all of your attention is placed on its pages. This means that there's no attention left over to listen to the little voice in your head, which is absolutely blissful.

Research shows that reading for just six minutes can *reduce stress* by as much as 68%. In fact, relaxing by reading reduces stress better and faster than other common stress-busting methods, such as listening to music, going for a walk, or having a cup of tea.

When you read you're filling your head with all sorts of knowledge, and that knowledge has a way of coming in handy when you least expect it whether participating in some social activity or traveling. As Dr. Seuss once wrote: *"The more that you read, the more things you will know. The more that you learn, the more places you'll go."*

Reading keeps your brain on its toes. When you're reading a book you have to keep up with all of the different characters, their backgrounds, and their ambitions. In addition, you have to remember who did what to whom, make inferences and predictions from subtle clues, and even reach your own conclusions.

The **Upper Merion Township Library** has been generously providing a great selection of large print fiction and non-fiction books to the Senior Center for many years. Why not browse our collection and find something you would enjoy reading? We also encourage you to join the **Senior Center Book Talk** that meets once a month on Monday's at 1:00 PM. They always have an interesting book selection to read and discuss. Give it a try. **It may just help you to live your best life.**

UM LIBRARY PROGRAMS FOR JANUARY

(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 WISHES YOU ALL A VERY HAPPY NEW YEAR

UPPER MERION LIBRARY IS CLOSED MONDAY, JANUARY 3

Sangeetha will lead a **ZOOM BASIC COMPUTER CLASS** on **Thursdays, January 13 & 27 at 11:00 AM. MUST REGISTER** at the library or on line to receive zoom links.

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. Participants **MUST** wear a mask at all times and social distance will be maintained.

WINTER READING PROGRAM: Starts Tuesday, January 4. Read, Register, & Review to win great prizes. Feel free to submit your reviews online or in-person at the library. Last date to submit is March 18 2022.

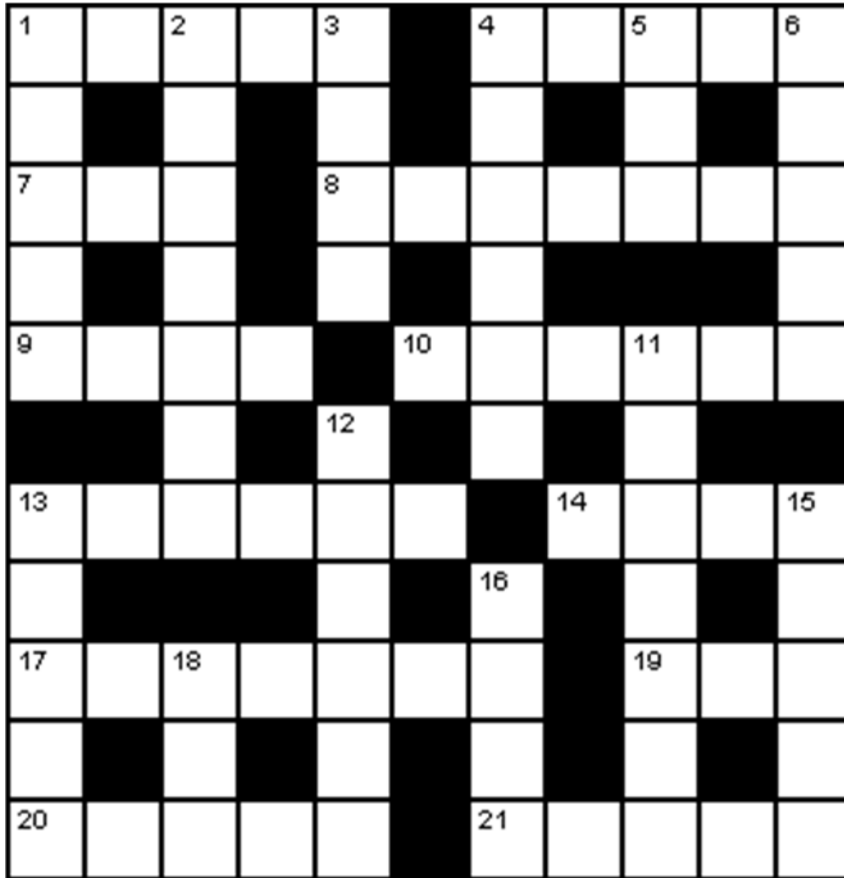
COLORING NIGHT AND BOARD GAME NIGHT for adults will be held second Monday of the month at 6:00 PM in Valley Forge Room. Feel free to walk-in on **Monday, January 10 at 6:00 PM**. Participants *MUST* wear a mask at all times and social distance will be maintained.

VIRTUAL CAREER SERIES: Held third Monday of the month at 6:00 PM. The topic for **January 17 at 6 PM** is: *How to Develop Successful Job Search Strategies*. *MUST* register to receive Zoom link.

KNIT NITE FOR ADULTS: Held fourth Monday of the month at 6:00 PM in Valley Forge Room. Feel free to walk-in on **Monday, January 24 at 6:00 PM**. Participants *MUST* wear a mask at all times and social distance will be maintained.

FUN & GAMES

QUICK CROSSWORD (answers on page 8)



1. ACROSS

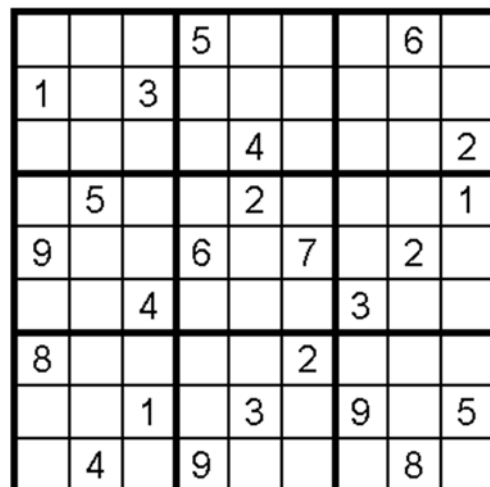
1. Concern (5)
2. 4. Maxim (5)
3. 7. Fruit (3)
4. 8. Responded (7)
5. 9. Chess piece (4)
6. 10. Writer (6)
7. 13. Sagacity (6)
8. 14. Leave out (4)
9. 17. Decorate food (7)
10. 19. Beverage (3)
11. 20. Stitched (5)
12. 21. Travesty (5)

13. DOWN

1. Thin biscuit (5)
2. Areas (7)
3. Tall story (4)
4. Counting device (6)
5. Perform (3)
6. Duck (5)
14. 11. Short-tailed burrowing rodent (7)
15. 12. Aped (6)
16. 13. Earnings (5)
17. 15. Search and find (5)
18. 16. Professional cook (4)
19. Uncooked (3)

SUDOKU (answers on page 8)

The rules of Sudoku are simple. Place a 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
STRUT YOUR STUFF



ACCESSORY, APPEARANCE, ARTISTIC, ATTIRE, ATTITUDE,
CATWALK, CLOTHES, COSTUME, COUTURE, DEMONSTRATION,
DESIGN, DISPLAY, ELAN, ELEGANCE, EXHIBITION, EXPRESSION,
FASHION, FINERY, FLAIR, FORM, GARB, LOOK, MANNEQUIN,
MANNER, MILLINER, MODE, MODEL, OUTFIT, PANACHE,
PARADE, PATTERN, POSE, RAIMENT, SHOW, STATEMENT,
STYLE, SUPERMODEL, TREND, VOGUE, WALK.

SPACE EXPLORATION



AEROBEE, APOLLO, CASSINI, CLEMENTINE, EARTH, EXPLORER,
GENESIS, GIOTTO, HELIOS, HUBBLE, HUYGENS, IMAGE, JUPITER,
KOSMOS, LUNA, MAGELLAN, MARINER, MARS, MERCURY, MIR,
MUSES, NEAP, NEAR, NEPTUNE, NOZOMI, ORBITER, PHOBOS,
PIONEER, PLUTO, RANGER, ROSETTA, SAKIGAKE, SATURN,
SELENE, SKYLAB, SMART, SOHO, SPUTNIK, STARDUST, SUISEI,
SURVEYOR, ULYSSES, URANUS, VEGA, VENERA, VENUS, VIKING,
YOHKOH, ZOND.

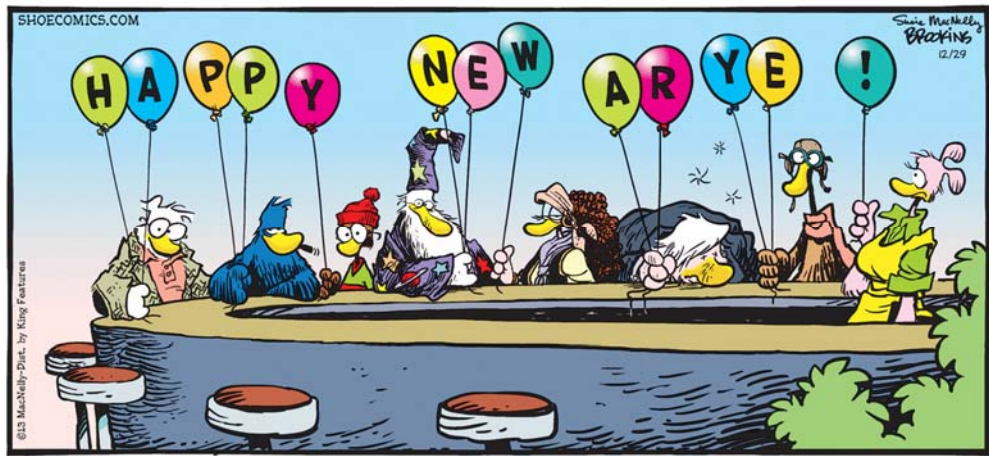
JUST FOR LAUGHS



"Nice iron. Your wife will love it. While I wrap it, you might want to go over to sporting goods and pick out a helmet."



"Don't step on it... it makes you cry."



I'VE FINALLY REACHED THE "WONDER YEARS"

- WONDER where I parked the car?
- WONDER where I left my phone?
- WONDER where my glasses are?
- WONDER what day it is?

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 New Year full of Joy!



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

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

SUDOKU ANSWERS

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