

"The Best of Times"



MAY 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



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

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NOTE: CUT-OFF DATE FOR SUBMISSION OF INFORMATION FOR JUNE NEWSLETTER IS MAY 20 - NO EXCEPTIONS.

UPCOMING SPECIAL EVENTS



22ND ANNUAL FLEA MARKET & BAKE SALE

SATURDAY, MAY 4 FROM 9:00 AM TO 2:00 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". (only \$20.00 for an 8'x4' table space-bring your own table). 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!

If anyone knows of vendors or crafters who would like to have a table, please have them contact the Center for more information. The

event needs volunteers to work on that day so please sign up to help or bake your favorite recipe for the bake sale. Don't forget to shop in the UMSSC Flea Room/Thrift Shop. It is open Monday thru Thursday from 9:30 AM to 1:30 PM until May 2.

MT. CUBA CENTER

THURSDAY, MAY 16 (CUT-OFF DATE MAY 1). Guided tour of Mt. Cuba Natural Gardens in Greenville, Delaware (near Wilmington). Cost: \$15.00 for UMSSC Members and \$16.00 for non-members. Transportation by carpool. Meet at swim pool lot at 9:45 AM. After visiting the garden, we will have lunch at a nearby restaurant, then return to the Senior Center. Registration forms are in the lobby or on the UMSSC website to complete and hand in with your payment. Important note: This trip does involve walking and there are some hilly areas so remember to wear comfortable walking shoes.

A "TEA-FULL" AFTERNOON

FRIDAY, MAY 17 FROM 11:00 AM to 2:00 PM. COST: \$12.00: Join us for a fun afternoon of entertainment, door prizes and cash prizes. Enjoy the music of Martha Clancy, harpist, while enjoying your tea and tea sandwiches. Don't forget to wear your favorite hat and maybe you can win first place in our hat contest! **Everyone brings their own cup and saucer.** **Reserved seating. Tickets on sale now in the lobby until May 10.**



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>9:30 THRIFT SHOP OPEN 10:00 BOARD MEETING 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 LINE DANCING 1:00 MATTER OF BALANCE (CLASS IS FULL)</p>	<p>2</p> <p>9:30 THRIFT SHOP OPEN 10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 BINGO (GREAT ROOM) 12:30 FUN & FITNESS</p>	<p>3</p> <p>9:30 PINOCHLE (LOUNGE) ** GREAT ROOM IS CLOSED TODAY **</p>	<p>4</p> <p>UMSSC FLEA MARKET 9 TO 2</p>
5	<p>6</p> <p>9:30 THRIFT SHOP OPEN 9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA (VIDEO)</p>	<p>7</p> <p>9:30 THRIFT SHOP OPEN 9-11 WALKING TRACK 10:00 COMPUTER CLUB 11:30 FUN & FITNESS 12:30 PINOCHLE (IN LOUNGE) 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING</p>	<p>8</p> <p>9:30 THRIFT SHOP OPEN 9:30 GENERAL MEETING 10:00 SKIN CANCER PRESENTATION 11:30 COMPUTER BASICS 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 LINE DANCING 1:00 MATTER OF BALANCE (CLASS IS FULL) 1:30 RED HAT LADIES</p>	<p>9</p> <p>9-11 WALKING TRACK 9:30 to 12 NURSE 10:00 FINANCE/INVEST GROUP DISCUSSION 10:00 MLH SLEEP PRESENTATION (Lounge) 10:15 BINGO (Great Room) 11:00 OUTREACH – BRIGGS (Lounge) 11:30 COFFEE WITH A COP (Lounge) 12:30 FUN & FITNESS</p>	<p>10</p> <p>9:30 PINOCHLE (LOUNGE) 10:00 SING-A-LONG 11:15 FRIDAY FLICKS</p>	11
12	<p>13</p> <p>MOTHERS DAY 9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA (VIDEO)</p>	<p>14</p> <p>9-11 WALKING 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</p>	<p>15</p> <p>9:30 VALLEY FORGE CASINO 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 GARDEN CLUB 1:00 LINE DANCING 1:00 MATTER OF BALANCE (CLASS IS FULL) PEACE OFFICERS MEMORIAL DAY</p>	<p>16</p> <p>9-11 WALKING TRACK 10:00 EXCURSION GROUP TRIP –MT CUBA GARDENS 10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 BINGO 12:30 FUN & FITNESS</p>	<p>17</p> <p>A "TEA-FULL" AFTERNOON 11:00 am ALL ACTIVITIES CANCELLED</p>	<p>18</p>
19	<p>20</p> <p>9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:00 BOOK TALK 1:30 YOGA (VIDEO)</p>	<p>21</p> <p>9-11 WALKING TRACK 9:30 COMPUTER CLUB 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING</p>	<p>22</p> <p>9:30 QUILTING 10:00 PERSIAN SENIOR GROUP 11:30 COMPUTER BASICS 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 LINE DANCING 1:00 MATTER OF BALANCE (CLASS IS FULL)</p>	<p>23</p> <p>9-11 WALKING TRACK 9:30 TO 12 NURSE 10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 BINGO 12:30 FUN & FITNESS</p>	<p>24</p> <p>CLOSED FOR MEMORIAL DAY HOLIDAY</p>	<p>25</p>
26	<p>27</p> <p>CLOSED FOR MEMORIAL DAY HOLIDAY </p>	<p>28</p> <p>9-11 WALKING TRACK 9:30 COMPUTER CLUB 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING</p>	<p>29</p> <p>12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 LINE DANCING</p>	<p>30</p> <p>9-11 WALKING TRACK 10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 BINGO 11:30 OUTREACH - LEACH 12:30 FUN & FITNESS</p>	<p>31</p> <p>9:30 PINOCHLE 10:00 SING-A-LONG FRIDAY SUMMER HOURS BEGIN CENTER CLOSSES AT NOON</p>	

THE SENIOR CENTER WILL BE CLOSED FOR THE MEMORIAL DAY HOLIDAY ON FRIDAY MAY 24 and MONDAY MAY 27. FRIDAY SUMMER HOURS BEGIN ON MAY 31 and THE CENTER WILL CLOSE AT 12:00 PM.

WE THANK OUR DONORS

Many thanks for the generous gift card donations from these local businesses in support of the Senior Center and our fundraising events:

- Bagelicious
- Famous Georges Pizzeria
- Fox & Hound
- From The Boot Restaurant
- Gateway Café
- Jem Restaurant
- Plaza Flowers
- Screwballs Sports Bar & Grille
- Talluto's Authentic Italian
- Target
- Wegmans

MATTER OF BALANCE CLASS

WEDNESDAYS UNTIL MAY 28 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.**

MEMORY CAFÉ

TUESDAY MAY 14 AT 2:00 PM. Support Group discussion for caregivers. Presented by Certified Dementia Practitioner from Arden Court.

COMPUTER BASICS

WEDNESDAYS MAY 8 AND MAY 29 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 MAY 8 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 General Meeting Emilie Dumbach, Community Health Educator with Montgomery County Dept. of Health and Human Services, will give a presentation on "Skin Cancer Prevention".

COFFEE WITH A COP

THURSDAY MAY 9 AT 11:30 AM. Upper Merion Police Officer, Glenn Muntzer will be here on the 2nd Thursday of every month to discuss your concerns and questions over coffee with members.

FRIDAY Flicks!

FRIDAY MAY 10 - SICILIAN DELIGHT PIZZA (\$3.00) AT 11:30 AM - MOVIE (FREE) STARTS AT 12:15 PM. Coordinator Don McCree. This month we will show the wonderful 1951 movie "HARVEY". Due to his insistence that he has an invisible six-foot tall rabbit for a best friend, a whimsical middle-aged man is thought by his family to be insane - but he may be wiser than anyone knows. Movie stars Jimmy Stewart (Oscar winner for Best Actor in this movie) Josephine Hull (Oscar winner for Best Supporting Actress), Peggy Dow, Charles Drake and Cecil Kellaway. AN OLDIE BUT GOODIE!

VALLEY FORGE CASINO

WEDNESDAY MAY 15 (Cut-off date MONDAY, MAY 13. THE OFFER FOR THE GROUP IS \$20.00 IN SLOT PLAY: TO TAKE ADVANTAGE OF THIS OFFER YOU MUST COMPLETE THE 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.*

BOOK TALK

MONDAY MAY 20 at 1:00 PM. Coordinator: Patricia Ackah. This month's book "The Mammy" by Brendon O'Carroll. "Mammy" is what Irish children call their mothers and **The Mammy** is Agnes Browne—a widow struggling to raise seven children in a North Dublin neighborhood in the 1960s. Popular Irish comedian **Brendan O'Carroll**

chronicles the comic misadventures of this large and lively family with raw humor and great affection.

UPCOMING MAIN LINE HEALTH PRESENTATIONS

Thursday, May 9 at 10:00 AM: "Sleep" presentation by Michael Misero, RPSGT, CCSH, Clinical Coordinator Sleep Medicine at Bryn Mawr and Lankenau Hospitals.

Thursday, June 13 at 10:00 AM: "Medication Management" presentation by Nan Willgruber, RN from MLH Health Homecare and Hospice.

SAVE THE DATE - EXCURSION TRIP

BALTIMORE INNER HARBOR

THURSDAY, JUNE 13. Arrive via bus and then tour 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. Cost: \$25.00 UMSSC Members and \$30.00 Non-Members. **Cut-off date May 15 or until sold out.** Registration forms in the lobby area or on our website.

OUTREACH

An aide from Representative Tim Briggs' office will be here **Thursday May 9** from 11:00 AM to 2:00 PM.

Senator Daylin Leach's aide will be here **Thursday May 30** from 11:30 AM to 1:00 PM. SEPTA Passes can be obtained at this time.

ON THE ROAD WITH THE UMSSC BAND!

The renowned UMSSC Band will be performing on Monday May 13 at 1:00 PM for the Neighborhood Meals on Wheels Volunteer Luncheon at the Valley Forge Presbyterian Church. Also watch for them at the Upper Merion Farmers Market on May 18 from 10:00 AM TO 12:00 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.



Please join us as we welcome the following new members to our UMSSC family. We hope to see them around the Center. **Welcome to: Drew Brochet, Pamela Engel, Walter Goraczko and Joyce McBride.**

KEEPING OUR MEMBERS INFORMED

INTRODUCTION TO LAW CLASSES A HUGE

SUCCESS

Thanks to Howard Lurie for volunteering his time to present the "Basic Law" classes. They were very informative and well attended as the photo below shows.



ORGANIZE THIS

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

The Junk Drawer & How to Tame It

We all have a "junk drawer". Admit it. That drawer where little stuff gets thrown in and lost forever. Here's an easy fix by using what you have to make

it look better and make it easier to find things. No special organizer needed. As shown in the photo you can use little bowls and/or small plates that you already have to separate items such as



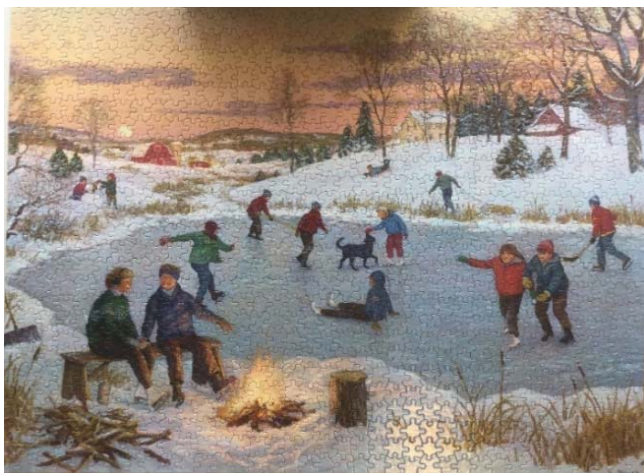
stamps, rubber bands, batteries, etc. Use a non-slip drawer liner to keep the bowls in place and voila, you have an organized junk drawer!

Looking for more organizing tips. The UM Library is having a

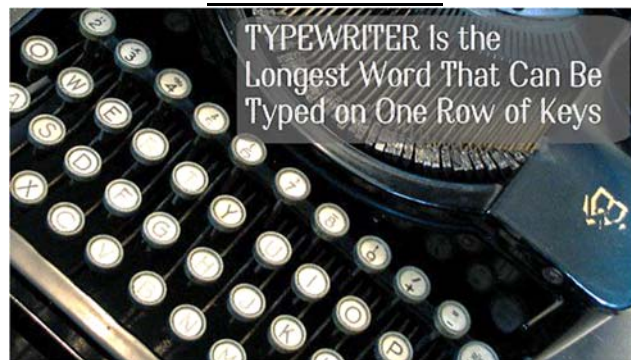
presentation on "Love Your Tidied Space-The Konmari Method". (Details on page 6 of our newsletter).

PUZZLE MANIA!

As many of you know we put puzzles out in the lobby area for everyone to enjoy and work on. This particular puzzle has been a real challenge! Members have been working on it since last year. Our "puzzle man", Dick Stiles, (with the occasional help of other members) persevered and finally completed it. It is a beautiful "winter" scene! Winter is behind us - time for a Spring theme!



DID YOU KNOW?



and

"Stewardesses" is the longest word that is typed using only the left hand.

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?

DONATIONS

The following generous donations were given to the Senior Center. Thank you to:

- ★ Ethel Hutchinson in memory of Charles "Chuck" Cavanaugh.
- ★ Dot Morio in memory of Richard Eastman.
- ★ Joan & John Janof in memory of Richard Eastman.

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. ★ **Costco** for their generous donation of a monthly gift card for our birthday cake purchases. ★ **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

UPPER MERION EMERGENCY AID

We are thankful for what we have and for what we can give. We are accepting 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 supplies, laundry detergents and toiletries are needed. Also a special request for "after school" type snacks for kids (like individual fruit cups, granola bars, cookies, etc.). Let's continue to help families in our community who are experiencing a time of need.**

ST. JOHN'S SOUP KITCHEN

On May 30 the King of Prussia Women's Club will be serving lunch to the homeless at the St. John's Soup Kitchen. They are in need of donations of pasta and canned chicken. Bring your donations in by Tuesday, May 18 and place in the labeled box in the lobby area.

AROUND THE COMMUNITY

WHAT'S HAPPENING AT THE UM TOWNSHIP

LIBRARY - MAY UPDATES



Library will be closed Saturday, May 25 through Monday, May 27

DO NOT MISS KONMARI METHOD™ PRESENTATION AT THE LIBRARY ON TUESDAY, MAY 7 AT 7:00 PM

Giant Food co-sponsored "Anti-Inflammatory Foods Seminar" on Wednesday, May 1 at 7:00 pm in Valley Forge Room. Join Rabiya Bower, RD, LDN, Regional Nutritionist for Giant Food Stores as she explains which foods help fight inflammation. She will also discuss easy and simple ways to add these delicious foods into your everyday diet. Samples will be provided that highlight these powerful nutrients.

Tech Night on Monday, May 6 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.

Dr. Steve's presentation on "Secrets from the Sands of Ancient Egypt Revealed" on Monday, May 6 at 7:00 pm in Freedom Hall. This lecture reviews and brings to life the impressive array of new finds, still hidden by the sands of time, throughout this modern ancient land. This talk will be illustrated by numerous unpublished images of actual ancient Egyptian mummies, including royalty, some collected as part of Dr. Steve's own archaeological excavations in Egypt. Stephen "Dr. Steve" Phillips, Ph.D., is the Curatorial Research Coordinator in the Egyptian Section of the University of Pennsylvania Museum of Archaeology and Anthropology, Philadelphia (Penn Museum).

Love Your Tidied Space: Konmari Methods Basics on Tuesday, May 7 at 7:00 pm in Freedom Hall. Join Certified KonMari Method™ Consultant, Christina Rosenbruch, for an inspiring presentation on the guiding principles of the KonMari Method™ **AAA King of Prussia co- Sponsored "Travel Tips & Tricks" on Wednesday, May 8 at 7:00 pm in Valley Forge Room.** Know Before You Go! Travel like a Pro! From where to go and when to go, to what to do and how to get there, travel expert, Nancy Mauser, will give you the in depth information you need to plan your next adventure! This seminar provides ultimate packing & travel tips to make your next trip - your best trip!

Pain Relief Without Drugs Or Surgery, presented by Integrated Positional Therapist Heather Gustafson RN, BSN, MBA on Monday, May 13 at 7:00 pm in Henderson Room. Learn more about this innovative approach in this workshop led by Heather. She will give an overview of IPT, a mini demonstration and sampling of take home stretches for common types of pain: back, neck/shoulder, hip and knee and more.

Adult Coloring Night on Monday, May 13 at 7:00 pm in Valley Forge Room. Bring your friends and enjoy coloring. Walk-ins are welcome. Materials will be provided. We have added several board games to our collection. Come with your friends and enjoy!

Library Fundraiser at Choolaah King of Prussia on Thursday, May 16 from 11:00 am to 9:00 pm. Dine in or take out, 30% of your purchase will be donated back to the library. Please mention Upper Merion Township Library at check out. (Paper flyers will be available at the Upper Merion Senior Service Center and at the library)

Knit Nite: Monday, May 20 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 pass on their skills, and some advanced knitters are usually available to help with patterns and designs.

Meditation & Movement at the Upper Merion Community Center on Monday, May 20 at 6:00 pm: Combine gentle stretching and basic yoga poses to help keep muscles flexible and joints mobile. Each class will close with simple meditation techniques and relaxation to reduce stress and improve sleep and general well-being. No yoga or meditation experience is needed.
NEED NOT BE A COMMUNITY CENTER MEMBER. MUST REGISTER THROUGH THE LIBRARY

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.

Watch out for this new section every month. One new e-resource each month!

Did you know you can access **Chilton Library** online from home for free? All you need is your Upper Merion Township Library card! Get a detailed information for vehicle maintenance and repair. www.umtownship.org/departments/library/elibrary/

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.

Low Vision Reader: Our library has a low vision reader for use in the library. Please contact us for more information.

Café Style Wifi available at the library. Bring your smart devices and connect to our free wireless network. Library card number not required.

Charging Station at the Library: Did you leave your charger at home? Is your mobile device low on power and need recharging? Get charged with one of the charging stations at the library.

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 AM to 1:00 PM. Monday through Friday. Telephone: 610-265-7051.

JUST FOR FUN

QUICK QUIPS

I used to eat a lot of natural foods until I learned that most people die of natural causes.

When weeding a garden, the best way to make sure you are removing a weed and not a valuable plant is to pull on it. If it comes out of the ground easily, it was a valuable plant.

The easiest way to find something lost around the house is to buy a replacement.

Never take life seriously. Nobody gets out alive anyway.

Have you noticed since everyone has a camcorder these days no one talks about seeing UFOs like they used to?

If Jimmy cracks corn and no one cares, why is there a song about him?

What has 18 legs and catches flies? A baseball team.

What is a sleeping child? A kidnapper.

Why did the man put his car in the oven?
Because he wanted a hot rod.

If you cross a pig and a young goat, what do you get? A dirty kid.

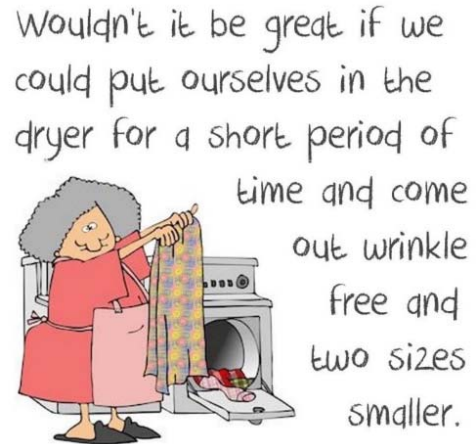
Why did Humpty Dumpty have a great fall? To make up for a bad summer.

What do you get if you cross a porcupine and a young goat? A stuck-up kid.

A small boy swallowed some coins and was taken to a hospital. When his grandmother telephoned to ask how he was, a nurse said, 'No change yet.'

The butcher backed into the meat grinder and got a little behind in his work.

When is high finances mentioned in the Bible?
When Pharaoh's daughter took a little prophet from the bushes.



A woman on the phone to her friend; I feel like my body has gotten totally out of shape, so I got my doctor's permission to join a fitness club and start exercising.... I decided to take an aerobics class for seniors. I bent, twisted, gyrated, jumped up and down, and perspired for an hour. But, by the time I got my leotards on, the class was over.

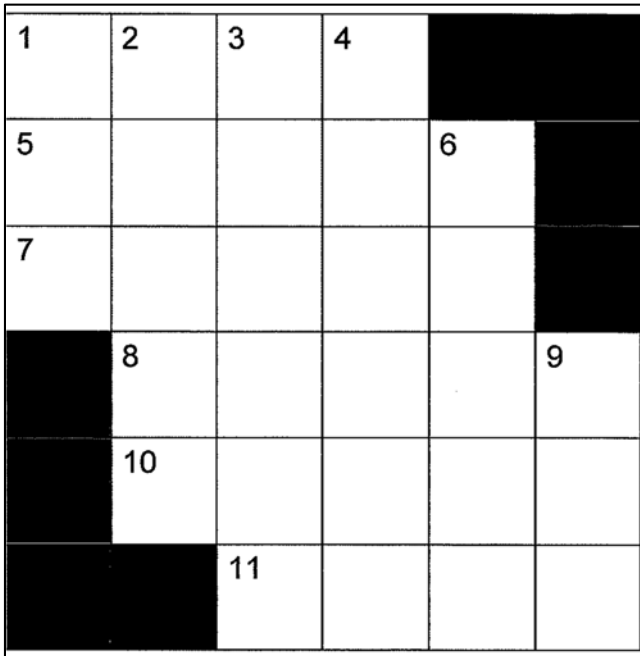
* * * * *

A police officer saw a woman knitting as she was driving. He could not believe his eyes. He yelled at her to pull over. She rolled down her window and yelled back, "No, it's a scarf!"



NEW - MINI CROSSWORD PUZZLE

(answer on page 10)



ACROSS

- 1 Wrinkle remover
- 5 Connection
- 7 Birth-related
- 8 Totalled
- 10 Tiny prefix
- 11 " ___ we forget..."

DOWN

- 1 Holiday ___
- 2 Get new weaponry
- 3 Kind of soup
- 4 Subtlety
- 6 Speaks unclearly
- 9 Poker prize

THE CALL OF GOD

Text found in a Church in France and translated for your convenience:

When you enter this church it may be possible that you hear "the call of God". However, it is unlikely that He will call you on your mobile.

Thank you for turning off your phones.

If you want to talk to God, enter, choose a quiet place and talk to Him.

If you want to see Him, send Him a text while driving.

* * * * *

WORD SEARCH PUZZLES

EMBROIDERY, FABRIC & STITCHES



- | | | |
|------------|--------------|-------------|
| BLANKET | WHIPPED | CRETAN |
| LADDER | SPLIT | STEM |
| COUCHING | RUNNING | PEKINESE |
| PEARL | ROPE | SORBELLO |
| PETAL | CROSS STITCH | FLY |
| THORNS | HERRINGBONE | BACK STITCH |
| CHAIN | ZIGZAG | FERN |
| BARB | BASQUE | HOLBEIN |
| KNOT | ROSETTE | BRAID |
| BUTTONHOLE | DARNING | CORAL |
| SATIN | FEATHER | CHEVRON |
| CABLE | LOOP | BASKET |



MINI CROSSWORD ANSWER

1	I	2	R	3	O	4	N	
5	N	E	X	U	6	S		
7	N	A	T	A	L			
	8	R	A	N	U	9	P	
	10	M	I	C	R	O		
		11	L	E	S	T		

HAPPY MOTHER'S DAY

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

- CARING
- GIVING
- KISSES
- NURTURE
- CHILDREN
- HEART
- LAUGHTER
- PARENT
- DEVOTED
- HOLIDAY
- LOVE
- RESPECT
- FAMILY
- HOME
- MEMORIES
- SPECIAL
- FLOWERS
- HONOR
- MOMMY
- SWEET
- HUGS
- MOTHER
- GIFTS
- THOUGHTFUL





Bello Reilley
McGrory & DiPippo
— ATTORNEYS AT LAW —

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

*Robert J. Reilley, Jr.**

*Salvatore F. Bello, Jr.**

*Daniel T. McGrory**

*Gregory P. DiPippo**

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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, Shirley Robey or Peggy Ford in the office.

PUT BOOKS IN THE HANDS OF CHILDREN WHO NEED THEM

We are always 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.



PEACE OFFICERS MEMORIAL DAY
MAY 15, 2019



MAY 18, 2019

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