

The Best of Times

JULY 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/>

HOORAH! WE ARE OPENING JULY 12!

Greetings fellow members,

The Senior Center will officially reopen on July 12. Of course, there will be certain safeguards to be followed. To enter the Senior Center and participate in any activities, members will need to be fully vaccinated. Proof of vaccination (official vaccination card) must be presented each time upon entering. Masks will be optional. We are excited to finally re-open and look forward to seeing all of our members return.

Jane Burger and Cass Hostler have retired from the Board. We thank them for their many services to the Center. Tom Harrington has accepted the role of Vice President and Joan Banas accepted our invitation to join the Board. We look forward to working together.

If you have any questions or concerns, please feel free to call me at 610-416-7431 or email rtmboater@aol.com. I will, as always, be happy to hear from you.

Dick McCann

IN MEMORIAM

It is with great sadness that we tell you of the passing of UMSSC members Ernestine Parrott (4/5/20), Paul Knauer (5/12/21), Frank Picariello (6/3/21) and Ruth Pomerleau (6/11/21). Ernestine enjoyed playing Bingo and Chair Exercise. Paul was a valued and talented member of the UMSSC Band. Frank was one of our enthusiastic Friday Poker players. Ruth was a member since 2016. She enjoyed various activities at the Center and gave generously through donations to the Center. Words cannot express how saddened we are to hear of their loss. We extend our deepest sympathies to their UMSSC friends and families.

THANK YOU FOR YOUR DONATIONS TO THE SENIOR CENTER

We very much appreciate and thank our members for their contributions.

Thank you (posthumously) to Ruth Pomerleau for her donation.

Thank you to Ethel Hutchinson who gave donations in memory of Ernestine Parrott and Betty Matey.

KEEPING OUR MEMBERS INFORMED

Please refer to the calendar for all July activities. If you do not see the activity you participated in, it may be suspended for the summer.

UM LIBRARY PROGRAMS FOR JULY

Sangeetha will lead a **Zoom basic computer class** on Thursday, July 8 and July 22. *MUST REGISTER* at the library to receive zoom links.

March Financial Series (cont'd.): Must register at the library to receive zoom link.

Medicare on Tuesday, July 6 at 6:30 PM



JULY 2021

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3
	5	6	7	8	9	10
	11	12 SENIOR CENTER RE-OPENS 9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA (VIDEO)	13 9-11 WALK TRACK 10:00 COMPUTER CLUB <i>(VIA ZOOM)</i> 12:30 PINOCHLE 12:30 UMSSC BAND <i>(Special meeting)</i> 1:00 KNITTING/CROCHETING	14 12:00 TAI CHI (VIDEO) 12:30 CANASTA	15 9-11 WALK TRACK 10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 BINGO	16 9:30 PINOCHLE 10:00 SING-A-LONG CENTER CLOSSES AT NOON
18	19 9:30 MAH-JONGG 10:30 CURRENT EVENTS 1:30 YOGA (VIDEO)	20 9-11 WALK TRACK 11:30 FUN & FITNESS 12:30 PINOCHLE 1:00 BOOK TALK- <i>VIA ZOOM</i> <i>"The Book Woman of Troublesome Creek" by Kim Michele Richardson</i> 1:00 KNITTING/CROCHETING	21 12:00 TAI CHI (VIDEO) 12:30 CANASTA	22 9-11 WALK TRACK 10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 BINGO 11:30 FUN & FITNESS	23 9:30 PINOCHLE 10:00 SING-A-LONG CENTER CLOSSES AT NOON	24
25	26 9:30 MAH-JONGG 10:30 CURRENT EVENTS 11:30 YOGA (VIDEO)	27 9-11 WALK TRACK 10:00 COMPUTER CLUB <i>(VIA ZOOM)</i> 11:30 FUN & FITNESS 12:30 PINOCHLE 1:00 KNITTING/CROCHETING 11:30 FUN & FITNESS	28 12:00 TAI CHI (VIDEO) 12:30 CANASTA	29 9-11 WALK TRACK 10:00 FINANCE/INVEST GROUP DISCUSSION 10:15 BINGO 11:30 FUN & FITNESS	30 9:30 PINOCHLE 10:00 SING-A-LONG CENTER CLOSSES AT NOON	31

Medicaid and disability on Tuesday, July 20 at 6:30 PM.

Breathing and Meditation Seminar Series: July 12 and 19 at 6:30 PM

ESL Class Classes Resumes: Via Zoom every Tuesday at 12:00 PM starting July 13.

Summer Reading Program For Seniors (Cont'd.): Check our website to submit your reviews online or visit us in person to register/review to win exciting prizes.

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

DID YOU KNOW?

REASONS TO CELEBRATE IN JULY

In the Northern Hemisphere, sunny July's symbolic meaning signifies summer and all of its radiant glory. It is the prime vacation month with the best warm weather of the year. By contrast, in the Southern Hemisphere, July equates to January (the coldest month of the year) and the middle of winter in the North. There July is a month for reflection and meditation in the middle of cold, dark winter. Interestingly, July is also the month dedicated to freedom, independence, and celebrations of country and culture.

July 1 Canada Day: A Canadian federal holiday that celebrates the creation of the Dominion of Canada in 1867.

July 4 Independence Day (U.S.): On the Fourth of July, we celebrate the adoption of the Declaration of Independence in 1776. *Don't forget to raise the flag!*

July 14 Bastille Day: Commemorates the storming of the Bastille and the start of the French Revolution.

WHO KNEW?

The inventor of the treadmill died at the age of 54.

The inventor of gymnastics died at the age of 57.

The world bodybuilding champion died at the age of 41.

The best footballer in the world, Maradona, died at the age of 60.

And then . . .

KFC inventor dies at 94.

Investor of Nutella brand died at the age of 88.

Cigarette maker Winston died at the age of 102.

The inventor of opium died at the age of 116 in an earthquake.

Hennessy inventor dies at 98.

How did doctors come to the conclusion that exercise prolongs life?

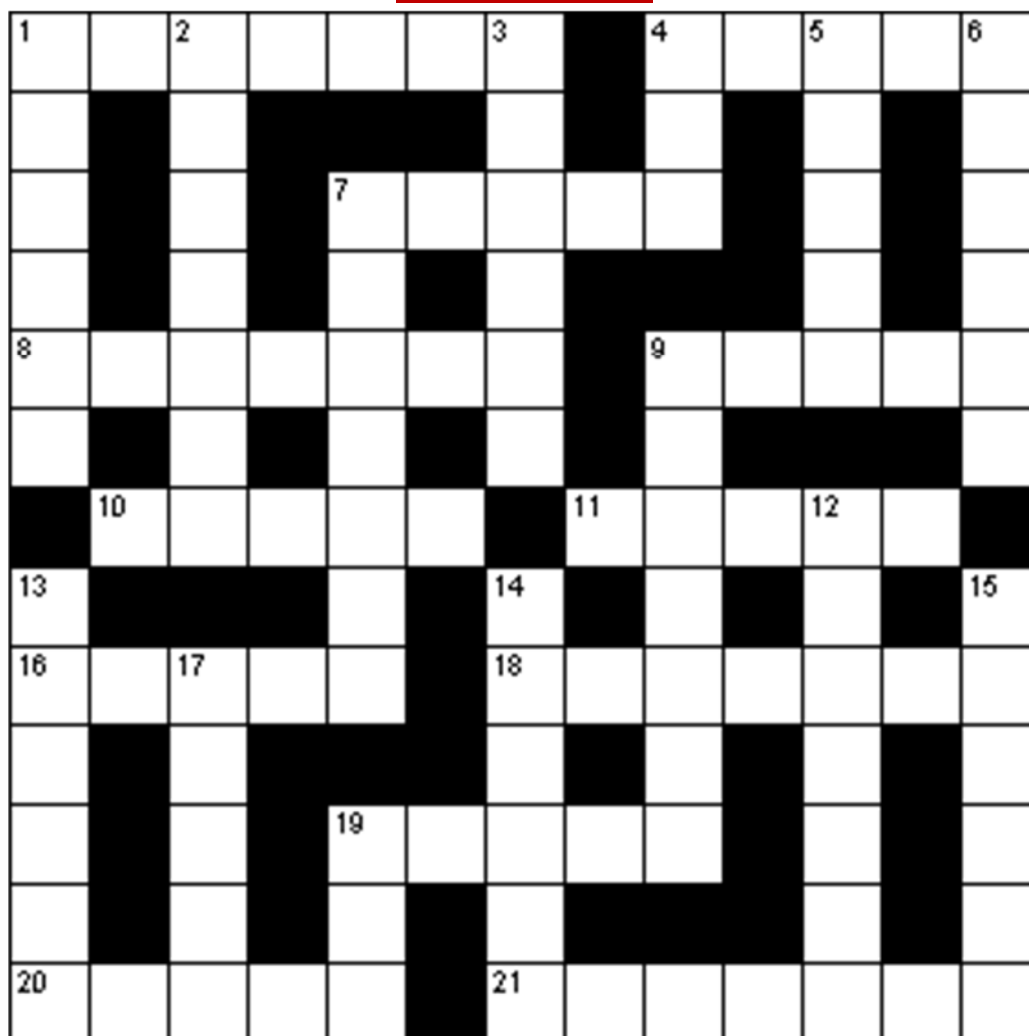
The rabbit is always jumping, but it lives for only 2 years. The turtle that does not exercise at all lives 400 years.

So have a drink! Light 'em up! Take a nap! If you wake up have bacon & eggs!

CROSSWORDS

(answers on page 7)

CATCH-WORDS - 12



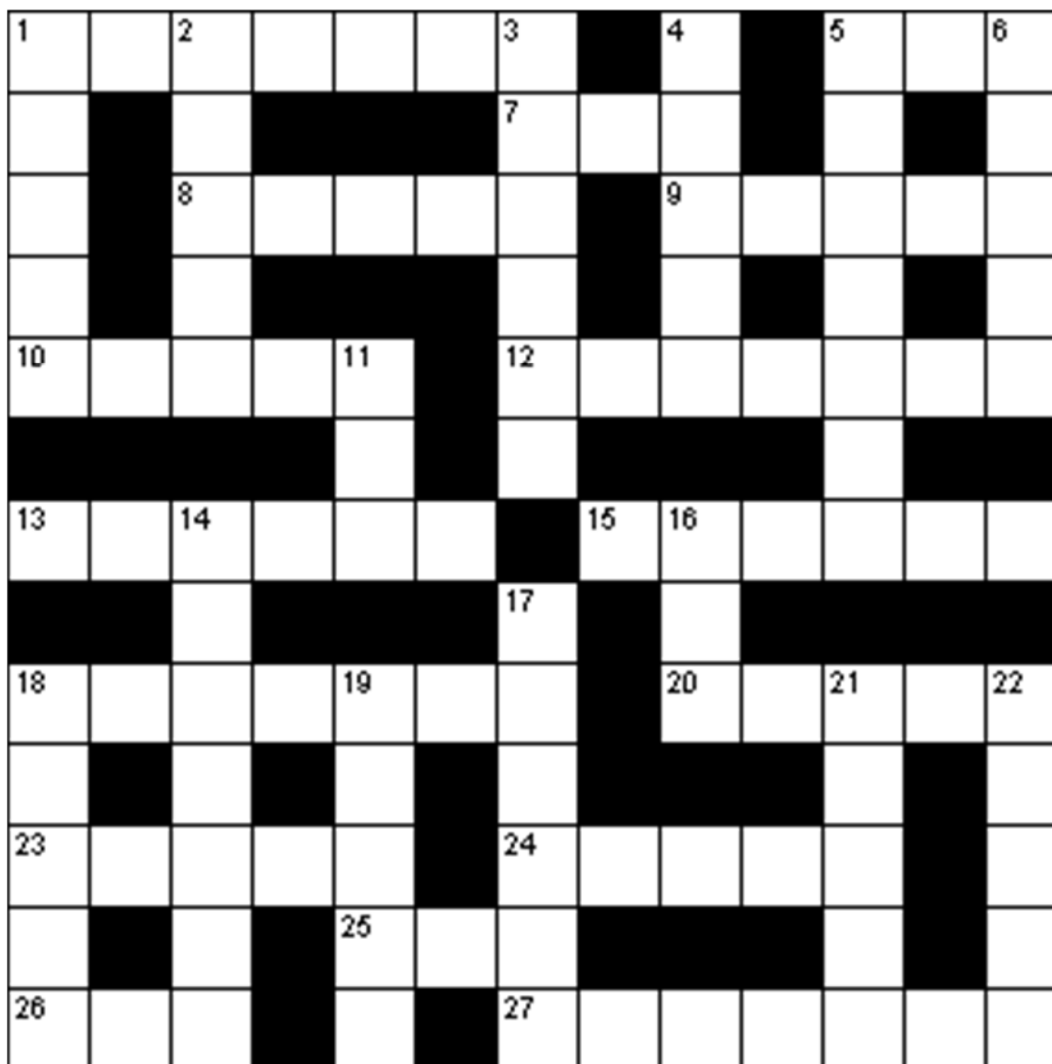
ACROSS

1. United ___ (7)
4. Learn the ___ (5)
7. ___ force (5)
8. Secret ___ (7)
9. Wined and ___ (5)
10. Variations on a ___ (5)
11. Heaven and ___ (5)
16. ___ fever (5)
18. The finished ___ (7) 12. ___ pink (7)
19. ___ wand (5)
20. Both ___ of the argument (5)
21. ___ and lightning (7)

DOWN

1. The ___ Conquest, 1066 (6)
2. ___ over adversity (7)
3. A ___ peg in a round hole (6)
4. The Catcher in the ___ (3)
5. ___ sailing (5)
6. Sights and ___ (6)
7. The ___ of Alcatraz (4,3)
9. Take ___ action (7)
13. The ___ of justice (6)
14. ___ in the act (6)
15. Salt and ___ (6)
17. ___ brothers (5)
19. Mr. and ___ (3)

CATCH-WORDS 13



ACROSS

1. ___ pains (7)
5. Game, ___ and match (3)
7. ___ in a day's work (3)
8. Trial and ___ (5)
9. Offer an ___ branch (5)
10. ___ side up (5)
12. Lead by ___ (7)
13. Hands ___ the water (6)
15. One-armed ___ (6)
18. Like a well oiled ___ (7)
20. Heavy ___ (5)
23. ___ and effect (5)
24. ___ and Stripes (5)
25. ___ before beauty (3)
26. Are we there ___? (3)
27. Snakes and ___ (7)

DOWN

1. Fun and ___ (5)
2. A drop in the ___ (5)
3. Everything in the ___ is lovely (6)
4. ___ and fauna (5)
5. Hopped, ___ and jumped (7)
6. Variation on a ___ (5)
11. ___ or no (3)
14. A raw ___ (7)
16. We ___ to please (3)
17. Pop goes the ___ (6)
18. The real ___ (5)
19. Any more bright ___? (5)
21. An acquired ___ (5)
22. ___ and Ladies (5)

WORD SEARCH PUZZLES

A DOG'S LIFE



AIREDALE, ALSATIAN, APPENZELLER, BASSET, BEAGLE,
BEDLINGTON, BLOODHOUND, BORZOI, BOXER, BULLDOG,
CHIHUAHUA, CHINOOK, CHOW CHOW, COLLIE, CORGI,
DACHSHUND, DALMATIAN, DOBERMAN, GREAT DANE,
GREYHOUND, HUSKY, JACK RUSSELL, LABRADOR, LANDSEER,
MAGYAR, MASTIFF, PEKINGESE, POINTER, POMERANIAN,
POODLE, PUG, ROTTWEILER, SAMOYED, SANSHU, SETTER,
SHEEPDOG, SPANIEL, TERRIER, WHIPPET.

JUST FOR LAUGHS



CROSSWORD ANSWERS

N	A	T	I	O	N	S		R	O	P	E	S				
O		R			Q		Y		L			O				
R		I		B	R	U	T	E		A		U				
M		U		I		A				I		N				
A	D	M	I	R	E	R			D	I	N	E	S			
N		P		D		E		R				S				
		T	H	E	M	E			E	A	R	T	H			
S				A		C		S		I		P				
C	A	B	I	N		A	R	T	I	C	L	E				
A						U		I		K		P				
L	O			M	A	G	I	C		L		P				
E	O			R		H				E		E				
S	I	D	E	S		T		H		T	H	U	N	D	E	R

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

To All!

*Be Loving and Kind, Have Fun and Celebrate
Stay Safe and Keep Others Safe.*

