

# The Best of Times

## FEBRUARY 2023



UPPER MERION SENIOR SERVICE CENTER

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On the web at [www.umssc.org](http://www.umssc.org)

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

Welcome to February. It is a busy month with celebrations and special days on the calendar. Be sure to remember your special friends and loved ones on Valentine's Day. Groundhog Day is February 2nd. Let us hope that famous groundhog predicts an early spring for us to enjoy. We will be celebrating Mardi Gras with a party this month on February 24. Plan on attending and enjoy the festivities and just being together with friends.

Just a reminder that dues for 2023 membership are now due. If you have already renewed, thank you. Please think about bringing new members to enjoy our many activities and events.

Again, I am going to ask for any suggestions from you, our members. We would like to hear from you about what you would like to see us provide to our members. We are open to suggestions to make the Center the best we can be.

Hope to see you all at the Center!

*Sharon Brzoska, President*

### NEWS AROUND THE CENTER

**CELEBRATE MARDI GRAS WITH US!** Friday, February 24 from 12:00 to 2:00PM. Join us for a Mardi Gras celebration. This is a potluck party so bring your favorite dish to share. Please sign up and indicate if and what food item you will bring.

**"BIG BINGO" IS BACK!** COME TO THE SENIOR CENTER AND PLAY ON *SUNDAY, MARCH 19*. THIS IS A BIG FUND RAISER FOR UMSSC. A REGISTRATION FORM CONTAINING MORE DETAIL IS ATTACHED TO THIS NEWSLETTER IF YOU WANT TO ATTEND. JUST COMPLETE AND SEND WITH YOUR PAYMENT OR BRING IT IN PERSON TO THE SENIOR CENTER. **BIG BINGO IS OPEN TO THE PUBLIC SO RESERVE YOUR SPACE NOW!**

**SHINGLES VACCINE OFFERED AT SENIOR CENTER.** Giant Pharmacy will be offering the Shingles vaccine at the Senior Center. Shingrix is a two dose vaccine. The first shot is scheduled for Tuesday, March 28. Although a specific date has not been picked for the second dose, it will be within a required minimum 2-month period, probably in the middle or end of June. Kim Riley, pharmacist from Giant will be administering the vaccine. *The vaccine will be free to seniors who have a Part D prescription drug plan.* However, you should first check with your Part D prescription provider to confirm you will not have a co-pay or have to meet a deductible in order to receive the vaccine for free. ***Also, remember to bring your Medicare and Part D prescription card with you.***

### ACTIVITIES

Please refer to the monthly calendar for all **FEBRUARY** activities. Contact anyone in the office if you have questions. ***Before venturing out in inclement weather, please call the Center, check your email or check our UMSSC website to see if we are opened or closed.*** For activities conducted or available on Zoom you must call the office and provide your email address to receive the zoom link.

**NEW ACTIVITY - RUMMIKUB:** Tuesdays from 10:00 to 11:30 AM beginning February 7. Rummikub is the popular family game of strategy and luck! Players try to be the first to play all of the tiles in their rack by placing them in runs and groups.

**PLAY BINGO TWICE A WEEK:** We have added a second Bingo game to our schedule on Wednesdays at 10:15 AM. Also, we are still looking for an individual who could run the Bingo program. We currently have two volunteers who will alternate, but would like someone on a permanent basis.

**WALK THE TRACK EXTENDED:** We can now walk the track Monday thru Friday from 9:00 to 11:00 AM.

**COMPUTER BASICS:** Sangeetha will be at the Center every 1st and 3rd WEDNESDAY of the month @ 11:00 AM. (Feb. 1 and Feb. 15). Meet in the Computer Room.

**MONDAY MATINEE:** Monday, February 13. Lunch at 11:30 AM and Movie at 12:00 PM. Movie selection is "INDIANA JONES-RAIDERS OF THE LOST ARK" starring Harrison Ford.

**MEXICAN TRAIN:** Mondays at 12:30 PM. Beginners welcomed!

**BOOK TALK:** Monday, February 20 at 1:00 PM. Also on Zoom. Book selection is "Left on Tenth: A Second Chance at Life" by Delia Ephron. This bestselling, beloved writer of romantic comedies like *You've Got Mail* tells her own late-in-life love story, complete with a tragic second act and joyous resolution.

**COFFEE WITH A SUPERVISOR:** Monday, February 27 at 12:30. Greg Waks will be at UMSSC to speak and answer questions.

### **EXCURSION DATES 2023**

***PAYMENT MUST BE PRESENTED WHEN YOU REGISTER FOR ANY TRIP.***

**CLASSIC AUTO MALL MORGANTOWN:** THURSDAY MARCH 23: Via car pool. Lunch at Shady Maple.

**MUTTER MUSEUM:** THURSDAY APRIL 27. Via car pool. Medical museum in Center City.

**NORTHVIEW GARDEN IN MAPLE GLEN:** THURSDAY JUNE 2. Via car pool. Tour of private garden.

**PEARL BUCK HISTORICAL HOUSE:** THURSDAY, JUNE 22. Via car pool. Tour of the historical house & gardens.

**DUTCH APPLE DINNER THEATER:** FRIDAY, NOVEMBER 17. "A Christmas Carol".

### **SPOTLIGHT ON: CURRENT EVENTS**

**CURRENT EVENTS DISCUSSION HELPS THE BRAIN** (by Joan Shaw)

As informed seniors know, it is essential to exercise your mind as well as your body for better cognitive and physical health. Social interaction is also important for mental health.

The Current Events Discussion group, started in 2008, helps our members keep our brains active and our social skills sharp through our verbal interactions with one another. About 15 to 20 of us from all walks of life meet every Monday from 11:00 AM to 12:30 PM in person and on Zoom. And we always welcome newcomers to our gatherings. Incidentally, our diverse group includes five immigrants.

Our format, if you can call it that, is to make up a list of topics for the day – from local to global or even galactic news. The person suggesting a topic leads off the discussion and anyone who wants to chime in is encouraged to do so. It may sound like a serious business, but we have a lot of laughs, too. So, if you are interested in talking about what's going on in our community, our state, our country and the world, join us on Mondays at 11:00 AM.

### **HAPPY FEBRUARY BIRTHDAYS!**

2/3 Rosemarie Van

2/4 Jeanne Fee

2/4 Wendy Schildt

2/4 Raymond Vance

2/5 Linda Quam

2/6 Nancy Hosler

2/9 A. J. Barbagallo

2/11 Marybeth Guminski

2/11 Edward Hickman

2/12 Rose Chambers

2/12 Janice Fragale

2/12 Mary Jane McKenna

2/12 Duane Menago

2/12 Tracey Scandia

2/13 Edwina McQuaid

2/13 Peggy Newman

2/13 Anthony Rizzio

2/14 Dolly Leonard

2/15 Wing Lau

2/16 Ursel Sandt

2/17 Emma Levering

2/19 Sandy Colon

2/19 Ann Lister

2/19 Maryellen McTeague

2/22 Paul Little

2/23 Caroline Gilday

2/24 Doris Spera

2/25 Judy Lukkis

2/26 Lorraine D'Alleva

2/27 Renee Abramowitz

## UM LIBRARY PROGRAMS FOR FEBRUARY 2023

(Call the library at 610-265-4805 or check [www.umtownship.org/library](http://www.umtownship.org/library) to register for all their programs and for latest updates and online access.)

### UPPER MERION TOWNSHIP LIBRARY & FRIENDS OF BLACK HISTORY PRESENT THE 24TH ANNUAL CELEBRATION OF BLACK HISTORY, BACK TO AFRICA - A MONTH LONG CELEBRATION

Wednesday, February 1, 6:00 PM - 8:00 PM (on a loop) Lest We Forget Museum of Slavery - video tour.

Saturday, February 11, 1:00 PM - 4:00 PM: Kid's Crafts and Activities.

Friday, February 17, 6:00 PM - 8:30 PM: Jah People - music band performance.

Saturday, February 25, 11:00 AM - 12:00 PM: Dr. Daisy Century, Historical Interpreter - Take a journey through the life of Pharaoh Princess "Hatshepsut".

Tuesday, February 28, 6:30 PM - 7:30 PM: Dr. Stephen R. Philips presents "A Tour of Africa"

**ZOOM BASIC COMPUTER CLASS:** Sangeetha will lead class on February 9 and 23 at 11:00 AM. *Must register at the library to register to receive zoom links.*

**TECH NIGHT:** Resumes in person. This one on one tech help session meets first Monday (February 6) of every month at 6:00 PM. Bring your tablet/iPad/digital phone to get all your digital questions answered and learn to download books, magazines, audio books, and watch TV shows for free. *Must register to attend.*

**COLORING AND BOARD GAME NIGHT:** Second Monday of every month (February 13) at 6:00 PM. Bring your friends and enjoy coloring/playing. Materials provided. Walk-ins welcome.

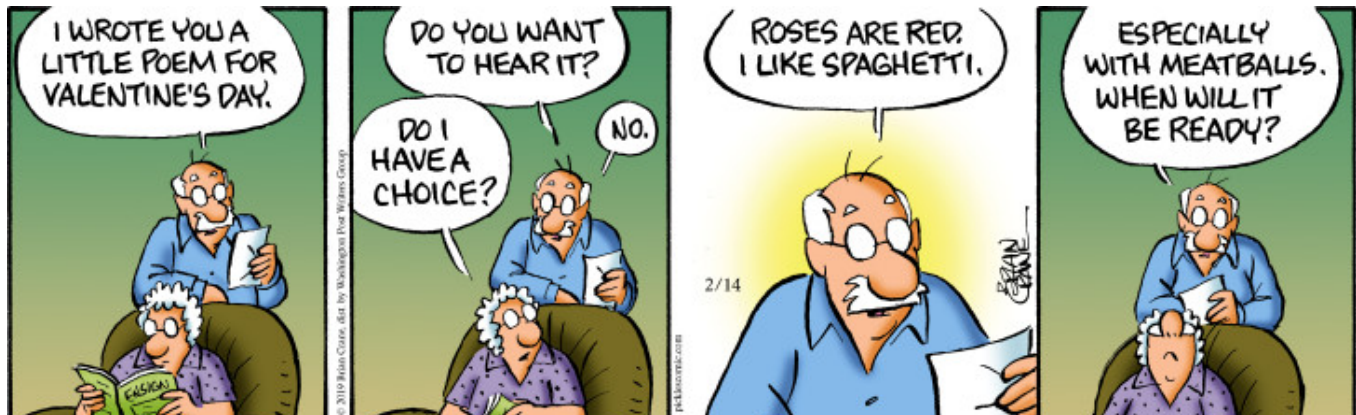
**FEBRUARY MEDITATION SERIES: Meditation Workshop - Falun Dafa Meditation** will be held on the second Tuesday of every month (February 14) at 6:00 PM. Discover the power of self-cultivation. Learn what keeps tens of millions around the world happy, healthy, and energized. Falun Dafa, also known as Falun Gong, is a traditional Chinese mind-body practice that consists of five easy-to-learn exercises and meditation and is guided by the principles of Truthfulness, Compassion, and Forbearance. It is free to learn and is practiced by people from all walks of life in over 130 countries worldwide.

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

**VIRTUAL CAREER SERIES:** Scheduled for 3rd Monday of month (February 20) at 6:00 PM. Please check our online calendar for topics to be discussed each month. *Must register to receive zoom link.*

**KNIT NITE:** The group meets 4<sup>th</sup> Monday of the month (February 27) 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.

## JUST FOR LAUGHS



WORD SEARCH

FREEZING



ANTARCTIC, ARCTIC, ARCTIC CIRCLE, ARCTIC FOX, BLIZZARD,  
FREEZING, FROSTY, FROZEN, GELID, GLACIER, HUSKY, ICE,  
ICEBERG, ICEBREAKER, ICE FIELD, ICE FLOE, ICE SHELF,  
ICICLE, IGLOO, NORTH POLE, PENGUIN, PERMAFROST,  
POLAR BEAR, SLED, SLEET, SNOW, SNOWSHOE,  
SNOWSTORM, SOUTH POLE, WHITEOUT.

*Be loving and kind, have fun and celebrate. Stay safe and keep others safe. Happy Valentines Day!*

*I love you* M'bi fe Te dua  
 Ez te hezdikhem Ti voi *Eu te amo* L'abim te *Non N'abim*  
 Ana behibak Lakh tirikh Я тебе кохаю Soni soniprum Ja cie kooham  
 ik houd van jou Toi ye u em *Amote* Non nyanyar de Non nyanyar de  
 Mi amao vin Ti amo *Quiérote* *I liab di*  
*Valim te* Jag a'lskar dig Obicham te S'ayapo  
 Khoi huk chau laj Alskar Dej *Je t'aime* Te dua  
 Naku penda Я тебе люблю Ma fimilai maya garchu  
 Non nyanyar de Inhobbok *Techshilla* Testim  
 Te sokom *Ich liebe Dich* Aez dae warzyn  
 Oudim te Tora dost darazn Tho gradh agam ort  
*Ani chereh acha* Te lu bese  
 Mujge tumae mahabbat hai  
 Ngo oi ney  
*Miligi*  
 te

**GRACIAS! THANKS! DANKE! MERCI!**

★Special thanks to **SALVATORE'S TRATTORIA & PIZZERIA** for delicious 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.

