

The Best of Times

MAY 2023



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/>

Welcome to the month of May. "May" is likely named after the Roman goddess Maia, who oversaw the growth of plants. I am sure we are all enjoying the growth of the beautiful flowers and plants the warmer weather has brought us.

We had a fun potluck lunch in April and look forward to more gatherings. There is a tea party planned for May 19th and a picnic is in the planning stage for June. These are great opportunities to socialize and enjoy the fellowship of each other.

Celebrate Mother's Day on Sunday, May 14th. Mother's Day is the day we honor mothers of families or individuals, as well as motherhood, maternal bonds, and the influence of mothers in society. My best wishes to our mothers for a wonderful day with family and friends.

While there are many things to enjoy about May, let us not forget Memorial Day which honors service members who have died in military service to our nation. The holiday has roots dating back to the post-Civil War era when citizens would informally place spring flowers on the graves of fallen soldiers. Although we will celebrate the holiday with picnics and family events, let us take a moment to give thanks to those who lost their lives in the defense of the freedoms we enjoy today.

Hope to see you enjoying the many activities at the Senior Center.

Sharon Brzoska, President

WHAT'S HAPPENING AT THE CENTER

THE SENIOR CENTER WILL BE CLOSED ON FRIDAY, MAY 19 FOR THE TEA SOCIAL AND ON FRIDAY, MAY 26 AND MONDAY, MAY 29 IN OBSERVANCE OF MEMORIAL DAY.

BACK AND NECK PAIN: THURSDAY, MAY 11 AT 12:45 PM. Presenter: Dr. Lauren Brennan PT, DPT, CMPT. Develop an understanding of the anatomy of the spine as well as common symptoms associated with different types of spinal conditions. Attendees will also learn how physical therapy can help decrease back and neck pain to get them back to doing the things they love. This will be an interactive presentation - open discussion and questions are welcome!

one two TEA SOCIAL: FRIDAY, MAY 19 AT 11:30-2:00 PM. **Tickets \$15.00 on sale now!** Enjoy tea sandwiches and scrumptious desserts. Entertainment provided by a magician. Wear your favorite hat and bring your favorite tea cup for a memorable day. Table reservations can be made.

UM TWP. FIRE & EMS DEPARTMENT: MONDAY, MAY 22 AT 12:30 PM. Presentation by William C. Daywalt Jr., Deputy Fire Marshall, Upper Merion Township Fire and EMS Department.

ROAD TO HAPPINESS: UNDERSTANDING DEPRESSION: MONDAY MAY 31 AT 11:00 AM. Montgomery County Office of Senior Services will discuss depression which is a medical condition that affects many older adults but is not a normal part of growing older. This presentation examines factors that put seniors at an increased risk



2023

HONOR MOTHERS AND MOTHERHOOD

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 9-3 WALK THE TRACK 11:00 CURRENT EVENTS (ALSO ON ZOOM) 12:30 MEXICAN TRAIN	2 9 -3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:30 FUN & FITNESS 12:30 PINOCHLE 12:30 BAND PRACTICE	3 9-3 WALK THE TRACK 12:00 COMPUTER BASICS 12:00 NEIGHBOR TO NEIGHBOR ON ZOOM 12:30 CANASTA 12:30 LINE DANCING	4 9-3 WALK THE TRACK 10:15 BINGO 11:30 FUN & FITNESS 12:30-2:30 MAH JONGG	5 9-3 WALK THE TRACK 10:30 SING-A-LONG	6
7	8 9-3 WALK THE TRACK 11:00 CURRENT EVENTS ALSO ON ZOOM) 11:30 MONDAY MATINEE "80 FOR BRADY" 12:30 MEXICAN TRAIN	9 9 -3 WALK THE TRACK 10:00 BOARD MEETING 10:00-11:30 RUMMIKUB 11:30 FUN & FITNESS 12:30 PINOCHLE 12:30 BAND PRACTICE	10 9-3 WALK THE TRACK 12:00 NEIGHBOR TO NEIGHBOR ON ZOOM 12:30 CANASTA 12:30 LINE DANCING	11 9 - 3 WALK THE TRACK 9:30 TO 12:00 NURSE 10:15 BINGO 11:30 FUN & FITNESS 12:30-2:30 MAH JONGG 12:45 BACK PAIN PRESENTATION	12 9-3 WALK THE TRACK 10:30 SING-A-LONG	13
14 	15 9-3 WALK THE TRACK 11:00 CURRENT EVENTS (ALSO ON ZOOM) 12:30 MEXICAN TRAIN 1:00 BOOK TALK	16 9 -3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:30 FUN & FITNESS 12:30 PINOCHLE 12:30 BAND PRACTICE	17 9-3 WALK THE TRACK 12:00 COMPUTER BASICS 12:00 NEIGHBOR TO NEIGHBOR ON ZOOM 12:30 CANASTA 12:30 LINE DANCING	18 9 - 3 WALK THE TRACK 10:15 BINGO 11:30 FUN & FITNESS 12:30-2:30 MAH JONGG	19 "One Two TEA" TEA PARTY 11:30- 2:00 PM  ALL ACTIVITIES CANCELLED	20 ARMED FORCES DAY 
21	22 9-3 WALK THE TRACK 11:00 CURRENT EVENTS (ALSO ON ZOOM) 12:30 COFFEE WITH UM DEPUTY FIRE MARSHAL (FIRE SAFETY) 12:30 MEXICAN TRAIN	23 9 -3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:30 FUN & FITNESS 12:30 PINOCHLE 12:30 BAND PRACTICE	24 9-3 WALK THE TRACK 12:00 NEIGHBOR TO NEIGHBOR ON ZOOM 12:30 CANASTA 12:30 LINE DANCING (LAST CLASS UNTIL SEPTEMBER)	25 9 -3 WALK THE TRACK 10:15 BINGO 11:30 FUN & FITNESS 12:30-2:30 MAH JONGG 1:00 QUILTING	26 SENIOR CENTER CLOSED MEMORIAL DAY WEEKEND	27
28	29 SENIOR CENTER CLOSED 	30 9 -3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:30 FUN & FITNESS 12:30 PINOCHLE 12:30 BAND PRACTICE	31 9-3 WALK THE TRACK 11:00 UNDERSTANDING DEPRESSION PRESENTATION 12:00 NEIGHBOR TO NEIGHBOR ON ZOOM 12:30 CANASTA 12:30 LINE DANCING (ON HIATUS)			

of depression, explains how to detect depressive symptoms and reveals methods that help those affected begin to feel like themselves again.

SECOND SHOT OF TWO DOSE SHINGLES VACCINE AT SENIOR CENTER. TUESDAY, JUNE 13 FROM 10:00 AM TO 11:30 AM. Giant Pharmacy will be offering the second shot Shingles vaccine to *UMSSC Members who received the first shot in March. **Shingrix is a two dose vaccine.*** Kim Riley, pharmacist from Giant will be administering the vaccine. *The vaccine will be free to seniors who have a Part D prescription drug plan.* However, you should still first *check with your Part D prescription provider to confirm you will not have a co-pay or have to meet a deductible in order to receive the vaccine for free.* Also, *remember to bring your Medicare and Part D prescription card with you. You must complete and sign a consent form now available in the staff office.*

ACTIVITIES

Please refer to the monthly calendar for all **MAY** activities. Contact anyone in the office if you have questions. ***Before venturing out in inclement weather, please call the Center, check your email or check our UMSSC website to see if we are opened or closed.*** For activities conducted or available on Zoom you must call the office and provide your email address to receive the zoom link.

WALK THE TRACK EXTENDED: We can now walk the track Monday thru Friday from 9:00 to 3:00 PM.

NOTE NEW START TIME FOR COMPUTER BASICS: Sangeetha will be at the Center every 1st and 3rd Wednesday of the month @ 12:00 PM. (May 3 and May 17). Meet in the Computer Room.

MONDAY MATINEE: Monday, May 8. Lunch at 11:30 AM and Movie at 12:00 PM. This month's movie is "**80 FOR BRADY**" starring Lily Tomlin, Jane Fonda, Rita Moreno, Sally Field and Tom Brady. Four best friends live life to the fullest when they embark on a wild trip to see their hero, Tom Brady, play in the 2017 Super Bowl.

BOOK TALK: Monday, May 19 at 1:00 PM. Also on Zoom. Book selection is "The Chaperone by Laura Moriarty. *The Chaperone* is a captivating novel about the woman who chaperoned an irreverent Louise Brooks to New York City in 1922 and the summer that would change them both. (Soon to be a feature film from the creators of *Downton Abbey* starring Elizabeth McGovern). Copies in all formats can be found at the library.

IMPORTANT NOTICE - LINE DANCE: May 24 will be the last class until the fall. No line dance in June, July or August.

DO YOU LIKE TO PAINT? Marybeth Guminski is interested in forming a group of UMSSC members to meet weekly and who like to paint with acrylics. *This is not an instruction class and no art supplies will be provided.* If interested please put your name on the "interest only" signup sheet in the lobby. If you have any questions, you can contact Marybeth at 610-996-1428 or email marybethgum@comcast.net.

EXCURSION DATES 2023

PAYMENT MUST BE PRESENTED WHEN YOU REGISTER FOR ANY TRIP.

MAKE YOUR RESERVATION NOW FOR NORTHVIEW GARDEN IN AMBLER: FRIDAY, JUNE 2. Via car pool. Tour of Jenny Rose (author of many gardening books) private garden and home. English tea at the carriage house. Bring your own snack or lunch. Cost: Members: \$10.00 and non-members \$12.00.

PEARL BUCK HISTORICAL HOUSE: THURSDAY, JUNE 22 at 10:00 AM. Via car pool. Tour of the historical house and gardens. Will stop somewhere for lunch afterwards. COST: Members \$15.00 and non-members \$18.00.

DUTCH APPLE DINNER THEATER: FRIDAY, NOVEMBER 17. "A Christmas Carol".

BIRTHDAYS IN MAY

5/2 David Newman
5/6 Joan DiNenno
5/8 Antonette Herrick
5/9 Patty Houseal
5/9 Shirley Robey
5/10 Ann Roberts

5/13 Jeffrey Mand
5/15 Jackie Powers
5/16 Shirley Massino
5/19 Robert Mack
5/19 James Nuss
5/25 James Mellom

5/25 Barbara Williamson
5/27 Marlene Iannuzzelli
5/27 Linda Jarosz
5/28 Christel Cornacchio
5/28 Nellie Aiken

SPOTLIGHT ON: PATIO GARDEN

As you know we have a patio garden outside of the Great Room. There are raised beds for planting flowers and herbs that were once tended to by our Garden Club members. However, since the pandemic the club has disbanded. Some of our members have volunteered to help clean up and put in some fresh plants. Our thanks go to Pat Holden, Nancy Hosler, Bernadette Reedel, Mayanne Fazzini, Alberta McCullough and Ethel Hutchinson. These members have been working hard out there and we certainly appreciate all of their hard work. We would love to see the garden club reactivated, so if you have an interest, please let us know. Access to the patio is currently blocked due to some paver safety issues, but this will be taken care of in the near future and hopefully, at some point this summer, we will all be able to go outside and enjoy the garden.

PROJECT LINUS – YARN NEEDED

The “Hearts and Hands” ladies group at Good Shepherd’s Church are still collecting knitted and crocheted squares for blankets. Joan Banas has been collecting the squares on behalf of the church and will continue to do so as long as they are being made. Our participating members have done a great job in keeping this project active. *We are asking for donations of 4-ply yarn (any color) to be used by our knitters. If you have any that you would like to give, please put it in the yarn bin on the blanket table in the lobby area.*

VETERANS CARE PACKAGE DONATIONS

In association with the Norristown Veterans Affairs office we will be collecting donations for care packages to give to veterans. Below is a list of the preferred donation items. *If donating any food or drink or drink mixes, please be sure these items have not expired.* We are collecting:

MENS/WOMENS FLIP FLOPS FOR SHOWERS - MENS/WOMENS SOCKS (BOOT OR CALF SIZE ONLY)- TOOTH BRUSHES/TOOTH PASTE- KLEENEX (INDIVIDUAL SIZE WRAPPED PACKAGES)- COMBS- SMALL WRITING TABLETS & ENVELOPES- PENS/PENCILS- GUM - PEANUT BUTTER CRACKER PACKS- BEEF JERKY OR SLIM JIMS- COFFEE OR TEA BAGS - GATORADE- DRINK MIXES - KOOL AID OR ICED TEA.

There is an assigned box in the lobby area to place items you are donating. Thank you in advance to those who give.

UM LIBRARY PROGRAMS FOR MAY 2023

(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.)

TECH NIGHT: Will be walk-ins starting this month. This one on one tech help session meets first Monday of every month (May 1) at 6:00 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.

STAYING SOCIAL: Thursday, May 4 at 1:00 PM for Seniors. Staying connected is an important part of aging healthfully and happily. According to the U.S. Department of Health and Human Services, being social is important to your quality of life and overall well-being. Come to this session and learn more from the expert. This program is sponsored by Humana Inc. and co-sponsored by Upper Merion Township Library. This session is more geared towards seniors, but all are welcome to attend.

INVENTORS FAIR: Saturday, May 6. 11:00 AM to 3:00 PM: Interact with inventors, engineers, and other STEM professionals and learn through hands-on activities including VR games, a radio-controlled airplane exhibit, and a drone demonstration.

PEARL HARBOR ATTACK (2 PART SERIES): May 8 & May 15 at 6:30 PM. Presented by Ray Rossa. There was at least a 90% probability AGAINST the Pearl Harbor attack ever occurring. Yet we know that it happened in 1941. Find out how such an incredibly unlikely event actually occurred. How did the US Army and Navy both botch impending early warnings, insuring total surprise? Did Japanese submarines attack? Who actually fired the first shot in the Pacific War? Newsreels of the time show shattered Pacific Fleet warships burning furiously. How devastating was this air raid: what went right and what went wrong? Attend this workshop and get all your questions answered.

COLORING AND BOARD GAME NIGHT: Second Monday of every month (May 8) at 6:00 PM. Bring your friends and enjoy coloring/playing. Materials provided. Walk-ins welcome.

MEDITATION SERIES: Meditation Workshop - Falun Dafa Meditation will be held on the second Tuesday of every month (May 9) at 6:00 PM. Discover the power of self-cultivation. Learn what keeps tens of millions around the world happy, healthy, and energized. Falun Dafa, also known as Falun Gong, is a traditional Chinese mind-body practice that consists of five easy-to-learn exercises and meditation and is guided by the principles of Truthfulness, Compassion, and Forbearance. It is free to learn and is practiced by people from all walks of life in over 130 countries worldwide.

ZOOM BASIC COMPUTER CLASS: Sangeetha will lead class. (Thursday May 11 and May 25) at 11:00 AM. *Must register at the library to receive zoom links or call 610-265-4805 to register.*

VIRTUAL CAREER SERIES: Scheduled for 3rd Monday of month (May 15) at 6:00 PM. Please check our online calendar for topics to be discussed each month. *Must register to receive zoom link.*

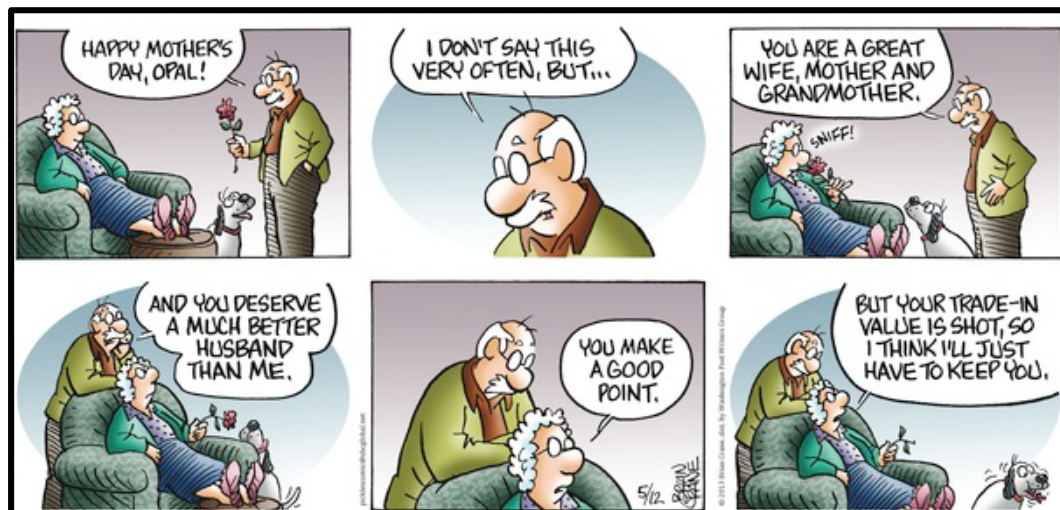
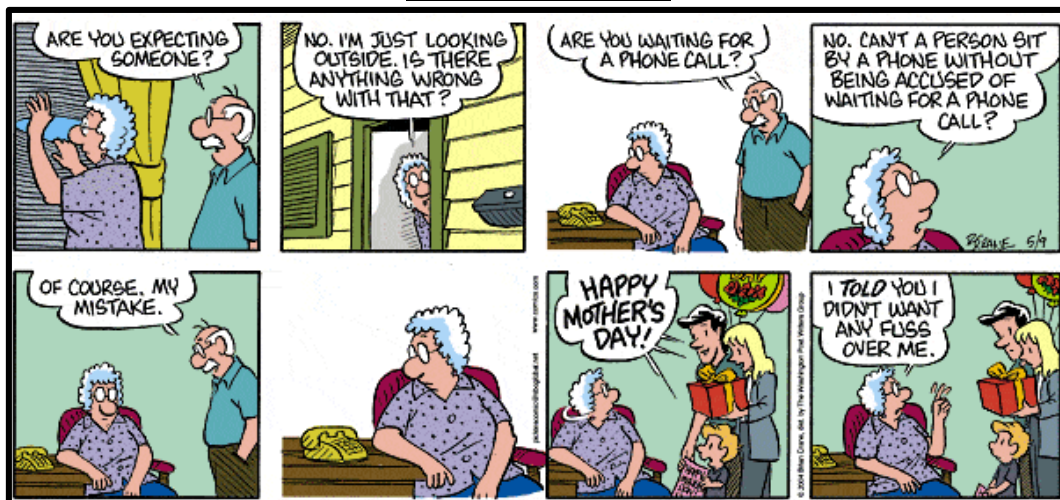
KNIT NITE: The group meets 4th Monday of the month (May 22) at 6:00 PM. From veterans to wanna-be knitters. If you don't know how to knit and want to learn, our more experienced knitters are always eager pass on their skills, and some advanced knitters are usually available to help with patterns and designs.

BOOK DISCUSSION: Sunday, May 21 from 2:00 PM to 3:30 PM. Book selection is "Go Set a Watchman" by Harper Lee. Must register to participate. Stop by the library pick up a copy of the book.

DISCOVER WARM SEASON ORNAMENTAL GRASSES: Monday May 22 at 6:30 PM. Ornamental grasses are unmatched for their distinctively different ornate and long lasting features. Warm season grasses start flowering in July and show well into Fall and even Winter. Presenter: Thom Mrazik - Penn State Volunteer Gardener

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

JUST FOR FUN!



WORD SEARCH

BROADWAY SHOWS

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

A CHORUS LINE, AIDA, A LITTLE NIGHT MUSIC, ANNIE GET YOUR GUN,
BEAUTY AND THE BEAST, CABARET, CAMELOT, CAROUSEL, CATS,
CHICAGO, COPACABANA, EVITA, GUYS AND DOLLS, GYPSY, HELLO DOLLY,
JOLSON, KISS ME KATE, LES MISERABLES, MISS SAIGON, RAGTIME,
RIVERDANCE, SHOWBOAT, SINGIN' IN THE RAIN, SOUTH PACIFIC,
SUNSET BOULEVARD, THE KING AND I, THE PHANTOM OF THE OPERA,
WESTSIDE STORY.

WORD SEARCH
FAMILY CIRCLE

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

ANCESTOR, AUNT, BABY, BROTHER, BROTHER-IN-LAW, CHILD, CLAN, COUSIN, DESCENDANT, DESCENT, FAMILY, FAMILY TREE, FATHER, GENERATION, GRANDFATHER, GRANDMOTHER, HEIR, HEIRESS, HOUSEHOLD, INLAWS, ISSUE, KINFOLK, LINEAGE, MATRIARCH, MOTHER, NIECE, OFFSPRING, ORIGIN, PARENT, PATRIARCH, PROGENITOR, PROGENY, RELATION, RELATIVE, SISTER, SISTER-IN-LAW, TRIBE, UNCLE.

*Be loving and kind, have fun and celebrate.
Stay safe and keep others safe. We celebrate all
Mothers. ♥*



GRACIAS! THANKS! DANKE! MERCI!

★ Special thanks to **SALVATORE'S TRATTORIA & PIZZERIA** for delicious 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.

