



How Do You Picture Your Retirement?

Save the Date

Wed., July 19  
1-2 p.m.



## "How to Make Your Money Last"

with



**Bonnie L. Thompson**  
Financial Advisor  
1831 Swamp Pike Suite 201  
Gilbertsville, PA 19525  
610-326-1035

Refreshments will be served.

RSVP by July 14 to  
215.679.6550 or email  
volunteers@theopenlink.org



Is Taking Time Off in  
July and August.

Please Join Us in  
September!

## Red Hat Society

Sunday, July 9



Montgomery Theater,  
Souderton. Show: On The Road  
Again; 3 p.m. Cost: \$33.  
Meet in Redner's, Red Hill  
parking lot at 2:15 p.m. Dinner  
after. Sign up asap with Harriet,  
215.679.8844.

## Diner's Club



Collegeville Diner  
290 Main St.,  
Collegeville, PA  
Phone: 610.409.9600

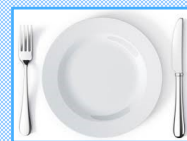
Please RSVP to The Center, 215-679-6550.

## Thursday, July 13

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

## Meals on Wheels Volunteers Needed!

WE ARE  
**Meals On Wheels**  
So no senior goes hungry.



Can you give an hour a week? Call 215.679.6550.



July 2017

## Award-Winning Barbershop Quartet to Perform

It's an energetic, toe-tapping, sing-a-long performance and it's coming to The Center this July!

Distinction Quartet, of the North Pennsmen Barbershop Chorus, will be taking center stage in East Greenville July 13 at 1 p.m.

"It was very well received last year," said Program Manager/Volunteer Coordinator Evet Hexamer of the group's summer 2016 visit. "We're looking forward to it again this summer!"

"They're so talented and it's always fun to have entertainment that you can see how much the participants enjoy it. Any time we have music and fun things at The Center, it seems to really appeal to people."

Walt Barnes, a member of Distinction since 2013, said his group's concert at The Center is one of several given each year by the quartet all over the region.

The group rehearses twice a week, once as a whole with the North Pennsmen, and once as a quartet at Barnes' home.

Barnes, the baritone, noted Distinction was recently honored to have won the "Senior Quartet" trophy in a multi-state district competition this past fall.

"It's very intimate," he said of being a

Continued on page 3



"Soup's On!" participants make a layered dried soup at a June 8 presentation by Teri Wassel of the Montgomery County Health Department. Thanks for learning about how to prepare healthy meals with us!

## You Can Help Feed Kids This Summer!

We need volunteers to help deliver meals, distribute food and supervise activities for our Summer Lunch Bunch program in Pennsburg and Hereford.

Please call 215.679.6550 or email volunteers@theopenlink.org for more info.





# Join us for a special presentation of the *Distinction Barbershop Quartet*



of the North Pennsmen  
Barbershop Chorus

*It will be music to your ears!*  
**Thursday, July 13 at 1:00 p.m.**  
at The Center

517 Jefferson St, East Greenville  
\$3 donation

RSVP by July 11 to 215.679.6550 or [volunteers@theopenlink.org](mailto:volunteers@theopenlink.org).

*Continued from page 1*

part of a quartet. "You forge a bond with the quartet members. It's really the ultimate barber-shop experience."

He said being able to perform and getting a good response from the audience is part of why he loves what he does.

"You get that satisfaction and you feed off that energy."

At The Center, Barnes said people can look forward to songs like "Blue Moon," "The Rhythm of the Falling Rain," "Sentimental Gentleman From Georgia" and other favorites.

Distinction will also be performing on July 3 at 2:25 on stage at Independence Mall in Philadelphia during the July 4<sup>th</sup> Block Party hosted by WAWA.

For more information on the quartet, visit [www.northpennsmen.org](http://www.northpennsmen.org) or call 484-886-0037.

Please call 215.679.6550 to RSVP for the concert at The Center.

★ NEW at The Center !! ★

Lunch with the Center Manager,  
Sheila Ruth

The Last Monday of Each Month

## Are You Game?

*Mahjong (American version) - every Tuesday, 1 p.m.*

*Canasta — 1st and 3rd Thursday, 1 p.m.*

*Pinochle— Wednesdays 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, 1:00 p.m.*

*Country Cards — Last Monday monthly, 1 p.m.*

## SAVE THE DATE:

**Ongoing While Supplies Last — Senior Farmer's Market Vouchers** will be distributed at The Center. 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.

**Thursday, July 27, 12-2 p.m. — Ice Cream Social** at The Center. Join us for ice cream and good company! Complimentary event. Call 215.679.6550 to RSVP.

**Thursday, Aug. 3, 12:30 — National Watermelon Day** at The Center. Come out for mouthwatering watermelon with lunch and, at 1 p.m., join us for a program on "How to Stay Hydrated" with Family Caregivers. Lunch is a \$2 donation; there is no cost for the program.

**Fridays, Aug. 4-September 15, 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 or email [volunteers@theopenlink.org](mailto:volunteers@theopenlink.org).

**Thursday, Aug. 17 at 1 p.m. — Red Hill Band Concert** at The Center. \$3 donation. More info to come.

## 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!