

The Best of Times

UPPER MERION SENIOR SERVICE CENTER

JUNE 2026



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KING OF PRUSSIA, PA 19406

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June is special as the start of summer, featuring the solstice—the longest day of light. It is known for peak nature, including roses and strawberries, and is a popular month for weddings named after Juno, the Roman goddess of marriage. June also marks Father's Day when we celebrate our fathers, grandfathers, and father figures in our lives.

This month, I would like to highlight our exercise programs – Fun and Fitness, Yoga, and Line Dancing. Don't forget we all have access to the Community Center track for walking. Or join our walking group. A single session of moderate to vigorous physical activity provides immediate benefits for our health. In addition, regular physical activity helps prevent many chronic diseases. According to CDC, exercise has numerous benefits. It can improve sleep quality, reduce feelings of anxiety, help in reducing blood pressure, and reduce the risk of developing dementia and depression. Additionally, it can lower the risk of heart disease, stroke and type 2 diabetes. All these benefits are important as we all advance in age. I confess that I am not taking advantage of these programs and I should be. See you there?

Thank you to all our volunteers for all they do for their fellow members, especially to our Board of Directors who work tirelessly to lead many of our programs.

Hope to see you around the Center enjoying the summer season and the variety of activities available.

Sharon Brzoska, President

WHAT'S HAPPENING AT THE CENTER

Please refer to the monthly calendar for all **JUNE** 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. **ON WEDNESDAY, JUNE 10 WE WILL HAVE OUR GENERAL MEETING AND FOLLOWING THE MEETING OUR ANNUAL PICNIC. YOU MUST BE PRESENT AT MEETING TO ATTEND PICNIC. SIGN UP BY JUNE 3 TO ATTEND. ALL OTHER ACTIVITIES ARE CANCELLED ON THAT DATE. ALSO NOTE: NO YOGA ON JUNE 5, NO EVENING HOURS JUNE 9 AND LINE DANCE CANCELLED ON JUNE 17.**

2026 UPCOMING SPECIAL EVENTS

JULY (closed at noon on Fridays)

- Friday, July 3, 2026 Independence Day - CLOSED
- Tuesday, July 7, 2026 Board Mtg.
- Wednesday, July 15, 2026 Petrucci's Giveback

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JUNE 2026 "HIP HIP HOORAY FOR SUMMER DAYS"

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
	9-3 WALK THE TRACK 11:00 CURRENT EVENTS(ALSO ZOOM) 12-3 ART GROUP 12:30 MEXICAN TRAIN 1:00 POKER 9:30-3:30 VF HOMESTEAD QUILTERS (PRIVATE)	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 4:30-7:00PM EVENING AMUSEMENT TIME	9-3 WALK THE TRACK 9:45 MEDITATION 12:00 CELLPHONES MADE SIMPLE 12:30 CANASTA 12:30 LINE DANCING 1:00-3:00 BOCCE 1:00-3:00 OPEN GAME ROOM	9-3 WALK THE TRACK 10:15 BINGO 11:45 FUN & FITNESS 1:00-3:00 OPEN GAME ROOM	9-3 WALK THE TRACK 9:15 CHAIR YOGA CANCELLED 10:30 SING-A-LONG 1:00 TRIVIA	
7	8	9	10	11	12	13
9-3 WALK THE TRACK 11:00 CURRENT EVENTS (ALSO ZOOM) 12-3 ART GROUP 12:30 MEXICAN TRAIN	9 -3 WALK THE TRACK 10:00-11:30 RUMMIKUB 10:30-12:30 SENIOR FARMERS MARKET CHECKS DISTRIBUTION 11:45 FUN & FITNESS 12:45 PINOCHLE 12:45 BAND PRACTICE 4:30-7:00PM EVENING AMUSEMENT TIME CANCELLED	DOORS OPEN AT 11:15 11:30 GENERAL MEETING ANNUAL PICNIC FOLLOWING MEETING FOR THOSE ATTENDING THE MEETING ALL ACTIVITIES CANCELLED		9-3 WALK THE TRACK 9:45-12 NURSE 10:15 BINGO 11:45 FUN & FITNESS 1:00-3:00 OPEN GAME ROOM	9-3 WALK THE TRACK 9:15 CHAIR YOGA 8:30 AMERICAN REVOLUTION MUSEUM EXCURSION 10:30 SING-A-LONG 1:00 TRIVIA	
14	15	16	17	18	19	20
 9-3 WALK THE TRACK 11:00 CURRENT EVENTS(ALSO ZOOM) 12-3 ART GROUP CANCELLED 12:30 MEXICAN TRAIN 1:00 POKER 1:00 BOOK TALK	9 -3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:45 FUN & FITNESS 12:45 PINOCHLE 12:45 BAND PRACTICE 4:30-7:00PM EVENING AMUSEMENT TIME 6-8:30 PETRUCCI'S ICE CREAM GIVE BACK NIGHT	9-3 WALK THE TRACK 9:45 MEDITATION 12:00 CELLPHONES MADE SIMPLE 12:30 CANASTA 12:30 LINE DANCING CANCELLED 1:00-3:00 BOCCE 1:00-3:00 OPEN GAME ROOM		9-3 WALK THE TRACK 10:15 BINGO 11:45 FUN & FITNESS 12:45 JOINT REPLACEMENT EXPECTATIONS PRESENTED BY PHOENIX PT 1:00-3:00 OPEN GAME ROOM	9-3 WALK THE TRACK 9:15 CHAIR YOGA 10:30 SING-A-LONG 1:00 TRIVIA JUNETEENTH	
21	22	23	24	25	26	27
 FIRST DAY OF SUMMER	9-3 WALK THE TRACK 11:00 CURRENT EVENTS(ALSO ZOOM) 12-3 ART GROUP 12:30 MEXICAN TRAIN	9 -3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:45 FUN & FITNESS 12:45 PINOCHLE 12:45 BAND PRACTICE 4:30-7:00PM EVENING AMUSEMENT TIME	9-3 WALK THE TRACK 12:00 CELLPHONES MADE SIMPLE 12:30 CANASTA 12:30 LINE DANCING 1:00-3:00 BOCCE 1:00-3:00 OPEN GAME ROOM	9-3 WALK THE TRACK 10:15 BINGO 11:45 FUN & FITNESS 1:00-3:00 OPEN GAME ROOM 1:00 QUILTING	9-3 WALK THE TRACK 9:15 CHAIR YOGA 10:30 SING-A-LONG 1:00 TRIVIA	
28	29	30				
9-3 WALK THE TRACK 11:00 CURRENT EVENTS(ALSO ZOOM) 12-3 ART GROUP 12:30 MEXICAN TRAIN	9 -3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:45 FUN & FITNESS 12:45 PINOCHLE 12:45 BAND PRACTICE 4:30-7:00PM EVENING AMUSEMENT TIME					

JULY 2026 TENTATIVE AS OF 5/20

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
TENTATIVE AS OF 5/20 SUBJECT TO CHANGE			1 9-3 WALK THE TRACK 9:45 MEDITATION 12:00 CELLPHONES MADE SIMPLE 12:30 CANASTA 12:30 LINE DANCING 1:00-3:00 BOCCE 1:00-3:00 OPEN GAME ROOM	2 9-3 WALK THE TRACK 10:15 BINGO 11:45 FUN & FITNESS 1:00-3:00 OPEN GAME ROOM	3 UMSSC CLOSED FOR JULY 4 HOLIDAY	4 
5	6 9-3 WALK THE TRACK 11:00 CURRENT EVENTS (ALSO ZOOM) 12-3 ART GROUP 12:30 MEXICAN TRAIN 1:00 POKER 9:30-3:30 VF HOMESTEAD QUILTERS (PRIVATE)	7 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 4:30 -7 PM EVENING AMUSEMENT TIME	8 9-3 WALK THE TRACK 12:00 CELLPHONES MADE SIMPLE 12:30 CANASTA 12:30 LINE DANCING 1:00-3:00 BOCCE 1:00-3:00 OPEN GAME ROOM	9 9-3 WALK THE TRACK 9:45-12 NURSE 10:15 BINGO 11:45 FUN & FITNESS 1:00-3:00 OPEN GAME ROOM	10 9-3 WALK THE TRACK 9:15 CHAIR YOGA 10:30 SING-A-LONG 12:00 CENTER CLOSSES AT NOON	11
12	13 9-3 WALK THE TRACK 11:00 CURRENT EVENTS(ALSO ZOOM) 12-3 ART GROUP 12:30 MEXICAN TRAIN	14 9 -3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:45 FUN & FITNESS 12:45 PINOCHLE 12:45 BAND PRACTICE 4:30 -7 PM EVENING AMUSEMENT TIME	15 9-3 WALK THE TRACK 9:45 MEDITATION 12:00 CELLPHONES MADE SIMPLE 12:30 CANASTA 12:30 LINE DANCING 1:00-3:00 BOCCE 1:00-3:00 OPEN GAME ROOM 6-8:30 PETRUCCI'S ICE CREAM GIVE BACK NIGHT	16 9-3 WALK THE TRACK 10:15 BINGO 11:45 FUN & FITNESS 1:00-3:00 OPEN GAME ROOM	17 9-3 WALK THE TRACK 9:15 CHAIR YOGA 10:30 SING-A-LONG 12:00 CENTER CLOSSES AT NOON	18
19	20 9-3 WALK THE TRACK 11:00 CURRENT EVENTS(ALSO ZOOM) 12-3 ART GROUP 12:30 MEXICAN TRAIN 1:00 POKER 1:00 BOOK TALK	21 9 -3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:45 FUN & FITNESS 12:45 PINOCHLE 12:45 BAND PRACTICE 4:30 -7 PM EVENING AMUSEMENT TIME	22 9-3 WALK THE TRACK 12:00 CELLPHONES MADE SIMPLE 12:30 CANASTA 12:30 LINE DANCING 1:00-3:00 BOCCE 1:00-3:00 OPEN GAME ROOM	23 9-3 WALK THE TRACK 10:15 BINGO 11:45 FUN & FITNESS 1:00-3:00 OPEN GAME ROOM 1:00 QUILTING	24 9-3 WALK THE TRACK 9:15 CHAIR YOGA 10:30 SING-A-LONG 12:00 CENTER CLOSSES AT NOON	25
26	27 9-3 WALK THE TRACK 11:00 CURRENT EVENTS(ALSO ZOOM) 12-3 ART GROUP 12:30 MEXICAN TRAIN	28 9 -3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:45 FUN & FITNESS 12:45 PINOCHLE 12:45 BAND PRACTICE 4:30 -7 PM EVENING AMUSEMENT TIME	29 9-3 WALK THE TRACK 12:00 CELLPHONES MADE SIMPLE 12:30 CANASTA 12:30 LINE DANCING 1:00-3:00 BOCCE 1:00-3:00 OPEN GAME ROOM	30 9-3 WALK THE TRACK 10:15 BINGO 11:45 FUN & FITNESS 1:00-3:00 OPEN GAME ROOM	31 9-3 WALK THE TRACK 9:15 CHAIR YOGA 10:30 SING-A-LONG 12:00 CENTER CLOSSES AT NOON	

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AUGUST (closed at noon on Fridays)

- Tuesday, August 4, 2026 (Board)
- Thursday, August 20, 2026 6:00 PM - 8:30 PM
Petrucci's Give Back (*National Senior Citizens' Day August 21, 2026*)

NEW EXCURSION PROCEDURE POLICY

YOU CANNOT "GIVE AWAY" YOUR TRIP TICKET

WITHOUT FOLLOWING THIS PROCEDURE! IF YOU

ARE TRANSFERRING YOUR PAID TRIP RESERVATION TO

ANOTHER PERSON YOU MUST IMMEDIATELY NOTIFY THE OFFICE OF THE CHANGE AND COMPLETE A

CORRECTED RESERVATION FORM WITH THE NAME AND ALL INFORMATION OF THE PERSON TAKING YOUR

PLACE. THIS MUST BE DONE A MINIMUM OF 2 DAYS IN ADVANCE OF THE TRIP. IF THE DAY OF, YOU MUST

CONTACT PAT HOLDEN IMMEDIATELY.



ACTIVITIES IN JUNE

WALKING GROUP: EVERY MONDAY. Looking for some outdoor exercise? The Senior Center Walking Club will take weekly walks, weather permitting. If you would like to join the group or would like more information, please give your name and contact info to the office.

TUESDAY EVENING HOURS: **(NO EVENING HOURS JUNE 9)** The Center is open for bocce, cornhole and the game room is open if a group would like to play cards or board games. Doors unlock at 4:15 PM and lock at 5:00 PM. We play until 7:00 PM. If you come after 5:00 PM walk along building to patio doors and someone will let you in from there



CELL PHONES MADE EASY: WEDNESDAYS FROM 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!

INDOOR BOCCE: WEDNESDAYS FROM 1:00 - 3:00 PM in the Great Room. Open, pick-up bocce for individuals of all skill levels. Come ready to play and have fun! We now have two courts set up for playing.

BOARD MEETING: TUESDAY, JUNE 2 AT 10:00 AM.

MEDITATION PROGRAM: WEDNESDAYS, JUNE 3 AND JUNE 17 AT 9:45 AM.

2026 SENIOR FARMERS MARKET NUTRITION PROGRAM

(SFMNP): Will be available at the Senior Center TUESDAY, JUNE 9 FROM 10:30 AM- 12:30 PM to distribute five \$5.00 vouchers for a total benefit of \$25.00. A farmers market vendor will also be onsite for your convenience to use those vouchers at the same time. There will be a **signup sheet in the lobby** if you would like to take

advantage of the Food Share Program. Eligible participants must be a Montgomery County resident, 60 years of age by the end of 2026, and meet the household income eligibility below:

One person household: \$28,953, two person household: \$39,128, three person household: \$49,303, and four person household: \$59,478.



BLOOD PRESSURE CHECK: THURSDAY, JUNE 11 from 9:45 AM to 12:00 PM. Have your blood pressure checked by MLH Nurse Tracey.

BOOK TALK: MONDAY JUNE 15 AT 1:00 PM. This month's book is "AS LONG AS THE LEMON TREE GROWS" by Zoulfa Katouh.

PETRUCCI'S GIVE BACK: TUESDAY JUNE 16 FROM 6:00 PM TO 8:30 PM. A portion of your purchase is donated to the Senior Center.

WHAT TO EXPECT FROM A JOINT REPLACEMENT: THURSDAY JUNE 18 AT 12:45 PM. Lauren Moll from Phoenix Physical Therapy will be here to discuss expectations after a joint replacement. Should be interesting!

WELCOME NEW MEMBERS: Please join the Board and staff to acknowledge and make welcome our new members. Welcome to: Marciano Aguiles, Claire Banas, Patti Bianco, Lucy Bonnani, Lisa Bufo, Francine Cocchia, George Dougherty, Georgette Doyle, Christine Errin, Eileen Fox, Donna & Kirk Gillam, Patricia Green, Bradley Hopkins, P.A. & Joseph Jaroma, Mary Nickler, Stuart Perrone, Gian Singla, Katherine Stephens, Denise

JUNE BIRTHDAYS

1 Paige Ryan	5 Jane Jarrett	7 Loretta Bovell
7 Cindy Eastman	8 Marlene Castellano	8 Terry Cucchi
8 Linda Mand	11 Conne Doyle	11 Eileen Fox
11 Diana Hughes	12 Connie Zuecca	13 Joanie Pietrafitta
16 Jeanne Lane	16 Rita Mack	17 Kathy Paciello
18 Carol Campbell	19 Kathy Eveleth	19 Sally Kenney
20 Jacquelin Verderame	21 Carole Kenney	22 Andrew Pedlow
23 Jean Pullan	23 Jean Shust	24 Robert Jordon
26 Marylyn McCue	30 Katherine Orse	

THANK YOU CHRIS AND CATHY: We held our annual Tea Party Social on May 8. *Pictured right are sisters Chris Pappanastasiou and Cathy Tornetta who, along with our many volunteers, made it a very special Royalty-TEA party for our members.*



NEW - COMING THIS FALL: As a source of income, the Senior Center will be collecting used clothing and other items such as books, CD's, albums, shoes, small electrics. We are able to receive a payment based on the weight of the items. So, if you are planning to clear out unused items, please hold onto them until the fall when we announce the beginning of the collection period.

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VALLEY FORGE HOMESTEAD QUILTERS: This private charitable group has been offered use of the UMSSC Craft Room for making their "comfort quilts". They will be here the first Monday of the month between 9:30 AM and 3:30 PM. During this time, the Craft Room will not be available for member use.

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 A COUPLE OF SAMPLES OF THE HANDIWORK IS HANGING IN THE LOBBY AREA. THEIR KNITTING CONTRIBUTED TO THE DISTRIBUTION OF 57 BLANKETS FOR CANCER PATIENTS.*

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.*

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

LIONS CLUB OF AUDUBON/OAKS: There is a box in the lobby where we collect donations of useable glasses to repurpose for people who cannot afford to pay for glasses. If you have glasses that you no longer wear please consider donating them.

UM LIBRARY PROGRAMS FOR JUNE 2026

(CHECK OUR ONLINE CALENDAR FOR MORE

INFORMATION ABOUT THE PROGRAMS WE OFFER) *Call the library at 610-265-4805 or check www.umtownship.org/library for latest updates and to access our online access.*

Sangeetha will be at the center with her teen volunteers to help with your tech questions every Wednesday in June, July, & August at 12:00 PM. Please check with Ms. Shirley or Ms. Peggy for sign-up instructions.

The Upper Merion Township Library will have open tech hours Monday through Friday from 3 pm to 4 pm. No need to sign up, just walk in with your questions on your digital devices.

ADULT SUMMER READING PROGRAM: Starts Monday, June 15. Register, Read, and Review to win exciting prizes

HOME BUYING SEMINAR: Tuesday, June 2 at 6:30 PM. Join us for an informative Home Buying Seminar with local Realtor Kelly Steyn and mortgage expert Ryan Christiansen. Learn about today's market, financing options, and the home-buying process during this engaging presentation, followed by a short Q&A. Reserve your spot today!



TAKING THE CAPE OFF IN THE AGE OF AI: Wednesday, June 3 at 6:30 PM. Join Philadelphia-area author and leadership speaker Damon Lester for a community conversation on how artificial intelligence is changing the way we work and lead. Drawing from his book "Taking the Cape Off", Lester shares insights on using AI as a tool for growth while maintaining balance and avoiding burnout. A Q&A and book signing will follow the presentation.

REEL TALK: MOVIE CLUB: Monday, June 15, 2026 at 6:30 PM. Join Reel Talk each month for engaging conversations inspired by film. Vote for your favorite movie from a curated list, watch it on your own, then come ready to share your thoughts and insights. Enjoy lively discussion, fresh perspectives, and great company in a relaxed setting. Refreshments will be provided.

JANE AUSTEN PARTY FOR ADULTS: Wednesday, June 17, 2026 at 6:30 PM

Join us for a delightful Jane Austen-inspired evening featuring elegant crafts and charming conversation. Open to adults ages 18 and up.

UNEARTH A STORY DECODING MESSAGES IN ANCIENT EGYPTIAN ART - DR. STEVE'S PRESENTATION: Tuesday, June 23 at 6:30 PM. Join Dr. Steve for a fascinating exploration of ancient Egyptian art and the hidden messages woven into artifacts, sculpture, and jewelry. Discover how hieroglyphics brought these objects to life through stories and meaning in this engaging lifelong learning presentation. Open to all interested in history, archaeology, and ancient Egypt.

CLASSICS REVISITED: FRANKENSTEIN BY MARY SHELLEY:

Wednesday, June 24 at 6:30 PM. Join Ms. Susan for an engaging adult book discussion of Frankenstein as participants explore the novel's themes, historical context, and lasting impact on literature. Registered patrons will be notified when books are available for pick-up prior to the discussion.

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ONGOING PROGRAMS AT THE LIBRARY

(CHECK OUR ONLINE CALENDAR FOR MORE INFORMATION ABOUT THE PROGRAMS WE OFFER)

BOOK & BITES READING 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 p.m.)

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 DISABILITIE: Second and fourth Thursdays at 12:30 PM.

MAHJONG MEETUP MANIA: Every Thursday at 1:00 PM

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

REEL TALK: MOVIE CLUB: Third Monday of every month at 6:30 PM

KNIT NITE: Fourth Monday at 6:00 PM.

BOOK DISCUSSION: Saturday, June 20 at 10:30 AM. "The Nightingale" by Kristin Hannah.



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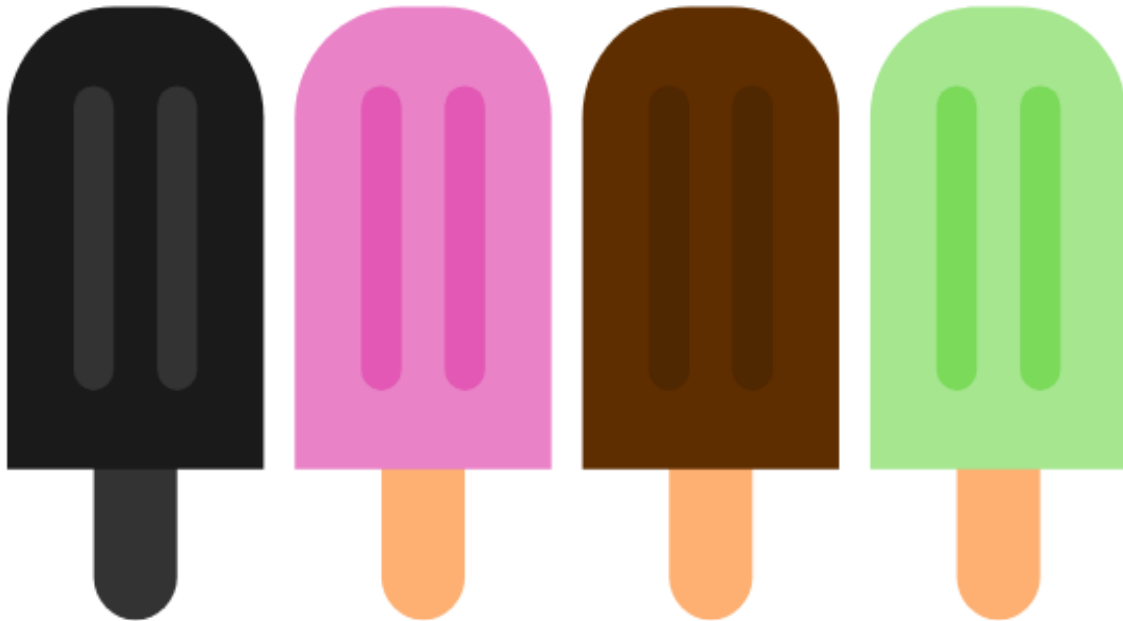
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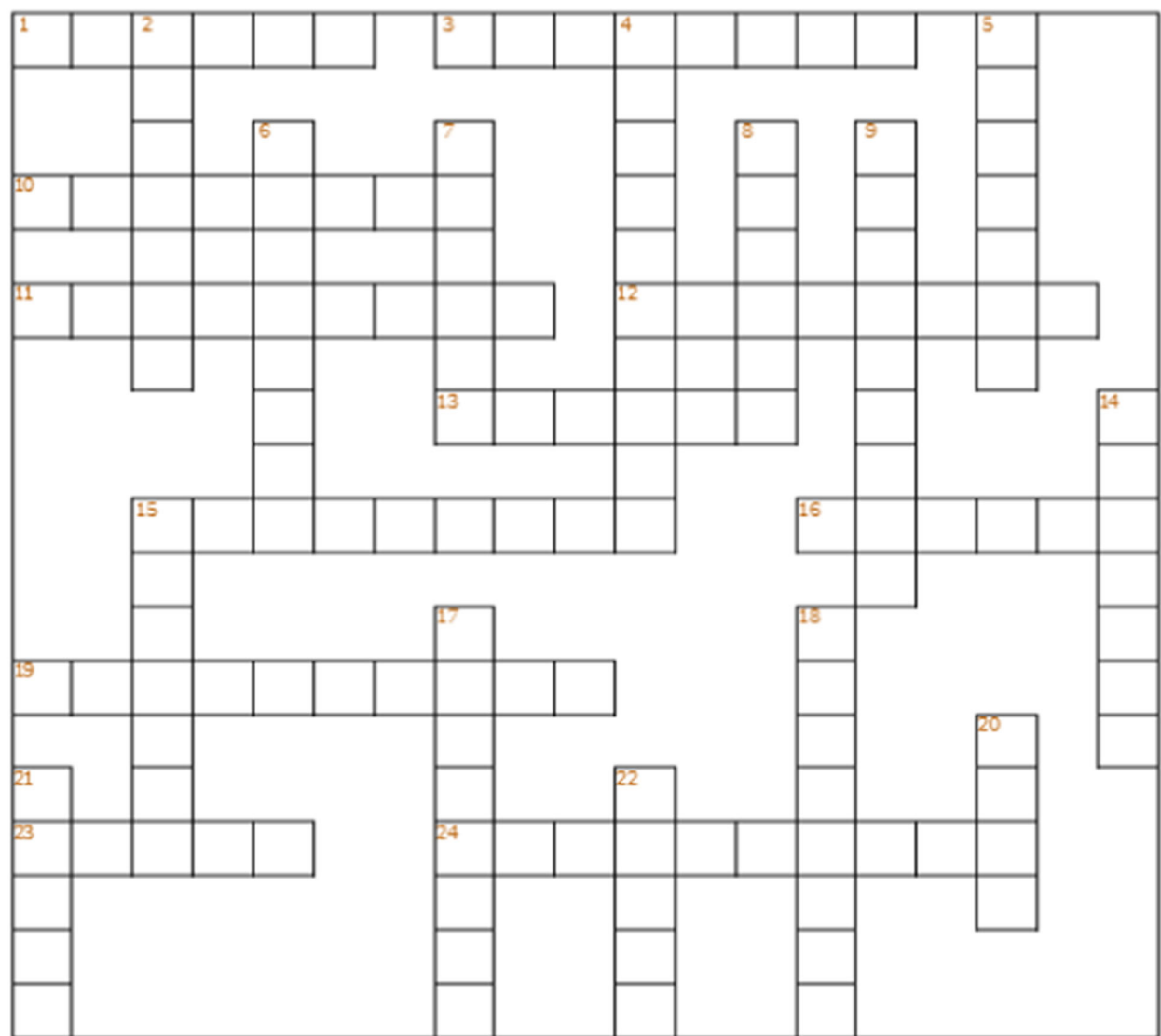
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 D U U I B U C Q D U M G N R B Z T N Y A Q P M B
 M N H L O G N T Z C W S Y N H Z A Q K R L V T F

- Mint chocolate chip
- Mocha almond fudge
- Cookies and cream
- Black raspberry
- Rainbow sherbet
- Birthday cake
- Toffee crunch
- Butter pecan
- Cookie dough
- Cotton candy
- Moose tracks
- Neapolitan
- Rocky road
- Strawberry
- Chocolate
- Pistachio
- Spumoni
- Vanilla
- Banana
- Coffee
- Peach



Sports



Across

- 1 On ice or a field
 3 Table tennis
 10 Game with netted sticks
 11 Grappling
 12 Racing in the water
 13 Downhill snow sport
 15 Played on a pool table
 16 Ball kicking game
 19 Bump, set, spike
 23 Scrum sport
 24 Shooting hoops

Down

- 2 Field game; also an insect
 4 Tumbling and acrobatics
 5 Two-wheeled racing
 6 Superbowl game
 7 Racket game
 8 _____ gloves
 9 Played with a birdie
 14 Mixed _____ Arts
 15 Played with pins
 17 America's pastime
 18 Baseball-like game
 20 Played with clubs
 21 _____ and Field
 22 _____ boarding

Any man can be a father, but it takes
someone special to be a DAD.



GRACIAS! THANKS! DANKE! MERCI!

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