

The Best of Times

UPPER MERION SENIOR SERVICE CENTER

MAY 2026



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KING OF PRUSSIA, PA 19406

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There are important celebrations in the month of May. May Day is the first and is an ancient celebration welcoming the spring/summer season. Mother's Day is on the 10th, and we will celebrate with a Royal-Tea on Friday, May 8th. The month ends with Memorial Day, a holiday in the United States dedicated to honoring and mourning the military personnel who died while serving in the U.S. Armed Forces. Let's all reflect on each celebration and how they may affect us.

The next Garden Group meets on May 7th to plant and prepare our garden for its beauty in spring and summer. The patio umbrellas will be out soon. Spring is perfect time to enjoy a packed lunch or a cup of coffee and get some fresh air. If anyone wants to help, let the office staff know. Always room for more helpers.

I would like to highlight the Art Group who meet on Mondays 12 to 3pm in the Art Room at the Community Center. They meet but work on whatever artistic activity such as painting, jewelry making, crochet, needlepoint or any other. It is a social gathering as well.

Many are taking advantage of our Tuesday evening hours open for Bocce, Cornhole, and the Game Room is open if you would like to organize a card game. The hours are 4:30 to 7pm. You may come at any time during the hours. Enter from the patio door if the front doors happen to be locked.

The members of the Board of Directors and I are always looking for ideas of how to improve the activities for our members. If you would like to share your thoughts, please drop your suggestions in the box in the kitchen area. Please provide your name so we can follow up.

Happy May everyone.

As always, I hope to see you around the Center enjoying each other and the variety of activities available.

Sharon Brzoska, President

WHAT'S HAPPENING AT THE CENTER

THE SENIOR CENTER WILL BE CLOSED FOR MEMORIAL DAY HOLIDAY ON FRIDAY, MAY 22 AND MONDAY, MAY 25.

Please refer to the monthly calendar for all MAY activities.

Contact anyone in the office if you have questions. For

activities conducted or available on Zoom, please call the office and provide your email address to receive the zoom link. ALL ACTIVITIES CANCELLED FOR TEA SOCIAL ON FRIDAY, MAY 8. However, Chair Yoga will be held in the Mind & Body Room at Community Center at the usual time.








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MAY 2026

FIND THE JOY WITHIN YOURSELF

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 9-3 WALK THE TRACK 9:15 CHAIR YOGA 10:30 SING-A-LONG 1:00 TRIVIA	2
3 9-3 WALK THE TRACK 11:00 CURRENT EVENTS(ALSO ZOOM) 12-3 ART GROUP 12:30 MEXICAN TRAIN 1:00 POKER 9:30-3:30 VF HOMESTEAD QUILTERS (PRIVATE)	4	5 9 -3 WALK THE TRACK 10:00 BOARD MEETING 10:00-11:30 RUMMIKUB 11:45 FUN & FITNESS 12:45 PINOCHLE 12:45 BAND PRACTICE 4:30-7:00PM EVENING AMUSEMENT TIME 11AM-9PM SAL'S TRATTORIA GIVE BACK DAY	6 9-3 WALK THE TRACK 7:00 AM NEW YORK ELLIS and LIBERTY ISLAND TRIP 9:45 MEDITATION 12:30 CANASTA 12:30 LINE DANCING 1:00-3:00 OPEN GAME ROOM 1:00-3:00 BOCCE	7 9-3 WALK THE TRACK 10:00 GARDEN CLUB-PLANTING THE GARDEN 10:15 BINGO 11:45 FUN & FITNESS 1:00-3:00 OPEN GAME ROOM	8 ROYAL-TEA PARTY 12:00-2:00 DOORS OPEN AT 11:45  ALL ACTIVITIES CANCELLED	9
10 	11 9-3 WALK THE TRACK 11:00 CURRENT EVENTS (ALSO ZOOM) 12-3 ART GROUP 12:30 MEXICAN TRAIN	12 9 -3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:45 FUN & FITNESS 12:45 PINOCHLE 12:45 BAND PRACTICE 4:30-7:00PM EVENING AMUSEMENT TIME	13 9-3 WALK THE TRACK 12:00 CELLPHONES MADE SIMPLE 12:30 CANASTA 12:30 LINE DANCING 1:00-3:00 OPEN GAME ROOM 1:00-3:00 BOCCE	14 9-3 WALK THE TRACK 9:45-12 NURSE 10:15 BINGO 11:45 FUN & FITNESS 1:00-3:00 OPEN GAME ROOM	15 9-3 WALK THE TRACK 9:15 CHAIR YOGA 10:30 SING-A-LONG 1:00 TRIVIA	16
17	18 9-3 WALK THE TRACK 11:00 CURRENT EVENTS(ALSO ZOOM) 12-3 ART GROUP 12:30 MEXICAN TRAIN 1:00 POKER 1:00 BOOK TALK 6-8:30 PETRUCCI'S ICE CREAM GIVE BACK NIGHT	19 9 -3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:45 FUN & FITNESS 12:45 PINOCHLE 12:45 BAND PRACTICE 4:30-7:00PM EVENING AMUSEMENT TIME	20 -3 WALK THE TRACK 9:45 MEDITATION 12:00 CELLPHONES MADE SIMPLE 12:30 CANASTA 12:30 LINE DANCING 1:00-3:00 OPEN GAME ROOM 1:00-3:00 BOCCE	21 9-3 WALK THE TRACK 10:15 BINGO 11:45 FUN & FITNESS 1:00-3:00 OPEN GAME ROOM	22 CLOSED FOR MEMORIAL WEEKEND HOLIDAY	23 
24 	25  CLOSED MEMORIAL DAY	26 9 -3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:45 FUN & FITNESS 12:45 PINOCHLE 12:45 BAND PRACTICE 4:30-7:00PM EVENING AMUSEMENT TIME	27 9-3 WALK THE TRACK 12:00 CELLPHONES MADE SIMPLE 12:30 CANASTA 12:30 LINE DANCING 1:00-3:00 OPEN GAME ROOM 1:00-3:00 BOCCE	28 9-3 WALK THE TRACK 10:15 BINGO 11:45 FUN & FITNESS 1:00-3:00 OPEN GAME ROOM 1:00 QUILTING	29 9-3 WALK THE TRACK 9:15 CHAIR YOGA 10:30 SING-A-LONG 1:00 TRIVIA	30 <hr/> 31

JUNE 2026

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 9-3 WALK THE TRACK 11:00 CURRENT EVENTS(ALSO ZOOM) 12-3 ART GROUP 12:30 MEXICAN TRAIN 1:00 POKER 9:30-3:30 VF HOMESTEAD QUILTERS (PRIVATE)	2 9 -3 WALK THE TRACK 10:00 BOARD MEETING 10:00-11:30 RUMMIKUB 11:45 FUN & FITNESS 12:45 PINOCHLE 12:45 BAND PRACTICE 4:30-7:00PM EVENING AMUSEMENT TIME	3 9-3 WALK THE TRACK 12:00 CELLPHONES MADE SIMPLE 12:30 CANASTA 12:30 LINE DANCING 1:00-3:00 BOCCCE 1:00-3:00 OPEN GAME ROOM	4 9-3 WALK THE TRACK 10:15 BINGO 11:45 FUN & FITNESS 1:00-3:00 OPEN GAME ROOM	5 9-3 WALK THE TRACK 9:15 CHAIR YOGA CANCELLED 10:30 SING-A-LONG 1:00 TRIVIA	6
7	8 9-3 WALK THE TRACK 11:00 CURRENT EVENTS (ALSO ZOOM) 12-3 ART GROUP 12:30 MEXICAN TRAIN	9 9 -3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:45 FUN & FITNESS 12:45 PINOCHLE 12:45 BAND PRACTICE 4:30-7:00PM EVENING AMUSEMENT TIME CANCELLED	10 DOORS OPEN AT 11:15 11:30 GENERAL MEETING ANNUAL PICNIC FOLLOWING MEETING FOR THOSE ATTENDING THE MEETING ALL ACTIVITIES CANCELLED	11 9-3 WALK THE TRACK 9:45-12 NURSE 10:15 BINGO 11:45 FUN & FITNESS 1:00-3:00 OPEN GAME ROOM	12 9-3 WALK THE TRACK 9:15 CHAIR YOGA 8:30 AMERICAN REVOLUTION MUSEUM EXCURSION 10:30 SING-A-LONG 1:00 TRIVIA	13
14 	15 9-3 WALK THE TRACK 11:00 CURRENT EVENTS(ALSO ZOOM) 12-3 ART GROUP 12:30 MEXICAN TRAIN 1:00 POKER 1:00 BOOK TALK	16 9 -3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:45 FUN & FITNESS 12:45 PINOCHLE 12:45 BAND PRACTICE 4:30-7:00PM EVENING AMUSEMENT TIME 6-8:30 PETRUCCI'S ICE CREAM GIVE BACK NIGHT	17 9-3 WALK THE TRACK 12:00 CELLPHONES MADE SIMPLE 12:30 CANASTA 12:30 LINE DANCING 1:00-3:00 BOCCCE 1:00-3:00 OPEN GAME ROOM	18 9-3 WALK THE TRACK 10:15 BINGO 11:45 FUN & FITNESS 12:45 JOINT REPLACEMENT EXPECTATIONS PRESENTED BY PHOENIX PT 1:00-3:00 OPEN GAME ROOM	19 9-3 WALK THE TRACK 9:15 CHAIR YOGA 10:30 SING-A-LONG 1:00 TRIVIA JUNETEENTH	20
21  FIRST DAY OF SUMMER	22 9-3 WALK THE TRACK 11:00 CURRENT EVENTS(ALSO ZOOM) 12-3 ART GROUP 12:30 MEXICAN TRAIN	23 9 -3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:45 FUN & FITNESS 12:45 PINOCHLE 12:45 BAND PRACTICE 4:30-7:00PM EVENING AMUSEMENT TIME	24 9-3 WALK THE TRACK 9:45 MEDITATION 12:00 CELLPHONES MADE SIMPLE 12:30 CANASTA 12:30 LINE DANCING 1:00-3:00 BOCCCE 1:00-3:00 OPEN GAME ROOM	25 9-3 WALK THE TRACK 10:15 BINGO 11:45 FUN & FITNESS 1:00-3:00 OPEN GAME ROOM 1:00 QUILTING	26 9-3 WALK THE TRACK 9:15 CHAIR YOGA 10:30 SING-A-LONG 1:00 TRIVIA	27
28	29 9-3 WALK THE TRACK 11:00 CURRENT EVENTS(ALSO ZOOM) 12-3 ART GROUP 12:30 MEXICAN TRAIN	30 9 -3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:45 FUN & FITNESS 12:45 PINOCHLE 12:45 BAND PRACTICE 4:30-7:00PM EVENING AMUSEMENT TIME				

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2026 UPCOMING SPECIAL EVENTS

JUNE

- Tuesday, June 2, 2026 Board Mtg.
- Wednesday, June 10, 2026 General Mtg/Picnic
- Friday, June 12, 2026 Museum of the American Revolution Senior Tour (via SEPTA)
- Tuesday, June 16 6:00 PM -8:30 PM Pertucci's Give Back

JULY (closed at noon on Fridays)

- Friday, July 3, 2026 Independence Day - CLOSED
- Tuesday, July 7, 2026 Board Mtg.
- Wednesday, July 15, 2026 Petrucci's Giveback

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ACTIVITIES IN MAY

WALKING GROUP: EVERY MONDAY Looking for some outdoor exercise? The Senior Center Walking Club plans

to resume its weekly walks when weather permits. If you would like to join the group or would like more information, please give your name and contact info to the office. *The club does not have a fixed day and time for walking for two reasons. First, it depends on the weather. Second, not everyone who wants to walk can meet at the same time, so we try to vary it to give everyone a chance to join the walk. Come on out!*

EVENING HOURS (TUESDAYS ONLY): The Center will be open. We are offering bocce, cornhole and the game

room will be open if a group would like to play any games. Doors unlock at 4:15 PM and lock at 5:00 PM. We play until 7:00 PM. If you come after 5:00 PM walk along building to patio doors and someone will let you in from there.

CELL PHONES MADE EASY: WEDNESDAYS FROM 12:00-1:00 PM. Bring your cell phone, tablet, laptop—or any digital device—and get help with your tech questions. Whether you're learning the basics or just need a quick tip, we're here to help you feel more confident and connected!

INDOOR BOCCE: WEDNESDAYS FROM 1:00 - 3:00 PM in the Great Room. Open, pick-up bocce for individuals of all skill levels. Come ready to play and have fun! We now have two courts set up for playing.

BOARD MEETING: TUESDAY, MAY 5 AT 10:00 AM.

SAL'S TRATTORIA GIVE BACK: TUESDAY, MAY 5 10:00 AM TO 9:00 PM. *Eat or take out* at this restaurant. *Mention the Senior Center* and we will receive a donation from a portion of your food bill.


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MEDITATION PROGRAM: WEDNESDAYS, MAY 6 AND MAY 20 AT 9:45 AM.

TEA SOCIAL: FRIDAY, MAY 8 FROM 12:00 TO 2:00 PM. Ticket sales until May 4. Enjoy an offering of tea, wonderful tea sandwiches and other tasty morsels. Vintage item contest. Door prizes. 50/50 drawing. Bring your favorite tea cup. **ALL OTHER ACTIVITIES CANCELLED ON THIS DAY.**

BLOOD PRESSURE CHECK: THURSDAY, MAY 14 from 9:45 AM to 12:00 PM. Have your blood pressure checked by MLH Nurse Tracey.

PETRUCCI'S GIVE BACK: WEDNESDAY, MAY 18 FROM 6:00 PM TO 8:30 PM. A portion of your purchase is donated to the Senior Center.

BOOK TALK: MONDAY MAY 18 AT 1:00 PM. This month's book is "AS LONG AS THE LEMON TREE GROWS" by Zoulfa Katouh.

WELCOME NEW MEMBERS: Please join the Board and staff to acknowledge and make welcome our new members. Welcome to: Carol Campbell, Steven Fidler, Anne Fraser, Deborah Turlington, Mary Williams, Diane Conway, Mina Shirvani, Rose Smondrowski, and Dorota & Zbigniew Sopylo.

CONGRATULATIONS, PENNY!

As some of our members know, Penny Rudolph is a tour director for Starr Tours. She was recently honored with the *Greater Northeast Motorcoach Association* Professional Award. She joined Starr Bus Charter & Tours in 1986 and is now entering her 40th year with the company. Over the decades, she has become a cornerstone of their tour program, helping to train generations of Tour Directors and Drivers while continually raising the bar for guest experience.



TICKETS ON SALE NOW FOR EXCURSIONS

MUSEUM OF THE AMERICAN REVOLUTION: FRIDAY, JUNE 12: Guided tour starts at 11:00 AM. Meet at community center lower back parking lot at 8:30 AM. Via car pool and SEPTA (*don't forget your SEPTA pass*). Lunch following tour (not included in price).

NEW - COMING THIS FALL

As a source of income, the Senior Center will be collecting used clothing and other items such as books, cd's, albums, shoes, small electrics. We are able to receive a payment based on the weight of the items. So, if you are planning to clear out unused items, please hold onto them until the fall when we announce the beginning of the collection period.

HONOR FLIGHT PHILADELPHIA

Honor Flight Philadelphia has received confirmation for the next trip for veterans to Washington DC to see memorials, as their guest. The trip is scheduled for September 19, 2026, leaving from St. Simon and Jude Church in West Chester. Applications for veterans for the

next trip will be located on the Veteran table in the lobby. Applications are not restricted to Senior Center members so feel free to let other veterans know about the trip. ***Complete and send to address on form.***

VALLEY FORGE HOMESTEAD QUILTERS: This private charitable group has been offered use of the UMSSC Craft Room for making their "comfort quilts". They will be here the first Monday of the month between 9:30 AM and 3:30 PM. During this time the Craft Room will not be available for member use.

PROJECT LINUS: Members knit squares for blankets for cancer patients. Yarn is available in the office. *THANK YOU TO OUR MEMBERS WHO CONTRIBUTE BY VOLUNTEERING TO KNIT THE BLANKET SQUARES A COUPLE OF SAMPLES OF THE HANDIWORK IS HANGING IN THE LOBBY AREA. THEIR KNITTING CONTRIBUTED TO THE DISTRIBUTION OF 57 BLANKETS FOR CANCER PATIENTS.*

WORKING SMOKE ALARMS SAVE LIVES! Any Upper Merion Township resident who needs a smoke alarm can call the ***Smoke Alarm Installation Hotline at 484-636-3945 to request an installation.***

VETERANS CARE PACKAGE DONATIONS: In association with the Norristown Veterans Affairs Office, we are collecting donations for care packages to give to veterans. *If donating any food or drink or drink mixes, please be sure these items have not expired. Place items in assigned box in lobby area.*



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UPPER MERION AREA COMMUNITY CUPBOARD: We are collecting food to be donated to the UM Community Cupboard. If you wish to contribute the labeled box is in the lobby area.

LIONS CLUB OF AUDUBON/OAKS: There is a box in the lobby where we collect donations of useable glasses to repurpose for people who cannot afford to pay for glasses. If you have glasses that you no longer wear please consider donating them.

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MAY BIRTHDAYS

- | | | |
|----------------------|------------------------|----------------------|
| 2 David Newman | 6 Joan DiNenno | 8 Michelle Goodsir |
| 9 Patty Houseal | 9 Shirley Robey | 10 Rosemary Marcelis |
| 12 Martha Nakamura | 13 Jeffrey Mand | 13 Anne Trumpler |
| 15 Joyce Hankin | 15 Dolores Javic | 15 Doris Natalie |
| 15 Jackie Powers | 15 Linda Taaffe | 16 Trudy Lauro |
| 19 Bob Mack | 19 James Nuss | 20 Maureen Yin |
| 21 Bonnie Keen | 23 Kathy Gallagher | 24 Janet Weaver |
| 25 James Cook | 25 Kathy Dutkiewicz | 25 Sandy Seghetti |
| 25 Beverly Sherbondy | 27 Marlene Iannuzzelli | 27 Linda Jarosz |
| 28 Jim Bono | 29 Rachelle Godshall | 31 Steven Reisert |

UM LIBRARY PROGRAMS FOR MAY 2026

(CHECK OUR ONLINE CALENDAR FOR MORE

INFORMATION ABOUT THE PROGRAMS WE OFFER) *Call the library at 610-265-4805 or check www.umtownship.org/library for latest updates and to access our online access.*

Sangeetha will be at the center to help with your tech questions every Wednesday in May at 12 p.m. Please check with Ms. Shirley or Ms. Peggy for sign-up instructions.

The Upper Merion Township Library will have open tech hours Monday through Friday from 3 pm to 4 pm. No need to sign up, just walk in with your questions on your digital devices.

MAY HIGHLIGHTS:

MAY THE MYSTERIES BE WITH YOU: AN EVENING WITH ERIC MINTEL: MONDAY, MAY 4 AT 6:30 PM.

Join us for a fascinating exploration into the unexplained with paranormal investigator and jazz musician Eric Mintel. Discover stories of UFOs, ghosts, and other mysterious phenomena through engaging footage and lively discussion. Enjoy an evening of curiosity, wonder, and conversation, followed by a short Q&A. Books will be available for purchase and signing.

REEL TALK: MOVIE CLUB: MONDAY, MAY 18, 2026 AT 6:30 PM. Join Reel Talk each month for engaging conversations inspired by film. Vote for your favorite movie from a curated list, watch it on your own, then come ready to share your thoughts and insights. Enjoy lively discussion, fresh perspectives, and great company in a relaxed setting. Refreshments will be provided.

TAKE CHARGE OF YOUR HEART: WEDNESDAY, MAY 27, 2026 AT 6:30 PM. Join us for an informative talk on heart health with Montgomery County Coroner Dr. Janine Darby. Learn how everyday lifestyle choices can help reduce the risk of heart disease, high blood pressure, and other preventable conditions. Gain valuable insights from a physician who sees firsthand why prevention matters. Enjoy an evening of learning and conversation, followed by a short Q&A.

FREE RAFFLE TICKET with each event attended. Enter to win exciting prizes. To learn more or to register for any of these events, please visit our calendar at www.umtlibrary.libcal.com.

ONGOING PROGRAMS AT THE LIBRARY

BOOKS & BITES: 1st Monday of every month from 6:00 PM to 7:30 PM.

ESL CLASS: (English as a Second Language Conversation Group) every Tuesday at 12:00 PM.

CRAFT TUESDAY: every Tuesday at 6:00 PM (Perfect space to create, connect, and share craft ideas.)

MEDITATION SERIES: Meditation Workshop - 2nd Tuesday of every month at 6:00 PM.

ART, GAMES, AND CHIT CHAT FOR ADULTS WITH DISABILITIES: 2nd & 4th Thursdays at 12:30 PM.

MAHJONG MEETUP MANIA: Every Thursday at 1:00 PM.

BOOK DISCUSSION: *Remarkably Bright Creatures* by Shelby Van Pelt 3rd Saturday of every month at 10:30 AM.

KNIT NITE: 4TH Monday at 6:00 PM.



Italian Restaurant and Bar

Live Music

Thursday-Sunday

Corporate Meetings

Happy Hour

Private Parties

Class Reunions

Trivia Nights

Funeral Luncheons



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Memorial Day

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

CEREMONY

FLOWERS

FALLEN

HONOR

OBSERVANCE

MEMORIAL

FREEDOM

HEROES

FLAG

PATRIOTIC

SOLDIERS

HOLIDAY

MONDAY

MAY

SACRIFICE

VETERANS

ANTHEM

SALUTE

WAR

Mothers Day

WORD SEARCH PUZZLE

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

GUIDANCE

LOVE

SUSTENANCE

WELLBEING

CAREGIVER

DREAM

UNDERSTANDING

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MOM

BED

CHORES

TRUST

COMMENDABLE

INSPIRE

WARM

INSTILL

COZY

UPLIFT

CARETAKER

FAMILY

GENTLE

SHINE

HELP

LISTEN

DAY

REASSURANCE

HAPPY

GUARDIAN

SELFLESS

AFFECTION

FLOWER

STEADFAST

ADMIRATION

HEART

SUN

STORY

*All gave some; some gave all.
Remember them this Memorial Day.*

MEMORIAL DAY



GRACIAS! THANKS! DANKE! MERCI!

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