

The Best of Times

 **DECEMBER 2021**



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



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

Greetings fellow members,

Now that Covid cases are declining, those members who have not yet returned will hopefully consider it safe to come in to participate or just to see old friends. We will continue to abide by all safety protocols by requiring proof of vaccination and the township mask mandate to enter the Center. The Senior Center offers a variety of activities to enjoy such as exercise classes, card games, discussion groups, bingo, and special events. Membership dues for 2022 are now being accepted. Annual dues are \$20.00. Please complete a membership renewal form available at the Center or on our website and return with your payment by mail or in person to the senior center.

Elections for UMSSC Board and Officer positions will be held at the December 8 General Meeting.

If you have any questions or concerns, 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 December activities. Contact anyone in the office if you have questions.

THE SENIOR CENTER WILL BE *CLOSED* ON THE FOLLOWING DAYS FOR CHRISTMAS AND NEW YEARS HOLIDAY: THURSDAY, DECEMBER 23 TO FRIDAY DECEMBER 31 (RE-OPENING MONDAY JANUARY 3).

NOTICE OF INTENT TO AMEND THE UMSSC BYLAWS

There is a proposed amendment of the Upper Merion Senior Service Center Bylaws. All amendments to the bylaws require presentation to the Board of Directors followed by presentation to the membership at a General Meeting. At the next General Meeting (in this case the December General Meeting), there will be a vote of those in attendance as to accept or reject this amendment. The current article under consideration for amendment is as follows:

ARTICLE VIII - Meetings

The Board of Directors shall meet monthly; the quorum shall be more than half of the members of the current Board of Directors. **The General Membership shall meet ten times a year, weather permitting.** Special meetings may be called by the President and the purpose of the meeting shall be stated in the call. Except in cases of an emergency, at least seven (7) days' notice shall be given.

The proposed change to the Article is as follows:

The General Membership meeting shall meet the second Wednesday of the third month of each quarter starting with March 2022.

All members are invited to attend the December General Meeting in order to cast their vote.





* * * * *

GENERAL MEETING: Wednesday, December 8 at 9:30 AM. If you cannot attend, you can watch on UMGA TV (Comcast 22/Verizon 33). The meetings are aired on Thursday's at 6:00 PM and repeat the following day at 10:00 AM. The URL to use to go directly to the General Meeting video is "<https://vimeo.com/channels/891501>."



2021

Happy Holidays

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 10:00 BOARD MEETING 12:30 CANASTA 1:00 LINE DANCING 1:00 MATTER OF BALANCE	2 9-11 WALK TRACK 10:00 BUSINESS DISCUSSION GROUP 10:15 BINGO 11:30 FUN & FITNESS	3 10:30 SING-A-LONG	4
5	6 10:00 MAH JONGG 10:30 CURRENT EVENTS	7 9-11 WALK TRACK 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE <i>(suspended)</i> PEARL HARBOR DAY	8 9:30 GENERAL MEETING 12:30 CANASTA 1:00 LINE DANCING	9 9-11 WALK TRACK 12:00 EXCURSION TRIP <i>GLENCAIRN CASTLE TOUR</i> 10:15 BINGO 11:30 FUN & FITNESS	10 10:30 SING-A-LONG	11
12	13 10:00 MAH JONGG 10:30 CURRENT EVENTS 1:00 BOOK TALK	14 9-11 WALK TRACK 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE <i>(suspended)</i>	15 10:00 PERSIAN GROUP 12:30 CANASTA 1:00 LINE DANCING	16 9-11 WALK TRACK 10:00 BUSINESS DISCUSSION GROUP 10:15 BINGO 11:30 FUN & FITNESS	17 10:30 SING-A-LONG 11:15 FRIDAY FLICKS "ROCKETTES CHRISTMAS SHOW"	18
19	20 10:00 MAH JONGG 10:30 CURRENT EVENTS	21 9-11 WALK TRACK 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE <i>(suspended)</i>	22 12:30 CANASTA 1:00 LINE DANCING <i>(cancelled this week)</i>	23 SENIOR CENTER CLOSED FOR THE HOLIDAYS	24 SENIOR CENTER CLOSED FOR THE HOLIDAYS CHRISTMAS EVE	25  <i>Merry Christmas!</i>
	27 SENIOR CENTER CLOSED FOR THE HOLIDAYS	28 SENIOR CENTER CLOSED FOR THE HOLIDAYS	29 SENIOR CENTER CLOSED FOR THE HOLIDAYS	30 SENIOR CENTER CLOSED FOR THE HOLIDAYS	31 SENIOR CENTER CLOSED FOR THE HOLIDAYS NEW YEARS EVE	



BOOK TALK: Monday, December 13 at 1:00 PM in the Library/Lounge (in person or via zoom). Book selection is "American Dirt" by Jeanine Cummins. Paper and audio copies available at Library.

FRIDAY FLICKS: Friday, December 17. We will show "CHRISTMAS VACATION". As the holidays approach, Clark Griswold (Chevy Chase) wants to have a perfect family Christmas, so he pesters his wife, Ellen (Beverly D'Angelo), and children, as he tries to make sure everything is in line, including the tree and house decorations. However, things go awry quickly. As always you can order cheese pizza in advance (2 slices, soda and dessert for \$5.00) or brown bag your own lunch. We eat at 11:30 A.M. and the movie starts at 12:15 P.M. **STARTING IN JANUARY 2022 FRIDAY FLICKS WILL BECOME THE "MONDAY MATINEE".**

COFFEE WITH A COP: No meeting this month.

LINE DANCE: No class on Wednesday December 22.

GRACIAS! THANKS! DANKE! MERCI!

★Special thanks to Salvatore's Trattoria & Pizzeria for Friday Flicks pizza! ★Thank you to the Upper Merion Township Library for all they do for the Senior Center including large print books and Friday Flicks movies.

EXCURSION DATES

CHRISTMAS IN THE CASTLE: DECEMBER 9 - Tour the Glencairn castle-like mansion in Bryn Athyn, Pennsylvania, former home to the Pitcairn family for more than 40 years, now a museum of religion, art, and history. See unique Christmas decorations and Nativity collections. *Via car pool. Meet at 12:00 PM at upper parking lot. Face masks required.* Cost: Members \$12.00 Non-Members \$15.00

DUTCH APPLE DINNER THEATER WITH LUNCH BUFFET: APRIL 6, 2022. Bus trip to see performance of "Singin' in the Rain". From the golden age of movie musicals, "Singin' in the Rain" brings up the starlet, the leading man and a love affair that could change lives ... and make or break careers. *Tickets on sale January 2022.* Bus departs from upper pool parking lot at 9:15 AM. Cost: Members: \$65.00 Non-Members \$75.00.

HAPPY DECEMBER BIRTHDAYS!

12/1 Michael Contos	12/11 Earlean Susman	12/24 John Weaber
12/1 Robert Crooks	12/11 Shirley Weaver	12/25 Lucy Damiani
12/2 Lorraine Farrell	12/11 Angie Williamson	12/25 Adele Goldfield
12/2 Dick McCann	12/12 Mary Storti	12/25 Lawrence Willinger
12/3 Pat Dolenti	12/13 Janice Bonner	12/26 Thomas Finley
12/3 Ethel Hutchinson	12/14 John Desko	12/26 Nancy Gottsagen
12/3 James Jones	12/15 Tina Garzillo	12/26 Alesia Palmer
12/5 Ellie Thompson	12/16 Margaret Dalasio	12/27 Paul Puskar
12/6 Edna Rininger	12/16 Clarissa Fullam	12/27 Zee Raiser
12/7 Andrew Andreyko	12/17 Joseph Liebreich	12/27 Janet Ward
12/7 Joan Holmes	12/18 Carol Rose	12/28 Alireza Hoorfar
12/7 Penny Rudolph	12/19 Albert Hill	12/28 Edith Krier
12/8 Geraldine Fontaine	12/19 Rose Wood	12/28 David Landsman
12/9 Bob Brown	12/21 Don McCree	12/29 Nancy Kiniry
12/10 Deanie Moses	12/22 Joan Madel	12/30 Thomas Banas
12/13 Diana Dadachanji		12/31 Stephen Quattro

IN MEMORIAM

We extend our deepest sympathies to the family and friends of Pat Capobianco. We will miss seeing Pat at the weekly Bingo games which he enjoyed coming to with his sister, Lucy, and friends.

THANK YOU FOR YOUR DONATIONS TO THE SENIOR CENTER

Thank you to the following members for their generous contributions: Lucy Damiani gave a donation in memory of her brother, Pat Capobianco. Ethel Hutchinson gave a donation in memory of June Dolan. Cindy and Dan Eastman gave a donation in memory of Clarence Moehl.

SELF-DEFENSE FOR SENIORS: MUST-KNOW INFO ABOUT HOW TO PROTECT YOURSELF

Everyone deserves to feel secure. That's why self-defense for seniors is such an important topic. As people age, their bodies tend to get slower and weaker, which can make them vulnerable to attacks by criminals. Fortunately, there are a variety of good tactics that older adults can learn in order to protect themselves.

SAFETY TIPS: HOW TO AVOID BEING TARGETED

Prevention should always be your primary objective. After all, the best way to stay safe is to not get into dicey situations in the first place. Did you know that your body language and mannerisms can give off signals that make you more likely to be a target for criminals? In one famous study, researchers recorded more than 60 people walking along a busy New York City street. Then, they showed the video to a group of prison inmates who had been convicted of assaulting strangers. The prisoners were asked to identify the people on the video who would make the most desirable targets.

The inmates were remarkably consistent in their choices. It turned out that age, size, and gender were not the deciding factors. Instead, the criminals selected victims who dragged their feet and moved awkwardly, who were slumped over, and who kept their eyes on the ground. Those people were perceived as being easy to overpower.

If you can exhibit confidence and self-assurance, a potential attacker may decide you're not the easy mark he or she was hoping for. To avoid appearing vulnerable, try following these tips:

- **Be alert and aware of your surroundings.** Developing the habit of scanning the area around you will help you spot potential threats and allow you to avoid them.
- **Stand straight and keep your chin up and your shoulders back.** A hunched posture and a lowered gaze will make you seem fearful and timid.
- **Walk smoothly and fluidly to convey confidence.** If possible, keep the same pace as the pedestrians around you.
- **Make brief eye contact with the people around you** to demonstrate that you are aware of them (but don't stare or act aggressively). If a potential assailant knows you have seen him or her, the advantage of surprise disappears.
- **Don't talk on your phone or stare at a map while out walking.** Doing so indicates that you aren't paying attention to what's going on around you. Plan your route before you leave your home, hotel, or other point of origin; if you need assistance, step into a store and ask a clerk to help you.
- **Don't let a potential attacker distract you.** If a stranger asks you for the time, don't stop and look down at your watch. Instead, keep walking and raise your watch up to your eye level in order to keep the person in your line of sight.
- **Stick to well-lit and populated areas at night.** It's also a good idea to keep a mini flashlight and whistle on your key ring and keep the keys in your hand (with one key sticking out between your fingers) while you're walking.
- **Don't draw attention to yourself.** Keep valuables out of sight and don't wear expensive clothes or flashy jewelry. If you use a purse, carry it close to you and don't let it dangle too far from your body. You might even want to conceal your purse under your jacket or coat.

UM LIBRARY PROGRAMS FOR DECEMBER

(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.)

UPPER MERION LIBRARY IS CLOSED DECEMBER 24 THROUGH DECEMBER 27 FOR CHRISTMAS.

Sangeetha will lead a **Zoom Basic Computer Class** on Thursdays, December 9 and 23 at 11:00 AM. *MUST REGISTER at the library to register to receive zoom links.*

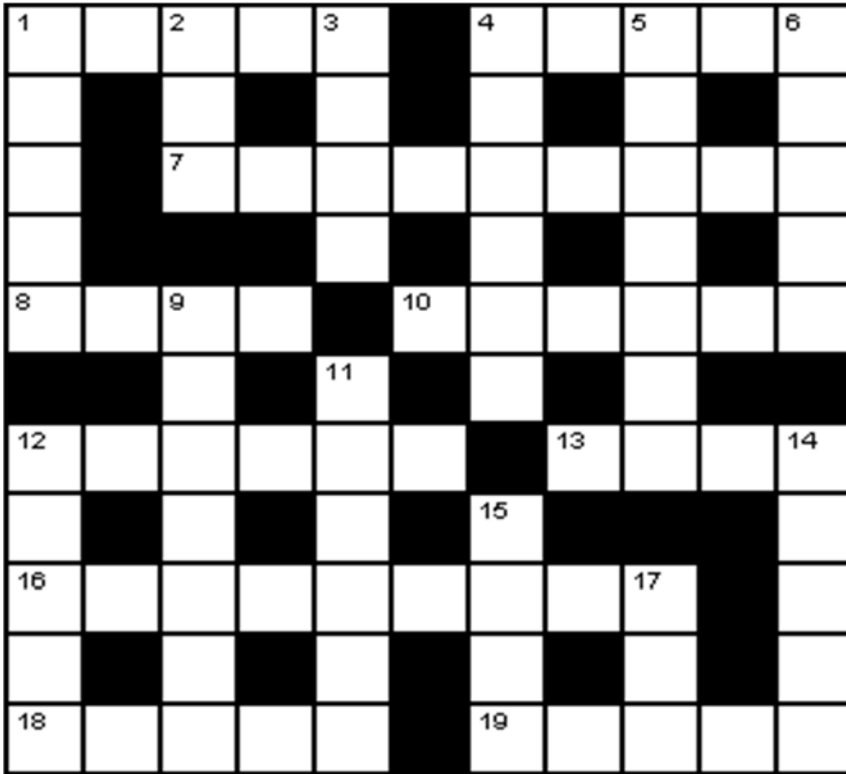
ESL CLASS (English as a Second Language Conversation Group) No registration required. The group will meet **every Tuesday at noon** (12:00 PM) in person in Valley Forge Room. Participants *MUST* wear a mask at all times and social distance will be maintained.

2021 FALL BOOK DISCUSSION: Led by English Professors Erin Hurt. We will be meeting in person this Fall. Please see below for the titles and dates. We will be following strict guidelines during the meetings.

The theme for the Book Discussion Series continues: Understanding the Present By Way of the Past. The program dates and titles are: December 5 at 2pm: Rebecca Makkai's *The Great Believers*

WINTER READING PROGRAM STARTS MONDAY, JANUARY 3. Wait for more information in coming weeks.

QUICK CROSSWORD



Across

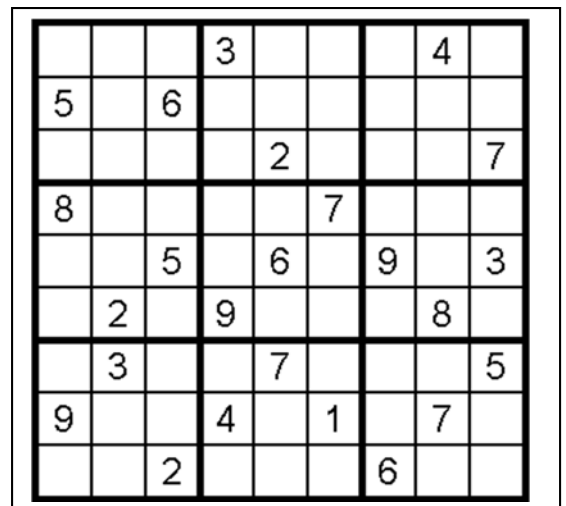
- 1. Twelve (5)
- 4. Hoard (5)
- 7. Unaware (9)
- 8. Gape (4)
- 10. Wore away (6)
- 12. Birds of prey (6)
- 13. Notion (4)
- 16. Large spider (9)
- 18. The lowest point of anything (5)
- 19. Implied (5)

Down

- 1. Journal (5)
- 2. Menagerie (3)
- 3. World's longest river (4)
- 4. Secret or hidden (6)
- 5. Bustling (7)
- 6. Abated (5)
- 9. Placed a bet (7)
- 11. Thinner (6)
- 12. Consumed (5)
- 14. Proficient (5)
- 15. Female relative (4)
- 17. Part of a circle (3)

SUDOKU *(answers on page 8)*

The rules of Sudoku are simple. Place a 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.



JUST FOR LAUGHS



WHY WOMEN WOULD LOVE BEING SANTA CLAUS

1. You'd never be expected to make the coffee.
2. There'd be no more early morning decisions about what to wear to the office.
3. You could grow a gut the size of Fat Albert's and consider it a job requirement.
4. One big black belt - accessorized for life!
5. There'd be no reason to have your colors done.
6. Everyone would be extremely nice to you, even if you weren't.
7. Should people suggest your belly jiggled... that is when you giggled... like a bowlful of jelly, you could hit them with your purse.
8. You'd always work in sensible footwear.
9. There'd be no need to play office politics; a hearty 'Ho! Ho! Ho!', would remind everyone who's boss.
10. You wouldn't need an expensive briefcase.
11. No one would dare ask for a ride to work.
12. Never again have to wear pantyhose or worry about your slip showing.
13. No more trips to the vending machine... you'd just snack on milk and cookies all day.
14. You'd never be asked to take an early retirement package.
15. Juggling work and family would be a breeze because your children would adore you; even your teenagers would want to sit in your lap.
16. You'd be guaranteed the best chair in the office.
17. Age discrimination wouldn't be an issue.
18. You'd never grab the wrong coat on your way out the door.
19. No one would ask to see your job description.
20. Your co-workers would be on notice that they'd better not pout.

Winter Wonderland



- | | | | |
|---------------|---------------|----------------|-----------------|
| avalanche | gloves | January | slippery |
| blanket | hail | Kwanzaa | slush |
| blizzard | Hanukkah | lunar new year | snowball |
| chimney | heater | melt | snowboard |
| Christmas | hibernate | migrate | snowdrift |
| coat | hockey | mittens | snowflake |
| cold | holidays | New Year's Day | snowman |
| December | hot chocolate | quilt | snowmobile |
| earmuffs | ice fishing | scarf | snowplow |
| February | ice skates | shovel | snowstorm |
| fireplace | icicles | skiing | sweater |
| freeze | igloo | sled | vacation |
| freezing rain | Jack Frost | sleet | Valentine's Day |
| frigid | jacket | sleigh | |

Be loving and kind, have fun and celebrate.

Stay safe and keep others safe.

Happy Holidays to all!



CROSSWORD ANSWERS

D	O	Z	E	N		C	A	C	H	E
I		O		I		O		R		A
A		O	B	L	I	V	I	O	U	S
R				E		E		W		E
Y	A	W	N		E	R	O	D	E	D
		A		L		T		E		
E	A	G	L	E	S		I	D	E	A
A		E		A		A				D
T	A	R	A	N	T	U	L	A		E
E		E		E		N		R		P
N	A	D	I	R		T	A	C	I	T

SUDOKU ANSWERS

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