

The Best of Times

OCTOBER 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



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

WE ARE BACK!

Greetings fellow members,

The Senior Center is open and we have resumed our regular in person schedule of activities. We are excited to see the return of our members and to welcome some new members. *Don't forget - membership fees have been waived for 2021.* Our safety protocols are still in effect. *Members and visitors must be fully vaccinated and provide valid proof of vaccination in order to enter the Senior Center and participate in any activities.* A mask mandate has been put in place by Upper Merion Township and all members must wear a mask while in the Senior Center.

Nominations for UMSSC Board and Officer positions will be presented at the October General Meeting. Additional nominations for these positions can be submitted up until the November General Meeting. If you are interested in serving the organization in this capacity, or have a friend who is, please submit a nomination form to the office. Please note that if you wish to nominate a friend, the form requires their signature to indicate their willingness to serve.

Joseph Liebreich has retired from the Board. We thank him for his service to the Center. Pat Holden has accepted our invitation to join the Board and we look forward to working with her.

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

The Senior Center will have a table at the Community Fair in Heuser Park on October 2 starting at 3:00 PM. Hope you will stop by and say hello!

Dick McCann, President

IN MEMORIAM

We extend our deepest sympathies to the family and friends of Shethra Rigg. Shethra enjoyed coming to the Senior Center and was active in the Garden Club. Another good friend and member, Sarah Phillips, passed away on September 21. Sarah enjoyed playing bingo, cards and going to the Casino. She will be missed.

THANK YOU FOR YOUR DONATIONS TO THE SENIOR CENTER

We very much appreciate and thank the following members for their generous contributions:

Thank you to Cindy and Dan Eastman for their donation in memory of Marie Kilpatrick.

Thank you to Jessie Kealey for her donation to the Senior Center.

KEEPING OUR MEMBERS INFORMED



Please refer to the monthly calendar for all October activities. Contact anyone in the office if you have questions.

FLU SHOTS: Giant Pharmacy will be at the Center to administer flu shots. You must sign up in advance to receive the shot. Shots will be offered on Tuesday October 5 and Thursday October 14 from 11:00 AM to 1:00 PM. Sign up sheets are on the table in the Lobby area. ***DON'T FORGET TO BRING YOUR INSURANCE CARD.***

October 2021

TRYING TIMES ARE NO TIME TO QUIT TRYING



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 10:30 SING-A-LONG	2 COMMUNITY FAIR AND FALL FESTIVAL 3:00PM HEUSER PARK
3	4 10:00 MAH-JONGG 10:30 CURRENT EVENTS	5 9-11 WALK TRACK 11:30 FUN & FITNESS 12:30 PINOCHLE 12:30 BAND PRACTICE (SUSP) 11-1 FLU SHOTS	6 10:00 BOARD MEETING 12:30 CANASTA 1:00 LINE DANCING 1:00 MATTER OF BALANCE	7 9-11 WALK TRACK 10:15 BINGO 11:30 FUN & FITNESS	8 10:30 SING-A-LONG	9
10	11 10:00 MAH-JONGG 10:30 CURRENT EVENTS	12 9-11 WALK TRACK 11:30 FUN & FITNESS 12:30 PINOCHLE 12:30 BAND PRACTICE (SUSPENDED)	13 9:30 GENERAL MEETING 12:30 CANASTA 1:00 LINE DANCING 1:00 MATTER OF BALANCE	14 9-11 WALK TRACK 10:15 BINGO 11:30 FUN & FITNESS 11-1 FLU SHOTS	15 10:30 SING-A-LONG	16
17	18 10:00 MAH-JONGG 10:30 CURRENT EVENTS 1:00 BOOK TALK	19 9-11 WALK TRACK 11:30 FUN & FITNESS 12:30 PINOCHLE 12:30 BAND PRACTICE (SUSPENDED)	20 10:00 PERSIAN GROUP 12:30 CANASTA 1:00 LINE DANCING 1:00 MATTER OF BALANCE	21 9-11 WALK TRACK 9:00 EXCURSION TRIP 10:00 BUSINESS DISCUSSION GROUP 10:15 BINGO 11:30 FUN & FITNESS	22 10:30 SING-A-LONG 11:30 FRIDAY FLICKS	23
24	25 10:00 MAH-JONGG 10:30 CURRENT EVENTS 12:00 COFFEE WITH A COP	26 9-11 WALK TRACK 11:30 FUN & FITNESS 12:30 PINOCHLE 12:30 BAND PRACTICE (SUSPENDED)	27 12:30 CANASTA 1:00 LINE DANCING 1:00 MATTER OF BALANCE	28 9-11 WALK TRACK 10:00 BUSINESS DISCUSSION GROUP 10:15 BINGO 11:30 FUN & FITNESS	29 10:30 SING-A-LONG	30
31 						

GENERAL MEETING: Wednesday October 13 at 9:30 AM. If you cannot attend, you can watch on UMGA TV (Comcast 22/Verizon 33). The meeting will be aired on Thursday's at 6:00 PM and repeat the following day at 10:00 AM.

BOOK TALK: Monday, October 18 at 1:00 PM in the Library/Lounge. Book selection is "The Henna Artist" by Alka Joshi.

FRIDAY FLICKS: Friday, October 22. We will show "**Lost and Found**" a film with seven interconnecting stories set in and around a Lost & Found office at an Irish train station. All segments are inspired by true stories, share a theme of something lost or found and characters that come in and out of each other's lives. 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, October 25 at 12:00 PM. Join the conversation about your community with Upper Merion Police Officer, Glenn Muntzer.

TRIP TO SCOTT ABORETUM: Thursday, October 28 at 9:30 AM. The Scott Arboretum is a unique garden of ideas and suggestions encouraging horticulture in its broadest sense through displays on the 350-plus acre campus of Swarthmore College. It offers some of the region's most intimate, authentic, and accessible horticultural experiences. *Trip will be via car pool. Meet at upper level (pool) parking lot at 9:30 AM. To attend you must complete a registration form (available in lobby) and hand in no later than October 14.*

ATTENTION BOARD GAME ENTHUSIASTS! We invite members to form a new **Scrabble Group**. Let us know your interest and we will get it on our calendar of activities, maybe even get a competition going!

[SAVE THESE DATES](#)

NOVEMBER 19 - American Treasure Museum: Guided tram ride that meanders through the 75,000 square foot Toy Box and expansive collection of oddities, curiosities and priceless antiques. See the original Lit Brothers Dept. Store Dickens Christmas window display. Enjoy a self-guided tour of our Music Room and Classic Car Exhibit.

DECEMBER 9 - Glencairn Museum: 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.

APRIL 6, 2022 - Dutch Apple Dinner Theater in Lancaster: 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. The story focuses on Don Lockwood and Lina Lamont who are a hot items on screen but, behind the scenes, things aren't always as they seem! Meanwhile, Lina's less than pleasant vocal tones make her an improbable contender for stardom in the new talking pictures. 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".

[WISHING A HAPPY OCTOBER BIRTHDAY TO MEMBERS](#)

10/3 Dwaine Glidden

10/3 James Henry

10/4 Edward Carter

10/5 Sandra Millhouse-Quattro

10/6 Ann Leahan

10/8 Maria Cassidy

10/10 Ejvind Hansen

10/10 Tom Harrington

10/10 Beverly Samuels

10/12 Tom Ricci

10/13 Stella Lyons

10/14 Carol Popowicz

10/15 Peggy Ford

10/17 Erik Ruppe

10/19 Anne Helenski

10/19 Ray Winters

10/20 Irene Andreyko

10/20 Lee Seymour

10/21 Stephen Wolfhope

10/22 Sally McDonough

10/25 Jennie Angelina

10/25 Hedy Bokoski

10/27 Dottie Hendzel

10/28 Joe Murphy

10/28 Frank Rodrique

10/29 Jim Ruddy

DO YOU LIKE BEING OLD?

(Author Unknown)

I am now, probably for the first time in my life, the person I have always wanted to be. Oh, not my body! I sometime despair over my body - the wrinkles, the baggy eyes, and the sagging rear. And often I am taken aback by that old person that lives in my mirror, but I don't agonize over those things for long.

I would never trade my amazing friends, my wonderful life, my loving family for less gray hair or a flatter belly. As I've aged, I've become more kind to myself, and less critical of myself. I've become my own friend. I don't chide myself for eating that extra cookie, or for not making my bed, or for buying that silly cement gecko that I didn't need, but looks so avant-garde on my patio. I am entitled to overeat, to be messy, to be extravagant. I have seen too many dear friends leave this world too soon; before they understood the great freedom that comes with aging. Whose business is it if I choose to read or play on the computer until 4 A.M. and sleep until noon?

I will dance with myself to those wonderful tunes of the 40s, 50s, 60s, and if I, at the same time, wish to weep over a lost love ... I will. I will walk the beach in a swim suit that is stretched over a bulging body, and will dive into the waves with abandon if I choose to, despite the pitying glances from the bikini set. They, too, will get old.

I know I am sometimes forgetful. But there again, some of life is just as well forgotten ... and I eventually remember the important things. Sure, over the years my heart has been broken. How can your heart not break when you lose a loved one, or when a child suffers, or even when a beloved pet gets hit by a car? But broken hearts are what give us strength and understanding and compassion. A heart never broken is pristine and sterile and will never know the joy of being imperfect.

I am so blessed to have lived long enough to have my hair turn gray, and to have my youthful laughs be forever etched into deep grooves on my face. So many have never laughed, and so many have died before their hair could turn silver. I can say "no" and mean it. I can say "yes" and mean it. As you get older, it is easier to be positive. You care less about what other people think. I don't question myself anymore. I've even earned the right to be wrong.

So, to answer the question, I like being old. It has set me free. I like the person I have become. I am not going to live forever, but while I am still here, I will not waste time lamenting what could have been, or worrying about what will be. And I shall eat dessert every single day.

* * *

UM LIBRARY PROGRAMS FOR OCTOBER

(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.)

Zoom Basic Computer Class: Sangeetha will lead. Thursdays, **October 14 and 28 at 11:00 AM. MUST REGISTER** at the library to receive zoom links.

Upper Merion Township's Community Fair and Fall Festival is free to the public, kid and pet friendly, and happening on October 2 in Heuser Park starting at 3:00 PM. Rain or Shine. Stop by and say hi to us at the Upper Merion Township Library's information table.

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.

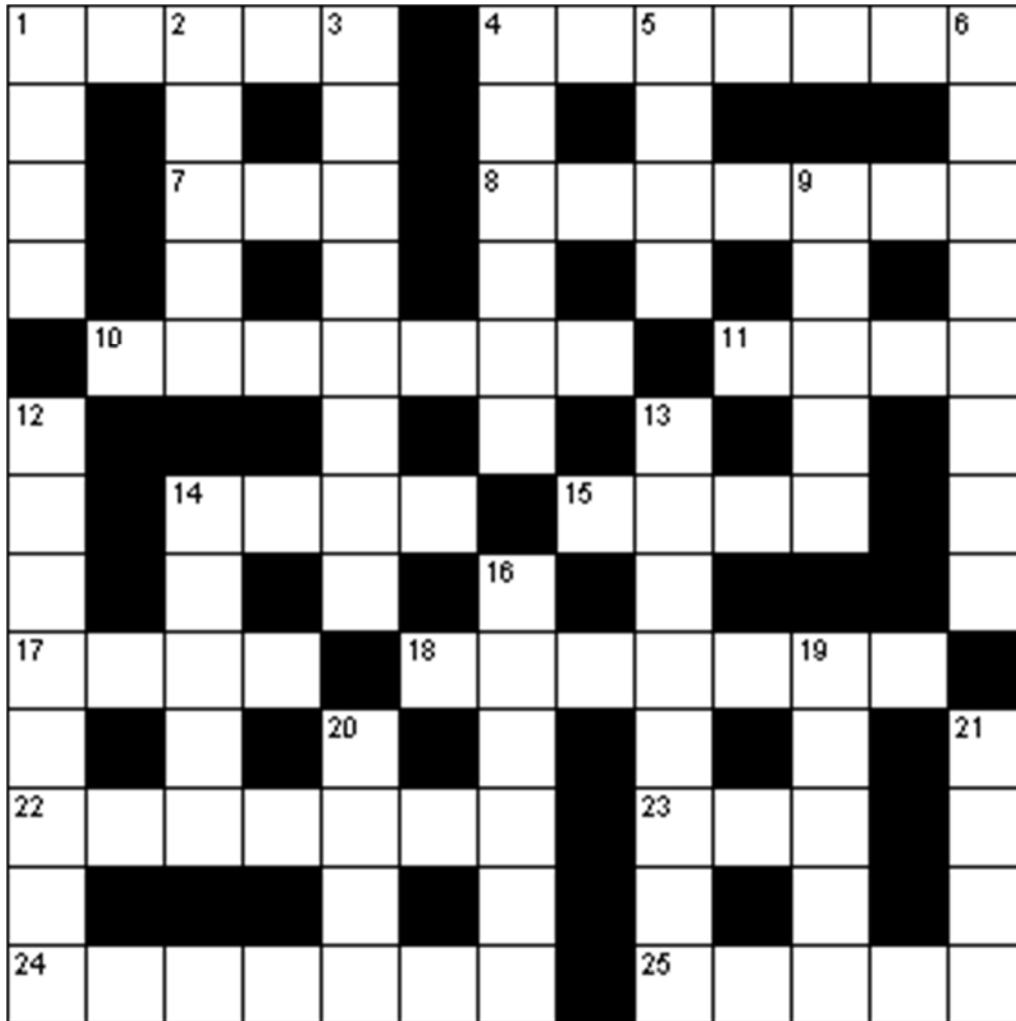
Photo Preservation Class: Monday, October 4 at 6:30 PM. Save-Organizing-Share Your Digital Photos presented by Terri McDowell -Lead Ambassador, Forever. This class will help you to turn your photo mess into a beautifully, organized collection of memories that your family will enjoy for generations. Learn the basics of

photo organization, and the different options available for digitizing media, considerations for storing photos and video, and the importance of saving, organizing, and sharing our precious memories and photos.

CROSSWORD

(answers on page 6)

CATCH-WORDS - 17



ACROSS

- 1. ___ your blessings (5)
- 4. Samson and ___ (7)
- 7. ___ for a song (3)
- 8. False ___ (7)
- 10. Tears before ___ (7)
- 11. Don't look a ___ horse in the mouth (4)
- 14. Cabin ___ (4)
- 15. Buy one, get one ___ (4)
- 17. ___ clad excuse (4)
- 18. Cockles and ___ (7)

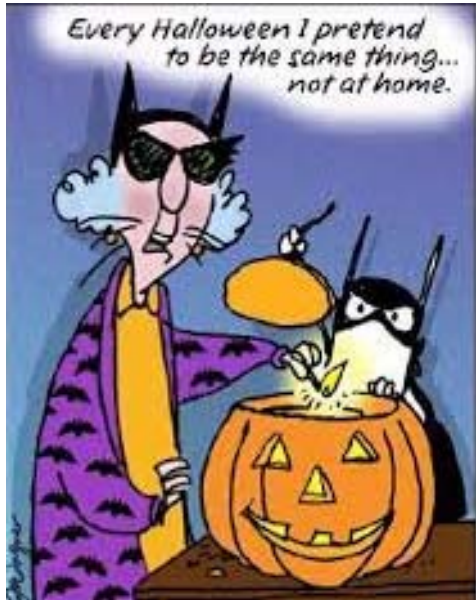
- 22. Ireland, The ___ Isle (7)
- 23. Stuck in a ___ (3)
- 24. The wisdom of ___ (7)
- 25. The ___ bird catches the worm (5)

DOWN

- 1. An ounce of prevention is worth a pound of ___ (4)
- 2. ___ Sam (5)
- 3. The Roaring ___ (8)
- 4. Sweet ___ (6)
- 5. ___ before you leap (4)

- 6. A needle in a ___ (8)
- 9. Offer an ___ branch (5)
- 12. ___ before pleasure (8)
- 13. May the Saints ___ us! (8)
- 14. A ___ shave (5)
- 16. Beast of ___ (6)
- 19. Sooner or ___ (5)
- 20. Cool, ___ and collected (4)
- 21. The one and ___ (4)

JUST FOR LAUGHS



THE PUZZLE

A little silver-haired lady calls her neighbor and says, "Please come over here and help me. I have a killer jigsaw puzzle, and I can't figure out how to get started."

Her neighbor asks, "What is it supposed to be when it's finished?"

The little silver-haired lady says, "According to the picture on the box, it's a rooster."

Her neighbor decides to go over and help with the puzzle.

She lets him in and shows him where she has the puzzle spread all over the table.

He studies the pieces for a moment, then looks at the box, then turns to her and says,

"First of all, no matter what we do, we're not going to be able to assemble these pieces into anything resembling a rooster." He takes her hand and says, "Secondly, I want you to relax. Let's have a nice cup of

tea, and then," he said with a deep sigh.....

"Let's put all the Corn Flakes back in the box."

WORD SEARCH PUZZLE

WILD THINGS



AARDVARK, ALBATROSS, ALLIGATOR, ANACONDA, ANTELOPE,
BABOON, BADGER, BANDICOOT, BEAR, BUFFALO, BUZZARD,
CENTIPEDE, CHEETAH, COUGAR, CROCODILE, DINGO, EAGLE,
ELEPHANT, FALCON, GIRAFFE, GORILLA, HAWK, HIPPOPOTAMUS,
HYENA, IGUANA, JAGUAR, KANGAROO, LEOPARD, MONKEY,
RATTLESNAKE, RHINOCEROS, SEALION, TAPIR, TARANTULA,
VULTURE, WALRUS, WOLF, ZEBRA.

To All!
Be Loving and Kind, Have Fun and Celebrate.
Stay Safe and Keep Others Safe.



CROSSWORD ANSWERS

C	O	U	N	T		D	E	L	I	L	A	H						
U		N		W		R		O				A						
R		C	U	E		E	C	O	N	O	M	Y						
E		L		N		A		K		L		S						
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