

The Best of Times

SEPTEMBER 2022



UPPER MERION SENIOR SERVICE CENTER

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On the web at www.umssc.org



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

NEWS AROUND THE CENTER

Can you feel it? A slight change in the air. Autumn is coming. Although, it seems like it's been here for a while since leaves have been falling due to drought conditions of July and August. Still, the official first day of fall is September 22 and it's time to start talking about upcoming holidays and events.

On Labor Day we celebrate the American labor movement and the contributions and achievements of the American worker. It falls on Monday, September 5 and the Center will be closed on that day as well as the Friday before, September 2. Get those barbeque grills fired up! A notable and more somber holiday on Sunday September 11, is *Patriot Day* (also known as *9/11 Remembrance Day*). It's hard to believe that it's been 21 years since that fateful day. The Center will also be closed on Monday, September 26 as some members observe the *Rosh Hashanah* holiday. Rosh Hashanah (the Jewish New Year) is packed with mitzvahs, special foods and traditions, and is one of the most important holidays in the Jewish calendar.

If you have any questions, concerns or suggestions, please feel free to call me, Dick McCann (UMSSC President), at 610-416-7431 or email 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 SEPTEMBER 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 being enforced at the Senior Center; however, masks are optional.***

CALL FOR NOMINATIONS FOR 2023 ELECTIONS

This is the first call for nominations 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. "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 (attached, or available at the center or on the UMSSC website under "forms"). ***Please give this important election some thought*** over the next few months and in the Fall we will be accepting your nominations.





ACTIVITIES

FLU SHOTS: TUESDAY, SEPTEMBER 27 AND THURSDAY, SEPTEMBER 29 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.*

NEW TO BINGO? Bingo is played EVERY THURSDAY from 10:15 AM to 12:15 PM. Players should try to arrive early to set-up. The cost to play is \$1.00 (*goes toward door prize*) plus \$0.05 per card per game (*goes toward game winnings*). Twelve games are played. If you do arrive late, ***please wait quietly*** for a new game to start before playing or if you have any questions about playing.

SEPTEMBER 2022 * *WHEN GIVING ADVICE, IT IS BEST TO MAKE IT BRIEF!*



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<p>1</p> <p>9-11 WALK TRACK 10:15 BINGO 11:30 FUN & FITNESS</p>	<p>2</p> <p>SENIOR CENTER CLOSED FOR LABOR DAY WEEKEND</p>	<p>3</p>
<p>4</p>	<p>5</p>  <p>Labor Day SENIOR CENTER CLOSED</p>	<p>6</p> <p>10:00 BOARD MEETING 9-11 WALK TRACK 11:30 FUN & FITNESS 12:30 PINOCHLE 12:30 NO BAND PRACTICE</p>	<p>7</p> <p>11:00 COMPUTER BASICS 12:00 NEIGHBOR TO NEIGHBOR ON ZOOM 12:30 CANASTA 12:30 LINE DANCING</p>	<p>8</p> <p>9-11 WALK TRACK 9:30-12 NURSE 10:15 BINGO 11:30 FUN & FITNESS</p>	<p>9</p> <p>10:30 SING-A-LONG</p>	<p>10</p>
<p>11</p> 	<p>12</p> <p>10:00 MAH-JONGG 10:30 CURRENT EVENTS (ALSO ON ZOOM) 11:30 MONDAY MATINEE 12:30 MEXICAN TRAIN</p>	<p>13</p> <p>9-11 WALK TRACK 11:30 FUN & FITNESS 12:30 PINOCHLE 12:30 BAND PRACTICE</p>	<p>14</p> <p>11:00 GENERAL MEETING 12:00 NEIGHBOR TO NEIGHBOR ON ZOOM 12:30 CANASTA 12:30 LINE DANCING</p>	<p>15</p> <p>9:30 FONTHILL CASTLE EXCURSION 9-11 WALK TRACK 10:15 BINGO 11:30 FUN & FITNESS</p>	<p>16</p> <p>10:30 SING-A-LONG</p>	<p>17</p>
<p>18</p>	<p>19</p> <p>10:00 MAH-JONGG 10:30 CURRENT EVENTS (ALSO ON ZOOM) 12:30 MEXICAN TRAIN 1:00 BOOK TALK (ALSO ON ZOOM)</p>	<p>20</p> <p>9-11 WALK TRACK 11:30 FUN & FITNESS 12:30 PINOCHLE 12:30 BAND PRACTICE</p>	<p>21</p> <p>11:00 COMPUTER BASICS 12:00 NEIGHBOR TO NEIGHBOR ON ZOOM 12:30 CANASTA 12:30 LINE DANCING</p>	<p>22</p> <p>9-11 WALK TRACK 10:15 BINGO 11:30 FUN & FITNESS 1:00 QUILTING</p> 	<p>23</p> <p>10:30 SING-A-LONG</p>	<p>24</p>
<p>25</p>	<p>26</p> <p>SENIOR CENTER CLOSED FOR ROSH HASHANAH</p>	<p>27</p> <p>9-11 WALK TRACK 10-12:00 FLU SHOTS 11:30 FUN & FITNESS 12:30 PINOCHLE 12:30 BAND PRACTICE</p>	<p>28</p> <p>12:00 NEIGHBOR TO NEIGHBOR ON ZOOM 12:30 CANASTA 12:30 LINE DANCING</p>	<p>29</p> <p>9-11 WALK TRACK 10-12:00 FLU SHOTS 10:15 BINGO 11:30 FUN & FITNESS</p>	<p>30</p> <p>10:30 SING--LONG</p>	

IMPORTANT NOTICE: No Band practice on September 5. Regular practice resumes on September 13.

WELCOME BACK TO THESE ACTIVITIES AFTER THEIR SUMMER HIATUS:

MAH JONGG: MONDAYS at 10:00 AM

MONDAY MATINEE: MONDAY, SEPTEMBER 12. Lunch at 11:30 AM and Movie at 12:00 PM. Movie selection is *"The Crooked House"* (based on an Agatha Christie novel) starring Glen Close.

MEXICAN TRAIN (DOMINOS): MONDAYS at 12:30 PM

BOOK TALK: MONDAY SEPTEMBER 19 at 1:00 PM. Book selection is *"The Rose Code"* by Kate Quinn.

GENERAL MEETINGS: SECOND WEDNESDAY OF THE MONTH (*September 14*) AT 11:00 AM.

LINE DANCE: WEDNESDAYS AT 12:30 PM (*Note new start time*).

NEIGHBOR TO NEIGHBOR: WEDNESDAYS at 12:00 PM-12:30 PM. A ZOOM-ONLY ACTIVITY hosted by John Desko. Members meet virtually for a casual chat. Contact the office to receive the zoom link.

BLOOD PRESSURE CHECK: THURSDAY, SEPTEMBER 8 at 9:30 AM-12:00 PM. Main Line Health Nurse will check your blood pressure.

QUILTING: THURSDAY, SEPTEMBER 29 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.***

THURSDAY SEPTEMBER 15, 2022. Join us for a car pool trip to Fonthill Museum in Doylestown, PA to see three floors of decorative ceramic tile artistry. We will stop for lunch (not included in price). Car pool departs from upper pool parking lot at 9:30 AM. COST: MEMBERS \$15.00 and NON-MEMBERS \$18.00. You must complete a registration form (found in the lobby). **PLEASE NOTE: THERE IS NO ELEVATOR.**

SOLD OUT - THURSDAY, OCTOBER 13: Bus trip to Bucks County Playhouse to see "EVITA". Lunch on your own in historic New Hope prior to show (show starts at 2:00 PM). **MASKS ARE REQUIRED.** Theater is handicap accessible. Bus departs from upper pool parking lot at 10:00 AM.

THURSDAY, NOVEMBER 10. Byers Museum & Sculpture Garden via car pool. Additional information will be forthcoming.

HAPPY SEPTEMBER BIRTHDAYS!

9/3 Tom Pappanastasiou
9/3 Loretta Scutta
9/5 Jane Burger
9/7 Edward Price
9/7 Cynthia Porrecca
9/9 Helen Currykosky
9/9 Catherine Kagan
9/9 Judy Schutter
9/10 Valerie Gillinger
9/11 Janice Montgomery
9/12 Nancy Butko
9/13 Susan Becker
9/13 Roseann Lucarini
9/13 Van Weiss

9/14 Norman Vadner
9/15 Wes Herrick
9/19 Fietta Glauner-Sherlock
9/19 Hope MacDougall
9/19 Sylvia Pizza
9/20 Helen Cabrey
9/20 Angelinn Dennis
9/21 Dorothea Martin
9/21 Eugenia Whitt
9/21 Yan Yan Wong
9/22 Ilene Coroniti
9/22 Relina Martis

9/22 Dorothy Wisniewski
9/22 Dorothy Yacek-Matulis
9/25 Barbara Little
9/26 Suzanne Andrews
9/26 Paul Buce
9/26 Paricher Hoorfar
9/26 Angela Palcko
9/28 Rosemary McCullough
9/28 Christine Pappanastasiou
9/28 Joyce Ross
9/29 Nancy Rae
9/30 Mitchell Jarosz

UM LIBRARY PROGRAMS FOR SEPTEMBER 2022

LIBRARY IS CLOSED ON SATURDAY, SEPTEMBER 3 THROUGH MONDAY, SEPTEMBER 5 FOR LABOR DAY

LIBRARY CLOSES EARLY ON WEDNESDAY, SEPTEMBER 14 AT 1 PM.

(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 class Thursdays, September 8 and 22 at 11:00 AM. *Must register at the library to register to receive zoom links.*

TECH NIGHT: No Tech Night in September.

SUMMER ESL CLASS (English as a Second Language Conversation Group): No registration required. Group meets in person *every Tuesday in September at 6:00 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 (September 12) at 6:00 PM. Bring your friends and enjoy coloring/playing. Materials provided. Walk-ins welcome.

VIRTUAL CAREER SERIES: Scheduled for 3rd Monday of month (September 19) 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 4th Monday of the month (September 26) 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

INTERESTING TIDBITS OF NATURE

1) **Glaciers and ice sheets hold about 69 percent of the world's freshwater.** Just over 96% of the total amount of the world's water is held in its oceans, according to [Water in Crisis: A Guide to the World's Fresh Water Resources](#) via the United States Geological Survey (USGS). However, that's primarily saltwater. To find the bulk of the world's freshwater you need to trek to the poles as 68.7% of it is encased in ice caps, permanent snow, and glaciers.

2) **The fastest gust of wind ever recorded on Earth was 253 miles per hour.** Hang on to your hats because this isn't your average wind storm. In 1996, a tropical cyclone named Olivia hit off the coast of Barrow Island, Australia with such a force that it broke an incredible record. According to [The Weather Channel](#), "Olivia's eyewall produced five extreme three-second wind gusts, the peak of which was a 253 mph gust," which blew past the previous wind record of 231 mph set in Mount Washington, New Hampshire back in 1934.

3) **Recent droughts in Europe were the worst in 2,100 years.** Europe has been experiencing serious dry spells and extreme heat since 2015, which has caused major droughts. Research done led by the University of Cambridge (and published on the [National Oceanic and Atmospheric Administration](#) website) looked at isotopes in the rings of old European Oak trees in Central Europe which formed over thousands of years to try to pin down the cause. They discovered that the dry spells are a "result of human-caused climate change and associated shifts in the jet stream," according to EurekAlert!

4) **The best place in the world to see rainbows is in Hawaii.** If you're an avid rainbow gazer and want to get your fill of the beautiful phenomenon, look no further than the state of Hawaii. A study published by the American Meteorological Society in 2021 noted that the area's "mountains produce sharp gradients in clouds and rainfall, which are key to abundant rainbow sightings." Air pollution, pollen, and a large amount of cresting waves also help to put Hawaii at the top of the list when it comes to rainbow quantity and quality.

5) **Whale songs can be used to map out the ocean floor.** Fin whales are basically the *Barry White* of the ocean. The deep, bellowing songs that males use to attract mates are considered to be the loudest of all marine life and can be "heard up to 1,000 kilometers (600 miles) away," according to *Scientific American*. They can also be used to sonically map out the ocean floor thanks to the fact that the sound can reach depths of 2.5 kilometers (1.6 miles) under the water, which bounces back and provides researchers with accurate measurements. Beyond

that, a 2021 study in *Science* showed how using a fin whale's song can be far more useful and have less of a negative impact on sea life than using a large air gun, which is the typical tool researchers rely on.

JUST FOR LAUGHS

SO TRUE

- I used to be able to do cartwheels. Now I tip over putting on my underwear.
- I hate it when I see an old person and then realize we went to high school together.
- My wife says I only have 2 faults. I don't listen and something else...
- The officer said, "You drinking?" I said, "You buying?" We just laughed and laughed. I need bail money.
- Day 12 without chocolate. Lost hearing in my left eye.
- A dog accepts you as the boss. A cat wants to see your resume.
- Life is too short to waste time matching socks.
- Wi-Fi went down for five minutes, so I had to talk to my family. They seem like nice people.
- I won't be impressed with technology until I can download food.
- Some people call me crazy. I prefer happy with a twist.
- I really don't mind getting old, but my body is having a major fit.
- Camping: where you spend a small fortune to live like a homeless person.
- Project Manager. Because Miracle Worker isn't an official job title.
- I told my wife I wanted to be cremated. She made me an appointment for Tuesday.
- Measure once, cuss twice.
- I've reached the age where my train of thought often leaves the station without me.
- If you're happy and you know it, it's your meds.

* * * * *



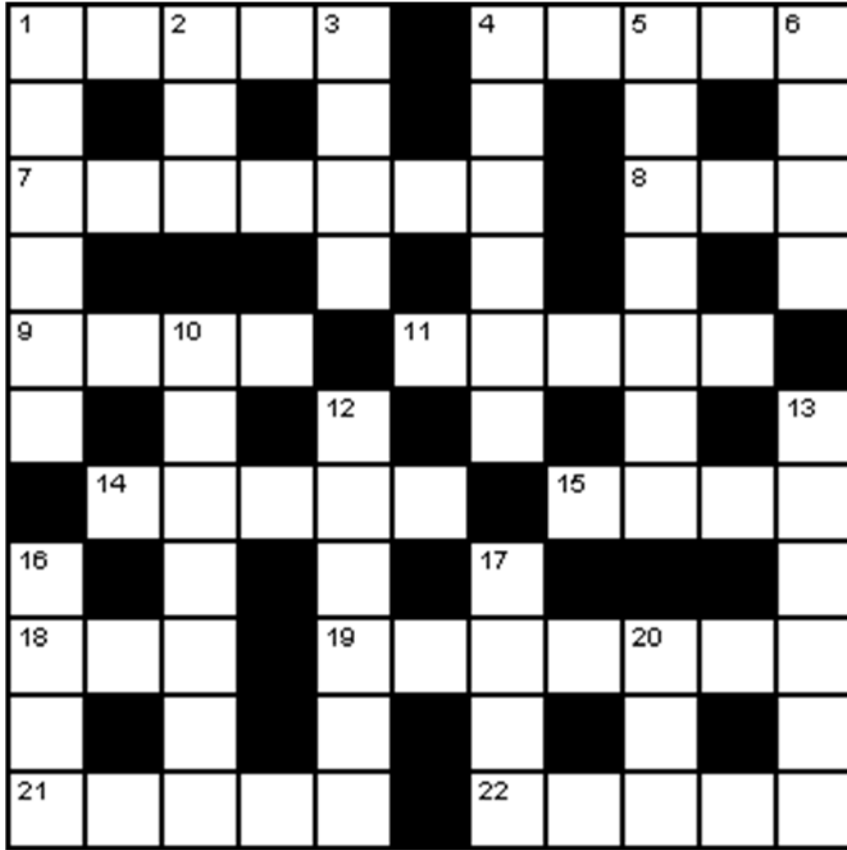
"I thought you were finished!"



"I'm sorry, sir, Dr. Rogers can see you only by referral."

FUN AND GAMES

QUICK CROSSWORD *(answers on page 8)*



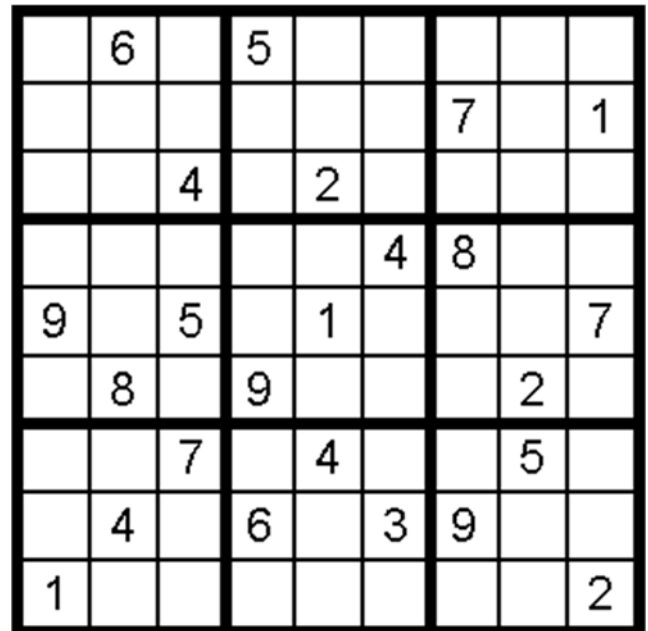
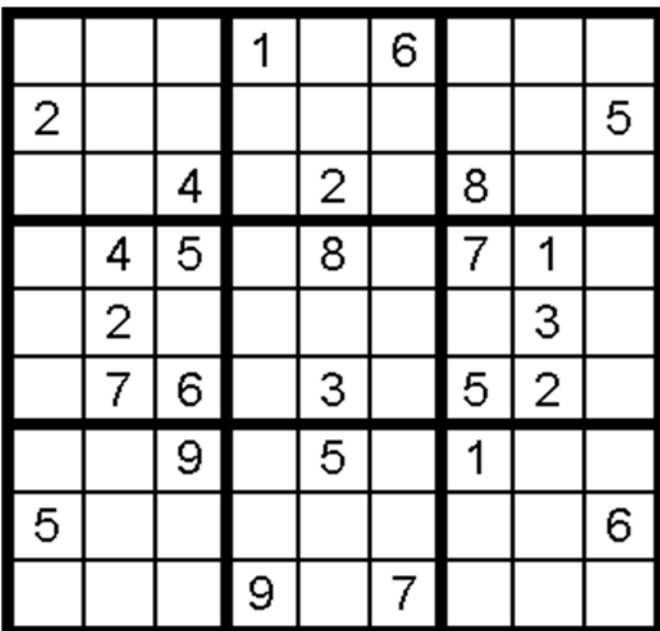
ACROSS

1. Comical (5)
4. One of the senses (5)
7. Freedom (7)
8. Regret (3)
9. Woodwind instrument (4)
11. Ire (5)
14. Valuable item (5)
15. Singing voice (4)
18. Large antelope (3)
19. Greed (7)
21. Force out (5)
22. Compare (5)

DOWN

1. Bird of prey (6)
2. Seize suddenly (3)
3. Tall story (4)
4. Attempting (6)
5. Dreamlike (7)
6. Level (4)
10. Vague (7)
12. Leave (6)
13. Forward-looking (6)
16. Monster (4)
17. Shopping precinct (4)
20. Writing fluid (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

AUSTRALIA



ABORIGINE, ADELAIDE, AUSTRALIA, AYERS ROCK,
BLUE MOUNTAINS, BONDI BEACH, BOOMERANG, BRISBANE,
CAIRNS, CANBERRA, DARLING, DARWIN, DIDGERIDOO,
GREAT BARRIER REEF, HOBART, KANGAROO, KOALA BEAR,
MELBOURNE, MURRAY, NEW SOUTH WALES,
NORTHERN TERRITORY, PERTH, PLATYPUS, QUEENSLAND,
SOUTH AUSTRALIA, SYDNEY, TASMANIA, ULURU, VICTORIA,
WALLABY, YARRA, WESTERN AUSTRALIA.

*Be loving and kind, have fun and celebrate every day.
Stay safe and keep others safe. Fall is in the air!*



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

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

SUDOKU ANSWERS

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

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