

"The Best of Times"



MARCH  **2019**

**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



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UPCOMING SPECIAL EVENTS



UMSSC BIG BINGO

SUNDAY, MARCH 10, 2019. CA\$H PRIZES.
**Advance Sale Tickets*: \$20.00 Day of Tickets*:
\$25.00 Doors Open 11:00 AM Games Start 12:00
PM Refreshments for sale**. (*No One Under
Age 18 Will Be Admitted **No Outside Food or
Beverage Permitted) Registration Forms are
available at the Info Center in the Lobby or on
our website UMSSC.org.**



NOTE NEW DATES - FLEA ROOM/THRIFT SHOP OPENS FOR DONATIONS MONDAY APRIL 8

UMSSC will be accepting donations beginning
Monday April 8 for our **ANNUAL FLEA MARKET**
to be held on **SATURDAY, MAY 4** from **9:00 AM**
to **2:00 PM**. Acceptable donations are children's

books, appliances and electronics (in working
order), knickknacks, decorations, etc. Not accepted:
donations of adult books, used clothing, junk or
broken or non-working items. **The Flea Room will
be open Monday through Thursday from 9:30 AM
to 1:30 PM (NOT OPEN ON FRIDAYS)**. All profits
from sales benefit the Senior Center.

THE NATIONAL CONSTITUTION CENTER

THURSDAY, MARCH 21 (cut-off date is March 13).

Guided tour of the National Constitution Center on
Independence Mall in Philadelphia and the
Alexander Hamilton exhibit. The cost of the trip is
\$16.00 for UMSSC members and \$18.00 for non-
members. Transportation will be via carpool to the
Radnor Regional Rail Station to Jefferson Station
then transfer to the Market St. Subway and walk
one block to museum. Meet at the swim pool
parking lot at 9:00 AM. Registration forms are
available in the lobby. Please indicate if you are
willing to be a carpool driver. **Reminder: Seniors ride
free on SEPTA. Get a SEPTA Key Card if you don't
already have one (apply at Tim Briggs' office).**

DUTCH APPLE THEATER, LANCASTER

Wednesday, April 24 (cut-off date March 25). We
will travel by bus to **Dutch Apple Theater** in
Lancaster County for a bountiful buffet lunch and a
matinee performance of **Joseph & The Amazing
Technicolor Dream Coat**. The cost is \$65.00 for
UMSSC members and \$70.00 for non-members).
Registration forms are available in the lobby (or on
our website).

*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.*

MARCH 2019 A good laugh and a long sleep are the two best cures



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 9:30 PINOCHLE 10:00 SING-A-LONG	2
3	4 9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA (VIDEO)	5 9 - 11 AM WALK TRACK 10:00 COMPUTER CLUB 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING	6 10:00 BOARD MEETING 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 LINE DANCING	7 9 - 11 AM WALK TRACK 10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 BINGO 12:30 FUN & FITNESS	8 9:30 PINOCHLE 10:00 SING-A-LONG	9 TURN THE CLOCKS AHEAD TONIGHT DAYLIGHT SAVINGS TIME BEGINS
10 BIG BINGO DOORS OPEN AT 11 AM	11 9:30 AARP DRIVER SAFETY COURSE 9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA (VIDEO)	12 9 - 11 AM WALK TRACK 10:00 COMPUTER CLUB 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING 2:00 MEMORY CAFE	13 9:30 GENERAL MEETING 10:30 UMPD FRAUD SEMINAR 11:30 COMPUTER BASICS 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 GARDEN CLUB 1:00 LINE DANCING 1:30 RED HAT LADIES	14 9 - 11 AM WALK TRACK 9:30 TO 12:00 NURSE 10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 BINGO 11:00 OUTREACH - BRIGGS 12:30 FUN & FITNESS	15 9:30 PINOCHLE 10:00 SING-A-LONG 11:30 FRIDAY FLICKS	16
17 HAPPY ST. PATRICK DAY	18 9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:00 BOOK TALK 1:30 YOGA (VIDEO) 1:30 INTRODUCTION TO LAW	19 9 - 11 AM WALK TRACK 10:00 COMPUTER CLUB 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING	20 9:30 VALLEY FORGE CASINO 10:00 PERSIAN GROUP 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 LINE DANCING FIRST DAY OF SPRING	21 9 - 11 AM WALK TRACK 9:00 CONSTITUTION CENTER EXCURSION 10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 BINGO 12:30 FUN & FITNESS	22 9:30 PINOCHLE 10:00 SING-A-LONG	23
24	25 9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA (VIDEO) 1:30 INTRODUCTION TO LAW	26 9 - 11 AM WALK TRACK 9:30 COMPUTER CLUB 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING	27 9:30 QUILTING 11:30 COMPUTER BASICS 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 GARDEN CLUB 1:00 LINE DANCING	28 9 - 11 AM WALK TRACK 9:30 TO 12:00 NURSE 10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 BINGO 11:30 OUTREACH - LEACH 12:30 FUN & FITNESS	29 9:30 PINOCHLE 10:00 SING-A-LONG	30
31						

WELCOME NEW BOARD OFFICER

Please join us in welcoming Maggie Quigg who has volunteered to be our Board Secretary. We all thank her and look forward to working with her. We also thank outgoing Secretary Helen Currykosky for her service. She did a wonderful job and will be missed.

THANK YOU

Our annual Valentine Hoagie Social was a fun and successful event. We hope all that attended enjoyed themselves. We wish to thank Little Sicily for their support making and delivering the delicious hoagies. Many volunteers gave their time and talents to organize and prepare for the luncheon and they deserve our thanks for their involvement. Without the volunteers, we would be unable to provide such wonderful gatherings. *Please find some fun photos of this event on page 11 of this newsletter.*

2019 MEMBERSHIP

If you have not renewed your membership for 2019 this will be your last newsletter and you will no longer receive UMSSC event notices and updates. Don't miss out - renew now!

CALL FOR VOLUNTEERS

We rely on volunteers to offer their time and talents to help with upcoming events and contribute to their success. We hope that you will sign up on the volunteer page in the Lobby or speak with or email Sharon Brzoska (sbrzoska@umssc.org.) Below are some upcoming events for which we need volunteers. ***They can only succeed with your help!***

Helen Cabrey, Chairperson of the Big Bingo committee, is looking for members who can help with selling tickets and setting up.

Sharon Brzoska is chairing the committee for the Flea Market Day. The Flea Room/Thrift shop will need a chairperson and volunteer committee to set up, spend time in the shop, and then take it down the week following the Flea Market. This is

an important event in our fundraising efforts and we need member support.

Volunteers are also needed for the **Volunteer Appreciation Lunch** to be held on April 26. Jeanne Green has volunteered to chair but she needs helpers. We also need someone for the **Victorian Tea** to be held on May 17.

GUEST SPEAKER FROM PA ATTORNEY GENERAL'S OFFICE

MONDAY, MARCH 4 AT 12:00 PM. A representative from Attorney General Josh Shapiro's office will be here for discussion on a topic relative to keeping senior citizens safe.

AARP DRIVER SAFETY COURSE

MONDAY, MARCH 11 from 9:30 AM to 2:00 PM (1/2-hour lunch break - not provided by UMSSC). This is a **4-hour REFRESHER driver safety course** to review driving with the goal of keeping everyone safe, aware of new driving laws and handling driving situations encountered. **You must have completed the 8-hour course.** Class maximum is 35. No late comers admitted after 9:30 AM. Cost is \$15.00 for AARP members and \$20.00 for non-AARP members, payable in advance. Sign up and pay (with check or money order payable to AARP) in lobby. **NO TELEPHONE REGISTRATIONS WILL BE TAKEN.**

MEMORY CAFÉ

TUESDAY MARCH 12 AT 2:00 PM. Support Group discussion for caregivers. Presented by Certified Dementia Practitioner from Arden Court.

COMPUTER BASICS

WEDNESDAYS MARCH 13 AND MARCH 28 FROM 11:30 AM to 12:30 PM. Sangeetha will be back at the Center to teach computer basics. A sign-up sheet is in the lobby.

GENERAL MEETING

WEDNESDAY MARCH 13 AT 9:30 AM. Our monthly meeting is open to all members. Learn what is going on at the Senior Center. Celebrate birthdays with some cake, a 50/50 raffle, a birthday raffle to win a hoagie from Angelo's Pizza and the "JACKPOT".

Following the meeting Detective Jerry Staquet will deliver a special presentation on fraud "Is It a Scam?".

COFFEE WITH A COP

CANCELLED FOR THIS MONTH - NEXT MEETING SCHEDULED FOR THURSDAY APRIL 11.

FRIDAY Flicks!

FRIDAY MARCH 15 - SICILIAN DELIGHT PIZZA (\$3.00) AT 11:30 AM - MOVIE (FREE) STARTS AT 12:15 PM. Coordinator Don McCree. This month we will show "**WON'T YOU BE MY NEIGHBOR**" An exploration of the life, lessons, and legacy of iconic children's television host, Fred Rogers.

NEW - INTRODUCTION TO LAW

MONDAYS MARCH 18, MARCH 25, APRIL 1, APRIL 8 AND APRIL 15 AT 1:30 PM. Howard Lurie is offering a class titled "Introduction to Law". The class will consist of five one-hour sessions. Please plan to attend all five sessions. You must register by completing a form found in the lobby area. This class will cover the following subjects: Anatomy of a Lawsuit, The Judicial System, Tort Law, Property Law, Contract Law, and will touch on constitutional law, administrative law, and evidence where relevant.

BOOK TALK

MONDAY MARCH 18 at 1:00 PM. Coordinator: Patricia Ackah. This month's book "**The Kitchen Boy a Novel of the Last Tsar**" by Robert Alexander. Drawing from decades of work, travel, and research in Russia, Robert Alexander recreates the tragic, perennially fascinating story of the final days of Nicholas and Alexandra as seen through the eyes of the Romanovs' young kitchen boy, Leonka. Now an ancient Russian immigrant, Leonka claims to be the last living witness to the Romanovs' brutal murders and sets down the dark secrets of his past with the imperial family. Does he hold the key to the many questions surrounding the family's murder? Historically vivid and compelling, The Kitchen Boy is also a touching

portrait of a loving family that was in many ways similar, yet so different, from any other.

VALLEY FORGE CASINO

WEDNESDAY MARCH 20 (Cut-off date MONDAY, MARCH 18) THE OFFER FOR THE GROUP IS \$20.00 IN SLOT PLAY: TO TAKE ADVANTAGE OF THIS OFFER YOU MUST COMPLETE REGISTRATION FORM (**NO TELEPHONE RESERVATIONS TAKEN**) AVAILABLE AT THE SENIOR CENTER OR ON OUR WEBSITE AT WWW.UMSSC.ORG. Please check in with the Senior Center rep in the Casino lobby between 9:30 AM and 10:00 AM. **Everyone must bring a valid photo ID.**

MATTER OF BALANCE CLASS

WEDNESDAYS BEGINNING APRIL 3 from 1:00 PM to 3:00 PM. This class is offered free of charge to our members. It is a 2-hour class, held once a week for 8 weeks. The class is currently filled but your name can be put on a waitlist.

SAVE THESE DATES - EXCURSION TRIPS

MT. CUBA CENTER

THURSDAY, MAY 16. Carpool to Mt. Cuba Natural Gardens near Wilmington, DE. Watch for more details next month.

BALTIMORE INNER HARBOR

THURSDAY, JUNE 13. Arrive via bus and on your own visit the Inner Harbor and other sites such as The National Aquarium, Science Museum, Historic Ships (a maritime museum including a lighthouse), boat tours of the harbor, shops and restaurants. Also, if you want to go farther afield: Fort McHenry, the Orioles' Camden Yards and the B&O Railroad Museum. More details coming soon.

OUTREACH

An aide from Representative Tim Briggs' office will be here **Thursday March 14** from 11:00 AM to 2:00 PM. Senator Daylin Leach's aide will be here **Thursday March 28** from 11:30 AM to 1:00 PM. SEPTA Passes can be obtained at this time.

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.



Please join us as we welcome the following new members to our UMSSC family. We hope to see them around the Center. **Welcome to:** Pat Clifton, Glenn Clinger, Sharlene Head, Robert Lentz, Lynn Sowden, Bonnie Turner and Patrice Way.

KEEPING OUR MEMBERS INFORMED

NEW - ORGANIZE THIS

In this new column we will offer, each month, some great tips to help organize and clean out your space at home. This month's tip is:

SAVE THAT SIX-PACK!

Do all of your small bottles in the refrigerator door like to tip over after opening or closing the door? Fortunately, the answer to tidying those wayward bottles is just a cheap, recycling bin away. To keep all of your condiments under control use an empty six-pack holder to hold and organize the condiments in your refrigerator door. This organization solution is also great for transporting your condiments for a backyard BBQ or picnic!



Don't forget to check those "expiration dates".

DID YOU KNOW?

How do you know if an egg is still good? Sometimes you forget when you bought them. Here's a little test to see if they are still edible. Fill a bowl with cool water (make sure it's deep enough to submerge an egg plus a couple of extra inches). Gently drop the egg into the bowl and wait to see what it does. If the egg sinks to the bottom and lays on its side, then it's very fresh and totally cool to eat. If the egg sinks but "stands" up, it's still safe to eat, but you should do so very soon. And if it floats to the top, you should toss it—that's a bad egg!

NEW - AGING GRACEFULLY & BEAUTIFULLY

TAKE CARE OF YOUR SKIN: We all want to look good and most likely have read articles about beauty tips such as using more olive oil for improved skin care, changing our makeup products and lots of lukewarm water for beautiful skin. In this article, we go over some simple things you can do to look and feel great

USE SUNSCREEN: While the sun nourishes us with vitamin D, it also has harmful ultraviolet rays which can potentially lead to skin cancer. Dark spots, wrinkles, and sagging are usually the result of sun exposure. This is because as we get older the structural fiber of the skin known as collagen begins to degenerate. Regular moisturizing does wonders to keep skin smooth and supple.

When unprotected skin is exposed to the sun, collagen degeneration accelerates. It is important to always apply a generous application of sunscreen on all exposed skin before you go outdoors. The higher the SPF the better. Many facial moisturizers now contain a sunscreen making them a good choice. Sunglasses and hats can also help to protect your skin.

DRINK PLENTY OF WATER: "Water is life". Drinking plenty of water daily nourishes the skin by keeping it moist and your nails and hair looking healthy and soft. Water is the way to look and feel youthful.

information. Submit your reviews by March 20 to enter the drawing to win an Amazon Kindle Fire!

Tech Night on Monday, March 4 at 7:00 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.

Spring Book Discussion Series: Discussions are led by English Professors Carla Verderame and Erin Hunt of West Chester University. You can register either via our online calendar, or by calling or stopping by the library. There is a \$10.00 administrative fee for participating if borrowing the book set. This fee is waived if the participant purchases the series (available at a discount from the library) or supplies his/her own books.

Finding the Familiar in the Foreign, and Finding the Foreign in the Familiar: Women's Lives Against the Backdrop of History.

The program dates and titles are:

March 17: Birdcage Walk by Dunmore (Carla)

March 31: Pachinko by Min Jin Lee (Erin)

April 14: Eleanor Oliphant is Completely Fine by Honeyman (Erin)

April 28: Future Home of the Living God by Erdrich (Carla)

All programs will meet from 2-3:30 PM

Adult Coloring Night on Monday, March 11 at 7:00 PM in Valley Forge Room. Bring your friends and enjoy coloring. Walk-ins are welcome. Materials will be provided. If you are interested in board games, we have them as well!!

Total Body Fitness at the Upper Merion Community Center on Monday, March 18 at 6:00 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.

Hypnosis seminar on Monday March 25 at 7:00 PM in Valley Forge Room. Presented by Barry Wolfson. Attend this seminar and learn: 1) How hypnosis works. 2) The myths regarding hypnosis. 3) why resolutions work or do not work. Seminar also includes brief 5 to 10 minute hypnosis demonstration and Q & A!

Knit Nite: Monday, March 25 at 7:00 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.

Notary Service: The library offers a notary service by appointment only for a \$5.00 fee. Please make sure to bring all necessary documents and, if needed, a witness. To make an appointment, call 610-265-4805.

MEALS ON WHEELS

For a minimal cost, Neighborhood Meals on Wheels will deliver meals to residents of the Upper Merion Area School District. Deliveries are available on a temporary or permanent basis to all those who are having difficulty shopping or preparing meals for themselves. One hot and one cold meal are delivered Monday through Friday. For more information, contact our office at 610-265-7051 or you can visit our website at NeighborhoodMealsOnWheels.com., or email us at MealsOnWheels.UM@gmail.com.

VOLUNTEER FOR YOUR NEIGHBORHOOD **MEALS ON WHEELS**

If you are interested in doing volunteer work for a worthy local community organization, why not try "Meals on Wheels." Meals on Wheels is a non-profit non-sectarian community service. They deliver two

nutritious meals a day to homebound members of our community who are unable to prepare meals for themselves. They are in need of the volunteers (men and women) to help prepare or deliver meals on a regular or occasional basis. All volunteers work in pairs: Meal packers needed from 9:30 to 11:00 AM. Meal deliverers needed from 10:45 AM. to 12:30 PM. Their office is located at the Valley Forge Presbyterian Church and is open from 9:00 a.m. to 1:00 PM. Monday through Friday. Telephone: 610-265-7051.

JUST FOR FUN



1970s Television Trivia Questions

(answers on page. 9)

1. Which show featured two young women who shared an apartment and worked in a bottling factory?

- Laverne and Shirley
- Joanie Loves Chachi
- Two Broke Girls

2. Which show featured the characters Jack, Janet and Chrissy?

- Charlie's Angels
- The Partridge Family
- Three's Company

3. What was Grandpa's first name on The Waltons?

- Zeke
- Zeb
- Zak

4. Which show followed the on-duty action and off-duty friendships of three brand new police officers in the Santa Costa police department?

- Police Story
- Charlie's Angels

- The Rookies

5. Nellie Olsen was one of the prime antagonists on which show?

- Little House on the Prairie
- Highway to Heaven
- The Waltons

6. Which show featured a character whose closest companion was a grizzly bear?

- Wild Kingdom
- B.J. and the Bear
- Grizzly Adams

7. Which show featured characters Pete, Linc and Julie avoiding jail by helping police catch the bad guys?

- The A Team
- The Mod Squad
- Police Squad

8. In the TV show B.J. and the Bear, who was Bear?

- B.J.'s pet chimpanzee
- B.J.'s pet black bear cub
- B.J.'s pet Rottweiler

9. In which show did Angie Dickenson portray Sgt. Pepper Anderson?

- Baretta
- Police Woman
- Get Christie Love!

10. Which show featured Dan Rowan and Dick Martin and a cast of comedians?

- Laugh-In
- Laugh Off
- Saturday Night Live

11. Darren McGavin portrayed a reporter who investigated crimes of a supernatural nature in which TV show?

- Kolchak: The Night Stalker
- Night Gallery
- Dark Shadows

12. Which variety show ran from 1971-74 and featured comedy sketches and musical productions from this husband and wife recording team.

- Tony Orlando and Dawn
- Sonny and Cher
- Pink Lady and Jeff

IRISH HUMOR

During a recent password audit at the Bank of Ireland it was found that James O'Toole was using the following password:

MickeyMinniePlutoHueyDeweyLouieDonaldGoofyDublin

When James was asked why he had such long password he replied, "Bejzus! Sure it was told, me password had to be at least 8 characters long and include one capital!

WORD SEARCH PUZZLES

ST. PATRICK'S DAY

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

BANSHEES	BLARNEYSTONE	CONNACHT
CORK	DANCE	DUBLIN
EMERALD ISLE	FAERIES	GALIC
GOLD	GREEN	HURLING
IRELAND	IRISH	JIG
KILKENNY	LEINSTER	LEPRECHAUN
LIMERICK	LUCK	MUNSTER
RAINBOW	RIVER SHANNON	ST PATRICK
SHAMROCK	ULSTER	WHISKEY

MORE IRISH HUMOR

Paddy says to Mary if you were stranded on a desert island who would you like most to be with you?" "My uncle Mick" replies Paddy. "What's so special about him?" asks Mary. "He's got a boat."

Visiting London, a Kerryman lost his way in the Tube around midnight. When he saw a sign "DOGS MUST BE CARRIED ON THE ESCALATOR", he sighed, "How the heck am I going to find a dog at such a time?"

MARCH MADNESS (BASKETBALL)

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

ASSIST	ENDLINE	OPEN	BASKET
SLAMDUNK	FAKE	PASS	THROW IN
BLOCKING	FLOOR	PIVOT	TIMEOUT
BREAK	FRONT COURT	POSSESSION	TRAVELING
CLEAR OUT	GUARDS	RELEASE	TURNOVER
DEAD BALL	INBOUNDS	ROOKIE	KEYHOLE
LAYUP	ROSTER	DRIBBLE	SHOOTER
DOUBLE TEAM	ZONE DEFENSE		

1970'S TELEVISION TRIVIA ANSWERS

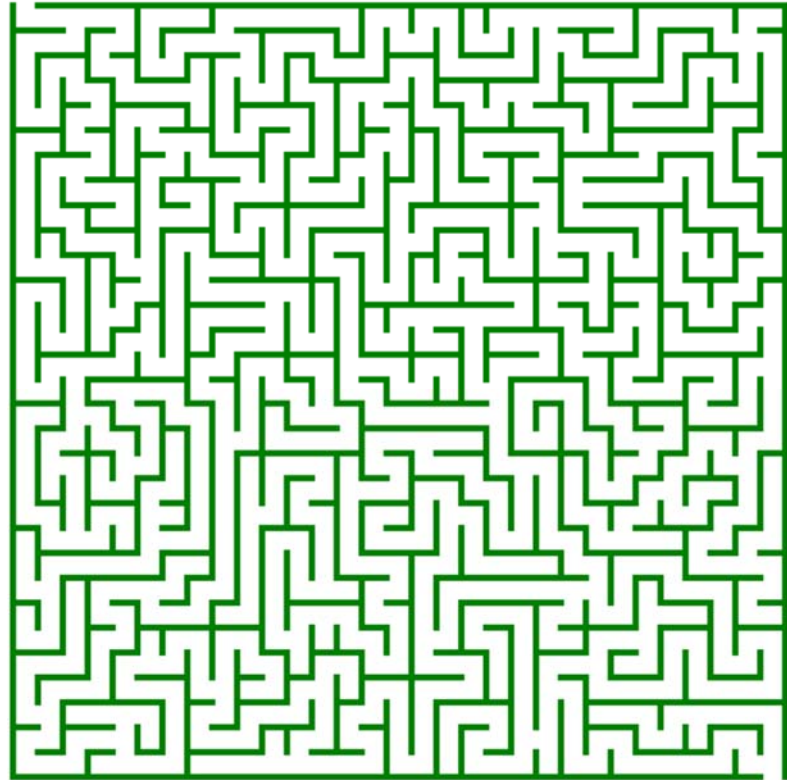
- Laverne and Shirley
- Three's Company
- Zeb
- The Rookies
- Little House on the Prairie
- Grizzly Adams
- The Mod Squad
- B.J.'s Pet chimpanzee
- Police Woman
- Laugh-In
- Kolchak: The Night Stalker
- Sonny and Cher

CELEBRATE WOMEN!
MARCH IS WOMENS' HISTORY MONTH



WONDERFUL WOMEN

ST. PATRICK'S DAY POT OF GOLD MAZE



An Irish Blessing

MAY JOY AND PEACE SURROUND YOU,
CONTENTMENT LATCH YOUR DOOR,
AND HAPPINESS BE WITH YOU NOW,
AND BLESS YOU EVERMORE.

OUR VOLUNTEERS! WE THANK YOU!



MORE VOLUNTEERS! WE THANK YOU!



GREAT PARTY! FUN CROWD!



Bello Reilley
McGrory & DiPippo
— ATTORNEYS AT LAW —

*Robert J. Reilley, 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**

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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
Studies, Book Discussion Group and Book Club

Participating in God's good:

Host site of the UM Area Community Cupboard,
Host Candlebrook Block Party, Chili Cookoff,
AA(Mon-Fri Noon), NA (Fri eve), Neighborhood
Meals on Wheels, Local/Int'l Mission Partners
Community Flea Market, Community Service

191 Town Center Road, KOP, 19406 610-265-2420
www.ValleyForgePres.org 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

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Supervisor
Funeral Director

Bernard S. Gutkowski
Funeral Director

Edward J. Furman, CPA
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We are proud to sponsor the Upper Merion Senior Service Center!

TIME TO RENEW YOUR MEMBERSHIP FOR 2019

January starts a new membership year at the senior center. If you or someone you know, is 55 plus and not already a member, come check out all the programs and activities available.

We now have a new and improved *abbreviated* form for *membership renewals* (yellow paper). Brand new members should complete the longer form (white paper).

Membership is only \$20.00. More information can be found at www.umssc.org. or call us at 610-265-4715.

Meet new friends and enjoy our many activities and presentations.

THESE ADS BENEFIT THE UPPER MERION SENIOR SERVICE CENTER. WE THANK ALL OF OUR ADVERTISERS FOR THEIR SUPPORT AND ENCOURAGE OUR MEMBERS TO SUPPORT THESE BUSINESSES!

LIKE US ON FACEBOOK Hit "control" "right click" on link below



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

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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
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

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 LEISURELY ACTIVITIES

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.

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.

MARCH IS
WOMEN'S
HISTORY
MONTH

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