

<div> <div>December 2016 Activities</div> <div>Happy Holidays</div> </div>		
<b>Monday, December 5</b> 9:00 Walkercise 9:30 Hatha Yoga 10:00 Billiards 12:30 LUNCH  <b>6pm 1st Monday Dinner at            Pennsylvania U.C.C.            and TOL Senior Center</b>	<b>Tuesday, December 6</b> 10:00 Billiards 10:00 WOW 11:00 Tai Chi 12:30 LUNCH 12:30 Woman's Club - Pinochle/Bridge 1:00 Mahjong	<b>Wednesday, December 7</b> 9:00 Walkercise 9:30 Yoga 12:30 LUNCH 12:30 Pinochle 3:30 Mahjong with Perk stu- dents 3:30 Computer class with Perk students
<b>Monday, December 12</b> 9:00 Walkercise 9:30 Hatha Yoga 10:00 Billiards 10:30 Bible Study 12:30 LUNCH	<b>Tuesday, December 13</b> 10:00 Billiards 10:00 WOW 11:00 Tai Chi 11:00 Hearing Screenings 1:00 Woman's Club - Country Cards 12:30 LUNCH	<b>Wednesday, December 14</b> 8:00 Goschenhuppen Folding 9:00 Walkercise 9:30 Yoga 12:30 LUNCH 12:30 Pinochle 3:30 Mahjong with Perk stu- dents 3:30 Computer class with Perk students
<b>Monday, December 19</b> 9:00 Walkercise 9:30 Hatha Yoga 10:00 Billiards 12:30 LUNCH 1:00 Country Cards	<b>Tuesday, December 20</b> 10:00 Billiards 10:00 WOW 11:00 Tai Chi 12:30 LUNCH 1:00 Mahjong	<b>Wednesday, December 21</b> 8:00 UPVCC Folding 9:00 Walkercise 9:30 Yoga 12:30 LUNCH 12:30 Pinochle
<b>Monday, December 26</b> <b>CENTER CLOSED</b> <b>NO MOW</b> <b>Delivery</b>	<b>Tuesday, December 27</b> 10:00 Billiards 10:00 WOW 11:00 Tai Chi 12:30 LUNCH 1:00 Mahjong	<b>Wednesday, December 28</b> 9:00 Walkercise 9:30 Yoga 12:30 LUNCH 12:30 Pinochle
	<b>Thursday, December 29</b> 10:00 Billiards 10:00 WOW 11:00 Tai Chi 11:30 BP/Health Checks 12:30 LUNCH 1:00 Canasta	<b>Friday, December 30</b> 12:30 LUNCH
<b>Thursday, December 1</b> 10:00 Billiards 10:00 WOW 11:00 Tai Chi 11:30 BP/Health Checks 12:30 LUNCH 1:00 Canasta	<b>Friday, December 2</b> 12:30 LUNCH 1:00 Nutrition Program-How to Eat Healthy during the holidays	<b>Friday, December 9</b> 12:30 LUNCH 1:00 Winter Holiday Party
<b>Thursday, December 8</b> 10:00 Billiards 10:00 WOW 11:00 Tai Chi 11:30 BP/Health Checks 12:30 LUNCH 1:00 HOSA 1:00 Diner's Club	<b>Thursday, December 15</b> 10:00 Billiards 10:00 WOW 11:00 Tai Chi 11:30 BP/Health Checks 12:30 LUNCH 1:00 HOSA 1:00 Canasta	<b>Thursday, December 22</b> 10:00 Billiards 10:00 WOW 11:00 Tai Chi 11:30 BP/Health Checks 12:30 LUNCH
<b>Friday, December 16</b> 12:30 LUNCH	<b>Friday, December 23</b> <b>Center Closed at 12:00</b> <b>MOW Delivered</b>	



THE CENTER

at

THE OPEN LINK



December 2016

# What Are Your Favorite Holiday Memories?

Seniors share some snapshots of Christmas past.

For many, looking back at the holidays coaxed a slow, warm smile from their lips. There’s just something special about this time of year.

“One year my daughter and I made ornaments for our tree. We did everything homemade. We melted plastic, punched holes in them and hung them on the tree. She was about 8 years old, so it was the early 70s,” said Darlene Reck.

“The ornaments are special because we still use them today. We always put those on the tree first. She has some on her tree and I have some on ours. It was so much fun and it was just the two of us.”

“As a kid, my mother always had friends over. They would wake us up at 12 o’clock at night and we’d come down so everybody could watch us open our gifts,” reminisced Jill Gray. “And I used to be so shy I used to hide,” she added.

And what is your favorite holiday memory?

“I have so many, I’m old!” laughed Mary Ann Moneghan when asked.

“But when I was little we lived on a



Dozens of people came out to The Center Nov. 22 to hear a presentation by Montgomery County Assistant District Attorneys Kristen Feden and Mark Antonacio on fraud and identity theft protection. Attendees learned what steps to take to keep their information safe, potential red flags for fraud and how to safeguard their bank accounts.

## Free Hearing Screenings at The Center

Concerned about hearing loss? We're all ears!

Meet with a specialist the Second Tuesday monthly, 11 a.m.-1 p.m.





# The Center Christmas Party



**Friday, December 9 at 1 p.m.**

Join us for an afternoon of  
holiday fun complete with delicious  
desserts and a performance by the  
Upper Perkiomen High School  
Women's Choir!

*\$3 suggested donation. To RSVP, or for more  
information, please call 215.679.6550 or email  
volunteers@theopenlink.org*

## The Center at The Open Link Hot Meal Menu

**December  
2016**



Monday, December 5	Tuesday, December 6	Wednesday, December 7	Thursday, December 8	Friday, December 9
CHICKEN & VEGETABLE STIRFRY Oriental Blend Vegetables Fried Rice* Wheat Roll* 2 Fortune Cookies* Milk*	ROAST BEEF w/ gravy Scalloped Potatoes* Peas and Onions* Wheat Roll* Pineapples* Milk*	BAKED FISH w/ Romesco Sauce & Sliced Almonds Kale, Mushrooms, & White Bean*, Rice Pilaf* Wheat Roll* Fresh Pear*, ADC: ½ c fruit cup*, Milk*	CHICKEN POT PIE* (potato, carrot, corn, peas) Brussels Sprouts Hamburger Roll** Fruited Jello* Milk*	BROCCOLI, MUSHROOM, & CHEDDAR OMELET Stewed Tomatoes* Hash Browns* Wheat Bread* Pears* Milk*
Monday, December 12	Tuesday, December 13	Wednesday, December 14	Thursday, December 15	Friday, December 16
CHILI DOG* Corn* Medley Hot Dog Bun** Sugar Free Blueberry Cake* Milk*	SLICED TURKEY w/ Light Tur- key Gravy* and Apple Cranberry Stuffing* Green Bean Almondine Cinnamon Carrot Coins Wheat Roll* Unsweetened Applesauce* Milk*	SESAME GINGER BEEF Broccoli Florets White Rice* Wheat Bread* Fresh Orange* ADC: ½ c fruit cup* Milk*	BAKED FISH SANDWICH w/ Dill Sauce Potato Wedges* Sautéed Kale w/ Carrots Wheat Hamburger Roll** Oatmeal Cookie* Milk*	MEATLOAF w/ Mushroom Gravy* Mashed Potatoes* Peas Wheat Roll* Mandarin Oranges* Milk*
Monday, December 19	Tuesday, December 20	Wednesday, December 21	Thursday, December 22	Friday, December 23
MEDITERRANEAN CHICKEN & VEGETABLES (Zucchini, R. Peppers, Mushr, Kale, Asparagus) Penne Pasta* Warm Cinnamon Peaches* Fruit Cocktail*, Milk*	BEEF PIZZIOLA* Peas and Mushrooms* Squash & Onion Medley Wheat Roll* Fresh Orange* ADC: ½ c fruit cup* Milk*	CHICKEN CACCITORE Brussel Sprouts Wide Noodles* Wheat Bread* Pears* Milk*	BAKED FISH w/ Lemon Butter Sauce Cape Cod Blend Couscous* Wheat Roll* Unsweetened Peach Ap- plesauce*, Milk*	Center Closed at 12:00 M.O.W. Delivered  No Lunch Served
Monday, December 26	Tuesday, December 27	Wednesday, December 28	Thursday, December 29	Friday, December 30
CLOSED FOR CHRISTMAS NO M.O.W. DELIVERED	CHICKEN MARSALA Green Beans w/ Red Peppers Mashed Red Bliss Potatoes* Wheat Roll* Sugar Free Lemon Cake* Milk*	CHEESE STEAK MACARONI** Scalloped Tomatoes Spinach w/ diced Carrots Pineapples* Milk*	LASAGNA*** Garlic Broccoli Mandarin Oranges* Milk*	SWEDISH MEATBALLS Whole Baby Carrots Egg Noodles* Wheat Bread* Unsweetened Cherry Ap- plesauce* Milk*



# Eating Healthy During the Holidays

Meals during the holidays can be thousands of calories! Learn about how to cut holiday calories in half and still be able to eat your favorite foods. You will receive healthy holiday eating tips plus recipes that are simple to prepare during the busiest time of the year.

\* Participants will take home a holiday cookie mix! \*



**Friday, Dec. 2, 2016**  
**1-2 p.m.**

**At The Center**

Free presentation by Teri Wassel, M.S., R.D.,  
Montco Health Department

Please RSVP by Nov. 29 to 215.679.6550 or email [volunteers@theopenlink.org](mailto:volunteers@theopenlink.org)



We won't meet in  
December but will  
Enjoy reading your own picks!

**Red Hat Society**

**Thursday, Dec. 8**

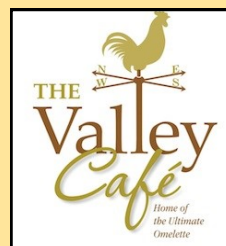


**Nemours Mansion  
Christmastime,  
Wilmington, DE**

Make reservations on your own with Hagey Coach and meet at the terminal. Bus leaves at 8 a.m., so be there before. Cost w/meal \$83. Choose either chicken pot pie or meatloaf. Home between 6 and 6:30 p.m.

For more info, call The Center, 215.679.6550.

**Diner's Club**



Valley Cafe  
1271 Quakertown Ave.,  
Pennsburg, PA 18073

Please RSVP to The Center,  
215-679-6550.

**Thursday, Dec. 8**

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



Continued from page 1

farm in Ohio. I remember the first time I went into the woods with my older brothers to cut down our own tree. I think I was 5 or 6. It was a really pleasant time."

"The farm was always a happy memory; I was one of seven [children]. We always had our big dinner and went to church. It was just being with the family, it was special."

"I miss the days when we strung popcorn and cranberries for the Christmas tree," said Lilian Walters. "Children got one Christmas present, not 5 million, and it was handmade."

For some, like Janet Edmonds, their favorite holiday memory took them back to Thanksgiving.

"My aunt, every Thanksgiving, would make this stuffing with scrambled eggs and potatoes," she said. "My son, when he was 3, ate so much, that's all he ate that holiday. We would all go over to her house and we'd look through old boxes of photographs and identify them, before they'd forget who people were...I still don't know how she made that stuffing!"

My parents would go out for a little on Christmas Eve and so then my sister and I, we'd run downstairs to see how many presents we got," said Fern Garris. "And they came home purposely, they just went somewhere for a few minutes, and we were down there shaking the presents to see if we could tell what was in the boxes!"

So tell us, what's your favorite holiday memory?

**Are You Game?**

*Mahjong (American version) - 1st, 3rd and 4th Tuesday monthly, 1 p.m.*

*Canasta — 1st and 3rd Thursday, 1 p.m.*

*Pinochle—Every Wednesday at 12:30 p.m.*

*Perkiomen Valley Women's Club cards (open to community) Pinochle and Bridge — 1st Tuesday, 12:30 p.m. Country Cards — 2nd Tuesday, 12:30 p.m.*

*Country Cards — Last Monday monthly, 1 p.m.*

**SAVE THE DATE:**

**Healthy Steps for Older Adults** Dec. 8 and 15, 1-3 p.m. at The Center. Come out for a program spotlighting balance and fall prevention by Center Manager Sheila Ruth and Program Director/Volunteer Coordinator Evet Hexamer. FREE.

**The Center Holiday Party** Dec. 9 at 1 p.m. at The Center. Join us for delicious desserts and to hear holiday tunes sung by the talented Women's Choir from Upper Perkiomen High School. \$3 donation requested.

**Heart Healthy** Feb. 9 from 1-2 p.m. at The Center with Family Caregivers. Celebrate Heart Health month with information and screenings. FREE.

**Veteran's Discount Photo ID Event** March 8 from 11-3 p.m. at The Center. The Montgomery County Recorder of Deeds will give out free discount cards for veterans' use at participating Montgomery County businesses. Must bring original DD214 and a current photo ID.

**Arthritis Seminar** March 16 from 1-2 p.m. at The Center with Good Shepherd Rehab. The first in a series of three talks, this one will provide information on arthritis and energy conservation by Emma Delp, COTA. FREE.

**Women on Weights (WOW) and Tai Chi**

Tuesdays and Thursdays at 10 a.m. WOW meets to help women increase their strength and battle fatigue, weight gain and even depression. Get stronger with us!

Tai Chi follows at 11 a.m. and is described as "meditation in motion." No matter what your abilities, come move with us.

**Gentle Hatha and Beginner Yoga**

Gentle Hatha Yoga meets Mondays from 9:30-10:30 a.m. A mind, body and soul experience. Beginner Yoga meets Wednesdays from 9:30-10:30 a.m. Come improve your flexibility and balance and reduce your blood pressure!

**Walkercise**

Mondays and Wednesdays at 9 a.m. Come stretch those morning muscles!