

"The Best of Times"



APRIL  2019

UPPER MERION SENIOR SERVICE CENTER

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KING OF PRUSSIA, PA 19406

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

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NOTE: CUT-OFF DATE FOR SUBMISSION OF INFORMATION FOR MAY NEWSLETTER IS APRIL 20 - NO EXCEPTIONS

UPCOMING SPECIAL EVENTS



NOTE NEW DATES THRIFT SHOP/FLEA ROOM OPENS FOR DONATIONS MONDAY APRIL 8

Hours are 9:30 to 1:30 Monday through Thursday through the Flea Market Day. Donations will be accepted starting on the 8th. Acceptable donations are children's books, appliances and electronics (in working order), knickknacks, decorations, etc. Not accepted items: adult books, used clothing, junk or broken non-working items.

If anyone knows of vendors or crafters who would like to have a table, please have them contact the Center for more information. The event needs volunteers to work on that day so

please sign up help or bake your favorite recipe for the bake sale.

VOLUNTEER OF THE YEAR AWARD

FRIDAY, APRIL 26 AT 1:00 PM. To celebrate our *VOLUNTEER OF THE YEAR* we are hosting a get together in the *Great Room*. Light refreshments will be served. We need members to volunteer to bring in some finger foods to serve or to help out in setting up for the event. A sign-up sheet for volunteers is in the lobby area. **HOPE YOU CAN COME!**

22ND ANNUAL FLEA MARKET & BAKE SALE

SATURDAY, MAY 4 FROM 9:00 AM TO 2:00 PM

(RAIN OR SHINE – HELD INDOORS)

Our Annual Flea Market & Bake Sale, held at the Senior Center, is open to the public. Buy a table space to sell your unwanted "treasures". (8'x4' table space-bring your own table). Whether you are buying or selling there will be something for everyone. - cash prizes –refreshments - baked goods and more! This is always a fun family day!

VICTORIAN TEA SOCIAL

FRIDAY, MAY 17 FROM 11:00 AM

- 2:00 PM COST: \$12.00: Join us for

a fun afternoon of entertainment, door prizes and cash prizes. Wear your favorite hat and maybe you can win first place in our hat contest! Everyone brings their own cup and saucer. **Reserved seating.**

Tickets on sale now in the lobby until May 10.



Upper Merion Senior Service Center (UMSSC) is an equal opportunity institution that will not discriminate on the basis of race, color, religious affiliation, national origin, sex, age, marital status or disabilities in its activities, programs or employment practices.

A NOTE FROM SHARON BRZOSKA

I want to express my appreciation on behalf of the senior center to the many individuals and companies that donated door prizes and items for the basket raffle. Their support is truly appreciated.

The Valentine Hoagie Social was a fun and successful event with 90 members in attendance. We hope all the members who attended enjoyed themselves.

Big Bingo was Sunday, March 10th with 83 attendees. We had a basket raffle, 50/50, and sold out of all the food we made. I think everyone had a fun day. (PHOTOS BELOW).

Many thanks for the generous donations from these local businesses in support of our March Big Bingo event:

- GIANT FOOD STORES
- BRIGHTVIEW SENIOR LIVING
- BRIDGEPORT RIB HOUSE
- STEVE'S SEWING VACUUM QUILTING
- BONEFISH GRILL
- ANGELO'S PIZZA
- CAPT'N CHUCKY'S CRAB CAKE CO
- HEADS UP SALON
- STARBUCKS

We could not have these or any events without our volunteers and the donations we receive. I want to give a special thank you to all the volunteers who donated their time and talents to make the Valentine Social and Bingo events possible. Thank you to Helen Cabrey who was the lead organizer for the Valentine Hoagie Social and Big Bingo.



Volunteers: Judy Narke, Joan Banas & Helen Cabrey



Jane Burger, Helen Currykosky & Jean Ehlinger



Sarah Phillips & Lucy Damiani



Lynn McCue



Paul Buce, Howard Rosenblum & Don McCree



THANK YOU TO ALL OUR VOLUNTEERS AND BINGO PLAYERS!

INTRODUCTION TO LAW - 2nd COURSE

MONDAYS APRIL 1, APRIL 8 AND APRIL 15 AT 1:30 PM. Howard Lurie is offering a class titled "Introduction to Law". This class continues with the following upcoming subjects: The Judicial System, Tort Law, Property Law, Contract Law, and will touch on constitutional law, administrative law, and evidence where relevant.

MATTER OF BALANCE CLASS

WEDNESDAYS BEGINNING APRIL 3 from 1:00 PM to 3:00 PM. This class is offered free of charge to our members. It is a 2-hour class, held once a week for 8 weeks. The class is currently filled but your name can be put on a waitlist.

MEMORY CAFÉ

TUESDAY APRIL 9 AT 2:00 PM. Support Group discussion for caregivers. Presented by Certified Dementia Practitioner from Arden Court.

COMPUTER BASICS

WEDNESDAYS APRIL 10 AND APRIL 24 FROM 11:30 AM to 12:30 PM. Sangeetha will be back at the Center to teach computer basics. A sign-up sheet is in the lobby.

GENERAL MEETING

WEDNESDAY APRIL 10 AT 9:30 AM. Our monthly meeting is open to all members. Learn what is going on at the Senior Center. Celebrate birthdays with some cake, a 50/50 raffle, a birthday raffle to win a hoagie from Angelo's Pizza and the "JACKPOT".

COFFEE WITH A COP

THURSDAY APRIL 11 AT 11:30 AM. Upper Merion Police Officer, Glenn Muntzer will be here on the 2nd Thursday of every month to discuss your concerns and questions over coffee with members.

FRIDAY Flicks!

FRIDAY APRIL 12 - SICILIAN DELIGHT PIZZA (\$3.00) AT 11:30 AM - MOVIE (FREE) STARTS AT 12:15 PM. Coordinator Don McCree. This month we will

show "A League of Their Own" starring Tom Hanks and Gena Davis.

BOOK TALK

MONDAY APRIL 15 at 1:00 PM. Coordinator: Patricia Ackah. This month's book "Pachinko" by Min Jin Lee. In the early 1900s, teenaged Sunja, the adored daughter of a crippled fisherman, falls for a wealthy stranger at the seashore near her home in Korea. He promises her the world, but when she discovers she is pregnant--and that her lover is married--she refuses to be bought. Instead, she accepts an offer of marriage from a gentle, sickly minister passing through on his way to Japan. But her decision to abandon her home, and to reject her son's powerful father, sets off a dramatic saga that will echo down through the generations.

VALLEY FORGE CASINO

WEDNESDAY APRIL 17 (Cut-off date MONDAY, APRIL 15. THE OFFER FOR THE GROUP IS \$20.00 IN SLOT PLAY: TO TAKE ADVANTAGE OF THIS OFFER YOU MUST COMPLETE THE REGISTRATION FORM (**NO TELEPHONE RESERVATIONS TAKEN**) AVAILABLE AT THE SENIOR CENTER OR ON OUR WEBSITE AT WWW.UMSSC.ORG. Please check in with the Senior Center rep in the Casino lobby between 9:30 AM and 10:00 AM. **Everyone must bring a valid photo ID.**

DUTCH APPLE THEATER, LANCASTER

Wednesday, April 24. We will travel by bus to **Dutch Apple Theater** in Lancaster County for a bountiful buffet lunch and a matinee performance of **Joseph & The Amazing Technicolor Dream Coat.**

UPCOMING MAIN LINE HEALTH PRESENTATIONS

Thursday, April 11 at 10:00 AM: "Memory" presentation by Megan Perillo, SLP from MLH Home Care and Hospice.

Thursday, May 9 at 10:00 AM: "Sleep" presentation by Michael Misero, RPSGT, CCSH, Clinical Coordinator Sleep Medicine at Bryn Mawr and Lankenau Hospitals.

Thursday, June 13 at 10:00 AM: "Medication Management" presentation by Nan Willgruber, RN from MLH Health Homecare and Hospice.

SAVE THESE DATES - EXCURSION TRIPS

MT. CUBA CENTER

THURSDAY, MAY 16. Carpool to Mt. Cuba Natural Gardens near Wilmington, DE. Watch for more details next month.

BALTIMORE INNER HARBOR

THURSDAY, JUNE 13. Arrive via bus and on your own visit the Inner Harbor and other sites such as The National Aquarium, Science Museum, Historic Ships (a maritime museum including a lighthouse), boat tours of the harbor, shops and restaurants. Also, if you want to go farther afield: Fort McHenry, the Orioles' Camden Yards and the B&O Railroad Museum. More details coming soon.

OUTREACH

An aide from Representative Tim Briggs' office will be here **Thursday April 11** from 11:00 AM to 2:00 PM.

Senator Daylin Leach's aide will be here **Thursday April 25** from 11:30 AM to 1:00 PM. SEPTA Passes can be obtained at this time.

ON THE ROAD WITH THE UMSSC BAND!

The renowned UMSSC Band will be performing on Tuesday April 16 at 1:30 PM at the Tri County Adult Center in Pottstown. They practice at the Senior Center on Tuesday's at 12:45 PM if you would like to hear why they are in such demand!

APPRISE COUNSELOR

An AARP Volunteer Apprise Counselor is available through the Senior Center to provide assistance with *health insurance and Medicare enrollment*. Call the Senior Center at 610-265-4715 and give your name, telephone or email. We will provide the Apprise Counselor with your information and they will contact you directly.



Please join us as we welcome the following new members to our UMSSC family. We hope to see them around the Center. **Welcome to Sally Burgess, Barbara Klein-Richmond, Barbara Krier And Edith Krier.**

KEEPING OUR MEMBERS INFORMED

NEW - ORGANIZE THIS

In this new column we will offer, each month, some great tips to help organize and clean out your space at home. This month's tip is:

PLASTIC BAG HOLDER

An empty rectangular tissue box makes a convenient holder for small garbage bags, plastic grocery bags and small rags. Simply thumbtack it to the inside of a cabinet door.



DID YOU KNOW?

The world's smallest park is the size of a flower pot and sits in the middle of a Portland, OR, intersection. Mill Ends Park was supposed to be a light pole, but when the pole never showed up, a journalist planted some flowers, wrote leprechaun stories about it, and started calling it 'the World's Smallest Park'. Two years later, it became official: the park was dedicated on St. Paddy's Day, 1948.



(PHOTO) MILLS END PARK

continue to help families in our community who are experiencing a time of need.

AROUND THE COMMUNITY

WHAT'S HAPPENING AT THE UM TOWNSHIP LIBRARY - APRIL UPDATES



DO NOT MISS GARDENING WORKSHOP AT THE LIBRARY, WEDNESDAYS IN APRIL

Sangeetha will be at the center on Wednesday, April 10 and Wednesday, April 24 from 11:30 AM to 12:30 PM to teach computer basics.

Tech Night on Monday, April 1 at 7:00 PM in Henderson Room. Own an iPad or an iPhone but have trouble using it? Planning on buying, but the latest technology troubling you? Need help with downloading e-books? Our youth volunteers are here to help you. *Registration required.*

GARDENING SERIES: MUST REGISTER

Wednesday, April 3 at 7:00 PM: Tour the Botanical Garden Giardino Dei Semplici, Florence, Italy

Wednesday, April 10 at 7:00 PM: Container Gardening

Wednesday, April 17 at 7:00 PM: Pollinator Friendly Garden

Wednesday, April 24 at 7:00 PM: Tips and Tricks for Improving Deer Resistance in our Gardens.

Social Security Workshop, Saturday April 6 and Saturday April 13 at 2:00 PM. Learn how to maximize your social security benefits and increase your retirement income. Two-part series. *MUST REGISTER.*

Learn to do your own Lollipop Bouquet on Sunday, April 7 at 2:00 PM. Materials will be provided. *Must register.*

Finding Fulfilling Employment after 50 on Monday, April 8 at 7:00 PM: Presenter Ginny Neumer, former Job Developer/Career Counselor with a Dept. of Labor Program designed to put people 55+ back to work, will provide practical

solutions for achieving meaningful employment and answer questions about how to achieve that goal in a 1-hour interactive session.

Adult Coloring Night on Monday, April 8 at 7:00 PM in Valley Forge Room. Bring your friends and enjoy coloring. Walk-ins are welcome. Materials will be provided. We have added several board games to our collection. Come with your friends and enjoy!

Spring Book Discussion Series continues: Discussions are led by English Professors Carla Verderame and Erin Hunt of West Chester University. You can register either via our online calendar, or by calling or stopping by the library. There is a \$10.00 administrative fee for participating if borrowing the book set. This fee is waived if the participant purchases the series (available at a discount from the library) or supplies his/her own books.

FINDING THE FAMILIAR IN THE FOREIGN, AND FINDING THE FOREIGN IN THE FAMILIAR: WOMEN'S LIVES AGAINST THE BACKDROP OF HISTORY

The program dates and titles are:

April 14 Eleanor Oliphant is Completely Fine by Honeyman (Erin)

April 28 Future Home of the Living God by Erdrich (Carla)

All programs will meet from 2:00-3:30 PM

Dance Fusion at the Upper Merion Community Center on Monday, April 15 at 6:00 PM. Enjoy Library sponsored FREE exercise classes at the New Community Center. Celebrate the library's new partnership with UMPR that benefits YOU! Need not be a member but must register through the library. Please arrive 10 minutes early at the community center to check in and sign the waiver.

Herbal Teas and Tinctures: Mother Nature's Medicine on Sunday, April 28 at 2:00 pm. In this workshop you will learn about herbs as a holistic way to treat various health concerns, nutritional supplementation, and the proper way to brew them (infusion and decoction methods). A brief overview on tinctures and how to make them will also be

discussed. Attendees will also get an eBook: Teas and Tinctures: Herbs as Medicine

Knit Nite: Monday, April 29 at 7:00 PM. Fourth Monday of the Month. For all ages - 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 to pass on their skills, and some advanced knitters are usually available to help with patterns and designs.

To register for any of the library events, you can register via our online calendar, or by calling 610-265-4805, or stopping by the library.

Watch out for this new section every month. One new e-resource each month!

Did you know you can access **Consumer Reports** online from home for free? All you need is your Upper Merion Township Library card! Ratings, reviews, recommendations, and buying advice for thousands of products and services from an independent, nonprofit member organization.

www.umtownship.org/departments/library/elibrary/
Notary Service: The library offers a notary service by appointment only for a \$5.00 fee. Please make sure to bring all necessary documents and, if needed, a witness. To make an appointment, call 610-265-4805.

Low Vision Reader: Our library has a low vision reader for use in the library. Please contact us for more information.

Café Style Wi-Fi available at the library. Bring your smart devices and connect to our free wireless network. Library card number not required.

Charging Station at the Library: Did you leave your charger at home? Is your mobile device low on power and need recharging? Get charged with one of the charging stations at the library.

MEALS ON WHEELS

For a minimal cost, Neighborhood Meals on Wheels will deliver meals to residents of the Upper Merion Area School District. Deliveries are available on a temporary or permanent basis to all those who are having difficulty shopping or

preparing meals for themselves. One hot and one cold meal are delivered Monday through Friday. For more information, contact our office at 610-265-7051 or you can visit our website at NeighborhoodMealsOnWheels.com., or email us at MealsOnWheels.UM@gmail.com.

VOLUNTEER FOR YOUR NEIGHBORHOOD MEALS ON WHEELS

If you are interested in doing volunteer work for a worthy local community organization, why not try "Meals on Wheels." Meals on Wheels is a non-profit non-sectarian community service. They deliver two nutritious meals a day to homebound members of our community who are unable to prepare meals for themselves. They are in need of the volunteers (men and women) to help prepare or deliver meals on a regular or occasional basis. All volunteers work in pairs: Meal packers needed from 9:30 to 11:00 AM. Meal deliverers needed from 10:45 AM. to 12:30 PM. Their office is located at the Valley Forge Presbyterian Church and is open from 9:00 a.m. to 1:00 PM. Monday through Friday. Telephone: 610-265-7051.

JUST FOR FUN

15 EXERCISES WE'D BE BETTER OFF WITHOUT

- ~ Jumping on the bandwagon
- ~ Wading through paperwork
- ~ Running around in circles
 - ~ Pushing your luck
 - ~ Spinning your wheels
 - ~ Adding fuel to the fire
- ~ Beating your head against the wall
 - ~ Climbing the walls
 - ~ Beating your own drum
 - ~ Dragging your heels
 - ~ Jumping to conclusions
 - ~ Grasping at straws
 - ~ Fishing for compliments
- ~ Throwing your weight around
 - ~ Passing the buck

WHAT DO YOU THINK ABOUT TAXES?

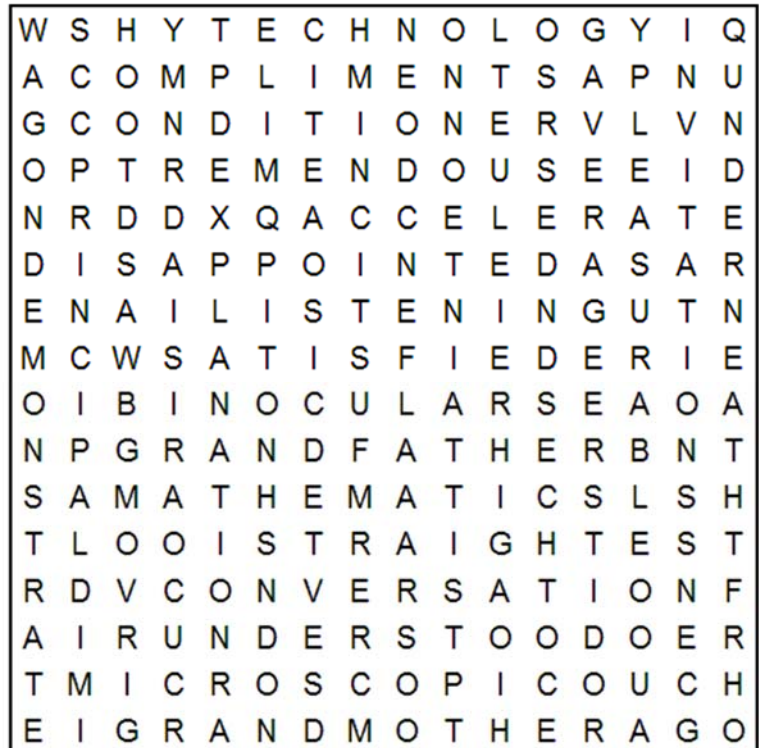


- “One difference between death and taxes is that death doesn’t get worse every time Congress meets.” –Anonymous
- “The income tax has made more liars out of the American people than golf has.” – Will Rogers
- “It is more deductible to give than to receive.” –Henry Leabo
- “Some taxpayers close their eyes, some stop their ears, some shut their mouths, but all pay through the nose.” –Evan Esar
- “An income tax form is like a laundry list—either way, you lose your shirt.” – Fred Allen
- “Tax reform is when you take the taxes off things that have been taxed in the past and put taxes on things that haven’t been taxed before.” –Art Buchwald
- “I figured out why Uncle Sam wears such a tall hat. It comes in handy when he passes it around.” –Soupy Sales
- “There is one difference between a tax collector and a taxidermist—the taxidermist leaves the hide.” –Mortimer Caplan, former IRS director



WORD SEARCH PUZZLES

DIFFICULT WORDS



ACCELERATE
AVERAGE
CONDITIONER
DEMONSTRATE
GRANDFATHER
LISTENING
NAIL
SATISFIED
TECHNOLOGY
UNDERNEATH

AGO
BINOCULARS
CONVERSATION
DISAPPOINTED
GRANDMOTHER
MATHEMATICS
PLEASURABLE
SHY
TOE
UNDERSTOOD

AIR
COMPLIMENTS
COUCH
EXPLANATION
INVITATIONS
MICROSCOPIC
PRINCIPAL
STRAIGHTEST
TREMENDOUS
WAGON