

# "The Best of Times"



# NOVEMBER 2019

## 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](http://www.umssc.org)



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

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### ANNOUNCEMENTS

**NOTE: CUT-OFF DATE FOR SUBMISSION OF INFORMATION FOR THE DECEMBER NEWSLETTER IS NOVEMBER 15 - NO EXCEPTIONS.**

\* \* \* \* \*

**THE SENIOR CENTER WILL BE CLOSED ON THE FOLLOWING DATES:**

**FOR THE THANKSGIVING HOLIDAY WE ARE CLOSED WEDNESDAY NOVEMBER 27 THROUGH FRIDAY NOVEMBER 29**

\* \* \* \* \*

**To see the monthly UMSSC "General Meeting" on your device do the following:**

1. Open your browser
2. Enter [vimeo.com/channels/891501](http://vimeo.com/channels/891501)
3. Select "Videos in Senior Shows"
4. Click on the meeting you want to watch
5. You'll see the member's name drawn in the "Jackpot" game.

**ENJOY!**

\* \* \* \* \*

### COFFEE WITH A COP

**MONDAY NOVEMBER 11 AT 12:15 PM.** Join the conversation about your community with Upper Merion Police Officer, Glenn Muntzer.

### MEMORY CAFÉ

**TUESDAY NOVEMBER 12 AT 2:00 PM.** Support Group discussion for caregivers. Presented by Certified Dementia Practitioner from Arden Court.

### GENERAL MEETING

**WEDNESDAY NOVEMBER 13 AT 9:30 AM.** This meeting is open to all of our members. Reports by the Executive and Board members provide updated information about the Senior Center and its activities and events. Members who attend are also eligible to win cash from our "JACKPOT" drawing. We celebrate monthly birthdays with cake and a birthday raffle to win a hoagie from Angelo's Pizza, and you can enter the 50/50 raffle drawing.

### WHAT IS THE GENERAL MEETING JACKPOT?

At each general meeting, there is a *Jackpot Drawing*. Plan on attending the General Meetings on the 2<sup>nd</sup> Wednesday of the month at 9:30AM, to be eligible to win the jackpot. When there is no winner present at the meeting, \$15.00 will be

*Upper Merion Senior Service Center (UMSSC) is an equal opportunity institution that will not discriminate on the basis of race, color, religious affiliation, national origin, sex, age, marital status or disabilities in its activities, programs or employment practices.*

added to the jackpot for the following month. The November Jackpot is \$150.00. The Jackpot requirements are:

1. Must be a paid member
2. Member *must be in attendance at our General Meeting from beginning to end.*
3. Members of the Board are not eligible to participate.
4. To win your name has to be picked.
5. Only ONE name is picked at each General Meeting.
6. Money is added to the Jackpot before each drawing.
7. When the person is present, the winner will be sent a check within the week.

### **COMPUTER BASICS**

**WEDNESDAY NOVEMBER 13 FROM 11:30 AM to 12:30 PM.** Sangeetha will be back at the Center to teach computer basics. *PLEASE SIGN UP IN THE LOBBY.*

### **MERCY LIFE PRESENTATION**

**THURSDAY, NOVEMBER 14 AT 12:30 PM.** Mercy LIFE, is a nationally recognized Program of All-inclusive Care for the Elderly (PACE) providing comprehensive medical, health, recreational and social services that are designed specifically for each person in an effort to promote independence at home. PACE has a 30-year track record of successfully helping elderly individuals remain at home while receiving medical and social services to assist them to live independently.

**YOU MUST SIGN UP IN THE LOBBY IF YOU WISH TO ATTEND.** Lunch will be provided following the presentation.

### **FRIDAY FLICKS**

**FRIDAY NOVEMBER 15 - SICILIAN DELIGHT PIZZA** (\$3.00) AT 11:30 AM - MOVIE (FREE) STARTS AT 12:15 PM. Coordinator Don McCree. Getting Pizza? *You must sign up and pay in advance by THURSDAY NOVEMBER 14.* This month we will show "**THE BOOK SHOP**" starring Emily Mortimer,

Bill Nighy, and Hunter Tremayne. Florence Green, a free-spirited widow, puts grief behind her and risks everything to open up a bookshop -- the first such shop in the sleepy seaside town of Hardborough, England. But this mini social revolution soon brings her fierce enemies: she invites the hostility of the town's less prosperous shopkeepers and also crosses Mrs. Gamart, Harborough's vengeful, embittered alpha female who is a wannabe doyenne of the local arts scene.

### **BOOK TALK**

**MONDAY NOVEMBER 18 at 1:00 PM.** Coordinator: Patricia Ackah. This month's book "**THE ORPHAN KEEPER**" by Camron Wright. Based on a true story. Seven-year-old Chellamuthu's life is forever changed when he is kidnapped from his village in India, sold to a Christian orphanage, and then adopted by an unsuspecting couple in the United States. It takes months before the boy can speak enough English to tell his parents that he already has a family back in India. Horrified, they try their best to track down his Indian family, but all avenues lead to dead ends.

### **AN IMPORTANT ANNOUNCEMENT REGARDING VALLEY FORGE CASINO REGISTRATIONS**

Starting in January 2020 the monthly casino trips and \$20.00 voucher will be offered to **UMSSC Members only.**

### **VALLEY FORGE CASINO**

**WEDNESDAY NOVEMBER 20 (Cut-off date MONDAY, NOVEMBER 18 - no exceptions).** THE OFFER FOR THE GROUP IS \$20.00 IN SLOT PLAY: TO TAKE ADVANTAGE OF THIS OFFER YOU MUST COMPLETE THE REGISTRATION FORM (*NO TELEPHONE RESERVATIONS TAKEN*) AVAILABLE AT THE SENIOR CENTER OR ON OUR WEBSITE AT [WWW.UMSSC.ORG](http://WWW.UMSSC.ORG). Please check in with the Senior Center rep in the Casino lobby between 9:30 AM and 10:00 AM. *Everyone must bring a valid photo ID.*

**A BIG THANK YOU TO OUR  
BIG BINGO VOLUNTEERS**

Our Big Bingo on Sunday, October 20<sup>th</sup> was a fun and successful event. Thank you to all who attended and to Giant Markets for their donation toward food purchases. Thank you to Shirley Robey for making all the tickets, signs and paperwork for us. A special thank you to the following volunteers who made the day possible: Joan Banas, Jane Burger, Helen Currykosky, Lucy Damiani, Cindy Eastman, Peggy Ford, Patty Houseal, Lynn McCue, Denise Monacella, Judy Narke, Howard Rosenblum, Sarah Phillips and Ed Wenger. And last, but certainly not least, thank you to our event organizers Helen Cabrey and Sharon Brzoska! Everyone did a great job!

**SAVE THE DATE FOR:**

**ANNUAL HOLIDAY PARTY**

**MONDAY, DECEMBER 9 FROM 11:00 AM TO 2:00 PM IN THE PARKVIEW ROOM OF THE VALLEY FORGE CASINO RESORT. Cost: \$30.00 UMSSC MEMBERS AND \$35.00 NON-MEMBERS. The menu will be a choice of chicken or salmon. Entertainment, Cash Prizes, Door Prizes and a \$10.00 Slot Play compliments of the casino. Don't forget your photo ID for the casino.**

**EXCURSION TO LONGWOOD GARDENS**

Join us on a visit to Longwood Gardens, **WEDNESDAY, DECEMBER 4** to see the beautiful holiday lights and floral displays. We will travel by carpool, leaving the upper (pool) parking lot at 2:00 PM. We will stay at Longwood until 6:00 PM so we can experience the magic of the gardens after dark. If you like, you can take a break in the café which offers a bounteous buffet.

The cost is \$25 for members and \$27 for non-members. Please sign up in the lobby by Tuesday, November 26 and please indicate if you are willing to drive.

**SAVE THE DATE**

The Excursions Committee is also planning a trip by public transit to the **National Museum of American Jewish History** in Center City, Philadelphia, on **THURSDAY, JANUARY 9**. The special exhibit about Supreme Court Justice Ruth Bader Ginsberg will still be there. Watch for a sign-up sheet in the lobby.

**UMSSC ELECTIONS**

We are now accepting nominations for our Officers and Board Directors. This year we will vote on all Officer positions (President, Vice President, Secretary and Treasurer) and two Board Directors.

**All nominations must be in by the November General Meeting (November 13), and voting takes place on the day of the December Meeting (December 11).** Please complete the nomination form by obtaining the consent and signature of the person you are nominating. The forms can be dropped off in the staff office.

**OUTREACH**

An aide from Representative Tim Briggs' office will be here **Thursday November 14** from 11:00 AM to 2:00 PM.

Senator Daylin Leach's aide will be here on **Thursday, November 21** from 11:00 AM to 12:00 PM.

**APPRISE COUNSELOR**

An AARP Volunteer Apprise Counselor is available through the Senior Center to provide assistance with *health insurance and Medicare enrollment*. Call the Senior Center at 610-265-4715 and give your name, telephone or email. We will provide the Apprise Counselor with your information and they will contact you directly.

## CONGRATULATIONS TO OUR WINNERS!



### CHANCE BOOK WINNERS

Our Chance Book Drawing was held at the General Meeting on October 10. This drawing is an important fund raiser for the Senior Center. Congratulations to the winners: 1<sup>st</sup> Prize winner: Jennie Angelina, 2<sup>nd</sup> Prize winner: Lorraine Farrell and 3<sup>rd</sup> Prize winner: Barbara Shust.

### BIG BINGO LOTTERY BASKET WINNER

Congratulations go to Bill Kocher who was the winner of the Lottery Basket drawing at the Big Bingo game on Sunday, October 20. Hope that basket held some winning tickets! Bill says "thank you" to whoever pulled his name!

### KEEPING OUR MEMBERS INFORMED

#### HAVE YOU MET TONY BALSANO?



Tony Balsano is not just a member of UMSSC, he is our Vice President. He was approached to fill the position and agreed to volunteer. Tony and his wife Noreen joined UMSSC in 2017. They have lived in Upper Merion for over 31 years having migrated from Pittsburgh and South Jersey. Tony is a graduate of the University of California Penna. (CAL STATE). He holds a degree in Secondary Education and taught history for several years at Atlantic City High School. He then went into hotel

management (the Port-O-Call and the former Sting Ray Motel in Ocean City, NJ) and janitorial management before retiring. Tony is an Army Veteran and served a tour in Vietnam. He and his wife have two children and two grandchildren. Tony enjoys traveling and his favorite trip was to Italy. Tony is one of those people who likes to help out wherever he can. He enjoys coming to the Senior Center and participates in Current Events and other special events.



Please join us as we welcome the following new member to our UMSSC family. We hope to see her around the Center: Jo Anne Raymond.

### DID YOU KNOW?

- 1) Did you know the Amazon rainforest produces half the world's oxygen supply?
- 2) Did you know dreamt is the only word that ends in mt?
- 3) Did you know the sentence "the quick brown fox jumps over the lazy dog" uses every letter in the English alphabet?
- 4) Did you know in a deck of cards the king of hearts is the only king without a moustache?
- 5) Did you know apples are more effective at waking you up in the morning than coffee?

### ACKNOWLEDGEMENTS

#### DONATIONS

**Thank you** to the following who gave generous donations to the Senior Center:

- ★ Cindy Eastman
- ★ Jennie Angelina

#### GRACIAS! THANKS! DANKE! MERCI!

- ★ Sicilian Delight
- ★ Tony from Angelo's Pizza
- ★ Costco
- ★ Giant Food Store
- ★ Upper Merion

Township Library for the large print books and Friday Flick movies.

### HELP SUPPORT UMSSC BY SHOPPING AT



When you shop on AmazonSmile (smile.amazon.com), the AmazonSmile Foundation will donate 0.5% of the purchase price to the eligible charitable organization of your choice. If you already shop on Amazon, your current user name and password will work on smile.amazon.com or you can use this link to go directly to our donation account.

<https://smile.amazon.com/ch/23-2966030>

### AROUND THE COMMUNITY

#### UPPER MERION EMERGENCY AID

We are thankful for what we have and for what we can give. We are collecting food to be distributed in Thanksgiving Baskets: **CORN, STUFFING, APPLESAUCE, TURKEY GRAVY MIX & CRANBERRY SAUCE. ITEMS WILL BE PICKED UP ON THURSDAY NOVEMBER 21. Let's continue to help families in our community who are experiencing a time of need.**

### WHAT'S HAPPENING AT THE UM TOWNSHIP LIBRARY- NOVEMBER UPDATES



**DON'T MISS UPPER MERION TOWNSHIP LIBRARY'S DIWALI CELEBRATION ON MONDAY, NOVEMBER 4<sup>TH</sup> FROM 6:30 PM TO 8:30 PM**

**ESL Class, Tuesdays at 1:00 pm in Valley Forge room:** For adults who speak English as a second language, this program allows you to practice your English through conversations about books, short stories, and news articles. The class leader is Mrs. Jean Olexy, a certified ESL teacher. Anyone who speaks English as a second language is welcome to drop in.

#### **SAVVY SOCIAL SECURITY WORKSHOP:**

Saturday, November 2: Maximize Your Income

Saturday, November 9: Medicare

These workshops are being held in Valley Forge room at 2:00 pm. This is more appropriate for individuals between the ages of 58 and 67 and planning on retiring in the near future.

**Tech Night:** Monday, November 4 at 7:00 pm in Henderson Room. Own an iPad or an iPhone but have trouble using it? Planning on buying, but the latest technology troubling you? Need help with downloading e-books? Our youth volunteers are here to help you. Registration Required.

**Antique Appraisal Seminar:** Monday, November 11 at 7:00 pm in Henderson room. Michael Locati will present the basics of Antique Appraisal and changes regarding the industry, how to interpret and determine the quality, what to look for, followed by a Q & A session. Following his talk, there will be an appraisal session! You are welcome to bring one piece of item for a free appraisal. LIMITED SPOTS AVAILABLE. CALL OR GO ONLINE TO REGISTER.

**Adult Coloring Night:** Monday, November 11 at 7:00 pm in Valley Forge Room. Bring your friends and enjoy coloring. Walk-ins are welcome. Materials will be provided.

**Pilate at the Upper Merion Community Center:** Tuesday, November 12 at 6:00 pm: Increase your flexibility as you flow through a series of dynamic movements that restore balance to core muscles. All levels are welcome! **NEED NOT BE A COMMUNITY CENTER MEMBER. MUST REGISTER THROUGH THE LIBRARY**

**Adult Board Game Night:** November 14 at 7:00 pm in Henderson room. Bring your friends and enjoy playing games of all kinds! We'll have several board games, but feel free to bring your own too.

Upper Merion Township Library will be celebrating **Hispanic Culture Week** from Monday, November 18 through Friday, November 22. Please check our calendar for more information and events planned.

**Knit Nite:** Monday, November 25 at 7:00 pm. Fourth Monday of the Month. For all ages - 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 to pass on their skills, and some advanced knitters are usually available to help with patterns and designs.

To register for any of the library events, you can register via our online calendar, or by calling 610-265-4805, or stopping by the library.

Watch out for this new section every month. One new e-resource each month!

**Cyber Smarts:** Learn how to be a safe, responsible, and smart citizen with these eBooks that teach you how to avoid predators, play games safely online, protect your privacy, and use social networks. Get detailed information by going to our website.

[www.umtownship.org/departments/library/elibrary/](http://www.umtownship.org/departments/library/elibrary/)

**Notary Service:** The library offers a notary service by appointment only for a \$5.00 fee. Please make sure to bring all necessary documents and, if needed, a witness. To make an appointment, call 610-265-4805.

**Low Vision Reader:** Our library has a low vision reader for use in the library. Please contact us for more information.

**Café Style Wi-Fi** available at the library. Bring your smart devices and connect to our free wireless network. Library card number not required.

**Charging Station at the Library:** Did you leave your charger at home? Is your mobile device low on power and need recharging? Get charged with one of the charging stations at the library.

## **JUST FOR FUN**

### **HAVE A GOOD LAUGH!!!**

What do you call a bear without any teeth? A gummy bear!

Does anyone need an ark? I Noah guy!

To whoever stole my copy of Microsoft Office, I will find you. You have my Word!

What sound does a witch's car make? Broom. Broom.

What's Forrest Gump's password? 1forrest1

Want to hear a joke about construction? I'm still working on it.

I wanted to go on a diet, but I feel like I have way too much on my plate right now.

Did you hear about the chameleon who couldn't change color? He had a reptile dysfunction.

How did Darth Vader know what Luke got him for Christmas? He felt his presents!

What did the drummer call his twin daughters? Anna one, Anna two!

A fire hydrant has H-2-O on the inside and K-9-P on the outside.



"My memory is gone Mildred, so I changed my password to "Incorrect." That way when I log in with the wrong password, the computer will tell me... "Your password is Incorrect."

\* \* \* \*

## **CHURCH BULLETIN BLOOPERS**

**These sentences actually appeared in church bulletins or were announced in church services:**

The sermon this morning: "Jesus Walks on the Water." The sermon tonight: "Searching for Jesus."

Ladies, don't forget the rummage sale. It's a chance to get rid of those things not worth keeping around the house. Bring your husbands

Don't let worry kill you off - - let the Church help.

Miss Charlene Mason sang "I will not pass this way again", giving obvious pleasure to the congregation.

For those of you who have children and don't know it, we have a nursery downstairs.

The Rector will preach his farewell message, after which the choir will sing "Break Forth Into Joy".

Irving Benson and Jessie Carter were married on October 24 in the church. So ends a friendship that began in their school days.

Potluck supper Sunday at 5pm. Prayer and medication to follow.

The church will host an event on fine dining, super entertainment and gracious hostility.

At the evening service tonight, the sermon topic will be "What is Hell?" Come early and listen to our choir practice.

The ladies of the church have cast off clothing of every kind. They may be seen in the basement on Friday afternoon.

This evening at 7pm there will be a hymn singing in the park across from the church. Bring a blanket and come prepared to sin.

Low Self-Esteem Support Group will meet Thursday at 7pm. Please use the back door.

The associate Minister unveiled the church's new tithing campaign slogan last Sunday: "I Upped My Pledge - Up Yours."

This being Easter Sunday, we will ask Mrs. Lewis to come forward and lay an egg on the altar.



## WORD SEARCH PUZZLE VETERANS DAY - NOVEMBER 11, 2019

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

- |                  |                       |                    |
|------------------|-----------------------|--------------------|
| <b>AMERICANS</b> | <b>ARMISTICE</b>      | <b>CHARACTER</b>   |
| <b>COURAGE</b>   | <b>HERO</b>           | <b>HISTORY</b>     |
| <b>HOLIDAYS</b>  | <b>HONOR</b>          | <b>MEDALS</b>      |
| <b>MEMORIAL</b>  | <b>MILITARY</b>       | <b>NOVEMBER</b>    |
| <b>PARADE</b>    | <b>PEACE</b>          | <b>POPPY</b>       |
| <b>PRIDE</b>     | <b>REMEMBER</b>       | <b>REMEMBRANCE</b> |
| <b>RESPECT</b>   | <b>SACRIFICE</b>      | <b>SERVICE</b>     |
| <b>SOLDIER</b>   | <b>THANKS</b>         | <b>VETERANS</b>    |
| <b>WARS</b>      | <b>WOODROW WILSON</b> |                    |



**IT'S SOUP WEATHER!**  
**TURKEY & VEGETABLE BARLEY SOUP**

THIS RECIPE IS A GREAT WAY TO USE YOUR LEFTOVER TURKEY.

- 1 TBSP CANOLA OIL
- 5 MEDIUM CARROTS, CHOPPED
- 1 MEDIUM ONION, CHOPPED
- 1/3 CUP QUICK-COOKING BARLEY
- 6 CUPS REDUCED-SODIUM CHICKEN BROTH
- 2 CUPS CUBED COOKED TURKEY BREAST
- 2 CUPS FRESH BABY SPINACH
- ½ TSP PEPPER



1. IN A LARGE SAUCEPAN, HEAT OIL OVER MEDIUM-HIGH HEAT. ADD CARROTS & ONION; COOK & STIR UNTIL CARROTS ARE CRISP-TENDER, 4-5 MINUTES.

2. STIR IN BARLEY & BROTH; BRING TO A BOIL. REDUCE HEAT; SIMMER, COVERED, UNTIL CARROTS AND BARLEY ARE TENDER, 10-15 MINUTES. STIR IN TURKEY, SPINACH & PEPPER; HEAT THROUGH.

*OPTIONAL: YOU CAN ADD MORE VEGGIES TO THE SOUP IF YOU LIKE. JUST ADD SOME CORN, BEANS OR CELERY.*

TOTAL TIME: PREP/TOTAL TIME: 30 MIN.  
 YIELD: 6 SERVINGS (2 QUARTS)

NUTRITIONAL FACTS: 1-1/3 cup: 208 CALORIES, 4G FAT (1G SATURATED FAT), 37 MG CHOLESTEROL, 661 MG SODIUM, 23G CARBOHYDRATE (4G SUGARS, 6G FIBER), 21 PROTEIN, *DIABETIC EXCHANGES*: 2 LEAN MEAT, 1 STARCH, 1 VEGETABLE, ½ FAT

***IS THE QUANTITY TOO MUCH FOR YOU? FREEZE ANY LEFTOVERS.***

**WORD SEARCH PUZZLE**

**THANKSGIVING DAY**



- |            |                |             |
|------------|----------------|-------------|
| AMERICA    | GRATITUDE      | PILGRIMS    |
| CANOE      | HARVEST        | PLYMOUTH    |
| COLONY     | HOLIDAY        | PUMPKIN PIE |
| CORNUCOPIA | INDIANS        | PURITANS    |
| ENGLAND    | MAIZE          | SQUASH      |
| FALL       | MAYFLOWER      | STUFFING    |
| FAMILY     | THANKSGIVING   | FEAST       |
| NEWWORLD   | TURKEY         | FREEDOM     |
| NOVEMBER   | MILES STANDISH | YAMS        |

