

The Best of Times

UPPER MERION SENIOR SERVICE CENTER

AUGUST 2025



431 W. VALLEY FORGE ROAD

KING OF PRUSSIA, PA 19406

TELE: 610-265-4715

On the web at www.umssc.org

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I hope you are enjoying the summer months even though it has been either extremely hot or rainy. Some activities are planned for early in the day

Thank you to Petrucci's Ice Cream for offering the give back program. I enjoyed some delicious treats while visiting with the many Senior Center members who came out to support the fundraiser. Don't forget we will be there again on August 21st from 6:00 to 8:30 PM while we celebrate National Senior Citizen Day. Our thanks to Helen Currykosky and Cindy Eastman for representing the Senior Center at Petrucci's.

I hope to plan more events and activities this fall. If anyone has any suggestions for programs, I am happy to explore the possibility. Our General Membership meeting is scheduled for September 10th so mark your calendars and plan on attending.

Last month, I neglected to thank the Board of Community Assistance for the generous grant we received this year. The Valley Forge Casino Resort and Boyd Gaming provided over \$200,000 to local community organizations and scholarships to Upper Merion junior and senior high school students. The grant of \$4500 was awarded to our organization in support of replacing computer hardware which is outdated and no longer supported by Microsoft. Grant money was also designated in support of excursions to cultural events. We appreciate their support of our organization.

Coming up this fall we will be starting our call for interested members to volunteer to represent the membership by becoming a member of the Board of Directors. There are open positions available so think about how you might help influence the direction of the Senior Center.

Hope to see you around the Center enjoying our activities and our air conditioning!

Sharon Brzoska, President

WHAT'S HAPPENING AT THE CENTER

THE SENIOR CENTER WILL BE CLOSED FRIDAY, AUGUST 29 AND MONDAY SEPTEMBER 1 FOR THE LABOR DAY HOLIDAY.

SUMMER HOURS: CLOSING AT 12:00 PM ON FRIDAYS IN AUGUST.

Please refer to the monthly calendar for all **AUGUST** 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.

ACTIVITIES ON HIATUS: MEXICAN TRAIN, MONDAY MATINEE, LINE DANCING AND TRIVIA.

AUGUST 2025

BE HAPPY AND SMILE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 9-3 WALK THE TRACK 9:15 CHAIR YOGA WITH HELEN C (FREE) 9:00-10:30 CORN HOLE 10:30 SING-A-LONG SENIOR CENTER CLOSSES AT 12 NOON	2
3	4 9-3 WALK THE TRACK 11:00 CURRENT EVENTS(ALSO ZOOM) 12-3 ART GROUP (CANCELLED) 1:00 POKER	5 9 -3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:45 FUN & FITNESS 12:45 PINOCHLE 12:45 BAND PRACTICE	6 9-3 WALK THE TRACK 9:45 MEDITATION 12:00 -1:00 CELL PHONES MADE EASY 12:00 NEIGHBORS ON ZOOM 12:30 CANASTA 1:00-3:00 OPEN GAME ROOM	7 9-3 WALK THE TRACK 10:15 BINGO 11:45 FUN & FITNESS 1:00-3:00 OPEN GAME ROOM	8 9-3 WALK THE TRACK 9:00-10:30 CORN HOLE 9:15 CHAIR YOGA 10:30 SING-A-LONG SENIOR CENTER CLOSSES AT 12 NOON	9
10	11 9-3 WALK THE TRACK 11:00 CURRENT EVENTS (ALSO ZOOM) 12-3 ART GROUP	12 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	13 9-3 WALK THE TRACK 12:00 NEIGHBORS ON ZOOM 12:00 -1:00 CELL PHONES MADE EASY 12:30 CANASTA 1:00-3:00 OPEN GAME ROOM 1:45 DIABETES PROGRAM	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 9:00-10:30 CORN HOLE 9:15 CHAIR YOGA 10:30 SING-A-LONG SENIOR CENTER CLOSSES AT 12 NOON	16
17	18 9-3 WALK THE TRACK 11:00 CURRENT EVENTS(ALSO ZOOM) 12:45-3 ART GROUP (NOTE TIME) 1:00 POKER	19 9 -3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:45 FUN & FITNESS 12:45 PINOCHLE 12:45 BAND PRACTICE	20 9-3 WALK THE TRACK 9:45 MEDITATION 12:00 -1:00 CELL PHONES MADE EASY 12:00 NEIGHBORS ON ZOOM 12:30 CANASTA 1:00-3:00 OPEN GAME ROOM	21 9-3 WALK THE TRACK 10:15 BINGO 11:45 FUN & FITNESS 1:00-3:00 OPEN GAME ROOM 6-8:30 PETRUCCI'S ICE CREAM GIVE BACK NATIONAL SENIOR CITIZENS DAY	22 9-3 WALK THE TRACK 9:00-10:30 CORN HOLE 9:15 CHAIR YOGA 10:30 SING-A-LONG SENIOR CENTER CLOSSES AT 12 NOON	23
24	25 9-3 WALK THE TRACK 11:00 CURRENT EVENTS(ALSO ZOOM) 12-3 ART GROUP 12:30 EVELYN ANKERS UMT TAX COLLECTOR	26 9-3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:45 FUN & FITNESS 12:45 PINOCHLE 12:45 BAND PRACTICE	27 9-3 WALK THE TRACK 12:00 NEIGHBORS ON ZOOM 12:00 -1:00 CELL PHONES MADE EASY 12:30 CANASTA 1:00-3:00 OPEN GAME ROOM	28 9-3 WALK THE TRACK 10:15 BINGO 11:45 FUN & FITNESS 1:00-3:00 OPEN GAME ROOM 1:00 QUILTING	29 SENIOR CENTER CLOSED FOR LABOR DAY HOLIDAY	30

SEPTEMBER 2025 TENTATIVE AS OF 7/20

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TENTATIVE AS OF 7/20 SUBJECT TO CHANGE	1 UMSSC CLOSED 	2 9 -3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:45 FUN & FITNESS 12:45 PINOCHLE 12:45 BAND PRACTICE	3 9-3 WALK THE TRACK 9:45 MEDITATION 12:00 CELLPHONES MADE SIMPLE 12:00 NEIGHBORS ON ZOOM 12:30 CANASTA 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 10:30 SING-A-LONG 1:00 TRIVIA	6
7	8 9-3 WALK THE TRACK 11:00 CURRENT EVENTS (ALSO ZOOM) 12-3 PAINTING GROUP 12:30 MEXICAN TRAIN 1:00 POKER	9 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	10 9-3 WALK THE TRACK 11:30 GENERAL MEETING ALL ACTIVITIES CANCELLED EXCEPT 1:45 DIABETES PROGRAM	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 EXCURSION TO GLASS PUMPKIN FESTIVAL 10:30 SING-A-LONG 1:00 TRIVIA	13
14	15 9-3 WALK THE TRACK 11:00 CURRENT EVENTS(ALSO ZOOM) 12:00 MONDAY MATINEE 12-3 PAINTING GROUP 12:30 MEXICAN TRAIN 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	17 9-3 WALK THE TRACK 12:00 NEIGHBORS ON ZOOM 12:00 CELLPHONES MADE SIMPLE 12:30 CANASTA 12:30 LINE DANCING 1:00-3:00 OPEN GAME ROOM	18 9-3 WALK THE TRACK 10:15 BINGO 11:45 FUN & FITNESS 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	20 UMSSC CRAFT FAIR & BAKE SALE 9-2 
21	22 9-3 WALK THE TRACK 11:00 CURRENT EVENTS(ALSO ZOOM) 12-3 PAINTING GROUP 12:30 MEXICAN TRAIN 1:00 POKER AUTUMN BEGINS	23  UMSSC CLOSED	24 9-3 WALK THE TRACK 12:00 NEIGHBORS ON ZOOM 12:30 CANASTA 12:30 LINE DANCING 1:00-3:00 OPEN GAME ROOM	25 9-3 WALK THE TRACK 10:00-12:00 WEGMANS FLU, COVID OR RSV SHOTS 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 PAINTING GROUP 12:30 MEXICAN TRAIN	30 9 -3 WALK THE TRACK 10:00-11:30 RUMMIKUB 10:00-12:00 WEGMANS FLU, COVID OR RSV SHOTS 11:45 FUN & FITNESS 12:45 PINOCHLE 12:45 BAND PRACTICE				

MEDITATION PROGRAM: WEDNESDAY AUGUST 6 AND 20 at 9:45 AM. The pay as you go fee is \$2.00 per session.

BOARD MEETING: TUESDAY, AUGUST 12 AT 10:00 AM.

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

CELL PHONES MADE EASY- Need Tech Help? We've Got You Covered! Ms. Sangeetha and her team of friendly high school volunteers will be at the Senior Center. **TECH HELP EVERY WEDNESDAY IN AUGUST 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!

PETRUCCI'S GIVE BACK DAY: THURSDAY, AUGUST 21, 6:00 -8:30 PM. When you purchase your ice cream a portion of the sale will be donated to UMSSC.

UM TAX COLLECTION: MONDAY, AUGUST 25 AT 12:30 PM. Evelyn Ankers, UM Tax Collector, will be at the Senior Center to answer questions and collect your school tax payments. She will bring some lunch treats.



Bonnie Monastra
President
484-432-3968
bmonastra@agelessexercise.net
865 Bainbridge Drive
West Chester, PA 19382

BOOK TALK: ON HIATUS FOR AUGUST. BACK IN SEPTEMBER.

WALKING CLUB: 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

WELCOME NEW MEMBERS: Please join the Board and staff to acknowledge and make welcome our new members. Welcome to: Robert Bores, Parichehr Fard,

Bonnie Keen, Eileen McGinley, Martha Nakamura, Melina Sit, Michele Springman

UPCOMING TRIPS

4TH ANNUAL GLASS PUMPKIN FESTIVAL IN TOUGHKENAMON, PA : FRIDAY SEPTEMBER 12: CAR POOL TRIP.
MEMBERS: \$5.00 NON-MEMBERS \$7.00. *Sign up begins August 11 and ends September 8.*

HISTORIC GETTYSBURG, PA THURSDAY, OCTOBER 23: GUIDED BATTLEFIELD BUS TOUR, MOVIE, MUSEUM AND CYCLORAMA. LUNCH ON YOUR OWN. MEMBERS: \$65.00 NON-MEMBERS: \$90.00 (must be accompanied by a UMSSC member). *Registration begins August 11 and ends October 1.*

PEDIATRIC DENTISTRY Jay Goldsleger, DDS Scott Goldsleger, DDS Natalie De Barros, DMD Marc Virtue, DDS David Kim, DMD Robyn Icker, DMD	GENERAL DENTISTRY Larry Schlarb, DMD Skip Hoerz, DMD Ama Soleye, DMD Andrew Rush, DMD Kristine Rushby, DMD
	
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BIRTHDAYS IN AUGUST

8/1 Joseph Guardino
8/3 Pam Satterfield
8/3 Connie Touhey
8/4 James Scancella
8/5 Maryann Ballone
8/5 Carolyn Hammond
8/5 Paul Nemeth
8/6 Evelyn Ankers
8/7 Andrea Kuneck
8/8 Raymond Ballone
8/10 Martin Trumpler
8/11 Philip Mele

8/13 Rosemary Garibian
8/13 Neelu Kalra
8/13 Michael Marley
8/15 Sharlene Pastino
8/16 Diane Brown
8/17 Ed Petersohn
8/20 Linda Newpher
8/22 David Montalvo
8/22 Catherine Tornetta
8/24 Christine Morello
8/25 Margaret Arnold
8/25 Oscar Houseman

8/25 Joseph Owens
8/27 Susan Husko
8/27 Eileen Nicola
8/27 Faith Shepard
8/28 Karen Turner
8/29 Marcia Intrieri
8/30 John Moore
8/31 Gloria McMillan
8/31 Audry Meskauskas
8/31 Michelle Short

SPECIAL EVENTS - A LOOK AHEAD

AUGUST

- National Senior Citizens' Day August 21, 2025
- Evelyn Ankers Tax Collector Monday, August 25

SEPTEMBER

- Wednesday, September 10, 2025 (General Meeting)

- Saturday, September 20, 2025 Craft Fair and Bake Sale

OCTOBER

- Sunday, October 26, 2025 Fall Big Bingo

NOVEMBER

- Wednesday, November 12, 2025 (General Meeting)
- Tuesday, November 11 Veteran's Breakfast

DECEMBER

- Wednesday, December 10, 2025 (General Meeting)
- Friday, December 12, 2025 Holiday Party

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James T. Meyers, Supervisor

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.*



TIM BRIGGS
STATE REPRESENTATIVE
PA 149th

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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. RECENTLY 42 FINISHED KNITTED BLANKETS DISTRIBUTED TO THOSE IN NEED.*

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

UM LIBRARY PROGRAMS FOR AUGUST 2025

ONGOING PROGRAM AT THE LIBRARY (CHECK OUR ONLINE CALENDAR FOR MORE INFORMATION ABOUT THE PROGRAMS WE OFFER):

SILENT BOOK CLUB: -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.

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

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



SCREWBALLS

Sports Bar & Grille

216 West Beidler Road
King of Prussia, PA 19406
www.ScrewballsBarAndGrille.com

(610) 337-3888
Fax: (610) 337-3724

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

MAHJONG MEETUP MANIA: Every Thursday at 1:00 PM and 6:00 PM.

BOOK DISCUSSION: Third Saturday of every month at 10:30 AM.

KNIT NITE: Fourth Monday at 6:00 PM.

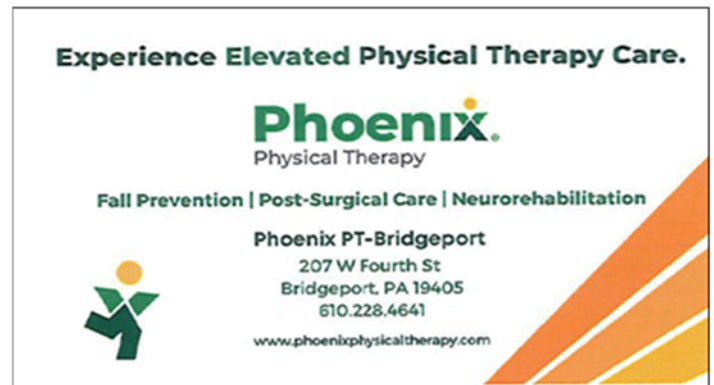
SUMMER READING FOR ALL AGES ENDS AUGUST 8. Read, Register, and Review to win exciting prizes.

AROUND THE WORLD IN 80 MINUTES: Monday, August 4 | 6:00 PM

BOOK DISCUSSION: *JAMES* by Percivall Everett, Saturday, August 16 | 10:30 AM

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.

Call the library at 610-265-4805 or Check www.umtownship.org/library for latest updates and to access our online access.





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NATIONAL DAYS

Y	Z	Y	A	D	E	L	F	F	A	W	O	E	S	G
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O	A	I	O	L	K	S	M	L	E	Y	G	I	A	D
D	L	N	D	C	C	P	S	L	Y	A	D	D	B	C
V	I	N	Y	L	R	E	C	O	R	D	D	A	Y	E
D	K	I	D	S	D	A	Y	D	G	G	P	H	A	K
E	T	Y	A	D	O	C	C	E	S	O	R	P	L	D
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POTATO DAY
MEAD DAY
PLAY BALL DAY
LAZY DAY
DOG DAY
WAFFLE DAY
DOLLAR DAY

PROSECCO DAY
RUM DAY
LION DAY
VINYL RECORD DAY
BOW DAY
WATERMELON DAY
IPA DAY
OYSTER DAY

DOLL DAY
DINOSAURS DAY
CBD DAY
KIDS DAY
GEORGIA DAY
CAT DAY
GOSSIP DAY

You can't go back and change the beginning, but you can start where you are and change the ending.



GRACIAS! THANKS! DANKE! MERCI!

★Thank you to the **UPPER MERION TOWNSHIP LIBRARY** for all they do for the Senior Center providing large print books, Monday Matinee movies and Tech Help. Thank you to **COSTCO** for gift cards. Thank you to our business advertisers.