

"The Best of Times"



DECEMBER 2019

UPPER MERION SENIOR SERVICE CENTER

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KING OF PRUSSIA, PA 19406
TELE: 610-265-4715

on the web at www.umssc.org



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

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ANNOUNCEMENTS

NOTE: CUT-OFF DATE FOR SUBMISSION OF INFORMATION FOR THE JANUARY NEWSLETTER IS FRIDAY, DECEMBER 13 - NO EXCEPTIONS.

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THE SENIOR CENTER WILL BE CLOSED ON THE FOLLOWING DATES:

WE ARE CLOSED MONDAY, DECEMBER 9 FOR THE HOLIDAY PARTY AND FROM MONDAY, DECEMBER 23 THRU WEDNESDAY JANUARY 1 FOR THE HOLIDAYS. WE RE-OPEN ON THURSDAY, JANUARY 2.

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To see the monthly UMSSC "General Meeting" on your device do the following:

1. Open your browser
2. Enter vimeo.com/channels/891501
3. Select "Videos in Senior Shows"
4. Click on the meeting you want to watch
5. You'll see the member's name drawn in the "Jackpot" game.

HOLIDAY PARTY



MONDAY, DECEMBER 9 FROM 11:00 AM TO 2:00 PM IN THE PARKVIEW ROOM OF THE VALLEY FORGE CASINO RESORT. Cost: \$30.00 UMSSC MEMBERS AND \$35.00 NON-MEMBERS. The menu will be a choice of chicken or salmon. Entertainment, Cash Prizes, Door Prizes and a \$10.00 Slot Play compliments of the casino. *Don't forget your photo ID for the casino. CUT OFF DATE TO PURCHASE YOUR TICKET(s) IS MONDAY, NOVEMBER 25.*

EXCURSION TO LONGWOOD GARDENS

WEDNESDAY, DECEMBER 4. Join us on a visit to Longwood Gardens to see the beautiful holiday lights and floral displays. We will travel by carpool, leaving the upper (pool) parking lot at 2:00 PM. We will stay at Longwood until 6:00 PM so we can experience the magic of the gardens after dark. If you like, you can take a break in the café which offers a bounteous buffet. The cost is \$25 for members and \$27 for non-members. *Cut-off date to sign up is Monday, November 25.*

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.

YOGA IS BACK!

Yoga DVD classes will resume on Mondays at 1:00 PM in the Great Room beginning December 2. *We have a new version of the Yoga DVD.* The benefits of yoga are increased flexibility, increased muscle strength and tone, improved respiration, energy and vitality, maintaining a balanced metabolism, weight reduction and cardio and circulatory health. Come to Yoga and try out a new DVD version.



UPPER MERION SENIOR SERVICE CENTER BAND NEWS

Thank you to the members of our band for volunteering their time to provide entertainment for the residents of Normandy Farms Estates, Bright View and Shannondell Retirement Community. Upcoming events for the band will be at the Upper Merion Township Holiday Village on Saturday, December 7th and at our annual Holiday Party on December 9th. Please consider attending these events to enjoy their music and show your support.

MAIN LINE HEALTH PRESENTATION EDEMA MANAGEMENT

THURSDAY, DECEMBER 5 AT 12:30 PM. Edema is the medical term for swelling. Body parts swell from injury or inflammation. It can affect a small area or the entire body. Join Jessie Ellmaker from MLH for discussion on this important topic.

GENERAL MEETING

WEDNESDAY, DECEMBER 11 AT 9:30 AM. This meeting is open to all of our members. Reports by the Executive and Board members provide updated information about the Senior Center and its activities and events. Members who attend are also eligible to win cash from our "JACKPOT" drawing. We celebrate monthly birthdays with cake and a birthday raffle to win a hoagie from

Angelo's Pizza, and you can enter the 50/50 raffle drawing.

HOLIDAY SING ALONG WITH BRIDGEPORT ELEMENTARY SCHOOL

Join us *after the December General Meeting* in welcoming the 2nd graders from Bridgeport Elementary who will entertain us with a few holiday songs.

WHAT IS THE GENERAL MEETING JACKPOT?

At each general meeting, there is a *Jackpot Drawing*. Plan on attending the General Meetings on the 2nd Wednesday of the month at 9:30AM, to be eligible to win the jackpot. When there is no winner present at the meeting, \$15.00 will be added to the jackpot for the following month. The December Jackpot is \$185.00. The Jackpot requirements are:

1. Must be a current UMSSC member.
2. Member *must be in attendance at our General Meeting from beginning to end.*
3. Members of the Board are not eligible to participate.
4. To win your name has to be picked.
5. Only ONE name is picked at each General Meeting.
6. Money is added to the Jackpot before each drawing.
7. When the person is present, the winner will be sent a check within the week.

COMPUTER BASICS

WEDNESDAY, DECEMBER 11 FROM 11:30 AM to 12:30 PM. Sangeetha will be back at the Center to teach computer basics. *PLEASE SIGN UP IN THE LOBBY.*

COFFEE WITH A COP

MONDAY, DECEMBER 16 AT 12:15 PM. Join the conversation about your community with Upper Merion Police Officer, Glenn Muntzer.

BOOK TALK

MONDAY, DECEMBER 16 at 1:00 PM. Coordinator: Patricia Ackah. This month's book "Carnegie's Maid"

by Marie Benedict tells the story of one brilliant woman who may have spurred Andrew Carnegie's transformation from ruthless industrialist into the world's first true philanthropist.

AN IMPORTANT ANNOUNCEMENT REGARDING VALLEY FORGE CASINO REGISTRATIONS

Starting in January 2020 the monthly casino trips and \$20.00 voucher will be offered to **UMSSC Members only.**

VALLEY FORGE CASINO

WEDNESDAY, DECEMBER 18 (Cut-off date MONDAY, DECEMBER 16 - no exceptions). THE OFFER FOR PAID UMSSC MEMBERS 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.*

FRIDAY FLICKS

FRIDAY, DECEMBER 20 - SICILIAN DELIGHT PIZZA (\$3.00) AT 11:30 AM - MOVIE (FREE) STARTS AT 12:15 PM. Coordinator Don McCree. Getting Pizza? *You must sign up and pay in advance by THURSDAY, DECEMBER 19.* This month we will show "**THE HOLIDAY**" a romantic comedy starring Kate Winslet, Cameron Diaz, Eli Wallach, Jude Law and Jack Black. During the holiday two women troubled with guy-problems swap homes in each other's countries, where they each meet local guys and fall in love.

SAVE THE DATE

THURSDAY, JANUARY 9, 2020. National Museum of American Jewish History in Center City, Philadelphia. A special exhibit about Supreme Court Justice Ruth Bader Ginsberg will be there. Cost: \$10 for UMSSC members and \$12 non-members. We will meet here at the upper pool parking lot at 9:00 and carpool to the Radnor

Station and use SEPTA transportation into the city and to the museum. Registration forms are available in the lobby area and on the UMSSC website.

UMSSC ELECTIONS

This year we will vote on all Officer positions (President, Vice President, Secretary and Treasurer) and two Board Directors. **All nominations were to have been submitted by November 13. Voting will take place on December 11 at the General Meeting.** Please complete the nomination form by obtaining the consent and signature of the person you are nominating. The forms can be dropped off in the staff office.

OUTREACH

An aide from Representative Tim Briggs' office will be here **Thursday, December 12** from 11:00 AM to 2:00 PM.

Senator Daylin Leach's aide will be here on **Thursday, December 19** from 11:00 AM to 12:00 PM.

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.

KEEPING OUR MEMBERS INFORMED



Please join us as we welcome the following new members to our UMSSC family. We hope to see them around the Center: Constance Early, Harry Kutz and Dean Smith.

THANK YOU UMSSC KNITTERS

To all of our members who knit or crochet the squares for the Project Linus afghans here is a photo of the end result of all your hard work. The afghans,

all 82 of them, are just beautiful. I'm sure they will be cherished by the people who receive them.



DEER ON THE ROAD - WHAT TO DO

Be extra safe out there when you are driving. Did you know that in Pennsylvania, 1 out of 63 drivers will have a collision with a deer? We are in the top 3 states nationwide for crashing into a large animal. While most of these accidents take place in November during prime mating and hunting season, the risk for hitting a deer remains high from September through February when deer are migrating and wander all over - and onto - the roads. When you factor in the end of daylight savings time and more vehicles on the road during the deer's most active times of day, close encounters of the deer kind become more probable.



A run-in with a deer can be a very unfortunate event with severe injuries to you and your passengers, not to mention expensive repairs to your vehicle. Here are some simple tips to avoid and minimize damage from a collision with a deer.



1. Watch Your Speed

Slow down when passing yellow animal-crossing signs. These warnings are posted not because road crews just happen to have a surplus of

signs, but because heavy animal traffic frequents the area.



2. Use High-Beam Headlights

If it's nighttime and there's no oncoming traffic, turn your brights on. Not only will you be able to see better, but the light will illuminate the deer's reflective eyes.



3. Stay Alert

Keep your eyes on and around the road - especially in deer-crossing zones. Pay attention to road shoulders. Look for reflecting eyes and remember deer don't travel alone. If you see one, there are most likely others nearby.



4. Take Extra Caution at Dawn and Dusk

Sunrise and sunset are the riskiest times of day for deer collisions. Be more cautious when driving during these hours.



5. Honk Your Horn

Many items, like deer whistles, are sold to prevent collisions, but there hasn't been any proof that they actually repel deer. Ditch the whistle and lay on your horn to scare a deer.



6. Assume Nothing

Be careful and pay attention - deer do unpredictable things. Sometimes they stop in the middle of the road when crossing. Sometimes they cross and quickly re-cross back from where they came. Sometimes they move toward an approaching vehicle. Assume nothing. Slow down, blow your horn to urge the deer to leave the road. Stop if the deer stays on the road, don't try to go around it.



7. Don't Swerve

Your first instinct may be to swerve - don't. Brake firmly and stay in your lane. There may be more serious

consequences if you hit another vehicle or a stationary object like a tree.

DID YOU KNOW? - CHRISTMAS TRIVA

WASHINGTON IRVING CREATED MANY SANTA LEGENDS. Washington Irving, best known for The Legend of Sleepy Hollow and his headless horseman, also wrote a lot about St. Nicholas, too. In fact, he was the first to imagine Santa Claus and his eight tiny reindeer. He so loved Santa Claus that in 1835, he helped found the Saint Nicholas Society of the City of New York, serving as its secretary until 1841.

ST. NICK WAS MORE GENEROUS THAN JOLLY. You probably already knew that the idea of Santa Claus came from St. Nicholas, but the real saint wasn't a bearded man who wore a red suit and had a long, white beard. That all came much later. According to legend, the fourth-century Christian bishop gave away his abundant inheritance to help the needy and rescued women from servitude. As the tale made the rounds, his name became Sinter Klaas in Dutch. That later morphed into Santa Claus, and the rest of the trappings followed.

COCA-COLA and SANTA'S IMAGE. Craving a Coke yet? Give it a second. According to Coca-Cola, Santa used to look a lot less jolly — even spooky. Go ahead, Google early images of Santa. It wasn't until the beverage company hired an illustrator named Haddon Sundblom in 1931 to create images of Santa for magazine advertisements that we got the warm and friendly Santa we know today. Now, kids wouldn't fear interrupting Santa's nightly work.

CELEBRATING CHRISTMAS USED TO BE ILLEGAL. By the time the Puritans settled Boston, celebrating Christmas was outlawed. Talk about missing the Christmas spirit! From 1659 to 1681, anyone caught making merry would face a fine for celebrating the once-pagan day. And after the Revolutionary War, the new Congress found the

day so unimportant that they even held the first session on December 25, 1789. Christmas wasn't proclaimed a federal holiday for nearly another century, proving that the Grinch's notorious hatred of the holiday was alive and well long before he was.

ACKNOWLEDGEMENTS

DONATIONS

Thank you to the following who gave generous donations to the Senior Center:

- ★ Bill Kocher
- ★ Geraldine Fontaine in memory of Anor Ackah (son of Patricia Ackah)

GRACIAS! THANKS! DANKE! MERCI!

★ **Sicilian Delight** ★ **Tony from Angelo's Pizza** ★ **Costco** ★ **Giant Food Store** ★ **Upper Merion Township Library for the large print books and Friday Flick movies.**

HELP SUPPORT UMSSC BY SHOPPING AT



When you shop on **AmazonSmile** (smile.amazon.com), the AmazonSmile Foundation will donate 0.5% of the purchase price to the eligible charitable organization of your choice. If you already shop on Amazon, your current user name and password will work on **smile.amazon.com** or you can use this link to go directly to our donation account.

<https://smile.amazon.com/ch/23-2966030>

AROUND THE COMMUNITY

WHAT'S HAPPENING AT THE UM TOWNSHIP LIBRARY- DECEMBER



DON'T MISS UPPER MERION TOWNSHIP LIBRARY'S DECEMBER PROGRAMS GEARED TO DE-STRESS YOU BEFORE THE HOLIDAYS

- **ESL Class, Tuesdays at 1:00 pm in Valley Forge room:** For adults who speak English as a second language, this program allows you to practice your English through conversations about books, short stories, and news articles. The class leader is Mrs. Jean Olexy, a certified ESL teacher. Anyone who speaks English as a second language is welcome to drop in.

- **Glass Painting Class on Monday, December 1 at 2:00 pm in Valley Forge Room.** Relax & paint beautiful birch trees with a winter view on a glass! With the holidays coming, painting is a way of de-stressing & quieting your mind while enjoying the company of friends. Materials will be provided. No previous experience necessary. **MUST REGISTER.**

- **Tech Night on Monday, December 2 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.

- **Dr. Steve presents "Ancient Egypt at the Movies" on Monday, December 2 at 7:00 pm in Freedom Hall.** This lecture presents a history of Egyptomania in popular culture and in movies, interwoven with a survey of ancient Egyptian themed movie theater architecture, as manifested in the early 20th century. A popcorn treat, with original movie trailers, perfect for architectural historians and movie buffs of all ages!

- **Adult Coloring Night** on Monday, December 9 at 7:00 pm in Valley Forge Room. Bring your friends and enjoy coloring. Walk-ins are welcome. Materials will be provided.

- **Movement & Meditation at the Upper Merion Community Center** on Monday, December 9 at 6:00 pm. Combine gentle stretching and basic yoga poses to help keep muscles flexible and joints mobile. Each class will close with simple meditation techniques and relaxation to reduce

stress and improve sleep and general well-being. All levels are welcome! **NEED NOT BE A COMMUNITY CENTER MEMBER. MUST REGISTER THROUGH THE LIBRARY**

- **Yogic Breathing & Meditation Seminar on Tuesday, December 10 at 7:00 pm in Valley Forge Room.** Learn about the science & secrets of the breath, the innate mind-body-breath connection, the benefits of breathing techniques & meditation and why they are becoming increasingly popular tools to combat stress and anxiety.

- **Adult Board Game Night, December 12 at 7:00 pm in Henderson room.** Bring your friends and enjoy playing games of all kinds! We'll have several board games, but feel free to bring your own too.

- **Knit Nite: Monday, December 16 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!

Gale Legal Forms: State-specific legal forms for wills, real estate, bankruptcy, divorce, landlord/tenant and many others. Get detailed information by going to our website.

www.umtowsnip.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 Wifi 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.

JUST FOR FUN

What kind of Christmas music do elves like?

"Wrap" music

How can Santa deliver presents during a thunderstorm?

His sleigh is flown by raindeer

What do you call a snowman with a six pack?

An abdominal snowman

How does a snowman get to work?

By icicle

Which of Santa's reindeer has the worst manners?

RUDE-olph, of course!

What does the Gingerbread Man use to make his bed?

Cookie sheets!

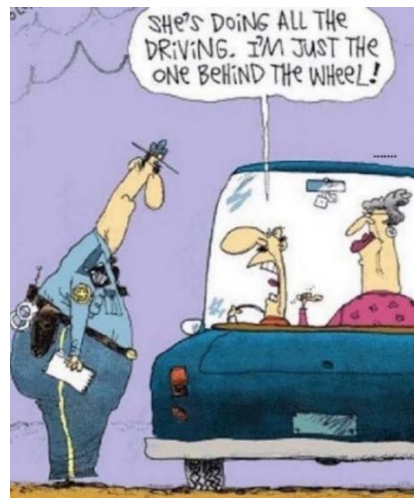
What do you call an outlaw who steals gift wrapping from the rich to give to the poor?

Ribbon Hood.



I hate it when I see an old person and then realize that we went to high school together.

When I'm an old lady I'm going to leave snacks in little bags on the floor all over the house in case I fall down



DRIVER'S LICENSE

A friend of a friend of mine was sitting on a lawn sunning and reading, when he was startled by a fairly late model car crashing through a hedge and coming to rest on his lawn. He helped the elderly driver out and sat him on a lawn chair.

"My goodness," he exclaimed. "You are quite old to be driving!"

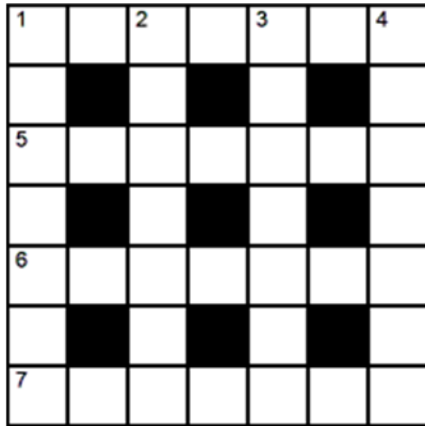
"Yes," he replied. "I am old enough that I don't need a license anymore. The last time I went to my doctor he examined me and asked if I had a driving license. I told him yes and handed it to him."

"He took scissors out of a drawer, cut the license into pieces and threw them in the wastebasket. 'You won't be needing this anymore,' he said."

"So I thanked him and left."

MINI CROSSWORDS

(answers on Pg. 11)

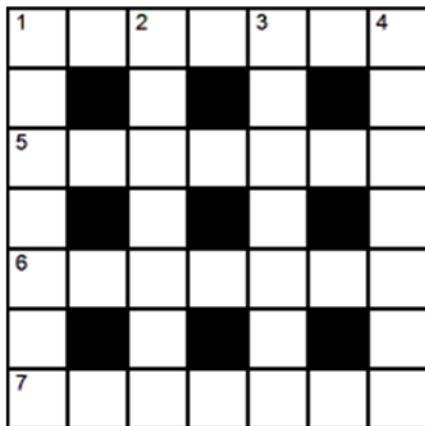


Across

- Angry
- Segment
- Occurring at the beginning
- No longer in existence

Down

- Merry
- Mark or stamp as paid
- Belief or sentiment
- Vest



Across

- Musical passage
- Daydream
- Squeeze out
- Interminable

Down

- Retinue
- Dedicated
- Foster
- Everlasting

WORD SEARCH PUZZLES

HAPPY HANUKKAH



HANUKKAH
CHANUKAH
MACCABEES
MENORAH
FESTIVAL

DREIDEL
CANDLES
MIRACLE
OIL
LIGHT

JUDAH
LATKES
GELT
EIGHT
GIFTS



HAPPY KWANZAA

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

HABARIGANI
 KARAMU
 MISHUMAA
 NGUZOSABA
 UJAMAA
 ZAWADI

HARAMBEE
 KINARA
 MKEKA
 NIA
 UJIMA

IMANI
 KUUMBA
 MUHINDI
 TAMBICO
 UMOJA



12 DAYS OF CHRISTMAS

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

CALLING BIRDS
 CHRISTMAS
 DAYS
 DRUMMERS
 DRUMMING
 FRENCH HENS
 TURTLE DOVES

GOLDEN RINGS
 LAYING
 LEAPING
 LORDS
 SWIMMING
 MILKING
 PARTRIDGE

PEAR TREE
 PIPERS
 PIPING
 SWANS
 MAIDS
 GEESE
 TWELVE



MINI CROSSWORD ANSWERS

F	U	R	I	O	U	S
E		E		P		I
S	E	C	T	I	O	N
T		E		N		G
I	N	I	T	I	A	L
V		P		O		E
E	X	T	I	N	C	T

C	A	D	E	N	Z	A
O		E		U		G
R	E	V	E	R	I	E
T		O		T		L
E	X	T	R	U	D	E
G		E		R		S
E	N	D	L	E	S	S



*to all
from the Board and
Staff of Upper Merion
Senior Service Center*