

THE BEST OF TIMES

MAY 2018

**UPPER MERION SENIOR
SERVICE CENTER**
431 W. VALLEY FORGE ROAD
KING OF PRUSSIA, PA 19406
TELE: 610-265-4715
www.umssc.org

OUR MISSION STATEMENT

THE OBJECTIVE OF THE UPPER MERION SENIOR SERVICE CENTER SHALL BE TO IDENTIFY AND TO ASSIST IN MEETING THE NEEDS OF OLDER ADULTS IN A MULTI-USE ENVIRONMENT FOR PHYSICAL, EDUCATIONAL AND RECREATIONAL ACTIVITIES.

OUR GOALS

- ◆ Increase membership
Work to increase funding for operational support - investigate new sources of funding in cooperation with local businesses and government agencies
- ◆ Continue the development of innovative programming
- ◆ Maintain our working partnership with the Upper Merion Area School District and Upper Merion Township
- ◆ Explore the potential for new opportunities for services
- ◆ Search for educational opportunities for members as part of our lifelong learning efforts
- ◆ Help members remain healthy and active through participation in recreational, educational and leisure activities

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PRAISE FOR OUR VOLUNTEERS

Many thanks to all the volunteer members of UMSSC who gave their time and talents to make our Annual Flea Market and Bake Sale a fun and successful day.

Special thanks to our vendors for their support of our event.





Several local businesses and organizations gave donations and they deserve our thanks. Please remember their generosity and support their businesses. Donuts compliments of **Suzy-Jo Donuts** in Bridgeport, tomato pies donated by **Corropolese Italian Bakery - Deli** in Norristown, and **Giant Food Markets** in King of Prussia for their gift card donation.

The **students of Upper Merion Area High School Culinary Classes and the Black Student Union** donated many delicious treats for the Bake Sale.

Thanks to **Cindy Eastman** for her donation towards the food purchases. Thanks to all for their support.

SHARON BRZOSKA, CHAIRPERSON
2018 FLEA MARKET & BAKE SALE

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
1		1 9:30 COMPUTER CLUB 10:00 BRIDGE 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING 2:00 MEMORY CAFE	2 9:30 WEDNESDAY CARD PLAYERS 10:00 BOARD MEETING 11:00 BREAD DAY 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 LINE DANCING	3 10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 BINGO 11:00 BREAD DAY 12:30 FUN & FITNESS	4 9:30 PINOCHLE 10:00 SING-A-LONG	5
6	7 9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA (VIDEO)	8 9:30 COMPUTER CLUB 10:00 TECH HELP 10:00 BRIDGE 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING	9 9:30 WEDNESDAY CARD PLAYERS 9:30 GENERAL MEETING (SPECIAL PRESENTATION FOLLOWING MEETING) 11:00 BREAD DAY 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 LINE DANCING	10 10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 BINGO 11:00 BREAD DAY 11:00 OUTREACH - BRIGGS 12:30 FUN & FITNESS	11 9:30 PINOCHLE 10:00 SING-A-LONG 11:15 FRIDAY FLICKS	12
13 MOTHERS DAY 	14 9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA (VIDEO)	15 9:30 COMPUTER CLUB 10:00 CARFIT 10:00 BRIDGE 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING 2:00 MEMORY CAFE	16 9:30 VALLEY FORGE CASINO 9:30 WEDNESDAY CARD PLAYERS 10:00 PERSIAN SENIOR GROUP 11:00 BREAD DAY 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 GARDEN CLUB 1:00 LINE DANCING 1:30 RED HAT LADIES	17 10:00 EXCURSION GROUP TRIP NEMOURS ESTATE 10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 BINGO 11:00 BREAD DAY 12:30 FUN & FITNESS	18 IT'S TEA TIME! 11:00 am ALL ACTIVITIES CANCELLED	19
20	21 9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:00 BOOK TALK 1:30 YOGA (VIDEO)	22 9:30 COMPUTER CLUB 10:00 TECH HELP 10:00 BRIDGE 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING	23 9:30 WEDNESDAY CARD PLAYERS 9:30 QUILTING 11:00 BREAD DAY 12:00 TAI CHI (VIDEO) 12:30 CANASTA 1:00 LINE DANCING 1:30 Wellness Wednesday "Stress Relief In Older Adults"	24 10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 NURSE 10:15 BINGO 11:00 BREAD DAY 11:30 OUTREACH - LEACH	25 CLOSED FOR MEMORIAL DAY HOLIDAY	26 
27 	28 CLOSED FOR MEMORIAL DAY HOLIDAY	29 9:30 COMPUTER CLUB 10:00 BRIDGE 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE / INSTRUCTION 1:00 KNITTING/CROCHETING	30 9:30 WEDNESDAY CARD PLAYERS 11:00 BREAD DAY 12:00 TAI CHI (VIDEO) 12:00 MLH PRESENTATION "Vaccines aren't just for kids" 12:30 CANASTA 1:00 LINE DANCING	31 10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 BINGO 11:00 BREAD DAY 12:30 FUN & FITNESS		

HERE'S WHAT'S HAPPENING IN THE COMING MONTHS

So many different ways to have fun! The following activities occur on the dates noted. Be sure to check out our regular Weekly Activities listed on our website. Expand your interests! Try something new!

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



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

HOLIDAY CLOSINGS

THE SENIOR CENTER WILL BE CLOSED FOR MEMORIAL DAY HOLIDAY ON FRIDAY MAY 25 AND MONDAY MAY 28.

GENERAL MEETING

WEDNESDAY MAY 9 AT 9:30 AM.

General Meeting will start at 9:30 AM. Our monthly meeting is open to all members. Learn what is going on at the Senior Center. We hope you will join us to celebrate birthdays with some cake, a 50/50 raffle, a birthday raffle to win a hoagie from Angelo's Pizza and the new "JACKPOT". **Following the meeting there will be a presentation** by Susan Shelton of Community Mobilizer for Upper Merion Area CAST (Community Alliance for a Safer Tomorrow) on "Prescription Drug Safety". It will cover the proper use, storage, and disposal of prescription drugs, the importance of communication with your doctor and pharmacist, alternative options to pain management, and how to determine if it is safe to drive based on the interactions of the medications you are taking. With the current heroin epidemic and its connection to prescription drugs, it is important to be informed and take safety precautions. Following the presentation, locking medication bags will be distributed. These bags provide a safe and secure way to store and travel with medications, especially important for narcotic pain medications, sleeping pills, anti-anxiety pills, anti-depressants, and other prescriptions. The bags can also be used to lock your medicines when grandchildren come to visit to protect them from accidental overdose and teen experimentation since most teens who abuse prescription drugs take them from the medicine cabinets of their families and friends.

NEW! NEW! NEW!

GENERAL MEETING "JACKPOT"

UMSSC will put \$15.00 in a "jackpot" each month from the General Fund. At the General Meeting a member's

name will be pulled from the current 2018 membership list. Officers and Board Directors are not eligible.

IF THE MEMBER IS PRESENT AT THE GENERAL MEETING and in the meeting room from opening to adjournment then that member will win the "jackpot". IF THE MEMBER IS NOT PRESENT, the "jackpot" is held until the next General Meeting and the designated amount is added to the jackpot at the next General Meeting.

The "Jackpot" amount, along with the winner's name, will be posted on the bulletin board, in our newsletter, and on our Facebook page.

FRIDAY FLICKS!

FRIDAY MAY 11 - SICILIAN DELIGHT PIZZA (\$3.00) AT 11:30 AM - MOVIE (FREE) STARTS AT 12:15 PM Coordinator Don McCree. THIS MONTH "FLORENCE FOSTER JENKINS" starring Meryl Streep, Hugh Grant and Simon Helberg. In the 1940s, New York socialite Florence Foster Jenkins (Meryl Streep) dreams of becoming a great opera singer. Unfortunately, her ambition far exceeds her talent. The voice Florence hears in her head is beautiful, but to everyone else it is quite lousy. Her husband St. Clair goes to extreme lengths to make sure his wife never finds out how awful she truly is. When Florence announces her plans for a concert at Carnegie Hall, St. Clair soon realizes that he's facing his greatest challenge yet.

MAY EXCURSION TRIP

THURSDAY, MAY 17: a bus excursion to Nemours Mansion and Gardens near Wilmington. (The April newsletter had said May 10, but that was an error on the committee's part). The bus will leave from the swimming pool lot at 9:30 AM. We will have a guided tour of the mansion at 10:30 AM, followed by a motorized tour of the gardens at 11:30 AM. The beauty of the 300-acre DuPont estate has been compared to Versailles. Lunch will be at a nearby restaurant after the tours. We will return to the Senior Center at 3:00 p.m.

Cost for the bus and the two tours is \$60.00 You can sign up and make your payment in the lobby. Final date to do that is **May 2**. Lunch is extra and depends on what you order.

CARFIT EVENT

TUESDAY, MAY 15 FROM 10:00 AM TO 1:00 PM

At the 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.** Time slots are limited so if you want to participate, please sign up as soon as possible on the sheet in the lobby.

GARDEN CLUB

WEDNESDAY, MAY 9 AND MAY 23 AT 1:00 PM. We return to our regular schedule this month. Weather permitting, we will meet and work on the patio. By the end of May, the patio should look like spring really did come hopefully. See you there, bring your energy.

VALLEY FORGE CASINO

WEDNESDAY, MAY 16 (Cut-off date MONDAY, MAY 14) THE OFFER FOR THE GROUP IS \$20.00 IN SLOT PLAY: TO TAKE ADVANTAGE OF THIS OFFER YOU MUST COMPLETE REGISTRATION FORM AVAILABLE AT THE SENIOR CENTER OR ON OUR WEBSITE AT WWW.UMSSC.ORG. If you are planning to take the Shuttle, please register in advance. Shuttle departs the center at 9:30 AM and returns at 2:30 PM. For those driving, please meet in the Casino lobby between 9:30 AM and 10:00 AM. THE RAMBLER NOW MAKES A STOP AT THE CASINO. *Everyone must bring a valid photo ID.*

"IT'S TEA TIME"

FRIDAY, MAY 18 FROM 11:00 AM - 2:00 PM COST: \$12.00: Join us for a fun afternoon of entertainment, door prizes and cash prizes. 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 11.**

BOOK TALK

MONDAY, MAY 21 at 1:00 PM. Coordinator: Patricia Ackah. This month's book "THE TIME IN BETWEEN" by Maria Duenas is the inspiring international bestseller of a seemingly ordinary woman who uses her talent and courage to transform herself first into a prestigious couturier and then into an undercover agent for the Allies during World War II.

WELLNESS WEDNESDAYS WITH WALGREENS PHARMACY

A licensed Walgreens Pharmacist will be attending each presentation. They will answer any questions regarding medications, insurance/pricing, etc. and will be able to advise the best path forward.

Wed. May 23: Stress Relief in Older Adults

Wed. June 27: Cost Saving Medications

MEMORY CAFE

TUESDAYS MAY 1 AND MAY 15 AT 2:00 PM. Caregiver support group discussions. There is no cost or obligation and many attendees develop friendships that result in support even outside the Memory Cafe setting. Presented by a Certified

Dementia Practitioner from Arden Courts at King of Prussia.

TECH HELP

TUESDAYS MAY 8 AND MAY 22 FROM 10:00 AM TO 12:00 PM. Sangeetha Srinivasan, Program Coordinator for the UM Township Library, will be here to help our members with their tech questions. Please sign up in the Lobby for one on one help.

BLOOD PRESSURE CHECK

THURSDAY MAY 24 FROM 10:15 AM TO 12:45 PM (*only one time this month*) our favorite Nurse Lori Gnacek from Bryn Mawr Hospital/Main Line Health will be here to check your blood pressure for free.

MAIN LINE HEALTH & BRYN MAWR HOSPITAL PRESENTATION

WEDNESDAY, MAY 30 from 12:00 PM to 1:00 PM - "VACCINES AREN'T JUST FOR KIDS. Linda Matz, RN, will conduct this presentation on May 30th from 12:00 to 1:00.

OUTREACH

Representative Tim Briggs' aide will be here on Thursday, MAY 10 from 11:00 AM to 2:00 PM.

Senator Daylin Leach's aide will be here on Thursday, MAY 31 from 11:30 AM to 1:00 PM.

APPRISE COUNSELOR

An AARP Volunteer Apprise Counselor is available through the Senior Center to provide assistance with *health insurance and Medicare enrollment*. Call the Senior Center at 610-265-4715 and give your name, telephone or email. We will provide the Apprise Counselor with your information and they will contact you directly.

KEEPING SENIORS INFORMED



Please join us as we welcome the following new members to our UMSSC family. We hope to see them around the Center. Welcome to Richard Bosco, Donna Brody, Jacqueline Conyers, Charles & Jean Hays, Wes Herrick, Gitg Kamani, Jill Kitchin, Paul Kubler, Tom Novitski, Ed Pinto, Masoumeh Pishva, Nancy Rae, Joyce Ross, and Shioh-Shian Wang.

ANNUAL FLEA MARKET & BAKE SALE A HUGE SUCCESS!

Our Annual Flea Market and Bake Sale was held on Saturday, April 14. This year the event was chaired by Sharon Brzoska. In addition to the many hours both at home and at the Center, Sharon was able to secure some

food donations from local food stores and bakeries. We cannot thank her enough for all the tireless hours of work she and her group of volunteers put into making our Annual Flea Market & Bake Sale a smashing success.

HELP YOUR BRAIN STAY HEALTHY

When you own a car, there are certain things you do to make sure it is running well to be available to you when you need it. You keep it supplied with fuel, be sure the battery is charged, have periodic check-ups, maintain the insurance, give it a workout with both short and long trips and maintain its appearance. The battery may be the most important component. Without it, it won't start or go.

Relate your body and its needs to those of your car. Think of your brain as your battery. Without it being in good working order other components will suffer. So we must consider some things to do to keep the brain at its best performance level. It is never too early or too late to think about brain health. Hopefully, you are already tuned into many of the factors that can have a positive impact on the health of your brain.

Physical activity assists in reducing a substance called amyloid which can accumulate in the brain and influence behavior. Physical activity lowers the risk of mental decline. A study shows that the better shape you are in earlier in life the better your brain will be in the future. (Make sure those grand kids are active.) This relates to information discussed in previous columns. Activity gets your blood circulating. Every day, do 20 to 30 minutes of purposeful activity that raises your heart rate. Do some strength training activities two or three times a week to keep muscles strong and active. Strong muscles help keep the circulation moving to all parts of the body. Find ways to stay active throughout the day.

There are many ways to keep your brain stimulated and active. It is important to have contact with others so you can be involved in discussions about current events, discuss books and movies, community happenings and even a little politics to challenge your thinking. When alone, there are many challenges you could do. Try crossword puzzles. Do Sudoku (who can do that?) Use coloring books. Read mysteries. Write thoughtful letters to family and friends. Be receptive to new ideas and activities. Strengthen pathways in the brain weakened by aging by using new or different challenges. Although it is comforting to do something the same way all the time, it may be time to be adventurous and try a different pattern so life can be more stimulating.

A heart healthy eating pattern can help reduce the risk of cognitive decline. The type of foods which are helpful include fruits, vegetables, fish and nuts. Both fiber and protein aid in managing hunger so you do not gain weight. Cook with olive oil and consider meat as a condiment rather than the main focus of a meal. Be creative with using new (to you) foods and recipes.

Sleep is vital to your overall health and for your brain. Think of the hours you spend sleeping as a priority and schedule them as you would any important appointment. Always remember that you are the one in charge of yourself and make decisions that are in your best interest. Keep your brain charged by using healthy habits.
(Contributed by Jane Burger)

MEET THE UMSSC VOLUNTEER OF THE YEAR - JANE BURGER



Many of you know Jane Burger. Jane has been a member of the Senior Center since 2003 and is very active on the UMSSC Board and other activities at the Center. She loves to play Mah Jongg, enjoys Friday Flicks and comes faithfully twice a week to the Fun & Fitness classes. Jane also volunteers to help at many of our special events. Jane contributes monthly "health" articles to our newsletter. We are very lucky to have her as a member.

Jane was a nursing educator. She taught at Montgomery Hospital School of Nursing and Hahnemann Nursing School. Jane retired as Director of Nursing Programs at Hahnemann University Hospital.

Jane was married in 1948 to her husband, George, until his death in 2008 and has a son, Doug.

The next time you see Jane be sure to congratulate her on being named our well-deserved **'VOLUNTEER OF THE YEAR for 2017'**. **THANK YOU JANE!**

ACKNOWLEDGEMENTS

MEMBER DONATIONS TO UMSSC

Upper Merion Senior Service Center is a member of the *United Way Donor Program*. Anyone wishing to make a donation to the UMSSC can designate UMSSC as the recipient of their donation. (Reference UMSSC ID #45796, UW Agency #8229767.)

Please consider a tax-deductible donation to the Upper Merion Senior Service Center. As a non-profit organization 501(c)(3) we rely upon outside donations and gifts to help finance some of our programs, activities and services to our members. Does your company offer matching funds?



The following generous donations were given to the Senior Center:

- ★ Cindy & Dan Eastman in memory of Rose Kaminski and Leo Dolan.
- ★ Cindy & Dan Eastman in honor of Steve Goldstein's retirement.
- ★ Janet Sheehan in memory of Rose Kaminski.
- ★ Ethel Hutchinson in memory of Rose Kaminski.
- ★ James Barrett made a donation in honor of the UMSSC Band.

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

SHOEBOX RECYCLING

We continue our Shoebox Recycling program in partnership with Community Recycling to collect *gently used, suitable for re-use* shoes for men, women or children around the globe. Every box we fill *raises funds for the center*. **Please be sure shoes are clean and in good condition.**

UPPER MERION EMERGENCY AID

We are thankful for what we have and for what we give. Please think of others and make a donation of food and/or dry goods and cleaning and paper products for local families in need. Our donation box is in the lobby. **Donations of boxed Potatoes (mashed, scalloped au gratin, etc.) boxed Macaroni and Cheese and boxed Stuffing, Spaghetti Sauce, Chicken Broth and Soup, Canned Pasta (Chef Boyardee), Tuna and Fruits and Vegetables. Peanut Butter & Jelly, Turkey Gravy, Cereal, cleaning, laundry detergents and toiletries are needed. Also a special request for "after school" type snacks for kids. *Let's help families in our community who are experiencing a time of need.***

AROUND THE COMMUNITY

WHAT'S HAPPENING AT THE UM TOWNSHIP LIBRARY - MAY UPDATES



Upper Merion Township Library will be closed from Saturday, May 26 to Monday, May 28 for Memorial Day

Sangeetha from the library will be at the Senior Center on Tuesday, May 8 and Tuesday, May 22 to answer all your tech questions.

ESL Classes Tuesdays at 1 pm. For adults who speak English as a second language, this program allows you to practice your English through conversations about books, short stories, and news articles. The class leader is Mrs. Jean Olexy, a certified ESL teacher. Anyone who speaks English as a second language is welcome to drop in.

Calling all Women! Pulled in All Directions? Negotiating Work/Life Balance With All Your

Stakeholders on Tuesday, May 1 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.

Gardening Series at the Library. All programs start at 7 pm. Presented by Master Gardeners from Penn State Extension, Montgomery Co, PA. Must register

Wednesday, May 2: Backyard Composite

Wednesday, May 9: Vertical Gardening

Wednesday, May 16: Raised Bed Gardening

Wednesday, May 23: Container Gardening

Tech Night on Monday, May 7 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.

Mother's Day Card Making Class on Monday, May 7 at 7 pm in Valley Forge Room. Materials will be provided. Bring your family and make Mother's Day Cards. Materials will be provided. Parents must accompany children under age 9. Registration required.

Dr. Steve's Presentation "Jewels of the Pharaohs" on Monday, May 14 at 7 pm in Freedom Hall. This richly illustrated lecture brings to life the world of ancient Egyptian jewelry. This lecture literally drips in gold! All are welcome.

Adult Coloring Night on Monday, May 14 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!!

Family Game Event at the Library on Saturday, May 19 from 11 am to 4 pm: Come by anytime during these hours to play board games and video games at the library. All are welcome.

Fitness Class at community center on Monday, May 21: 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. Please check back for time.

Knit Nite: Monday, May 21 at 7 pm. Fourth Monday of the Month. For all ages - from veterans to wanna-be knitters. If you don't know how to knit and want to learn, our more experienced knitters are always eager to pass on their skills, and some advanced knitters are usually available to help with patterns and designs.

To register for any of the library events, you can register via our online calendar, or by calling 610-265-4805, or stopping by the library.

JUST FOR FUN

GREAT LINES FROM GREAT MOVIES

Do you enjoy movies? Test your memory and guess what movies these famous lines are from:

- 1) "What we've got here is a failure to communicate".
- 2) "They call me Mister Tibbs."
- 3) "Whoever you are, I have always depended on the kindness of strangers."
- 4) "You can't handle the truth!"
- 5) "Snap out of it!"
- 6) "Oh, Jerry, don't let's ask for the moon. We have the stars."
- 7) "We rob banks."
- 8) "Oh, no, it wasn't the airplanes - it was beauty killed the beast."
- 9) "Waiter, will you serve the nuts? I mean, would you serve the guests the nuts?"
- 10) "There's no crying in baseball!"

(Answers at end of newsletter)

HAVE A GOOD LAUGH

An elderly couple had dinner at another couple's house, and after eating, the wives left the table and went into the kitchen. The two gentlemen were talking, and one said, "Last night we went out to a new restaurant and it was really great. I would recommend it very highly." The other man said, "What is the name of the restaurant?" The first man thought and thought and finally said, "What is the name of that flower you give to someone you love? You know... the one that's red and has thorns." "Do you mean a rose?" "Yes, that's the one," replied the man. He then turned towards the kitchen and yelled, "Rose, what's the name of that restaurant we went to last night?"

* * * *

GETTING BETTER

A retired lady needed some extra cash, so she got a guitar and took some lessons. Then she learned some of her generation's favorite oldies.

Then she got herself hired by a nursing home to sing for patients by their bedsides.

After serenading one bedridden older lady, she got up to leave and said, "I hope you get better soon."

The patient replied, "I hope you get better too."

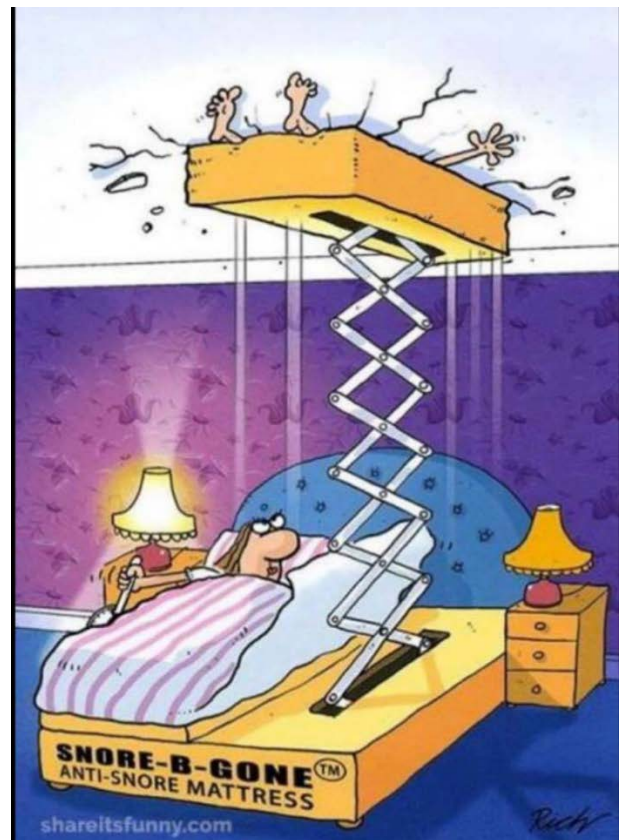
PEANUTS

Thinking that the presidential candidate needed to show a more human side of himself, his committee advised him to visit an old age home.

Walking into the room of an old man, with the cameras whirring, the nominee was surprised when the old man offered him some peanuts from a bowl on the table. "Thank you", said the nominee after being offered more for the 3rd time, "why don't you have some yourself?" "Oh, I can't eat it" said the old man, "I don't have any teeth." "So why do you have them?" asked the confused nominee. "Oh, I just like the chocolate around it" was the glib reply



My doctor told me, now that I'm getting older, I need to install a bar in my shower. What do y'all think?



MONTHLY WORD SEARCH PUZZLES

DOG BREEDS



DALMATIAN
BEAGLE
SHEPHERD
SETTER
BULLDOG
HOUND
TERRIER

DACHSHUND
PINSCHER
MASTIFF
CHIHUAHUA
COLLIE
CORGI
BOXER

ANSWERS TO GREAT LINES FROM GREAT MOVIES

- 1) "Cool Hand Luke"
- 2) "In the Heat of the Night"
- 3) "A Streetcar Named Desire"
- 4) "A Few Good Men"
- 5) "Moonstruck"
- 6) "Now, Voyager"
- 7) "Bonnie and Clyde"
- 8) "King Kong"
- 9) "The Thin Man"
- 10) "A League of Their Own"

PIZZA TOPPINGS



SPINACH
BEEF
SAUSAGE
AVOCADO
BACON
ONIONS
CHICKEN
RICOTA

CILANTRO
ZUCCHINI
SALAMI
LOBSTER
EGGPLANT
MUSHROOMS
PEANUTS
PROSCUITTO





Bello Reilly
McGrory & DiPippo
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*Salvatore F. Bello, Jr.**

*Daniel T. McGrory**

*Gregory P. DiPippo**

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

* Also Admitted in New Jersey

144 East DeKalb Pike, Suite 300, King of Prussia, PA 19406
(610) 992-1300 Fax: (610) 992-1505
www.prbmlaw.com

VALLEY FORGE PRESBYTERIAN CHURCH

We are an INTERGENERATIONAL community
LEARNING, CELEBRATING, and DOING
GOD'S unconditional GOOD!

Worship Gatherings Sundays 10:00am:
Celebrating and proclaiming the unconditional love of
God with our songs, prayers, and welcome of ALL.

Learning and Growth Opportunities:

Children and Youth Sunday School, Adult Bible
Study, Monthly Book Club, VBS Aug 6-10 6pm
Monthly Bible and Beer Group

Participating in God's good:

Community Flea Market - Saturday, May 5th
Food Collection, Hurricane Relief, Chili Cookoff,
AA (Wed Fri noon), NA (Fri eve), Neighborhood
Meals on Wheels, Local/Int'l Mission Partners

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

Since 1952

The Bacchi Funeral Home & Crematory, Ltd.

805 DeKalb St. (Rt. 202) Bridgeport, PA 19405-1211
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Darryl R. Bacchi, Supervisor
1928 - Russell J. Bacchi, F.D. - 2002

*We are a family owned and operated funeral home
which has been serving Bridgeport, King of Prussia,
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It's Tea Time!
Friday, May 18, 2018
11:00 Am - 2:00 Pm
Tickets: \$12.00



Musical Entertainment By
Bruce Kopp



Hat Contest-Door & Cash Prizes



Bring Your Own
Cup, Saucer & Spoon
Tickets on sale starting May 1

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



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VISIT OUR WEBSITE: UMSSC.ORG

Note:
Information submitted following publication of this newsletter will be posted on the UMSSC Bulletin Boards and listed on UMGA-TV (Comcast Channel 22 or Verizon FiOS Channel 33)
Visit the Center's web site at: www.umssc.org
UM RAMBLER
Free service to UM Township Seniors (Visit GVF Transportation for pass)
You can ride back and forth to the Center, the Malls, and other destinations!

INCLEMENT WEATHER & SENIOR CENTER CLOSINGS:
CALL SENIOR CENTER FIRST AFTER 7:30 AM (610-265-4715) AND LISTEN TO VOICE MAIL RECORDING

VOLUNTEER FOR OR PARTICIPATE IN ANY OF THESE SENIOR CENTER COMMUNITY OUTREACH PROJECTS

CALL FOR VOLUNTEERS

Are you interested in volunteering at the Senior Center? Here is a chance to get involved with *your* organization. Many events require some extra hands to run successfully and we look to our membership to help out. We would especially like to see some of our newer members volunteer at the Senior Center. If you do have the time to volunteer please give your name to Dick McCann, Cindy Eastman or Shirley Robey in the office.

RECEPTION AREA GREETER

We are still looking for members with sunny dispositions who are interested in volunteering for a couple of hours each week at the Senior Center. In addition to greeting members as they come in and providing information to people who are interested in the Senior Center, you may be asked to help out on special projects (i.e. newsletter mailing). If you think you might be interested, see Cindy or Shirley in the staff office.

PUT BOOKS IN THE HANDS OF CHILDREN WHO NEED THEM

We are collecting children's books for the Bridgeport Elementary School children (grades K-4th). *Our book donations are a big hit with the kids because they get to keep the books they pick. Let's keep it going! When donating books please be sure that they are in good condition.*

PROJECT LINUS – ONGOING

The "Hearts and Hands" ladies group at Good Shepherd's Church collect knitted and crocheted squares for blankets provided to children who are seriously ill or traumatized. Joan Banas collects the squares on behalf of the church. Our members can participate by knitting squares. Yarn and patterns are on a table near the lobby. Many thanks to our knitters and keep up the good work!

KNITTED CAPS FOR ST. CHRISTOPHER'S

Our members knit caps for preemie babies at *St. Christopher's Hospital for Children*. You can join the group here at the Center on Tuesdays at 1:00 PM or you can take the yarn and do your knitting at home. Hat pattern is available.

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