

# *The Best of Times*

## JANUARY 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](http://www.umssc.org)

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With 2024 making its entrance, let us take a moment to reflect on the many experiences we enjoyed in 2023. New friends and new adventures along with continuing to enjoy our time with families and longtime friends.

The new year is a time for new hopes and new resolutions. I hope you will include spending more time at the Center, enjoying our activities and becoming involved.

As your President, I would like to thank the new and returning Board members for volunteering their time, expertise and for their commitment to the Senior Center and our mission. Without volunteers, we would not be able to organize our special events, programs, and activities.

We are planning many activities, trips, and special presentations for 2024. If you have special interests, please feel free to offer suggestions to any Board Member, the office staff, or use the Suggestion Box in the Great Room. We want to hear from you. It is your organization.

Memberships for 2024 are being accepted. Please remember to renew your membership if you have not already. Encourage a friend who does not belong to join with you and enjoy our programs together.

Thank you for your allowing me to be your President again this year. If you wish to contact me, please call the Center. If I am not there, I will return your call. You may also email me at [sbrzoska@umssc.org](mailto:sbrzoska@umssc.org).

May the new year bring you peace, joy, and happiness.

Looking forward to seeing you at the Center in 2024.

*Until next time,*

*Sharon Brzoska, President*

### WHAT'S HAPPENING AT THE CENTER

**THE SENIOR CENTER WILL BE CLOSED FOR THE NEW YEARS HOLIDAY ON MONDAY, JANUARY 1.**

**PLEASE REMEMBER NEW HOURS ARE 9:30 AM TO 3:30 PM.**

**ALL ACTIVITIES ARE CANCELLED ON MONDAY, JANUARY 15 FOR THE MARTIN LUTHER KING DAY OF SERVICE. VOLUNTEERS ARE NEEDED TO HELP SPRUCE UP THE CENTER.**





Please refer to the monthly calendar for all **JANUARY** 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







**TECH HELP:** Sangeetha will be at the Center the 1st and 3rd Wednesday of the month @ 12:00 PM. (**JANUARY 3 AND JANUARY 17**). Meet in the Computer Room.

# JANUARY 2024

# "SEE THE GOOD IN ALL THINGS!"

| SUNDAY  | MONDAY   | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY         |
|---|--|---|--|--|---|------------------|
| <p><b>NEW UMSSC HOURS 9:30 TO 3:30 STARTING JANUARY 2</b></p> | <p><b>1</b></p>  <p><b>CENTER CLOSED</b></p>  | <p><b>2</b></p> <p>9 -3 WALK THE TRACK<br/>10:00-11:30 RUMMIKUB<br/>11:30 FUN &amp; FITNESS<br/>12:30 PINOCHLE<br/>12:30 BAND PRACTICE<br/><i>(CANCELLED FOR TODAY)</i></p> | <p><b>3</b></p> <p>9-3 WALK THE TRACK<br/><b>12:00 TECH HELP</b><br/>12:00 NEIGHBORS ON ZOOM<br/>12:30 CANASTA<br/>12:30 LINE DANCING</p>                                | <p><b>4</b></p> <p>9 - 3 WALK THE TRACK<br/><b>10:00 BOARD MEETING</b><br/>10:15 BINGO<br/>11:30 FUN &amp; FITNESS</p>                       | <p><b>5</b></p> <p>9-3 WALK THE TRACK<br/>10:30 SING-A-LONG<br/>12:30-2:00 TRIVIA</p>   | <p><b>6</b></p>  |
| <p><b>7</b></p>   | <p><b>8</b></p> <p>9-3 WALK THE TRACK<br/>11:00 CURRENT EVENTS (ALSO ON ZOOM)<br/>11:30 MONDAY MATINEE "THE WHALE"<br/>12-3 PAINTING GROUP<br/>12:30 MEXICAN TRAIN</p>   | <p><b>9</b></p> <p>9 -3 WALK THE TRACK<br/>10:00-11:30 RUMMIKUB<br/>11:30 FUN &amp; FITNESS<br/>12:30 PINOCHLE<br/>12:30 BAND PRACTICE</p>                                  | <p><b>10</b></p> <p>9-3 WALK THE TRACK<br/>12:00 NEIGHBORS ON ZOOM<br/><b>11:00 MLH PRESENTATION "BOOST YOUR NUTRITION"</b><br/>12:30 CANASTA<br/>12:30 LINE DANCING</p> | <p><b>11</b></p> <p>9 - 3 WALK THE TRACK<br/><b>9:30-12 NURSE</b><br/>10:15 BINGO<br/>11:30 FUN &amp; FITNESS</p>                            | <p><b>12</b></p> <p>9-3 WALK THE TRACK<br/>10:30 SING-A-LONG<br/>12:30 -2:00 TRIVIA</p> | <p><b>13</b></p> |
| <p><b>14</b></p>  | <p><b>15</b></p>  <p><b>MARTIN LUTHER KING DAY OF SERVICE AT THE SENIOR CENTER 9:30 to 11:30 VOLUNTEERS NEEDED ALL ACTIVITIES CANCELLED</b></p> | <p><b>16</b></p> <p>9 -3 WALK THE TRACK<br/>10:00-11:30 RUMMIKUB<br/>11:30 FUN &amp; FITNESS<br/>12:30 PINOCHLE<br/>12:30 BAND PRACTICE</p>                                 | <p><b>17</b></p> <p>9-3 WALK THE TRACK<br/><b>12:00 TECH HELP</b><br/>12:00 NEIGHBORS ON ZOOM<br/>12:30 CANASTA<br/>12:30 LINE DANCING</p>                               | <p><b>18</b></p> <p>9-3 WALK THE TRACK<br/>10:15 BINGO<br/>11:30 FUN &amp; FITNESS<br/><b>12:45 UM LIBRARY PRESENTATION BY SANGEETHA</b></p> | <p><b>19</b></p> <p>9-3 WALK THE TRACK<br/>10:30 SING-A-LONG<br/>12:30 -2:00 TRIVIA</p> | <p><b>20</b></p> |
| <p><b>21</b></p>  | <p><b>22</b></p> <p>9-3 WALK THE TRACK<br/>11:00 CURRENT EVENTS (ALSO ON ZOOM)<br/>12-3 PAINTING GROUP<br/>12:30 MEXICAN TRAIN<br/><b>1:00 BOOK TALK</b> (also on ZOOM)</p>  | <p><b>23</b></p> <p>9 -3 WALK THE TRACK<br/>10:00-11:30 RUMMIKUB<br/>11:30 FUN &amp; FITNESS<br/>12:30 PINOCHLE<br/>12:30 BAND PRACTICE</p>                                 | <p><b>24</b></p> <p>9-3 WALK THE TRACK<br/>12:00 NEIGHBORS ON ZOOM<br/>12:30 CANASTA<br/>12:30 LINE DANCING<br/><b>1:00 -2:30 KNIT &amp; CROCHET GROUP</b></p>           | <p><b>25</b></p> <p>9-3 WALK THE TRACK<br/>10:15 BINGO<br/>11:30 FUN &amp; FITNESS<br/><b>1:00 QUILTING</b></p>                              | <p><b>26</b></p> <p>9-3 WALK THE TRACK<br/>10:30 SING-A-LONG<br/>12:30 -2:00 TRIVIA</p> | <p><b>27</b></p> |
| <p><b>28</b></p>  | <p><b>29</b></p> <p>9-3 WALK THE TRACK<br/>11:00 CURRENT EVENTS (ALSO ON ZOOM)<br/>12-3 PAINTING GROUP<br/>12:30 MEXICAN TRAIN</p>   | <p><b>30</b></p> <p>9 -3 WALK THE TRACK<br/>10:00-11:30 RUMMIKUB<br/>11:30 FUN &amp; FITNESS<br/>12:30 PINOCHLE<br/>12:30 BAND PRACTICE</p>                                 | <p><b>31</b></p> <p>9-3 WALK THE TRACK<br/>12:00 NEIGHBORS ON ZOOM<br/>12:30 CANASTA<br/>12:30 LINE DANCING<br/><b>1:00-2:30 KNIT &amp; CROCHET GROUP</b></p>            |   |    |                  |

# FEBRUARY 2024 BE THE RAINBOW IN SOMEONE'S CLOUD

| SUNDAY   | MONDAY   | TUESDAY  | WEDNESDAY  | THURSDAY   | FRIDAY  | SATURDAY |
|--|--|--|--|--|---|----------|
| TENTATIVE AS OF DEC 20, 2023   |  |  |  | 1<br>9 - 3 WALK THE TRACK<br>10:15 BINGO<br>11:30 FUN & FITNESS  | 2<br>9-3 WALK THE TRACK<br>10:30 SING-A-LONG<br>12:30-2:00 TRIVIA<br><br><i>GROUNDHOG DAY</i>   | 3        |
| 4  | 5<br>9-3 WALK THE TRACK<br>11:00 CURRENT EVENTS (ALSO ON ZOOM)<br>12-3 PAINTING GROUP<br>12:30 MEXICAN TRAIN   | 6<br>9 -3 WALK THE TRACK<br><b>10:00 BOARD MEETING</b><br>10:00-11:30 RUMMIKUB<br>11:30 FUN & FITNESS<br>12:30 PINOCHLE<br>12:30 BAND PRACTICE   | 7<br>9-3 WALK THE TRACK<br><b>12:00 TECH HELP</b><br>12:00 NEIGHBOR ON ZOOM<br>12:30 CANASTA<br>12:30 LINE DANCING<br>1:00 KNIT & CROCHET GROUP  | 8<br>9-3 WALK THE TRACK<br><b>9:30-12 NURSE</b><br>10:15 BINGO<br>11:30 FUN & FITNESS  | 9<br><b>12 TO 2:30 VALENTINE HOAGIE SOCIAL</b><br> | 10       |
| 11<br>   | 12<br>9-3 WALK THE TRACK<br>11:00 CURRENT EVENTS (ALSO ON ZOOM)<br>11:30 MONDAY MATINEE<br>12-3 PAINTING GROUP<br>12:30 MEXICAN TRAIN<br><br><i>LINCOLN'S BIRTHDAY</i> | 13<br>9 -3 WALK THE TRACK<br>10:00-11:30 RUMMIKUB<br>11:30 FUN & FITNESS<br>12:30 PINOCHLE<br>12:30 BAND PRACTICE<br><br> | 14<br>9-3 WALK THE TRACK<br>12:00 NEIGHBORS ON ZOOM<br>12:30 CANASTA<br>12:30 LINE DANCING<br>1:00 KNIT & CROCHET GROUP<br><b>12:30 TAI CHI</b><br><b>1:45 HEALTY STEPS IN MOTION</b><br><br><br><i>ASH WEDNESDAY</i> | 15<br>9-3 WALK THE TRACK<br>10:15 BINGO<br>11:30 FUN & FITNESS<br><br> | 16<br>9-3 WALK THE TRACK<br>10:30 SING-A-LONG<br>12:30 -2:00 TRIVIA   | 17       |
| 18<br> | 19<br>9-3 WALK THE TRACK<br>11:00 CURRENT EVENTS (ALSO ON ZOOM)<br>12-3 PAINTING GROUP<br>12:30 MEXICAN TRAIN<br><b>1:00 BOOK TALK</b><br><br><i>PRESIDENT'S DAY</i>   | 20<br>9 -3 WALK THE TRACK<br>10:00-11:30 RUMMIKUB<br>11:30 FUN & FITNESS<br>12:30 PINOCHLE<br>12:30 BAND PRACTICE  | 21<br>9-3 WALK THE TRACK<br><b>12:00 TECH HELP</b><br>12:00 NEIGHBORS ON ZOOM<br>12:30 CANASTA<br>12:30 LINE DANCING<br>1:00 KNIT & CROCHET GROUP<br><b>12:30 TAI CHI</b><br><b>1:45 HEALTY STEPS IN MOTION</b>  | 22<br>9-3 WALK THE TRACK<br>10:15 BINGO<br>11:30 FUN & FITNESS<br><b>1:00 QUILTING</b><br><br><i>WASHINGTON'S BIRTHDAY</i>                                 | 22<br>9-3 WALK THE TRACK<br>10:30 SING-A-LONG<br>12:30 -2:00 TRIVIA   | 24       |
|  | 26<br>9-3 WALK THE TRACK<br>11:00 CURRENT EVENTS (ALSO ON ZOOM)<br>11:30 MONDAY MATINEE<br>12-3 PAINTING GROUP<br>12:30 MEXICAN TRAIN                                  | 27<br>9 -3 WALK THE TRACK<br>10:00-11:30 RUMMIKUB<br>11:30 FUN & FITNESS<br>12:30 PINOCHLE<br>12:30 BAND PRACTICE  | 28<br>9-3 WALK THE TRACK<br>12:00 NEIGHBORS ON ZOOM<br>12:30 CANASTA<br>12:30 LINE DANCING<br>1:00 KNIT & CROCHET GROUP<br><b>12:30 TAI CHI</b><br><b>1:45 HEALTY STEPS IN MOTION</b>  | 29<br>9-3 WALK THE TRACK<br>10:15 BINGO<br>11:30 FUN & FITNESS<br><b>12:45 MLH -HEART HEALTH PRESENTATION</b>  |   |          |

**MONDAY MATINEE:** Monday January 8 at 11:30 AM. Movie is "The Whale". A reclusive, morbidly obese English teacher attempts to reconnect with his estranged teenage daughter. This Oscar winning movie stars Brendan Frazer.

**MAIN LINE HEALTH PRESENTATION: WEDNESDAY, JANUARY 10 AT 11:00 AM. "BOOST YOUR NUTRITION".**

**BLOOD PRESSURE CHECK:** Thursday, January 11 from 9:30 to 12:00 PM. Have your blood pressure checked by MLH Nurse Tracey.

**VOLUNTEER FOR MLK DAY OF SERVICE:** Monday, January 15 from 9:30 AM to 11:30 AM. We are in need of members to volunteer to spruce up the Senior Center. Hope you will consider helping out.

**UM LIBRARY PRESENTATION:** Thursday, January 18 at 12:45 PM. Sangeetha Srinivasan will be here to discuss the library and the many services they have to offer.

**BOOK TALK:** Monday, January 22 at 1:00 PM. Group will be reading "Mad Honey" by Jodi Picoult. A soul-stirring novel about what we choose to keep from our past, and what we choose to leave behind.

**NEW ACTIVITY KNITTING & CROCHETING GROUP:** Wednesdays at 1:00 PM starting January 24. This will be an informal weekly get together for members who would like to knit or crochet with other members.

**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.



### THANK YOU FOR THE CHRISTMAS CARDS FOR VETS

Just a quick thank you to members who signed the packs of Christmas cards going to the veterans. We sent a total of 275 cards to 275 well deserving veterans. They will surely be appreciated by veterans who might not receive any cards at all if not for what our members contributed.



### 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 on our website [www.UMSSC.org](http://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. 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.**

## 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  
(VIA BUS: "WHITE CHRISTMAS")

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## BIRTHDAYS IN JANUARY

1/1 Eleana Panarello

1/2 Neila Jordon

1/2 Shelah Luber

1/3 Dorothy Carter

1/4 Javed Iqbal

1/4 Eva Maria Wynn

1/6 Lisa Lerman

1/6 William Schwegel

1/8 Janet Atkinson

1/11 Jung Kim

1/11 Richard Shur

1/13 Sharon Brzoska

1/13 Claire Carson

1/13 Dorothy Gordon

1/13 Joseph Olexy

1/16 Joanettia Grier

1/18 Ruth Giera

1/18 Jean Scintilla

1/20 Bernadette Wesler

1/21 Richard Nasielski

1/21 Laurretta Zimmer

1/22 Effie Samios

1/23 Shawn Schmid

1/24 Phyllis Petrolina

1/25 Nancy Cerio

1/25 Debbie Neuschwander

1/26 Anthony Balsano

1/27 Susan Johnson

1/28 Elizabeth Maddalo


1/30 Howard Rosenblum

1/31 Marion Wilkinson

## DID YOU KNOW? THE BENEFITS OF KEEPING A PERSONAL JOURNAL

Journaling is the simple process of writing down your thoughts, feelings, daily events, or accomplishments. The benefits of keeping a journal are many.

Keeping a journal can help with your memory and in dealing with stress and anxiety. Going through something challenging in your life can be overwhelming and cause emotions to run high. Journaling can help release these overwhelming feelings by writing them down.



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Some other topics you may like to write about:

- A list of things and people you're grateful for
- Small things that bring you joy throughout the day
- Your activities and what you've done and experienced
- A recent situation that challenged you

There's no hard-and-fast rule on what you should write. Some may prefer to write only if something is bothering them or some may find a sense of well-being by writing down positive things going on in their life. Do what feels right for you. Whether you choose to keep a journal handwritten or on a computer, the act of journaling can be a calming and rewarding experience. *You should start today!*

### **UM LIBRARY PROGRAMS FOR JANUARY 2024**

***(Call the library at 610-265-4805 or check [www.umtownship.org/library](http://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:** 4<sup>th</sup> Monday at 6:00 PM.

**UPPER MERION MARTIN LUTHER KING COMMUNITY DAY OF SERVICE** Upper Merion Township Library in partnership with GSEP Troop 7940 is proud to present Upper Merion Martin Luther King Community Day Of Service **on Monday, January 15 from 9 AM to 12 noon in Freedom Hall.** Walk-ins are welcome

**HERBAL TEA PRESENTATION & DEMO: Monday, January 22 at 6:30 PM in Henderson Room:** Infusions and decoctions offer a natural way to ingest herbs, and herbal teas can be used in several therapeutic methods. Come, learn in detail, and enjoy making them at home! There will be a live demo as well!!

**HOME BUYING SEMINAR: Wednesday, January 31 at 6:30 PM in Valley Forge room:** Purchasing a house is one of the largest purchases you will ever make. Making sure you are educated on the process will save you time and money. Our knowledgeable presenters will walk you through the process.

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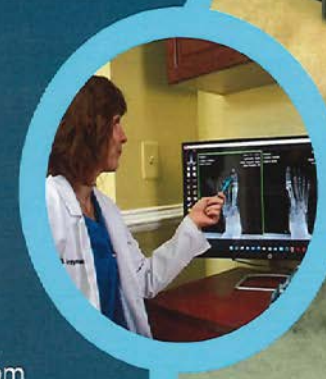
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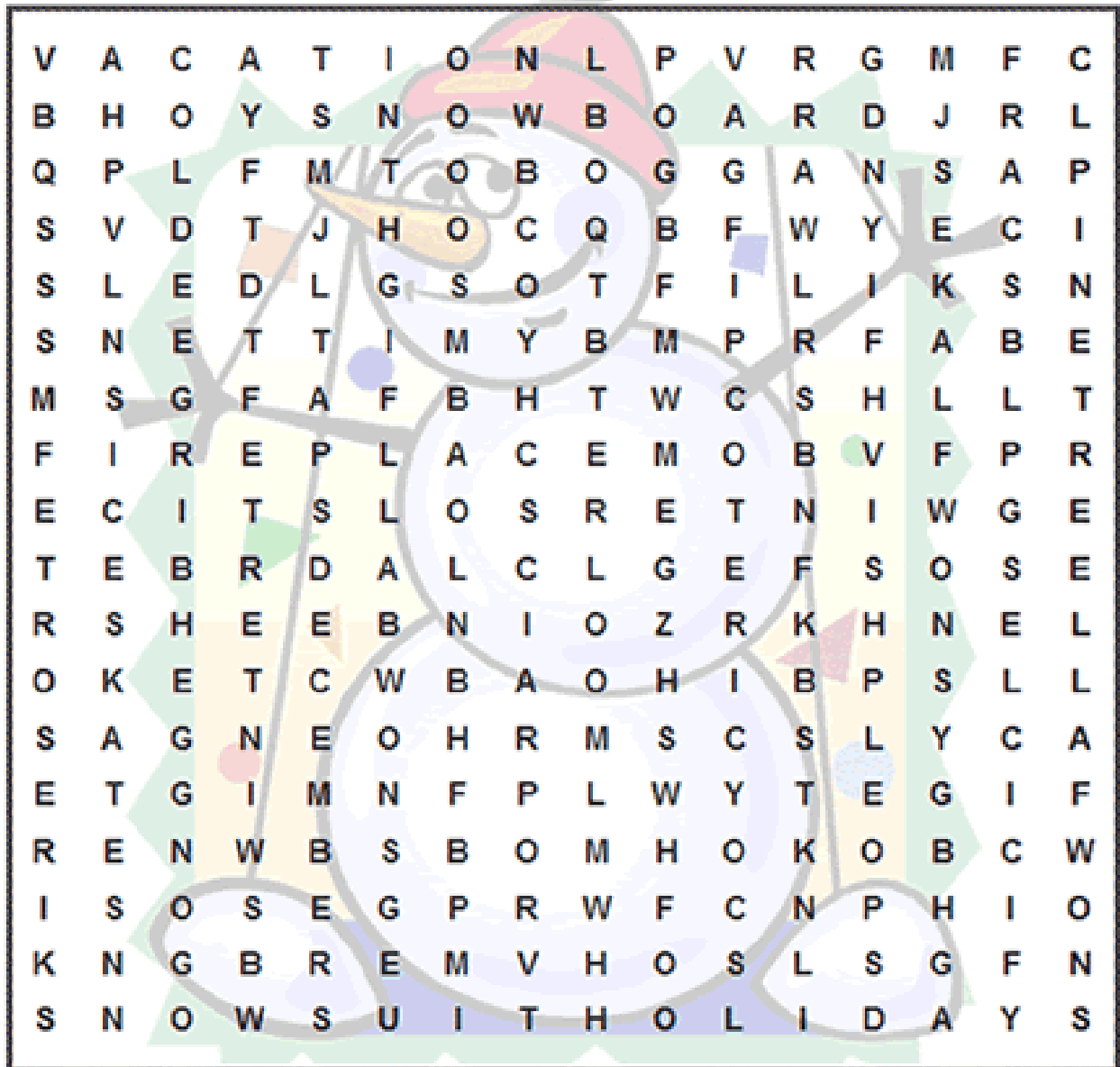
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# WINTER HOLIDAY

## Word Find



Ice  
Sled  
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Toboggan  
Ice Skates  
Mittens

Ski Lift  
Snowman  
Ski Slopes  
Snowball Fight  
Hot Chocolate  
Winter Solstice

Fireplace  
Snowflakes  
December  
Ski Resort  
Snowsuit  
Vacation

Winter  
Eggnog  
Hockey  
Snowmobile  
Snow Boots  
Frozen

Snowfall  
Pine Tree  
Icicles  
Holiday  
Scarf  
Cold



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hope for tomorrow.*



**Happy New Year!**



*Thank You*

**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.