

# The Best of Times

## JANUARY 2023



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](http://www.umssc.org)



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

*Wishing all our members and their loved ones a Happy and Healthy 2023!*

As your new President, I would like to thank the new and returning Board members for volunteering their time, expertise and for their commitment to the Senior Center and our mission. Without volunteers, we would not be able to organize special events, programs, and activities.

A special thank you to our former President, Dick McCann, for his many years of leadership and his dedication to the goals of the Center. Thank you also, to the former Board Members, Howard Rosenblum and Jeanne Green who recently retired after serving for many years.

We are planning many activities, trips, and special presentations for 2023. If you have special interests, please feel free to offer suggestions to any Board Member, the office staff, or use the Suggestion Box in the Great Room. We want to hear from you. It is your organization.

Memberships for 2023 are being accepted. Please remember to renew your membership if you have not already. Encourage a friend who doesn't belong to join with you and enjoy our programs together. Renewal forms are available at the Center or on our website.

Thank you for your allowing me to be your President this year. If you wish to contact me, please call the Center. If I am not there, I will return your call. You may also email me at [sbrzoska@umssc.org](mailto:sbrzoska@umssc.org). Looking forward to seeing you at the Center in 2023.

*Sharon Brzoska, President*

### NEWS AROUND THE CENTER

*The Senior Center will be closed on Monday, January 16 in observance of Martin Luther King Day.*

**INTERESTED IN A NEW GAME?** 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. If you would be interested in playing, there will be a sign-up sheet in the lobby area. Day and time will be determined based on interest and room availability.

### 2023 ELECTION RESULTS

*Welcome to our new Executive Board Officers and Board Director members:*

*President: Sharon Brzoska*

*Vice President: Cindy Eastman*

*Treasurer: Tom Harrington*

*Secretary: Helen Currykosky*

*Board Member: Anthony Balsano*

*Board Member: Laretta Zimmer*

*Board Member: Leonard DeBose*

### ACTIVITIES

Please refer to the monthly calendar for all **JANUARY** 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. **Proof of vaccination is still required to enter the Senior Center; however, masks are optional.**

**NEW TIME CURRENT EVENTS:** *Meets every Monday at 11:00 AM.*

**COFFEE WITH A COP:** MONDAY, JANUARY 30 AT 12:30 PM. Join the conversation about your community with Upper Merion Police Officer, Glenn Muntzer.

**COMPUTER BASICS:** Sangeetha will be at the Center every 1st and 3rd WEDNESDAY of the month @ 11:00 AM. (*Jan. 4 and Jan. 18*). Meet in the Computer Room.

**MONDAY MATINEE:** Monday, January 9. Lunch at 11:30 AM and Movie at 12:00 PM. Movie selection is "Mr. Mom" a comedy film starring Michael Keaton and Terri Garr.

**BRINGING BACK MEXICAN TRAIN:** Monday, January 9 at 12:30 PM. Beginners welcomed!

**BOOK TALK:** *This month because of MLK Day will meet on January 23 at 1:00 PM. Also on Zoom. Book selection is "The Forest of Vanishing Stars" by Kristen Harmel.*

### TENTATIVE EXCURSION DATES 2023

**PAYMENT & PROOF OF VACCINATION FOR ALL TRIPS  
MUST BE PRESENTED WHEN YOU REGISTER FOR ANY TRIP.**

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

**NORTHVIEW GARDEN IN MAPLE GLEN:** THURSDAY APRIL 20. Via car pool. Tour of private garden.

**MURAL ARTS TROLLEY TOUR:** THURSDAY, MAY 25. Tour through city to view murals.

**MUTTER MUSEUM:** THURSDAY, JUNE 15. Via car pool. Medical museum in Center City.

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

### 2022 HOLIDAY PARTY A GREAT SUCCESS

We all enjoyed our Holiday Party on December 7. We had a great turnout. A big thank you goes to Amedeo's Catering for delicious food and great servers! Also, thank you to our volunteers who helped to set up and decorate the room. It was beautiful as you will see from the photos below. *Additional photos are posted on the bulletin board at the Center. Enjoy!*



## **SPOTLIGHT ON: FUN & FITNESS** *(by Judy Gaul, Gold ACE Certified Group Exercise)*

It's that time again when we say good-bye to the present year and usher in the New Year. We make resolutions for 2023, probably to exercise more and eat healthier. Studies have shown that seniors can improve their quality of life as they age by including physical activity. Chair exercise is an excellent way to improve flexibility and build muscle strength, improve blood flow, and lubricate joints.

Mobility and independence become somewhat limited as we age. The more you sit the stiffer the joints become that over time cause changes in posture. This affects muscles causing pain and fatigue. As posture changes take place, the lower muscles weaken, causing more difficulty in the support of the upper body. Too much time sitting can cause weaker glutes (buttocks) and core muscles of the abdominals. That leads to back and structural problems. Coordination then becomes a problem as we age.

Repetitive, routine exercises can help with eye-hand coordination so that independence and self-efficiency lasts longer, allowing better mobility. Increasing mobility through exercise also reduces pains that crop up as we age. Physical exercise releases endorphins that reduce inflammation. Increasing motion lubricates joints making it less painful to use them. Strengthening the core (abdominals) takes pressure off strained and weak muscles that reduces shoulder and back pain.

Regular exercise 2-3 times a week can help reduce the risk of falling. This is done by strengthening all the major muscle groups using free weights, balls and elastic bands.

What are the benefits of regular exercise?

1. Increases bone density that reduces risk of injury and helps with daily living.
2. Decreases risk of falling and improves balance by strengthening muscles.
3. Improves energy for everyday living.
4. Improves sleep.
5. Enhances the body and mind that connect together for therapeutic benefits.
6. Strength training improves independence by strengthening muscles.
7. Promotes cognitive function.
8. Improves flexibility.
9. Promotes socialization with peers.

Exercise is planned, structured, repetitive and intentional movement with the purpose to improve physical conditioning, maintain or lose weight and gain muscle, tendon and bone strength. Exercise is essential to overall health and well-being. It also assists in building strength and endurance for participation in daily tasks, improves cardiovascular endurance, muscle strength, flexibility, as well as body composition. It can help thinking, learning and judgement skills, can reduce risk of depression, anxiety and promotes better sleeping.

For seniors, doing a variety of physical activity improves physical function and reduces the risks of falls. So why don't you join us at the Upper Merion Senior Center by participating in the chair exercise class on Tuesdays and Thursdays.

## **HAVE YOU HEARD ABOUT . . . IRS IMPOSTER SCAMS**

*Here's how they work:* You get a call from someone who says she's from the IRS. She says that you owe back taxes. She threatens to sue you, arrest or deport you, or revoke your license if you don't pay right away. She tells you to put money on a prepaid debit card and give her the card numbers. The caller may know some of your Social Security number. And your caller ID might show a Washington, DC area code. But is it really the IRS calling?

**NO.** The real IRS won't ask you to pay with prepaid debit cards or wire transfers. They also won't ask for a credit card over the phone. And when the IRS first contacts you about unpaid taxes, they do it by mail, not by phone. And caller IDs can be faked.



**Here's what you can do:** 1) Stop. Don't wire money or pay with a prepaid debit card. Once you send it, the money is gone. If you have tax questions, go to [irs.gov](http://irs.gov) or call the IRS at 800-829-1040. 2) Pass this information on to a friend. You may not have gotten one of these calls, but the chances are you know someone who has. If you spot a scam, please report it to the Federal Trade Commission.

- Call the FTC at 1-877-FTC-HELP (1-877-382-4357) or TTY 1-866-653-4261
- Go online: [ftc.gov/complaint](http://ftc.gov/complaint).

Your complaint can help protect other people. By filing a complaint, you can help the FTC's investigators identify the imposters and stop them before they can get someone's hard-earned money. It really makes a difference.

*Want to know more?* Sign up for scam alerts at [ftc.gov/subscribe](http://ftc.gov/subscribe).

### HAPPY JANUARY BIRTHDAYS!

1/1 Eleana Panarello	1/13 Claire Carson	1/25 Nancy Cerio
1/2 Neila Jordan	1/18 Ruth Giera	1/25 Charmaine McFarlane
1/3 Dorothy Carter	1/18 Jim Mahar	1/25 Debbie Neuschwander
1/4 Afzal Pervaiz	1/20 Bernadette Wesler	1/25 Diane Petrecz-Shaw
1/4 Eva Maria Wynn	1/21 Teresa D'Antonio	1/25 Rene Zenker
1/8 Lemy Scaramella	1/21 Wendy Higham	1/26 Anthony Balsano
1/9 Anthony Pizza	1/21 Marie Lattanze	1/28 Elizabeth Maddalo
1/11 Millie Becker	1/21 Richard Nasielski	1/30 Howard Rosenblum
1/11 Jung Kim	1/21 Laurretta Zimmer	1/31 Marion Wilkinson
1/13 Sharon Brzoska	1/24 Phyllis Petrolina	

### UM LIBRARY PROGRAMS FOR JANUARY 2023

**LIBRARY IS CLOSED MONDAY, JANUARY 2. REOPENS ON TUESDAY, JANUARY 3.**

*(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.)*

**ZOOM BASIC COMPUTER CLASS:** Sangeetha will lead class on January 5 and 19 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 of every month at 6:30 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. (No Tech Night in January, but feel free to call the library for a one on one 20-minute appointment with Sangeetha.)*

**COLORING AND BOARD GAME NIGHT:** Second Monday of every month (January 9) at 6:00 PM. Bring your friends and enjoy coloring/playing. Materials provided. Walk-ins welcome.

**JANUARY MEDITATION SERIES: Meditation Workshop - Falun Dafa Meditation** will be held on the second Tuesday of every month (January 10) 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.

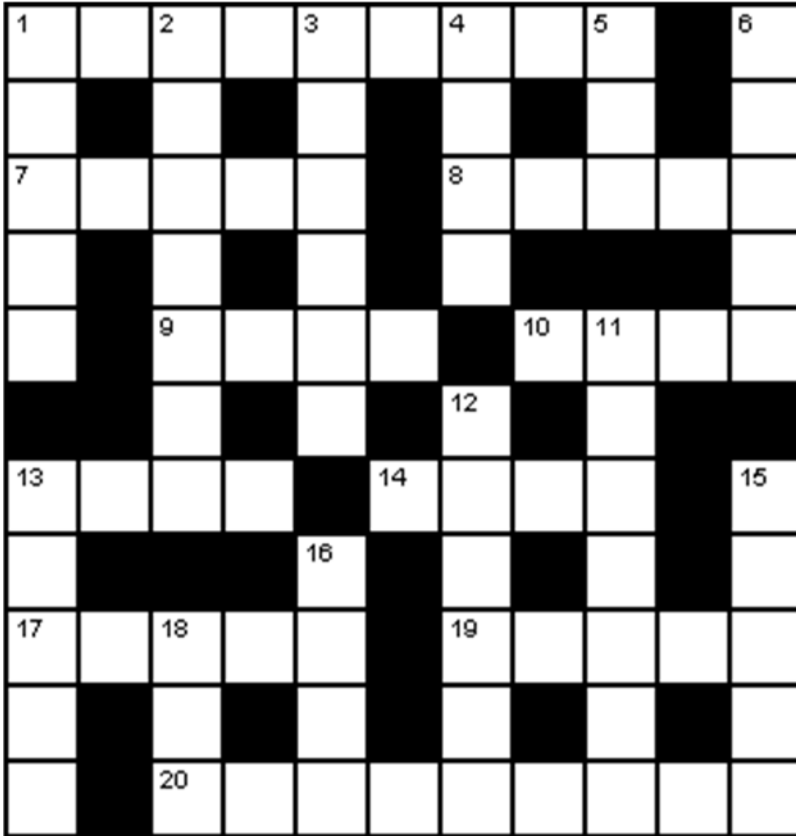
**ESL CLASS** (English as a Second Language Conversation Group): No registration required. Group meets in person every Tuesday at 12:00 PM in Valley Forge Room. Participants **MUST** wear a mask at all times and social distance will be maintained.

**VIRTUAL CAREER SERIES:** Scheduled for 3rd Monday of month (January 16) 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 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.

## FUN AND GAMES

### QUICK CROSSWORD *(answers on pg. 8)*



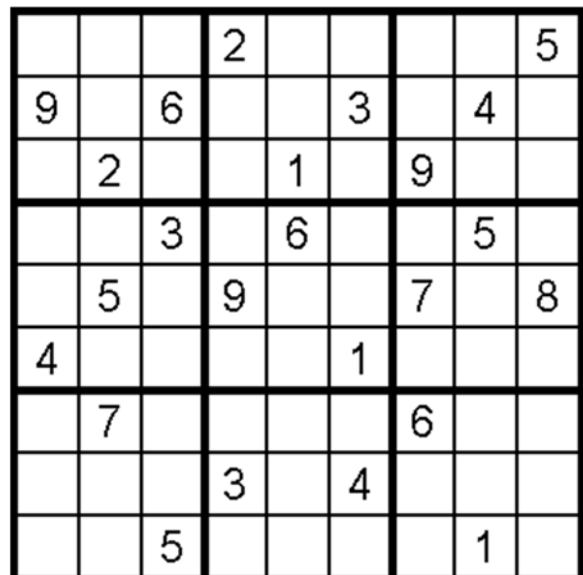
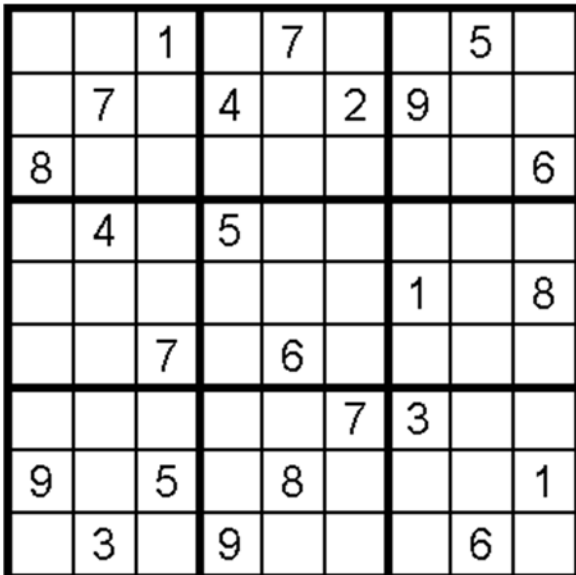
#### Across

- 1. Friend (9)
- 7. Stringed instrument (5)
- 8. Part of a jacket (5)
- 9. Notion (4)
- 10. Prejudice (4)
- 13. Sand hill (4)
- 14. Vegetable (4)
- 17. Weak (5)
- 19. Freight (5)
- 20. Ended (9)

#### Down

- 1. Stateroom (5)
- 2. Large house (7)
- 3. Worshipped (6)
- 4. Not working (4)
- 5. Short sleep (3)
- 6. Book of maps (5)
- 11. Disregarded (7)
- 12. Writing Implement (6)
- 13. Postpone (5)
- 15. Stay clear from (5)
- 16. Tribe (4)
- 18. Part of a circle (3)

**SUDOKU** *(answers on page 8)*. The rules of Sudoku are simple. Place 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.



## WORD SEARCH

### ZOOM

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

ACCELERATION, BRISK, CHARGE, DART, DASH, FAST, FESTINATE, FLEET, FLIT, FLYING, HASTEN, HIGH VELOCITY, HOTFOOT, HURRY, HURTLE, LOCOMOTION, MOVE, PACE, QUICK, RACE, RAPID, RATE, RUNNING, RUSH, SCOOT, SPEED, SWIFT, THRUST, TRAVEL, WHIZZ, ZOOM.

*Be loving and kind, have fun and celebrate. Stay safe and keep others safe. Time to celebrate!*



**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.



**CROSSWORD ANSWERS**

C	O	M	P	A	N	I	O	N		A
A		A		D		D		A		T
B	A	N	J	O		L	A	P	E	L
I		S		R		E				A
N		I	D	E	A		B	I	A	S
		O		D		P		G		
D	U	N	E		B	E	A	N		A
E				C		N		O		V
F	R	A	I	L		C	A	R	G	O
E		R		A		I		E		I
R		C	O	N	C	L	U	D	E	D

**SUDOKU ANSWERS**

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

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