



Do You Suffer From Dizziness or Vertigo?

Learn Ways to Remedy this Debilitating Condition


Thursday, April 20, 2017
1 p.m. at The Center

With Gail Metzger,
 OTR, of Good Shepherd
 Rehab



GOOD SHEPHERD

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



**Thurs., April 20 at
 1 p.m.**

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

* March's meeting was cancelled. *

Red Hat Society

Friday, April 21



Trip to Manatawny Still Works, 320
 Circle of Progress Drive, #104,
 Pottstown. Phone: 484.624.8271.
 Time and cost has yet to be deter-
 mined. Please call The Center for
 details, 215.679.6550.

Diner's Club



Vince and Friends
 642 Gravel Pike
 East Greenville, PA 18041

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

Thursday, April 13

We will leave The Center at 11:45 p.m. for 12:30 reservations





April 2017

Having the Heart; Making a Difference

One look around The Center at The Open Link, on any given day, and you'll see something extraordinary – people giving their time to serve others.

And they're doing it with a smile or a wink or a friendly handshake.

They are busy greeting visitors and answering the phone, packing and delivering Meals on Wheels, wrapping silverware for community lunch, and teaching classes to help their fellow seniors stay active and fit.

And don't for one minute think their time and efforts go unnoticed. In honor of Volunteer Appreciation Month this month, we want to recognize the more than 200 volunteers who keep our services running like clockwork at The Open Link.

"We love our volunteers and absolutely couldn't run our programs without them," said Evet Hexamer, program manager/volunteer coordinator. "They contribute so much."

It's not because they don't have anything to do, Hexamer noted. Many are busy each day with work, doctors' appointments, family commitments and the like. But they find it's important to give of themselves to help others.

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Bob and Jeanne Hermley are two of the more than 200 volunteers who donate their time at The Open Link's main office or at The Center. The Hermleys pack lunches for Meals on Wheels at The Center each week. We can't thank you enough!

Nutrition Make and Take: Spring Vegetables and Fruits

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

**You will prepare your
 own salad mix in a
 mason jar! Free event.**





Presentations by:
Rita Marks
dōTERRA®
 Wellness Advocate

Join one of our four upcoming classes to learn how simple and rewarding it is to incorporate Essential Oils into your life.

Essential Oils 101:
 Exploring the Basics
 for Beginners

Part 1: Intro to Essential Oils
 Friday, April 21st ~ 1:00 to 2:00 pm

Part 2:
Using Oils as
Cleaning Products

Friday, April 28th
 1:00 to 2:00 pm

Make an all-purpose cleaner to take home, just in time for Spring Cleaning!

Part 3:
How to Incorporate Oils Into Your Life
 Friday, May 5th ~ 1:00 to 2:00 pm

Everyone who attends will receive a free sample

YOUR LIFE. YOUR HEALTH. BE EMPOWERED.

DIY PEPPERMINT
Sugar scrub

Part 4
 Friday, May 12th
 1:00 to 2:00 pm

Create a homemade Mother's Day gift!

Location: The Center, 517 Jefferson Street, East Greenville

\$2 per class or \$5 for all 4 classes

Space is limited. Please RSVP to 215-679-6550 or volunteers@theopenlink.org.

Discovering Essential Oils - Nature's Best Kept Secret!

Learn about the many ways oils can be used: minimize stress, maintain focus, balance emotionally, toxic-free, inexpensive cleaning products, and much more!

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“Volunteering gives my life, in this crazy world, a fulfilling purpose,” said Darlene Reck, a longtime volunteer at The Center. “I am reaching out to people that need a friend, someone to listen and complain to. Most of all to make them laugh and forget whatever problems they are living with daily.”

Reck said she enjoys meeting new people, making new friends, and helping the less fortunate in our community. “This gives me great joy,” she said.

Louise and Toby Minner, of Green Lane, have been volunteering for a little more than three years. The husband-and-wife team delivers Meals on Wheels, and Louise assists with administrative tasks at The Center.

“I want to give back to our community and it makes me feel better,” Louise said. “It feels good to know I am helping others.”

“I volunteer to help people who need the help,” her husband, Toby, said. “And sometimes it ends up helping me more than them. I recommend volunteering to everyone.”

It takes as little as an hour a month, Hex-amer said. But that small investment of time pays out big in the lives of others.

If not you, then who?

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:

Thursday., April 13 — Medicare Fraud Prevention Program at The Center, 1 p.m. Learn how to protect yourself, your loved ones and Medicare from fraud. Free. RSVP to The Center by April 10.

Sunday, April 23 at 12 p.m. — Brunch and Silent Auction at Sunnybrook Ballroom, Pottstown. You're invited to The Open Link's biggest fundraiser of the year complete with a lunch buffet, entertainment and a silent auction! Join us for a fun afternoon. Tickets are \$45 per person. For more information visit www.theopenlink.org or call 215.679.4112 by April 5.

Wednes., April 26, 11 a.m.—2 p.m. — National Pretzel Day at The Center. Join us for a fun day including soft pretzels with a toppings/dip bar. Free.

Thurs., May 11, 1-2 p.m. Living Wills/Power of Attorney Informational Presentation at The Center.

Thurs., May 18, 1-2 p.m. Health Talk: Headaches by Good Shepherd Rehab at The Center.

Friday, May 19, 1-3 p.m. Spring Fling at The Center. Join us for dancing, a DJ, photos and finger foods.

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!