

Nutrition Seminar: Spring Vegetables and Fruits

Free event with Teri Wassel
of the Montco Health Dept.



Thurs., April 6, 2017
1-2 p.m. at The Center

You will prepare your own salad mix in a mason jar!

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



Thurs., March 16 at
1 p.m.

Join us for a lively
discussion on
"The Sycamore Row" by
John Grissom

Red Hat Society



Saturday, March 25

Comedy Night Benefit for the Up-
per Perkiomen Ambulance Assoc.
At East Greenville Firehouse; doors
open at 6 p.m. \$30 per person, hot
and cold buffet. Contact Jane for
tickets 215.541.2245 or email-
ings@aol.com

Diner's Club



Garden Chinese Buffet
241 N. West End Blvd.
(Walmart/Rt. 309 Shopping
Cntr)
Quakertown, PA

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

Thursday, March 9

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



March 2017

Popular Photography Class Adds Evening Session; New Class to Start

We'll leave a light on for you!

For the first time in recent years, The Center will be opening its doors for an evening class. A photography class by Kristi Morris of Littlewing Studio Photography has garnered so much demand it will expand to Thursdays nights beginning March 23.

Program Director Evet Hexamer said she thinks the move is a positive.

"I think offering a class in the evening will bring in a diverse group of people. It will give people who have other commitments during the day a chance to come into The Center and see what it is all about."

Morris' day class, "Photography for All Levels", began February 13 and runs Mondays at 1 p.m. It has 13 regular participants. The new session will run Thursday nights from 6-7 p.m. through the summer.

Both sessions will offer one-on-one attention from Morris and will cover top-

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Brian Shade, kitchen helper at The Center, gets ready to serve slices of homemade pie on "National Cherry Pie Day" Feb. 21. The Center will be hosting more fun themed days this month, including "National Pig Day" on March 1.

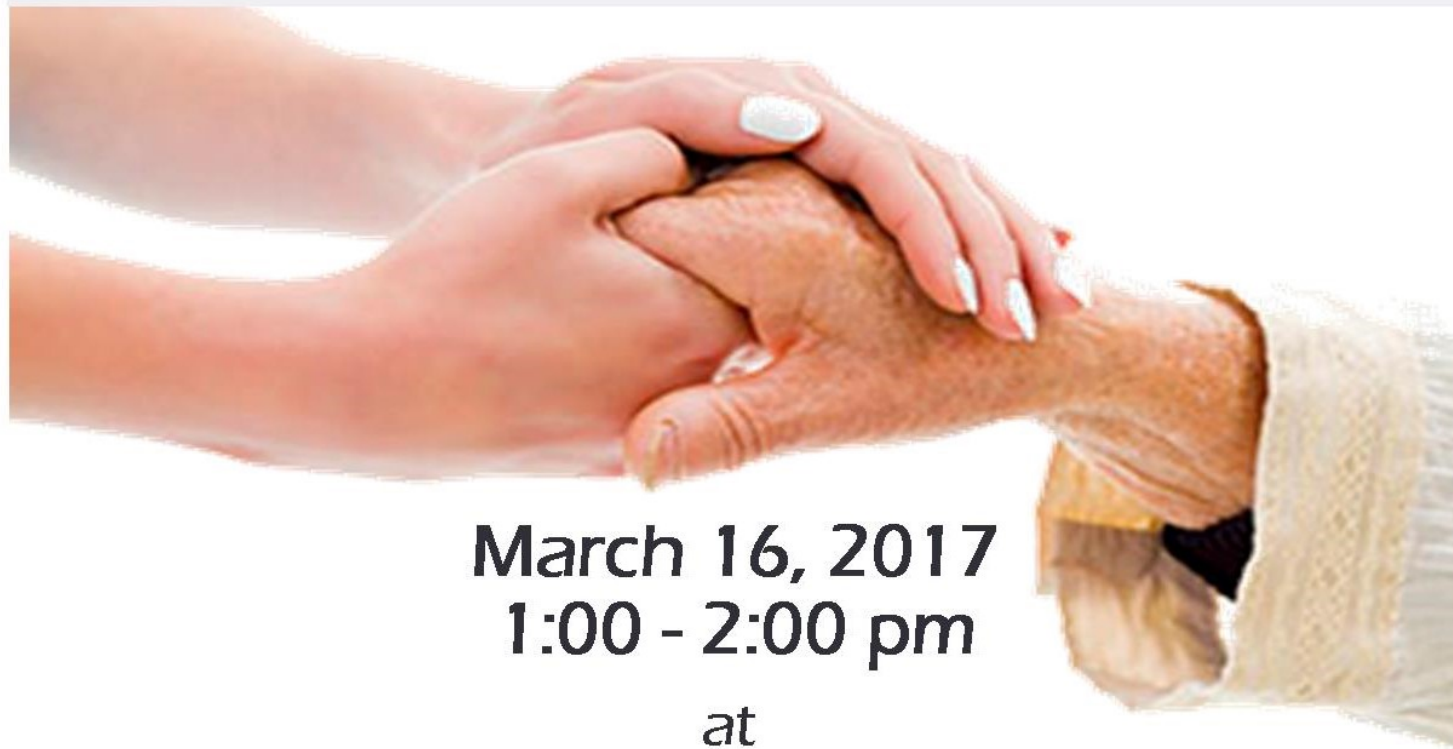
Making Essential Oils Work For You



New class, Fridays starting April 21, 1-2 p.m. RSVP 215.679.6550

Living with Arthritis

The first in a series of talks by health care professionals at Good Shepherd Rehabilitation
Arthritis and Energy Conservation



**March 16, 2017
1:00 - 2:00 pm**

at

**The Center
517 Jefferson St., East Greenville, PA**

RSVP by March 13th | 215.679.6550 or volunteers@theopenlink.org



Emma Delp,
COTA



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ics like basic camera controls, lighting, composition and elements of design, to name a few. A photo gallery event is scheduled for September to highlight the participants' work.

A new class, "Making Essential Oils Work for You", will talk about the current popularity of natural, plant-based oils, how they've been used historically and uses in aromatherapy, health and cleaning. Participants will make and take home projects like homemade cleaners and a Mothers Day spa gift.

Instructor Rita Marks, an independent wellness advocate, said she's looking forward to teaching people about essential oils. Free samples will be given out during each class session.

"Essential oils are something everyone can benefit from. It can help all ages," Marks said. "I really want people to learn what's safe and effective and the different ways to use them."

The first session, Friday, April 21 from 1-2 p.m. will cover an introduction to oils and classes will be held weekly through May 12.

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:

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 homemade 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.

Thurs., March 9 at 1 p.m. — Heart Disease Prevention Program at The Center. With Family Caregivers. Join us to find more about how to avoid this deadly disease. Refreshments provided; giveaways. RSVP by March 6.

Thurs., March 23 and 30 at 1 p.m. — Healthy Steps for Older Adults at The Center. Learn how to prevent falls, and new tips that will fit easily into your daily routine. Refreshments provided. RSVP by March 20.

Thurs., April 6 at 1 p.m. — Spring Vegetables and Fruits Nutrition Seminar at The Center by Teri Wasel of Montgomery County Health Department. You will prepare your own salad mix in a mason jar. 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!