

THE BEST OF TIMES



JUNE 2018

**UPPER MERION SENIOR
SERVICE CENTER
431 W. VALLEY FORGE ROAD
KING OF PRUSSIA, PA 19406
TELE: 610-265-4715
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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TO OUR MEMBERS AND STAFF:

As we approach the beginning of summer I thought I'd share with you some of what I believe to be positive accomplishments going to back to the beginning of this year.

Our goal for 2018 was and is to encourage more members to participate in the different activities we offer all during the year. So far I am very pleased at the quantity and quality of our members who have worked on the various events. Thank you all!

Our board welcomed new members beginning this year. It is the most change I have seen since I've been a member of the UMSSC. New members bring fresh ideas with positive results.

We acquired the portable walls for the great room. Rewarding to see them used frequently. Our two new computers for the office have been purchased and installed making it easier to function. The installation of a TV monitor in our lobby to highlight upcoming events, I've been told, is very popular.

Most, or all, of these accomplishments you probably already know. I thought it timely to list them in the hopes that it will give some members ideas for the future. I welcome all ideas and have tried to reply to them ASAP.




Thank you for your support,

Dick McCann,
President UMSSC

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

JUNE 2018

MONTHLY HEALTHY HABIT: GET AT LEAST 8 HOURS OF SLEEP EVERY DAY!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>BEGINNING MONDAY JUNE 4TH FARMERS MARKET VOUCHERS WILL BE AVAILABLE DAILY IN THE OFFICE FROM 10 to 2</p>				<p>1</p> <p>9:30 PINOCHLE 10:00 SING-A-LONG</p>	<p>2</p>
<p>3</p>	<p>4</p> <p>9:30 MAH-JONGG 10:30 CURRENT EVENTS 11:30 WSC PEER EDUCATORS PRESENT: HOW TO TALK TO YOUR DOCTOR (Lounge) 1:30 YOGA (VIDEO)</p>	<p>5</p> <p>9:30 COMPUTER CLUB 10:00 BRIDGE 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING 2:00 MEMORY CAFE</p>	<p>6</p> <p>9:30 WEDNESDAY CARD PLAYERS 10:00 BOARD MEETING 11:00 BREAD DAY 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 LINE DANCING</p>	<p>7</p> <p>10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 BINGO 12:30 FUN & FITNESS (<i>NOW WITH JUDY - TUESDAYS & THURSDAYS</i>)</p>	<p>8</p> <p>9:30 PINOCHLE 10:00 SING-A-LONG</p>	<p>9</p> <p>UMSSC BAND PLAYING AT UMT FARMERS MARKET STRAWBERRY FESTIVAL</p>
<p>10</p>	<p>11</p> <p>9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA (VIDEO)</p>	<p>12</p> <p>9:30 COMPUTER CLUB 10:00 BRIDGE 10:00 TECH HELP 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING</p>	<p>13</p> <p>9:30 GENERAL MEETING 9:30 WEDNESDAY CARD PLAYERS 11:00 BREAD DAY 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 GARDEN CLUB 1:00 LINE DANCING 1:30 RED HAT LADIES</p>	<p>14</p> <p>10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 BINGO 11:00 OUTREACH - BRIGGS 12:30 FUN & FITNESS (<i>NOW WITH JUDY - TUESDAYS & THURSDAYS</i>)</p> <p>FLAG DAY</p>	<p>15</p> <p>9:30 PINOCHLE 10:00 SING-A-LONG 11:15 FRIDAY FLICKS</p>	<p>16</p>
<p>17</p> 	<p>18</p> <p>9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:00 BOOK TALK 1:30 YOGA (VIDEO)</p>	<p>19</p> <p>9:30 COMPUTER CLUB 10:00 BRIDGE 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING 2:00 MEMORY CAFÉ</p>	<p>20</p> <p>9:30 VALLEY FORGE CASINO 9:30 WEDNESDAY CARD PLAYERS 10:00 PERSIAN SENIOR GROUP 11:00 BREAD DAY 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 LINE DANCING</p>	<p>21</p> <p>9:45 EXCURSION GROUP TRIP STONELEIGH GARDENS 10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 BINGO 12:30 FUN & FITNESS (<i>NOW WITH JUDY - TUESDAYS & THURSDAYS</i>)</p> <p>SUMMER BEGINS</p>	<p>22</p> <p>9:30 PINOCHLE 10:00 SING-A-LONG</p>	<p>23</p>
<p>24</p>	<p>25</p> <p>9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:00 MAIN LINE HEALTH PRESENT: CARDIO VASCULAR DISEASE 1:30 YOGA (VIDEO)</p>	<p>26</p> <p>9:30 COMPUTER CLUB 10:00 BRIDGE 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING</p>	<p>27</p> <p>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 1:30 WELLNESS WEDNESDAY</p>	<p>28</p> <p>10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 BINGO 10:15 NURSE 11:30 OUTREACH - LEACH 12:30 FUN & FITNESS (<i>NOW WITH JUDY - TUESDAYS & THURSDAYS</i>)</p>	<p>29</p> <p>9:30 PINOCHLE 10:00 SING-A-LONG</p>	<p>30</p>

HERE'S WHAT'S HAPPENING IN THE COMING MONTHS

So many different ways to have fun! The following activities occur on the dates noted. Be sure to check out our regular Weekly Activities listed 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/>

SENIOR FARMERS' MARKET NUTRITION PROGRAM

BEGINS MONDAY, JUNE 4 - 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.

WAYNE SENIOR CENTER PEER EDUCATORS

MONDAY JUNE 4 AT 11:30. Presentation on "HOW TO TALK TO YOUR DOCTOR. " Please sign up in the lobby if you are attending. (Meet in the lounge.)

GENERAL MEETING

WEDNESDAY JUNE 13 AT 9:30 AM.

General Meeting will start at 9:30 AM. Our monthly meeting is open to all members. Learn what is going on at the Senior Center. We hope you will join us to celebrate birthdays with some cake, a 50/50 raffle, a birthday raffle to win a hoagie from Angelo's Pizza and the new "JACKPOT".

FRIDAY FLICKS!

FRIDAY JUNE 15 - SICILIAN DELIGHT PIZZA (\$3.00) AT 11:30 AM - MOVIE (FREE) STARTS AT 12:15 PM
Coordinator Don McCree. THIS MONTH the Academy Award winning movie "TERMS OF ENDEARMENT" starring Shirley MacLaine, Debra

Winger and Jack Nicholson. The bittersweet story of a mother and daughter navigating through family issues, relationships, and death.

GARDEN CLUB

WEDNESDAY, JUNE 13 AND JUNE 27 AT 1:00 PM. We return to our regular schedule this month. Weather permitting, we will meet and work on the patio. The patio should look like spring really did come hopefully. See you there, bring your energy.

VALLEY FORGE CASINO

WEDNESDAY, JUNE 20 (Cut-off date MONDAY, JUNE 18) 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. 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, JUNE 18 at 1:00 PM. Coordinator: Patricia Ackah. This month's book "EVERYTHING I NEVER TOLD YOU" by Celeste Ng is the story of the Lees, a Chinese American family living in 1970s small-town Ohio. Marilyn and James are determined that Lydia, the middle and favorite child, will fulfill the dreams they were unable to pursue: for Marilyn, that her daughter becomes a doctor; for James, that Lydia is popular at school, a girl with a busy social life and the center of every party.

When Lydia's body is found in the local lake, the delicate balancing act that has been keeping the Lee family together is destroyed. James, consumed by guilt, sets out on a reckless path that may destroy his marriage. Marilyn, devastated and vengeful, is determined to find a responsible party, no matter what the cost. Lydia's older brother, Nathan, is certain that the neighborhood bad boy, Jack, is

somehow involved. But it's the youngest of the family—Hannah—who observes far more than anyone realizes and who may be the only one who knows the truth about what happened.

EXCURSION TO STONELEIGH

THURSDAY, JUNE 21 AT 9:45 AM (DEADLINE TO SIGN UP IS JUNE 20). The Excursions Committee has planned an excursion to Stoneleigh, the former Haas Estate in Villanova which is now a "natural" garden, open to the public. You may know it as the property with the carved wooden rabbits looking out on County Line Road, often dressed for the season or special events. There is no cost.

Transportation will be by carpool. We will meet in the swim pool lot at 9:45 a.m. for the short ride to Villanova.

Sign up in the lobby and please indicate if you are willing to drive.

MEMORY CAFE

TUESDAYS JUNE 5 AND JUNE 19 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.

TECH HELP

TUESDAY JUNE 12 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

THURSDAY JUNE 28 FROM 10:15 AM TO 12:45 PM (Only one time this month.) Our favorite Nurse Lori Gnacek from Bryn Mawr Hospital/Main Line Health will be here to check your blood pressure for free.

MAIN LINE HEALTH & BRYN MAWR HOSPITAL PRESENTATION

MONDAY, JUNE 25 from 1:00 PM to 2:00 PM
"Cardio Vascular Disease-What You Need To Know, Heart Disease And Stroke."

WELLNESS WEDNESDAYS

WEDNESDAY, JUNE 27 AT 12:30 PM. Amy from Home Helpers will be here with Chad the Therapy Dog. She will discuss being "Safe at Home". Also, Chair Massage and Balance Testing will be available.

OUTREACH

Representative Tim Briggs' aide will be here on Thursday, JUNE 14 from 11:00 AM to 2:00 PM.

Senator Daylin Leach's aide will be here on Thursday, JUNE 28 from 11:30 AM to 1:00 PM.

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.

KEEPING SENIORS INFORMED



Please join us as we welcome the following new members to our UMSSC family. We hope to see them around the Center. Welcome to Dee Dalasio, Lydia Nieves, David Udovich and Herb Vichnin.

PATIO UMBRELLA AND STAND DONATED

Thank you to Anna Marie Mich who generously donated an umbrella and stand to be used on the patio. It will add to the enjoyment of being outdoors in the nice weather.

SLEEPING IS NOT A WASTE OF TIME

There are numerous benefits from sleeping and you are aware of most of them. During sleep your brain sorts out your day's information. Learning and storage of memories may occur. The healing of body tissues takes place and any damage to muscle

tissue can heal. Adequate sleep helps the immune system function properly and may prevent some diseases.

Under ordinary circumstances the body and brain go through periods of light and heavy sleep enabling you to gradually reach a state of deep relaxation. Loss of sleep can result in depression, increased risk of illness, problems with focusing and paying attention and increased risk of motor vehicle accidents.

Since this is a non- medical article it cannot address true medical problems affecting sleep, but can give some everyday suggestions about falling asleep and staying asleep. Having a regular bedtime and wake up time will assist your body and brain in developing a rhythm of sleep and wake times. Use your math skills and calculate your bedtime and rising time to allow for the minimum of seven hours of sleep. [You may need more.] You need to be relaxed and have a sleep friendly mind at bedtime. It is often advised to have a “power down” period of thirty minutes or so to help to start to relax. Turn off devices as you prepare for bedtime. Try a warm or hot bath. Afterwards, your temperature drops and that may trigger sleep.

Your bedroom environment can influence both going to sleep and staying asleep. Keep the bedroom cool and wear loose comfortable sleep clothing. Consider the amount of light or darkness of the room. Most advice is to have a dark room. For seniors this can have a down side. We know we need to get out of bed two or three times a night, so this is a safety factor. There needs to be some light so you do not trip or fall. If you turn on a bright light you become fully awake. Consider having a night light on in your room and bathroom which can provide enough light for safety but may not make you wide awake.

Your sleep position can help reduce the day’s stresses. Sleeping on your side is recommended. Sleeping on you right side activates the vagus nerve which governs stress resilience. Your eating pattern may influence sleep. Eating your largest

meals at breakfast and noon time with smaller meals at supper time allows for good digestion of the food. Limit alcohol in the evenings.

An easy way to relax is to use deep breathing. While lying quietly with your eyes closed, concentrate on breathing in a rhythmic, mindful way. This can produce a physiological response where your nervous system switches into a relaxed state. You can do it pre-sleep or if you wake up during the night. Plus, you can also do deep breathing during the day if you feel stressed. Sit down, close your eyes and breathe deeply for a few minutes. Try it. You will like the results.

(Contributed by Jane Burger)

MEMBER SPOTLIGHT

SHARON BRZOSKA



Sharon Brzoska is a fairly new member having just joined the Senior Center in 2017. Her friendly and outgoing personality are just what we need at the center. (Sharon's husband, Len, is also a member, but has not retired from his job as an UM school bus driver.) Sharon was a graduate of Upper Merion High School and went to Lankenau School of X-ray Technology and worked at the hospital for 17 years in the X-ray Department. Before retiring Sharon worked for 28 years in a medical office as the Office Manager.

She was elected to the UMSSC 2018 Board of Directors and readily volunteers to help out with special events. This year she volunteered to chair the Annual Flea Market and Bake Sale. She also volunteered to help set up for our Volunteer of the Year luncheon. We welcome her enthusiasm and kindness and hope she stays around for a long time.
Thank you Sharon for all you do!



DID YOU GET YOUR NEW MEDICARE ID CARD?

According to the Centers for Medicare & Medicaid Services (CMS), beneficiaries living in Pennsylvania will begin receiving their new Medicare ID cards in May. CMS is using your address on file with the Social Security Administration (SSA) for the mailing. To verify or make a change, you can contact the agency at ssa.gov/myaccount or by calling 800-772-1213.

The new Medicare card is still red, white and blue, but no longer includes a Social Security number or other personal information that could compromise a beneficiary's identity. When you receive your new card, you may begin using it immediately but remember to safely destroy your old ID card.

Scammers have already targeted recipients with various ploys about the cards, such as calling beneficiaries and requesting payment for the replacement card. CMS officials say they will never ask a beneficiary for personal or private information or for any money as a condition of getting a new Medicare number and card.

PICTURES FROM OUR ANNUAL TEA

"It's Tea Time" was held on May 18. Our members enjoyed a delicious lunch and great entertainment. Here are some photos from the day. Enjoy!



WHAT A HAT!





OUR WONDERFUL ENTERTAINER BRUCE KOPP!

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:

- ★ Bernie Eastman in memory of Rose Kaminski
- ★ Anna Marie Mich in memory of Rose Kaminski
- ★ Cindy & Dan Eastman in memory of Annelouise Crooks
- ★ Cindy & Dan Eastman in memory of William Kenney

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. ★ **LeBus Bread**—who donates delicious baked bread every week. ★ **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

SENIOR FALL FLING COMMITTEE

MEMBERS NEEDED

The Senior Fall Fling, which is held annually in September, is months away but we are looking for Volunteers for the committee. We meet once a month (January until September) for approximately two hours at the UM Township Building on a Tuesday morning. If interested, please contact Dottie Wisniewski at 610-265-9055.

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 - JUNE UPDATES



JUNE UPDATES: UPPER MERION TOWNSHIP LIBRARY

Sangeetha from the library will be at the Upper Merion Senior Service Center on Tuesday, June 12 from 10:00 AM to 12:00 PM to answer all your tech questions.

ESL Classes Tuesdays at 1 pm. For adults who speak English as a second language, this program allows you to practice your English through conversations about books, short stories, and news articles. The class leader is Mrs. Jean Olexy, a certified ESL teacher. Anyone who speaks English as a second language is welcome to drop in. NO ESL CLASS JULY AND AUGUST.

Tech Night on Monday, June 4 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, June 11 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!!

FREE Kona Ice for everyone who registers for our summer reading program on Wednesday, June 11 from 6:30 pm to 7:30 pm at the township building rear parking lot.

Summer Reading for Seniors starts **Monday, June 18.** Read, Register & Review to win exciting prizes. **Knit Nite: Monday, June 25 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 to 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

HAVE A GOOD LAUGH

IF MY BODY WERE A CAR

If my body were a car, this is the time I would be thinking about trading it in for a newer model.

I've got bumps and dents and scratches in my finish and my paint job is getting a little dull, but that's not the worst of it.

My headlights are out of focus and it's especially hard to see things up close.

My traction is not as graceful as it once was.

I slip and slide and skid and bump into things even in the best of weather.

My whitewalls are stained with varicose veins.

It takes me hours to reach my maximum speed.

My fuel rate burns inefficiently.

But here's the worst of it --

Almost every time I sneeze, cough or sputter.....either my radiator leaks or my exhaust backfires!

HIDDEN NAME PUZZLE

I was walking down Mulberry Lane,
I met a man doing the same.

He tipped his hat and drew his cane,
And in this rhyme I said his name.

What was the man's name? (Hint: The name is hidden in the text.)

REBUS PUZZLES

Rebus puzzles convey meanings by using symbols and the way words are arranged on a page.

Hint: say what you see.

Here are two examples:

HEAD

HEELS = "head over heels"

ban / ana = "banana split"

REBUS PUZZLE #1

1 CCCCCCC	2 LE / VEL	3 GIVE GET GIVE GET GIVE GET GIVE GET
6 LU CKY	7 HE'S / HIMSELF	8 BL(USE)
11 GROUND FEET FEET FEET FEET FEET FEET	12 ECNALG	13 CYCLE CYCLE CYCLE
16 0 — M.D. Ph.D. B.Sc.	17 KNEE LIGHTS	18 YOU JUST ME

REBUS PUZZLE #2



SUDOKU LOGIC

Use deductive logic to complete the grid so that each row, each column, and each box contains the numbers 1 through 9 in some order. There is only one solution.

[All puzzle answers on page 10](#)

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

WORD SEARCH - HOME FURNISHINGS

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

WELCOME MAT

DESK

SINKS

DRESSER

CABINETS

HUTCH

TELEVISION

BEDS

CHAIR

THROWS

TABLE

RUGS

SOFA

HASSOCK

CURTAINS

TILE

RADIO

COUCH

TV TRAYS

CHUTE

PUZZLE ANSWERS:

SUDUKO PUZZLE:

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

HIDDEN NAME PUZZLE ANSWER:

Answer: Andrew.

He tipped his hat **and drew** his cane.

#1 REBUS PUZZLE (numbers not consecutive):

1. SEVEN SEAS
2. SPLIT LEVEL
3. FORGIVE AND FORGET
6. LUCKY BREAK
7. HE'S BESIDE HIMSELF
8. SEE-THROUGH BLOUSE
11. SIX FEET UNDER GROUND
12. BACKWARD GLANCE
13. TRICYCLE
16. THREE DEGREES BELOW ZERO
17. NEON LIGHTS
18. JUST BETWEEN YOU AND ME

#2 REBUS PUZZLE

LOOK BEFORE YOU LEAP

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 Reilly
McGrory & DiPippo
— ATTORNEYS AT LAW —

*Robert J. Reilly, Jr.**

*Salvatore F. Bello, Jr.**

*Daniel T. McGrory**

*Gregory P. DiPippo**

- **Personal Injury**
- **Real Estate**
- **Bankruptcy**
- **Criminal Law**
- **Domestic Law/Divorce**
- **Estate Planning**
- **Taxation**
- **Workers Compensation**
- **License Suspension/DUI**
- **Corporate Law**
- **Administrative & Municipal Law**

* Also Admitted in New Jersey

144 East DeKalb Pike, Suite 300, King of Prussia, PA 19406
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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 www.PCUSA.org

Since 1952

The Bacchi Funeral Home & Crematory, Ltd.

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www.bacchifuneralhome.com



Darryl R. Bacchi, Supervisor
1928 - Russell J. Bacchi, F.D. - 2002

*We are a family owned and operated funeral home
which has been serving Bridgeport, King of Prussia,
Norristown and surrounding communities since 1952.*

King of Prussia Crematory is located on our premises.
www.cremating.com. Casket and Vault Display Room –
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We are proud to sponsor the Upper Merion
Senior Service Center!

Serving the Community Since 1941



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Supervisor
Funeral Director

Bernard S. Gutkowski
Funeral Director



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Note:
Information submitted following publication of this newsletter will be posted on the UMSSC Bulletin Boards and listed on UMGA-TV (Comcast Channel 22 or Verizon FiOS Channel 33) Visit the Center's web site at:
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 destinations!

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 some of 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-4th). *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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