

The Best of Times

JUNE 2022



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,

WE ARE EXCITED TO INVITE YOU ALL TO THE SENIOR CENTER SUMMER PICNIC ON JUNE 15 FROM 12:00 TO 2:00 PM. THE PICNIC WILL BE HELD INDOORS/OUTDOORS. MEMBERS ARE ASKED TO SIGN UP TO ATTEND. YOU CAN ALSO SIGN UP TO BRING A SIDE DISH OR DESSERT OR HELP OUT WITH SET UP AND CLEAN UP. WE HAVE WAITED A LONG TIME TO HAVE A LARGE GATHERING SO IT WILL BE A LOT OF FUN. WE HOPE EVERYONE WILL COME!

MAH-JONGG IS BACK BY POPULAR DEMAND! IT IS SCHEDULED FOR MONDAYS AT 10:00 AM IN THE GAME ROOM STARTING JUNE 6.

Proof of vaccination is still being enforced at the Senior Center; however, *masks are optional*. If you have any questions, concerns or suggestions, 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 JUNE activities. Contact anyone in the office if you have questions. For activities conducted or available on Zoom you must call the office and provide your email address to receive the zoom link.

ONE STOP SIGN IN: *Starting this month, we are putting in place a new daily sign-in sheet. The new sheet will have space for you to sign your name and check off the activity you are attending. There will be some exceptions to this new rule depending on the activity, i.e., zoom participants and Fun & Fitness. Hope everyone will cooperate and appreciate this new easier practice.*

SPECIAL NOTICE: *LINE DANCE IS ON HIATUS UNTIL THE FALL.*

NEW TIME GENERAL MEETING WEDNESDAY, JUNE 8 at **11:00 AM**. 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>. **NO MEETINGS IN JULY AND AUGUST.**

BASIC COMPUTER CLASS: Sangeetha will be at the Center on WEDNESDAY, JUNE 1 at 11:00 AM. Sign-up sheet is in the lobby.

BLOOD PRESSURE CHECK: THURSDAY, JUNE 9 at 9:30 AM-12:00 PM. Main Line Health Nurse will check your blood pressure.

MONDAY MATINEE: MONDAY, JUNE 13: Order cheese pizza in advance (\$5.00 for 2 slices, soda and dessert) or brown bag your own lunch. We eat at 11:30 AM and movie starts at 12:00 PM. The movie selection is "**NOMADLAND**" based on a book about a woman in her sixties who, after losing everything in the Great

Recession, embarks on a journey through the American West, living as a van-dwelling modern-day nomad. Stars Frances McDormand, David Strathairn, Linda May, Swankie

BOOK TALK: MONDAY, JUNE 20 at 1:00 PM in the Library/Lounge (*in person or via zoom*). Book selection is "Florence Adler Swims Forever" by Rachel Beanland. This book is available at the UM Library.

POKER: We are in the process of revising the day and time of this activity.

NEIGHBOR TO NEIGHBOR: EVERY WEDNESDAY at 12:00 PM-12:30 PM. A ZOOM-ONLY ACTIVITY hosted by John Desko. Members meet virtually for a casual chat. Provide your contact information to the office to receive the zoom link.

QUILTING: Quilters will meet on the THURSDAY, JUNE 23 at 1:00 PM in the Craft Room. *Questions? Contact Ethel Hutchinson 610-265-6495 or Hutchinson.ethel63@gmail.com.*

EXCURSION DATES

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

HISTORIC WYCK HOUSE AND GARDENS, GERMANTOWN, PA THURSDAY, JUNE 9. Famous for its 19th century roses. Tour of House and Gardens then out to lunch (pay individually). CAR POOL leaves at 10:00 AM. Cost \$12 member, \$15 non-member. *Deadline to sign up Wednesday, June 1.*

HAPPY JUNE BIRTHDAYS!

6/3 Rina Das	6/16 Jeanne Lane	6/23 Jean Shust
6/4 June Dowling	6/16 Rita Mack	6/24 Herman Aspetti
6/6 Sandra Bradley	6/16 Robert Strycharski	6/25 Albert Cinelli
6/7 Cindy Eastman	6/18 Carol Campbell	6/25 Nancy Jenkinson
6/8 Marlene Castellano	6/20 Jeanne Green	6/26 Marilyn McCue
6/8 Linda Mand	6/21 June Fujita	6/28 Yvonne Petrecz
6/11 Connie Doyle	6/21 Carole Kenney	6/30 June Desidero
6/15 Theresa Cornacchio	6/22 Edward Munoz	

IN MEMORIAM

We extend our deepest sympathies to the family and friends of Maryann Krajnik who passed away on May 4. Maryann loved to go on the casino trips with her friends. She will be missed.

THANK YOU FOR YOUR DONATIONS TO THE SENIOR CENTER

Many thanks to the following members for their generous contributions: Helen Currykosky and Jennie Angelina. Anna and Carmine DeMenna gave a donation in memory of Sarah Phillips and Pat Capobianco.

SEVEN HARMFUL PRACTICES SENIORS NEED TO GUARD AGAINST

As people age, healthy lifestyle choices become more important. However, long-standing unhealthy habits can be difficult to break for many seniors. Here are some unhealthy habits older adults should avoid so they can look forward to their golden years with better health and more energy.

1. LEADING A SEDENTARY LIFESTYLE: A sedentary lifestyle can raise the risk of obesity, depression, joint pain, and decreased mobility, and lack of physical activity can cause unstable blood sugar levels, which can raise the risk of renal disease in diabetics. Increasing aerobic exercise promotes cardiovascular health, maintains stable blood glucose levels, enhances mood, promotes restorative sleep, and lowers cholesterol.

2. EXCESSIVE ALCOHOL CONSUMPTION: While your physician may say a glass of red wine with dinner can enhance cardiovascular function, drinking too much alcohol raises the risk of health problems. For example, excessive alcohol consumption raises the risk of high blood pressure, cardiac arrhythmia, stroke, certain cancers, and liver disease.

3. CIGARETTE SMOKING: Smoking impairs lung function and blood circulation and raises the risk of cardiovascular disease, stroke, hypertension, lung cancer, and chronic obstructive pulmonary disease. Aging adults can still benefit from quitting even if they've been smoking for years. If your or a loved one is unable to quit smoking, the doctor can recommend effective treatment options.

4. SOCIAL ISOLATION: Social isolation may cause loneliness and depression in certain seniors, and it can also lead to sleeping problems, appetite changes, and anxiety. Visiting a local senior center, spending time with family and friends, and volunteering can prevent social isolation and enhance your outlook on the future.

5. POOR SLEEP HABITS: Many older adults have difficulty sleeping at night, and they may not fall asleep until morning, which causes them to sleep until late afternoon. Also, older adults may take naps during the day, which can further prevent drowsiness at night. Talk to your doctor about recommending a good sleep hygiene routine. The doctor may suggest that you should go to bed at the same time every night, take a warm bath a couple of hours before retiring, and avoid using electronics before bedtime.

6. EATING UNHEALTHY FOODS: Taste perception can change as people age, and you may prefer foods high in sugar, salt, and fat. Eating unhealthy foods can increase your risk of heart disease and high cholesterol and raise blood glucose levels. A poor diet can also lead to obesity and nutritional deficiencies. Make sure you consume a diet rich in fresh fruits and vegetables, protein, grains, and legumes.

7. TAKING TOO MUCH MEDICATION: Overuse of both non-prescription and prescription medications can lead to blood pressure abnormalities, blood glucose spikes, vision impairment, constipation, dizziness, and—in some cases—addiction. If you take more medication than necessary, make an appointment with the physician. If you have developed health problems or an addiction, medical intervention is necessary.

UM LIBRARY PROGRAMS FOR JUNE 2022

(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.)

ZOOM BASIC COMPUTER CLASS: Sangeetha will lead class on Thursday, June 9 at 11:00 AM. MUST REGISTER at the library 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.

FACE YOGA AND MEDITATION on Saturday, June 4 at 11:00 AM: New to Face Yoga? This technique is designed to soften and relax your face muscles to help alleviate tension, stress, and worry. Learn this technique from our experts from Art of Living. Meditation and breath-work will also be covered in this session. Come and learn to relax! **MUST REGISTER**

TECH NIGHT resumes in person. This one on one tech help session meets first Monday of every month (June 6) 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.

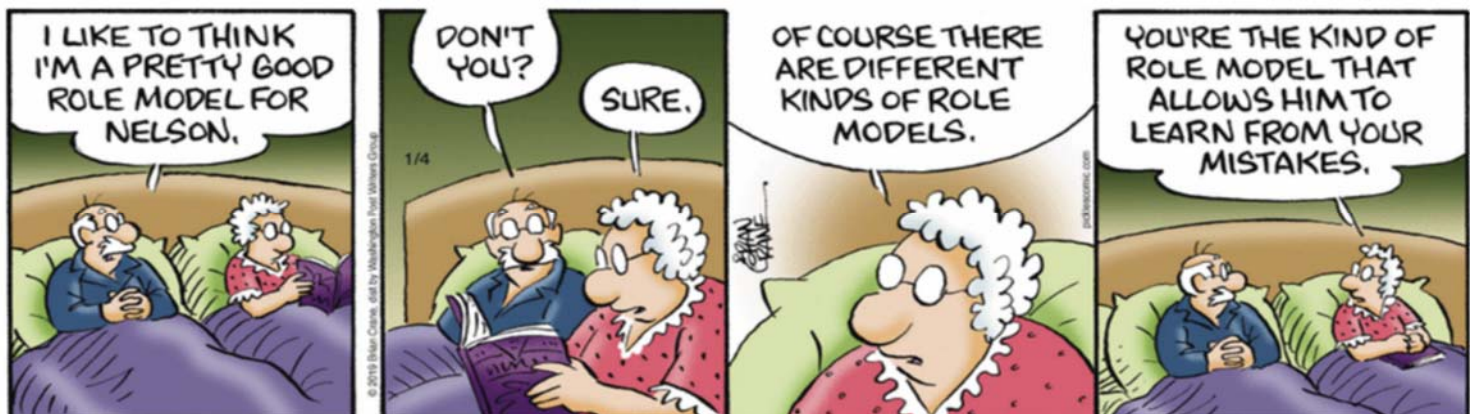
COLORING AND BOARD GAME NIGHT resumes in person. The group will meet second Monday of every month (June 13) at 6:00 PM. Bring your friends and enjoy coloring/playing. Materials will be provided. Walk-ins are welcome.

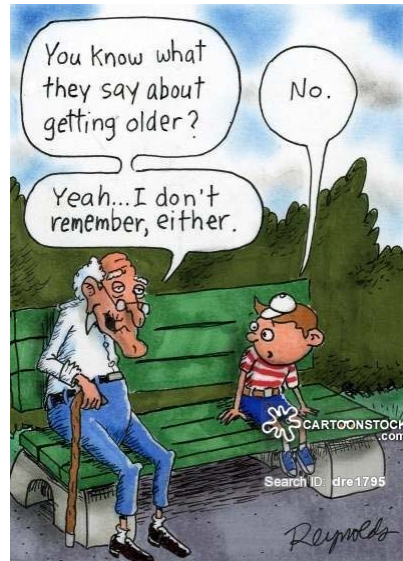
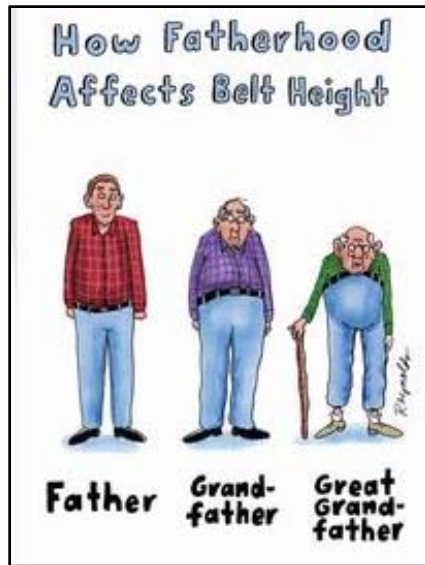
SUMMER READING KICKOFF PARTY: Free Kona Ice for anyone who Pre- registers for the summer reading program on Monday, June 13 from 6:30 PM to 7:30 PM (rear parking lot of the township building) Adult & Teen registration table will be set up at the parking lot too!!!

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

Knit Nite resumes in person. The group meets every 4th Monday June 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.

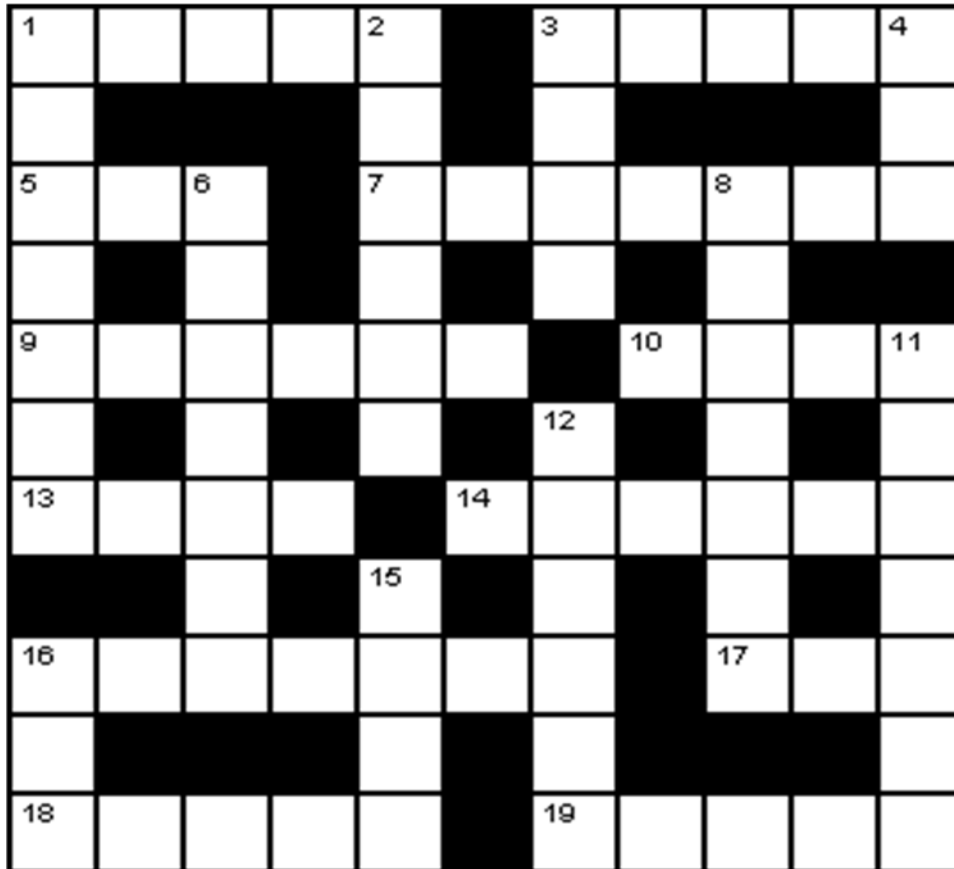
JUST FOR LAUGHS





FUN AND GAMES

QUICK CROSSWORD *(answers on page 8)*



ACROSS

1. African equine (5)
3. Artery (5)
5. Part of a circle (3)
7. Farm vehicle (7)
9. Embellished (6)
10. Break suddenly (4)
13. Plant support (4)
14. Lumber (6)
16. Household implement (7)
17. Make a mistake (3)
18. Awful (5)
19. Cacophonous (5)

DOWN

1. Avid (7)
2. Shrewd (6)
3. Slightly open (4)
4. Atmosphere (3)
6. Yield (7)
8. Well-founded (7)
11. Depict (7)
12. Stringed instrument (6)
15. Catch sight of (4)
16. Large vase (3)

WORD SEARCH

CATS

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

ABYSSINIAN, ANGORA, BALINESE, BENGAL, BIRMAN, BOBTAIL,
BOMBAY, BURMESE, CHARTREUX, CHAUSIE, CHERUBIM,
CYMRIC, HIMALAYAN, JAVANESE, KORAT, LONGHAIR, MALAYAN,
MANX, MUNCHKIN, NEBELUNG, OCICAT, PERSIAN, RAGDOLL,
SIAMESE, SIBERIAN, SINGAPURA, SOMALI, SPHYNX, TIFFANIE,
TIFFANY, TONKINESE.

Be loving and kind, have fun and celebrate. Stay safe and keep others safe. Celebrate freedom on June 19!



GRACIAS! THANKS! DANKE! MERCI!

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

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

SUDOKU ANSWERS

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

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