

The Best of Times

OCTOBER 2023



UPPER MERION SENIOR SERVICE CENTER

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/>

Welcome to October. It's time to get the fall decorations out of storage, buy pumpkins and don't forget the candy for the Trick or Treaters on Halloween. Don't forget to check out our fall decorated tree in the lobby.

I hope you enjoyed the summer and all the activities at the Senior Center. The *Mocktail and Appetizer* was a wonderful gathering. I couldn't believe all the yummy appetizers our members brought to the party. A big thank you to our bartenders and the volunteers who arranged the event. We had wonderful entertainment from Quincy Lancto. If you missed it, there was a little dancing and our band member Tony stepped in to play his drums for a few songs.

Our Big Bingo is coming up on Sunday, October 22. This is an important fund raiser for us so plan to attend and join in the fun. We are always looking for volunteers to help so think about getting involved and helping.

One newest activity on Fridays is Trivia. Check it out and test your knowledge and memory. There are plans for more presentations in the next few months so check the calendar and plan on participating.

Don't forget to mark your calendars for our annual holiday luncheon on Friday, December 15.

Hope you are enjoying the cooler days of October. See you around the Center.

Sharon Brzoska, President

WHAT'S HAPPENING AT THE CENTER

Please refer to the monthly calendar for all *OCTOBER* activities. Contact anyone in the office if you have questions. For activities conducted or available on *Zoom* you must call the office and provide your email address to receive the zoom link.

SAVE THESE DATES

BIG BINGO - SUNDAY OCTOBER 22

ANNUAL HOLIDAY PARTY - FRIDAY DECEMBER 15

CALL FOR NOMINATIONS

We are now calling for nominations for 2024 elections of UMSSC Officers and Board Directors. We will be electing members for President, Vice President, Secretary and Treasurer (one year terms) and Board of Directors (three year terms). Please submit your suggestions for qualified candidates to the *Nominating Committee: Peggy Ford or Shirley Robey*. "Submit" means you have spoken with the person you want to nominate to get their consent. Once you have their consent please fill out a nomination form and ***have the nominee sign it***. (Nomination forms are available at the center or on the UMSSC website under "forms"). ***Please give this important election some thought. Nominations must be received by November 3.***

FLU SHOTS: Tuesday, October 3 and Thursday, October 5 From 10:00 AM to 1:00 PM. Kim Riley, a pharmacist from Giant, will be administering the flu shot and may also have the RSV and COVID shots to offer. ***If you have not received and would like to get the shingles vaccine, they will also be available on these dates. Shingles***

is a two shot vaccine, so you will have to schedule your second shot with the pharmacist. Also, remember to bring your Medicare and Part D prescription card with you. You must complete and sign a consent form now available in the staff office.

TECH HELP: Sangeetha will be at the Center the 1st and 3rd Wednesday of the month @ 12:00 PM. (October 4 and October 18). Meet in the Computer Room.

MONDAY MATINEE: Monday October 9 at 11:30 AM. Movie is "A Man Called Otto" starring Tom Hanks. When a lively young family moves in next door, grumpy widower Otto Anderson meets his match in a quick-witted, pregnant woman named Marisol, leading to an unlikely friendship that turns his world upside down

BLOOD PRESSURE CHECK: Thursday, October 12 from 9:30 to 12:00 PM. Have your blood pressure checked by MLH Nurse Tracey. Along with Tracey we will have a nutritionist to speak with those interested.

BOOK TALK: Monday, October 16 at 1:00 PM. Group will be reading "The Library Book" by Susan Orleans. After moving to Los Angeles, Susan Orleans became fascinated by a mysterious local crime that has gone unsolved since it was carried out on the morning of 29 April 1986: who set fire to the Los Angeles Public Library, ultimately destroying more than 400,000 books, and perhaps even more perplexing, why? Filled with heart, passion and extraordinary characters, The Library Book discusses the larger, crucial role that libraries play in our lives.

FOOT CARE PRESENTATION: Thursday, October 19 from 12:45 PM to 1:45 PM. Amanda Sternberg, P.T. from Main Line Health will present on common foot conditions, how to care for and protect feet, considerations for feet and diabetes and how to select footwear.

COFFEE AND CONVERSATION WITH A COP: Monday, October 23 at 12:30 PM. Meet and talk with Officer Glenn Muntzer.

PROJECT LINUS – YARN NEEDED

*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. **A TOTAL OF 73 BLANKETS WERE DONATED THIS SUMMER! THIS MEANS WITH EACH BLANKET 73 PEOPLE HAVE BEEN SHOWN THEY ARE CARED ABOUT. WAY TO GO KNITTERS!***

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.*

UPCOMING EXCURSION

IF REQUIRED, PAYMENT MUST BE PRESENTED WHEN YOU REGISTER FOR A TRIP.

PEDDLERS VILLAGE (CAR POOL): FRIDAY, OCTOBER 27 (NO COST)

UPCOMING EXCURSIONS FOR 2024 (TENTATIVE)

MARCH 2024 - BUBE BREWERY MURDER MYSTER THEATER (VIA BUS)

APRIL 2024 - LITITZ & WOLF SANTUARY (CAR POOL)

MAY 2024 - WEST LAUREL HILL CEMETERY (CAR POOL)

JUNE 2024 - ANDALUSIA HOUSE & GARDENS (CAR POOL)

OCTOBER 2024 - JIM THORPE (CAR POOL)

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

BIRTHDAYS IN OCTOBER

10/2 Elaine Cooke
10/4 Edward Carter
10/4 Judy Thomas
10/7 Marcia Sulkes
10/8 Marilyn Behal
10/8 Maria Cassidy
10/8 Harper Meek
10/10 Ejvind Hansen
10/10 Thomas Harrington

10/10 Beverly Samuel
10/13 Stella Lyons
10/14 Jonathan Edwards
10/15 Peggy Ford
10/17 Erik Ruppe
10/19 Anne Helenski
10/20 Lee Seymour
10/21 James Green

10/21 Stephen Wolfhope
10/22 Sally McDonough
10/23 George Evangelopoulos
10/23 Jean Olexy
10/25 Jennie Angelina
10/27 Phyllis Bale
10/27 Elaine Kobialka
10/29 Deb Samuel

SPOTLIGHT ON: UMSSC BOARD MEMBERS

This monthly Spotlight series will introduce you to our current Executive Board and Board Directors as an opportunity to know them better.

LEONARD DEBOSE: Leonard became a member in 2022 and was elected to the Board of Directors not long after.



Upon recovering from a lengthy illness and time spent in the hospital, he decided it was time to get active again. He had worked as a Field Rep Water Inspector for the City of Philadelphia Water Department for 32 years and retired in 1988. He also served in several capacities for the AFSCME Union for 19 years. Leonard and his wife, Florence, have lived in King of Prussia for 24 years. They have 5 children (2 deceased), 9 grandchildren and 8 great-grandchildren. His family lives all across the U.S. He enjoys reading, walking and exercising. He took our Tai Chi course in August and also participated in a Self Defense course at the Community Center. Since he travelled so much for business, his desire to travel now is not great. However, he would like to visit Yosemite National Park. We hope that he gets to travel there one day soon.

CINDY EASTMAN: Cindy Eastman is the Vice President on the Board of Directors of UMSSC. She, and her husband



Danny, joined the Senior Center in 2012. Cindy's mother, the late Ruth Shand, was also a member of the Senior Center and served on the Board of Directors. Guess you could say Cindy is following in her mother's footsteps. Cindy loves meeting new people and enjoys quite a few activities at the Center. She enjoys line dance and bingo and likes to encourage others to become members. Cindy is this year's chairperson of the Annual Big Bingo game and volunteers to help out at other special events. Cindy gets satisfaction doing for others and keeping busy. While on a vacation, Cindy was able to overcome her fear of heights by cliff jumping into the Caribbean. It was a 35 -foot cliff - wow! After that you would probably fear nothing.

When not jumping off cliffs, she enjoys a less daring life of reading, walking and getting plenty of exercise. She also enjoys binge watching cable shows like Virgin River and Outlander. One item Cindy cannot live without is her phone. Guess that's true for a lot of us. Her favorite dinner out meal is Filet Oscar, which is filet mignon topped with crabmeat and asparagus and Lemon Drop Martinis. Sounds delicious! Cindy plans one day to visit Narin, Scotland which is the birthplace of her father. Of course, Scotland is a beautiful country and how exciting to be able to visit and meet her extended family and discover the history of her ancestors.

DID YOU KNOW? FIRE PREVENTION WEEK IS OCTOBER 8 - 14

SMOKE ALARM IS A LIFE SAVING TOOL!

Smoke is responsible for three out of four deaths in the United States.

- ✓ Install smoke alarms on every level of your home, and inside of sleeping area.
- ✓ Test every alarm at least once a month. See your instruction book for the location of the test button.
- ✓ Keep smoke alarms dust free.
- ✓ Change the alarm battery twice a year unless the alarm has a 10-year battery.
- ✓ If you have a smoke alarm directly wired into your electrical system, be sure that the little signal light is blinking periodically. This tells you that the alarm is active.
- ✓ Inexpensive smoke alarms are available for the hearing impaired.

SMOKE ALARM INSTALLATION HOTLINE: 484-636-3945

Working smoke alarms save lives! Any Upper Merion Township resident who needs a smoke alarm can call our 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 our Department of Public Safety will schedule an installation with you during business hours, Monday to Friday from 6:00 AM to 6:00 PM.

All smoke alarms are FREE to Township residents. Upper Merion Township has partnered with the American Red Cross on this life-saving initiative.

UM LIBRARY PROGRAMS FOR OCTOBER 2023

(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.)

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: 4th Monday at 6:00 PM.

GARDENING WORKSHOP - PENN STATE MASTER GARDENER PRESENTATIO: Monday, October 2 at 6:30 PM. Presenter: Thom Mrazik - Penn State Volunteer Gardener. Fall is a good time to plant shrubs. Learn about flowering shrubs that reveal additional ornamental features, such as interesting form, foliage, fragrance, showy fruit and stems/bark. Registration is recommended.

BREAKING NEWS! A REVIEW OF NEW DISCOVERIES FROM ANCIENT EGYPT": Monday, October 9 at 6:30 PM. Presentation by Dr. Steve. This behind-the-scenes presentation brings these new discoveries to light, including: a lost city near the Valley of the Kings, tombs at Saqqara containing over 250 mummies and well-preserved coffins, the best-preserved embalmer's workshop ever found, a spectacular rock-cut tomb dating to the age of the pyramids found near the Step Pyramid at Saqqara, and much more. The talk is illustrated with numerous photographs of each new discovery, and we will see examples of the stunning artifacts that each contained.

BOOK TALK WITH LAYA MARTINEZ: Monday, October 23 at 6:30 PM. Join us for a reading of "When Your Family Says No," a captivating memoir by author Laya Martinez! Laya's moving story is one for the ages—a tale of forbidden love within a sheltered Orthodox Jewish community. Her enduring courage and determination to make her own life choices is an inspiration to all those who may be grappling with secrets of their own. Q&A session to follow after the reading. Don't miss the chance to connect with a truly trailblazing individual! Autographed copies of "When Your Family Says No" will be available for purchase.

PUMPKIN TRIVIA (answers on last page)

1. About how many seeds are in each pumpkin?
 - a. 750
 - b. 200
 - c. 500
 - d. 150
2. True or false: All pumpkins are orange?
3. What is only continent where pumpkins cannot be grown?

4. The tradition of carving a pumpkin is believed to come from what country?
 - a. Ireland
 - b. Germany
 - c. Czechoslovakia
 - d. Sweden
5. The world's heaviest pumpkin weight how many pounds?
 - a. 578
 - b. 5,251
 - c. 1,812
 - d. 2,624
6. True or false: Pumpkins are 90% water
7. Are pumpkins a fruit or a vegetable?
8. The largest pumpkin pie ever made weighed how many pounds?
 - a. 23
 - b. 97
 - c. 125
 - d. 350
9. Pumpkins have been grown in America for how many years?
 - a. 500
 - b. 1,000
 - c. 5,000
 - d. 10,000
10. What city proclaims itself the pumpkin capital of the world?
 - a. Dublin, Ireland
 - b. Anchorage, Alaska
 - c. Morton, Illinois
 - d. Albany, Georgia



WORD SEARCH

CRIME SCENE

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

ACCOMPLICE, ALIBI, ARREST, BAIL, CHARGE, CLUE, COPS, CRIME,
CRIMINAL, CROOK, DETECTIVE, EVIDENCE, EXTORTION, FELON, FINE, FORGERY,
FRAUD, FUGITIVE, GANGSTER, GUILTY, HOMICIDE, HOODLUM, ILLEGAL,
INNOCENT, JAIL, JUDGE, JURY, LARCENY, LAWYER, MOBSTER, OFFICER,
OUTLAW, PATROL, PENALTY, PERPETRATOR, POLICE, PRISON,
PRIVATE EYE, PROOF, ROBBER, SHERIFF, SLEUTH, SUSPECT,
THIEF, WITNESS.

*Be loving and kind, have fun and celebrate.
Stay safe and keep others safe.
Have a spooky Halloween!*



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.

PUMPKIN TRIVA ANSWERS:

1. 500 SEEDS
2. FALSE (ALSO RED, YELLOW, GREEN)
3. ANTARCTICA
4. IRELAND
5. 2,624 LBS
6. TRUE
7. FRUIT
8. 2,020 LBS. (9/25/2010 NEW BREMEN, OH)
9. 5,000
10. MORTON, IL