

February is American Heart Month



Please join us to learn more about

Heart Disease Prevention

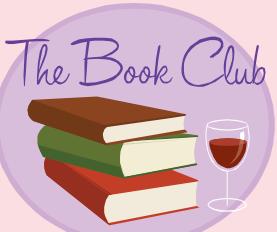
Thursday, Feb. 9, 2017 at 1 p.m. at The Center

Brought to you by:



and

For more info, please call 215.679.6550 or email volunteers@theopenlink.org



Thurs., Feb. 16 at
1 p.m.
Join us for a lively
discussion on
"At The Water's Edge"
by Sara Gruen

Diner's Club



Vince & Friends
Restaurant
642 Gravel Pike
East Greenville, PA 18041

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

Thursday, Feb. 9

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

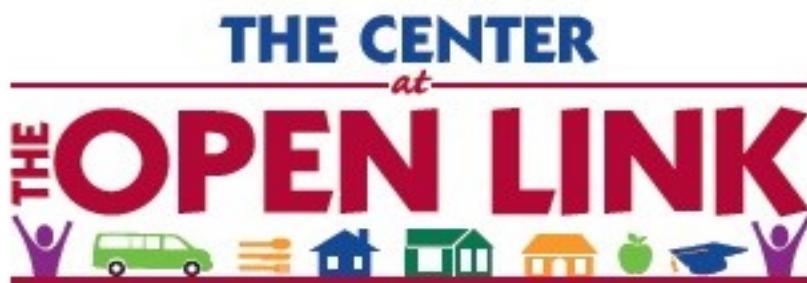


Red Hat Society

Friday, Feb. 10
11 a.m.

Meet at The Center to go to lunch at the Main Street Pub in Bally and then onto the National Center for Padre Pio in Bally.

For more information, please call 215.679.6550.



February 2017

Focusing On Taking Better Pictures: New Class at The Center

Kristi Morris documents people's lives through her Pennsbury business, Littlewing Studio Photography. And she wants area seniors to be able to do the same — better photograph their lives and the people and things they love.

"Photography freezes moments in time," she said. "It captures the wonderful moments in our lives and preserves family history. As an art, it lets us see through other people's eyes."

The Center at The Open Link in East Greenville is offering a new class for photographers of all levels, starting Feb. 13 with Morris. It'll run Mondays from approximately 1-2 p.m. A \$2 donation per class is suggested.

"I'm looking forward to it," Morris said of teaching the session. "It should be a lot of fun. It's always good to be able to research things and also to get a fresh perspective from other people."

All levels of experience are wel-

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Make a friend or a stranger's day with a card starting Feb. 6 during "Send a Card to a Friend Week". Greeting cards at The Center are buy one for 25 cents, get one free! Already keeping in touch with friends? Put a smile on a Meals on Wheels recipient's face with a handwritten note.

Healthy Steps for Older Adults



- 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.

NEW Class at The Center • Beginning February 13th, 2017



PHOTOGRAPHY FOR ALL LEVELS

All skill levels ~ Beginners welcome

Each session will include a short demo followed by a hands-on activity.

Open discussion and interpretation of photographs is encouraged!

Class taught by

KRISTI MORRIS

owner of

**littlewing
studio**

PHOTOGRAPHY

**Bring your
camera!
(digital or film)**

**Photo
Gallery in
September**

Mondays at 1:00 PM | Cost: \$2.00/per class
at The Center, 517 Jefferson Street, East Greenville

**RSVP required: Call 215.679.6550 or
email volunteers@theopenlink.org**

**Explore camera functions & photography techniques:
special applications (close up, landscape, portraits, action)
basic camera controls / manual & auto settings ■ lighting ■ composition
exposure ■ depth of field ■ elements of design**



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come in the class and participants are encouraged to bring their digital or film cameras. Photography, Morris said, offers everyone the chance to use his or her unique perspective to be creative.

"Ordinary objects and scenes can easily be transformed into something unique. It allows us to see the beauty in the ordinary," she explained.

Morris said the class is geared not only to cover camera basics but to explore interesting new ideas for the longtime hobbyist as well. The class will go over camera function and tips for taking better photos. It'll also delve into themes like composition, lighting, color, close-ups, high speed and perspective.

At the end of the class, a date which has yet to be determined, participants can have their work featured at a photo gallery event.

"I'd like to see the photo gallery as an insight to the individual artist," Morris said. "That everyone can create a beautiful photograph."

For more information on the class, please contact Evet Hexamer, Program Manager/Volunteer Coordinator, at 215.679.6550 or volunteers@theopenlink.org.

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:

Feb. 13-17 — Wear Your Heart Out Week. 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!

Tues., 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 homemade cherry pie!

Wednes., Feb. 22 at 3:30 p.m. — Upper Perk Middle School Play at UPMS, 510 Jefferson Street, East Greenville. Seniors are invited for a free performance of the mythical drama, "Circus Olympus."

Wednes., March 1 — National Pig Day. 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.

Wednes., March 8 at 1 p.m. — Upper Perk High School Play at UPHS auditorium, 2 Walt Road, Pennsburg. Seniors are invited to be our guest for Disney's "Beauty and the Beast." Free. No proof of age or gold card needed. Doors open 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!