

The Best of Times

JUNE 2023



UPPER MERION SENIOR SERVICE CENTER

431 W. VALLEY FORGE ROAD

KING OF PRUSSIA, PA 19406

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On the web at www.umssc.org

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

Happy Summer! This year, the June solstice occurs on Wednesday, June 21, marking the astronomical first day of summer in the Northern Hemisphere. The June solstice occurs when the Sun travels along its northernmost path in the sky. This results in the "longest day". More daylight for us to enjoy outdoor activities. I hope you all have plans to make the most of the summer months.

We had our "one, two TEA" party on May 19th and my thanks to all the volunteers who worked to put it together for us. Lots to look forward to this June. Check out the rest of the newsletter for more information and plan to attend.

I want to address any member questions concerning our recently developed Member Code of Conduct for the Senior Center. Many of you may not be aware that our previous Bylaws included sections regarding member conduct. The Bylaw Committee reviewed the bylaw document last year and updates were approved by the membership in November. Part of the review included a recommendation to develop a separate Code of Conduct. The Board of Directors approved the Code of Conduct at our recent meeting. The Code is a guideline for the Center to assure a welcoming and friendly place to socialize, learn new things and participate in activities. The guidelines are intended to provide an environment of safety, mutual respect, and comfort for all Senior Center members and guests. If you need a copy of the Code, the office staff will be happy to provide it for you. It is also available on our website under the Bylaws section. If any member has a concern or question, please feel free to contact me. I will be happy to discuss.

Hope to see you enjoying the many activities at the Senior Center.

Sharon Brzoska, President

WHAT'S HAPPENING AT THE CENTER

Please refer to the monthly calendar for all **JUNE** 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.

TECH HELP: Sangeetha will be at the Center every 1st and 3rd Wednesday of the month @ 12:00 PM. (June 7 and June 21). Meet in the Computer Room.

BLOOD PRESSURE CHECK: Thursday, June 8. Have your blood pressure checked by MLH Nurse Tracey.



UMSSC ANNUAL PICNIC: Thursday, June 8 from 12:00 PM to 2:00 PM. Let's celebrate summer together with good friends, good food, door prizes and games. Sign up to bring your favorite cold or hot side or a dessert.

IMPORTANT NOTICE - FUN & FITNESS: On June 6 and June 13 Don Nee will be leading the class in Judy's absence. Also, this activity is *cancelled* on Thursday, June 8 for the picnic.

JUNE 2023

HONOR FATHERS AND FATHERHOOD



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 9 -3 WALK THE TRACK 10:15 BINGO 11:30 FUN & FITNESS 12:30 MAH JONGG (ON HIATUS UNTIL SEPTEMBER))	2 9- 3 WALK THE TRACK 9:15 NORTHVIEW PRIVATE GARDEN EXCURSION 10:30 SING-A-LONG	3
4	5 9-3 WALK THE TRACK 11:00 CURRENT VENTS (ALSO ON ZOOM) 12:30 MEXICAN TRAIN	6 9 3 WALK THE TRACK 10-11:30 RUMMIKUB 10:00 BOARD MTG. 11:30 FUN & FITNESS Note: (Instructor: Don Nee) 12:30 PINOCHLE 12:30 BAND PRACTICE	7 9-3 WALK THE TRACK 12:00 TECH HELP 12:00 ZOOM NEIGHBOR TO NEIGHBOR ON ZOOM 12:30 CANASTA 12:30 LINE DANCING (ON HIATUS)	8 9 -3 WALK THE TRACK 9:30-12 NURSE 10:15 BINGO 11:30 FUN & FITNESS (CANCELLED TODAY) 12:30 MAH JONGG (ON HIATUS) 12:00-2:00 SUMMER PICNIC	9 9- 3 WALK THE TRACK 10:30 SING-A-LONG	10
11  1:00 PM UMSSC BAND PERFORMANCE AT SAM ASH MUSIC STORE IN KOP	12 9-3 WALK THE TRACK 11:00 CURRENT EVENTS (ALSO ON ZOOM) 11:30 MONDAY MATINEE "WHERE THE CRAWDADS SING" 12:30 MEXICAN TRAIN	13 9 -3 WALK THE TRACK 10_11:30 RUMMIKUB 10-11:30 SHINGRIX VACCINE - SECOND DOSE ONLY 11:30 FUN & FITNESS Note: (Instructor: Don Nee) 12:30 PINOCHLE 12:30 BAND PRACTICE	14 9-3 WALK THE TRACK 11:00 GENERAL MEETING 11:30 HEALTHY SLEEP PRESENTATION 12:00 ZOOM NEIGHBOR TO NEIGHBOR 12:30 CANASTA 12:30 LINE DANCING (ON HIATUS)  FLAG DAY	15 9 -3 WALK THE TRACK 10:15 BINGO 11:30 FUN & FITNESS 12:30 MAH JONGG (ON HIATUS)	16 9-3 WALK THE TRACK 10:30 SING-A-LONG	17
18 	19 9-3 WALK THE TRACK 11:00 CURRENT EVENTS (ALSO ON ZOOM) 12:30 MEXICAN TRAIN 1:00 BOOK TALK (ALSO ON ZOOM) JUNETEENTH	20 9 -3 WALK THE TRACK 10-11:30 RUMMIKUB 11:30 FUN & FITNESS 12:30 PINOCHLE 12:30 BAND PRACTICE	21 9-3 WALK THE TRACK 12:00 TECH HELP 12:00 ZOOM NEIGHBOR TO NEIGHBOR 12:30 CANASTA 12:30 LINE DANCING (ON HIATUS) FIRST DAY OF SUMMER	22 9- 3 WALK THE TRACK 10:00 EXCURSION TO PEARL S BUCK HOUSE 10:15 BINGO 11:30 FUN & FITNESS 12:30 MAH JONGG (ON HIATUS) 1:00 QUILTING	23 9-3 WALK THE TRACK 10:30 SING-A-LONG	24
25	26 9-3 WALK THE TRACK 11:00 CURRENT EVENTS (ALSO ON ZOOM) 12:30 FRAUD PRESENTATION BY UM POLICE DEPT 12:30 MEXICAN TRAIN	27 9 3 WALK THE TRACK 10-11:30 RUMMIKUB 11:30 FUN & FITNESS 12:30 PINOCHLE 12:30 BAND PRACTICE	28 9-3 WALK THE TRACK 12:00 ZOOM NEIGHBOR TO NEIGHBOR 12:30 CANASTA 12:30 LINE DANCIN (ON HIATUS)	29 9 -3 WALK THE TRACK 10:15 BINGO 11:30 FUN & FITNESS 12:30 MAH JONGG (ON HIATUS) 12:45 "BEAT ARTHRITIS & POWER UP WITH PT"	30 9-3 WALK THE TRACK 10:30 SING-A-LONG	

UMSSC BAND PERFORMANCE: Sunday, June 11 at 1:00 PM at the Sam Ashe Music Store in King of Prussia. Great opportunity to support them and hear them play.

MONDAY MATINEE: Monday, June 12. Lunch at 11:30 AM and Movie at 12:00 PM. This month's movie is **"Where the Crawdads Sing"**. Abandoned by her family, Kya Clark, otherwise known to the townspeople of Barkley Cove as the Marsh Girl, is mysterious and wild. "Where the Crawdads Sing" is a coming-of-age story of a young girl raised by the marshlands of the south in the 1950s. When the town hotshot is found dead, and inexplicably linked to Kya, the Marsh Girl is the prime suspect in his murder case.

SECOND SHOT OF TWO DOSE SHINGLES VACCINE AT SENIOR CENTER. TUESDAY, JUNE 13 FROM 10:00 AM TO 11:30 AM. Giant Pharmacy will be offering the second shot Shingles vaccine to *UMSSC Members who received the first shot in March. **Shingrix is a two dose vaccine.*** 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 still 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. You must complete and sign a consent form now available in the staff office.*

GENERAL MEETING: Wednesday, June 14 at 11:00 AM. Keep informed on what is going on at the Senior Center. Following the meeting at 11:30 AM there will be a presentation by Nicole Smith of Humana on the importance of "Healthy Sleep".

BOOK TALK: Monday, June 19 at 1:00 PM. Also on Zoom. Book selection is "One Italian Summer" by Rebecca Serle. When Katy's mother dies, she is left reeling. Carol wasn't just Katy's mom, but her best friend and first phone call. She had all the answers and now, when Katy needs her the most, she is gone. To make matters worse, their planned mother-daughter trip of a lifetime looms: two weeks in Positano, the magical town Carol spent the summer right before she met Katy's father. Katy has been waiting years for Carol to take her, and now she is faced with embarking on the adventure alone. Copies in all formats can be found at the library.

COFFEE AND CONVERSATION: Monday, June 26 at 12:30 PM. A representative from the Upper Merion Police will be here to give a presentation on fraud.

BEAT ARTHRITIS AND POWER UP WITH PT: Thursday, June 29 at 12:45 PM. Presentation by Dr. Cassidy Jameson from Total Performance Physical Therapy on dealing with arthritis.

IMPORTANT NOTICE - LINE DANCE: No line dance in June, July or August.

IMPORTANT NOTICE - MAH JONGG: This activity is on hiatus for the summer. It will resume in the Fall.

COFFEE AND CONVERSATION WITH A SUPERVISOR: Monday, July 24 at 12:30 PM. Tina Garzillo, Chairperson of the UM Board of Supervisors, will be here. *You are invited to submit questions for her in advance of the meeting. Please give them to an office staff member.*

TAI CHI FOR ARTHRITIS: On Wednesdays beginning July 12 to August 30 at 12:30 PM. Tai Chi for Arthritis is an 8 session program with each session lasting 45 minutes-1 hour. You must sign up to attend. A sign-up sheet is in the lobby. Offered by the Montco Department of Aging. Exercises can be done seated or standing. Medical authorities agree that suitable exercise for people with arthritis should incorporate components that can improve muscular strength, flexibility, and fitness. Increased muscular strength supports and protects joints, which will reduce pain. Flexibility exercises also help to reduce pain and stiffness, thus improving mobility. Stamina or fitness is important for overall health and proper function of your heart, lungs and muscles. Tai Chi for Arthritis helps people with arthritis to improve all these and more. It improves balance both mentally and physically thus significantly reduces the rate of fall of the older adults. Additional benefits include improving relaxation, vitality, posture, and immunity.

DO YOU LIKE TO PAINT WITH ACRYLICS? Marybeth Guminski is interested in forming a group of UMSSC members to meet weekly and who like to paint with acrylics. *This is not an instruction class and no art supplies*

will be provided. If interested, please put your name on the "interest only" signup sheet in the lobby. If you have any questions, you can contact Marybeth at 610-996-1428 or email marybethgum@comcast.net.

EXCURSION DATES 2023

PAYMENT MUST BE PRESENTED WHEN YOU REGISTER FOR ANY TRIP.

NORTHVIEW GARDEN IN AMBLER: FRIDAY, JUNE 2. Via car pool. Meet at upper pool parking lot at 9:15 AM. Tour of Jenny Rose (author of many gardening books) private garden and home. English tea at the carriage house. *Bring your own snack or lunch.* Cost: Members: \$10.00 and non-members \$12.00.

MAKE YOUR RESERVATION NOW FOR PEARL BUCK HISTORICAL HOUSE: THURSDAY, JUNE 22 at 10:00 AM. Via car pool. Meet at 10:00 am at Community Center back parking lot (behind building). Tour of the historical house and gardens. Will stop somewhere for lunch afterwards. COST: Members \$15.00 and non-members \$18.00. *Cut-off date to register is June 16.*

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

BIRTHDAYS IN JUNE

6/2 Wilma Salomone

6/3 Rina Das

6/5 Donna Martin

6/5 Bradley Ross

6/6 Sandra Bradley

6/7 Cindy Eastman

6/8 Marlene Castellano

6/8 Linda Mand

6/11 Conne Doyle

6/11 Diana Hughes

6/12 Kathy Everett

6/15 Anna Mukes

6/16 Jeanne Lane

6/16 Rita Mack

6/16 Robert Strycharski

6/18 Carol Campbell

6/21 Carole Kenney

6/23 Jean Pullam

6/24 Herman Aspetti

6/24 Robert Jordon

6/25 Albert Cinelli

6/26 Marylyn McCue

6/28 Yvonne Petrecz

SPOTLIGHT ON: UMSSC BOARD MEMBERS

This monthly Spotlight series will introduce you to our current Executive Board and Board Directors as an opportunity to know them better.



SHARON BRZOSKA: Sharon is our current **President**, assuming the position in January 2023. Joining the Senior Center in 2017, she has held previous Board positions including Board Director, Vice President and most recently as the Treasurer. Sharon retired at the end of 2016, having managed a medical practice for 28 years. Her original training was as a Radiologic Technologist at Lankenau Hospital where she worked for many years.

She has been married to her husband, Len, for 47 years and has been a resident of Upper Merion since 1963. Sharon enjoys cooking, gardening, and entertaining her friends and family. As you may probably know, we see her around the Center frequently where she enjoys working on special projects such as Big Bingo and our recent Potluck luncheons.



LAURETTA ZIMMER: Laretta, unlike Sharon, is new to the Board. She joined the Senior Center in 2017, primarily to be a part of the social activities, such as the casino and Holiday Party. She was still working so her participation in other activities was limited. She officially retired in 2021. Laretta has lived in KOP since she was 5 years old and is currently living in the house she grew up in. She is a widow with 3 stepchildren and 5 grandchildren.

Laretta is a "people person". Socializing and meeting new people were her main reason for joining the Senior Center. She certainly has achieved that when elected to the board in 2022, but more so as our "Line Dance Queen." Every Wednesday she leads her group of dancers to a variety of popular music. Laretta loves to dance and a good band will always draw her out onto the dance floor. Her many other interests are reading, jigsaw and crossword puzzles and playing cards and trivia games with her family and friends. Spider Solitaire on Kindle is another favorite game. Laretta enjoys traveling with friends and loves cruises. She hopes someday to go to Italy.

PROJECT LINUS – YARN NEEDED

The “Hearts and Hands” ladies group at Good Shepherd’s Church are still collecting knitted and crocheted squares for blankets. Joan Banas has been collecting the squares on behalf of the church and will continue to do so as long as they are being made. Our participating members have done a great job in keeping this project active. *We are asking for donations of 4-ply yarn (any color) to be used by our knitters. If you have any that you would like to give, please put it in the yarn bin on the blanket table in the lobby area.*

VETERANS CARE PACKAGE DONATIONS

In association with the Norristown Veterans Affairs office we will be collecting donations for care packages to give to veterans. Below is a list of the preferred donation items. *If donating any food or drink or drink mixes, please be sure these items have not expired.* We are collecting:

MENS/WOMENS FLIP FLOPS FOR SHOWERS - MENS/WOMENS SOCKS (BOOT OR CALF SIZE ONLY)- TOOTH BRUSHES/TOOTH PASTE- KLEENEX (INDIVIDUAL SIZE WRAPPED PACKAGES)- COMBS- SMALL WRITING TABLETS & ENVELOPES- PENS/PENCILS- GUM - PEANUT BUTTER CRACKER PACKS- BEEF JERKY OR SLIM JIMS- COFFEE OR TEA BAGS - GATORADE- DRINK MIXES - KOOL AID OR ICED TEA.

There is an assigned box in the lobby area to place items you are donating. Thank you in advance to those who give.

UM LIBRARY PROGRAMS FOR JUNE 2023

(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.)

ESL CLASS (English as a Second Language Conversation Group): No registration required. The group will meet **every Tuesday at noon** (12 pm) in person in Valley Forge Room.

GARDENING WORKSHOP - DEADHEADING FLOWERS TO EXTEND BLOOM TIME: Monday June 5 at 6:30 PM. You spend a lot of time planning, selecting and planting your flower gardens. Come learn new techniques for pruning and deadheading your plants throughout the season to maintain good plant health, and extend their bloom time as long as possible. Presenter: Karrie Hontz - Penn State Master Gardener

TECH NIGHT: Will be walk-ins starting this month. This one on one tech help session meets first Monday of every month (June 5) 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.

MEDITATION SERIES: Meditation Workshop: Falun Dafa Meditation will be held on the second Tuesday of every month (June 13) 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.

SUMMER READING PROGRAM: For all ages starts June 19. Online and in-person registrations will be available!

ART, GAMES AND CHIT CHAT FOR ADULTS WITH DISABILITIES: Thursday June 22 at 12:30 pm. Let your creative juices flow while we make fun art projects. Don’t feel like being artsy? We will have games and time for chit chat. Adults (18 and over) of all disabilities welcome. All materials included. This program is designed to offer our disability community a chance to get together to socialize, explore different art activities and enjoy games. It will be a casual atmosphere where fun and self-expression are encouraged. All materials will be provided. Support companions are required. Attendees must be 18 and up. Sessions will run the fourth Thursday of each month. This program is being offered in collaboration with Autism Society Greater Philadelphia and co-sponsored by Upper Merion Township Library.

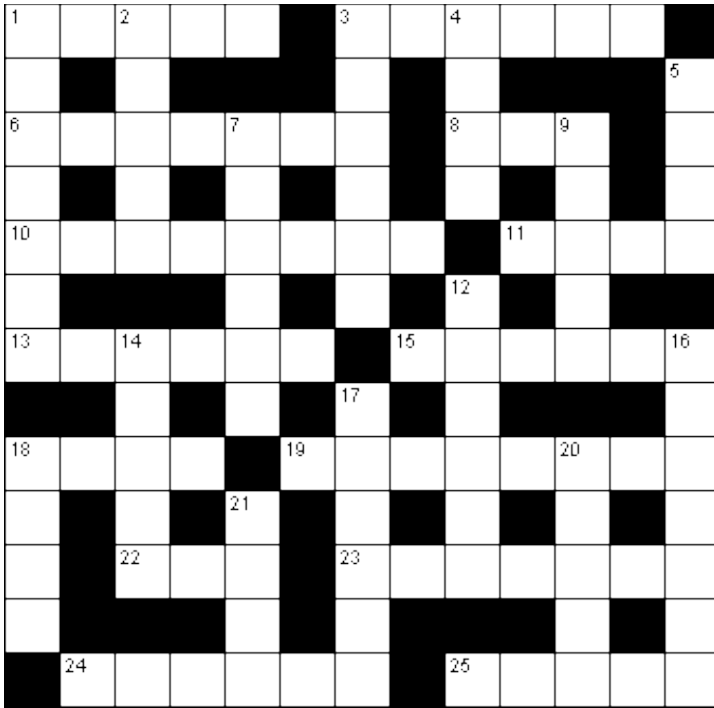
KNIT NITE: The group meets 4th Monday of the month (June 26) at 6:00 PM. From veterans to wanna-be knitters. If you don’t know how to knit and want to learn, our more experienced knitters are always eager pass on their skills, and some advanced knitters are usually available to help with patterns and designs.

JUST FOR FUN AND GAMES!

QUIZ SHOW

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

ANSWER, APPLAUSE, AUDIENCE, BUZZER, CHALLENGER,
CHAMPION, CHOICE, COMPETITOR, CONTESTANT, GUESS,
HOST, KNOWLEDGE, MEMORY, PARTICIPANT, PLAYER,
POINTS, PRESSURE, PRIZE, QUESTION, QUIZ, RECALL,
RESPONSE, RIGHT, RIVAL, SCORE, SHOW, SPEED,
SUBJECT, THEME, TIME, TOPIC, TRIVIA, VICTOR,
WINNER, WRONG.

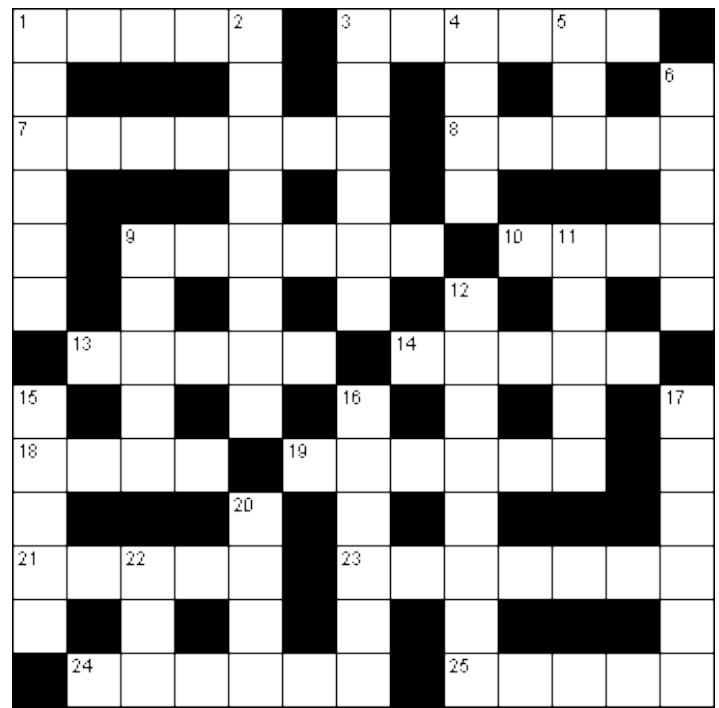


Across

1. Fruit (5)
3. Retail food seller (6)
6. Italian rice (7)
8. Consume (5)
10. Type of lobster (8)
11. Used to season and preserve food (4)
13. Sampled (6)
15. Pestle and ____ (6)
18. Aromatic leaves (4)
19. Thick syrup (8)
22. Cereal grass (3)
23. Pear-shaped tropical fruit (7)
24. Type of cake (6)
25. Very thin pancake (5)

Down

1. Downy fruit (7)
2. Shaped and dried dough (5)
3. Game bird (6)
4. Kitchen appliance (4)
5. Open pastry with fruit filling (4)
7. Sticky candy (6)
9. Heated bread (5)
12. Edible tuber (6)
14. Sweetner (5)
16. Cooked meat or fish coated in egg and breadcrumbs and fried (7)
17. Thick soup (6)
18. Cook slowly in liquid (4)
20. Large edible ray (5)
21. Vegetable (4)



Across

1. Rodent (5)
3. European flatfish (6)
7. Arctic whale with spiral tusk (7)
8. Type of duck (5)
9. Carnivorous burrowing mammal (6)
10. Breed of dog (4)
13. Showy parrot (5)
14. Venomous snake (5)
18. Elephant ivory (4)
9. Billfish (6)
21. Small bird (5)
23. Sparrow hawk (7)
24. Musteline mammal (6)
25. Reptile (5)

Down

1. Long-tailed primate (6)
2. Spiny anteaters (8)
3. Young hen (6)
4. Simians (4)
5. North Atlantic food fish (3)
6. Corvines (5)
9. Large plantigrade mammals (5)
11. Bird with long legs, neck and bill (5)
12. Shellfish (8)
15. Large wading bird (5)
16. Nocturnal canine mammal (6)
17. Sheepdog (6)
20. Colony insects (4)
22. Drone (3)

(CROSSWORD PUZZLE ANSWERS ON PAGE 8)

*Be loving and kind, have fun and celebrate.
Stay safe and keep others safe. We celebrate all
Fathers. ❤️*

Happy Father's Day!



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.

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

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