

December 2015

**3ND ANNUAL
CHRISTMAS
PARTY**

**\$3.00
donation**

**Thursday,
December 17th
12:30 p.m.**

**RSVP by
Monday, December 14th
Call 215.679.6550 or email Evet
at volunteers@theopenlink.org**

**You're Invited for
Dessert & Fellowship
at The Center**

Barry Lee, Classic Country
Music guitarist, will provide
our entertainment for
the afternoon.

Special Appearance by Santa

Demonstrations by our
Line Dancers





Presentation by Teri Wassel, M.S.,R.D.,
Montgomery County Health Department

Osteoporosis and You

What is osteoporosis and are you at risk?

Osteoporosis is a silent disease that effects BOTH men and women. Help your bones stay as healthy and strong as possible. Learn more about osteoporosis and what you can do to lower your risk.

Friday, December 11, 2015

1:00 p.m. - 2:00 p.m.

THE CENTER



517 Jefferson Street · East Greenville, PA 18041

Healthy Eating for Healthy Bones

A cooking demonstration is included as part of this presentation.



Please RSVP by December 7th: Call 215.679.6550
or email Evet at volunteers@theopenlink.org.

www.theopenlink.org



- FREE Presentation -
Nutrition Series: Part 2 of 4



Opening Doors, Linking Communities, Helping Neighbors Flourish

Main Office
452 Penn Street
Pennsburg, PA 18073
215.679.4112
www.theopenlink.org

Dear Friend:

The Open Link has been serving your neighbors in the Upper Perkiomen Valley for 40 years.

I write today to ask you to help your neighbors flourish! Please give to our 2016 Annual Appeal!

Forty percent of The Open Link's income comes from federal, state, and county governments. This income is increasingly unstable! Now, more than ever, we need your support to help your neighbors in need.

"Places like The Open Link offer hope, not just help." ~ Crystal

Crystal is an energetic single mom taking care of her six-year-old daughter, as well as the two young sons of her friend who is living at a women's shelter. She couldn't bear to let the boys - 2 years and nine-month-old - be placed into foster care.

Crystal is unemployed. She relies on The Open Link for job search help as well as our food pantry. In addition to food, she gets household items such as diaper cream and laundry detergent. These products help her stretch her budget to cover her bills, including her daughter's extensive medical bills. "I'm making it through because The Open Link is here for me." Give the gift of hope!

"All of my family is gone now; this is my family!" ~ Donna

Every day your donations help your older neighbors, like Donna, continue to thrive and maintain their independence. At The Center they enjoy activities to stay active and healthy. But that's not all! Last year, 70 community volunteers distributed 20,000 meals to homebound seniors. Give the gift of independence!

Each year your gift helps 3,000 of your neighbors live better lives.

That is why I am asking for your help. Please support The Open Link in these uncertain times with your gift today.

Your donation at any level is greatly appreciated!

And please consider giving at one of our new society levels:

Table with 4 columns: Amount, Society Name, Amount, Society Name. Includes categories like \$1000+ The Family Society, \$999-\$500 The Friends Society, etc.

Please help us to build on 40 years of serving your community. Questions? Please contact us at stuartb@theopenlink.org or 215-679-4112.

Thank you for your thoughtful consideration.

Thank you

For Your Past and Future Support of The Open Link.

This year we are recognizing those of you giving at higher levels in four giving societies:

- List of giving societies and amounts: \$1000+, \$999-\$500, \$499-\$250, \$249-\$100, Up to \$100.

Sincerely,

Handwritten signature of Stuart Bush

Stuart Bush
Executive Director

To be eligible for membership in a giving society your donation must be received by January 15, 2016.

2016 Annual Appeal

Name (s)
Address
City
State
Zip Code
Email
Phone

I am pleased to support The Open Link. Enclosed is a gift of

Form with checkboxes for donation amounts: \$1000 Family Society, \$500 Friends Society, \$250 Neighbors Society, \$100 Hometown Society, \$50, \$25, Other.

To make a monthly contribution or pay by credit card, please visit www.theopenlink.org.

Thank you for your continued support!

The Open Link may publish my name and donation level in publications unless I check the box below. I wish to remain anonymous.

Please make checks payable to The Open Link.

All contributions are tax-deductible as allowed by law. The Open Link is a tax exempt corporation under Internal Revenue Code Section 501 (c) (3)

HEALTH AND WELLNESS PROGRAMS OFFERED AT THE CENTER

Women On Weights



GET STRONGER WITH US!
Tuesdays & Thursdays
10:00 a.m.
\$2.00 per class

WALKERCISE

Every Monday
and Wednesday
9:00 a.m.



Join our ladies, stretch those
early morning muscles, and enjoy
some spirited conversation
to pass the time!

TAI CHI

Tuesdays & Thursdays

\$2.00 per class



11:00 a.m.

JOIN OUR HEALTH & WELLNESS PROGRAMS TODAY!

Our classes are rejuvenating AND fun!

For more information about any of these programs,
please call 215.679.6550 or

email Evet at volunteers@theopenlink.org.

**DON'T LET
ANYTHING
SLOW YOU
DOWN.**

Beginner Yoga

When some people think of yoga, they imagine having to stretch like a gymnast. That makes them worry that they're too old, unfit, or "tight" to do yoga.

The truth is you're never too old to improve flexibility.

Please join us for our newest health and wellness class at The Center!

For more information or to RSVP, please call 215.679.6550 or email Evet at volunteers@theopenlink.org.



Wednesdays
9:30 a.m. to 10:30 a.m.
Only \$2.00 per class!



Line Dancing for Beginners

Fridays ~ 10:00 a.m.

No experience - NO PROBLEM!

Can't remember the steps - NO PROBLEM!

Jane will go through the routine each time and keep you on track. Join us for lively fun while taking the opportunity to keep in shape - Only \$2.00 per class!

For more information or to join, call 215.679.6550 or email Evet at volunteers@theopenlink.org.



*Some benefits of line dancing include improved balance, confidence & coordination.
Great way to stay healthy. Fun for all. No partner needed.*

The Book Club

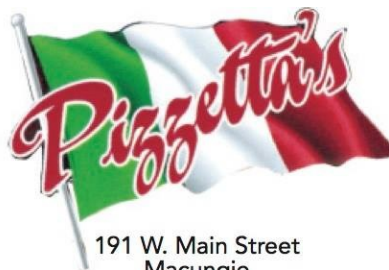


See you
in 2016!



**NO BOOK CLUB
IN DECEMBER**

Diner's Club



191 W. Main Street
Macungie
610-967-1033

Thursday, December 10th

We will leave The Center at **NOON**
for our 12:30 p.m. reservation.

Please call 215.679.6550 to RSVP.

Perki Scarlet Ladies'

January Meeting at The Center
Friday, January 15 ~ 11:00 a.m.
Help plan 2016 outings!

For information, call 215.679.6550 or email
Evet at volunteers@theopenlink.org.



The Open Link's Holiday Programs



Angel Tags

Caring individuals select tags from trees at various stores and churches. Each angel tag provides a Christmas wish of a child. Tags and gifts are returned to The Open Link to be distributed in time for Christmas.



Look for Angel Tags at the following locations:

- Walmart (East Greenville)
 - Redner's (Red Hill)
- St. Mark's Lutheran Church (Pennsburg)
- Univest (East Greenville and Green Lane)

For more information about either program or to get involved, please call the Main Office at 215.679.4112 or email laurad@theopenlink.org.



Canasta anyone?



Come one, come all for CANASTA!
Beginners, intermediates, and
advanced players welcome.

Join us on the
1ST & 3RD THURSDAY
1:00 p.m.

MAHJONG

(AMERICAN VERSION)



1ST, 3RD & 4TH
TUESDAY ~ 1:00 P.M.



Military Bridge
will be held on
Monday, Dec. 28th
at 1:00 p.m.



PINOCHLE!

Every Wednesday ~ 12:30 p.m.
Join your fellow Pinochle enthusiasts for
some food, fun, and good conversation.

Looking for a rousing game of cards?

Join the **Perkiomen Valley Woman's Club**

on the 1st and 2nd Tuesday of every month for Bridge, Pinochle and Military Bridge.

These events are open to the public and we welcome all to attend!

- **1st Tuesday ~ 12:30 p.m.**
Pinochle and Bridge
- **2nd Tuesday ~ 1:00 p.m.**
Military Bridge



For more information, call 215.679.6550 or email Evet at
volunteers@theopenlink.org

LUNCH IS SERVED!



Community Lunch at The Center consists of a hot, nutritionally balanced, delectable meal served Monday through Friday at 12:30 p.m.

Call the day of by 10:30 a.m. to reserve your spot for lunch.

It is open to the community. Everyone is welcome!

Bring a friend and enjoy good conversation, good food, and lots of laughs. The coffee pot is always on!



1st Monday Community Meal

Monday, December 7, 2015

Dinner Served at 6:00 p.m.

Pennsburg United Church of Christ

775 Main Street

Pennsburg, PA 18073

For information, call 215.679.6550



The 1st Monday Community Meal is a FREE meal hosted by various churches in the Upper Perkiomen Valley. All are welcome at our table.



The Center at The Open Link
517 Jefferson Street, East Greenville, PA 18041
215.679.6550
www.theopenlink.org

Keep yourself on track by visiting The Center at The Open Link and using these **FREE** services to keep your healthy lifestyle goals on target!

BLOOD PRESSURE & HEALTH CHECKS



(change in time) Thursdays
11:30 a.m. to 12:30 p.m.



No appointment needed ~ Drop ins welcome!

Co-sponsored by:



&



Opening Doors, Linking Communities, Helping Neighbors Flourish.

Property Tax/ Rent Rebate Program



Application Deadline Extended to End of Year!

The Property Tax/Rent Rebate program deadline for older adults and residents with disabilities to apply for rebates of rent and property taxes paid in 2014 has been extended from June 30 to December 31, 2015. Rebate distribution will begin July 1st.

For more information, call Sheila at 215.679.6550
or email centermanager@theopenlink.org.



amazonsmile
You shop. Amazon gives.

SUPPORT THE OPEN LINK WHEN YOU SHOP ONLINE!

Amazon will donate 0.5% of the price of your eligible AmazonSmile purchases to The Open Link. Consider donating with an easy click of the button as you do your shopping!

GO GREEN

To receive the monthly Center newsletter delivered directly to your inbox, please send an email to Evet at volunteers@theopenlink.org with your request.

It's an eco-friendly way to stay up to date on our latest programs!

For 40 years, The Open Link has proudly served residents in the Upper Perkiomen Valley. Our work would not be possible without the continued support of our volunteers, donors, and community partners. Together, we are opening doors, linking communities, and helping neighbors flourish!





Opening Doors, Linking Communities, Helping Neighbors Flourish

Main Office

452 Penn Street
Pennsburg, PA 18073
215.679.4112



The Center

517 Jefferson Street
East Greenville, PA 18041
215.679.6550

VOLUNTEERS NEEDED

Volunteer Opportunities: Top Needs

- Help out in the food pantry
- Deliver meals for Meals On Wheels
- Greet people and answer phones



Older children can often help with certain volunteer activities.



If you are interested in volunteering, please contact Evet at 215.679.6550.

Community Services including financial assistance, employment counseling, transportation assistance, and domestic violence support.

Food and Nutrition including our community food pantry, community lunch, Meals on Wheels, and nutrition classes.

Adult Education including GED preparation and health and wellness classes.

Visit our website at www.theopenlink.org
for more information about our programs and services.



December Holiday Closings

Christmas Eve Day	Thursday, December 24, 2015 1/2 Day - Close at 12:00 p.m.	Meals on Wheels <u>will</u> be Delivered
Christmas Day	Friday, December 25, 2015	No Meals on Wheels Delivered
New Year's Day	Friday, January 1, 2016	



Volunteers Needed
for the
Christmas Room
in December
Call the Main Office
to participate.
215.679.4112

Nutrition Series
Part 3 of 4
Presentation by
Doug Pfeiffer
March 2016

Save the date

March 2016
OPEN HOUSE
Details Coming Soon



December 2015 Calendar of Events



<p>Monday, November 30 9:00 Walkercise 12:30 LUNCH 1:00 Military Bridge</p>	<p>Tuesday, December 1 10:00 Billiards 10:00 WOW 11:00 Tai Chi 12:30 Lunch 12:30 Woman's Club - Pinochle/Bridge 1:00 Mahjong</p>	<p>Wednesday, December 2 9:00 Walkercise 9:30 Yoga 12:30 LUNCH 12:30 Pinochle 1:00 AI-Anon</p>	<p>Thursday, December 3 10:00 Billiards 10:00 WOW 11:00 Tai Chi 11:30 BP/Health Checks 12:30 LUNCH 1:00 Canasta Club</p>	<p>Friday, December 4 10:00 Beginning Line Dancing 12:30 LUNCH</p>
<p>Monday, December 7 9:00 Walkercise 12:30 LUNCH 6 pm 1st Monday Community Meal at Pennsburg U.C.C</p>	<p>Tuesday, December 8 10:00 Billiards 10:00 WOW 11:00 Tai Chi 12:30 LUNCH 1:00 Woman's Club - Military Bridge</p>	<p>Wednesday, December 9 9:00 Walkercise 9:30 Yoga 12:30 LUNCH 12:30 Pinochle 1:00 AI-Anon</p>	<p>Thursday, December 10 10:00 Billiards 10:00 WOW 11:00 Tai Chi 11:30 BP/Health Checks 12:30 LUNCH 12:00 Diner's Club</p>	<p>Friday, December 11 10:00 Beginning Line Dancing 12:30 LUNCH 1:00 Osteoporosis and You</p>
<p>Monday, December 14 9:00 Walkercise 10:30 Bible Study 12:30 LUNCH</p>	<p>Tuesday, December 15 10:00 Billiards 10:00 WOW 11:00 Tai Chi 12:30 LUNCH 1:00 Mahjong</p>	<p>Wednesday, December 16 8:00 Goshenhoppen Folding 9:00 UPVCC Folding 9:00 Walkercise 9:30 Yoga 12:30 LUNCH 12:30 Pinochle 1:00 AI-Anon</p>	<p>Thursday, December 17 10:00 Billiards 10:00 WOW 11:00 Tai Chi 11:30 BP/Health Checks 12:30 Christmas Party</p>	<p>Friday, December 18 10:00 Beginning Line Dancing 12:30 LUNCH</p>
<p>Monday, December 21 9:00 Walkercise 12:30 LUNCH</p>	<p>Tuesday, December 22 10:00 Billiards 10:00 WOW 11:00 Tai Chi 12:30 LUNCH 1:00 Mahjong</p>	<p>Wednesday, December 23 9:00 Walkercise 9:30 Yoga 12:30 LUNCH 12:30 Pinochle 1:00 AI-Anon</p>	<p>Thursday, December 24 10:00 Billiards 10:00 WOW 11:00 Tai Chi CENTER CLOSSES at NOON</p>	<p>Friday, December 25 CENTER CLOSED FOR CHRISTMASTMAS NO MEALS ON WHEELS DELIVERED</p>
<p>Monday, December 28 9:00 Walkercise 10:30 Bible Study 12:30 LUNCH 1:00 Military Bridge</p>	<p>Tuesday, December 29 10:00 Billiards 10:00 WOW 11:00 Tai Chi 12:30 LUNCH 1:00 Mahjong</p>	<p>Wednesday, December 30 9:00 Walkercise 9:30 Yoga 12:30 LUNCH 12:30 Pinochle 1:00 AI-Anon</p>	<p>Thursday, December 31 10:00 Billiards 10:00 WOW 11:00 Tai Chi 11:30 BP/Health Checks 12:30 LUNCH 1:00 Canasta Club</p>	

The Open Link Hot Meal Menu

Monday, November 30	Tuesday, December 1	Wednesday, December 2	Thursday, December 3	Friday, December 4
BROILED FISH w/ ROASTED RED PEPPER SAUCE Spinach w/ Diced Carrots Wild Rice* Wheat Bread* w/ Margarine Applesauce* Milk*	CRAB CAKE* Winter Blend Vegetables Macaroni and Cheese* Fruit Cocktail* Milk*	CHICKEN & GROUND BEEF GUMBO Green Beans Rice w/ Tomatoes & Okra* Wheat Bread* w/ Margarine Fresh Apple* Milk* ADC:4oz Fruit*	SHEPHERD'S PIE Ground Beef w/ Gravy, Mixed Vegetables* & Mashed Potatoes* Brussel Sprouts Wheat Bread* w/ Margarine Fresh Apple* Milk* ADC:4oz Fruit*	LASAGNA ROLL-UP** Italian Green Beans & Peppers Warm Cinnamon Apples* Wheat Roll* w/ Margarine Unsweetened Iced Tea
Monday, December 7	Tuesday, December 8	Wednesday, December 9	Thursday, December 10	Friday, December 11
CHICKEN CHILI w/ Beans** Topped w/ Cheddar Cheese Cauliflower & Green Beans Corn Muffin w/ Margarine* Peaches* Pineapple Juice*	MUSHROOM & GREEN PEPPER OMELET w/ Cheese Sauce Cubed Potatoes* Spinach w/ Diced Tomatoes Wheat Bread* w/ Margarine Sugar Free Fruited Jello* Apple Juice*	GRILLED CHICKEN w/ Creamy Green Onion Sauce Vegetable & Barley Medley** Wheat Bread* w/ Margarine Fresh Orange* ADC: 4oz Fruit* Milk*	APPLE SAGE ROASTED TURKEY w/ Gravy and Stuffing* Mixed Vegetables* Wheat Roll* w/ Margarine Mandarin Oranges* Milk*	BEEF LO MEIN Sesame Green Beans Lo Mein Noodles* Tropical Fruit Salad* Milk*
Monday, December 14	Tuesday, December 15	Wednesday, December 16	Thursday, December 17	Friday, December 18
SPINACH & MOZZ STUFFED CHICKEN Carrots Bowtie Pasta* Wheat Bread* w/ Margarine Lemon Angel Food Cake* Orange Juice*	BROILED FISH w/ ROASTED RED PEPPER SAUCE Spinach w/ Diced Carrots Wild Rice* Wheat Bread* w/ Margarine Applesauce* Milk*	ITALIAN STYLE MEATLOAF Mashed Potatoes* Garlic Broccoli Wheat Roll* w/ Margarine Fresh Orange* ADC:4oz Fruit* Milk*	HERBED GRILLED CHICKEN Roasted Red Bliss Potatoes* Red Peppers & Mushroom Medley* Wheat Roll* w/ Margarine Oatmeal Cookie* Milk*	BBQ MEATBALLS Corn w/ Red Peppers* Brown Rice* Peaches* Milk*
Monday, December 21	Tuesday, December 22	Wednesday, December 23	Thursday, December 24	Friday, December 25
GINGER CHICKEN Mushrooms & Green Beans Coconut Spiced Pineapple* Confetti Couscous* Fruit Cocktail* Milk*	ROASTED TURKEY w/ APRICOT GLAZE Mashed Sweet Potatoes Topped w/ Pecans* Roasted Brussel Sprouts Wheat Roll* w/ Margarine Raspberry Pears* Milk*	HOLIDAY MEAL CARVED TURKEY HAM w/ Fruit Sauce* Corn Pudding* Green Bean Almondine Dinner Roll** Sweet Dessert* Dt:4oz Fruit*	RAVIOLI BOLAGNAISE** California Blend Fresh Apple* w/ pc Peanut Butter ADC:4oz Fruit* Unsweetened Iced Tea	CLOSED FOR CHRISTMAS NO MEALS ON WHEELS DELIVERED MERRY CHRISTMAS!
Monday, December 28	Tuesday, December 29	Wednesday, December 30	Thursday, December 31	
MUSTARD GLAZED CHICKEN Roasted Vegetables (Potatoes, Carrots, and Red Onion)* Broccoli Wheat Roll* w margarine Chocolate Angel Food Cake*, Milk*	STUFFED SHELLS (2)** w/ Meatball (1) Zucchini, Peppers, & Carrot Medley Wheat Roll* w/ Margarine Cinnamon Applesauce* Unsweetened Iced Tea	CRAB CAKE* Winter Blend Vegetables Macaroni and Cheese* Fruit Cocktail* Milk*	CHICKEN & GROUND BEEF GUMBO Green Beans Rice w/ Tomatoes & Okra* Wheat Bread* w/ Margarine Fresh Apple* Milk* ADC:4oz Fruit*	

DECEMBER 2015