

# THE BEST OF TIMES



## MARCH 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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#### BIG BINGO - SUNDAY MARCH 4

**UMSSC BIG BINGO CASH PRIZES SUNDAY, MARCH 4, 2018.** 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 is attached to this Newsletter** and are also available at the Info Center in the Lobby or on our website [UMSSC.org](http://UMSSC.org).

#### THRIFT SHOP EVENT (FORMERLY "FLEA ROOM") OPENS FOR DONATIONS


**Starting MONDAY MARCH 19 we will be accepting donations to sell for the benefit of the senior center. (UMSSC THRIFT SHOP)** Acceptable donations are children's books (no adult books), appliances and electronics (in working order), knickknacks, decorations, etc. Donations of used clothing, junk or broken or non-working items not accepted! The Thrift Shop will be open **Monday through Thursday from 9:30 AM to 1:30 PM (NOT OPEN ON FRIDAY'S). OUR ANNUAL FLEA MARKET WILL BE HELD ON SATURDAY, APRIL 14 from 9:00 AM to 1:00 PM AND IS OPEN TO THE GENERAL PUBLIC.** All profits from sales benefit the Senior Center.



Please join us as we welcome the following new members to our UMSSC family. We hope to see them around the Center. Welcome to David Bauman, Maryann Flack, Mary Lou Keown, Michael Rabbitt, Elizabeth Reid and Barbara Weaver.

*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*



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<p>1</p> <p>10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 BINGO 11:00 BREAD DAY 12:30 FUN &amp; FITNESS</p>	<p>2</p> <p>9:30 PINOCHLE 10:00 SING-A-LONG</p>	<p>3</p>
<p>4</p> <p><b>UMSSC BIG BINGO</b></p> <p><b>DOORS OPEN AT 11:00 AM</b></p>	<p>5</p> <p>9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA (VIDEO)</p>	<p>6</p> <p>9:30 COMPUTER CLUB 10:00 BRIDGE <b>10:00 MUSCLE TENSION SCREENING</b> 11:30 FUN &amp; FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING <b>2:00 MEMORY CAFÉ</b></p>	<p>7</p> <p>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</p>	<p>8</p> <p>10:00 FINANCE/INVEST GROUP DISCUSSION <b>10:15 NURSE</b> 10:15 BINGO 11:00 BREAD DAY <b>11:00 OUTREACH - BRIGGS</b> 12:30 FUN &amp; FITNESS</p>	<p>9</p> <p>9:30 PINOCHLE 10:00 SING-A-LONG</p>	<p>10</p>
<p>11</p>	<p>12</p> <p>9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA (VIDEO)</p>	<p>13</p> <p>9:30 COMPUTER CLUB <b>10:00 TECH HELP</b> 10:00 BRIDGE 11:30 FUN &amp; FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING</p>	<p>14</p> <p>9:30 WEDNESDAY CARD PLAYERS <b>10:00 GENERAL MEETING (FOLLOWED BY SPECIAL PRESENTATIONS)</b> 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>15</p> <p>10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 BINGO <i>(IN GREAT ROOM)</i> 11:00 BREAD DAY 12:30 FUN &amp; FITNESS</p>	<p>16</p> <p>9:30 PINOCHLE <i>(IN LOUNGE TODAY)</i> 10:00 SING-A-LONG <b>11:30 FRIDAY FLICKS</b></p>	<p>17</p>
<p>18</p>	<p>19</p> <p><b>9:30 THRIFT SHOP OPEN</b> 9:30 MAH-JONGG 10:30 CURRENT EVENTS <b>1:00 BOOK TALK</b> 1:30 YOGA (VIDEO)</p>	<p>20</p> <p><b>9:30 THRIFT SHOP OPEN</b> 9:30 COMPUTER CLUB 10:00 BRIDGE 11:30 FUN &amp; FITNESS 12:30 PINOCHLE <i>(IN LOUNGE TODAY)</i> 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING <b>2:00 MEMORY CAFÉ (IN COMPUTER ROOM)</b></p>	<p>21</p> <p><b>9:30 THRIFT SHOP OPEN</b> 9:30 WEDNESDAY CARD PLAYERS <i>(IN CRAFT ROOM TODAY)</i> 9:30 QUILTING <b>9:30 VALLEY FORGE CASINO</b> 11:00 BREAD DAY 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 LINE DANCING</p>	<p>22</p> <p><b>9:30 THRIFT SHOP OPEN</b> <b>10:00 TRIP TO MORAVIAN TILE &amp; FONTHILL CASTLE</b> 10:00 FINANCE/INVEST GROUP DISCUSSION <b>10:15 NURSE</b> 10:15 BINGO <i>(IN GREAT ROOM)</i> 11:00 BREAD DAY 12:30 FUN &amp; FITNESS</p>	<p>23</p> <p>9:30 PINOCHLE <i>(IN LOUNGE TODAY)</i> 10:00 SING-A-LONG</p>	<p>24</p>
<p>25</p>	<p>26</p> <p><b>9:30 THRIFT SHOP OPEN</b> 9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA (VIDEO)</p>	<p>27</p> <p><b>9:30 THRIFT SHOP OPEN</b> 9:30 COMPUTER CLUB 10:00 BRIDGE 11:30 FUN &amp; FITNESS 12:30 PINOCHLE <i>(IN LOUNGE TODAY)</i> 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING</p>	<p>28</p> <p><b>9:30 THRIFT SHOP OPEN</b> 9:30 WEDNESDAY CARD PLAYERS <i>(IN CRAFT ROOM TODAY)</i> 11:00 BREAD DAY 12:00 TAI CHI (VIDEO) 12:30 CANASTA <b>1:00 GARDEN CLUB</b> 1:00 LINE DANCING</p>	<p>29</p> <p><b>9:30 THRIFT SHOP OPEN</b> 10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 BINGO <i>(IN GREAT ROOM)</i> 11:00 BREAD DAY <b>11:30 OUTREACH - LEACH</b> 12:30 FUN &amp; FITNESS</p>	<p>30</p> <p><b>SENIOR CENTER CLOSED FOR GOOD FRIDAY HOLIDAY</b></p>	<p>31</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  (UMSSC.org)

### MUSCLE TENSION SCREENINGS

**TUESDAY, MARCH 6 AT 10:00 AM TO 2:00 PM.**

Muscle tension screenings measure the tension in a person's neck, upper back and lower back. It can give an accurate reading of areas of the body that are stressed and experience tension. A great tool for people to see where they carry their stress and what they can do about it. Sign-up sheet in the lobby area to receive the five (5) minute per person screening.

### FRIDAY FLICKS!

**FRIDAY MARCH 16 - SICILIAN DELIGHT PIZZA (\$3.00) AT 11:30 AM - MOVIE (FREE) STARTS AT 12:15 PM** Coordinator Don McCree. **THIS MONTH "THE LAST HURRAH"** Tracy plays Frank Skeffington, the long-time mayor of a city that's an obvious stand-in for Boston. Skeffington is a widower, and has a no-good son (Arthur Walsh) who does little except play jazz and try to pick up girls. Skeffington's nephew, Adam Caulfield (Jeffrey Hunter), writes for a local newspaper, and winds up covering what will become Skeffington's final bid for office, one that doesn't proceed smoothly. The film is overly sentimental at times, but Ford brings a visual elegance to this vanished world of Irish-American politicking. And Tracy is as wonderful as you expect him to be in the role. **Must sign up (and/or pay for pizza) at info desk by Thursday, MARCH 15.**

### MARCH EXCURSION TRIP

#### FONTHILL CASTLE & MORAVIAN TILE WORKS

Ride out to Doylestown **Thursday, March 22** to tour Fonthill Castle and the Moravian Tile Works. The "castle" was built by the ceramist Henry Chapman Mercer to showcase the famed tiles he made in the nearby Tile Works.

**The bus will leave the Center (swimming pool parking lot) at 10:00 a.m.** After our tour of the castle and the tile works, we will stop for lunch in the Doylestown area and return to the Center at 3:30. **Cost for the bus and admission to the two sites is \$55.** Lunch is extra and depends on what you order. **Sign up in the lobby. The bus has 21 seats, so submit your payment early to be sure of one.**

**Deadline is Monday, March 19 unless bus is already full.**

**NOTE: THE TOUR OF THE CASTLE INCLUDES 2 FLIGHTS OF STAIRS, BUT NOT BOTH AT SAME TIME.**

### UP COMING EXCURSION TRIPS

Historic Laurel Hill Cemetery in Philadelphia, **April 19**; and Nemours Mansion and Gardens near Wilmington **May 10**. Mark your calendars and watch for sign-ups for those excursions.

### MEMORY CAFÉ

**TUESDAYS MARCH 6 AND MARCH 20 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 Café setting. Presented by Emily Bova, Certified Dementia Practitioner from Arden Courts at King of Prussia.

### BLOOD PRESSURE CHECK

**THURSDAYS MARCH 8 AND MARCH 22 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.

### OUTREACH

**Representative Tim Briggs' aide will be here on Thursday, MARCH 8 from 11:00 AM to 2:00 PM.**

**Senator Daylin Leach's aide will be here on Thursday, MARCH 29 from 11:30 AM to 1:00 PM.**

### TECH HELP

**TUESDAYS MARCH 13 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.

### GENERAL MEETING

**WEDNESDAY MARCH 14 AT 10:00 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 March birthdays with some cake, a 50/50 raffle and a birthday raffle to win a hoagie from Angelo's Pizza. Special presentation by Rose Hykel, Tax Collector and by Brightview Senior Living (St. Patrick's Day theme) with Angel Companion.

### BOOK TALK

**MONDAY, MARCH 19 at 1:00 PM.** Coordinator: Patricia Ackah. This month's book **"UNDERGROUND RAILROAD"** by Colson Whitehead. Cora is a slave on a cotton plantation in Georgia. Life is hellish for all the slaves but especially bad for Cora; an outcast even

among her fellow Africans, she is coming into womanhood - where even greater pain awaits. When Caesar, a recent arrival from Virginia, tells her about the Underground Railroad, they decide to take a terrifying risk and escape.

### VALLEY FORGE CASINO

**WEDNESDAY, MARCH 21 (Cut-off date MONDAY, MARCH 19)** 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.***

### GARDEN CLUB

**WEDNESDAYS, MARCH 14 AND 28 AT 1:00 PM.** Spring is coming and the rains will stop sooner or later, and before we realize it will be time to water. Keep in mind that the Flea Market is on Saturday, April 14, and we need to prepare for our usual plant sale.

### 21<sup>st</sup> ANNUAL FLEA MARKET & BAKE SALE

**SATURDAY, APRIL 14 - 9:00 AM TO 1:00 PM  
(RAIN OR SHINE – HELD INDOORS)**

**OUR ANNUAL FLEA MARKET & BAKE SALE, HELD AT THE SENIOR CENTER, IS OPEN TO THE PUBLIC. BUY A TABLE SPACE TO SELL YOUR UNWANTED "TREASURES". (8'X4' TABLE SPACE-BRING YOUR OWN TABLE & CHAIR). WHETHER YOU ARE BUYING OR SELLING THERE WILL BE SOMETHING FOR EVERYONE. - CASH PRIZES – REFRESHMENTS - BAKED GOODS AND MORE! THIS IS ALWAYS A FUN FAMILY DAY!**

### 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.

### TIME TO RENEW

The 2018 membership renewals are now being accepted. For the first time in over 15 years, the membership fee has increased to **\$20.00** per person

to help defray the increase we have experienced in our operating expenses. We look forward to the New Year and all of the exciting activities and events we are planning. We hope we can count on the continued support of our members. Note we have a new policy: you do not have to be a Upper Merion Township resident to vote in our Board elections.

### KEEPING SENIORS INFORMED

#### WE HAVE A WALL!

We have purchased a new portable partition for the Great Room. This was placed to give some separation to group activities that occur in the Great Room at the same time. We are hoping that this will cut down on any visual distractions from one activity to another. The photograph shows how the new partition separates the area.



#### ARE YOU AWARE OF THE SALTY SIX?

You have read and heard so much about controlling your salt intake that you have stored your salt shaker in the back of the cupboard. However, are you tuned in to the tasty food culprits which are loaded with salt? There are six which you may not have realized are ones you need to eat in smaller or fewer portions.

Bread and rolls are deceiving because you do not perceive a salty taste in them. However, one slice of bread may contain up to 230 mg of sodium. Think about that when you have a triple decker BLT.

When you make a sandwich with cheese and lunch meat you are adding high sodium ingredients. You believe that no sandwich is complete without added condiments like catsup, pickles, dressings which add more sodium than you realize. An open face sandwich with half the meat and a little oil and vinegar could help reduce the sodium intake.

What about one of your favorite foods - pizza? Well it is not only high in sodium but adds fat and calories. You get more sodium in two slices than you usually have at a complete meal. (And do you stop at two slices?) Try making your own pizza at home, but use less cheese and sauce and add a variety of vegetables instead of pepperoni and sausage.

Chicken is usually one of the healthy food choices, but how you prepare it can influence the sodium content. Lean, skinless grilled or baked chicken are the best choices. Be aware that some packaged chicken may have added salt as a preservative. Prepared products like chicken nuggets have increased sodium content.

From a pleasure point of view, a cup of soup may hit the spot. But canned soup can be wicked. A cup of canned soup may have up to 940 mg of sodium. As you read the label see if the sodium is for one cup or for the whole can. Better yet, make your own soup or have a salad instead of soup.

When making your food choices you do want to have food you enjoy but you also want to have foods which have a positive impact on your health so that you have more years to enjoy. *(Contributed by Jane Burger)*

### **THE TOP 10 REASONS MEN PUT OFF DOCTOR VISITS**

Visiting your physician for an annual checkup is a simple – and essential – step to keeping your heart healthy and yourself healthy. Why, then, do some men refuse to go to the doctor regularly? Here are 10 reasons why many men skip this important appointment. (And, more importantly, 10 ways to counter those reasons and get yourself or a person you care about to see a doctor.)

**1. I don't have a doctor:** Step one toward staying healthy is finding a doctor you trust. But you'll never know if you trust one unless you try. Check your insurance company or local listings for doctors in your area. Call their offices and ask questions, or check around online. It's also a good idea to check with friends and family for recommended doctors.

**2. I don't have insurance:** Everybody should have insurance under the Affordable Care Act. If you still don't, here's all the information you need to get signed up in our Consumer Health Care section.

**3. There's probably nothing wrong:** You may be right but ... you're not a doctor. That's why you need one, to be sure. Some serious diseases don't have symptoms. High blood pressure is one, and it can cause heart attack and stroke. (That's why they call it "the silent killer.") High cholesterol is another often symptomless condition. Ditto diabetes. Finding a health

problem early can make a huge difference in the quality and length of your life.

**4. I don't have time:** There are about 8,766 hours in a year, and you want to save ... two? When those two hours could save your life if you really DO need a doctor? If you want to spend more time with your family, these two hours aren't the ones to lose. Try some of these tips to find time for the whole family to get moving.

**5. I don't want to spend the money:** It makes more sense to spend a little and save a lot than to save a little and spend a lot. If you think spending time with a doctor is expensive, try spending time in a hospital.

**6. Doctors don't DO anything:** When you see a barber, you get a haircut. When you see the dentist, your teeth get cleaned. But when you get a checkup, the doctor just gives you tests. It may seem like you don't get anything, but you do. You get news and knowledge that can bring better health, if you act on it.

**7. I don't want to hear what I might be told:** Maybe you smoke, drink too much, have put on weight. Even so, your doctor's there to help you. You can deny your reality, but you can't deny the consequences. So be smart: Listen to someone who'll tell you truths you need to hear. Be coachable.

**8. I've got probe-a-phobia:** You don't need a prostate cancer exam until you're 50. Even then, remember that your chances of survival are much better if it's caught early. So it's worth the exam. But it's only one small portion of a physical. Don't let one test stop you from getting all the benefits of an annual physical.

**9. I'd rather tough it out:** If pro athletes can play hurt and sacrifice themselves for the team, you ought to be able to suck it up, right? Wrong! The Game of Life is about staying healthy for a long time – a lifetime.

**10. My significant other has been nagging me to get a checkup:** OK, so you don't want to give in. But isn't it POSSIBLE you could be wrong? Give in on this one. See the doctor.



When it comes down to it, there are no good reasons not to see the doctor, only excuses. Don't wait. Schedule your annual physical today.

**"Of course your operation is 'absolutely necessary.' Without it, I don't get a summer vacation."**

## **DO YOU WANT TO ATTEND A CARFIT EVENT?**

**What is CarFit for the older driver?** CarFit is an educational program that offers older adults the opportunity to check how well their personal vehicles "fit" them. The CarFit program also provides information and materials on community-specific resources that could enhance their safety as drivers, and/or increase their mobility in the community.

**Why is CarFit important?** Older drivers are often the safest drivers in that they are more likely to wear their seatbelts, and less likely to speed or drink and drive. However, older drivers are more likely to be killed or seriously injured when a crash does occur due to the greater fragility of their aging bodies.

Driver safety programs improve adult driver safety by addressing cognitive abilities and skills, however, older drivers can also improve their safety by ensuring their cars are properly adjusted for them. A proper fit in one's car can greatly increase not only the driver's safety but also the safety of others.

**How is a CarFit check completed?** At a CarFit event, a team of trained technicians and/or health professionals work with each participant to ensure they "fit" their vehicle properly for maximum comfort and safety. A CarFit check takes approximately 20 minutes to complete.

**No date has been set to have this program at the Senior Center. If you think would be interested in participating, please sign up in the lobby. Watch for information to come.**

## **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 in memory of Mary McCree: Anna & Carmine DeMenna, Anna Gobbo, Lynn McCue & Erik & Laurie Ruppe

### **GRACIAS! THANKS! DANKE! MERCI!**

★ **Thank you Sicilian Delight** for their 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 in September each year 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 - FEBRUARY UPDATES**



**Upper Merion Township Library will be closed on Friday, March 30 for Good Friday.**

**Sangeetha from the library will be at the Senior Center on Tuesday, March 13 to answer all your tech questions.**

**Winter Reading Program continues.** Read, Register & Review to win exciting prizes. Register via our library's website or come in person to register. Last date to submit review is March 20, 2018.

**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.

**Tech Night on Monday, March 5 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.

**Let's Talk minerals on Tuesday, March 6 at 7 pm in Valley Forge Room:** The presenter Dr. Klieger will describe how he became an avid mineral collector, and how and where he pursues this hobby. Topics include field collecting, dealer shows, and local clubs. Dr. Klieger will also bring in some of the highlights of his collection for the audience to examine first hand. Registration Required.

**Meet & Greet Author David Walton on Wednesday, March 7 at 7 pm:** Some people call fiction writing "telling lies for a living." But good fiction, even though it never happened, tells us true things about ourselves. So what can a story about a fungus that infiltrates human brains and makes people smarter tell us about ourselves? To find out, come hear internationally-best-selling science fiction author David Walton talk about his work. Registration Required.

**Adult Coloring Night on Monday, March 12 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!!

**Are you open to changing your diet if it could really improve your health? On Monday, March 12 at 7 pm.** Talk by Ana M. Negron, MD. Presented by Ana M. Negron, MD author of Nourishing the Body and Recovering Health, The Positive Science of Food.

Slides, discussion, and a simple food preparation demonstration will get you started.

Q&A session too! Registration Required.

**Find your family roots on Thursday, March 15 at 7 pm:** Live Demo: ancestry.com. Want to trace your family roots? Come to Upper Merion Township Library and learn how to use ancestry.com. Please bring your library card to access ancestry.com Registration Required.

**Calling all Women! Pulled in All Directions? Negotiating Work/Life Balance With All Your Stakeholders on Tuesday, March 20 at 7 pm.** Presented by: Robyn Stein DeLuca, Ph.D. Dr. DeLuca will show you the most effective evidence-based coping strategies for making your life less crazy and more manageable. Registration Required

**Vinyasa Yoga at the Community Center on Thursday, March 22 at 5 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. Vinyasa Yoga: Flow between poses, challenging your endurance, flexibility and strength. Previous yoga experience is suggested.

**Knit Nite: Monday, March 26 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 - HAVE A GOOD LAUGH**

### **FISHING FOR WHISKEY**

"Poor Old fool," thought the well-dressed gentleman as he watched an old man fish in a puddle outside a pub. So he invited the old man inside for a drink. As they sipped their whiskeys, the gentleman thought he'd humor the old man and asked, "So how many have you caught today?"

The old man replied, "You're the eighth."

\* \* \* \* \*



I'm sorry, Sir, but our memory upgrades are only available for computers.





## MONTHLY WORD SEARCH

Get in an Irish mood with our St. Patrick's Day  
Word Search!

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

CLOVER  
GOLD  
IRELAND  
LIMERICK  
MAGIC  
PATRICK  
SHAMROCK

ELVES  
GREEN  
IRISH  
LUCK  
MARCH  
RAINBOW  
WISH

EMERALD  
HARP  
LEPRECHAUN  
LUCKY  
MUSIC  
SAINT



### THE COMPUTER SWALLOWED GRANDMA (by Art & Ethel Hutchinson)

The computer swallowed Grandma.  
Yes, honestly it's true.  
She pressed control and enter and  
disappeared from view.  
It devoured her completely,  
The thought just makes me squirm

She must have caught a virus,  
Or been eaten by a worm.  
I've searched through the recycle bin,  
And files of every kind.

I've even used the internet  
But nothing did I find.  
In desperation, I asked Google  
My searches to refine.

The reply from him was negative,  
Not a thing was found online.  
So, if inside your inbox, my Grandma you  
Should see,  
Please copy, scan and paste her  
And send her back to me.

A special thank you to Harry Nuskey for bringing this  
little poem to our attention.



*May your troubles be less  
and your blessings be more  
And nothing but happiness  
come through your door*



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<p>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: <a href="http://www.umssc.org">www.umssc.org</a> 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!</p>	<p style="text-align: center;"><b><u>VOLUNTEER FOR OR PARTICIPATE IN ANY OF THESE SENIOR CENTER COMMUNITY OUTREACH PROJECTS</u></b></p> <p style="text-align: center;"><b><u>CALL FOR VOLUNTEERS</u></b></p> <p>Are you interested in volunteering at the Senior Center? Here is a chance to get involved with <i>your</i> 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.</p> <p style="text-align: center;"><b><u>RECEPTION AREA GREETER</u></b></p> <p>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.</p> <p style="text-align: center;"><b><u>PUT BOOKS IN THE HANDS OF CHILDREN WHO NEED THEM</u></b></p> <p>We are collecting children's books for the Bridgeport Elementary School children (grades K-4<sup>th</sup>). <i>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.</i></p> <p style="text-align: center;"><b><u>PROJECT LINUS – ONGOING</u></b></p> <p>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!</p> <p style="text-align: center;"><b><u>KNITTED CAPS FOR ST. CHRISTOPHER'S</u></b></p> <p>Our members knit caps for preemie babies at <i>St. Christopher's Hospital for Children</i>. 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.</p>	<p><b><u>OFFICERS:</u></b> Dick McCann President Helen Currykosky Secretary Harlyce Grossman Treasurer</p> <p><b><u>BOARD DIRECTORS:</u></b> Sharon Brzoska Jane Burger Jeanne Green Cass Hostler Howard Lurie Howard Rosenblum</p> <p><b><u>HONORARY MEMBERS:</u></b> Constance H. Williams Ronald G. Wagenmann</p> <p><b><u>POSTHUMOUS HONORARY MEMBERS:</u></b> Mary Meere and Arthur Powell</p> <p><b><u>STAFF:</u></b> Cynthia L. Eastman Executive Director Shirley Robey Executive Assistant Peggy Ford Admin. Assistant Beth Cassidy Receptionist</p> <p><b><u>"Best of Times"</u></b> <b><u>Editor:</u></b> Shirley Robey</p>
<p><b><i>INCLEMENT WEATHER &amp; SENIOR CENTER CLOSINGS: CALL SENIOR CENTER FIRST AFTER 7:30 AM (610-265-4715) AND LISTEN TO VOICE MAIL RECORDING</i></b></p>		