

# *The Best of Times*

## **NOVEMBER 2021**



## 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](http://www.umssc.org)



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

### ***Greetings fellow members,***

The Senior Center reopened in July and we have seen a slow return of members to our daily activities. Now that Covid cases are declining, those members who have not yet returned will hopefully consider it safe to come in to participate in some activity. We will continue to abide by safety protocols by requiring proof of vaccination and the mask mandate to come in to the Center.

Although membership fees for 2021 were waived, during the months of November and December we will begin collecting dues for 2022. Dues are still only \$20.00. Renewal forms are available at the Center or on our website.

Nominations for UMSSC Board and Officer positions can be submitted up until the General Meeting on November 10. If you are interested in serving the organization in this capacity, or have a friend who is, please pick up a nomination form from the office. Completed forms should be returned to the office. Please note that if you wish to nominate a friend, the form requires their signature to indicate their willingness to serve.

If you have any questions or concerns, please feel free to call me at 610-416-7431 or email [rtmboater@aol.com](mailto: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 November activities. Contact anyone in the office if you have questions.*

**THE SENIOR CENTER WILL BE *CLOSED* ON THE FOLLOWING DAYS FOR THANKSGIVING HOLIDAY:  
WEDNESDAY, NOVEMBER 24, THURSDAY, NOVEMBER 25 AND FRIDAY, NOVEMBER 26.**

**LINE DANCE:** No line dance class on Wednesday, November 3.

**GENERAL MEETING:** Wednesday, November 10 at 9:30 AM. If you cannot attend, 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>."

**BOOK TALK:** Monday, November 15 at 1:00 PM in the Library/Lounge (in person or via zoom). Book selection is "This Tender Land" by William Kent Kreuger. Paper and audio copies available at Library.

**FRIDAY FLICKS:** Friday, November 19. We will show "**QUEEN BEES**". After reluctantly agreeing to move in to a senior's home, a woman encounters a clique of mean-spirited women and an amorous widower. Stars Ellen Burstyn, Jane Curtin, Ann Margaret, Loretta Devine, Christopher Lloyd and James Caan. As always you can order cheese pizza in advance (2 slices, soda and dessert for \$5.00) or brown bag your own lunch. We eat at 11:30 A.M. and the movie starts at 12:15 P.M.






**COFFEE WITH A COP:** Monday, November 22 at 12:00 PM. Join the conversation about safety in your community with Upper Merion Police Officer, Glenn Muntzer.

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

★Special thanks to Salvatore's Trattoria & Pizzeria for Friday Flicks pizza! ★Thank you to the Upper Merion Township Library for all they do for the Senior Center including large print books and Friday Flicks movies.

# NOVEMBER 2021

# "GIVE THANKS AND BE GRATEFUL FOR WHAT YOU HAVE"

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<p>1</p> <p>10:00 MAH-JONGG 10:30 CURRENT EVENTS</p>	<p>2</p> <p>9:00-11:00 WALK TRACK 11:30 FUN &amp; FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE <i>(suspended)</i></p> <p><b>ELECTION DAY</b> </p>	<p>3</p> <p>10:00 BOARD MEETING 12:30 CANASTA 1:00 LINE DANCING <i>(no class today)</i> 1:00 MATTER OF BALANCE</p>	<p>4</p> <p>9:00-11:00 WALK TRACK 10:00 BUSINESS DISCUSSION GROUP 10:15 BINGO 11:30 FUN &amp; FITNESS</p>	<p>5</p> <p>10:30 SING-A-LONG</p>	<p>6</p> <p><b>TURN YOUR CLOCKS BACK TONIGHT</b></p>
<p>7</p> 	<p>8</p> <p>10:00 MAH-JONGG 10:30 CURRENT EVENTS</p>	<p>9</p> <p>9:00-11:00 WALK TRACK 11:30 FUN &amp; FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE <i>(suspended)</i></p>	<p>10</p> <p>9:30 GENERAL MEETING 12:30 CANASTA 1:00 LINE DANCING 1:00 MATTER OF BALANCE</p>	<p>11</p> <p>9:00-11:00 WALK TRACK 10:15 BINGO 11:30 FUN &amp; FITNESS</p> 	<p>12</p> <p>10:30 SING-A-LONG 10:00 EXCURSION TRIP</p>	<p>13</p>
<p>14</p>	<p>15</p> <p>10:00 MAH-JONGG 10:30 CURRENT EVENTS 1:00 BOOK TALK</p>	<p>16</p> <p>9:00-11:00 WALK TRACK 11:30 FUN &amp; FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE <i>(suspended)</i></p>	<p>17</p> <p>12:30 CANASTA 1:00 LINE DANCING 1:00 MATTER OF BALANCE</p>	<p>18</p> <p>9:00-11:00 WALK TRACK 10:00 BUSINESS DISCUSSION GROUP 10:15 BINGO 11:30 FUN &amp; FITNESS</p>	<p>19</p> <p>10:30 SING-A-LONG 11:15 FRIDAY FLICKS</p>	<p>20</p>
<p>21</p>	<p>22</p> <p>10:00 MAH-JONGG 10:30 CURRENT EVENTS 12:15 COFFEE WITH A COP</p>	<p>23</p> <p>9:00-11:00 WALK TRACK 11:30 FUN &amp; FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE <i>(suspended)</i></p>	<p>24</p> <p><b>CLOSED FOR THANKSGIVING HOLIDAY</b></p> 	<p>25</p> 	<p>26</p> <p><b>CLOSED FOR THANKSGIVING HOLIDAY</b></p> 	<p>27</p> 

### EXCURSION DATES

**TRIP TO AMERICAN TREASURE MUSEUM: FRIDAY, NOVEMBER 12.** Guided tram ride through 75,000 square foot toy box and expansive collection of oddities, curiosities and priceless antiques. See original Lit Brothers Dept. Store Dickens Christmas window display. Enjoy a self-guided tour of the Music Room and Classic Car Exhibit. *Trip will be via car pool. Meet at upper level (pool) parking lot at 9:45 AM. To attend you must complete a registration form (available in lobby) and hand in no later than Friday, November 5. Cost: MEMBERS \$15.00 NON-MEMBERS \$17.00*

**CHRISTMAS IN THE CASTLE: DECEMBER 9** - Tour the Glencairn castle-like mansion in Bryn Athyn, Pennsylvania, former home to the Pitcairn family for more than 40 years, now a museum of religion, art, and history. See unique Christmas decorations and Nativity collections. **Face masks required.** Cost: Members \$12.00 Non-Members \$15.00

**DUTCH APPLE DINNER THEATER WITH LUNCH BUFFET: APRIL 6, 2022.** Bus trip to see performance of "Singin' in the Rain". From the golden age of movie musicals, "Singin' in the Rain" brings up the starlet, the leading man and a love affair that could change lives ... and make or break careers. This all-singing, all-dancing extravaganza includes a downpour of unforgettable songs such as "Good Mornin," "Make 'Em Laugh," and of course, "Singin' in the Rain".

### HAPPY NOVEMBER BIRTHDAYS!

11/1 Myung Lee	11/1 Rose Marie Palladino	11/1 Edward Wenger
11/2 Lauren Ruppe	11/3 Richard Briggs	11/3 Carolyn Fitchett
11/4 Mary K. Miller	11/4 Hele Vondra	11/5 Joan Banas
11/5 Marvin Marsh	11/7 Ravi Batta	11/7 Walter Goraczko
11/7 Jeanne Paradis	11/8 Maureen Harrington	11/8 Catherine Miller
11/8 Ann Nuss	11/9 Lenore Runkle	11/10 Mary Ann Young
11/13 Sally Buce	11/13 Mae Johns	11/14 Kathleen Yerger
11/16 Adrienne Reilly	11/16 Henry Wahls, Jr.	11/17 Jerry Driessen
11/17 Terry Marsh	11/18 Pat Brunner	11/18 Howard Lurie
11/20 Dolores Burgess	11/20 Jessie Kealey	11/22 Barbara Krier
11/22 Margaret Leonard	11/22 George Schnabel	11/23 Mahin Moattari
11/24 Anthony D'Alleva	11/24 Dean Smith	11/25 Helen DellaCamera
11/27 Shirley Rice	11/27 Virginia Vance	11/28 Faye Myers
11/30 Len Brzoska	11/30 Patrician Cunnane	11/30 Russ Rado

\* \* \*

### IN MEMORIAM

We extend our deepest sympathies to the family and friends of *June Dolan* who passed away on October 6, 2021. June was a long time, very active member and volunteer of the Senior Center.

Also, our deepest sympathies to the family and friends of *Margaret Jochum* who passed away on October 13. Margaret enjoyed coming to the Senior Center to play Pinochle.

### THANK YOU FOR YOUR DONATIONS TO THE SENIOR CENTER

We very much appreciate and thank the following members for their generous contributions: *Ethel Hutchinson gave a donation to the Senior Center in memory of Shethra Rigg. Cindy & Dan Eastman gave a donation to the Senior Center in memory of Sarah Phillips and Eilleen Caparoni.*

### PLEASE DONATE YOUR LIGHTLY USED, UNWANTED MENS' SHIRTS

The Crafters Guild is asking for donations of mens' shirts. The shirts will be used to make "CLOTHES PROTECTORS". The clothes protectors will replace adult bibs *for veterans* for a more dignified look. Any clean shirt with a collar will do, *however knit shirts are not accepted.* The Crafters Guild members will cut and finish the shirts to distribute to veterans. If you have cotton or cotton blend shirts no longer being worn, you can put them to good use by donating them. A COLLECTION BOX will be in the "Sewing Room" at the Senior Center.

## GET A HOBBY

You don't have to have a group of people together to benefit from playing games. Many people enjoy doing crossword puzzles, putting together jigsaw puzzles, and doing Sudoku. These games can help improve memory, release stress, and improve mental health.

Doing *crossword puzzles* has been a popular activity for years. They help keep the mind sharp because they require the use of one's memory to find the answers to clues by referring back to their knowledge and vocabulary. Crossword puzzles are also easy to come by, as they can be found in newspapers, magazines, and online. ***We publish a crossword puzzle each month in our Newsletter. Give it a try.***

There are many benefits to doing *jigsaw puzzles*, most of which lie in the fact that completing them requires your full attention. Some of these benefits include:

1. Jigsaw puzzles require you to use both sides of your brain, which gives you a mental workout that can help improve your attention span and problem-solving skills.
2. Reinforces connections in your brain, which helps improve mental speed and short-term memory.
3. Helps reduce stress because focusing on one image for an extended period of time without distractions acts as meditation.

***We have a large selection of jigsaw puzzles in the Game Room at the Senior Center. Take one home to do or have a go at the one we put out on the table in the Lobby.***

Playing *Sudoku* has similar benefits to the games mentioned above. This game also helps improve logic and concentration, promote a healthy mindset, reduces stress, and gives players a sense of accomplishment. ***This is a new puzzle addition to our newsletter. Hope you enjoy it!***

One of the great things about all of these games is that they're inexpensive and easily accessible.

## UM LIBRARY PROGRAMS FOR NOVEMBER

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

**UPPER MERION LIBRARY IS CLOSED ON NOVEMBER 11 FOR VETERANS DAY AND ON THURSDAY & FRIDAY, NOVEMBER 25 & 26 FOR THANKSGIVING.**

**Zoom Basic Computer Class:** Thursday, November 18 at 11:00 AM. Sangeetha will lead. ***MUST REGISTER*** at the library to receive zoom links.

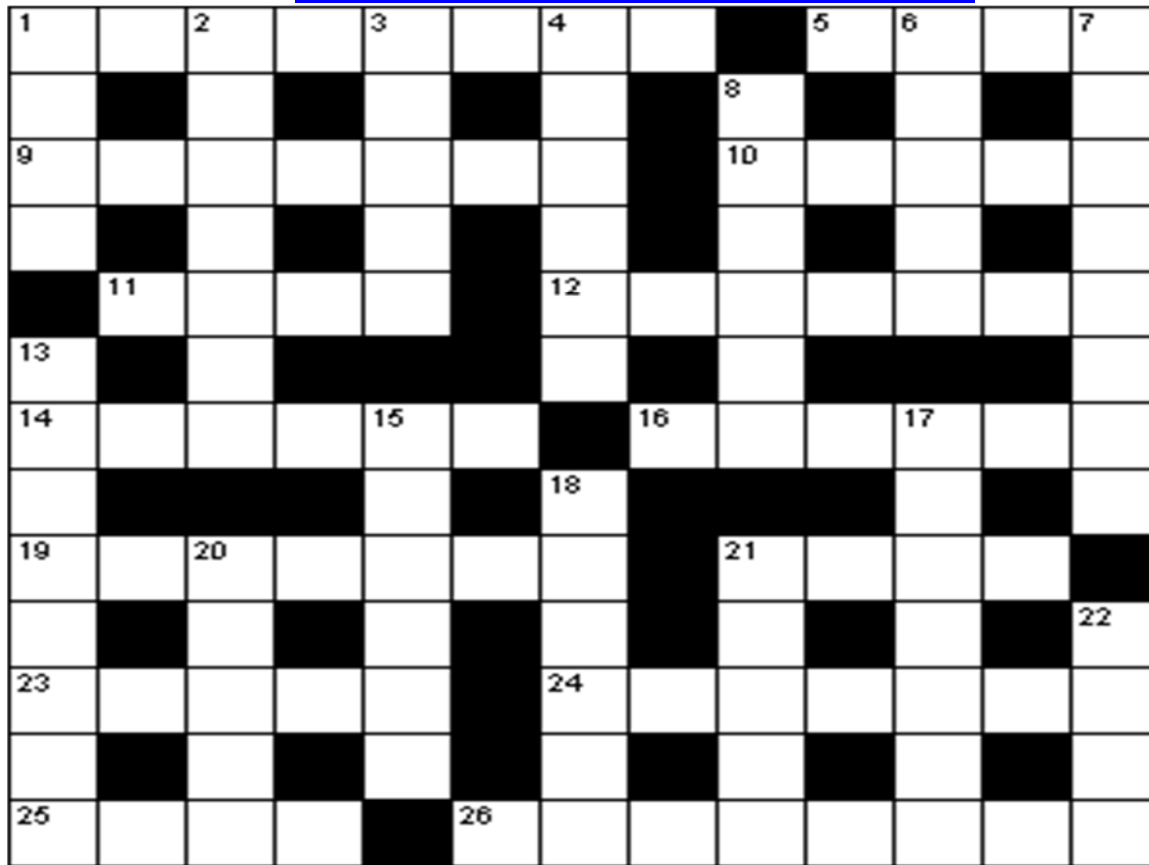
**ESL Class** (English as a Second Language Conversation Group) No registration required. The group will meet every Tuesday at 12:00 PM in person in the Valley Forge Room. Participants **MUST** wear a mask at all times and social distance will be maintained.

**Virtual Job Search Seminar:** Monday, November 1 at 6:30 PM. Mr. Bill DeLone will present the group of job seekers with their resume and providing job search counseling, sharing strategies, techniques and best practices. Mr. DeLone is a retired HR professional with 38 years of experience. Attend and benefit. There will be a Q & A session following his presentation.

**2021 Fall Book Discussion** is led by English Professors Erin Hurt. We will be meeting in person this Fall. Please see below for the titles and dates. We will be following strict guidelines during the meetings. The theme for the book discussion series is: *Understanding the Present By Way of the Past*. The program dates and titles are: **November 7 at 2 PM: Richard Power's *The Overstory* and December 5 at 2pm: Rebecca Makkai's *The Great Believers***

**Virtual: Breathe Away Your Anxiety:** Thursday, November 18 at 6:30 PM. We invite you to join us and learn about the science & secrets of the breath, the innate mind-body-breath connection, the benefits of breathing techniques & meditation and why they are becoming increasingly popular tools to combat anxiety and panic attacks. Every breathing pattern affects the mind and in this session you will learn effective tools to bring the mind to a restful and peaceful state of being.

**CROSSWORD - CATCH-WORDS** *(answers on page 8)*



**ACROSS**

- 1. Tea and \_\_\_ (8)
- 5. The \_\_\_ test (4)
- 9. \_\_\_ coffee (7)
- 10. Guardian \_\_\_ (5)
- 11. The \_\_\_ and the tortoise (4)
- 12. \_\_\_ awaited (7)
- 14. Practice what you \_\_\_ (6)
- 16. \_\_\_ promises (6)
- 19. Dante's \_\_\_ (7)

- 21. The birds and the \_\_\_ (4)
- 23. It takes two to \_\_\_ (5)
- 24. Picks and \_\_\_ (7)
- 25. X - \_\_\_ (4)
- 26. The \_\_\_ Land (8)

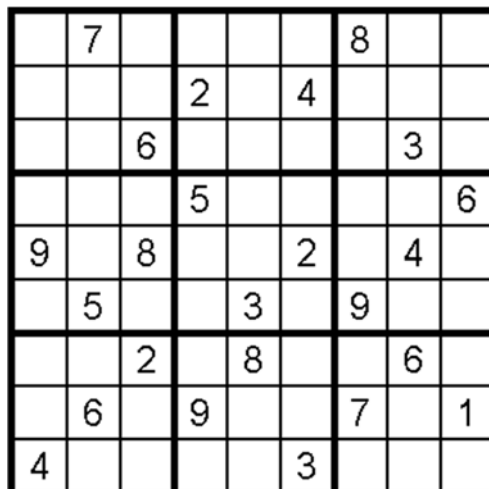
**DOWN**

- 1. Hop, \_\_\_ and jump (4)
- 2. \_\_\_ in a bottle (7)
- 3. Wide \_\_\_ (5)
- 4. Mad \_\_\_ (6)

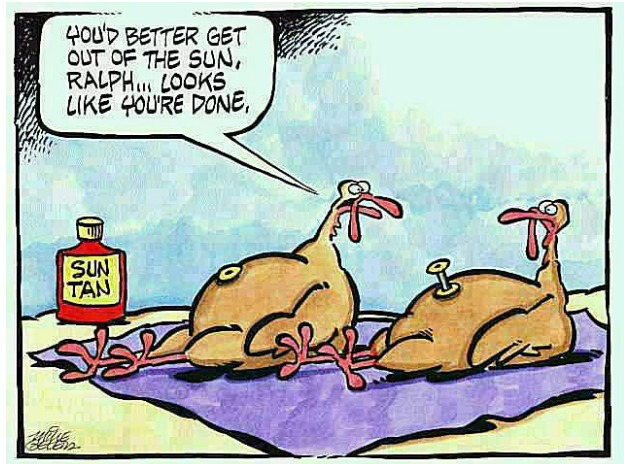
- 6. Close but no \_\_\_ (5)
- 7. \_\_\_ tactics (8)
- 8. \_\_\_ than life (6)
- 13. \_\_\_ group (8)
- 15. \_\_\_ and stick (6)
- 17. Finders \_\_\_ (7)
- 18. Rabble - \_\_\_ (6)
- 20. \_\_\_ - bone (5)
- 21. A new \_\_\_ sweeps clean (5)
- 22. \_\_\_ car salesman (4)

**(NEW) SUDOKU** *(answers on page 8)*

**The rules of Sudoku are simple. Place a 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.**



## JUST FOR LAUGHS



A lady was picking through the frozen turkeys at the grocery store, but couldn't find one big enough for her family. She asked the stock boy, "Do these turkeys get any bigger?" The stock boy answered, "No ma'am, they're dead."

\* \* \* \* \*

### HOW TO COOK A TURKEY:

- Step 1: Go buy a turkey
- Step 2: Take a drink of whiskey
- Step 3: Put turkey in the oven
- Step 4: Take another 2 drinks of whiskey
- Step 5: Set the degree at 375 ovens
- Step 6: Take 3 more whiskeys of drink
- Step 7: Turk the bastey
- Step 8: Whiskey another bottle of get
- Step 9: Ponder the meat thermometer
- Step 10: Glass yourself a pour of whiskey
- Step 11: Bake the whiskey for 4 hours
- Step 12: Take the oven out of the turkey
- Step 13: Floor the turkey up off of the pick
- Step 14: Turk the carvey
- Step 15: Get yourself another scottle of botch
- Step 16: Tet the sable and pour yourself a glass of turkey
- Step 17: Bless the dinner and pass out



# Thanksgiving Word Search

Challenging



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

CELEBRATION  
FALL  
GOBBLE  
HOME  
NOVEMBER  
PILGRIM  
STUFFING  
TRADITION  
WISHBONE

CORN  
FAMILY  
GRATITUDE  
LEAVES  
PECAN  
PLYMOUTH  
THANKFULNESS  
TURKEY

CRANBERRIES  
FEAST  
HOLIDAY  
MAYFLOWER  
PIE  
PUMPKIN  
THANKSGIVING  
VOYAGE



*Be loving and kind, have fun and celebrate.*

*Stay safe and keep others safe.*



**CROSSWORD ANSWERS**

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

**SUDOKU ANSWERS**

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