

The Best of Times

MAY 2022



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

Greetings Fellow Members,

May is a great month. Warmer weather draws us outdoors and the gardens are in full bloom. Mother's Day falls on Sunday May 8. We remember and celebrate our mothers and our daughters who are mothers. On Monday May 30 we observe Memorial Day. Did you know that each year on Memorial Day a national moment of remembrance takes place at 3:00 PM local time? Many Americans observe Memorial Day by visiting cemeteries or memorials, holding family gatherings and participating in parades. Unofficially, May marks the beginning of the summer season. We hope that however you celebrate these holidays you *enjoy them safely with friends and family*.

New and renewal Memberships for 2022 are being accepted. Annual dues are \$20.00. Please complete a membership form available at the Center or on our website and return with your payment by mail or in person to the Senior Center. *Join or renew now so that you can receive your monthly newsletter and participate in your favorite activities!* Proof of vaccination is still being enforced at the Senior Center; however, *masks are optional*.

If you have any questions, concerns or suggestions, please feel free to call me, Dick McCann (UMSSC President), at 610-416-7431 or email rtmboater@aol.com. *As always, I will be happy to hear from you.*

Dick McCann, President

KEEPING OUR MEMBERS INFORMED

Please refer to the monthly calendar for all MAY activities. Contact anyone in the office if you have questions. For activities conducted or available on Zoom you must call the office and provide your email address to receive the zoom link.

SPECIAL NOTICE: **LINE DANCE** will be on Hiatus from Wednesday, May 25 until sometime in September. Last class will be Wednesday, May 18.

NEW TIME GENERAL MEETING (2ND WEDNESDAY OF THE MONTH): MAY 11 at **11:00 AM**. You can watch on UMGA TV (Comcast 22/Verizon 33). The meetings are aired on Thursday's at 6:00 PM and repeat the following day at 10:00 AM. The URL to use to go directly to the General Meeting video is <https://vimeo.com/channels/891501>.



BASIC COMPUTER CLASS: Sangeetha will be at the center every 1st and 3rd Wednesday of the month @ 11:00 AM (MAY 4 AND 18). Sign-up sheet is in the lobby.

BLOOD PRESSURE CHECK: THURSDAY MAY 12 at 9:30 AM-12:00 PM. Main Line Health Nurse resumes blood pressure checks (*once a month*).

MONDAY MATINEES: MONDAY, MAY 9: Order cheese pizza in advance (\$5.00 for 2 slices, soda and dessert) or brown bag your own lunch. We eat at 11:30 A.M. and movie starts at 12:00 pm. The movie selection is "Death on the Nile". Belgian sleuth Hercule Poirot's vacation aboard a glamorous river steamer turns into a terrifying search for a murderer when a picture-perfect couple's idyllic honeymoon is tragically cut short. Set against an epic landscape of sweeping Egyptian desert vistas and the majestic Giza pyramids, this tale of unbridled passion and incapacitating jealousy features a cosmopolitan group of impeccably

MAY 2022

NEVER UNDERESTIMATE THE POWER OF A KIND WORD OR DEED

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 10:30 CURRENT EVENTS (ALSO ON ZOOM) 12:30 MEXICAN TRAIN	3 9-11 WALKING TRACK 11:30 FUN & FITNESS 12:30 PINOCHLE 12:30 BAND PRACTICE	4 10:00 BOARD MEETING 11:00 COMPUTER BASICS 12:00 POKER 12:00 ZOOM NEIGHBOR TO NEIGHBOR 12:30 CANASTA 1:00 LINE DANCING	5 9-11 WALKING TRACK 10:15 BINGO 11:30 FUN & FITNESS	6 10:30 SING-A-LONG	7
8 	9 10:30 CURRENT EVENTS (ALSO ON ZOOM) 11:30 MONDAY MATINEE "DEATH ON THE NILE" 12:30 MEXICAN TRAIN	10 9-11 WALKING TRACK 11:30 FUN & FITNESS 12:30 PINOCHLE 12:30 BAND PRACTICE	11 11:00 GENERAL MEETING 12:00 ZOOM NEIGHBOR TO NEIGHBOR 12:00 POKER 12:30 CANASTA 1:00 LINE DANCING	12 9-11 WALKING TRACK 9:30 to 12 NURSE 10:15 BINGO 11:30 FUN & FITNESS	13 10:30 SING-A-LONG	14
15	16 10:30 CURRENT EVENTS (ALSO ON ZOOM) 12:30 MEXICAN TRAIN 1:00 BOOK TALK(ALSO ON ZOOM)	17 9-11 WALKING TRACK 11:30 FUN & FITNESS 12:30 PINOCHLE 12:30 BAND PRACTICE	18 8:00 WASHINGTON DC EXCURSION 11:00 COMPUTER BASICS 12:00 ZOOM NEIGHBOR TO NEIGHBOR 12:00 POKER 12:30 CANASTA 1:00 LINE DANCING (LAST CLASS UNTIL FALL)	19 9-11 WALKING TRACK 10:15 BINGO 11:30 FUN & FITNESS	20 10:30 SING-A-LONG	21 
22	23 10:30 CURRENT EVENTS (ALSO ON ZOOM) 12:30 MEXICAN TRAIN	24 9-11 WALKING TRACK 11:30 FUN & FITNESS 12:30 PINOCHLE 12:30 BAND PRACTICE	25 12:00 ZOOM NEIGHBOR TO NEIGHBOR 12:00 POKER 12:30 CANASTA 1:00 LINE DANCING (ON HIATUS UNTIL FALL)	26 9-11 WALKING TRACK 10:15 BINGO 11:30 FUN & FITNESS 1:00 QUILTING	27 CLOSED FOR MEMORIAL DAY HOLIDAY	28 
29 	CLOSED 30	31 9-11 WALKING TRACK 11:30 FUN & FITNESS 12:30 PINOCHLE 12:30 BAND PRACTICE				



dressed travelers, and enough wicked twists and turns to leave audiences guessing until the final, shocking denouement.

BOOK TALK: MONDAY, MAY 23 at 1:00 PM in the Library/Lounge (*in person or via zoom*). Book selection is "*The Midnight Library*" by Matt Haig. This book is available at the UM Library.

NEW POKER: EVERY WEDNESDAY AT 12:00 PM IN THE GAME ROOM. Open to anyone interested.

NEIGHBOR TO NEIGHBOR: EVERY WEDNESDAY at 12:00 PM-12:30 PM. **A zoom-only meeting** hosted by John Desko. Members meet virtually for casual chat. Provide your contact information to the office to receive the zoom link.

QUILTING: Quilters will meet on the 4th Thursday of the month (May 26) at 1:00 PM in the Craft Room. Questions? Contact Ethel Hutchinson 610-265-6495 or Hutchinson.ethel63@gmail.com.

ATTENTION MAH-JONGG PLAYERS

DO YOU WANT TO BRING MAH-JONGG BACK? IF YOU WOULD LIKE TO PLAY ON *MONDAY MORNINGS AT 10:00 AM* PUT YOUR NAME ON THE INTEREST SIGN-UP SHEET IN THE LOBBY OR CALL THE OFFICE TO HAVE YOUR NAME PUT ON THE LIST. IF ENOUGH PEOPLE (minimum of 8-12 people or more) SHOW INTEREST MAH-JONGG WILL BE SCHEDULED.

COFFEE WITH A COP: Special thanks to Officer Glenn Munzer, Officer Nick Vuitton, Officer Anna and Officer Kaiser (not pictured) for coming to the Senior Center. We always enjoy having them speak to our members and look forward to future meetings. These get-togethers are a great way to voice your concerns about the community. We are truly fortunate to have the protection of such brave and caring officers.



EXCURSION DATES

PAYMENT & PROOF OF VACCINATION FOR ALL TRIPS MUST BE PRESENTED WHEN YOU REGISTER.

RE-SCHEDULED DATE - WASHINGTON, DC: WEDNESDAY, MAY 18. This is an "on your own" bus trip. Cost: Members \$30.00 non-Members \$40.00. BUS WILL LEAVE FROM UPPER (POOL) PARKING LOT AT 8:00 AM and **LEAVE WASHINGTON AT 4:00 PM.** *Deadline to sign up is Monday, May 16, 2022.*

HISTORIC WYCK HOUSE AND GARDENS, GERMANTOWN, PA THURSDAY, JUNE 9. Famous for it's 19th century roses. Tour of House and Gardens then out to lunch (pay individually) CAR POOL leave at 10AM. Cost \$12 member, \$15 non-member. *Deadline to sign up Wednesday, June 1.*

HAPPY MAY BIRTHDAYS!

5/2 M. Barbara Miller
5/2 David Newman
5/6 Margaret Gingerich
5/6 Virginia Spitko
5/8 Antonette Herrick
5/9 Patty Houseal

5/9 Shirley Robey
5/10 Ann Roberts
5/12 Prafall Doshi
5/12 Amal Eldharrat
5/13 Jeffrey Mand
5/16 Shirley Massino

5/19 Robert Mack
5/19 James Nuss
5/25 James Mellom
5/27 Marlene Iannuzzelli
5/27 Linda Jarosz
5/30 Dominick Iannuzzelli

BENEFITS OF AN ACTIVE LIFESTYLE

Engaging in social and productive activities you enjoy, like taking an art class or becoming a volunteer in your community, may help to maintain your well-being. Research tells us that older people with an active lifestyle:

1. **Are less likely to develop certain diseases.** Participating in hobbies and other social and leisure pursuits may lower risk for developing some health problems, including dementia.
2. **Have a longer lifespan.** One study showed that older adults who reported taking part in social activities (such as playing games, belonging to social groups, or traveling) or meaningful, productive activities (such as having a paid or unpaid job, or gardening) lived longer than people who did not. Researchers are further exploring this connection.
3. **Are happier and less depressed.** Studies suggest that older adults who participate in what they believe are meaningful activities, like volunteering in their communities, say they feel happier and healthier. One study placed older adults from an urban community in their neighborhood public elementary schools to tutor children 15 hours a week. Volunteers reported personal satisfaction from the experience. The researchers found it improved the volunteers' cognitive and physical health, as well as the children's school success. Researchers think it might also have long-term benefits, lowering the older adults' risk of developing disability, dependency, and dementia in later life.
4. **Are better prepared to cope with loss.** Studies suggest that volunteering can help with stress and depression from the death of a spouse or other loved one. Among people who experienced a loss, those who took part in volunteer activities felt more positive about their own abilities (reported greater self-efficacy).
5. **May be able to improve thinking abilities.** Another line of research is exploring how participating in creative arts might help people age well. For example, studies have shown that older adults' memory, comprehension, creativity, and problem-solving abilities improved after an intensive, four-week (eight-session) acting course. Other studies are providing new information about ways that creative activities like music or dance can help older adults.

Enjoy the "benefits of an active life-style" as a member of the Senior Center. We offer a variety of activities to enjoy such as exercise classes, computer club, card games, discussion groups, bingo, and special events. Several of our activities are also offered via *ZOOM*. Members who would like to participate in a zoom activity should call the Senior Center and provide your email address to get on the list and receive the Zoom Link. *If there is an activity not listed that you would enjoy doing at the Senior Center, please let us know.*

UM LIBRARY PROGRAMS FOR MAY 2022

(Call the library at 610-265-4805 or check www.umtownship.org/library to register for all their programs and for latest updates and online access.)

Sangeetha will lead a **Zoom Basic Computer Class** on Thursdays (May 4 & 18 at 11:00 AM). *MUST REGISTER* at the library or call library to register to receive zoom links.

ESL Class (English as a Second Language Conversation Group) No registration required. The group will meet **every Tuesday at noon** (12:00 PM) in person in Valley Forge Room. Participants *MUST* wear a mask at all times and social distance will be maintained.

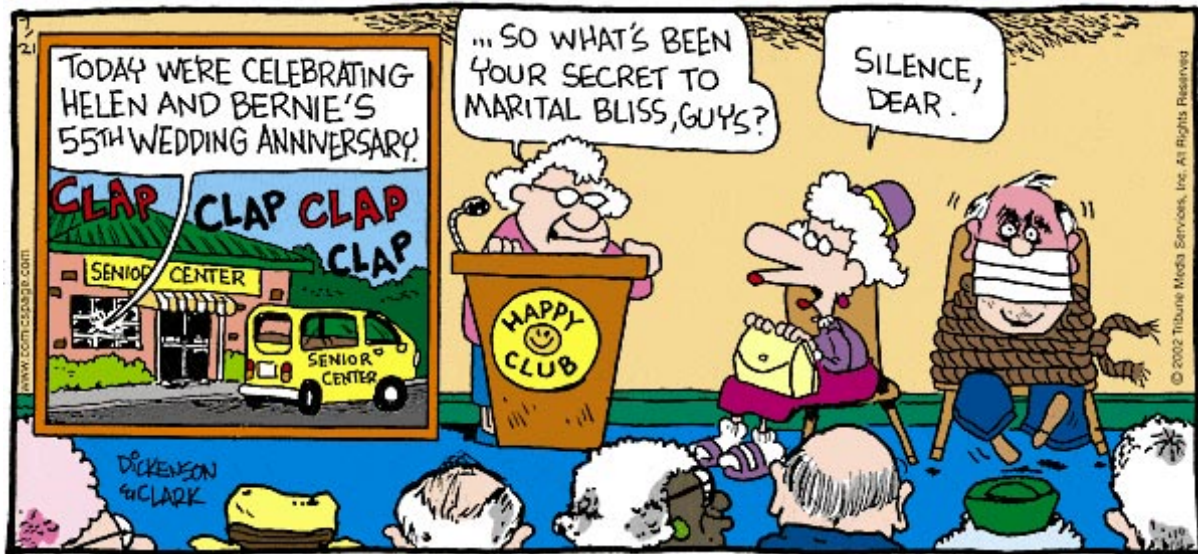
Tech Night resumes in person. This one on one tech help session meets first Monday of every month (May 2 at 6:30 PM). Bring your tablet/iPad/digital phone to get all your digital questions answered and learn to download books, magazines, audio books, and watch TV shows for free. *Must register* to attend

Coloring and Board Game Night resumes in person. The group will meet second Monday of every month at (May 9 at 6:00 PM). Bring your friends and enjoy coloring/playing. Materials provided. Walk-ins are welcome.

Virtual Career Series scheduled for 3rd Monday of month (May 16 at 6:00PM). Please check our online calendar for topics discussed each month. *Must register* to receive zoom link.

Knit Nite resumes in person. The group meets every 4th Monday (May 23 at 6:00 PM). 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.

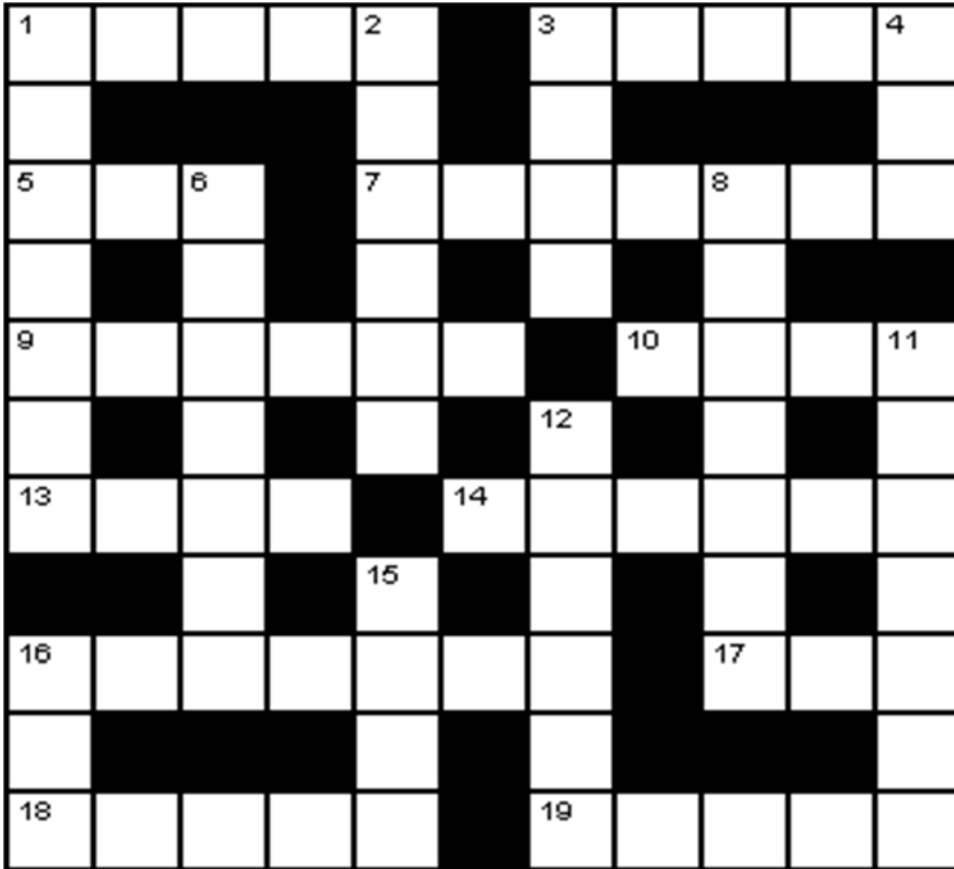
JUST FOR LAUGHS



I ASKED MY GRANDPA, "AFTER 65 YEARS, YOU STILL CALL GRANDMA DARLING, BEAUTIFUL, AND HONEY. WHAT'S THE SECRET?" HE SAID, "I FORGOT HER NAME 5 YEARS AGO AND I'M SCARED TO ASK HER."

FUN AND GAMES

QUICK CROSSWORD (answers on page 8)



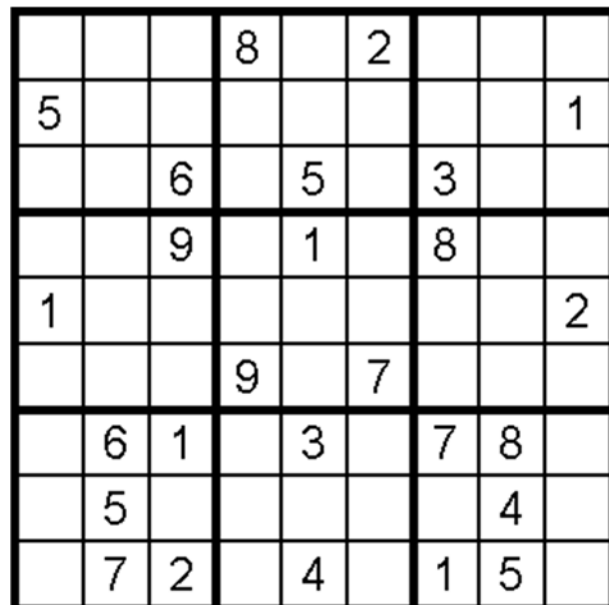
ACROSS

1. African equine (5)
3. Artery (5)
5. Part of a circle (3)
7. Farm vehicle (7)
9. Embellished (6)
10. Break suddenly (4)
13. Plant support (4)
14. Lumber (6)
16. Household implement (7)
17. Make a mistake (3)
18. Awful (5)
19. Cacophonous (5)

DOWN

1. Avid (7)
2. Shrewd (6)
3. Slightly open (4)
4. Atmosphere (3)
6. Yield (7)
8. Well-founded (7)
11. Depict (7)
12. Stringed instrument (6)
15. Catch sight of (4)
16. Large vase (3)

SUDOKU (answers on page 8). The rules of Sudoku are simple. Place digit from 1 to 9 in each empty cell so every row, every column, and every 3 x 3 box contains the digits 1 to 9.



WORD SEARCH

CATS



ABYSSINIAN, ANGORA, BALINESE, BENGAL, BIRMAN, BOBTAIL,
BOMBAY, BURMESE, CHARTREUX, CHAUSIE, CHERUBIM,
CYMRIC, HIMALAYAN, JAVANESE, KORAT, LONGHAIR, MALAYAN,
MANX, MUNCHKIN, NEBELUNG, OCICAT, PERSIAN, RAGDOLL,
SIAMESE, SIBERIAN, SINGAPURA, SOMALI, SPHYNX, TIFFANIE,
TIFFANY, TONKINESE.

Be loving and kind, have fun and celebrate. Stay safe and keep others safe. On Memorial Day remember the brave men and women who have made the ultimate sacrifice.



GRACIAS! THANKS! DANKE! MERCI!

★Special thanks to **SALVATORE'S TRATTORIA & PIZZERIA** for Monday Matinee pizza! ★Thank you to the **UPPER MERION TOWNSHIP LIBRARY** for all they do for the Senior Center including large print books and Monday Matinee movies. Thank you to **COSTCO** for gift cards.



CROSSWORD ANSWERS

Z	E	B	R	A		A	O	R	T	A
E				S		J				I
A	R	C		T	R	A	C	T	O	R
L		O		U		R		E		
O	R	N	A	T	E		S	N	A	P
U		C		E		V		A		O
S	T	E	M		T	I	M	B	E	R
		D		E		O		L		T
U	T	E	N	S	I	L		E	R	R
R				P		I				A
N	A	S	T	Y		N	O	I	S	Y

SUDOKU ANSWERS

7	1	3	8	9	2	4	6	5
5	8	4	7	6	3	9	2	1
2	9	6	4	5	1	3	7	8
6	2	9	5	1	4	8	3	7
1	4	7	3	8	6	5	9	2
8	3	5	9	2	7	6	1	4
4	6	1	2	3	5	7	8	9
3	5	8	1	7	9	2	4	6
9	7	2	6	4	8	1	5	3