



DECEMBER 2018

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

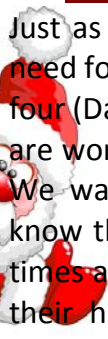


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IN THIS ISSUE

	PAGE
MONTHLY CALENDAR	2
KEEPING OUR MEMBERS INFORMED	4
ACKNOWLEDGEMENTS	4
SENIOR CENTER COMMUNITY OUTREACH	5
AROUND THE COMMUNITY	6
JUST FOR FUN	7
BACK PAGE (MISC. INFO)	

"ADOPTED" FAMILY FOR HOLIDAYS



Just as in the past, we are adopting a family in need for the holidays. We are helping a family of four (Dad, Mom with two little boys 6 and 4) who are working through a rough patch in their lives. We want to surprise this family and let them know they deserve a great holiday even though times are hard. On our bulletin board is a list of their holiday wishes. **Please choose an item from our "gift basket" to purchase and donate.** Your generosity will be greatly appreciated by this family in need and insure that they enjoy the holiday. **Please make your purchase and bring in to the Senior Center by DECEMBER 6.**

EXCURSION TRIP

FESTIVE LONGWOOD GARDENS

We have scheduled a carpool trip to Longwood Gardens for **THURSDAY, DECEMBER 6** to enjoy the beauty of the holiday season there. Cost of admission for seniors is **\$20.00**. There is a lovely café where we can have lunch on our own if we wish. We will leave the pool lot at 9:30 and

return to the Center by 3 p.m. We kindly ask that those who are not driving make a small donation to their driver to defray the cost of gas. **(PLEASE BRING EXACT CHANGE OR CHECK).**

ANNUAL HOLIDAY PARTY GET YOUR TICKETS NOW!

CELEBRATE THE HOLIDAYS WITH US! MONDAY, DECEMBER 10 FROM 11:00 AM TO 2:00 PM IN THE PARKVIEW ROOM OF THE VALLEY FORGE CASINO RESORT. Tickets on sale now. Cost: \$30.00. The menu will be a choice of chicken or salmon. Entertainment by UMSSC Band, Cash Prizes, Door Prizes and a \$10.00 Slot Play compliments of the casino. Don't forget your photo ID for the casino.



Many thanks to all the volunteer members who gave their time and talents to make our October Big Bingo event a fun and successful day. Also, thank you to members who made monetary donations toward the refreshments that were sold. We owe a special thanks to Helen Cabrey for all her hard work and dedication in organizing this important fundraising event.

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

CLOSED FOR THE HOLIDAYS

THE SENIOR CENTER WILL BE CLOSED ON: DECEMBER 10 FOR THE HOLIDAY PARTY FROM MONDAY, DECEMBER 24 TO TUESDAY JANUARY 1ST FOR THE CHRISTMAS AND NEW YEARS HOLIDAY (RE-OPEN WEDNESDAY JAN. 2, 2019)

TIME TO RENEW YOUR MEMBERSHIP FOR 2019

Don't forget 2019 memberships are now being accepted. Membership is still only \$20.00 for the year. A 2019 membership form is attached to this newsletter for your convenience.

UMSSC BAND HOLIDAY PERFORMANCES

Our UMSSC Band, led by Ed Hickman, will perform some Holiday favorites at the following events: **December 1** at 12:00 PM at the Holiday Village at the UM Twp. Bldg. and on **December 9** at 1:00 PM at the Sam Ash Music store on DeKalb Pike in King of Prussia.

DRUG TAKE BACK EVENT

TUESDAY DECEMBER 4 FROM 11:00 AM TO 1:00 PM. We will collect expired and unused medications in the lobby area.

MEMORY CAFÉ

TUESDAY DECEMBER 4 AT 2:00 PM. Support Group discussion for caregivers. Presented by Certified Dementia Practitioner from Arden Court.

GENERAL MEETING

WEDNESDAY DECEMBER 12 AT 9:30 AM.

General Meeting will start 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". **Join us for a Special Holiday Sing Along with 2nd Graders from Bridgeport Elementary.**

GARDEN CLUB

WEDNESDAY DECEMBER 12 AT 1:00 PM: Garden Club will meet only once this month.

MAIN LINE HEALTH PRESENTATION

THURSDAY DECEMBER 13 AT 10:00 AM. Denise Joyce, MSW, from Main Line Health Homecare

and Hospice will give a presentation on Community Resources.

BOOK TALK

MONDAY, DECEMBER 17 at 1:00 PM. Coordinator: Patricia Ackah. This month's book "La Rose" by Louise Erdrich is an emotionally haunting contemporary tale of a tragic accident, a demand for justice, and a profound act of atonement with ancient roots in Native American culture.

VALLEY FORGE CASINO

WEDNESDAY, DECEMBER 19 (Cut-off date MONDAY, DEC. 17) THE OFFER FOR THE GROUP IS \$20.00 IN SLOT PLAY: TO TAKE ADVANTAGE OF THIS OFFER YOU MUST COMPLETE REGISTRATION FORM AVAILABLE AT THE SENIOR CENTER OR ON OUR WEBSITE AT WWW.UMSSC.ORG. Please meet in the Casino lobby between 9:30 AM and 10:00 AM. **Everyone must bring a valid photo ID.**

FRIDAY FLICKS!

FRIDAY DECEMBER 21 - SICILIAN DELIGHT PIZZA (\$3.00) AT 11:30 AM - MOVIE (FREE) STARTS AT 12:15 PM Coordinator Don McCree. THIS MONTH "THE CATCHER WAS A SPY" is a 2018 American biographical spy film based on the book of the same name by Nicholas Dawidoff. It stars Paul Rudd as Moe Berg, a former baseball player who joined the war effort during World War II and partook in espionage for the U.S. Government.

FUTURE EXCURSION TRIPS

COMING UP IN 2019

MARCH 15 – The Constitution Center (via SEPTA)
LATE APRIL – Lunch Theater in Lancaster County (by bus)
MAY – Mt. Cuba natural gardens in Delaware (by carpool)
JUNE – Baltimore Inner Harbor (by bus)

WANTED: MAH JONGG INSTRUCTOR

The Mah Jongg group is seeking a volunteer to teach Mah Jongg. This would take place on Mondays starting at 9:30 AM. If you are interested, please let the office staff know.

PROJECT LINUS – GOING STRONG

The “Hearts and Hands” ladies group at Good Shepherd’s Church collect knitted and crocheted squares to assemble into blankets for "Project Linus". These blankets are donated to children who are seriously ill or traumatized. Some of our UMSSC members participate in this worthy cause by knitting the squares to be used. To date, eighty (80) blankets (wow!) have been made from these squares. They were on display Sunday, November 11 at the church. Thank you to all of our members who made Project Linus your cause. Your continued hard work is greatly appreciated. Thank you so much and keep up the good work!



BOOKS FOR BRIDGEPORT ELEMENTARY

As you all know, for many years we have collected children's books for the Bridgeport Elementary School. The new or gently used books that you donate are given to the children to keep. On November 8 teachers Jannette Montenegro and Elizabeth Jeffries brought thirty-nine 4th grade students to the Senior Center to pick up the books and mingle with our members. Helen Cabrey, Jane Burger and Don McCree each read a book to the kids. The teachers brought muffins and lemonade for snacks. It was a fun morning with the children. They were so polite, well-behaved and very appreciative of the books. Thank you to all of our members who donated the books. We are sure the children will enjoy reading them!



OUTREACH

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

Senator Daylin Leach's aide will not be here this month.

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: Clair & Thomas Banas, Joan Bressi, Judy Oliver and Josephine Ross.

KEEPING OUR MEMBERS INFORMED

STAY CONNECTED

AT UMSSC MONDAY-FRIDAY 9:00-3:00 PM

Loneliness is harmful to your health. If you feel lonely -- whether you live alone or with someone, have lots of friends or none -- you are more likely to get dementia or depression. Seniors who report feeling left out and isolated have more trouble with everyday tasks like bathing and climbing stairs. They also die earlier than less-lonely folks do. Researchers found that lonely people have higher levels of stress hormones that cause inflammation, or swelling, linked to arthritis and diabetes. Another study found more antibodies to certain herpes viruses in lonely people, a sign of stress in their immune system. So stay or make friends. Do volunteer work or simply help someone in need. Just connect.

CONNECT WITH TAI CHI

AT UMSSC - WEDNESDAY'S AT 12:30 PM

This gentle Chinese exercise combines slow movements and deep breathing. It's like meditating while you move. Tai chi may help older people avoid falls, a top cause of injury among seniors. It also can:

- Ease stress
- Improve balance
- Strengthen muscles
- Increase flexibility
- Lessen arthritis pain

ACKNOWLEDGEMENTS

MEMBER DONATIONS TO UMSSC

Upper Merion Senior Service Center is a member of the *United Way Donor Program*. Anyone wishing to make a donation to the UMSSC can designate UMSSC as the recipient of their donation. (Reference UMSSC ID #45796, UW Agency #8229767.)

Please consider a tax-deductible donation to the Upper Merion Senior Service Center. As a non-profit organization 501(c)(3) we rely upon outside donations and gifts to help finance some of our programs, activities and services to our members. Does your company offer matching funds?



The following generous donations were given to the Senior Center. Thank you to:

- ★ Shirley Robey made a donation in memory of her sister, Linda.
- ★ Cindy & Dan Eastman made donations in memory of Mary Bartola and Mickey Basile.

GRACIAS! THANKS! DANKE! MERCI!

★ **Thank you Sicilian Delight** for the pizza for Friday Flicks! ★ **Thank you Tony from Angelo's Pizza** – for the foot-long Birthday Hoagies he donates to the Center every month. ★ **Costco** for their generous donation of a monthly gift card for our birthday cake purchases. ★ **Special thanks to the Upper Merion Township Library** for all they do for the Senior

Center including large print books and Friday Flicks movies.

SENIOR CENTER COMMUNITY OUTREACH

UPPER MERION EMERGENCY AID

We are thankful for what we have and for what we give. We are accepting donations of **boxed Potatoes (mashed, scalloped, au gratin, etc.) boxed Macaroni and Cheese and boxed Stuffing, Spaghetti Sauce, Chicken Broth and Soup, Canned Pasta (Chef Boyardee), Tuna and Fruits and Vegetables. Peanut Butter & Jelly, Turkey Gravy, Cereal, cleaning supplies, laundry detergents and toiletries are needed. Also a special request for "after school" type snacks for kids (like individual fruit cups, granola bars, cookies, etc.). Let's help families in our community who are experiencing a time of need.**

AROUND THE COMMUNITY

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



THE LIBRARY WILL BE CLOSED ON MONDAY, DECEMBER 24 AND TUESDAY, DECEMBER 25. WE WILL BE OPEN ON WEDNESDAY DECEMBER 26 AT 9 AM. PLEASE NOTE THAT THE LIBRARY WILL CLOSE AT 5 PM ON MONDAY, DECEMBER 31 AND IS CLOSED ON TUESDAY, JANUARY 1

TECH NIGHT ON MONDAY, DECEMBER 3 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.

BREATHE YOUR STRESS OUT ON THURSDAY, DECEMBER 6 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.

Every breathing pattern affects the mind and in this session you will learn effective tools to bring the mind to a restful and peaceful state of being.

DR. STEVE'S PRESENTATION "WINTER ON THE NILE: VINTAGE EGYPT" ON MONDAY, DECEMBER 10 AT 7:00 PM IN FREEDOM HALL. Egypt is one of the world's top travel destinations; her ancient temples, tombs, and pyramids, have enthralled visitors for generations. With richly illustrated archival photographs, this lecture focuses on the development of Egypt's legendary hotels, such as the Majestic Hotel in Alexandria, Sheppard's Hotel in Cairo, and the Winter Palace Hotel in Luxor. Gorgeous photographs accompany this virtual trip through time and space – a wonderful way to escape the winter doldrums without leaving the comfort of home!

ADULT COLORING NIGHT ON MONDAY, DECEMBER 10 AT 7:00 PM in Valley Forge Room. Bring your friends and enjoy coloring. Walk-ins are welcome. Materials will be provided. If you are interested in puzzles, we have them as well!!

VINYASA YOGA AT THE UPPER MERION COMMUNITY CENTER ON TUESDAY, DECEMBER 11 AT 5:00 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.

ZANTANGLE ART CLASS ON MONDAY, DECEMBER 17 AT 7:00 PM IN VALLEY FORGE ROOM. Introduction to Zantangles, an easy to learn and meditative art form. Create beautiful art with structured patterns. Materials will be provided. **MUST REGISTER.**

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.

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

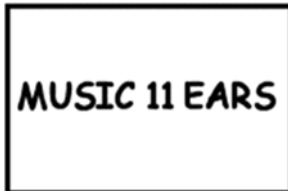
Café Style Wifi available at the library. Bring your smart devices and connect to our free wireless network. Library card number not required.

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

REBUS PUZZLES

(answers on page 8)



CITY SCRAMBLE

FIND THE CITY NAME HIDDEN WITHIN THE WORDS

(answers on page 8)

1) LIEUTENANT COLONEL (NEBRASKA)

2) MALDISTRIBUTION (WISCONSIN)

3) ULTRAVIOLET LIGHT (NORTH CAROLINA)

4) WHITE CHRISTMAS (KANSAS)

5) RHETORICAL QUESTION (TEXAS)

6) BODY BUILDER (COLORADO)

LOOKING GOOD

My face in the mirror isn't wrinkled or drawn.
My house isn't dirty. The cobwebs are gone.
My garden looks lovely and so does my lawn.
I think I might never put my glasses back on.

THE LOVE DRESS

The mother-in-law stopped unexpectedly by the recently married couple's house. She rang the doorbell and stepped into the house. She saw her daughter-in-law standing naked by the door. "What are you doing?" she asked. "I'm waiting for my husband to come home from work," the daughter-in-law answered. "But you're NAKED!" the mother-in-law exclaimed. "This is my Love Dress." the daughter-in-law explained. "Love Dress? But you're naked!" "My husband loves me to wear this dress! It makes him happy and it makes me happy. I would appreciate it if you would leave because he will be home from work any minute." The mother-in-law was tired of all this romantic talk and left. On the way home she thought about the Love Dress. When she got home she got undressed, showered, put on her best perfume and waited by the front door. Finally her husband got home. He walked in and saw her standing naked by the door. "What are you doing?" He exclaimed. "This is My Love Dress." She replied. "Needs ironing." he said.

MUSIC WORD SEARCH

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

- QUARTERNOTE
- TREBLECLEF
- EGBDF
- GBDFA
- PITCH
- FLUTE
- VIOLA
- PICCOLO
- STRING
- FORTE
- ORCHESTRA
- SHARP
- HALFNOTE
- BASSCLEF
- FACE
- TEMPO
- RHYTHM
- HARP
- CELLO
- BRASS
- PERCUSSION
- MEZZOFORTE
- PHRASE
- FLAT
- WHOLENOTE
- STAFF
- ACEG
- DYNAMICS
- GRANDSTAFF
- VIOLIN
- BASS
- WOODWINDS
- METRONOME
- MEZZOPIANO
- STACCATO
- NATURAL

REBUS ANSWERS

- 1) Music to ones' ears
- 2) Hitting below the belt
- 3) Man overboard
- 4) Pretty please

CITY SCRAMBLE ANSWERS

- 1) Lincoln
- 2) Madison
- 3) Raleigh
- 4) Wichita
- 5) Houston or Austin
- 6) Boulder

POSITIVE ATTITUDE WORD SEARCH

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

- ATTITUDE
- HARMONY
- LOVE
- PEACE
- POWERFUL
- PURE
- RECEPTIVE
- SUCCESS
- WILL-POWER
- FREEDOM
- HIGH-ENERGY
- MOTIVATION
- POSITIVE
- PROGRESS
- QUALITY
- SELF-DISCOVERY
- VICTORY
- YOURSELF

*Happy Holidays to all from
 the staff at the Upper Merion
 Senior Service Center!*

