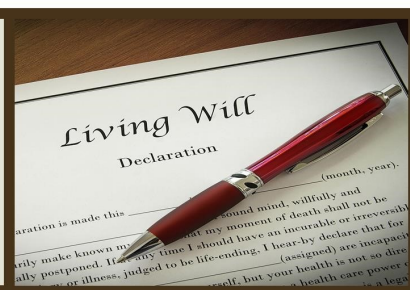


Are you interested in finding out more about power of attorney or living wills? Have other legal questions? Come find out about the services offered by Legal Aid of Southeast PA.

## LEGAL SERVICES

**LASP** Legal Aid  
of Southeastern PA

**Presenter: Susan L. Strong, Esquire**



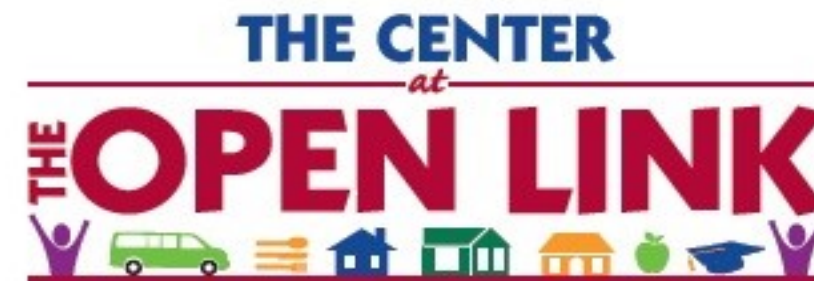
**Thursday, May 11, 2017 ▪ 1:00 PM**

The Center, 517 Jefferson Street, PA 18041

**Please RSVP by May 8. Call 215.679.6550 or email [volunteers@theopenlink.org](mailto:volunteers@theopenlink.org)**

Find out about the services offered by Legal Aid and learn about Power of Attorney and Living Will documents which allow you to direct how financial, health care and end of life decisions will be made if you become incapable of making these decisions for yourself.

*Legal Aid of Southeastern Pennsylvania is a nonprofit agency which provides free legal services to low income individuals in various types of civil legal matters.*



**May 2017**

## May is Older Americans Month: Age Out Loud 2017

Getting older doesn't mean what it used to. For many aging Americans, it is a phase of life where interests, goals, and dreams can get a new or second start. Today, aging is about eliminating outdated perceptions and living the way that suits you best.

Take Barbara Hillary, for example. A nurse for 55 years who dreamed of travel, at age 75 Hillary became the first African American woman to set foot on the North Pole. In 2011, at age 79, she set another first when she stepped onto the South Pole. Former president George H.W. Bush celebrated his 90th birthday by skydiving. Actress Betty White, now 95 years old, became the oldest person to host Saturday Night Live in 2010, coincidentally during May—the same month recognized as Older Americans Month (OAM).

Since 1963, OAM has been a time to celebrate older Americans, their stories, and their contributions. Led by the Administration for Community Living (ACL), the annual observance offers a special opportunity to learn about, support, and recognize our nation's older citizens.

This year's theme, "Age Out Loud," emphasizes the ways older adults are

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A group of seniors show off their Mason jar salad mixes they made during a nutrition presentation with Teri Wassel of the Montgomery County Health Department April 6. Thank you, Teri, for helping our participants eat healthy! The Center will be hosting another presentation, "Soup's On!" June 8 at 1 p.m. Seniors will learn how to make soup for any time of the year and will take home a dry soup mix.

**The Book Club**

**Thurs., May 18 at 1 p.m.**

Join us for a lively discussion on  
"Until We All Come Home: A Harrowing Journey, A Mother's Courage, a Race to Freedom"  
by Kim de Blecourt

## Diner's Club



The Americana Diner  
682 PA Rt. 100  
Bechtelsville, PA

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

**Thursday, May 11**

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



## Red Hat Society



**Thursday, May 25**

Trip to Deitsch Eck Restaurant  
PA 142

Lenhartsville, PA

The gift shop and restaurant specializes in Hex signs. Meet at The Center at 11 a.m.

## Do You Suffer From Persistent Headaches or Migraines?

**Thurs., May 18, 2017**  
1-2 p.m. at The Center with  
Good Shepherd Rehab.

Learn what causes headaches and how Good Shepherd treats them. Free presentation. RSVP by May 15.





# Spring Fling



**Friday, May 19, 2017**  
**1-3 p.m.**

- ★ D.J.— Tom Calvin's Oldies
- ★ Photos
- ★ Dancing
- ★ Prizes
- ★ Refreshments

*Don't miss this free afternoon of fabulous dancing and good food!*

RSVP by May 10th | 215.679.6550 or [volunteers@theopenlink.org](mailto:volunteers@theopenlink.org)



**The Center**  
**517 Jefferson St.,**  
**East Greenville, PA 18041**

*Continued from page 1*

living their lives with boldness, confidence, and passion while serving as an inspiration to people of all ages.

The Center at The Open Link will use OAM 2017 to focus on how older adults in our community are redefining aging—through work or family interests, by taking charge of their health and staying independent for as long as possible, and through their community and advocacy efforts. We can also use this opportunity to learn how we can best support and learn from our community's older members.

We encourage you to get involved! Join us and ACL as we speak up for #OAM17 and #AgeOutLoud this May!

For more information, visit <https://oam.acl.gov/>.



## 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:

**Friday, May 5 — National Hoagie Day** at The Center, 12:30 p.m. Join us for hoagies for lunch from Subway! RSVP to The Center by May 4 by noon. \$2 donation.

**Fridays, May 5 and May 12 1-2 p.m. Essential Oils** at The Center. Learn how to incorporate essential oils into your life and, on May 12, create a homemade Mother's Day gift. Participants of the class will receive a free sample. \$2 per class. For more information visit [www.theopenlink.org](http://www.theopenlink.org) or call 215.679.6550.

**Thurs., May 11, 1-2 p.m. Living Wills/Power of Attorney Informational Presentation** at The Center. Learn what Legal Aid of Southeastern PA can do for you!

**Thurs., May 18, 1-2 p.m. Health Talk: Headaches by Good Shepherd Rehab** at The Center. Learn why people get headaches and how Good Shepherd treats them. RSVP to The Center, 215.679.6550.

**Friday, June 2, National Donut Day at The Center.** Join us for donuts, breakfast cake and coffee from 9-11 a.m. Complimentary.

**Coming in June: Farmer's Market Vouchers!**

## 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!