

# The Best of Times

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



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

### NEWS AROUND THE CENTER

It is hard to believe that September is already over, and that cooler temperatures and more fall-like weather have arrived. October is the start of sports season, including soccer, football, ice hockey, field hockey, and basketball. There is no end to the number of games to attend or watch on TV. One of our favorite holidays is Halloween; all that candy and funny costumes. It is also the beginning of the fall/winter holidays. Our focus for this and the following months is fun and family!

During the months of November and December we will begin collecting dues for 2023. Dues are still only \$20.00. Renewal forms are available at the Center or on our website.

We would especially like to thank Joan Banas for the wonderful vegetables she has been bringing in from her own garden to share with our members. Remember to thank Joan when you see her!

We mourn the loss of two Senior Center members; Dominick Iannuzzelli and Lorraine Farrell. We offer our sincere condolences to their families and friends. They will be missed.

The Senior Center will be closed on Wednesday, October 5 to observe *Yom Kippur*. Yom Kippur is the holiest day of the year in Judaism. Its central themes are atonement and repentance. Jews traditionally observe this holy day with a day-long fast, confession, and intensive prayer, often spending most of the day in synagogue services.

It was brought to our attention that we left someone off of the September Birthday list. Apologies to Cynthia Porrecca for omitting her name and birthday of September 7. We hope that she had a wonderful day!

If you have any questions, concerns or suggestions, please feel free to call me, Dick McCann (UMSSC President), at 610-416-7431 or email [rmbboater@aol.com](mailto:rmbboater@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 OCTOBER 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. Proof of vaccination is still required to enter the Senior Center; however, masks are optional.**

### CALL FOR NOMINATIONS FOR 2023 ELECTIONS

The call for nominations continues for 2023 elections of UMSSC Officers and Board Directors. We will be electing members for President, Vice President, Secretary and Treasurer (one year terms), plus two members for the Board of Directors (three year terms). Please submit your suggestions for qualified candidates to the Nominating Committee: Dick McCann, Peggy Ford or Shirley Robey. You must have the consent of the person you are nominating. Complete and have them sign a nomination form. ***Please give this important election some thought. The slate of nominations for 2023 will be in the November newsletter and presented at the November General Meeting. Attached to this newsletter is an Application for Absentee Ballot 2023. If you will not be at the General Meeting in December for the final vote, please complete and return this request.***

# October 2022

## EVERYONE HAS SOMETHING TO TEACH ONE ANOTHER!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
2	3 10:30 CURRENT EVENTS (ALSO ON ZOOM) 12:30 MEXICAN TRAIN	4 9-11 WALK THE TRACK <b>10:00 BOARD MEETING</b> 11:30 FUN & FITNESS 12:30 PINOCHLE 12:30 BAND PRACTICE	5 <b>CLOSED FOR YOM KIPPUR</b>	6 9-11 WALK THE TRACK <b>9:30-12 NURSE</b> 10:15 BINGO 11:30 FUN & FITNESS	7 10:30 SING-A-LONG	8
9	10 10:30 CURRENT EVENTS (ALSO ON ZOOM) 12:30 MEXICAN TRAIN  <b>COLUMBUS DAY</b>	11 9-11 WALK THE TRACK <b>10-12:00 FLU/COVID SHOTS</b> 11:30 FUN & FITNESS 12:30 PINOCHLE 12:30 BAND PRACTICE	12 <b>11:00 GENERAL MEETING</b> 12:30 CANASTA 12:30 LINE DANCING	13 9-11 WALK THE TRACK <b>10:00 BUCKS COUNTY PLAYHOUSE EXCURSION</b> 10:15 BINGO 11:30 FUN & FITNESS	14 10:30 SING-A-LONG	15
16	17 10:30 CURRENT EVENTS (ALSO ON ZOOM) 12:30 MEXICAN TRAIN <b>1:00 BOOK TALK</b>	18 9-11 WALK THE TRACK 11:30 FUN & FITNESS 12:30 PINOCHLE 12:30 BAND PRACTICE	19 <b>11:00 COMPUTER BASICS</b> 12:30 CANASTA <b>12:30 DANCE IMPROV</b>	20 9-11 WALK THE TRACK 10:15 BINGO 11:30 FUN & FITNESS	21 10:30 SING-A-LONG	22
23	24 10:30 CURRENT EVENTS (ALSO ON ZOOM) 12:30 MEXICAN TRAIN <b>12:15 COFFEE WITH A COP</b>	25 9-11 WALK THE TRACK 11:30 FUN & FITNESS 12:30 PINOCHLE 12:30 BAND PRACTICE	26 12:30 CANASTA 12:30 LINE DANCING	27 9-11 WALK THE TRACK 10:15 BINGO 11:30 FUN & FITNESS 1:00 QUILTING	28 10:30 SING-A-LONG	29
30	31 10:30 CURRENT EVENTS (ASO ON ZOOM) 12:30 MEXICAN TRAIN  <b>HAPPY HALLOWEEN</b>					

### SAVE THE DATE - WEDNESDAY, DECEMBER 7

We are having a party! On December 7 we will celebrate the upcoming holidays with a party. We will provide more details soon. Hope you will plan on coming.

### ACTIVITIES

**NOTE TEMPORARY DATE CHANGE: BLOOD PRESSURE CHECK:** THURSDAY, OCTOBER 6 at 9:30 AM-12:00 PM. Main Line Health Nurse will check your blood pressure.

**MONDAY MATINEE:** MONDAY, OCTOBER 10. Lunch at 11:30 AM and Movie at 12:00 PM. Movie selection is "The Eyes of Tammy Faye", an intimate look at the extraordinary rise, fall, and redemption of televangelist Tammy Faye Bakker.

**FLU SHOTS and COVID BOOSTER SHOTS:** TUESDAY, OCTOBER 11 from 10:00 AM to 12:00 PM. Offered again this year by Giant Pharmacist, Kim Riley. *Please sign up in advance on sign-up sheet in the lobby. BRING YOUR INSURANCE CARD AND YOUR VACCINATION CARD (if you are getting the booster).*

**BASIC COMPUTER CLASS:** Sangeetha will be at the center every 1st and 3rd WEDNESDAY of the month @ 11:00 AM. (*Only one time this month Oct. 19.*) Sign-up sheet is in the lobby.

**GENERAL MEETING:** SECOND WEDNESDAY OF THE MONTH (*October 12*) AT 11:00 AM. ***A presentation of the By-Law revisions will be discussed. By-Law revisions will be voted on at the November General Meeting to be held on November 9.***

**LINE DANCE:** WEDNESDAYS AT 12:30 PM. ***NO LINE DANCE OCT. 19. HOWEVER, IF YOU STILL WANT TO DANCE, YOU ARE INVITED TO SHARE YOUR DANCE STEPS AT "DANCE IMPROV". SOUNDS LIKE FUN!***

**BOOK TALK:** MONDAY OCTOBER 17 at 1:00 PM. Book selection is "The Nature of Fragile Things" by Susan Meissner.

**COFFEE WITH A COP:** MONDAY, OCTOBER 24 AT 12:00 PM. Join the conversation about your community with Upper Merion Police Officer, Glenn Muntzer.

**QUILTING:** THURSDAY, OCTOBER 27 at 1:00 PM in the Craft Room. *Questions? Contact Ethel Hutchinson 610-265-6495 or Hutchinson.ethel63@gmail.com.*

### EXCURSION DATES

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

**BYERS MUSEUM & SCULPTURE GARDEN THURSDAY, NOVEMBER 10:** COST: \$12.00 MEMBERS - \$15.00 NON-MEMBERS. CARPOOL DEPART 10 AM. MEET AT UPPER LEVEL (POOL) PARKING LOT

***2023 TRIPS: NO DETAILS AVAILABLE YET***

**CLASSIC AUTO MALL MORGANTOWN:** THURSDAY MARCH 23: Via car pool. Lunch at Shady Maple.

**NORTHVIEW GARDEN IN MAPLE GLEN:** THURSDAY APRIL 20. Via car pool. Tour of private garden.

**MURAL ARTS TROLLEY TOUR:** THURSDAY, MAY 25. Tour through city to view murals.

**MUTTER MUSEUM:** THURSDAY, JUNE 15. Via car pool. Medical museum in Center City.

### HAPPY OCTOBER BIRTHDAYS!

10/3 James Henry  
10/4 Edward Carter  
10/8 Maria Cassidy  
10/8 Harper Meek  
10/10 Ejvind Hansen  
10/10 Thomas Harrington  
10/10 Sharon Mahar

10/10 Beverly Samuel  
10/13 Stella Lyons  
10/14 Carol Popowicz  
10/15 Peggy Ford  
10/16 Madhu Dhingra  
10/17 Erik Ruppe  
10/19 Emanuel Gingerich

10/19 Anne Helenski  
10/20 Lee Seymour  
10/21 James Green  
10/21 Stephen Wolfhope  
10/22 Sally McDonough  
10/23 Jean Olexy  
10/25 Jennie Angelina  
10/29 Jim Ruddy



## UM LIBRARY PROGRAMS FOR OCTOBER 2022

(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.)

**ZOOM BASIC COMPUTER CLASS:** Sangeetha will lead class Thursdays October 13 and 27 at 11:00 AM. *Must register at the library to register to receive zoom links.*

**TECH NIGHT:** Resumes in person. One on one tech help session meets first Monday of every month at 6:30 PM (August 3). 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.*

**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.

**COLORING AND BOARD GAME NIGHT:** Second Monday of every month (October 10) at 6:00 PM. Bring your friends and enjoy coloring/playing. Materials provided. Walk-ins welcome.

**BASICS OF SAVING FOR RETIREMENT:** Monday, October 10 at 7:00 PM. Seminar covers types of saving vehicles; 401(k), Roth 401(k), IRA and Roth IRA. The presenter will discuss order of saving into these vehicles, income limitations for the different IRAs, catch contributions and account limits will also be covered. *Must register.*

**DIWALI CELEBRATION:** Monday, October 16 from 6:00 to 8:00 PM at the UM Library. Please check our online calendar for more information on Indian vendor tables and entertainment lineups.

**VIRTUAL CAREER SERIES:** Scheduled for 3rd Monday of month (October 17) at 6:00 PM. Please check our online calendar for topics to be discussed each month. *Must register to receive zoom link.*

**KNIT NITE:** Resumes in person. The group meets 4<sup>th</sup> Monday of the month (October 24) 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.

### DID YOU KNOW?

Upper Merion Township *Hometown Heroes Banner Program* proudly recognizes veteran service members who have been honorably discharged, both living and deceased. Each banner honors a specific Upper Merion service member whether a current or past resident of the Township. You may have noticed the banners hanging from the light poles in the parking lot of the Community and Senior Centers. Closest and in front of the Senior Center is the banner honoring Ray Forster. Ray was the very handsome husband of Joan Forster and was a member of the Senior Center for many years. Standing below Ray's banner (on the left) are Joan, her nephew Brian, and her brother, Mike. It is wonderful to see all of the banners honoring those who served in the military. *We thank all of the men and women for their service.*

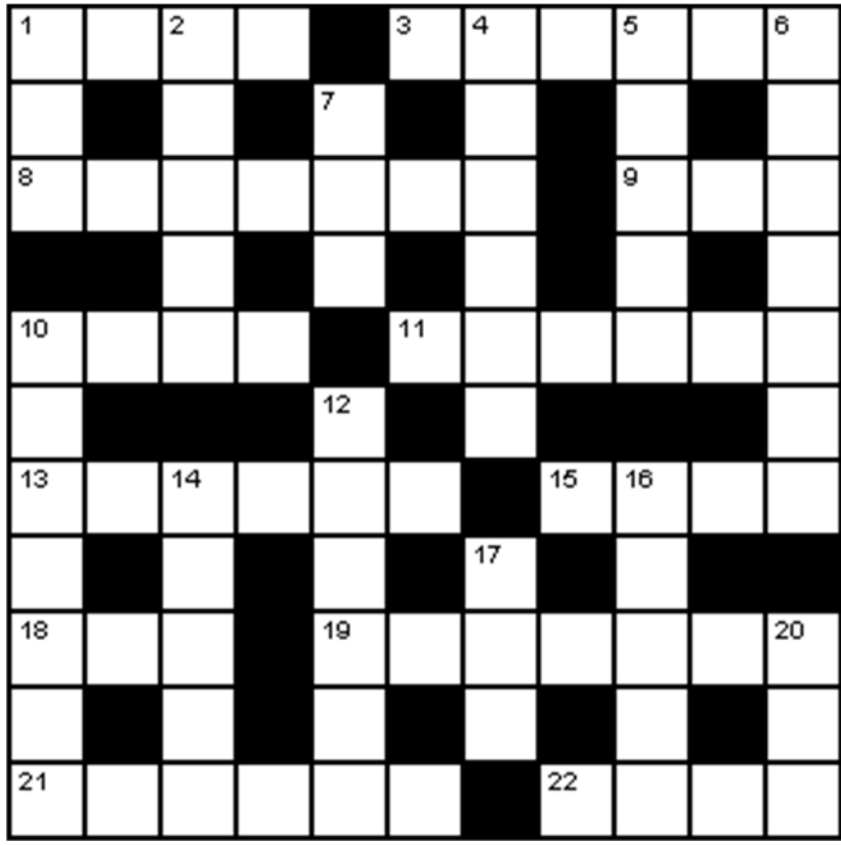


### JUST FOR LAUGHS



- Where does a ghost go on vacation? Mali-boo.
- Why did the ghost go into the bar? For the Boos.
- Why did the policeman ticket the ghost on Halloween? It didn't have a haunting license.
- Why do demons and ghouls hang out together? Because demons are a ghouls best friend!
- Why did the ghost starch his sheet? He wanted everyone scared stiff.
- What does a panda ghost eat? Bam-BOO!

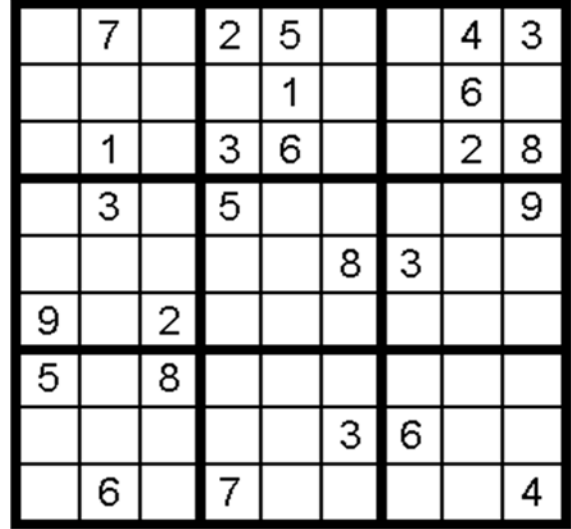
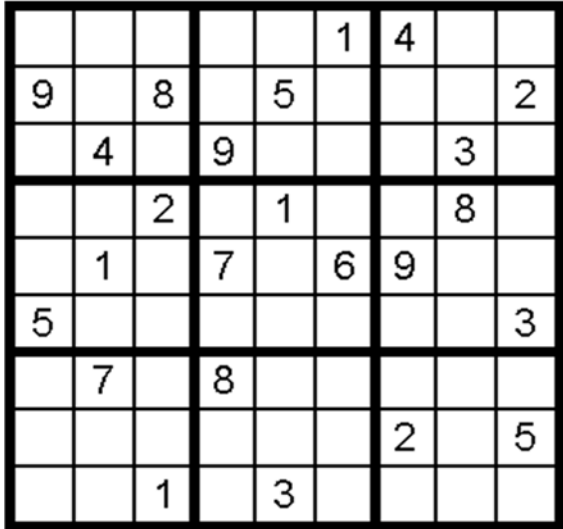
### FUN AND GAMES



- Across**
1. Nil (4)
  3. Cask (6)
  8. Security device (7)
  9. Water barrier (3)
  10. Terse (4)
  11. Rudderless (6)
  13. Technical terminology (6)
  15. Zealous (4)
  18. Written record of events (3)
  19. Countries (7)
  21. Currency unit (6)
  22. Labyrinth (4)
- Down**
1. Fastner (3)
  2. Detection instrument (5)
  4. Japanese martial art (6)
  5. Armbones (5)
  6. Restricted (7)
  7. Adult male swan (3)
  10. Coaxed (7)
  12. Part of the eye (6)
  14. Majestic (5)
  16. Stringed instrument (5)
  17. Consumed (3)
  20. Litigate (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

### BONES



CARPALS, CLAVICLE, COCCYX, ETHMOID, FEMUR, FIBULA,  
HUMERUS, ILLIUM, ISCHIUM, MANDIBLE, MAXILLA, METACARPALS,  
PATELLA, PHALANGES, PUBIS, RADIUS, RIBS, SACRUM,  
SCAPULA, SKULL, STERNUM, TALUS, ULNA, VERTEBRA.

*Be loving and kind, have fun and celebrate. Stay safe and keep others safe. Trick or Treat?*



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

**SUDOKU ANSWERS**

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

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

UPPER MERION SENIOR SERVICE CENTER

APPLICATION FOR ABSENTEE BALLOT – 2023

This application must be:

- Completed by a member who is in good standing;
- Accompanied by a self-addressed, stamped envelope;
- Be received the by the Nominating Committee of the Upper Merion Senior Service Center by 3:00 PM on Wednesday, November 30, 2022.

PRINT NAME:

\_\_\_\_\_

LAST

FIRST

HOME ADDRESS:

\_\_\_\_\_  
\_\_\_\_\_

I hereby declare that I will be unable to vote at the Upper Merion Senior Service Center on Wednesday, December 14, 2022 and do hereby request an absentee ballot.

SIGNATURE:

\_\_\_\_\_

Upon receipt of your application, your ballot will be mailed to you. Your returned, completed ballot must be postmarked on or before Tuesday, November 29, 2022 or returned in person by 3:00 PM on Monday, December 12, 2022 to the Nominating Committee of the Upper Merion Senior Service Center, 431 W. Valley Forge Road, King of Prussia, PA 19406.