

Presentation by Teri Wassel, M.S., R.D., Montgomery County Health Department

## Soup's On!

Nutrition Series: Part 4 of 4

Each participant will make a nutritious layered dried bean soup mix and learn the basics of preparing any type of soup.

**Thursday, June 8, 2017**

**1:00 p.m. - 2:00 p.m.**



**517 Jefferson Street • East Greenville, PA 18041**

*Space is limited so sign up early!*

Please RSVP by June 5th: Call 215-679-6550 or email [volunteers@theopenlink.org](mailto:volunteers@theopenlink.org).



**Thurs., June 15 at  
1 p.m.**

Join us for a lively  
discussion on  
"Commonwealth" by Ann  
Patchett

## Diner's Club



**Main Street Pub  
505 Main Street  
Bally, PA 19503**

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

**Thursday, June 8**

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



## Red Hat Society



**Thursday, June 21**

Trip with Hagey Tours to Grounds  
for Sculpture in Hamilton Town-  
ship, New Jersey.

Bus leaves at 9 a.m. from Franco-  
nia, 210 Schoolhouse Road,  
Souderton. Sign up with Harriet,  
215.679.8844.



**June 2017**

## The Center Renovations Nearing Completion

With just a few minor things left to check off on the to-do list, the revamping of The Center is near completion.

The Open Link Executive Director Stuart Bush said this week there is some outdoor landscaping and painting to be finished alongside the building on Jefferson Street in East Greenville.

Bush noted some wiring also needs to be completed in the basement and furniture needs to be moved back into the space. That lower level, now finished and brightened up with fresh flooring, paint and electrical, is handicapped-accessible and ready to be used as additional program space.

He said the renovations were simply borne out of the need for more square footage.

"Over the past few years participation at The Center has been growing substantially and we are bursting at the seams," he said. "The staff and board of The Open Link agreed it was time to make a substantial investment in additional program space as well as 'sprucing up' The Center.

That investment is paying off! The lower level is now fully accessible, brighter and more attractive. This additional space will add 75% to our overall program space allowing us to better

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Lillian Hess is welcomed onto the dance floor during The Center's Spring Fling on May 19. Visitors enjoyed a DJ, photos, food, raffles and giveaways during the annual event.

## You Can Lower Your Electric Bill!

Hear PPL Electric Utilities' Carol Obando-Derstine discuss:

- ♦ Energy efficiency and ways to lower your bill.
- ♦ Assistance programs to help you pay for electricity.
- ♦ Ways to protect yourself against scammers.
- ♦ And more!

**Thurs., June 15 at 1:30 p.m.**

RSVP by June 12 to 215.679.6550



517 Jefferson St., East Greenville, PA 18041 \* 215.679.6550 \* website: [www.theopenlink.org](http://www.theopenlink.org)

# "Outside-In"

## Summer Picnic

Friday, June 23<sup>rd</sup>, 2017  
12:30 PM



517 Jefferson Street, East Greenville

*Complimentary*

Hamburgers, hot dogs, desserts, and more  
Raffles and giveaways



RSVP by June 20th

Call 215.679.6550 or email [volunteers@theopenlink.org](mailto:volunteers@theopenlink.org)



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serve the rapidly growing populations of older adults in Upper Perk. We look forward to welcoming more people to more programs at The Center."

Bush said a timeline for the grand re-opening has yet to be determined but the organization is very excited about the expansion.

"The extra space will allow us to do more programming simultaneously, from exercise to informative seminars on health and nutrition, finances, art and photography and more. It will also provide for more social space for folks to enjoy company and refreshment. And it will help to make room for our growing lunch crowd," he said. "People are responding well to good food at a low price with pleasant company!"

Stay tuned for details on the grand re-opening celebration!



### 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:

**Starting June 1 — Senior Farmer's Market Vouchers** will be distributed at The Center on a first-come, first-served basis. You must be 60 years of age or older, a Montgomery County resident and have limited income. \$20/person, \$40/couple. Call 215.679.6550 for more info.

**Friday, June 2, 8:30-11 a.m. — National Donut Day** at The Center. Join us for donuts, compliments of Dunkin' Donuts in Pennsburg, coffee cake, coffee and tea.

**Fridays, June 9-July 14, 1-3 p.m. Chronic Disease Class** with Sheila Ruth, Center Manager, and Amanda Mayer from Bucks County Area on Aging will be teaching a self-management program that will help you live a productive life while coping with conditions like diabetes, hypertension, arthritis, pain and anxiety. Call 215.679.6550 for more info or email [volunteers@theopenlink.org](mailto:volunteers@theopenlink.org).

**Tues. and Thurs., June 20 & 22, 12-4 p.m. AARP Driver Safety Course** at The Center. RSVP by June 16. For more info call 215.679.6550.

**Thursday, July 13 at 1 p.m. at The Center — Distinction Barbershop Quartet** of the North Pennsmen will perform a selection of tunes. \$3 donation.

### 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!