

THE BEST OF TIMES

MARCH 2021 



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/>

BETTER DAYS AHEAD!

We miss being together with you in person, but the good news is the outlook for 2021 is positive.

We have been promoting Zoom activities which allows us to communicate and socialize with each other until we can reopen our facility. Under "Keeping Our Members Informed" is a list of our Zoom activities. I know there are some members who feel they cannot connect with zoom. If you have a working computer we can help you to learn how to enjoy Zoom. We all need more of this while waiting to be together in person. Thank you to those members who are hosting the Zoom activities.

We very much appreciate and thank our members who have made donations to the center. It's not too late for you to make a donation. 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

DONATIONS TO THE CENTER

Thank you to members Anne Helenski and Ruth Pomerleau for their donations to the Senior Center.

IN MEMORIAM

We at the Senior Center are deeply saddened to inform you of the death on February 1 of June Bachmann, a former member of the Senior Center. June loved to travel and planned many trips and excursions at UMSSC for many years. We offer our sincere condolences to her families and friends.

KEEPING OUR MEMBERS INFORMED

STAY CONNECTED WITH ZOOM: Wonderful to be able to share information and friendship safely. These virtual meetings are open to any member interested. **CURRENT EVENTS**, hosted by Dave Newman, meets on Zoom every Monday at 10:15 AM. The **COMPUTER CLUB** Zoom, hosted by Herm Natanblut, meets every other Tuesday at 2:00 PM. **NEIGHBOR TO NEIGHBOR** Zoom, hosted by John Desko every Wednesday at 12:00 PM, is an opportunity for all members to meet virtually and chat. Joan Shaw is hosting **BOOK TALK** via Zoom on the third Tuesday of the month (March 18) at 12:00 PM. **The book selection for March is "Ask Again, Yes by Mary Beth Keane.**

NEW - ZOOM COMPUTER BASICS WITH SANGEETHA: Held at 11:00 AM on Thursday March 11 and March 25. **You must register at the library to receive zoom links. (610-265-4805 or check www.umtowsnip.org/library to register for all of our virtual programs)**

If you would like to participate in any of our UMSSC Zoom programs or need assistance with using Zoom, please call the office at 610-265-4715 (leave a voice mail) or email at admin@umssc.org so that your name can be added to the list of attendees.

FUN & FITNESS: Stay fit and active right in your own living room. Our exercise instructor has provided several videos of the exercises as well as a Yoga instruction video. You can follow our Fun and Fitness exercises on the

UMSSC Facebook page, <https://www.facebook.com/umssc.org/>. *If you are unable to access Fun & Fitness through our Facebook page, please email me in the office at admin@umssc.org. I will email the exercise links directly to you.*

KNITTING GROUP: Knitting is a great stress reliever. If you would like to knit or have been knitting squares for blankets (for the Linus Project), and need yarn, please call Joan Banas at 610-265-0126. Joan will be happy to supply you with some.

UM LIBRARY PROGRAMS FOR MARCH

Spring Book Discussion Series: Please call the library for more information. March 14: "A Bookshop in Berlin" by Françoise Frenkel. April 11: "Mothering Sunday" by Graham Swift

(Call the library at 610-265-4805 or check www.umtownship.org/library to register to all their virtual programs)

DID YOU KNOW?

MARCH - 31 DAYS OF FUN

March may be named after the Roman god of war but in reality it's one of the happiest months on the calendar. Flowers are budding, chocolate is on sale, and its major holiday is just one giant party, with no gifts and minimal stress. Plus it even turns math into a pie-eating celebration! But that's just the beginning of all the reasons to love March.

IT'S WOMEN'S HISTORY MONTH: Curious about a suffragette ancestor? Want to learn more about female spies in the Civil War? Interested in famous female inventors? March is the perfect time to take the opportunity to answer all these questions and more as it's **Women's History Month**, the month set aside by the United States government to celebrate the vital role women have played in our country's history. Your local museums will likely have some great offerings unique to your area's history, or you can always check out the Smithsonian's online collection of nearly 500 incredible images and the stories behind them.

DAYLIGHT SAVINGS TIME STARTS: Put it in your calendars now: Daylight saving time starts Sunday, March 14, at 2 a.m. (You're welcome!) You may not love skipping the clock forward an hour, but you'll enjoy the daylight sticking around later. For those who really hate it, it ends on Sunday, November 7, at 2 a.m.

EATING PIE ON PI DAY: Whether you're a math geek or just love puns, there's something for everyone to love about Pi Day. Of course, the holiday dedicated to celebrating the ratio of a circle's circumference to its diameter (approximately 3.14) is held on 3/14, or March 14th.

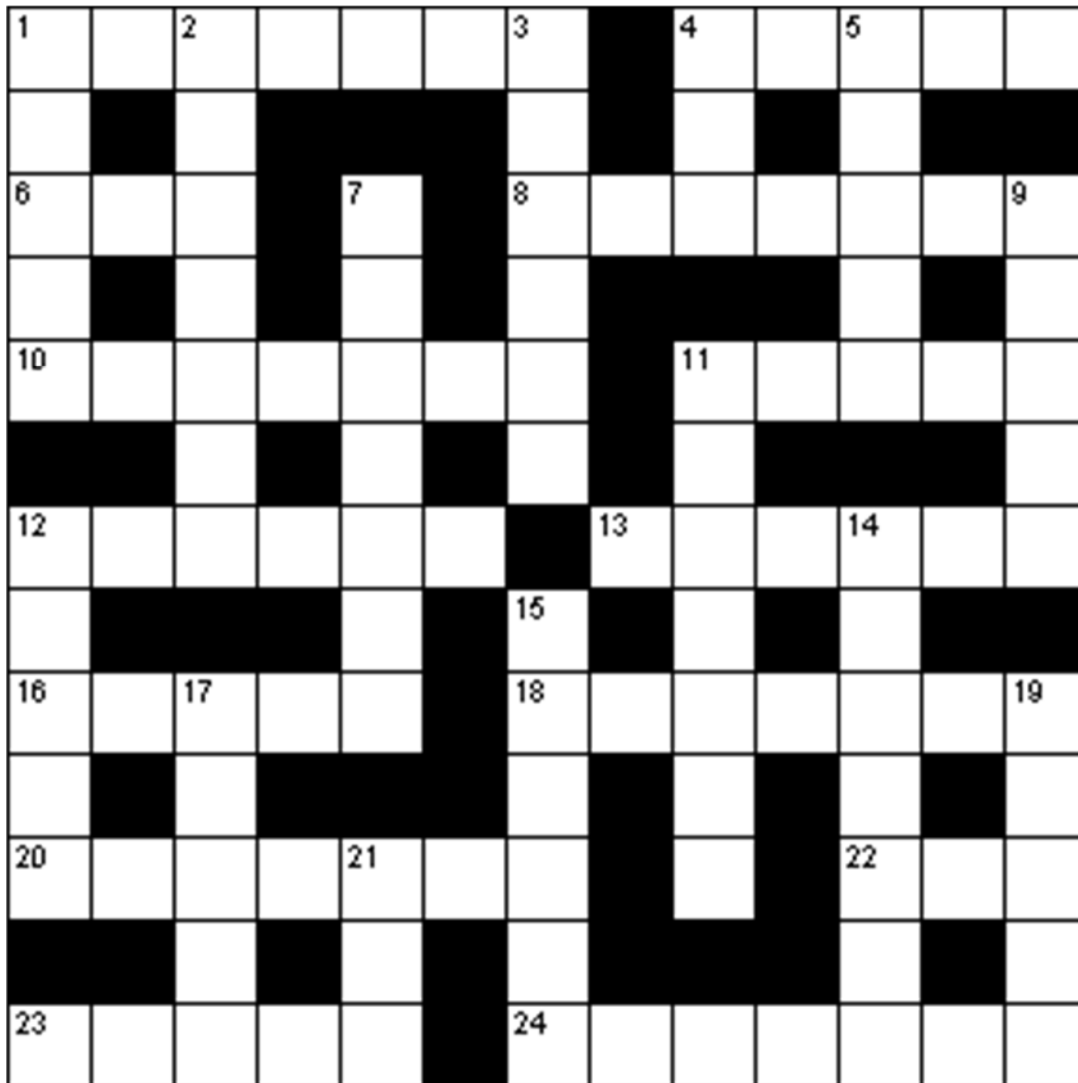
THREE WORDS: SAINT PATRICK'S DAY: Are your ancestors Irish? Love all things beer related? Enjoy eating green eggs and ham? Are you a practicing Catholic? Have a thing for leprechauns? Is your favorite color green? Whatever your reason, there's something for everyone to enjoy celebrating St. Patrick's Day. It falls on Wednesday, March 17, so start planning your leprechaun-themed party now.

CELEBRATE THE SPRING EQUINOX AND ALL THE EXTRA SUNSHINE: The long, dark days—we mean nights—of winter are officially over on March 20, this year's spring equinox. Technically, the vernal equinox is the day when the sun moves north over the celestial equator. But all you need to know is that means the days are getting longer, the nights shorter, and the sun warmer (if you live in the northern hemisphere). Enjoy the simple pleasure of waking up to fresh sunlight streaming in your windows! Getting more sun exposure is one of the ways to be happier every day.

CROSSWORDS

(answers on page 7)

Catch-Words 04



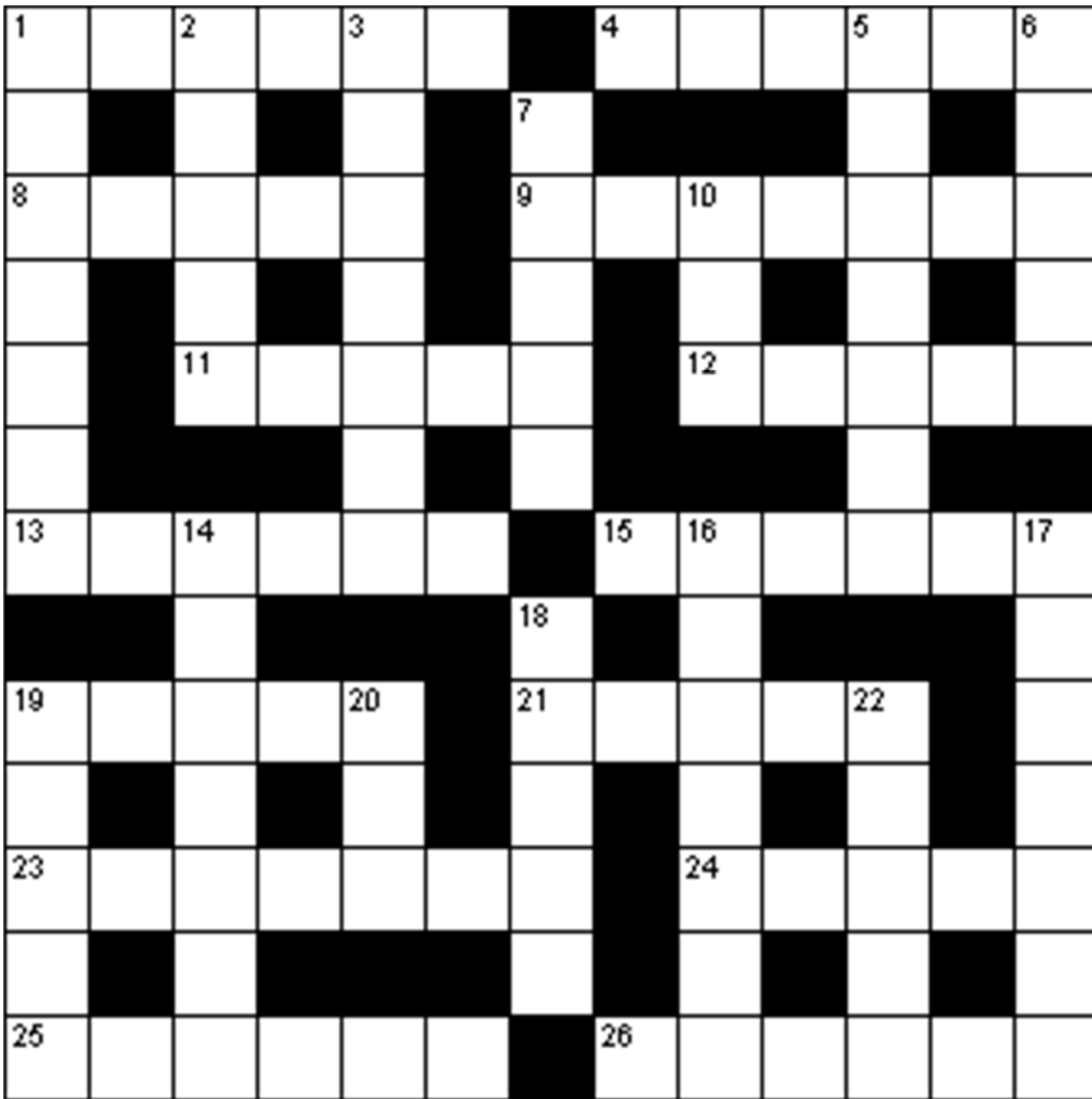
Across

1. Just what the doctor ___ (7)
4. ___ and sweet (5)
6. To ___ is human (3)
8. ___ comic (7)
10. Pins and ___ (7)
11. ___ button (5)
12. The devil is in the ___ (6)
13. Belt and ___ (6)
16. ___ on the cake (5)
18. Time is of the ___ (7)
20. Finders ___ (7)
22. Like a red ___ to a bull (3)
23. Older and ___ (5)
24. Free ___ (7)

Down

1. A drop in the ___ (5)
2. It is always ___ just before the dawn (7)
3. Cease and ___ (6)
4. All at ___ (3)
5. In ___ days (5)
7. A ___ stone gathers no moss (7)
9. ___ and shovels (5)
11. Catch ___ (7)
12. Eat, ___ and be merry (5)
14. Operated by remote ___ (7)
15. The lion, king of ___ (6)
17. ___ of interest (5)
19. Rough around the ___ (5)
21. Play it by ___ (3)

Catch-Words 05



Across

- 1. The ___ are turned (6)
- 4. The ___ of Seville (6)
- 8. ___ of interest (5)
- 9. Building ___ in the sky (7)
- 11. Song and ___ man (5)
- 12. ___ and uncles (5)
- 13. Return to ___ (6)
- 15. ___ without leave (6)
- 19. An old ___ (5)
- 21. It never ___ but it pours (5)
- 23. Aided and ___ (7)
- 24. Pieces of ___ (5)
- 25. The Mad ___ (6)
- 26. The world is your ___ (6)

Down

- 1. As thick as ___ (7)
- 2. ___ and butter (5)
- 3. Time is of the ___ (7)
- 5. The ___ of power (7)
- 6. Everything's coming up ___ (5)
- 7. ___ of space (5)
- 10. All at ___ (3)
- 14. ___ and dearest (7)
- 16. ___ and corruption (7)
- 17. Tongue-___ (7)
- 18. Make the ___ (5)
- 19. A ___ in the pan (5)
- 20. ___, drink and be merry (3)
- 22. Out of ___, out of mind (5)

WORD SEARCH PUZZLES

FAMILY CIRCLE

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

ANCESTOR, AUNT, BABY, BROTHER, BROTHER-IN-LAW, CHILD,
CLAN, COUSIN, DESCENDANT, DESCENT, FAMILY, FAMILY TREE,
FATHER, GENERATION, GRANDFATHER, GRANDMOTHER, HEIR,
HEIRESS, HOUSEHOLD, INLAWS, ISSUE, KINFOLK, LINEAGE,
MATRIARCH, MOTHER, NIECE, OFFSPRING, ORIGIN, PARENT,
PATRIARCH, PROGENITOR, PROGENY, RELATION, RELATIVE,
SISTER, SISTER-IN-LAW, TRIBE, UNCLE.

MYTHICAL CREATURES

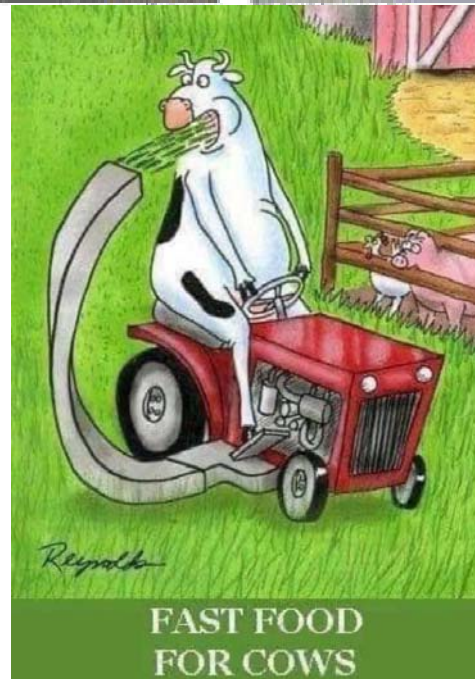
B M N S C Y L L A V N D R T H O T H T
M B E L N N B M M P M U V V R V T G R
W E R E W O L F I S A S D E U N N P O
H S A M S E G Y S T D A H M A T A K L
E U G I E T N A N G Q N O H T M I G L
M S P Q V U J E R I P M A V O T G J T
R A B B B V C C C D V E R I N Y E S V
G G G A B G E G H H O R U S I R R I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

ANUBIS, APIS, BASILISK, BAST, BUNYIP, CENTAUR, CERBERUS,
CHIMERA, DRAGON, ELVES, ERINYES, EUMENIDES, GIANT,
GNOME, GOBLIN, GORGON, GRIFFIN, HARPY, HORUS, HYDRA,
LEPRECHAUN, LEVIATHAN, LYCANTHROPE, MERMAID,
MINOTAUR, NYMPH, PEGASUS, PIXIE, SATYR, SCYLLA, SIREN,
SPHINX, THOTH, TRITON, TROLL, TYPHON, UNICORN, VAMPIRE,
WEREWOLF, WYVERN.

JUST FOR LAUGHS



"Welcome back, sir. Are you planning on being our guest for one night only, or will this be your usual extended stay?"



CROSSWORD ANSWERS

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

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

To All!

*Be Loving and Kind, Have Fun and Celebrate
Stay Safe and Keep Others Safe.
Better days are ahead!!*


Happy
St. Patrick's Day

