

The Best of Times

UPPER MERION SENIOR SERVICE CENTER

JULY 2025



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/>

With the heat of the summer months, I invite you to enjoy the air conditioning at the Center. We are always available for you to spend the day, bring lunch and enjoy reading in the library or participating in one of our many activities. If the weather permits, step out on our patio, sit under an umbrella, and enjoy the beautiful garden. Our garden group has done a spectacular job this year.

I hope we all enjoyed the General Meeting and BBQ. I know I ate some delicious food catered by the Bridgeport Rib House. Thank you to Laretta Zimmer and all the volunteers who organized, set up, and cleaned up. Could not have any of the special events and gatherings without our volunteers.

Some of our activities are on hiatus for the summer but will return in the fall. Why not try Bocce or Corn Hole? They both start early to avoid the heat of the day.

Mark your calendars for ice cream at Petrucci's this summer. July 17th and August 21st. This is a give back program and Petrucci's will donate a percentage of their proceeds to the Senior Center. Stop by between 6:00 and 8:30 PM to support the Center.

On September 20th, we are sponsoring our Annual Holiday Craft Fair and Bake Sale. Marion Wilkinson has registered all the vendors for the Fair and Carol Mellom will be organizing the Bake Sale. Watch for a signup in the lobby if you wish to donate any baked goods.

I hope you all enjoy celebrating the July 4th holiday and remember all the reasons we celebrate our country, its founding, and its ideals. Have a safe holiday.

Sharon Brzoska, President

WHAT'S HAPPENING AT THE CENTER

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

THE SENIOR CENTER WILL CLOSE ON FRIDAY JULY 4 FOR INDEPENDENCE DAY

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

IMPORTANT NOTICE FOR THOSE WHO ATTEND FUN & FITNESS AND/OR CHAIR YOGA: *Please arrive prior* to the start of each class. For your own exercise safety, it is important to be present for the warmup portion of the

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JULY 2025 ** CELEBRATE AMERICA **

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 9 -3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:45 FUN & FITNESS 12:45 PINOCHLE 12:45 BAND PRACTICE	2 9-3 WALK THE TRACK 9:15 OPEN BOCCE 12:00 NEIGHBOR ON ZOOM 12:00 -1:00 CELL PHONES MADE EASY 12:30 CANASTA 1:00-3:00 OPEN GAME ROOM	3 9-3 WALK THE TRACK 10:15 BINGO 11:45 FUN & FITNESS 1:00-3:00 OPEN GAME ROOM	4  SENIOR CENTER CLOSED	5 
6	7 9-3 WALK THE TRACK 9:15 OPEN BOCCE 11:00 CURRENT EVENTS(ALSO ZOOM) 12-3 ART GROUP 1:00 POKER	8 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	9 9-3 WALK THE TRACK 9:15 OPEN BOCCE 12:00 NEIGHBOR ON ZOOM 12:00 -1:00 CELL PHONES MADE EASY 12:30 CANASTA 1:00-3:00 OPEN GAME ROOM 1:45 DIABETES PROGRAM	10 9-3 WALK THE TRACK 9:45-12 NURSE 10:15 BINGO 11:45 FUN & FITNESS 1:00-3:00 OPEN GAME ROOM	11 9-3 WALK THE TRACK 9:15 CHAIR YOGA 10:00 TRIVIA (ON HIATUS UNTIL SEPTEMBER 10:30 SING-A-LONG 9:00 -10:30 CORN HOLE CENTER CLOSSES AT NOON	12
13	14 9-3 WALK THE TRACK 9:15 OPEN BOCCE 11:00 CURRENT EVENTS (ALSO ZOOM) 12-3 ART GROUP	15 9-3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:45 FUN & FITNESS 12:45 PINOCHLE 12:45 BAND PRACTICE	16 9-3 WALK THE TRACK 9:15 OPEN BOCCE 12:00 NEIGHBORS ON ZOOM 9:45 MEDITATION 12:00 -1:00 CELL PHONES MADE EASY 12:30 CANASTA 1:00-3:00 OPEN GAME ROOM	17 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	18 9-3 WALK THE TRACK 9:15 CHAIR YOGA 10:30 SING-A-LONG 9:00 - 10:30 CORN HOLE CENTER CLOSSES AT NOON	19
20	21 9-3 WALK THE TRACK 9:15 OPEN BOCCE 11:00 CURRENT EVENTS(ALSO ZOOM) 12:45-3 ART GROUP(NOTE TIME) 1:00 BOOK TALK 1:00 POKER	22 9 -3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:45 FUN & FITNESS 12:45 PINOCHLE 12:45 BAND PRACTICE	23 9-3 WALK THE TRACK 9:15 OPEN BOCCE 12:00 NEIGHBOR ON ZOOM 12:00 -1:00 CELL PHONES MADE EASY 12:30 CANASTA 1:00-3:00 OPEN GAME ROOM	24 9-3 WALK THE TRACK 10:15 BINGO 11:45 FUN & FITNESS 1:00-3:00 OPEN GAME ROOM 1:00 QUILTING	25 9-3 WALK THE TRACK 9:15 CHAIR YOGA 10:30 SING-A-LONG 9:00-10:30 CORN HOLE CENTER CLOSSES AT NOON	26
27	28 9-3 WALK THE TRACK 11:00 CURRENT EVENTS(ALSO ZOOM) 12-3 ART GROUP (CANCELLED)	29 9 -3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:45 FUN & FITNESS (CANCELLED) 12:45 PINOCHLE 12:45 BAND PRACTICE	30 9-3 WALK THE TRACK 9:45 MEDITATION 12:00 NEIGHBORS ON ZOOM 12:00 -1:00 CELL PHONES MADE EASY 12:30 CANASTA 1:00-3:00 OPEN GAME ROOM	31 9-3 WALK THE TRACK 10:15 BINGO 12:00 FUN & FITNESS with Don NOTE TIME 1:00-3:00 OPEN GAME ROOM		

AUGUST 2025 TENTATIVE AS OF 6/20

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TENTATIVE AS OF 6/20 SUBJECT TO CHANGE					1 9-3 WALK THE TRACK 9:15 CHAIR YOGA 10:30 SING-A-LONG 9:00-10:30 CORN HOLE SENIOR CENTER CLOSSES AT 12 NOON	2
3	4 9-3 WALK THE TRACK 9:15 OPEN BOCCE 11:00 CURRENT EVENTS(ALSO ZOOM) 12-3 CANCELLED ART GROUP 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 9:15 OPEN BOCCE 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 9:15 CHAIR YOGA 10:30 SING-A-LONG 9:00-10:30 CORN HOLE SENIOR CENTER CLOSSES AT 12 NOON	9
10	11 9-3 WALK THE TRACK 9:15 OPEN BOCCE 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 9:15 OPEN BOCCE 12:00 NEIGHBORS ON ZOOM 12:00 -1:00 CELL PHONES MADE EASY 12:30 CANASTA 1:45 DIABETES PROGRAM 1:00-3:00 OPEN GAME ROOM	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 9:15 CHAIR YOGA 10:30 SING-A-LONG 9:00-10:30 CORN HOLE SENIOR CENTER CLOSSES AT 12 NOON	16
17	18 9-3 WALK THE TRACK 9:15 OPEN BOCCE 11:00 CURRENT EVENTS(ALSO ZOOM) 12:45-3 ART GROUP (NOTE TIME) 1:00 BOOK TALK 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 9:15 OPEN BOCCE 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 9:15 CHAIR YOGA 10:30 SING-A-LONG 9:00-10:30 CORN HOLE SENIOR CENTER CLOSSES AT 12 NOON	23
24	25 9-3 WALK THE TRACK 9:15 OPEN BOCCE 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 9:15 OPEN BOCCE (FINAL DAY) 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

program. Please arrange your time so you can be signed in, paid the fee and ready to start at the designated time. *Unfortunately, you will not be able to participate in the class that day if you are late.* This is for your own safety as well everyone else in the class.

IMPORTANT NOTICE - FUN & FITNESS: NO CLASS ON JULY 29. CLASS WITH DON NEE ON JULY 31 STARTS AT 12:00 PM.

OPEN BOCCE: EVERY MONDAY and WEDNESDAY AT 9:15 AM. You must sign in by 9:15 AM at pool entrance prior to heading to bocce court. Games will start at 9:30 AM. Bocce court is located inside Upper Merion Swim Club.

BOARD MEETING: TUESDAY, JULY 8 AT 10:00 AM

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 JULY, AND 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!

CORNHOLE: EVERY FRIDAY AT 9:00 AM.

DIABETES PROGRAM: WEDNESDAY JULY 9 AT 2:00 PM

BLOOD PRESSURE CHECK: THURSDAY, JULY 10 from 9:45 AM to 12:00 PM. Have your blood pressure checked by MLH Nurse Tracey.



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MEDITATION PROGRAM: WEDNESDAY JULY 16 and JULY 30 at 9:45 AM (JULY 16). The pay as you go fee is \$2.00 per session.

PETRUCCI'S GIVE BACK DAY: JULY 17 and AUGUST 21, 6:00 -8:30 PM. When you purchase your ice cream a portion of the sale will be donated to UMSSC.

BOOK TALK: MONDAY, JULY 21 AT 1:00 PM. This month's book is "The Women" by Kristin Hannah.

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. *The club does not have a fixed day and time for walking for two reasons. First, it depends on the weather. Second, not everyone who wants to walk can meet at the same time, so we try to vary it to give everyone a chance to join the walk.* Come on out!

WELCOME NEW MEMBERS: Please join the Board and staff to acknowledge and make welcome our new members. Welcome to: Kathryn Barron, Ann D'Ginto, Kathy Eveleth, Bridget Hector, Oscar Houseman, Carol and David Montalvo, Soheila Nasehzadeh, Linda Newpher, Marsha Nials, Boi Nguyen, Joseph Owens, Charlotte Pachella, Tom Ricci, Samuel Robinson, Barbara Schryver

BIRTHDAYS IN JULY

7/1 Joseph Guardino
7/2 Susan Kilian
7/3 Stephen Gillette
7/6 Kavit Malik
7/7 Alberta McCulla
7/7 Joanne Meenan
7/7 Roseanne Scully
7/8 Joan Shaw
7/8 Pamela Welsh
7/9 Thomas Swift
7/10 Dorothy Skaf
7/11 Carol Mellom

7/15 Lorraine Craig
7/15 Jacquelyn Mengel
7/15 Dianne Shine
7/15 Terry Stevens
7/16 Barbara Finnegan
7/17 Joe DiMartini
7/17 Joan Vance
7/18 Susan McNamara
7/20 Ann Rebillard
7/22 Lorraine Holden
7/22 Barbara Petroske
7/23 Rosa Lloyd

7/24 Donna Brody
7/25 Jacqueline Conrad
7/25 Sue Halfond
7/25 Gail Moore
7/26 Eileen McFalls
7/27 Carmine DeMenna
7/27 Henry Yauere
7/29 Nancy Khieu
7/29 Helen Keller Surman
7/31 Thomas Goetz
7/31 Catherine Middleton

SPECIAL EVENTS - A LOOK AHEAD

AUGUST

- National Senior Citizens' Day August 21, 2025

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





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

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.*

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.

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Natalie De Barros, DMD
Marc Virtue, DDS
David Kim, DMD
Robyn Joker, DMD

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Skip Hoerz, DMD
Ama Soleye, DMD
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James T. Meyers, Supervisor

UM LIBRARY PROGRAMS FOR JULY 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 noon (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.

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: 4th Monday at 6:00 PM.

JULY LIBRARY HIGHLIGHTS:

SUMMER READING FOR ALL AGES: Read, Register, and Review to win exciting prizes.

BOOK DISCUSSION: "*By Any Other Name*" by Jodi Picoult Saturday, July 19 at 10:30 AM.

Call the library at 610-265-4805 or Check www.umtship.org/library to register for all their programs and for latest updates and online access. To learn more or to register for any of these events, please visit our

calendar at www.umtlibrary.libcal.com. **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

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Happy Hour

Class Reunions

Funeral Luncheons



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THE WALL THAT HEALS WILL TRAVEL THROUGH THE KING OF PRUSSIA AREA, MAKE ITS WAY
FROM THE VALLEY FORGE VISITORS CENTER TO ROUTE 23. IT WILL PASS THE COMMUNITY
CENTER ON THURSDAY JULY 10 AT APPROX. 11:00 AM.
PEOPLE ARE ENCOURAGED TO GATHER TO WATCH AS THE WALL PASSES BY.





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



GRACIAS! THANKS! DANKE! MERCI!

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