

The Best of Times

NOVEMBER 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

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How can it be November already? I am enjoying all the fall colors that are on full display this month. Thanksgiving is later this month and I hope you all have an opportunity to spend time with family and friends. Let's all give thanks for all we have in a world that seems so troubled.

The Center is looking for a member or a contact who knows how to program a Microsoft Access Database. Many of our programs use this software and we are looking for help in maintaining our database programs. Please contact the office if you are or know a resource. Appreciate your help.



October was a busy month for the Center. Our Big Bingo on October 22nd was a success thanks to the volunteers who spent many hours working on the event. Several local businesses donated gift cards as door prizes and baskets for the Basket Raffle. Wegmans Food Markets, Corropolese Bakery and Dino's Pizza generously provided most of the food sold at the Bingo. We appreciate their support and ask our members to remember their generosity when they shop. Thanks to those who supported our event.

Our election for members of the Board of Directors is coming up. Nominations are being accepted for positions on the Board. I want to thank the current board members who are all volunteers. They serve an important role, providing guidance to the Senior Center by contributing to the organization's culture, effectiveness, and financial sustainability. I hope you will all participate in the upcoming election and support our elected members for 2024.

Until next time,

Sharon Brzoska, President

WHAT'S HAPPENING AT THE CENTER

**THE SENIOR CENTER WILL BE CLOSED FOR THANKSGIVING HOLIDAY FROM WEDNESDAY,
NOVEMBER 22 THRU FRIDAY, NOVEMBER 24**

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

NOVEMBER 2023 WHAT ARE YOU THANKFUL FOR EACH DAY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 9-3 WALK THE TRACK 12:00 TECH HELP 12:00 NEIGHBOR TO NEIGHBOR ON ZOOM 12:30 CANASTA 12:30 LINE DANCING (cancelled)	2 9- 3 WALK THE TRACK 10:15 BINGO 11:30 FUN & FITNESS	3 9-3 WALK THE TRACK 10:30 SING-A-LONG 12:30-2:00 TRIVIA	4 
5 STANDARD TIME BEGINS	6 9-3 WALK THE TRACK 11:00 CURRENT EVENTS (ALSO ON ZOOM) 12-3 PAINTING GROUP 12:30 MEXICAN TRAIN	7 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 ELECTION DAY	8 9-3 WALK THE TRACK 11:00 GENERAL MEETING 11:45 PRESENTATION "BENEFITS OF PREARRANGING" by BACCHI FUNERAL HOME 12:00 NEIGHBOR TO NEIGHBOR ON ZOOM 12:30 CANASTA 12:30 LINE DANCING	9 9 - 3 WALK THE TRACK 9:30-12 NURSE/NUTRIONIST 10:15 BINGO 12:00 FUN & FITNESS with DON NEE 1:00 VETERANS PROGRAM "THANK YOU FOR YOUR SERVICE!"	10 9-3 WALK THE TRACK 10:30 SING-A-LONG 12:30-2:00 TRIVIA	11 VETERANS DAY 
12	13 9-3 WALK THE TRACK 11:00 CURRENT EVENTS (ALSO ON ZOOM) 11:30 MONDAY MATINEE "BOOK CLUB- THE NEXT CHAPTER" 12-3 PAINTING GROUP 12:30 MEXICAN TRAIN	14 9 -3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:30 FUN & FITNESS 12:30 PINOCHLE 12:30 BAND PRACTICE	15 9-3 WALK THE TRACK 12:00 TECH HELP 12:00 NEIGHBOR TO NEIGHBOR ON ZOOM 12:30 CANASTA 12:30 LINE DANCING	16 9-3 WALK THE TRACK 10:15 BINGO 11:30 FUN & FITNESS	17 9-3 WALK THE TRACK 10:00 DUTCH APPLE THEATER BUS TRIP 10:30 SING-A-LONG 12:30-2:00 TRIVIA	18
19	20 9-3 WALK THE TRACK 11:00 CURRENT EVENTS (ALSO ON ZOOM) 12-3 PAINTING GROUP 12:30 MEXICAN TRAIN 1:00 BOOK TALK "The World Played Chess" (ALSO ON ZOOM)	21 9 -3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:30 FUN & FITNESS 12:30 PINOCHLE 12:30 BAND PRACTICE	22 SENIOR CENTER CLOSED FOR THANKSGIVING HOLIDAY	23  CENTER IS CLOSED	24 SENIOR CENTER CLOSED FOR THANKSGIVING HOLIDAY	25 
26	27 9-3 WALK THE TRACK 11:00 CURRENT EVENTS (ALSO ON ZOOM) 12-3 PAINTING GROUP 12:30 MEXICAN TRAIN	28 9 -3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:30 FUN & FITNESS 12:30 PINOCHLE 12:30 BAND PRACTICE	29 9-3 WALK THE TRACK 12:00 NEIGHBOR TO NEIGHBOR ON ZOOM 12:30 CANASTA 12:30 LINE DANCING	30 9-3 WALK THE TRACK 10:15 BINGO 11:30 FUN & FITNESS 1:00 QUILTING		

December 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 9-3 WALK THE TRACK 10:30 SING-A-LONG 12-30-2:00 TRIVIA	2
3 TENTATIVE AS OF OCT 25	4 9-3 WALK THE TRACK 11:00 CURRENT EVENTS (ALSO ON ZOOM) 12-3 PAINTING GROUP 12:30 MEXICAN TRAIN	5 9 -3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:30 FUN & FITNESS 12:30 PINOCHLE 12:30 BAND PRACTICE	6 9-3 WALK THE TRACK 12:00 TECH HELP 12:00 NEIGHBOR TO NEIGHBOR ON ZOOM 12:30 CANASTA 12:30 LINE DANCING	7 9 - 3 WALK THE TRACK 10:00 BOARD MEETING 10:15 BINGO 11:30 FUN & FITNESS 12:45 MLH -HIP AND KNEE SEMINAR <i>HANUKKAH BEGINS</i>	8 9-3 WALK THE TRACK 10:30 SING-A-LONG 12:30 -2:00 TRIVIA 	9
10	11 9-3 WALK THE TRACK 11:00 CURRENT EVENTS (ALSO ON ZOOM) 11:30 MONDAY MATINEE "CHRISTMAS VACATION" 12-3 PAINTING GROUP 12:30 MEXICAN TRAIN	12 9 -3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:30 FUN & FITNESS 12:30 PINOCHLE 12:30 BAND PRACTICE	13 9-3 WALK THE TRACK 11:00 GENERAL MEETING 11:45 PRESENTATION THE RIGHT TIME TO UPDATE YOUR ESTATE PLANNING Salvatore Bello III, Attorney 12:00 NEIGHBOR TO NEIGHBOR ON ZOOM 12:30 CANASTA 12:30 LINE DANCING	14 9-3 WALK THE TRACK 9:30-12 NURSE/NUTRITIONIST 10:15 BINGO 11:30 FUN & FITNESS	15 NOON TO 2:30 ALL ACTIVITIES CANCELLED	16
17 	18 9-3 WALK THE TRACK 11:00 CURRENT EVENTS (ALSO ON ZOOM) 12-3 PAINTING GROUP 12:30 MEXICAN TRAIN 1:00 BOOK TALK	19 9 -3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:30 FUN & FITNESS 12:30 PINOCHLE 12:30 BAND PRACTICE	20 9-3 WALK THE TRACK 11:00 MLH PRESENTATION ALZHEIMERS & DEMENTIA 12:00 TECH HELP 12:00 NEIGHBOR TO NEIGHBOR ON ZOOM 12:30 CANASTA 12:30 LINE DANCING	21 9-3 WALK THE TRACK 10:15 BINGO 11:30 FUN & FITNESS 1:00 QUILTING <i>FIRST DAY OF WINTER</i>	22 CENTER CLOSED FOR HOLIDAYS 	23
24 CHRISTMAS EVE	25 CHRISTMAS DAY CENTER CLOSED	26 KWANZAA CENTER CLOSED	27 CENTER CLOSED FOR HOLIDAYS 	28 CENTER CLOSED FOR HOLIDAYS 	29 CENTER CLOSED FOR HOLIDAYS 	30
31 NEW YEARS EVE	<i>January 1, 2024</i> HAPPY NEW YEAR		HAPPY KWANZAA! <i>Merry Christmas</i> Happy Hanukkah <i>Happy Holiday</i>			

SAVE THESE DATES

ANNUAL HOLIDAY PARTY - FRIDAY DECEMBER 15

THE CALL FOR NOMINATIONS

We are now calling for nominations for 2024 elections of UMSSC Officers and Board Directors. We will be electing members for President, Vice President, Secretary and Treasurer (one year terms) and Board of Directors (three year terms). Please submit your suggestions for qualified candidates to the *Nominating Committee: Peggy Ford or Shirley Robey*. "Submit" means you have spoken with the person you want to nominate to get their consent. Once you have their consent please fill out a nomination form and **have the**

nominee sign it. (Nomination forms are available at the center or on the UMSSC website under "forms"). **Please give this important election some thought. Nominations must be received by November 3.**

TECH HELP: Sangeetha will be at the Center the 1st and 3rd Wednesday of the month @ 12:00 PM. (November 1 and November 15). Meet in the Computer Room.

GENERAL MEETING: Wednesday, November 8 at 11:00 AM. Following the meeting, Bacchi Funeral Home will present "The Benefits of Prearranging".

BLOOD PRESSURE CHECK: Thursday, November 9 from 9:30 to 12:00 PM. Have your blood pressure checked by MLH Nurse Tracey. Along with Tracey, we will have Carolyn, a nutritionist, to speak with those interested.

MONDAY MATINEE: Monday November 13 at 11:30 AM. Movie is "Book Club - the Next Chapter".

BOOK TALK: Monday, November 20 at 1:00 PM. Group will be reading "THE WORLD PLAYED CHESS" by Robert Dugoni.

DO YOU PLAY AN INSTRUMENT? The UMSSC Band is looking for some new members who enjoy playing jazz and big band music. The band meets on Tuesdays at 12:30 PM. Please stop by any Tuesday to listen or to ask about joining.

MEMBERSHIP DRIVE

The time to renew your membership for 2024 is coming up. We encourage you to have your friends renew or have a new friend who might be interested in joining. The 2024 Membership Form and UMSSC Code of Conduct are attached to this month's Newsletter. They are also available on our website www.UMSSC.org, or stop in the Center to renew. Membership cost is only \$25.00, and we have a lot to offer in the way of activities, special events and programs. Membership for the calendar year 2024 can be renewed beginning November 1, 2023. **Don't forget to acknowledge receipt of UMSSC Code of Conduct with your signature on the membership form.**

PROJECT LINUS – YARN NEEDED

We are asking for donations of 4-ply yarn (any color) to be used by our knitters for the Project Linus knitted squares. 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. **A TOTAL OF 73 BLANKETS WERE DONATED THIS SUMMER! THIS MEANS WITH EACH BLANKET 73 PEOPLE HAVE BEEN SHOWN THEY ARE CARED ABOUT. WAY TO GO KNITTERS!**



VETERANS CARE PACKAGE DONATIONS

In association with the Norristown Veterans Affairs Office, we are collecting donations for care packages to give to veterans. Here 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.* ITEMS REQUESTED: 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. **Place items in assigned box in lobby area. Thank you in advance to those who give.**

EXCURSIONS FOR 2024 (TENTATIVE)

MARCH 2024 - BUBE BREWERY MURDER MYSTERY THEATER
(VIA BUS)

APRIL 2024 - LITITZ & WOLF SANTUARY (CAR POOL)

MAY 2024 - WEST LAUREL HILL CEMETERY (CAR POOL)

JUNE 2024 - ANDALUSIA HOUSE & GARDENS (CAR POOL)

OCTOBER 2024 - JIM THORPE (CAR POOL)

NOVEMBER 15, 2024 - DUTCH APPLE DINNER THEATER
(VIA BUS: "WHITE CHRISTMAS")

Bacchi Funeral Home & Crematory, Ltd.

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Heather M. Hughes, Supervisor



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610-539-8010 • Fax: 610-635-0284
www.meyersfh.com • info@smfhpc.com
James T. Meyers, Supervisor

BIRTHDAYS IN NOVEMBER

11/1 Regina Costa

11/1 Myung Lee

11/1 Rose Marie Palladino

11/1 Lizette Richardson`

11/1 Koge Suto

11/1 Edward Wenger

11/2 Richard Bieler

11/2 Bernadette Reedel

11/2 Lauren Ruppe

11/3 Richard Briggs

11/3 Carolyn Fitchett

11/4 Hele Vondra

11/5 Joan Banas

11/5 Joyce Scheier

11/6 Diane Crocco

11/7 Jeanne Paradis

11/8 Maureen Harrington

11/8 Ann Nuss

11/9 James MacDonald

11/9 Lenore Runkle

11/14 Carolyn Vance

11/16 Henry Wahls, Jr.

11/17 Sabah Faroog

11/18 Pat Brunner

11/18 Howard Lurie

11/19 Loretta Spadafora

11/22 Jeanne Moon

11/22 George Schnabel

11/24 Anthony D'Alleva

11/27 Sherman Keller

11/27 Virginia Vance

11/30 Len Brzoska

11/30 Patricia Cunnane

11/30 Russ Rado

SPOTLIGHT ON: OUR ADVERTISERS

Welcome and thank you to our new advertisers. Your support is greatly appreciated. These businesses are supporting us and we encourage our members to support them.

DID YOU KNOW?

HOW TO KEEP YOUR BRAIN HEALTHY

Good [nutrition](#) is an essential part of a healthy lifestyle and, of course, a healthy brain. Dietitians agree that the best diet for a healthy brain and body is one that is based on:

- Variety of colorful fruits and vegetables
- Lean sources of protein
- Healthy fats (such as extra virgin olive oil)
- Whole (unrefined) grains

To help protect your memory experts recommend drinking plenty of water and minimizing or avoid eating fried foods, red meat, refined sugars, and heavily processed foods. Having no more than one glass of red wine per day may also help. Here are a few other specific examples of foods beneficial to memory or cognitive benefits:



Valley Forge Security Center
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Phone (610) 265-3380
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sales@valleyforgesecurity.com

- Cherries, blackberries, and blueberries
- Kale, spinach, and other dark leafy greens
- Coffee (in moderation)
- Dark chocolate (with at least 60-percent cocoa)
- Almonds and walnuts
- Pumpkin seeds
- Cabbage
- Broccoli
- Avocados
- Turmeric

Allendale Dental



allendaledental.com

860 First Avenue
Suite 6-A
King of Prussia, PA 19406
610-265-3311
610-337-0950

Dr. Kunaal Goyal
Cosmetic & Family Dentistry

UM LIBRARY PROGRAMS FOR NOVEMBER 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.)

DIWALI CELEBRATION ON MONDAY, NOVEMBER 6 FORM 6:00 PM TO 8:00 PM. Learn about the Indian cultural festival of lights at this fun event. Table displays and vendors. Dance performances - 7:00 PM to 7:45 PM. All are welcome.

HOME BUYING SEMINAR, WEDNESDAY, NOVEMBER 8 AT 6:30 PM. Are you ready to embark on the exciting journey of homeownership? Join us for an informative and interactive home buying event where we will guide you through the process of finding and purchasing your perfect home.

USN V IJN CARRIER AIR SQUADRON COMBAT AIRCRAFT - PART 1 - MILITARY HISTORY SEMINAR ON MONDAY, NOVEMBER 13, 20, AND 27 AT 6:30 PM. Pacific War, major theatre of World War II that covered a large portion of the Pacific Ocean, East Asia, and Southeast Asia, with significant engagements occurring as far south as northern Australia and as far north as the Aleutian Islands. Come learn more about the USN v IJN Carrier Air Squadron Combat Aircraft in this three-part series presented by Mr. Ray Rossa

ONGOING PROGRAMS AT THE LIBRARY:

Tech Night -First Monday of every month from 6:00 pm to 7:30 PM.

ESL Class (English as a Second Language Conversation Group) every Tuesday at 12:00 PM.

Meditation Series: Meditation Workshop - Falun Dafa Meditation second Tuesday of every month at 6:00 PM.

Public Speaking Class for adult, every Wednesday at 6: 30 PM.

Art, Games and Chit Chat for Adults with Disabilities, second and fourth Thursdays at 12:30 PM.

Book Discussion: Third Saturday of every month at 2:00 PM.

Virtual Career Series: 3rd Monday of month at 6:00 PM.

Knit Nite: 4th Monday at 6:00 PM.

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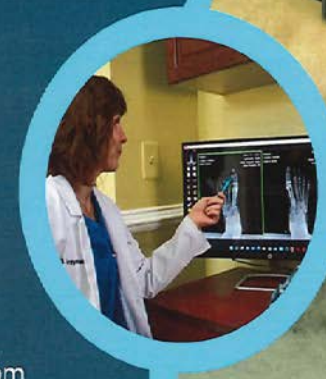
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WORD SEARCH

EATING OUT

D	N	O	C	C	G	E	E	D	O	O	F	H	T	L	N	L	R	L
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C	J	E	S	U	O	H	E	E	F	F	O	C	R	E	N	I	D	C

AL FRESCO, BANQUET, BARBECUE, BARS, BISTRO, BRASSERIE, BREAKFAST, BUFFET, CAFE, CAMPFIRE, CANTEEN, CLUB, COFFEE HOUSE, COLLATION, DINER, DINNER, DRINK, EATING HOUSE, FEAST, FOOD, GRILL, HOTEL, LUNCH, MEAL, MOTEL, PICNIC, PUBS, REPAST, RESTAURANT, ROTISSERIE, SANDWICH, SNACK, SUPPER, TAVERN, TEA SHOP.



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*Salvatore F. Bello, Jr.**

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Be loving and kind, have fun and celebrate.

Stay safe and keep others safe.

Have a wonderful Thanksgiving!



Thank You

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.

UMSSC MEMBERSHIP CODE OF CONDUCT

GOAL:

The Upper Merion Senior Service Center goal is to provide a **welcoming and friendly place to socialize, learn new things and participate in activities**. These guidelines are intended to provide an environment of safety, mutual respect, and comfort for all Senior Center members and guests.

EXPECTATIONS:

Everyone should be considerate and treat others with kindness, courtesy, and respect regardless of individual opinions, ethnicity, race, sexuality, age, disability, or religion. Participants must also be responsible for providing their own personal care and needs. A caregiver must accompany participants not able to attend to their own personal needs and must remain for the duration of their stay. Any person exhibiting illness, poor personal hygiene, and/or related conditions that may compromise the health of others may be asked to leave the Center until the condition is remedied.

UNACCEPTABLE BEHAVIOR:

- Disturbing, disruptive, or unsafe behavior that infringes on the rights of members and staff, including any conduct that interferes with use or enjoyment of facility amenities by other participants or interrupts activities or programs being offered by the center or causes damage or destruction to property.
- Use of abusive, obscene, threatening, harassing, insulting, offensive, or suggestive language.
- Harassment or intimidation by words, gestures, body language or any menacing behavior.
- Physical contact with another person in any angry or threatening manner or threatening of physical violence.
- Borrowing and/or tampering with another person's property or Center property or belongings without permission.
- Carrying or concealing weapons or other devices that could be used as a weapon.
- Use of tobacco is prohibited inside the Center or during any center activities.
- Alcohol is prohibited unless it is sanctioned by the Center Board for specific activities.
- Selling, soliciting, panhandling, or conducting personal commercial activities.
- Talking on telephones or using electronic devices without headphones in a manner that disrupts other participants.
- Inappropriate attire.

UNDERSTANDING:

Continuous complaints and negative comments are detrimental and uncomfortable for other participants. Concerns should be brought to the attention of the staff so appropriate action can be taken. Questions or disputes about violations and/or the interpretation of the provisions of this Code of Conduct will be resolved by the Board of Directors.

CONSEQUENCES:

Verbal Warning

- Meet with the participants to discuss the Incident and the meeting will be documented.
- Discuss inappropriate behavior.
- Advise participants that continued inappropriate behavior will result in suspension from the program.

SUSPENSION OF CENTER PRIVILEGES:

The length of time will be dependent on the nature and the severity of the violation and will be decided by the Board of Directors.

If a violation of the Code of Conduct Policy or an action causes harm to another participant, staff or property, the violator will be instructed to leave immediately and may permanently lose all privileges at the Center.

No refunds of fees shall be given for any suspension or expulsion for violating the Code of Conduct.

Approved: May 9, 2023

2024 INDIVIDUAL MEMBERSHIP



UPPER MERION SENIOR SERVICE CENTER

431 W. VALLEY FORGE ROAD, KING OF PRUSSIA, PA 19406

TELEPHONE: 610-265-4715

Our Website: www.umssc.org

FOR NEW MEMBERS: PLEASE ENTER ALL INFORMATION.

FOR MEMBER RENEWAL: PLEASE PROVIDE ANY CHANGES ON THE BLANK LINES OR CHECK NO CHANGES.

**** PLEASE PRINT ****

Last Name: First Name:

E-Mail:

Membership Fee: \$25.00

NO CHANGES

Do you have a handicap placard? Yes No

BIRTHDAY: MONTH _____ DAY _____

Select One: Mr. Dr. Mrs. Ms. Miss

Last Name: _____

First Name: _____

Street or P.O. Box: _____

City: _____

State: _____ Zip Code: _____

Telephone: (_____) _____

Cell Phone: (_____) _____

Emergency Contact Name: _____

Telephone: (_____) _____

Comments: _____

Code of Conduct: I acknowledge receipt of the UMSSC Code of Conduct

(signature)

Confidentiality: The UMSSC guarantees your privacy. None of the above personal information will be made available to anyone, with the exception of birthdays, which are posted in the newsletter every month.

OFFICE USE ONLY

DATE PAID: _____ CASH: \$ _____ CHECK NO. _____ PAYMENT REC'D. BY: _____

MEMBERSHIP CARD ISSUED: _____