

# The Best of Times

## MAY 2024



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

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

Welcome to the merry month of May. Hope you all have plans to enjoy our upcoming summer months.

The garden group is busy getting their fingers dirty and sprucing up our patio area. Check it out when you have a chance. Thanks to the group for taking on this task for all of us to enjoy.

I want to share one of the goals of the Senior Center Board of Directors with our membership. We all want the Center to be an open and inviting location for our members to enjoy the many activities we have to offer. At some point, you may want to bring a visiting friend or family member with you to enjoy an activity. We welcome you to do just that. As a courtesy, please stop by the office to introduce your friend and have them welcomed.

Many thanks to the volunteers for their help with our Big Bingo event on April 21<sup>st</sup>. It was a successful and a fun time. We had an outstanding response to our request for baskets for the raffle. Our members and local businesses donated a beautiful array of baskets.

Unfortunately, we have had some of our members experience a medical emergency while attending an activity. To guide the response in such a situation, there are new signs in each of the activity rooms with directions on how to respond. Please review the newsletter for more information. Hopefully, this is a rare occurrence.

Many upcoming special presentations so check the calendar and newsletter. Hope to see you around the Center.

*Until next time,*

*Sharon Brzoska, President*

### WHAT'S HAPPENING AT THE CENTER









**THE SENIOR CENTER WILL BE CLOSED FOR THE MEMORIAL DAY HOLIDAY FROM FRIDAY MAY 24 THROUGH MONDAY MAY 27.**

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.

**ENCHANTED GARDEN TEA PARTY:** Friday May 31 from 12:00 PM to 2:00 PM. Enjoy tea and socializing with friends. Bring your own tea cup. 50/50 and door prizes. Wear or bring your favorite brooch for contest. **Tickets for \$10.00 on sale May 6 to May 23.** All other activities are cancelled on this date.









# MAY 2024 BE THE FLOWER IN SOMEONE'S GARDEN

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			<b>1</b> 9-3 WALK THE TRACK <b>12:00 TECH HELP</b> 12:00 NEIGHBORS ON ZOOM 12:30 CANASTA 12:30 LINE DANCING 1:00 KNIT & CROCHET GROUP	<b>2</b> 9- 3 WALK THE TRACK 10:15 BINGO 11:45 FUN & FITNESS <b>12:45 HEART HEALTH PRESENTATION BY MLH</b>	<b>3</b> 9-3 WALK THE TRACK 10:30 SING-A-LONG 1:00-2:30 TRIVIA	<b>4</b>
<b>5</b>	<b>6</b> 9-3 WALK THE TRACK 11:00 CURRENT EVENTS (ALSO ON ZOOM) 12-3 PAINTING GROUP 12:30 MEXICAN TRAIN	<b>7</b> 9-3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:45 FUN & FITNESS 12:45 PINOCHLE 12:45 BAND PRACTICE	<b>8</b> 9-3 WALK THE TRACK 12:00 NEIGHBOR ON ZOOM 12:30 CANASTA 12:30 LINE DANCING 1:00 KNIT & CROCHET GROUP	<b>9</b> 9-3 WALK THE TRACK <b>9:45-12 NURSE</b> <b>10:00 BOARD MEETING</b> 10:15 BINGO 11:45 FUN & FITNESS	<b>10</b> 9-3 WALK THE TRACK <b>9:30 WEST LAUREL HILL EXCURSION</b> 10:30 SING-A-LONG 1:00-2:30 TRIVIA	<b>11</b>
<b>12</b>  <b>MOTHERS DAY</b>	<b>13</b> 9-3 WALK THE TRACK 11:00 CURRENT EVENTS (ALSO ON ZOOM) <b>11:30 MONDAY MATINEE</b> 12-3 PAINTING GROUP 12:30 MEXICAN TRAIN	<b>14</b> 9 -3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:45 FUN & FITNESS 12:45 PINOCHLE 12:45 BAND PRACTICE	<b>15</b> 9 -3 WALK THE TRACK 12:00 NEIGHBORS ON ZOOM <b>12:00 TECH HELP</b> 12:30 CANASTA 12:30 LINE DANCING 1:00 KNIT & CROCHET GROUP	<b>16</b> 9-3 WALK THE TRACK 10:15 BINGO 11:45 FUN & FITNESS	<b>17</b> 9-3 WALK THE TRACK 10:30 SING-A-LONG 1:00-2:30 TRIVIA	<b>18</b>  <b>ARMED FORCES DAY</b>
<b>19</b>	<b>20</b> 9-3 WALK THE TRACK 11:00 CURRENT EVENTS (ALSO ON ZOOM) 12-3 PAINTING GROUP 12:30 MEXICAN TRAIN <b>1:00 BOOK TALK</b>	<b>21</b> 9 -3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:45 FUN & FITNESS 12:45 PINOCHLE 12:45 BAND PRACTICE	<b>22</b> 9-3 WALK THE TRACK 12:00 NEIGHBORS ON ZOOM 12:30 CANASTA 12:30 LINE DANCING (LAST CLASS UNTIL FALL) 1:00 KNIT & CROCHET GROUP	<b>23</b> 9-3 WALK THE TRACK 10:15 BINGO 11:45 FUN & FITNESS <b>12:45 SEN CAPPELLETTI REPRESENTATIVE/SEPTA PASS CARDS</b> <b>1:00 QUILTING</b>	<b>24</b> <b>CLOSED FOR MEMORIAL DAY HOLIDAY</b> 	<b>25</b> 
<b>26</b> 	<b>27</b>  <b>MEMORIAL DAY</b> <b>CENTER IS CLOSED</b>	<b>28</b> 9 -3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:45 FUN & FITNESS 12:45 PINOCHLE 12:45 BAND PRACTICE	<b>29</b> 9-3 WALK THE TRACK 12:00 NEIGHBORS ON ZOOM 12:30 CANASTA 12:30 LINE DANCING (ON HIATUS UNTIL FALL) 1:00 KNIT & CROCHET GROUP	<b>30</b> 9-3 WALK THE TRACK 10:15 BINGO 11:45 FUN & FITNESS	<b>31</b> <b>ENCHANTED GARDEN TEA PARTY 12-2 PM</b>  <b>ALL ACTIVITIES CANCELLED</b>	

# JUNE 2024

*Open up your heart and let the sunshine in!*

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>2</b> TENTATIVE AS OF APRIL 28</p> <p>9-3 WALK THE TRACK 11:00 CURRENT EVENTS (ALSO ON ZOOM) 12-3 PAINTING GROUP 12:30 MEXICAN TRAIN</p>	<p><b>3</b></p> <p>9-3 WALK THE TRACK 11:00 CURRENT EVENTS (ALSO ON ZOOM) 12-3 PAINTING GROUP 12:30 MEXICAN TRAIN</p>	<p><b>4</b></p> <p>9 -3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:45 FUN &amp; FITNESS 12:45 PINOCHLE 12:45 BAND PRACTICE</p>	<p><b>5</b></p> <p>9-3 WALK THE TRACK <b>12:00 TECH HELP</b> 12:00 NEIGHBORS ON ZOOM 12:30 CANASTA 12:30 LINE DANCING(ON HIATUS) 1:00-2:30 KNIT &amp; CROCHET GROUP</p>	<p><b>6</b></p> <p>9-3 WALK THE TRACK 10:15 BINGO 11:45 FUN &amp; FITNESS</p>	<p><b>7</b></p> <p>9-3 WALK THE TRACK 10:30 SING-A-LONG 1:00-2:30 TRIVIA (ON HIATUS)</p>	<p><b>8</b></p>
<p><b>9</b></p>	<p><b>10</b></p> <p>9-3 WALK THE TRACK 11:00 CURRENT EVENTS (ALSO ON ZOOM) <b>11:30 MONDAY MATINEE</b> 12-3 PAINTING GROUP 12:30 MEXICAN TRAIN</p>	<p><b>11</b></p> <p>9 -3 WALK THE TRACK <b>10:00 BOARD MEETING</b> 10:00-11:30 RUMMIKUB 11:45 FUN &amp; FITNESS 12:45 PINOCHLE 12:30 BAND PRACTICE</p>	<p><b>12</b></p> <p>9-3 WALK THE TRACK 12:00 NEIGHBORS ON ZOOM 12:30 CANASTA 12:30 LINE DANCING (ON HIATUS) 1:00-2:30 KNIT &amp; CROCHET GROUP</p>	<p><b>13</b></p> <p>9 - 3 WALK THE TRACK <b>9:45-12 NURSE</b> 10:15 BINGO 11:45 FUN &amp; FITNESS</p>	<p><b>14</b></p> <p>9-3 WALK THE TRACK 10:30 SING-A-LONG 1:00-2:30 TRIVIA(ON HIATUS)</p>  <p><b>FLAG DAY</b></p>	<p><b>15</b></p>
<p><b>16</b></p>  <p><b>FATHERS DAY</b></p>	<p><b>17</b></p> <p>9-3 WALK THE TRACK 11:00 CURRENT EVENTS (ALSO ON ZOOM) 12-3 PAINTING GROUP 12:30 MEXICAN TRAIN 1:00 BOOK TALK</p>	<p><b>18</b></p> <p>9 -3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:45 FUN &amp; FITNESS 12:45 PINOCHLE 12:45 BAND PRACTICE</p>	<p><b>19</b></p> <p>9-3 WALK THE TRACK <b>11:45 GENERAL MEETING UMSSC ANNUAL PICNIC FOLLOWING THE MEETING</b></p> <p><b>ALL ACTIVITIES ARE CANCELLED</b></p> <p><b>JUNETEENTH</b></p>	<p><b>20</b></p> <p>9-3 WALK THE TRACK <b>8:45 ANDALUSIA EXCURSION</b> 10:15 BINGO 11:45 FUN &amp; FITNESS</p>  <p><b>FIRST DAY OF SUMMER</b></p>	<p><b>21</b></p> <p>9-3 WALK THE TRACK 10:30 SING-A-LONG 1:00-2:30 TRIVIA(ON HIATUS)</p>	<p><b>22</b></p>
<p><b>23</b></p>	<p><b>24</b></p> <p>9-3 WALK THE TRACK 11:00 CURRENT EVENTS (ALSO ON ZOOM) 12-3 PAINTING GROUP 12:30 MEXICAN TRAIN</p>	<p><b>25</b></p> <p>9-3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:45 FUN &amp; FITNESS 12:45 PINOCHLE 12:30 BAND PRACTICE</p>	<p><b>26</b></p> <p>9-3 WALK THE TRACK 12:00 NEIGHBORS ON ZOOM 12:30 CANASTA 12:30 LINE DANCING (ON HIATUS) 1:00-2:30 KNIT &amp; CROCHET GROUP</p>	<p><b>27</b></p> <p>9-3 WALK THE TRACK 10:15 BINGO 11:45 FUN &amp; FITNESS <b>1:00 QUILTING</b></p>	<p><b>28</b></p> <p>9-3 WALK THE TRACK 10:30 SING-A-LONG 1:00-2:30 TRIVIA(ON HIATUS)</p>	<p><b>29</b></p>
<p><b>30</b></p>						



**MAIN LINE HEALTH PRESENTATION: HEALTHY HEART:** Thursday May 2 at 12:45 PM. Presented by Abby Riley, RN, BSN. Main Line Health Women & Heart Disease Program Manager. She will discuss the importance of checking blood pressure. Age related changes in the heart. What is heart disease? What can I do to prevent heart disease? Managing your medications.

**TECH HELP:** Sangeetha will be at the Center the 1st and 3rd Wednesday of the month @ 12:00 PM.

(MAY 1 and MAY 15). Meet in the Computer Room. *There is a time limit of 20 minutes per individual.*

**BLOOD PRESSURE CHECK:** Thursday, May 9 from **9:45 to 12:00**. Have your blood pressure checked by MLH Nurse Tracey.



**BOARD MEETING: THURSDAY MAY 9 AT 10:00 AM.** Board of Directors will meet in the craft room.

**MONDAY MATINEE:** Monday May 13 at 11:30 AM. Movie is "Oppenheimer" starring Cillian Murphy, Emily Blunt, Matt Damon and Robert Downey, Jr. The story of American Scientist J. Robert Oppenheimer and his role in the development of the atomic bomb. Movie is free. There is a \$5.00 charge to order pizza and you must sign up and pay in advance.

**BOOK TALK:** Monday, May 20 at 1:00 PM. Group will be reading "Half Broke Horses" by Jeannette Walls. The author tells the story of Lily Casey Smith, her no nonsense, resourceful, and spectacularly compelling grandmother. Told in a first-person voice, it is authentic, irresistible, and triumphant.

**MEETING WITH SENATOR AMANDA CAPPELLETTI:** Thursday, May 23 at 12:45 PM. Senator Cappelletti will be here to discuss community issues and will also be able to process SEPTA Pass Cards.

**INTEREST ONLY CHAIR YOGA:** Members have expressed an interest in having a Chair Yoga class. There is an "interest only" sheet in the lobby. We ask that members choose which type of class they would attend. The option of a free class utilizing a DVD program or an instructor lead class with a \$5.00 per class fee. The class would potentially be held on Fridays at 11:45.

### UPCOMING EXCURSIONS

#### MAY 10, 2024 - HISTORIC WEST LAUREL HILL CEMETERY AND GARDENS

Via Car pool. Tour at 10:30 AM with a horticulturist and highlights of famous gravesites. Lunch in Manayunk (not included). \$20.00 Members - \$25.00 Non-Members. *Meet 9:30 AM at upper pool parking lot. Complete registration and submit with payment no later than May 2, 2024. **Please let us know if you are willing to drive.***

#### JUNE 20, 2024 - ANDALUSIA HOUSE & GARDENS

Via Car pool. House tour and gardens on your own. Lunch at historic King George II restaurant (not included). \$20.00 Members - \$12.00 non-members. *Meet 9:15 AM at upper pool parking lot. **Please let us know if you are willing to drive.***

**SEPTEMBER 2024-** WINTERTHUR (CAR POOL)

**OCTOBER 2024** - JIM THORPE

**NOVEMBER 15, 2024** - DUTCH APPLE DINNER THEATER "WHITE CHRISTMAS" (VIA BUS)

## BIRTHDAYS IN MAY

5/2 David Newman  
5/8 Antonette Herrick  
5/11 Joann Hendeson  
5/16 Shirley Massino  
5/19 James Nuss  
5/25 Kathy Dutkiewicz  
5/27 Marlene Ianunuzzelli  
5/28 Christel Cornacchio

5/6 Joan DiNenno  
5/9 Patty Houseal  
5/12 Amal Eldharrat  
5/17 Middi Bernardin  
5/20 Maureen Yin  
5/25 James Mellom  
5/27 Linda Jarosz

5/8 Alice Hann  
5/10 Ann Roberts  
5/13 Jeffrey Mand  
5/19 Robert Mack  
5/24 Janet Weaver  
5/27 Bernice April  
5/27 Catherine Vernon

## WELCOME NEW MEMBERS (new feature)

Please join the Board and staff to acknowledge and make welcome our new members. Welcome to:

CLAIRE BANAS  
PEGGY BOAS  
KAREN CONSOLE  
BRUCE FRANCHI  
PATRICIA FRANCHI  
JANE JARRETT  
SUSAN KRAUS  
PATRICIA MCCULLOUGH  
JUDY OSOSKIE

LARRY PERSOFSKY  
MARGARET PERSOFSKY  
DAVID RESAVY  
JOSEPH SCHILIRO  
MARY SCHILIRO  
JANET WEAVER  
MAUREEN YIN  
NURIT ZILBERING

## MEDICAL EMERGENCY PROCEDURE – All activity rooms have signage as follows:

One person calls 911 with the following information: Medical Emergency. Our location is Upper Merion Senior Center, 431 W Valley Forge Road, King of Prussia 19406. One person should notify the office staff of the situation. All other members not assisting the person suffering the emergency should leave the area to allow medical personnel access when they arrive. Please review the signs in each room.




## 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.** Once the call is received, and as long as no emergency calls are pending, a member of the Department of Public Safety will schedule an installation with you during business hours, Monday to Friday from 6:00 AM to 6:00 PM.



**HELP WITH HANDLING HEALTH CLAIM DENIALS:** Have you ever had a health care procedure or claim denied by your insurance company? ProPublica has been investigating the many ways health insurance companies deny "tens of millions of claims" every year. They have developed a tool to help you determine why your claim was denied. Below is a link to the tool. You can also check ProPublica's website for more information. <https://projects.propublica.org/claimfile/>.

<b>PEDIATRIC DENTISTRY</b> Jay Goldsteiger, DDS Scott Goldsteiger, DDS Natalie De Barros, DMD Marc Virtue, DDS David Kim, DMD Robyn Toeker, DMD	<b>GENERAL DENTISTRY</b> Larry Schlarb, DMD Skip Hoerz, DMD Ana Soleye, DMD Andrew Rush, DMD Kristine Rushby, DMD
	<b>ORTHODONTICS</b> Bryan Ruda, DMD Erin Bauerle, DMD
<b>ENDODONTICS</b> Serena Coletti, DMD	
610/337-2325 Fax 610/337-3863 <a href="http://www.uppermeriondental.com">www.uppermeriondental.com</a>	

**VETERANS CARE PACKAGE DONATIONS:** In association with the Norristown Veterans Affairs Office, we are collecting donations for care packages to give to veterans. Here is a list of the preferred donation items. *If donating any food or drink or drink mixes, please be sure these items have not expired.* ITEMS REQUESTED: MENS/WOMENS FLIP FLOPS FOR SHOWERS - MENS/WOMENS SOCKS (BOOT OR CALF SIZE ONLY)- TOOTH BRUSHES/TOOTH PASTE- KLEENEX (INDIVIDUAL SIZE WRAPPED PACKAGES)- COMBS- SMALL WRITING TABLETS & ENVELOPES- PENS/PENCILS- GUM - PEANUT BUTTER CRACKER PACKS- BEEF JERKY OR SLIM JIMS- COFFEE OR TEA BAGS - GATORADE- DRINK MIXES - KOOL AID OR ICED TEA. **Place items in assigned box in lobby area. Thank you in advance to those who give.**

**PROJECT LINUS – YARN NEEDED:** A total of 30 blankets have been distributed so far this year. A request has been made for the knitters to make crib size blankets for babies. We are asking for donations of 4-ply yarn (any color) to be used by our knitters for the Project Linus knitted squares. If you have any that you would like to give, please put it in the yarn bin on the blanket table in the lobby area. By March 8 a total of 30 blankets had been distributed to cancer patients.

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[www.bacchifh.com](http://www.bacchifh.com) • [info@bacchifh.com](mailto:info@bacchifh.com)  
 Heather M. Hughes, Supervisor 

**Szpindor-Meyers Funeral Home, P.C.**  
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 610-539-8010 • Fax: 610-635-0284  
[www.meyersfh.com](http://www.meyersfh.com) • [info@smfhpc.com](mailto:info@smfhpc.com)  
 James T. Meyers, Supervisor

**DO YOU PLAY AN INSTRUMENT?** The UMSSC Band is looking for some new members who enjoy playing jazz and big band music. The band meets on Tuesdays at 12:45 PM. Please stop by any Tuesday to listen or to ask about joining.

### UM LIBRARY PROGRAMS FOR MAY 2024

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

#### **SPECIAL PROGRAMS:**

**Pearl Harbor Attack - 3 Part Series**, Mondays, May 6, 13, & 20 at 6:30 PM

**Monthly Board Game Explorers: Unveiling a New Game -**

**Ticket to Ride: First Journey**, Monday, May 6 at 6:30 PM

#### **ONGOING PROGRAMS AT THE LIBRARY:**

**TECH NIGHT:** First 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.

**MEDITATION SERIES: MEDITATION WORKSHOP - FALUN DAFA MEDITATION:** Second Tuesday of every month at 6:00 PM.

**PUBLIC SPEAKING CLASS FOR ADULT:** Every Wednesday at 6: 30 PM.

**ART, GAMES AND CHIT CHAT FOR ADULTS WITH DISABILITIES:** Second and fourth Thursdays at 12:30 PM.

**BOOK DISCUSSION:** Third Saturday of every month at 2:00 PM.

**VIRTUAL CAREER SERIES:** 3rd Monday of month at 6:00 PM.

**KNIT NITE:** 4<sup>th</sup> Monday at 6:00 PM.

**FREE RAFFLE TICKET** with each event attended. Enter to win passes to Longwood Gardens. To learn more or to register for any of these events, please visit our calendar at [www.umtlibrary.libcal.com](http://www.umtlibrary.libcal.com)



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 169 Town Center Road      Fax (610) 265-7830  
 King of Prussia, PA 19406      [sales@valleyforgesecurity.com](mailto:sales@valleyforgesecurity.com)



# MEMORIAL DAY

MAY 27<sup>th</sup>

## Word Search

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

See how many of these newspaper related words you can find in the puzzle.  
The words can be forward, backward or diagonal.

- |               |             |               |               |
|---------------|-------------|---------------|---------------|
| 1. Veterans   | 5. Flowers  | 9. Remember   | 13. Ceremony  |
| 2. Decoration | 6. Memorial | 10. May       | 14. Sacrifice |
| 3. Day        | 7. Service  | 11. Americans | 15. Heroes    |
| 4. Flags      | 8. Honor    | 12. Holiday   | 16. Freedom   |



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Happy Hour

Class Reunions

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hope for tomorrow.*



**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.