


The Center at The Open Link Hot Meal Menu

	Tuesday, November 1	Wednesday, November 2	Thursday, November 3	Friday, November 4
* 1 Carb choice ** 2 Carb choices 1% Milk served every day	BBQ PORK SANDWICH* Broccoli Mixed Vegetables* Club Roll** Fresh Apple* ADC: ½ c fruit cup* Milk*	ROSEMARY ROASTED TURKEY w light turkey gravy* Roasted Brussel Sprouts Mashed Sweet Potatoes w pecans* Cornbread Stuffing* Peaches*, Milk*	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*
Monday, November 7	BAKED FISH w Romesco Sauce & Sliced Almonds Kale, Mushrooms, & White Bean*, Rice Pilaf* Wheat Roll* Fresh Pear*, ADC:½ c fruit cup*, Milk*	Tuesday, November 8 CLOSED, NOW DELIVERED CHICKEN POT PIE* (potato, carrot, corn, peas) Brussels Sprouts Hamburger Roll** Fruited Jello* Milk*	Thursday, November 10 CHILI DOG* Carrot, Broccoli, & Cauliflower Medley Hot Dog Bun** Sugar Free Blueberry Cake* Milk*	Friday, November 11 CLOSED FOR VETERANS DAY NO MOW DELIVERED
Monday, November 14	SESAME GINGER BEEF Broccoli Florets White Rice* Wheat Bread* Fresh Orange* ADC: ½ c fruit cup* Milk*	Tuesday, November 15 BAKED FISH SANDWICH w Dill Sauce Potato Wedges* Sautéed Kale w Carrots Wheat Hamburger Roll** Oatmeal Cookie* Milk*	Thursday, November 17 MEDITERRANEAN CHICKEN & VEGETABLES (Zucchini, R. Peppers, Mushr, Kale, Asparagus) Penne Pasta* Warm Cinnamon Peaches* Fruit Cocktail*, Milk*	Friday, November 18 BEEF PIZZIOIA* Peas and Mushroom* Squash & Onion Medley Wheat Roll* Fresh Orange* ADC: ½ c fruit cup* Milk*
Monday, November 21	CHICKEN CACCITORE Brussel Sprouts Wide Noodles* Wheat Bread* Pears* Milk*	THANKSGIVING MEAL ROAST TURKEY w/ Corn Bread Stuffing* & Gravy Whipped Sweet Potatoes* Green Bean Almondine, Cranberry Sauce* & Roll** Sweet Dessert* (Dt: 4oz fruit*) Unsweetened Iced Tea	HAPPY THANKSGIVING CLOSED FOR THANKSGIVING NO MOW DELIVERED	Friday, November 25 CLOSED FOR THE HOLIDAY NO MOW DELIVERED
Monday, November 28	LASAGNA*** Garlic Broccoli Mandarin Oranges* Milk	Tuesday, November 29 SWEDISH MEATBALLS Whole Baby Carrots Egg Noodles* Wheat Bread* Unsweetened Cherry Applesauce* Milk*	<div>  </div> <div> NOVEMBER 2016 </div>	
		Wednesday, November 30 BBQ PORK SANDWICH* Broccoli Mixed Vegetables* Club Roll** Fresh Apple* ADC: ½ c fruit cup* Milk*		

****Meals subject to change without notice. Please call by 10:30 a.m. the day of for a reservation.**



November 2016

From the Mouths of Babes

How students are sharing their time and talents with seniors in their own community.

On Thursdays, you can sometimes hear the rich, mellow sounds of an acoustic guitar wafting through The Center in East Greenville. You could also hear a keyboard or a soulful voice sharing someone’s heart through a song.

It’s all a part of the new partnership between The Perkiomen School in Pennsburg and The Center in East Greenville.

Through an initiative which seeks to partner kids and seniors, students from the school are visiting the senior center once a week to teach their older counterparts how to use computers and various software programs. They’re also performing lunchtime concerts and playing games with seniors aimed at keeping their minds sharp.

And it’s hard to tell who is having more fun, the teens or the seniors.

“They always come with a smile on their faces and are ready to learn,” said Perkiomen student Nic Birosik of teaching seniors computer basics. “We all have to start somewhere. For me it’s about them



Sara Dierolf, left, plays a game of Chinese Mahjong against three students from the Perkiomen School in Pennsburg as Geri Stemp looks on. Perkiomen students are also teaching one-on-one computer classes and playing musical instruments for seniors at lunchtime as part of an intergenerational initiative at The Center.

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.



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Attention Seniors: Fraud is Everywhere!

*Learn how to protect your savings and your
identity from thieves.*


**Tuesday, November 22
1 p.m.**

*Free presentation by the
Montgomery County District
Attorney's Office
ADA Kristen Gibbons Feden*

**At The Center,
517 Jefferson Street,
East Greenville, PA 18041**



For more information or to RSVP (by Nov. 15), call
215.679.6550 or email volunteers@theopenlink.org

November 2016 Activities	Tuesday, November 1 10:00 Billiards 10:00 WOW 11:00 Tai Chi 12:30 LUNCH 12:30 Woman's Club - Pinochle/Bridge 1:00 Mahjong	Wednesday, November 2 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	Thursday, November 3 10:00 Billiards 10:00 WOW 11:00 Tai Chi 11:30 BP/Health Checks 12:30 LUNCH 1:00 Canasta	Friday, November 4 12:30 Lunch
Monday, November 7 9:00 Walkercise 9:30 Hatha Yoga 10:00 Billiards 12:30 LUNCH 6pm 1st Monday Dinner at Pennsburg U.C.C. and TOL Senior Center	Tuesday, November 8 Center Closed MOW will be delivered	Wednesday, November 9 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	Thursday, November 10 10:00 Billiards 10:00 WOW 11:00 Tai Chi 11:30 BP/Health Checks 12:30 LUNCH 1:00 Diner's Club	Friday, November 11 CENTER CLOSED NO MOW DELIVERED
Monday, November 14 9:00 Walkercise 9:30 Hatha Yoga 10:00 Billiards 10:30 Bible Study 12:30 LUNCH	Tuesday, November 15 10:00 Billiards 10:00 WOW 11:00 Tai Chi 12:30 LUNCH 1:00 Mahjong	Wednesday, November 16 8:00 Goschenhoppin 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	Thursday, November 17 10:00 Billiards 10:00 WOW 11:00 Tai Chi 11:30 BP/Health Checks 12:30 LUNCH 1:00 Book Club 1:00 Canasta	Friday, November 18 12:30 Lunch 1:00 You are What You Eat
Monday, November 21 9:00 Walkercise 9:30 Hatha Yoga 10:00 Billiards 12:30 LUNCH 1:00 Reiki Workshop	Tuesday, November 22 10:00 Billiards 10:00 WOW 11:00 Tai Chi 12:30 LUNCH 1:00 Mahjong 1:00 Fraud/Scam Presentation	Wednesday, November 23 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	Thursday, November 24 CENTER CLOSED NO MOW DELIVERED	Friday, November 25 CENTER CLOSED NO MOW DELIVERED
Monday, November 28 9:00 Walkercise 9:30 Hatha Yoga 10:00 Billiards 10:30 Bible Study 12:30 LUNCH 1:00 Country Cards	Tuesday, November 29 10:00 Billiards 10:00 WOW 11:00 Tai Chi 12:30 LUNCH 1:00 AARP Refresher Course	Wednesday, November 30 9:00 Walkercise 9:30 Yoga 12:30 LUNCH 12:30 Pinochle 1:00 Sleep Problems Presentation 3:30 Mahjong with Perkmen 3:30 Computer class with Perk		

Diabetes[®]

SELF-MANAGEMENT

Facilitated by: **Sheila Ruth**, Center Manager at The Open Link and **Amanda Mayer**,
Bucks County Area Agency on Aging

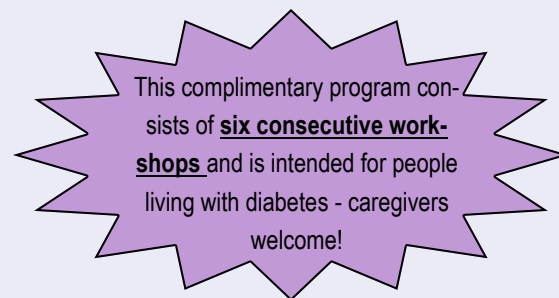
**Held at The Center in East Greenville, Every Wednesday
from November 9-December 14, 1-3 p.m.**



This diabetes self-management program will help you live a productive life while coping with diabetes. These highly interactive sessions focus on building skills, sharing experiences, instilling confidence and providing support.

Program participants will learn:

- How to take care of your diabetes
- Effective communication tools to use with family and health professionals
- How to carry out normal activities
- And much more!



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learning and having fun.”

“It’s a good thing to give back to the community,” said student Danil Pasiada. “Many of them want to learn but they don’t have anyone to teach them.”

“Because we’ve all gotten to grow up with this technology it’s great to be able to teach it to other people who haven’t had that same luxury,” added student Luke Deratzou.

Center Program Manager Evet Hexamer said the program is a popular one.

“Our participants have repeatedly asked for more programming surrounding working with students from local schools,” she said, noting the seniors appreciate the personalized attention and interaction.

The Center has plans to add more how-to classes taught by students on topics like social media, setting up an email account, surfing the web and using a smartphone.

The students involved in the program get credit for community service hours to fulfill academic requirements, but their real motivation is helping the seniors in their own neighborhood.

“Absolutely, they appreciate it and we all benefit,” Birosik said.

SAVE THE DATE:

“You Are What You Eat” Friday, Nov. 18 at 1 p.m. at The Center. Find out more about how your diet can improve specific health problems. Also hear the story of a Ukrainian-born man and his personal journey back to health. **FREE.**

Reiki Demonstration Monday, Nov. 21 from 1-3 p.m. at The Center. Observe how reiki can bring back balance and clear negative emotion physically and emotionally. Presented by certified Reiki masters Ellen Blood and Lili Walters. **FREE.**

“Let’s Talk Sleep” Nov. 30 at 1 p.m. at The Center. Presented by Pennsburg Manor. Learn about what could be keeping you up at night and how to deal with it. **FREE.**

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.



**Thurs., Nov. 17 at
1 p.m.**

Join us for a lively discussion on “The Cane River” by Lalita Tademy.

*We won’t meet in December
but will resume Jan. 19.*

Diner's Club



Limerick Diner
411 W. Ridge Pike, Limerick, PA
Please RSVP to The Center,
215-679-6550

Thursday, Nov. 10

We will leave The Center at **12 p.m.**

count Your
{blessings}

Red Hat Society



**Friday, Nov. 18
A'Dello Vineyard
and Winery**

21 Simmons Rd., Perkiomenville, PA. Lunch at Moccia’s Train Stop.
Meet at The Center at 11:30 a.m.

For more info, call The Center, 215.679.6550.

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. Coun-
try Cards — 2nd Tuesday, 12:30 p.m.**

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

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!