

The Best of Times

JULY 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,

What a great time we all had at our first large gathering in almost 3 years! Our Summer Picnic was held on June 15 and what a great success it was. Thank you to all of the members who volunteered to bring food, help with set up and clean up. We had a tremendous turnout. Most of the credit goes to our office staff, Peggy Ford and Shirley Robey for planning the picnic and making it happen. Thanks also go to the Community Center maintenance team, Jerry and Dennis, who were fantastic in helping us with the heavy work of setting up tables inside and outside on the patio. Thanks to everyone for all the hard work!

We would also like to acknowledge some outstanding members who have been working in the patio garden. They have been weeding and planting flowers so that our members can enjoy being outdoors on the patio. They are June Dowling, Pat Holden, Ethel Hutchinson, Stella Lyons, Alberta McCulla, Ed Pierce and Joan Shaw. We thank you for your amazing generosity and dedication.

The Executive and Board Directors wish all of our members a safe and happy summer. There will be no General Meetings during the months of July and August. See you in September! 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 JULY 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. Proof of vaccination is still being enforced at the Senior Center; however, masks are optional.

BINGO CALLER: We are searching for a volunteer to be an *alternate* in running our Bingo Activity. This volunteer would run the computer program designed by one of our members (Howard Rosenblum) to call the bingo numbers. Bingo is held every Thursday from 10:15 AM until 12:15 PM. If you are interested in volunteering, Howard will instruct you on running the program.

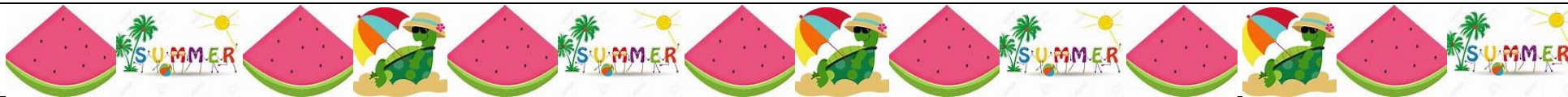
MAH JONGG: MONDAYS at 10:00 AM in the game room. *Did you know* that studies have shown that playing Mah Jongg helps a person keep their mind sharp. The game is recommended for seniors to keep their memory-preserving neurons in a healthy state. In addition, the use of cognitive skills in the game helps to cure or slow the effects of Dementia.


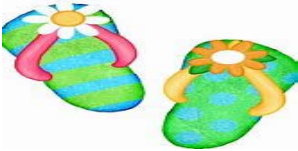

LINE DANCE IS ON HIATUS UNTIL THE FALL.

GENERAL MEETING: NO MEETINGS IN JULY AND AUGUST. You can watch past meetings 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>.

JULY 2022

THE TRICK IS TO LIVE A LONG TIME WITHOUT GROWING OLD!



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<p>FARMERS MARKET CHECKS AVAILABLE MONDAY THRU THURSDAY 10:00 TO 1:00 ONLY</p>		<p>1</p> <p>CENTER CLOSED FOR JULY 4TH WEEKEND</p>	<p>2</p>
<p>3</p>		<p>5</p> <p>9-11 WALK TRACK 10:00 BOARD MEETING 11:30 FUN & FITNESS 12:30 PINOCHLE 12:30 BAND PRACTICE</p>	<p>6</p> <p>11:00 COMPUTER BASICS 12:00 ZOOM NEIGHBOR TO NEIGHBOR 12:30 CANASTA 1:00 LINE DANCING (ON HIATUS)</p>	<p>7</p> <p>9-11 WALK TRACK 9:30-12 NURSE 10:15 BINGO 11:30 FUN & FITNESS</p>	<p>8</p> <p>10:30 SING-A-LONG</p>	<p>9</p>
<p>10</p>	<p>11</p> <p>10:00 MAH JONGG 10:30 CURRENT EVENTS (ALSO ON ZOOM) 12:30 MEXICAN TRAIN</p>	<p>12</p> <p>9-11 WALK TRACK 11:30 FUN & FITNESS 12:30 PINOCHLE 12:30 BAND PRACTICE</p>	<p>13</p> <p>11:00 COMPUTER BASICS 12:00 ZOOM NEIGHBOR TO NEIGHBOR 12:30 CANASTA 1:00 LINE DANCING (ON HIATUS)</p>	<p>14</p> <p>9-11 WALK TRACK 10:15 BINGO 11:30 FUN & FITNESS</p>	<p>15</p> <p>10:30 SING-A-LONG</p>	<p>16</p>
<p>17</p>	<p>18</p> <p>10:00 MAH JONGG 10:30 CURRENT EVENTS (ALSO ON ZOOM) 12:30 MEXICAN TRAIN 1:00 BOOK TALK (ALSO ON ZOOM)</p>	<p>19</p> <p>9-11 WALK TRACK 11:30 FUN & FITNESS 12:30 PINOCHLE 12:30 BAND PRACTICE</p>	<p>20</p> <p>11:00 COMPUTER BASICS 12:00 ZOOM NEIGHBOR TO NEIGHBOR 12:30 CANASTA 1:00 LINE DANCING (ON HIATUS)</p>	<p>21</p> <p>9-11 WALK TRACK 10:15 BINGO 11:30 FUN & FITNESS</p>	<p>22</p> <p>10:30 SING-A-LONG</p>	<p>23</p>
<p>24/31</p>	<p>25</p> <p>10:00 MAH JONGG 10:30 CURRENT EVENTS (ALSO ON ZOOM) 12:30 MEXICAN TRAIN</p>	<p>26</p> <p>9-11 WALK TRACK 11:30 FUN & FITNESS 12:30 PINOCHLE 12:30 BAND PRACTICE</p>	<p>27</p> <p>11:00 COMPUTER BASICS 12:00 ZOOM NEIGHBOR TO NEIGHBOR 12:30 CANASTA 1:00 LINE DANCING (ON HIATUS)</p>	<p>28</p> <p>9-11 WALK TRACK 10:15 BINGO 11:30 FUN & FITNESS 1:00 QUILTING</p>	<p>29</p> <p>10:30 SING-A-LONG</p>	<p>30</p>



BASIC COMPUTER CLASS: Sangeetha and a group of UM High School student volunteers will be at the Center every WEDNESDAY IN JULY at 11:00 AM (JULY 6, 13, 20 and 27) to help with questions or problems you have with your phones or computers. Please sign-up in the lobby.

BLOOD PRESSURE CHECK: THURSDAY, JULY 7 at 9:30 AM-12:00 PM. Main Line Health Nurse will check your blood pressure.

MONDAY MATINEE: ON HIATUS FOR THE SUMMER. RESUMES IN SEPTEMBER.

BOOK TALK: MONDAY, JULY 18 at 1:00 PM in the Library/Lounge (*in person or via zoom*). Book selection is "**The Last Garden In England**" by Julia Kelly. This book is available at the UM Library. **NOTE:** No Book Talk scheduled for August.

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

QUILTING: Quilters will meet on the THURSDAY, JULY 28 at 1:00 PM in the Craft Room. *Questions? Contact Ethel Hutchinson 610-265-6495 or Hutchinson.ethel63@gmail.com.*

EXCURSION DATES

PAYMENT & PROOF OF VACCINATION FOR ALL TRIPS MUST BE PRESENTED WHEN YOU REGISTER FOR ANY TRIP.

SAVE THE DATE: THURSDAY, OCTOBER 13. Bus trip to Bucks County Playhouse to see "EVITA". Lunch on your own in historic New Hope prior to show. Watch for details in coming months. **Tickets are limited!**

HAPPY JULY BIRTHDAYS!

7/1 Joseph Guardino	7/13 Thomas Krizovensky	7/25 Gail Moore
7/5 Harriette Goodwin-Black	7/14 Charles Dewey	7/26 Eileen McFalls
7/5 Marjorie Treichler	7/15 Jacquelyn Mengel	7/27 Carmine DeMenna
7/6 Kavita Malik	7/15 Terry Stevens	7/27 Henry Yaure
7/7 Alberta McCulla	7/17 Steve Noble	7/29 Barbara Cohen
7/7 Roseanne Scully	7/21 Christine Quackenbush	7/29 Nancy Khieu
7/8 Joan Shaw	7/24 Donna Brody	7/29 Helen Surman
7/8 Pamela Welsh	7/25 Jacqueline Conrad	7/31 Patricia Gallagher
7/11 Carol Mellom	7/25 Harlyce Grossman	7/31 Catherine Middleton
7/13 Kathryn Cummings	7/25 Sue Halfond	

IDEAS FOR DAY TRIPS

Summer is a great time get away, but not too far, to discover and explore new places. Even with high gas prices, you may need a change of scenery. Why not consider sharing the ride (and the expense) with a friend or two. Pack a picnic or find a nice place to eat after sightseeing. Below are a few day trips (within 2 hours from our area) you might consider.

1. **Doylestown** is a charming borough and the county seat of Bucks County. The town is best known for its fabulous Mercer Mile, which is home to three historic European-style buildings all constructed by artist Henry Chapman Mercer. There is also a vibrant downtown filled with shops and great spots to eat.

- Fonthill Castle – Completed in 1910, this castle was the home of artist Henry Chapman Mercer and displays many of his favorite tiles from around the world.
- Mercer Museum – This castle-like museum houses an incredible collection of 19th and early 20th-century hand tools in a setting that looks like it was ripped from a Harry Potter film.
- Moravian Pottery and Tile Works – See where Henry Chapman Mercer made his famous tiles in a workshop that is still operational today.

- Michener Museum – This museum is filled with local art, but when you have so many famous local artists, it definitely feels much grander than a local museum.
- Peace Valley Park – This park is a great spot for hiking, fishing, or boating.

2. **Chadds Ford** is located only a short drive southwest of our area and features many bucolic places to visit. Whether you like art, history, or beautiful nature, there is something for you during this day trip from the Philadelphia area.

- Longwood Gardens – One of the best botanical gardens in the country, Longwood Gardens features over 1,000 acres of gardens and dozens of fountains.
- Brandywine River Museum of Art – Dedicated to the art of the Wyeth family, as well as other artists in the Brandywine School, this museum features some of the best American art you'll see anywhere.
- Brandywine Battlefield – The Brandywine Battlefield preserves the largest battlefield of the Revolutionary War. This was one of the most important sites of the early revolution.
- Galer Estate Winery – A beautiful vineyard with delicious wine near Longwood Gardens. A great spot to relax after a long day.
- Covered Bridges of Chester County – Chester County is home to 15 historic covered bridges, several of which are only a short drive from Chadds Ford.

3. While adding the **Delaware Water Gap National Recreation Area** to this list pushes the day trips boundaries (and some of the spots mentioned here are over two hours from our area), this is one of the most incredible outdoor destinations in PA. The Delaware Water Gap is home to incredible hiking, cute small towns, and the tallest waterfalls in Pennsylvania, making it a worthwhile day trip from Philly if you love the outdoors.

- Raymondskill Falls – The tallest waterfall in Pennsylvania, Raymondskill Falls is only a short hike from the parking area. There are even some extra hidden waterfalls nearby to explore.
- Dingmans Falls – The second-tallest waterfall in PA is located at the end of a handicapped-accessible path. Along the way, you will pass the impressive Silverthread Falls.
- Bushkill Falls – While you have to pay admission to this site, there are eight waterfalls here connected by incredible paths.
- Cliff Park Trails – A series of interconnected trails that feature some incredible vistas and a beautiful waterfall.
- Columcille Megalith Park – Located just south of the Delaware Water Gap, this park features dozens of stacked rocks inspired by Celtic sites like Stonehenge.

UM LIBRARY PROGRAMS FOR JULY 2022

(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.)

Sangeetha will lead a **Zoom basic computer class** on Thursday, July 14 & 28 at 11:00 AM. MUST REGISTER at the library to receive zoom links.

SUMMER READING PROGRAM FOR SENIORS CONTINUES. READ, REGISTER, AND REVIEW TO WIN GREAT PRIZES. PAPER FORMS ARE AVAILABLE AT THE LIBRARY OR VISIT OUR WEBSITE www.umtownship.org/library to enter online.

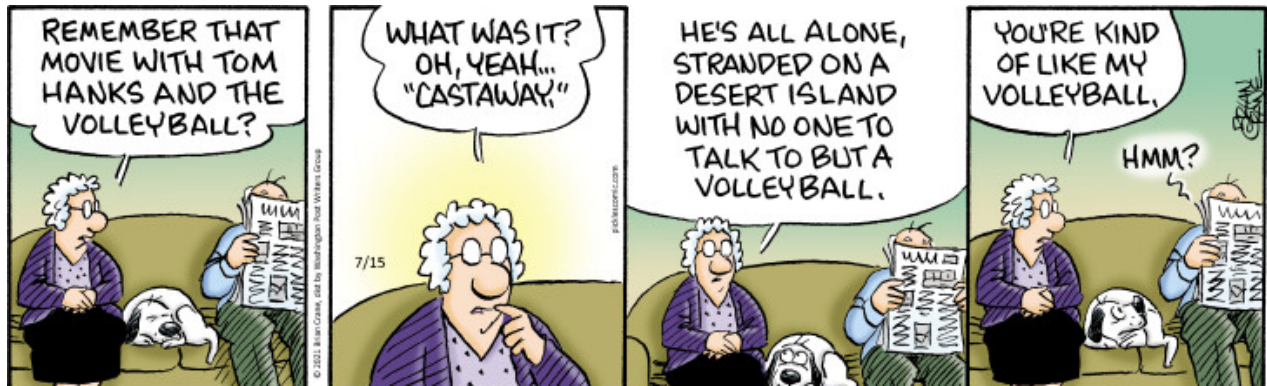
SUMMER ESL Class (English as a Second Language Conversation Group): No registration required. The group will meet in person every Tuesday in July and August at 6:00 PM in the Valley Forge Room. Participants MUST wear a mask at all times and social distance will be maintained.

Family board game event: Stop by the library on July 11 anytime between 3:00 PM and 8:00 PM with your family to enjoy games of all kinds! We'll have several board games, but feel free to bring your own too.

Virtual Career Series is scheduled for 3rd Monday of month (July 18) at 6:00 PM. Please check our online calendar for topics discussed each month. Must register to receive zoom link.

Knit Nite resumes in person. The group meets every 4th Monday of month (July 25) at 6:00 PM. 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.

JUST FOR LAUGHS

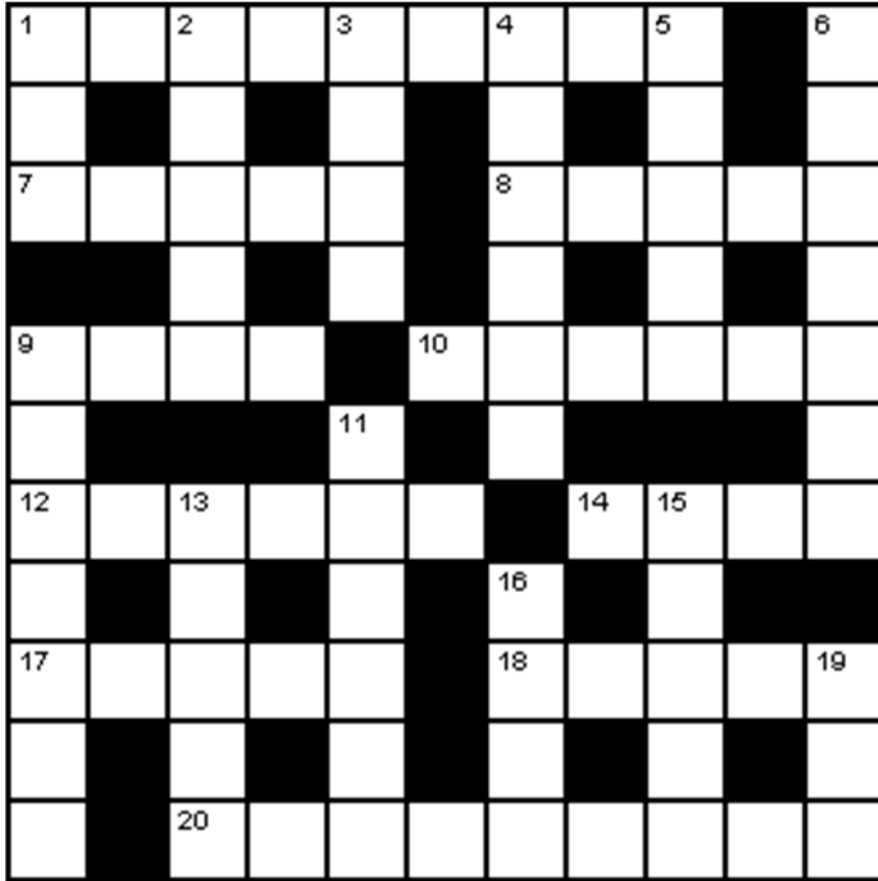


"Mywifeisthedevel!! - that's your password?"

"Of course I've had some wonderful times since we've been married. Mostly, while you were at work."

FUN AND GAMES

QUICK CROSSWORD *(answers on page 8)*



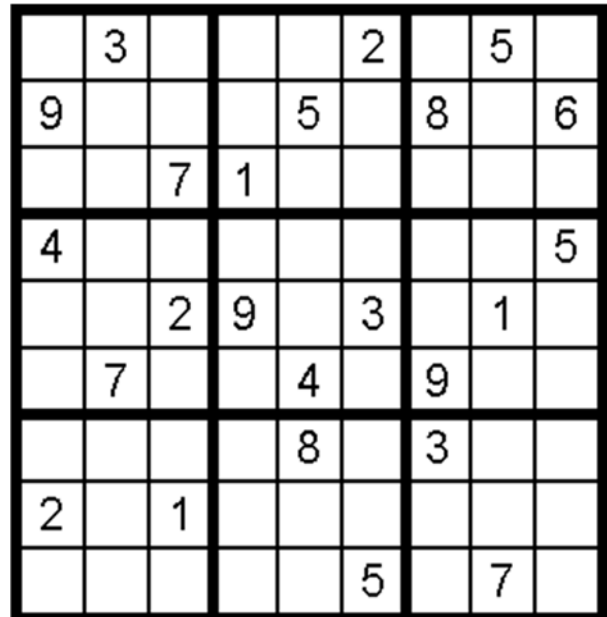
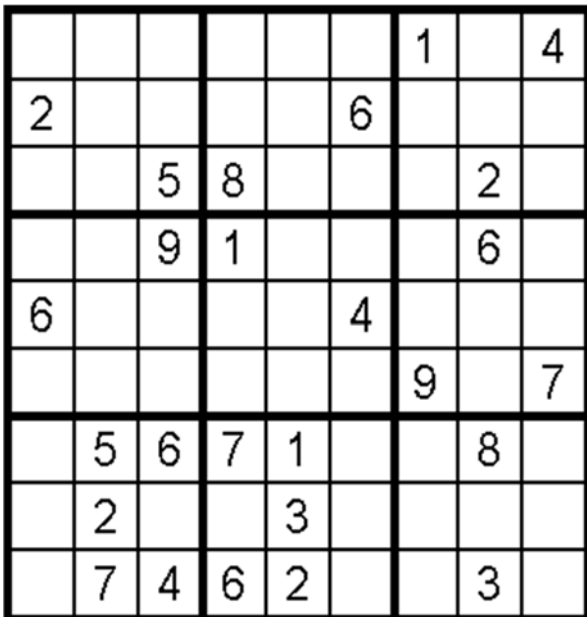
ACROSS

1. Molecules (9)
7. Spear (5)
8. Arithmetical operation (5)
9. Light fog (4)
10. Reply (6)
12. Ploy (6)
14. Matured (4)
17. Debate (5)
18. Tip over (5)
20. Study of the universe (9)

DOWN

1. Buddy (3)
2. Parts of a ladder (5)
3. Mountain goat (4)
4. Dirge (6)
5. Tendon (5)
6. Made certain (7)
9. Tycoon (7)
11. Turn aside (6)
13. Molten rock (5)
15. Zest (5)
16. Japanese wrestler (4)
19. Plaything (3)

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

ANCIENT EGYPT



AHKENATON, AMENHOTEP, ANON, ANUBIS, ATEN,
BAST, CLEOPATRA, EGYPT, GIZA, HELIOPOLIS, HORUS,
IMHOTEP, ISIS, KHEPERA, MAAT, MEMPHIS, NEFERTITI,
NEPHTHYS, NILE, OSIRIS, PHARAOH, PTAH, PTOLEMY,
PYRAMID, RAMSES, SEKHET, SETH, SPHINX, THEBES,
THOTH, TUTANKHAMUN.

Be loving and kind, have fun and celebrate. Stay safe and keep others safe. Celebrate freedom on July 4!



GRACIAS! THANKS! DANKE! MERCI!

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



CROSSWORD ANSWERS

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

SUDOKU ANSWERS

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

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