

The Best of Times

MAY 2025

UPPER MERION SENIOR SERVICE CENTER



431 W. VALLEY FORGE ROAD

KING OF PRUSSIA, PA 19406

TELE: 610-265-4715

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The old saying is "April showers bring May flowers." I know my flowers are all starting to display their colors. Spring is also happening in the Senior Center Garden. Our gardening group members have been getting everything spruced up after the long winter months. The patio umbrellas are already up and waiting to shade you while you enjoy a snack or coffee. Take advantage.

I would like to highlight our monthly meditation session. I have participated a few times and feel many could benefit. Meditation is well known as a technique to reduce stress and anxiety. It may also help enhance your mood, promote healthy sleep patterns, and boost cognitive skills. Our instructor leads members through a meditation lasting approximately twenty minutes. She also fully explains breathing techniques at each session. Why not see if it could help you?

April was our well attended and successful Spring Craft Fair and Bake Sale. I would like to extend special thanks to Marion Wilkinson who organized the vendors and Carol Mellom who arranged the bake sale. Thank you to all who volunteered to help with the day of events as well as those who did all the delicious baking. Mark your calendars for the Fall Craft Fair on September 20.

The Open House and Expo was a fun event. It was wonderful to see so many of our members participate. We were able to provide prospective new members with a full view of all we have to offer with membership. I am happy to report that several of our visitors joined the Center.

Thank you to The Quilting Group for hanging many of their beautiful quilts in the Great Room for us all to admire. They are a great addition to the room.

Enjoy the coming spring season. Hope to see you around the Center.

Like and follow us on Facebook at umssc.org. See all of our posts on activities and upcoming events.

Sharon Brzoska, President

WHAT'S HAPPENING AT THE CENTER

THE SENIOR CENTER WILL CLOSE FOR MEMORIAL DAY FRIDAY, MAY 23 AND MONDAY, MAY 26.

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.

NOTICE: CHAIR YOGA IS CANCELLED ON MAY 16 AND JUNE 6.

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MAY 2025 HAPPINESS IS FOUND WITHIN YOURSELF

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 9-3 WALK THE TRACK 10:15 BINGO 11:45 FUN & FITNESS 1:00-3:00 OPEN GAME ROOM	2 9-3 WALK THE TRACK 9:15 CHAIR YOGA 10:30 SING-A-LONG 1:00 -2:30 TRIVIA	3
4	5 9-3 WALK THE TRACK 11:00 CURRENT EVENTS(ALSO ZOOM) 12-3 ART GROUP 12:30 MEXICAN TRAIN 1:00 POKER	6 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	7 9-3 WALK THE TRACK 12:00 NEIGHBOR ON ZOOM 12:00 TECH HELP 12:30 CANASTA 12:30 LINE DANCING 1:00-3:00 OPEN GAME ROOM 1:45 DIABETES PROGRAM (make up snow day 2/12)	8 9-3 WALK THE TRACK 9:45-12 NURSE 10:15 BINGO 11:45 FUN & FITNESS 12:45 SAFE GARDENING/ LAWN TIPS 1:00-3:00 OPEN GAME ROOM	9 9-3 WALK THE TRACK 9:15 CHAIR YOGA 10:30 SING-A-LONG 1:00 -2:30 TRIVIA	10
11 	12 9-3 WALK THE TRACK 11:00 CURRENT EVENTS (ALSO ZOOM) 12:00 MONDAY MATINEE-APOLLO 13" 12-3 ART GROUP 12:30 MEXICAN TRAIN	13 9 -3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:45 FUN & FITNESS 12:45 PINOCHLE 12:45 BAND PRACTICE	14 9-3 WALK THE TRACK 12:00 NEIGHBORS ON ZOOM 12:30 CANASTA 12:30 LINE DANCING 1:00-3:00 OPEN GAME ROOM	15 9-3 WALK THE TRACK 10:00 GARDEN CLUB WORKING MEETING 10:15 BINGO 11:45 FUN & FITNESS 12:45 COFFEE WITH A COP 1:00-3:00 OPEN GAME ROOM	16 9-3 WALK THE TRACK 9:15 CANCELLED - CHAIR YOGA 10:30 SING-A-LONG 1:00-2:30 TRIVIA	17 ARMED FORCES DAY 
18	19 9-3 WALK THE TRACK 11:00 CURRENT EVENTS(ALSO ZOOM) 12-3 ART GROUP 12:30 MEXICAN TRAIN 1:00 BOOK TALK 1:00 POKER	20 9 -3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:45 FUN & FITNESS 12:45 PINOCHLE 12:45 BAND PRACTICE	21 9-3 WALK THE TRACK 9:45 MEDITATION 12:00 NEIGHBOR ON ZOOM 12:00 TECH HELP 12:30 CANASTA 12:30 LINE DANCING (last class until Sept) 1:00-3:00 OPEN GAME ROOM	22 9-3 WALK THE TRACK EXCURSION -SHOFUSO JAPANESE GARDENS 10:15 BINGO 11:45 FUN & FITNESS 1:00-3:00 OPEN GAME ROOM 1:00 QUILTING	23 CLOSED FOR MEMORIAL DAY HOLIDAY	24
25	26  CLOSED FOR MEMORIAL DAY	27 9 -3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:45 FUN & FITNESS 12:45 PINOCHLE 12:45 BAND PRACTICE	28 9-3 WALK THE TRACK 12:00 NEIGHBORS ON ZOOM 12:30 CANASTA 12:30 LINE DANCING(on hiatus until Sept) 1:00-3:00 OPEN GAME ROOM	29 9-3 WALK THE TRACK 10:15 BINGO 11:45 FUN & FITNESS 1:00-3:00 OPEN GAME ROOM	30  12-2 PM ALL ACTIVITIES CANCELLED	31

JUNE 2025 TENTATIVE AS OF 5/20

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 TENTATIVE AS OF 5/20 SUBJECT TO CHANGE	2 9-3 WALK THE TRACK 11:00 CURRENT EVENTS(ALSO ZOOM) 12-3 ART GROUP 12:30 MEXICAN TRAIN 1:00 POKER	3 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 9-3 WALK THE TRACK 12:00 NEIGHBOR ON ZOOM 12:00 SMARTPHONE MADE SIMPLE 12:30 CANASTA 12:30 LINE DANCING(on hiatus) 1:00-3:00 OPEN GAME ROOM	5 9-3 WALK THE TRACK 10:15 BINGO 11:45 FUN & FITNESS 1:00-3:00 OPEN GAME ROOM	6 9-3 WALK THE TRACK 9:15 CHAIR YOGA CANCELLED 10:00 COFFEE WITH A BOARD MEMBER 10:30 SING-A-LONG 1:00 -2:30 TRIVIA	7
8 	9 9-3 WALK THE TRACK 11:00 CURRENT EVENTS(ALSO ZOOM) 12:00 MONDAY MATINEE 12-3 ART GROUP 12:30 MEXICAN TRAIN	10 9 -3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:45 FUN & FITNESS 12:45 PINOCHLE 12:45 BAND PRACTICE	11 9-3 WALK THE TRACK 11:30 GENERAL MEETING AND ANNUAL PICNIC FOR THOSE ATTENDING THE MEETING 12:00 NEIGHBOR ON ZOOM 12:30 CANASTA 12:30 LINE DANCING (on hiatus) 1:00-3:00 OPEN GAME ROOM 1:45 DIABETES PROGRAM	12 9-3 WALK THE TRACK 9:45-12 NURSE 10:15 BINGO 11:45 FUN & FITNESS 1:00-3:00 OPEN GAME ROOM	13 9-3 WALK THE TRACK 9:15 CHAIR YOGA 10:30 SING-A-LONG 1:00 -2:30 TRIVIA	14 
15 	16 9-3 WALK THE TRACK 11:00 CURRENT EVENTS (ALSO ZOOM) 12:45-3 ART GROUP(note time) (ON HIATUS) 1:00 BOOK TALK 1:00 POKER	17 9 -3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:45 FUN & FITNESS 12:45 PINOCHLE 12:45 BAND PRACTICE	18 9-3 WALK THE TRACK 9:45 MEDITATION 12:00 NEIGHBORS ON ZOOM 12:00 SMARTPHONE MADE SIMPLE 12:30 CANASTA 12:30 LINE DANCING (ON HIATUS) 1:00-3:00 OPEN GAME ROOM	19 9-3 WALK THE TRACK 10:15 BINGO 11:45 FUN & FITNESS 1:00-3:00 OPEN GAME ROOM	20 9-3 WALK THE TRACK 9:15 CHAIR YOGA 10:30 SING-A-LONG 1:00-2:30 TRIVIA FIRST DAY OF SUMMER 	21
22	23 9-3 WALK THE TRACK 11:00 CURRENT EVENTS(ALSO ZOOM) 12-3 ART GROUP 12:30 MEXICAN TRAIN	24 9 -3 WALK THE TRACK 10:00-11:30 RUMMIKUB 11:45 FUN & FITNESS 12:45 PINOCHLE 12:45 BAND PRACTICE	25 9-3 WALK THE TRACK 10:00 BUCKS COUNTY EXCURSION 12:00 NEIGHBOR ON ZOOM 12:00 SMARTPHONE MADE SIMPLE 12:30 CANASTA 12:30 LINE DANCING (on hiatus) 1:00-3:00 OPEN GAME ROOM	26 9-3 WALK THE TRACK 10:15 BINGO 11:45 FUN & FITNESS 1:00-3:00 OPEN GAME ROOM 1:00 QUILTING	27 9-3 WALK THE TRACK 9:15 CHAIR YOGA 10:30 SING-A-LONG 1:00-2:30 FARMERS MARKET VOUCHER PROGRAM 1:00-2:30 TRIVIA	28
29	30 9-3 WALK THE TRACK 11:00 CURRENT EVENTS(ALSO ZOOM) 12-3 PAINTING GROUP 12:30 MEXICAN TRAIN					



NOTICE: MEXICAN TRAIN IS ON HIATUS FOR THE SUMMER. LAST CLASS WILL BE MAY 19. CLASS WILL RESUME IN THE FALL.

NOTICE: LINE DANCE IS ON HIATUS FOR THE SUMMER. THE LAST CLASS WILL BE MAY 21. CLASS WILL RESUME IN THE FALL.

BOARD MEETING: TUESDAY, MAY 6 AT 10:00 AM

TECH HELP: Sangeetha will be here WEDNESDAYS, MAY 7 and 21 at 12:00 PM. Get help with your tech problems and questions.

BLOOD PRESSURE CHECK: THURSDAY, MAY 8 from 9:45 AM to 12:00 PM. Have your blood pressure checked by MLH Nurse Tracey.

SAFE GARDENING/LAWN TIPS: THURSDAY, MAY 8 AT 12:45 PM. Lauren Moll from Phoenix Physical Therapy will give presentation on techniques and muscle joint protection while gardening.

MONDAY MATINEE: MONDAY, MAY 12 AT 12:00 PM. This month's movie selection "APOLLO 13" starring Tom Hanks, Bill Paxton and Kevin Bacon dramatizes the aborted 1970 Apollo 13 mission and its crew's struggle to survive in space.

COFFEE WITH A COP: THURSDAY, MAY 15 at 12:45 PM. Join the conversation about safety in your community with an Upper Merion Police Officer.

BOOK TALK: MONDAY, MAY 19 AT 1:00 PM. This month's book is "The First Ladies" by Marie Benedict and Victoria Christopher Murray.

MEDITATION PROGRAM: Will be held the 3rd Wednesday of each month (MAY 21) at 9:45 AM to 10:30 AM. The pay as you go fee is \$2.00 per session.

SHOFUSO JAPANESE GARDENS AND TEA TASTING: THURSDAY, MAY 22 AT 10:00 AM. Shofuso is a traditional-style Japanese house and garden in Fairmount Park, reflecting the history of Japanese culture in the city. This is a car pool excursion. When signing up, please advise if you are willing to be a driver. Cost: Members \$25.00 and Non-members \$30.00. Meet at upper pool parking lot at 10:00 AM.

AFTERNOON TEA PARTY (PINKYS UP): FRIDAY, MAY 30 FROM 12:00-2:00 PM. Tickets \$10.00. Sales begin Friday, May 2 until Thursday, May 22. Enjoy an offering of tea, wonderful tea sandwiches and other tasty morsels. Hat contest. Door prizes. 50/50 drawing. Bring your favorite tea cup. *ALL OTHER ACTIVITIES CANCELLED ON THIS DAY.*

SMARTPHONE MADE SIMPLE: Every Wednesday in June from 12:00 PM to 1:00 PM. A friendly, hands-on session all about using your smartphone. Whether you're just getting started or want to feel more confident with calls, texts, apps, and settings, this class is for you! Participants must be members of the Senior Center. Bring your phone and your questions — Sangeetha will be there to guide you every step of the way.

TICKETS ON SALE NOW: BUS TRIP TO HISTORIC NEW HOPE AND BUCKS COUNTY PLAYHOUSE showing of "LEADER OF THE PACK MUSICAL". WEDNESDAY, JUNE 25 10:00 AM. Lunch on your own. Bus departs 10:00 AM from UM Township Building rear lower parking level. *TICKETS \$80.00 UMSSC MEMBERS ONLY.*



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!



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2025 SENIOR FARMERS MARKET NUTRITION PROGRAM

(SFMNP): Will be available at the Senior Center FRIDAY, JUNE 27 FROM 1:00 - 2:30 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 2025, 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.

All information is self-declared, so no documentation or identification is required. This is a one-time annual benefit.

AARP SAFE DRIVER COURSE: There is an "interest only" *sign up sheet* for the AARP Safe Driver Course. If you are interested in attending, put your name on the list. You should check with your car insurance carrier to verify how much of a discount you would receive by taking this course. A date has yet to be decided.

INTRODUCING A NEW ACTIVITY: The Senior Center has been offered use of the bocce ball court by the Community Center. It is located up by the pool. We will be putting an "interest only" sign up sheet out for those who would like to play. No day or time has been set but once enough interest has been established it will be posted. *There will be a meeting to discuss on Wednesday, May 7 at 11:00 AM.*

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BIRTHDAYS IN MAY

5/2 David Newman
5/3 Lorraine Rensman
5/4 Barbara Spencer
5/6 Joan DiNenno
5/8 Michelle Goodsir
5/8 Marsha Wagner
5/9 Patty Houseal
5/9 Shirley Robey
5/10 Rosemary Marcelis
5/11 Carole Silverman

5/13 Karen Kirpan
5/13 Jeffrey Mand
5/14 Linda Fink
5/15 Joyce Hankin
5/16 Trudy Lauro
5/16 Shirley Massino
5/19 Robert Mack
5/19 James Nuss
5/19 Farideh Rasoli
5/20 Maureen Yin

5/21 Janice Barbato
5/22 Jon Garzillo
5/24 Janet Weaver
5/25 Kathy Dutkiewicz
5/25 Ken Nichols
5/25 Sandy Seghetti
5/27 Marlene Iannuzzelli
5/27 Linda Jarosz
5/28 Jim Bono
5/30 Joseph LaPenna, Jr.
5/31 Steven Reisert

WELCOME NEW MEMBERS:

Please join the Board and staff to acknowledge and make welcome our new members. Welcome to: Charlie Barber, Cynthia Burke, Debra Cane, Cynthia Christie, Rikki Cooperman, Kathy & Dave Forney, Stella Feldman, Gail Forster, Jon Garzillo, Gail Hough, Karen Kirpan, Marie Kraus, Rose Marie Krizovensky, Veronica Kull, Abbe Longman, Cecelia & William Murphy, Debbie O'Brien, Katherine Orse, Joanie Pietrafitta, Sandra Pietrafitta, New Rochelle Rosenberg, Geni Roskos, Pam and David Satterfield, Lisa Scaperotto, Lonnie Sebastian, Thomas Swift, and Marsha Wagner.

THE ART GROUP enjoyed dinner on **"GIVE BACK NIGHT"**. Our thanks to Peppers by Amedeo's Restaurant for supporting the Senior Center.



SPECIAL EVENTS - A LOOK AHEAD

MAY

- Thursday, May 22, 2025 Shofuso Japanese Tea House
- Friday, May 30, 2025 Tea Party

JUNE

- Wednesday, June 11, 2025
(General Meeting) with picnic following
- Wednesday, June 25, 2025 Buck County Playhouse

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)

DECEMBER

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

- 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.**

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





Italian Restaurant and Bar

Live Music

Thursday-Sunday

Corporate Meetings

Private Parties

Trivia Nights

Happy Hour

Class Reunions

Funeral Luncheons



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UM LIBRARY PROGRAMS FOR MAY 2025

Call the library at 610-265-4805 or Check www.umtownship.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 at www.umtlibrary.libcal.com

Ongoing Program at the Library. Check our online calendar for more information about the programs we

SILENT BOOK CLUB: First Monday of every month from 6:00 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 Pm: Every Thursday Of The Month At 6:00 PM

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

KNIT NITE: 4th Monday at 6:00 PM.

MAY LIBRARY HIGHLIGHTS:

MONTHLY BOARD GAME EXPLORERS: Unveiling a New Game - The Castles of Burgundy, Monday, May 12 At 6:30 PM

Book Discussion: Great Circle by Maggie Shipstead: Saturday, May 17 at 10:30 AM

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Memorial Day

Last Monday in May



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DECORATION
FALLEN
FLAGS
FLOWERS

FREEDOM
GRAVE
HALF MAST
HEROES
HOLIDAY
HONOR
MAY
MEMORIAL
OBSERVANCE

PATRIOTIC
REMEMBRANCE
SACRIFICE
SALUTE
SERVICE
SOLDIERS
TAPS
VETERANS
WAR

Happy Mother's Day

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

WATCHING TV TOGETHER
HAPPY MOTHERS DAY
MOTHERS DAY OFF
BEDTIME STORY
MOTHER GOOSE
LISTENING
HOMEWORK
BROWNIES
CUPCAKES
CHILDREN
COOKING
SMILING
HELPING
COOKIES
FLOWERS
BAKING
KISSES
CARING
LULABY
MOTHER
LAUGH
HAPPY
CANDY
CAKE
HUGS
READ
BABY
SING
LOVE
CARD



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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