

The Best of Times

MARCH 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/>

Welcome to March and the official arrival of spring on the 20th. I am sure we are all looking forward to warmer weather and longer days. One of our members shared a photo of her crocuses blooming in her yard already. My thoughts this time of year focus on what I want my garden to look like this year. While some of my flowers come up yearly, gardens always need work to look their best. At the Center, we are fortunate to have a lovely patio and garden area to enjoy when weather permits. While my garden needs some work, our garden needs a major fixup. Unfortunately, it has been neglected during the time we were closed. I am looking for interested members to volunteer their time and gardening skills to improve and renovate our planters around the patio. Anyone want to get some dirt under their fingernails? Someone want to head up a new gardening committee.

Our biggest event is Big Bingo on March 19th. It is an important fundraiser for the Center. If you are attending, thanks. Bring your friends. Members have already volunteered to help but we can always use more volunteers.

Many activities and special presentations are coming up in March and our newsletter is full of information. See what is coming up and plan to attend.

Hope to see you at the Center, enjoying each other and our many activities.

Sharon Brzoska, President

WHAT'S HAPPENING AT THE CENTER

If you have not renewed your membership this will be your last newsletter. So renew today!

GENERAL MEETING: WEDNESDAY, MARCH 8 AT 11:00 AM. Keep informed on what is going on at the Senior Center. Following the General Meeting we will have Chris Stein, Hospice Educator for Patient Care Hospice, present Hospice 101. **Learn what it has to offer patients, caregivers and others. Refreshments following the presentation.** Attend in person or watch when the meetings are aired on following Thursday's at 6:00 PM and repeat the next day at 10:00 AM. The URL to use to go directly to the General Meeting video is "<https://vimeo.com/channels/891501>." (Watch it on Comcast Channel 22 or Verizon FiOS Channel 33).

"BIG BINGO" IS BACK! SUNDAY, MARCH 19. HAPPINESS IS YELLING "BINGO!". CASH PRIZES. REFRESHMENTS. GET YOUR TICKETS NOW! BRING A FRIEND. DOORS OPEN AT 12:00 PM, GAMES START AT 1:00 PM. ADVANCE SALE TICKETS ONLY \$30.00. DAY OF TICKETS \$35.00. **BIG BINGO IS OPEN TO THE PUBLIC SO RESERVE YOUR SPACE SOON!**


SAFE DRIVING FOR SENIORS. WEDNESDAY, MARCH 22 AT 11:00 AM. This presentation provides advice on how seniors can continue to drive safely for longer. It includes indicators designed to gauge driving ability as well as considerations for life after a driver's license. It will be presented by the Montgomery County Office of Senior Services. (NOTE: *This program does not offer any insurance discounts to participants.*)

COFFEE WITH OUR TAX COLLECTOR: MONDAY MARCH 27 AT 12:30 PM. Evelyn Ankers will be here for coffee and donuts, conversation and questions. *Following her presentation, Ms. Ankers will be available to take your tax payments.*

MARCH 2023

LIFE IS A JOURNEY NOT A DESTINATION



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
			9-11 AM WALK TRACK 11:00 COMPUTER BASICS 10:15 BINGO 12:00 NEIGHBOR TO NEIGHBOR ON ZOOM 12:30 CANASTA 12:30 LINE DANCING	9-11 AM WALK TRACK 10:15 BINGO 11:30 FUN & FITNESS 12:30-2:30 MAH JONGG	9-11 AM WALK TRACK 10:30 SING-A-LONG	
5	6	7	8	9	10	11
	9-11 AM WALK TRACK 11:00 CURRENT EVENTS (ALSO ON ZOOM) 12:30 MEXICAN TRAIN	9-11 AM WALK TRACK 10:00-11:30 RUMMIKUB 10:00 BOARD MEETING 11:30 FUN & FITNESS 12:30 PINOCHLE 12:30 BAND PRACTICE HOLI	9-11 AM WALK TRACK 11:00 GENERAL MEETING FOLLOWING THE MEETING HOSPICE 101 PRESENTATION 10:15 BINGO 12:00 NEIGHBOR TO NEIGHBOR ON ZOOM 12:30 CANASTA 12:30 LINE DANCING	9-11 AM WALK TRACK 9:30 TO 12:00 NURSE 10:15 BINGO 11:30 FUN & FITNESS 12:30-2:30 MAH JONGG	9-11 AM WALK TRACK 10:30 SING-A-LONG	TURN THE CLOCKS AHEAD TONIGHT DAYLIGHT SAVINGS TIME BEGINS
12	13	14	15	16	17	18
	9-11 AM WALK TRACK 11:00 CURRENT EVENTS (ALSO ON ZOOM) 11:30 MONDAY MATINEE "MRS HARRIS GOES TO PARIS" 12:30 MEXICAN TRAIN	9-11 AM WALK TRACK 10:00-11:30 RUMMIKUB 11:30 FUN & FITNESS 12:30 PINOCHLE 12:30 BAND PRACTICE	9-11 AM WALK TRACK 11:00 COMPUTER BASICS 10:15 BINGO 12:00 NEIGHBOR TO NEIGHBOR ON ZOOM 12:30 CANASTA 12:30 LINE DANCING	9-11 AM WALK TRACK 10:15 BINGO 11:30 FUN & FITNESS 12:30-2:30 MAH JONGG	9-11 AM WALK TRACK 10:30 SING-A-LONG HAPPY ST. PATRICK'S DAY 	
19	20	21	22	23	24	25
BIG BINGO DOORS OPEN 12 NOON 	9-11 AM WALK TRACK 11:00 CURRENT EVENTS (ALSO ON ZOOM) 12:30 MEXICAN TRAIN 1:00 BOOK TALK (ALSO ON ZOOM) WELCOME SPRING 	9-11 AM WALK TRACK 10:00-11:30 RUMMIKUB 11:30 FUN & FITNESS 12:30 PINOCHLE 12:30 BAND PRACTICE	9-11 AM WALK TRACK 10:15 BINGO 11:00 SAFE DRIVING FOR SENIORS PRESENTATION 12:00 NEIGHBOR TO NEIGHBOR ON ZOOM 12:30 CANASTA 12:30 LINE DANCING RAMADAN	9-11 AM WALK TRACK 9:30 MORGANTOWN/SHADY MAPLE EXCURSION 10:15 BINGO 11:30 FUN & FITNESS 12:30-2:30 MAH JONGG 1:00 QUILTING	9-11 AM WALK TRACK 10:30 SING-A-LONG	
26	27	28	29	30	31	
	9-11 AM WALK TRACK 11:00 CURRENT EVENTS (ALSO ON ZOOM) 12:30 MEXICAN TRAIN 12:30 COFFEE WITH EVELYN ANKERS THE UM TAX COLLECTOR	9-11 AM WALK TRACK 10-1 SHINGRIX SHOTS 10:00-11:30 RUMMIKUB 11:30 FUN & FITNESS 12:30 PINOCHLE 12:30 BAND PRACTICE	9-11 AM WALK TRACK 10:15 BINGO 12:00 NEIGHBOR TO NEIGHBOR ON ZOOM 12:30 CANASTA 12:30 LINE DANCING	9-11 AM WALK TRACK 10:15 BINGO 11:30 FUN & FITNESS 12:30-2:30 MAH JONGG	9-11 AM WALK TRACK 10:30 SING-A-LONG	

SHINGLES VACCINE OFFERED TO MEMBERS AT SENIOR CENTER. TUESDAY, MARCH 28 FROM 10:00 AM TO 1:00 PM. Giant Pharmacy will be offering the Shingles vaccine ONLY to *UMSSC Members* at the Senior Center. ***Shingrix is a two dose vaccine.*** The second dose is scheduled for Tuesday, June 13. 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.

CPR COURSE. FRIDAY, APRIL 14 FROM 1:00 TO 4:00 PM. Upper Merion Fire and EMS can offer our members a CPR course. The cost to members will be between \$55-\$65 per person, depending on the number of participants. If interested in attending, please sign up at the Center or contact the office by March 24 so we can determine how many participants.

FALL PREVENTION. DATE AND TIME IN APRIL TO BE DETERMINED. As we grow older, our fall risk increases. Learn what causes falls, how to address fear of falling and what you can do to prevent your fall risk. A presentation by the Montgomery County Office of Senior Services.

LOCK FOR LIFE. This program is available through the Upper Merion Township Police Department. It is intended to provide Police, Fire and Emergency Medical Services (EMS) personnel access to your residence in the event of an emergency where you are unable to open the door. A key to your residence will be stored in a secure metal storage device, similar to a realtor's box, near the entrance to your residence. The access code to the lockbox will only be available to Police, Fire or EMS personnel and used only during an emergency and only if responders cannot make entry into your home without using force. In the event the Lock for Life is accessed, a representative from the Police Department will contact the resident and change the combination as an added measure of security. You can apply for this program through the Upper Merion Township Website or pick up a form at the Senior Center.

SEPTA KEY SENIOR FARE CARDS. If you have a SEPTA Key Card that expires during 2023 you have two options to renew. **1) Legislative District Offices:** Rep. Tim Briggs' office staff will take your renewal applications in person. Their address is 554 Shoemaker Road Ste. 149 King of Prussia, Telephone: 610-768-3135. It may take 2-3 weeks to receive a new card. Your current card will be deactivated while a new card is being processed and mailed out so there may be a short cap in service while waiting for new card. **2) In Person Same Day Card Renewals at SEPTA Headquarters, 1234 Market St., Philadelphia.** Appointments are strongly recommended and can be scheduled Monday-Friday 8:00 AM to 5:00 PM. To make an appointment call SEPTA at 215-580-7145 (Press #6) or go on line <https://go.oncehub.com/septacct>.

ACTIVITIES

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

PLAY BINGO TWICE A WEEK: We have added a second Bingo game to our schedule on Wednesdays at 10:15 AM.

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. (March 1 and March 15). Meet in the Computer Room.

MONDAY MATINEE: Monday, March 13. Lunch at 11:30 AM and Movie at 12:00 PM. Movie selection is "Mrs. Harris Goes to Paris" starring Leslie Manville, Isabelle Huppert, Lambert Wilson. A widowed cleaning lady in 1950s London falls madly in love with a couture Dior dress, and decides that she must have one of her own.

BOOK TALK: Monday, March 20 at 1:00 PM. Also on Zoom. Book selection is "The Last Green Valley" by Mark Sullivan.

EXCURSION DATES 2023

PAYMENT MUST BE PRESENTED WHEN YOU REGISTER FOR ANY TRIP.

RESERVE YOUR SPACE NOW - CLASSIC AUTO MALL MORGANTOWN: THURSDAY MARCH 23. VIA CAR POOL.

Lunch at Shady Maple. REGISTRATION FORMS AT LOBBY DESK. *Admittance is free but you must register so we have a head count for the car pool.*

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".

HAPPY MARCH BIRTHDAYS!

3/2 Joe Maggio	3/16 Cleatis Eichelberger	3/21 Iran Alemohamad
3/4 Dolores Cohen-Lowery	3/17 Salvatore Morello	3/23 Michael Cassidy
3/4 Gloria Wolfhope	3/17 Debbie Watton	3/24 Sue Jain
3/8 Maryann Flack	3/18 Jon Lee	3/24 Denise Monacella
3/8 Joan Forster	3/18 Richard Orth	3/25 Dan Eastman
3/9 Jacqueline Hickman	3/19 Harry Kutz	3/25 Linda Stephanou
3/9 Pat Holden	3/19 JoAnne Raymond	3/29 Kamal Channi
3/10 Aniruddha Das	3/19 Leona Ruddy	3/29 Richard Hammond
3/10 Marita Torphy	3/20 Hannah Albin	3/31 Kathleen Rado
3/11 Flora Beaver	3/20 Diane Duda	3/30 Julia Taylor
3/15 Veena Singla	3/20 Barbara Mullen	

SPOTLIGHT ON: UMSSC BAND (by Ed Hickman)

"Hello" to all the Upper Merion Senior Service Center (UMSSC). I am writing this to inform everyone that the UMSSC "Band" is doing well and thriving. The Band has been for many years a wonderful representation of the talent and skills of the Upper Merion senior community.

Formed in 2005, the Band has gone through many changes and has grown in size to currently around 24 members. With that said, we are always looking for additional members to join us either as a beginner or to reintroduce them to an instrument that many have played when they were younger.

The Band gets together every Tuesday from 12:30 PM to 2:45 PM at the Senior Center for a rehearsal. Doing something you enjoy, and have fun doing it, is very rewarding. Every member of the Band is equally important to the success of the Band, regardless of ability. The Band has reached a high level of proficiency, while at the same time keeping it fun and rewarding experience for all. Looking forward to hearing from those interested. Please stop by any Tuesday to listen or ask about coming on board.

Unsure about joining the band? Here are some of the benefits you get from playing music. 1) Music brings people together. 2) Music improves your health and wellbeing. 3) Music can improve confidence and resilience. 4) Music is a creative outlet. 5) **MUSIC IS FUN!**

UM LIBRARY PROGRAMS FOR MARCH 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.)

ZOOM BASIC COMPUTER CLASS: Sangeetha will lead class on March 9 and 23 at 11:00 AM. *Must register at the library to receive zoom links or call 610-265-4805 to register.*

TECH NIGHT: Will be walk-ins starting this month. This one on one tech help session meets first Monday of every month (March 6) 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.

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

ESTATE PLANNING WORKSHOP: Monday, March 13 at 6:30 PM. Help your family avoid time in court, maintain control of your assets, avoid family disputes and minimize delays and costs. In this workshop, you'll gain an understanding of the three different "lands" of Estate Planning that you need to be aware of. What to do, and what not to do to protect your assets for your heirs and future generations. Must register to attend.

KNIT NITE: The group meets 4th Monday of the month (March 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.

MEDITATION SERIES: Meditation Workshop - Falun Dafa Meditation will be held on the second Tuesday of every month (March 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.

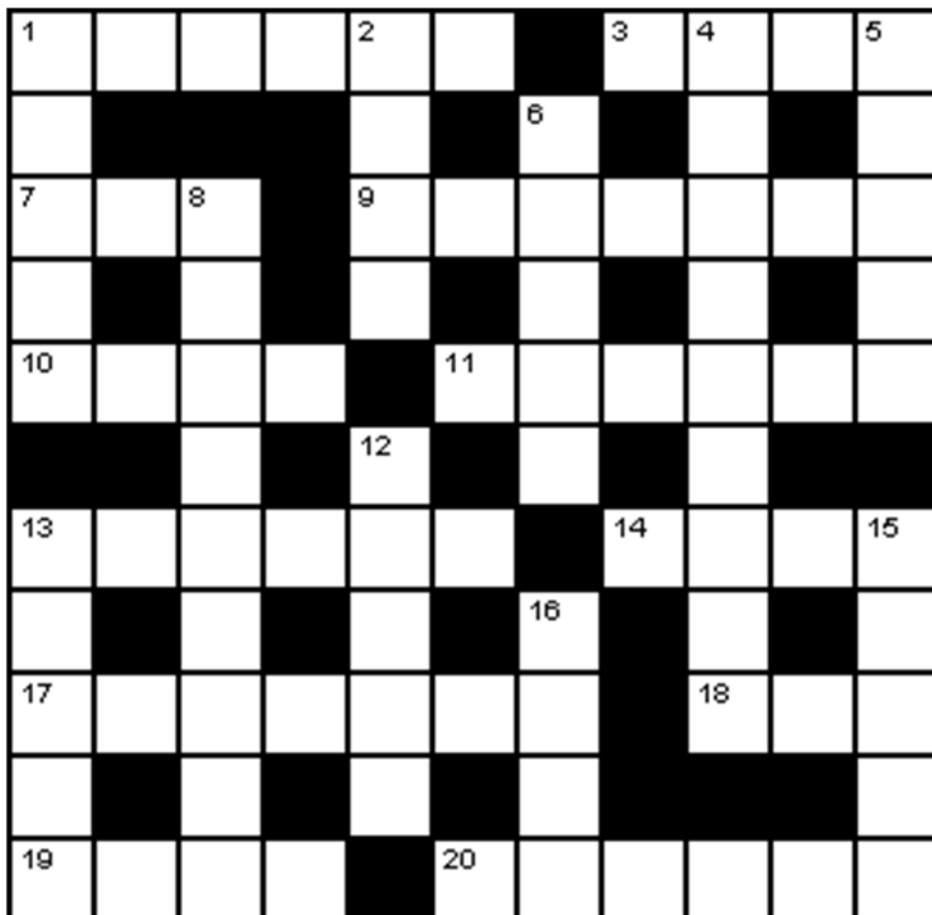
BOOK DISCUSSION: Will be held on Sunday, March 19 from 2:00 PM to 3:30 PM. Book selection is "**Where the Crawdads Sing**" by Delia Owens. Must register to participate. Stop by the library pick up a copy of the book.

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

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.

JUST FOR FUN

QUICK CROSSWORD



Across

1. Male relative (6)
3. Gem (4)
7. Chart (3)
9. Sagacious (7)
10. Challenge (4)
11. Relating to bears (6)
13. Accolade (6)
14. Children (4)
17. Long flag (7)
18. The night before (3)
19. Extinct bird (4)
20. Choice (6)

Down

1. Wanderer (5)
2. Not difficult (4)
4. Steep cliff (9)
5. Svelte (5)
6. Drama set to music (5)
8. Pilfered (9)
12. In front (5)
13. Lukewarm (5)
15. Rear part of a ship (5)
16. Pace (4)

WORD SEARCH

LORD OF THE RINGS

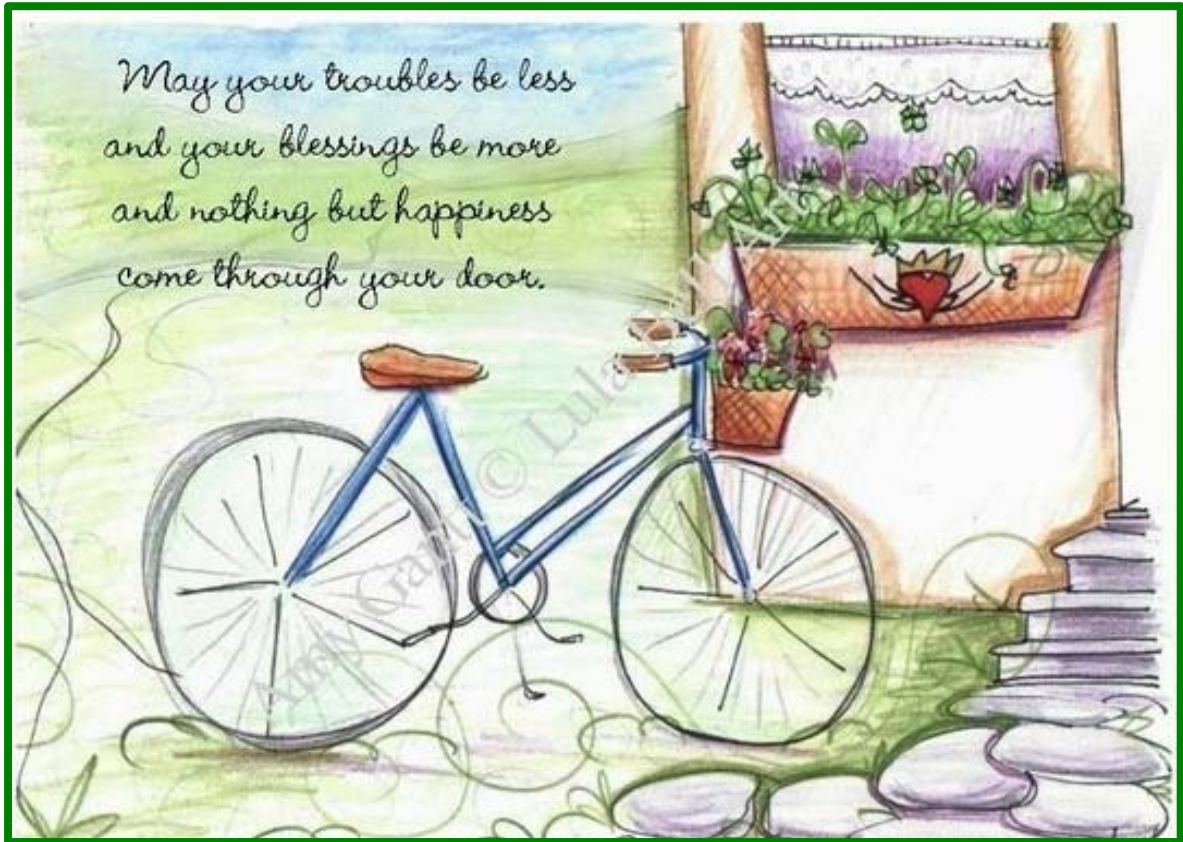
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B	N	O	R	U	A	S	Z	V	A	G	L	A	R	O	N	D	A	B
O	I	L	O	G	A	E	D	E	T	T	F	R	O	D	O	R	G	O
M	G	I	M	L	I	V	O	R	H	B	T	W	T	I	U	I	A	R
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V	J	A	R	U	D	L	I	S	I	L	M	O	N	D	R	R	M	O
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R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

AGLAROND, ARAGORN, ARWEN, BILBO, BOROMIR, CELEBORN,
DAMROD, DEAGOL, DENETHOR, ELДАРION, ELROND, EOMER,
EOWYN, EVERARD, FARAMIR, FRODO, GALADRIEL, GANDALF,
GIMLI, GORBAG, GRIMBOLD, HOBBIT, ISENGARD, ISILDUR,
LEGOLAS, MADRIL, MERRY, MIDDLE EARTH, MOUNT DOOM,
PIPPIN, SAM, SARUMAN, SAURON, SMEAGOL, STRIDER,
THE RING, THE SHIRE, THEODEN, TREEBEARD.

Be loving and kind, have fun and celebrate.

Stay safe and keep others safe.

Happy St. Patrick'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.

