

The Best of Times

JUNE 2021

UPPER MERION SENIOR SERVICE CENTER



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KING OF PRUSSIA, PA 19406
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On the web at www.umssc.org

 <https://www.facebook.com/umssc.org/>

BETTER DAYS ARE AHEAD!

Greetings fellow members,

As more and more of the population gets their COVID vaccine, the closer the Senior Center gets to re-opening. Of course, there will still be certain safeguards to be followed. Only members who have been fully vaccinated will be allowed to participate in activities at the Center. You will be asked to provide (only one time) proof of full vaccination. There will be some space issues to be worked out. Be that as it may, we are still excited at the prospect of re-opening and hope that when we do you will also be looking forward to returning.

If you have any questions or concerns, please feel free to call me at 610-416-7431 or email rtmboater@aol.com. I will, as always, be happy to hear from you.

Dick McCann

IN MEMORIAM

It is with great sadness that we tell you of the passing of Pasquale (Pat) D'Antonio on February 27, 2021. Pat had been a member of UMSSC since 2003. During his membership Pat served as a Director on the UMSSC Board, was a member of the Computer Club and enjoyed the Sing Along. His kindness and sense of humor will truly be missed.

On May 9, 2021 Sherry Goldberg passed away. She became a member of the Senior Center in 2014. Sherry was a dedicated member who enjoyed playing bingo and attended the exercise classes and Friday Flicks. She was a kind and caring person. Words cannot express how saddened we are to hear of her loss.

THANK YOU FOR YOUR DONATIONS TO THE SENIOR CENTER

We very much appreciate and thank our members for their contributions to the Senior Center.

Dottie Wisniewski made a contribution in memory of Betty Matey.

Shirley Robey made donations in memory of Pat D'Antonio and Sherry Goldberg.

KEEPING OUR MEMBERS INFORMED

STAY CONNECTED WITH ZOOM: Wonderful to be able to share information and friendship safely. These virtual meetings are open to any member interested. **CURRENT EVENTS**, hosted by Dave Newman, meets on Zoom *every Monday* at 10:15 AM. The **COMPUTER CLUB** Zoom, hosted by Herm Natanblut, meets *every other Tuesday* at 1:30 PM. **NEIGHBOR TO NEIGHBOR** Zoom, hosted by John Desko *every Wednesday* at 12:00 PM, is an opportunity for all members to meet virtually and chat. Dick McCann is hosting the **BUSINESS DISCUSSION GROUP** Zoom on Friday's at 10:00 AM. Joan Shaw is hosting **BOOK TALK** via Zoom on the *third Tuesday of the month (June 15)* at 12:00 PM. The book selection for June is "[The Dutch House](#)" by Ann Patchett.

If you would like to participate in any of our UMSSC Zoom programs or need assistance with using Zoom, please call the office at 610-265-4715 (leave a voice mail) or email at admin@umssc.org so that your name can be added to the list of attendees.

FUN & FITNESS: Stay fit and active right in your own living room. Our exercise instructor has provided several videos of the exercises as well as a Yoga instruction video. You can follow our Fun and Fitness exercises on the UMSSC Facebook page, <https://www.facebook.com/umssc.org/>. If you are unable to access Fun & Fitness through our Facebook page, please email me in the office at admin@umssc.org. I will email the exercise links directly to you.

KNITTING GROUP: Knitting is a great stress reliever. If you would like to knit or have been knitting afghan squares for the Linus Project, and need yarn, please call Joan Banas at 610-265-0126. Joan will be happy to supply you with some.

UM LIBRARY PROGRAMS FOR JUNE

(Call the library at 610-265-4805 or check www.umtownship.org/library to register to all their programs.

Sangeetha will lead a **Zoom basic computer class** on Thursdays June 10th and 24th. MUST REGISTER at the library to receive zoom links.

March Financial Series cont'd.: Income Distribution Techniques on Tuesday, June 10 at 6:30 pm.

Long Term Care on Tuesday, June 15 at 6:30 pm.

Herbal Tea Presentation & Demo: June 7 at 6:30 pm

Healing the Thyroid With Ayurveda: Talk by Dr. Marianne Teitelbaum- on June 10 at 6:30 pm.

Summer Reading Program for Seniors: Starts June 21. Check our website to submit your reviews online or visit us in person to register/review to win exciting prizes.

DID YOU KNOW?

IF YOU SEE A YELLOW CAP ON COCA-COLA, THIS IS WHAT IT MEANS

Coca-Cola has been around for what seems like *forever*. The famous soda pop brand was first introduced in the late 1800s and is still going strong today. It's synonymous with crisp and refreshing, and the bright red logo is *easily* recognized the whole world over. So, when that classic look changes, you notice it right away. In fact, you've probably noticed yellow cap Coke bottles recently and wondered what the yellow cap means. There's actually a very special reason for it—to signify that the recipe is kosher for Passover.

The yellow cap Coke is kosher for Passover. If you're unfamiliar with Passover, it's a Jewish religious holiday that occurs during spring and lasts for seven days in total. During the holiday, Jewish people are prohibited from owning or consuming leavened foods (known as *chametz*), which include five main grains: wheat, spelt, oats, rye, and barley.

However, it's common for some Jewish people to recognize another category of forbidden foods (known as *kitniyot*) that includes corn, rice, and beans.

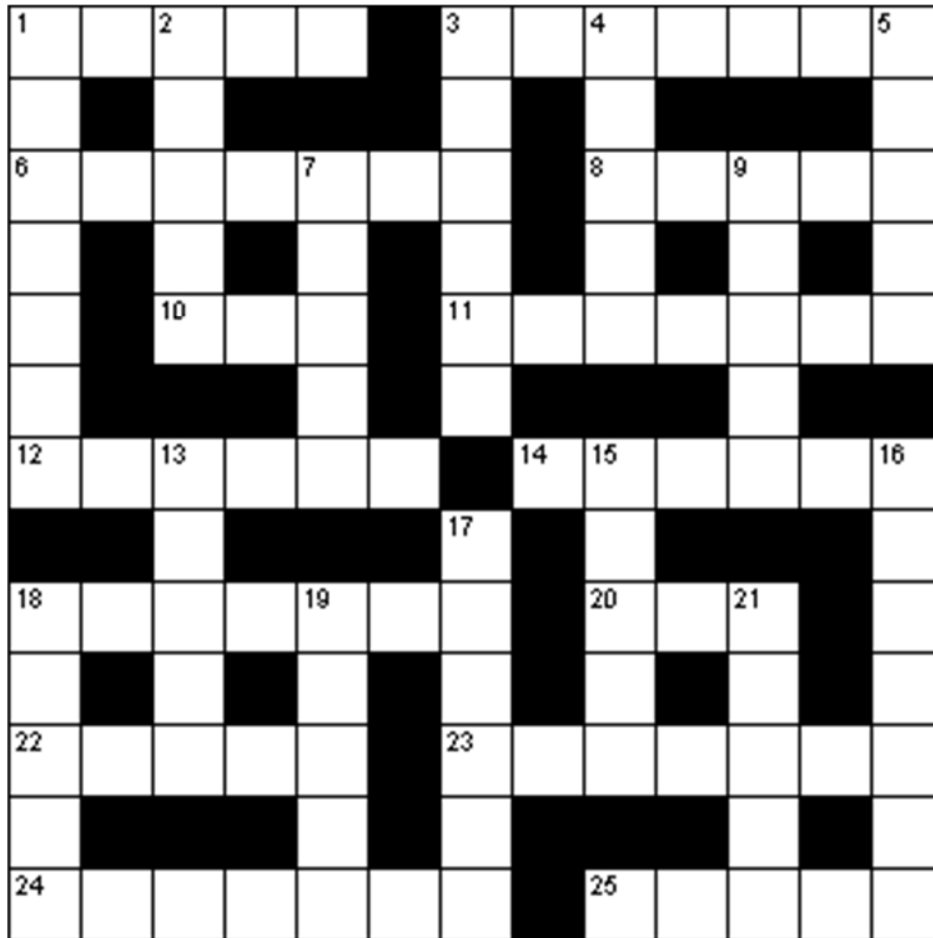
How does all of this affect Coke? While the regular Coke formula is kosher year-round, it contains corn syrup, so it isn't considered kosher for Passover by Jews of Eastern European descent. Because of this, Coke temporarily replaces the corn syrup in its recipe with sugar. This kosher Coke is marked with a sunny yellow cap!



CROSSWORDS

(answers on page 7)

CATCH-WORDS - 10



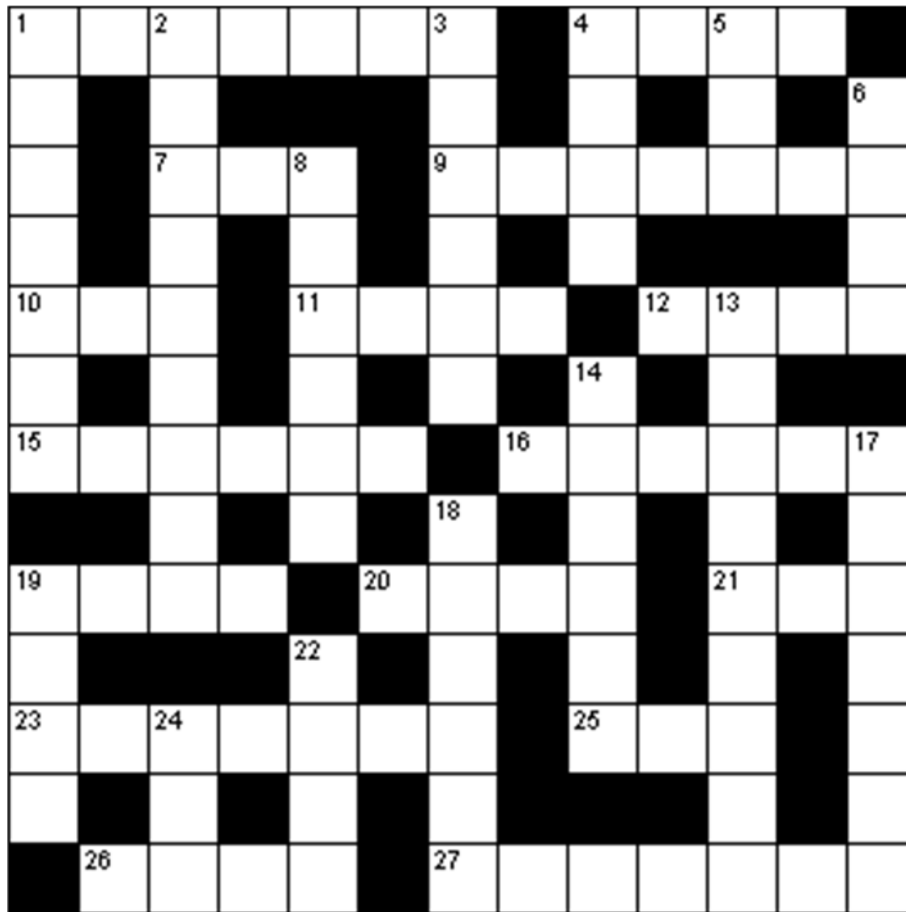
Across

1. For better or ___ (5)
3. Roll up your ___ (7)
6. Act in haste, repent at ___ (7)
8. ___ Rouge (5)
10. Cul de ___ (3)
11. Snakes and ___ (7)
12. ___ said than done (6)
14. The ___ of the exercise (6)
18. A ___ of hope (7)
20. It is an ___ wind that blows nobody any good (3)
22. ___ space (5)
23. Ireland, the ___ Isle (7)
24. Evenly ___ (7)
25. Older and ___ (5)

Down

1. A warm ___ (7)
2. It never ___ but it pours (5)
3. ___ the show (6)
4. ___ and flowed (5)
5. The ___ of time (5)
7. Bob's your ___ (5)
9. Variation on a ___ (5)
13. The patience of a ___ (5)
15. The father of the ___ (5)
16. ___ and lightning (7)
17. ___ or foe? (6)
18. Bride and ___ (5)
19. The Ides of ___ (5)
21. ___ and bounds (5)

CATCH-WORDS 11



Across

1. The four ___ (7)
4. A ___ of cards (4)
7. Lucky ___ (3)
9. Onwards and ___ (7)
10. As cold as ___ (3)
11. I'm all ___ (4)
12. Living on the ___ (4)
15. Brother and ___ (6)
16. ___ skating (6)
19. Hit and ___ (4)
20. Like a ___ in a china shop (4)
21. ___, skip and jump (3)
23. ___ illusion (7)
25. Tales of ___ (3)
26. ___ by example (4)
27. Rich as ___ (7)

Down

1. Fairy ___ (7)
2. Names and ___ (9)
3. A ___ peg in a round hole (6)
4. Up and ___ (4)
5. ___ park (3)
6. The ___ of Capri (4)
8. Bits and ___ (6)
13. Sons and ___ (9)
14. A ___ fight (6)
17. Imports and ___ (7)
18. ___ enemy No 1 (6)
19. Over the ___ (4)
22. The ___ test (4)
24. Golfing term, ___ off (3)

WORD SEARCH PUZZLES

MURDER MYSTERY



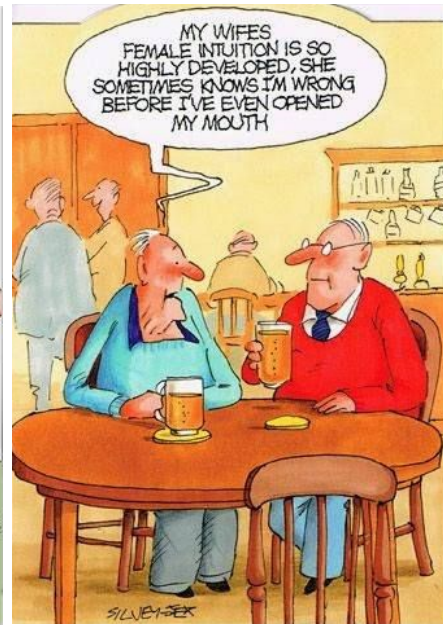
ALIBI, ARREST, CAPTURE, CAUTION, CHARGE, CLUE, CRIME,
CRIMINAL, DETECTIVE, EVIDENCE, FORENSIC, INVESTIGATION,
MOTIVE, MURDER, MYSTERY, OPPORTUNITY, PERPETRATOR,
PLOT, POLICE, PURSUIT, SENTENCE, SOLVE, SUSPECT, WEAPON.

TRAVEL LIGHT



AIRBED, BACKPACK, BATTERIES, BINOCULARS, CAMPFIRE,
CAN OPENER, CANVAS, COMPASS, FIRELIGHTER,
FIRST AID KIT, FLASK, FOOD, FUEL, GRIDDLE,
GROUNDSHEET, HIKING BOOTS, KINDLING, LANTERN,
MAPS, MOSQUITO NET, PANS, PEDOMETER, POTS,
ROPE, STOVE, TENT, TINDER, TOOLS, TORCH, WATER.

JUST FOR LAUGHS



"I just love how they come individually wrapped to seal in the flavor."

CROSSWORD ANSWERS

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To All!

*Be Loving and Kind, Have Fun and Celebrate
Stay Safe and Keep Others Safe.
Better days are ahead!!*

