

The Best of Times

SEPTEMBER 2021



UPPER MERION SENIOR SERVICE CENTER

431 W. VALLEY FORGE ROAD

KING OF PRUSSIA, PA 19406

TELE: 610-265-4715

On the web at www.umssc.org



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

WE ARE BACK!

Greetings fellow members,

SAVE THIS DATE - WELCOME BACK PARTY

What better way to celebrate the reopening of the Senior Center and the return of our members than to have a party. On Monday September 13, everyone is invited between 12:00 PM to 2:00 PM for refreshments. Hope you can come!! *Please sign up in the lobby area or call to have your name put on the list.*

The Senior Center is open and we have resumed our regular in person schedule of activities. We are excited to see the return of our members and to welcome some new members. *Don't forget. Membership fees have been waived for 2021.* Our safety protocols are still in effect. Members and visitors must be fully vaccinated and provide valid proof of vaccination in order to enter the Senior Center and participate in any activities. Masks are optional at this time.

If you have any questions or concerns, please feel free to call me at 610-416-7431 or email rtmboater@aol.com. As always, I will be happy to hear from you.

Dick McCann, President

IN MEMORIAM

We extend our deepest sympathies to the family and friends of Michael Spitko who passed away on July 23, 2021. Mike enjoyed playing bingo and going to the casino. We are also sad to inform you that Jean Raynis passed away. Jean was a sweet, quiet lady who came to exercise classes with her daughter, Carol.

THANK YOU FOR YOUR DONATIONS TO THE SENIOR CENTER

We very much appreciate and thank the following members for their generous contributions: Thank you to: Herman Aspetti (*new member*), Cindy & Dan Eastman, Cass Hostler and Catherine Kagan to UMSSC. Cindy & Dan Eastman, Ethel Hutchinson and Ann Lister gave donations to the UMSSC Band in memory of Sal Sermania. Cindy & Dan Eastman also gave donations in memory of the following: Carmelena Edwards, Monica Gear, Sherry Goldberg, Jean Gordon, Mike "Yogi" Hammond, Alice Koresko, Bob Law, William Main, Betty Matey, Ernestine Parott, John Rosado, Joan Schloth and Michael Spitko.

KEEPING OUR MEMBERS INFORMED

The Senior Center will be closed to observe the following holidays:

Labor Day: Friday, September 3 and Monday September 6

Rosh Hashanah: Tuesday, September 7

Yom Kippur: Thursday, September 16

Please refer to the monthly calendar for all September activities. Contact anyone in the office if you have questions.

*** SEPTEMBER 2021 * LIFE IS BETTER WHEN YOU ARE FULLY VACCINATED!**



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 10:00 BOARD MEETING 12:00 TAI CHI (VIDEO) 12:30 CANASTA	2 9-11 WALK TRACK 10:00 FINANCE/INVEST GROUP 10:15 BINGO 11:30 FUN & FITNESS	3 SENIOR CENTER CLOSED	4
5	6 Labor Day SENIOR CENTER CLOSED	7 SENIOR CENTER CLOSED ROSH HASHANAH	8 9:30 GENERAL MEETING 12:00 TAI CHI (VIDEO) 12:30 CANASTA	9 9-11 WALK TRACK 10:00 FINANCE/INVEST GROUP 10:15 BINGO 11:30 FUN & FITNESS	10 9:30 PINOCHLE 10:30 SING-A-LONG	11
12	13 10:00 MAH-JONGG <i>(cancelled)</i> 10:30 CURRENT EVENTS WELCOME BACK PARTY 12 TO 2 PM	14 9-11 WALK TRACK 10:00 COMPUTER CLUB 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE	15 10:00 PERSIAN GROUP 12:00 TAI CHI (VIDEO) 12:30 CANASTA	16 SENIOR CENTER CLOSED YOM KIPPUR	17 9:30 PINOCHLE 10:30 SING-A-LONG	18
19	20 10:00 MAH-JONGG 10:30 CURRENT EVENTS 1:00 BOOK TALK FLU SHOTS 11 AM TO 1 PM	21 9-11 WALK TRACK 10:00 COMPUTER CLUB 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE	22 12:00 TAI CHI (VIDEO) 12:30 CANASTA	23 9-11 WALK TRACK 10:00 FINANCE/INVEST GROUP 10:15 BINGO 11:30 FUN & FITNESS	24 9:30 PINOCHLE 10:30 SING-A-LONG 11:30 FRIDAY FLICKS TV'S "THE CAROL BURNETT FINAL SHOW"	25
26	27 10:00 MAH-JONGG 10:30 CURRENT EVENTS	28 9-11 WALK TRACK 10:00 COMPUTER CLUB 11:30 FUN & FITNESS 12:30 PINOCHLE 12:45 BAND PRACTICE	29 12:00 TAI CHI (VIDEO) 12:30 CANASTA	30 9-11 WALK TRACK 10:00 FINANCE/INVEST GROUP 10:15 BINGO 11:30 FUN & FITNESS		

Line Dancing is permanently cancelled as we do not have an instructor. **Mah Jongg** start time has been changed to Monday at 10:00 AM. **Band Practice** will begin on Tuesday, September 14 at 12:45 PM. We could use some **Volunteers** to help with cleanup of the garden patio.

FLU SHOTS: Giant Pharmacy will be at the Center on Monday, September 20 from 11:00 AM to 1:00 PM to administer flu shots. You must sign up in advance to receive the shot. Shots will also be offered on Tuesday October 5 and Thursday October 14 from 11:00 AM to 1:00 PM. Sign up sheets are on the table in the Lobby area. ***DON'T FORGET TO BRING YOUR INSURANCE CARD.***

FRIDAY FLICKS: On Friday, September 24 we welcome back all of our movie buffs. Before we closed last year we had scheduled "The Best of the Carol Burnett Show - The Final Show" but never got the chance to show it. We decided to start our movie season with this same movie. Carol Burnett is always funny so it's sure to be a lot of laughs. As always, the movie is *free* and you can advance order cheese pizza (2 slices and a soda for \$5.00) or brown bag your own lunch. We eat at 11:30 A.M. and the movie starts at 12:15 P.M.

MATTER OF BALANCE: Managing Concerns About Falls is a program designed to reduce the fear of falling and increase the activity levels of older adults who have this concern. A class has been scheduled *beginning Wednesday, October 6* and will be held from 1:00 pm to 3:00 pm. This is an 8 week course, *ending Wednesday, December 1.* There will be *no class on Wednesday, November 24.* All classes will be held in the Game Room. The class size is limited and will be on a first come basis. Please sign up with Shirley by phone or in person if interested.

SENIOR FARMERS' MARKET NUTRITION PROGRAM: Checks are distributed Monday through Thursday (*ONLY*) from 10:00 AM to 1:30 PM. To qualify you must provide proof of age (60+ in 2021) and residency (Montgomery County) and have a total household income within guidelines to receive, for 2021, checks totaling \$24.00 per person or \$48.00 per couple. Checks must be used to purchase fresh Pennsylvania grown produce at farmers' markets or farm stands. Checks can be redeemed until November 30, 2021.

UM LIBRARY PROGRAMS FOR SEPTEMBER

ZOOM BASIC COMPUTER CLASS: Sangeetha will lead class on Thursday, September 23 at 11:00 AM. *MUST REGISTER* at the library to receive zoom links.

ESL CLASS VIA ZOOM (English as a Second Language Conversation Group): No registration required. The group will meet every Tuesday at 12:00 PM online via Zoom until further notice. The same zoom link below will be used every week. Please log in 5 minutes before the class.

WOMEN IN RETIREMENT: Thursday, September 2 at 6:30 PM. This event is for women only. In this workshop the presenter will discuss: Social Security Planning, Managing Healthcare In Retirement, Retirement Income Planning, and a bucket list approach for creating an income for life.

SEPTEMBER FINANCIAL SERIES: Must register at the library to receive zoom link.

College Tuition Planning: Tuesday, September 7 at 6:30 PM.

Secure Act: Tuesday, September 21 at 6:30 PM.

(Call the library at 610-265-4805 or check www.umtownship.org/library to register to all their programs and for latest updates and online access.

DID YOU KNOW?

WHERE DID THAT SAYING COME FROM?

They used to use urine to tan animal skins, so families would all pee in a pot and then once a day it was taken and sold to the tannery. . . . if you had to do this to survive you were "*Piss Poor*". But worse than that were the really poor folk who couldn't even afford to buy a pot. . . . they "*didn't have a pot to piss in*" and were the lowest of the low. The next time you are washing your hands and complain because the water temperature isn't just how you like it, think about how things used to be.

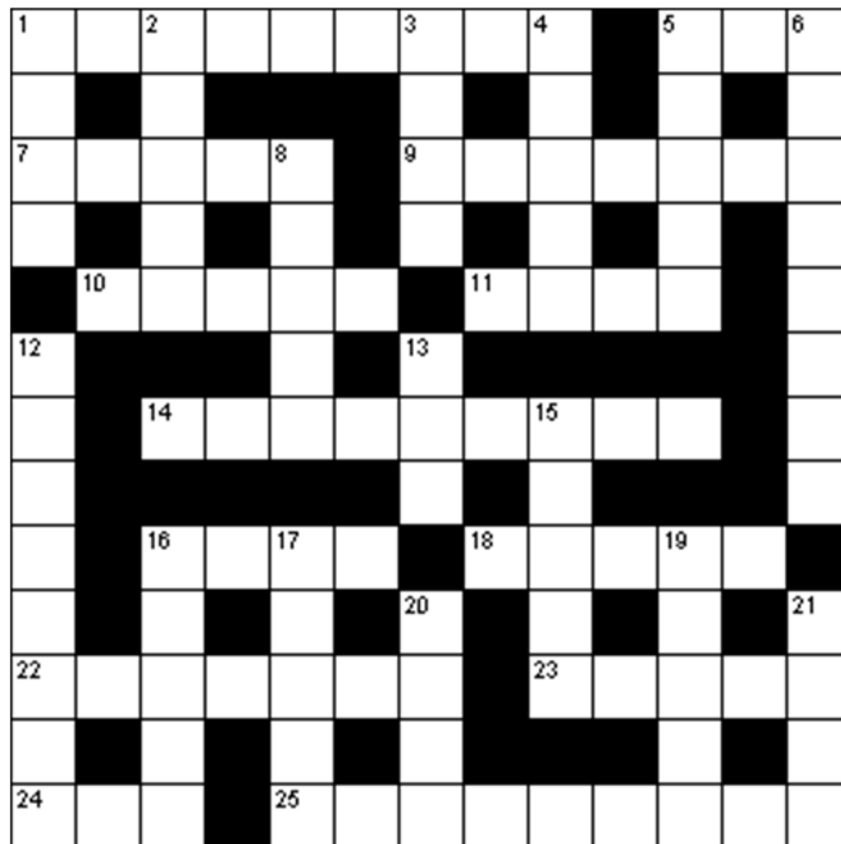
Most people got married in June because they took their yearly bath in May and they still smelled pretty good by June. However, since they were starting to smell, brides carried a bouquet of flowers to hide the body odor. Hence the custom today of carrying a bouquet when getting married.

Baths consisted of a big tub filled with hot water. The man of the house had the privilege of the nice clean water, then all the other sons and men, then the women and finally the children. Last of all the babies. By then the water was so dirty you could actually lose someone in it. Hence the saying, "Don't throw the baby out with the bath water!"

CROSSWORD

(answers on page 6)

CATCH-WORDS - 16



ACROSS

1. A little ___ is a dangerous thing (9)
5. Like two peas in a ___ (3)
7. Left on the ___ (5)
9. ___ and spills (7)
10. A hole ___ (2,3)
11. The best things in life are ___ (4)
14. Out of the ___ into the fire (6,3)
16. ___ of the bunch (4)
18. Adam's ___ (5)
22. A tight ___ (7)
23. On the ___ (5)
24. ___ or no (3)
25. A ___ in a pear tree (9)

DOWN

1. ___ and tell (4)
2. A drop in the ___ (5)
3. Blind ___ (4)
4. Trial and ___ (5)
5. Keep a finger on the ___ (5)
6. One good turn ___ another (8)
8. ___ dress (5)
12. A ___ of justice (8)
13. All good things must come to an ___ (3)
15. ___ over the cracks (5)
16. It never rains but it ___ (5)
17. Talk is ___ (5)
19. Straight ___ (5)
20. ___ and tear (4)
21. Ireland, the Emerald ___ (4)

WORD SEARCH PUZZLE

OLYMPICS



ARCHERY, ATHLETICS, BADMINTON, BASKETBALL, BEACH
VOLLEYBALL, BOXING, CANOEING, CYCLING, DIVING, EQUESTRIAN,
FENCING, FOOTBALL, GOLF, GYMNASTICS, HANDBALL, HOCKEY,
JUDO, MODERN PENTATHLON, ROWING, RUGBY SEVENS, SAILING,
SHOOTING, SWIMMING, SYNCHRONIZED SWIMMING, TABLE TENNIS,
TAEKWONDO, TENNIS, TRAMPOLINE, TRIATHLON, VOLLEYBALL,
WATER POLO, WEIGHTLIFTING, WRESTLING.

GONE FISHING

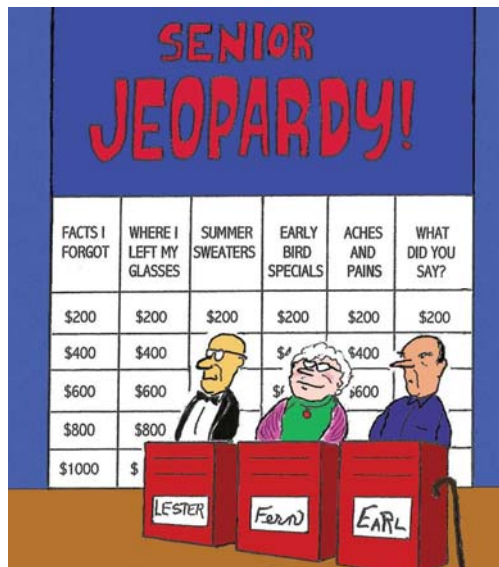
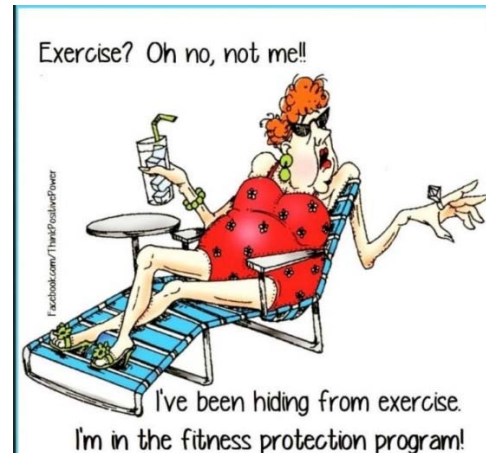
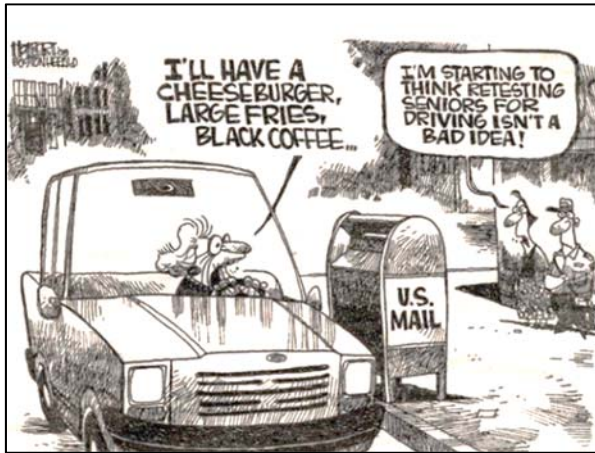
C	H	R	E	P	P	A	N	S	B	M	S	N	P	A	R	B	E	Y
A	L	Y	K	C	A	B	E	L	K	C	I	T	S	L	H	R	M	E
E	B	B	B	C	S	C	D	R	E	D	N	U	O	L	F	G	H	H
C	D	A	O	R	A	T	H	O	I	J	A	L	M	G	M	U	A	A
K	M	S	R	P	E	R	I	U	G	S	E	A	A	I	E	P	K	L
H	U	S	N	R	I	A	P	N	B	F	R	L	N	M	Y	P	E	I
S	L	H	S	C	A	K	M	R	G	L	I	N	L	V	P	Y	X	B
I	L	S	K	A	Z	C	E	N	I	R	O	S	O	Y	T	R	L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

ANCHOVY, BARRACUDA, BASS, BREEM, CARP, CATFISH,
CHUB, DOGFISH, FLOUNDER, GOLDFISH, GROUPER, GUPPY,
HAKE, HALIBUT, HERRING, JELLYFISH, KRILL, LAMPREY,
MARLIN, MINNOW, MULLET, PERCH, PIKE, PIRANHA, ROACH,
SALMON, SARDINE, SEAHORSE, SHARK, SNAPPER, SOLE,
STICKLEBACK, STINGRAY, STURGEON, SWORDFISH, TROUT,
TUNA, TUNNY.

JUST FOR LAUGHS

A husband and wife go to see a marriage counselor. At the start of their session, the counselor asks them what the problem is. The wife starts listing every issues the couple had ever had in the 15 years they've been married. She goes on and on. When she's finally done, the counselor gets up, embraces the woman, and kisses her passionately. The woman is stunned. The counselor then turns to the husband and says, "That is what your wife needs at least three times a week. Can you do that?" The husband thinks for a moment before he replies. "Well," he says, "I can bring her here on Mondays and Wednesdays, but on Fridays I golf."

* * * *



CROSSWORD ANSWERS

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

To All!

Be Loving and Kind, Have Fun and Celebrate.

Stay Safe and Keep Others Safe.

Have a safe Labor Day

