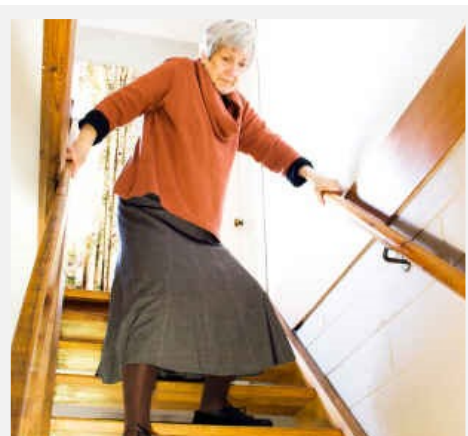


# Healthy Steps for Older Adults



Want to make sure you're not one of the statistics?

## Learn How To:

- Prevent Falls
- Stay Healthy and Active
- New Tips That Will Fit Easily Into Your Daily Routine

Thursdays, Feb. 16 and 23, 1-3 p.m. at The Center, 517 Jefferson St., East Greenville. FREE. For more info, please call 215.679.6550 or email [volunteers@theopenlink.org](mailto:volunteers@theopenlink.org)



Thurs., Jan. 19 at 1 p.m.

Join us for a lively discussion on "Glory Over Everything: Beyond The Kitchen House" by Kathleen Grissom.

## Diner's Club

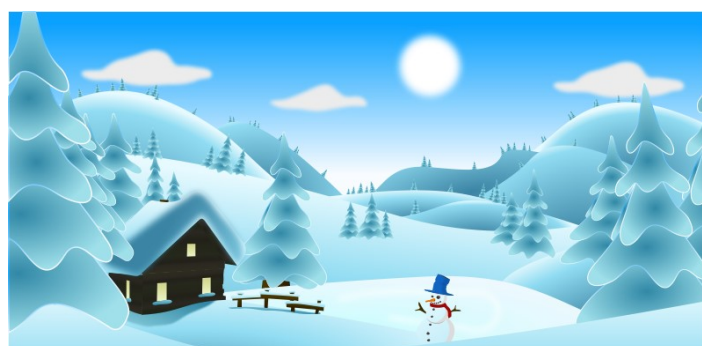


Tosco's Pizza Restaurant  
824 Main Street  
Pennsburg, PA 18073

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

## Thursday, Jan. 12

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



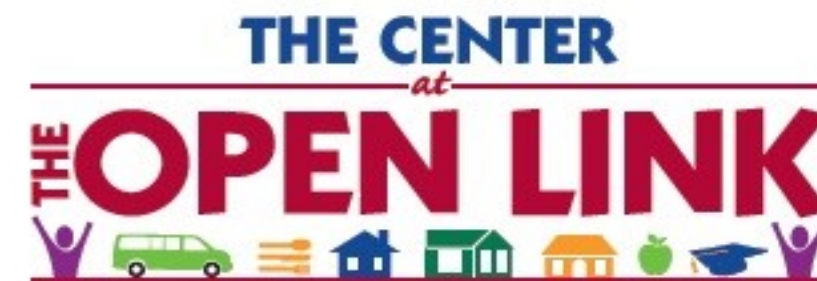
## Red Hat Society



Friday, Jan. 13  
10 a.m.

Organizational Meeting  
*Bring Your Ideas For What You Want To Do In 2017!*

At The Center at The Open Link, 517 Jefferson St., East Greenville, PA 18041



## January 2017

## The Center Will be Getting a Facelift Starting in 2017!

The new year will be bringing a new face to The Center at The Open Link.

The non-profit has planned renovations to the main and lower levels of the senior center building at 517 Jefferson Street in East Greenville, which will make the space more user-friendly and will allow for additional programming and events.

The construction will include new flooring throughout the main level, including the large meeting room, lobby, offices and kitchen, and a complete reorganization of the lower level to make it a secondary program space.

Walls will be knocked down and the renovations on the lower floor will include new bathrooms, a small kitchenette, an office and welcoming desk, new Americans with Disabilities Act (ADA)-compliant doors and renovations to the ramp, which will allow participants with disabilities to enter seamlessly from Jefferson Street. That space will be finished with new paint throughout.

The project kicked the day after Christmas with the installation of new laminate

*Continued on page 3*



The Uptones from Upper Perkiomen High School, under the direction of Dr. Mark Thomas, entertained seniors with a performance of seasonal medleys during The Center's holiday party Dec. 9. Thank you for sharing your talents!

## Join Us in February for Heart Month

**Heart Disease Prevention Program**

**Feb. 9 at 1 p.m. at The Center.**

*Find out more about how to avoid this deadly disease!*

For more info on this free program, call 215.679.6550



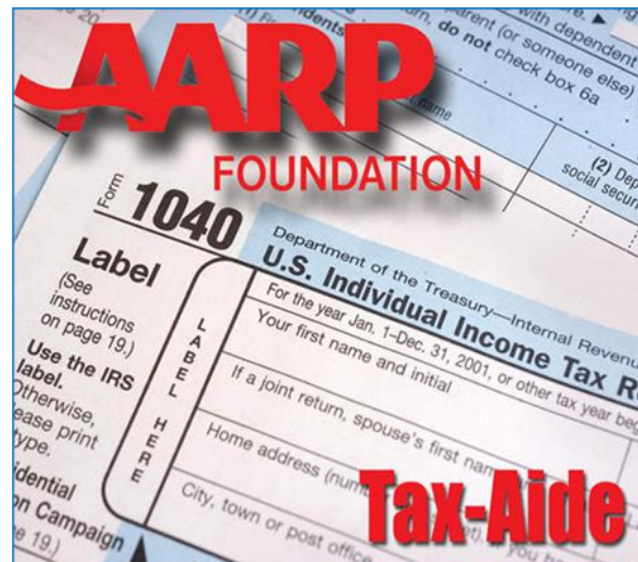


# Need Help With Your Taxes ?

## The Open Link and AARP Can Help!

### FREE Tax Preparation Assistance Program

The Open Link is partnering with the AARP Program to provide free tax preparation assistance to moderate and low-income taxpayers age 60 and over.



#### Eligibility:

- Low to moderate income level
- Age 60 and over
- Simple income tax returns only

#### Where:

**The Center at The Open Link**  
517 Jefferson Street, East Greenville, PA 18041

#### When:

Fridays **beginning** February 3, 2017.  
Available Appointment Times: 9am, 10am, 11am  
Friday appointments available **until** April 14, 2017.

**\*\*By Appointment Only\*\***

#### Call to Schedule Appointment:

Please call **The Center** at 215.679.6550 to schedule an appointment. Appointments can be made starting January 17.

#### Inclement Weather Policy:

If the Upper Perkiomen School District is closed due to inclement weather, **ALL** appointments will be cancelled. If the district is on a delay, all **9 am** appointments will be cancelled.

#### What to Bring:

- Copy of previous year tax return (2015)
- All income statements for 2015
- All forms for 2016
- Photo ID
- Social Security Cards (numbers for all dependents)
- Bank routing and account number for direct deposit of refund for payment of taxes owed

#### Cost:

- **Free** (thanks to the AARP Foundation Tax-Aide and the volunteers providing the service)
- **Donations are accepted & benefit The Center**

Continued from page 1

floors in the kitchen. It's an exciting time, said Center Manager Sheila Ruth.

"It looks absolutely wonderful. They [Finesse Flooring of Green Lane] did a spectacular job. It looks like a brand new kitchen!" Ruth said.

"We're also reorganizing the space downstairs to make it more welcoming and efficient. It will reinvigorate The Center and allow for more opportunities for health and wellness, education, and social events for the community."

Ruth said while small renovations, like updates to the lobby and new paint in the lobby and main level restrooms, have been undertaken by volunteers over the years, the renovations planned for the building will mark a drastic improvement for the space.

The new flooring upstairs, which is slated to be done in the next few months, will be followed by the lower level renovations, which are scheduled to be completed by April, Ruth said. Money raised at The Open Link's 2016 brunch and silent auction last April, more than \$8,000, will fund the start of the renovations. Additional funding, including grants, is being sought.

"I can't say enough about how this will help us use the space more efficiently," Ruth said. "This will allow us to offer more programming the community has been asking us for."

### 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:

#### Send a Card to a Friend Week—Starts Feb. 9.

Greeting cards are buy one for 25 cents, get one free! Stop by The Center and purchase a card for a friend or fill one out for a Meals on Wheels recipient.

#### Wear Your Heart Out Week — Starts Feb. 16.

Wear red or pink when you visit The Center and get a special thank-you gift! Plus, wear red or pink when you come in for lunch and pay only \$1 for your meal!

#### Tuesday, Feb. 21 at 12:30 p.m. at The Center —

**National Cherry Pie Day.** Celebrate with us! We'll have a special lunch and enjoy a delicious slice of home-made cherry pie!

#### Wednesday, Feb. 22 at 3:30 p.m. — Upper Perk

**Middle School Play** at Upper Perkiomen Middle School, 510 Jefferson Street, East Greenville. Seniors are invited for a free performance of the mythical drama, "Circus Olympus." For more info call 215.679.6550.

#### National Pig Day—March 1

Come and celebrate with pigs galore at The Center. Wear your pig costume and we'll have BLTs and soup for lunch at 12:30 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!