

# THE BEST OF TIMES



## JULY 2018

UPPER MERION SENIOR  
SERVICE CENTER

431 W. VALLEY FORGE ROAD  
KING OF PRUSSIA, PA 19406

TELE: 610-265-4715

[www.umssc.org](http://www.umssc.org)

### 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 leisure activities

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### BEAT THE HEAT!

So many different ways to have fun and beat the heat this summer. Come and spend the day with us. You can play cards or bingo, read a book or listen to a presentation. We have a couple of discussion groups you can participate in. Our Garden Club always welcomes new members to help keep the patio flowers, herbs and other plants growing. Why not bring your lunch? You can eat inside or out on the patio (if it's not too hot). Be sure to check out these activities and more listed in this newsletter and on our website.

Expand your interests! Try something new! LIKE US ON FACEBOOK (Hit "control" "right click" on link below



<https://b-m.facebook.com/umssc.org/>

**THE SENIOR CENTER WILL BE CLOSED ON  
WEDNESDAY, JULY 4 FOR THE  
INDEPENDENCE DAY HOLIDAY.**

\* \* \* \* \*


**FRIDAY SUMMER HOURS BEGIN ON JULY 6.  
WE WILL CLOSE AT NOON EVERY FRIDAY  
UNTIL LABOR DAY.**

\* \* \* \* \*

*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*

# JULY 2018

MONTHLY HEALTHY HABIT: GO MEATLESS AT LEAST ONE DAY A WEEK!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA (VIDEO)	3 9:30 COMPUTER CLUB <b>10:00 TECH HELP</b> 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING <b>2:00 MEMORY CAFE</b>	4 <b>CLOSED 4<sup>th</sup> of July</b> 	5 10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 BINGO 12:30 FUN & <i>FITNESS (NOW WITH JUDY - TUESDAYS &amp; THURSDAYS)</i>	6 9:30 PINOCHLE 10:00 SING-A-LONG <b>CENTER CLOSSES AT NOON</b>	7
8	9 9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA (VIDEO)	10 9:30 COMPUTER CLUB 10:00 BRIDGE <b>10:00 TECH HELP</b> 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING	11 9:30 WEDNESDAY CARD PLAYERS <b>10:00 BOARD MEETING</b> 11:00 BREAD DAY 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 LINE DANCING 1:00 GARDEN CLUB	12 10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 BINGO <b>10:15 NURSE</b> <b>11:00 OUTREACH - BRIGGS</b> 12:30 FUN & FITNESS	13 9:30 PINOCHLE 10:00 SING-A-LONG <b>CENTER CLOSSES AT NOON</b>	14
15	16 9:30 MAH-JONGG 10:30 CURRENT EVENTS <b>1:00 BOOK TALK</b> 1:30 YOGA (VIDEO)	17 9:30 COMPUTER CLUB 10:00 BRIDGE <b>10:00 TECH HELP</b> 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING <b>2:00 MEMORY CAFE</b>	18 <b>9:30 VALLEY FORGE CASINO</b> 9:30 WED CARD PLAYERS <b>10:00 PERSIAN SENIOR GROUP</b> 11:00 BREAD DAY 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 LINE DANCING	19 10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 BINGO 12:30 FUN & FITNESS	20 9:30 PINOCHLE 10:00 SING-A-LONG <b>CENTER CLOSSES AT NOON</b>	21
22	23 9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA (VIDEO)	24 9:30 COMPUTER CLUB 10:00 BRIDGE <b>10:00 TECH HELP</b> 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING	25 9:30 WEDNESDAY CARD PLAYERS 9:30 QUILTING 11:00 BREAD DAY 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 LINE DANCING 1:00 GARDEN CLUB	26 10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 BINGO <b>10:15 NURSE</b> <b>11:30 OUTREACH - LEACH</b> 12:30 FUN & FITNESS	27 9:30 PINOCHLE 10:00 SING-A-LONG <b>CENTER CLOSSES AT NOON</b>	28
29	30 9:30 MAH-JONGG 10:30 CURRENT EVENTS 11:30 YOGA (VIDEO)	31 9:30 COMPUTER CLUB 10:00 BRIDGE <b>10:00 TECH HELP</b> 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING				

**GENERAL MEETINGS ARE SUSPENDED  
FOR THE SUMMER.**

**FRIDAY FLICKS ARE SUSPENDED  
FOR THE SUMMER.**

**SENIOR FARMERS' MARKET NUTRITION  
PROGRAM**

**MONDAY THRU FRIDAY FROM 10:00 AM TO 2:00 PM.** With proof of age and residency (Montgomery County) eligible seniors will receive four \$5.00 checks, once per year. That's \$20.00 per person or \$40.00 per couple. Use checks to purchase fresh Pennsylvania grown produce at farmers' markets or farm stands. Checks may be redeemed between June 1 and November 30, 2018.

**REMINDER**

Line Dancing (Wednesdays @1:00PM) will now be held in the Community Center aerobics room on the 2<sup>nd</sup> floor.

**GARDEN CLUB**

**WEDNESDAY, JULY 11 AND JULY 25 AT 1:00 PM.** We return to our regular schedule this month. Weather permitting, we will meet and work on the patio. See you there, bring your energy.

**VALLEY FORGE CASINO**

**WEDNESDAY, JULY 18 (Cut-off date MONDAY, JULY 16) 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).** If you are planning to take the Shuttle, please register in advance. Shuttle departs the center at 9:30 AM and returns at 2:30 PM. For those driving, please meet in the Casino lobby between 9:30 AM and 10:00 AM. THE RAMBLER NOW MAKES A STOP AT THE CASINO. *Everyone must bring a valid photo ID.*

**BOOK TALK**

**MONDAY, JULY 16 at 1:00 PM.** Coordinator: Patricia Ackah. This month's book **"SAVING SOPHIE"** by Ronald Balson is the powerful story of the lengths a father will go through to protect his daughter, alongside the religious and political persecution of a nation caught in a civil war. This action-packed thriller will take you on an unforgettable journey of murder and deception, testing the bonds of family and love along the way.

**MEMORY CAFE**

**TUESDAYS JULY 3 AND JULY 17 AT 2:00 PM.** Caregiver support group discussions. There is no cost or obligation and many attendees develop friendships that result in support even outside the Memory Cafe setting. Presented by a Certified Dementia Practitioner from Arden Courts at King of Prussia.

**TECHNICAL MENTORING**

**EVERY TUESDAY DURING JULY & AUGUST FROM 10:00 AM TO 12:00 PM.** Sangeetha Srinivasan, Program Coordinator for the UM Township Library, will be here to help our members with their tech questions. Please sign up in the Lobby for one on one help.

**BLOOD PRESSURE CHECK**

**THURSDAYS JULY 12 AND JULY 26 FROM 10:15 AM TO 12:45 PM.** Our favorite Nurse Lori Gnacek from Bryn Mawr Hospital/Main Line Health will be here to check your blood pressure for free.

**SAVE THE DATE**

**NATIONAL NIGHT OUT**

**TUESDAY, AUGUST 7 FROM 6:00-9:00 PM**

UMSSC is participating at the event **National Night Out** which is sponsored by the Upper Merion Township Police Dept. It will be held in the King of Prussia Target parking lot.

National Night Out is an annual community-building campaign that promotes police-community partnerships and neighborhood camaraderie to make our neighborhoods safer, more caring places to live. **BE SURE TO VISIT OUR TABLE!**

### OUTREACH

**Representative Tim Briggs' aide will be here on Thursday, July 12 from 11:00 AM to 2:00 PM.**

**Senator Daylin Leach's aide will be here on Thursday, July 26 from 11:30 AM to 1:00 PM.**

### ST. JOHN'S SOUP KITCHEN

The St. John's Soup Kitchen needs donations of hot dogs, rolls, baked beans and sauerkraut for the lunch they will serve to the homeless and needy on August 30<sup>th</sup>. The King of Prussia Women's Club serves lunches on the 5<sup>th</sup> Thursday of the month. **Donations our members made in May helped to serve 200 people.** There is a box in the lobby area to drop off your donations. We hope that you will contribute.

### 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.

### SAVE THE DATE ANNUAL FALL FLING

This year's Fall Fling will be held on Thursday, September 27. This year The King of Prussia Rotary Club will be honored for their accomplishments in the community. Watch for more details in the coming months.



Please join us as we welcome the following new members to our UMSSC family. We hope to see them around the Center. Welcome to: Jack D'Ambrosio, Francine Ginsberg, Barbara Mullen, James Orman, Jerro Sidhva, Claire Silcox, Christina Smith and Sun Joe.

## KEEPING OUR MEMBERS INFORMED

### NEW VICE PRESIDENT NAMED

Congratulations to Sharon Brzoska who has been named Vice President of Upper Merion Senior Service Center. Sharon has been a member since 2007 and was elected to the Board in 2018.

### LEISURE TIME AS PART OF A HEALTHY LIFE STYLE

There is more than one way to describe the word leisure. The dictionary says it is a time that is free from work, a time in which one can do as one chooses and having quality time away from business and domestic chores. At leisure means one is not occupied or is in an unhurried way. At one's leisure means when one has time.

The purpose of leisure time is to reduce overall stress, to provide a sense of purpose in and of itself, to provide a different experience and to increase the sense of value. Always remember that you earned some leisure time and that you are doing a good thing for yourself.



Psychologists recommend that you need some leisure time as part of your self-care and consider it behavior dedicated to increasing one's well-being. It is important that over one's life span one includes some leisure time to facilitate the sense of control and self-worth.

There are two overall categories of leisure: casual and serious. Casual leisure is immediately and intrinsically rewarding and is a relatively short lived, pleasurable experience. This could include reading, working puzzles, painting pictures, knitting or similar activities of Interest to you. Having a hobby is a way of using leisure time. Choose one of



interest to you and that you find pleasurable and rewarding.

Serious leisure is the transfer from casual leisure to turning your hobby or activity into one that uses a great deal of your time and possibly becomes a business type situation. If your hobby consisted of making items or objects which could be sold for profit you would have converted from casual to serious leisure.

Leisure time is under your control and you can choose to keep it casual or let it develop into a serious level. Whichever category you choose, enjoy it and derive pleasure and satisfaction from it.  
(Contributed by Jane Burger)



### PROTECT YOUR SKIN

The sun's UV rays are the strongest from 10 a.m. to 4 p.m. and sunburn actually slows the skin's ability to cool itself! **Wear sunscreen** lotion with a high SPF (SPF 30 or higher). Reapply every two hours. **Wear Lightweight, light-colored clothing** that reflects heat and sunlight and helps maintain normal body temperature. Protect your face and head by **wearing a wide-brimmed hat**. Don't forget to protect your eyes! **Wear sunglasses that offer UV protection**.

### STAY HYDRATED

Even under moderately strenuous outdoor activity, the rate your body can absorb fluids is less than the rate it loses water due to perspiration.

**Drink plenty of water** and natural juices, even if you don't feel thirsty. Don't just drink water during activities. **Drink it throughout the day!**

**Avoid sodas or juices** high in sugar. Water helps keep muscle and bone healthy, helps you maintain a healthy weight, and fuels your activities throughout the day.

### EAT FOR THE HEAT

*Avoid foods that are high in protein because they increase metabolic heat.* **Eat small meals** more often. Summer is a great time for fresh produce. Visit your local farmer's market for light, refreshing, and healthy food options.

### STAY COOL

*Too much fun in the sun can cause heatstroke, which may include high temperatures, nausea and vomiting, flushed skin, headaches, racing heart rates and altered mental state or behavior.*

**Sit in an air-conditioned space.** Only two hours a day in an air-conditioned space can significantly reduce the risk of heat-related illness

**Go swimming.** Not only is taking a dip in a cool pool or ocean refreshing, it can double as exercise! Remember—electric fans *do not* produce cool air; they only move hot air around!

If outdoors, **find a shaded area** to take a break.

### EXERCISE

*It's important for building strong bones and maintaining bone strength.* Protect your muscles by **stretching** before and after an activity. **Transform activities into exercise:** go to the zoo, take the long route, or use the stairs. Since summer is the most active season, it's a good time to **replace your sneakers** to prevent foot, ankle and knee pain.



## MEMBER SPOTLIGHT

### SAY HELLO TO HOWARD ROSENBLUM



**Howard Rosenblum** is our very own "computer guru". He is instrumental to all of the technology we use at the senior center and we are fortunate that he shares this knowledge with us. Our membership files, trips and events schedules are all computerized in software he developed specifically for us. He has also developed the Bingo games software and in the past developed software for when we played Jeopardy.

Howard has been a member of UMSSC since 2007. Originally from Brooklyn, NY, Howard has lived and raised his family in King of Prussia since 1962. If you listen carefully when he speaks you can hear a little of that NY accent. Like many of our members Howard was employed by and retired from Lockheed Martin in King of Prussia. He was a systems engineer and worked on data base development. All of this knowledge and he is such a nice guy too! How lucky we are to have Howard.

## 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:

- ★ Anna & Carmine DeMenna in memory of Rose Kaminski
- ★ Correction: Donation mentioned in June Newsletter in memory of Rose Kaminski was given by the Sing Along Group not Anna Marie Mich.

### 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. ★ **Malvern Wegmans** for their bountiful donation of baked goods. ★ **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**

### **SHOEBOX RECYCLING**

We continue our Shoebox Recycling program in partnership with Community Recycling to collect ***gently used, suitable for re-use*** shoes for men, women or children around the globe. Every box we fill *raises funds for the center*. **Please be sure shoes are clean and in good condition.**

### **UPPER MERION EMERGENCY AID**

We are thankful for what we have and for what we give. Please think of others and make a donation of food and/or dry goods and cleaning and paper products for local families in need. Our donation box is in the lobby. **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, laundry detergents and toiletries are needed. Also a special request for "after school" type snacks for kids. 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 - JULY UPDATES**



**Sangeetha from the library will be at the Upper Merion Senior Service Center every Tuesday in July from 10:00 AM to 12:00 PM to answer all your tech questions.**

**Summer Reading for Seniors** continues. Read, Register & Review to win exciting prizes. Stop by the library for more information.

**Tech Night on Monday, July 2 at 7 pm in 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.

**Adult Coloring Night on Monday, July 9 at 7 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!!

Dr. Steve's presentation on **"Adventures in the Deserts of Jordan Inside Recent Excavations at Tor Faraj"** on **Monday, July 9 at 7 pm** in Freedom Hall. This lecture takes us deep into the desert of southwest Jordan, to a rock shelter site known locally as Tor Faraj. Portions of the third Indiana Jones movie were filmed in Jordan. This talk will take you deep behind the scenes of life on an actual dig, illustrated by numerous unpublished photographs taken by Dr. Steve

**Upper Merion Township Library Proudly Hosts International Music Festival on Tuesday, July 10 from 6:30 pm.** Travel the Music World with us in one evening! Bring your family and enjoy the music from Brazil, Latin America, France, Spain, Italy, Middle East, Eastern Europe, India, and many other countries!

**Cardio Spin Class at the Upper Merion Community Center on Monday, July 16 at 6:15 pm.** Enjoy Library sponsored FREE exercise classes at the New Community Center. Celebrate the library's new partnership with UMPR that benefits YOU! Need not be a member but **must register through the library**. Please arrive 10 minutes early at the community center to check in and sign the waiver.

**Knit Nite: Monday, July 23 at 7 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 pass on their skills, and some advanced knitters are usually available to help with patterns and designs.

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.

## JUST FOR FUN

### **Married Four Times**

The local news station was interviewing an 80-year-old lady because she had just gotten married for the fourth time.

The interviewer asked her questions about her life, about what it felt like to be marrying again at 80, and then about her new husband's occupation. "He's a funeral director," she answered. "Interesting," the newsman thought... He then asked her if she wouldn't mind telling him a little about her first three husbands and what they did for a living.

She paused for a few moments, needing time to reflect on all those years. After a short time, a smile came to her face and she answered proudly, explaining that she had first married a banker when she was in her 20's, then a circus ringmaster when in her 40's, and a preacher when in her 60's, and now - in her 80's - a funeral director.

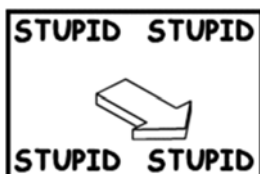
The interviewer looked at her, quite astonished, and asked why she had married four men with such diverse careers.

She smiled and explained, "I married one for the money, two for the show, three to get ready, and four to go."

## REBUS PUZZLES

(answers on P.9)

#1



#2



#3



#4



## WORD SEARCH PUZZLES

### TYPES OF DRINKS

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

TEA  
TASTY  
WATER  
LEMONADE  
ICED  
DR. PEPPER  
STRAWBERRY  
MILK  
PEPSI  
SOUR

SEVEN-UP  
VANILLA  
SODA  
COLA  
CHERRY  
MALT  
HERBAL  
COFFEE  
HOT  
DIET



### TYPES OF FRUIT

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

GRAPE  
 MELON  
 ORANGE  
 LEMON  
 POMELO  
 TOMATO  
 CHERRY  
 GUAVA  
 LYCHEE  
 STRAWBERRY

PLUM  
 APPLE  
 PEAR  
 MANGO  
 COCONUT  
 BANANA  
 DATE  
 KUMQUAT  
 LIME

### REBUS PUZZLE ANSWERS:

- #1 Downright stupid
- #2 Split Personality
- #3 Red Herring
- #4 Third World

HOPE YOU ENJOYED THESE  
PUZZLES. LET US KNOW.



**BE SURE TO CHECK OUT THE CALENDAR AND  
NEWSLETTER FOR WHAT'S GOING ON AT  
THE SENIOR CENTER OVER THE SUMMER.**





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  
Study, Monthly Book Club, VBS Aug 6-10 6pm  
Monthly Bible and Beer Group

Participating in God's good:

Community Flea Market - Saturday, May 5th  
Food Collection, Hurricane Relief, Chili Cookoff,  
AA (Wed Fri noon), NA (Fri eve), Neighborhood  
Meals on Wheels, Local/Int'l Mission Partners

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



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Lou Busovsky  
President



## TIM BRIGGS

STATE REPRESENTATIVE



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

PHONE: 610-768-3135 EMAIL: [REPBRIGGS@PAHOUSE.NET](mailto:REPBRIGGS@PAHOUSE.NET)  
WEBSITE: [WWW.PAHOUSE.COM/BRIGGS](http://WWW.PAHOUSE.COM/BRIGGS)



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

SENATE BOX 203017  
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**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

**INCLEMENT WEATHER & SENIOR CENTER CLOSINGS:**  
**CALL SENIOR CENTER FIRST AFTER 7:30 AM (610-265-4715) AND LISTEN TO VOICE MAIL RECORDING**

**VOLUNTEER FOR OR PARTICIPATE IN ANY OF THESE SENIOR CENTER COMMUNITY OUTREACH PROJECTS**

**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.

**RECEPTION AREA GREETER**

We are still looking for members with sunny dispositions who are interested in volunteering for a couple of hours each week at the Senior Center. In addition to greeting members as they come in and providing information to people who are interested in the Senior Center, you may be asked to help out on special projects (i.e. newsletter mailing). If you think you might be interested, see Cindy or Shirley in the staff 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.

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