

# Coloring With a Purpose

With Julie Longacre

Sept. 21<sup>st</sup> and Oct.  
19<sup>th</sup>, 1-3 p.m.

\$5 per session; \$8 for  
both.

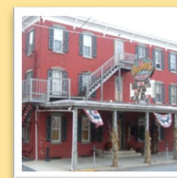
When it comes to the pastime of coloring, age has no limitations! From grandchild to grandparent, coloring is a relaxing way to decompress and, with a bit of instruction, pick a few tips on developing your artistic talent.



Is reading two selections this summer: "My Name is Lucy Barton" and "Anything is Possible", both by Elizabeth Strout.

Please join us on Sept. 21 at 1 p.m. for discussion.

## Diner's Club



Durango's Saloon/  
Restaurant  
120 E. Philadelphia Ave.  
Boyertown, PA.

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

**Thursday, August 10**

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

## Red Hat Society

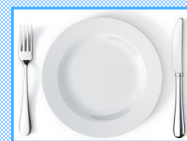


**Friday, Aug. 11**

We will meet at 10 a.m. at The Center to discuss ideas for upcoming trips. Please join us! We will go out for lunch following. More information is to come.

## 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.



**August 2017**

## Well-Known Local Artist to Teach at The Center

You've likely heard of Julie Longacre — the artist, author and illustrator. Her paintings, sketches and humorous collection of recipes and anecdotes, "The Dirty Old Ladies' Cookbook" have garnered her a following both in the region and beyond.

But what you may not know about Longacre is her genuine love of bringing the inner artist out of *other* people.

"I've been teaching since I was 14. The best teacher brings her students to their fullest potential," she noted.

Longacre taught in the public school system until 1981, at which time she was an instructor at Montgomery County Community College. She also taught off-campus art courses and fundraisers for two decades.

At The Center next month, her focus will be on adult coloring.

Her class, "Coloring With A Purpose", will highlight basic and intermediate techniques. Each lesson is designed with an objective: the use and blending of color, building contrast and texture, developing perspective and simply engaging in the relaxing enjoyment of coloring within the lines.

Longacre, who published two coloring books before the current trend was borne,

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photo courtesy of Kristi Morris

The Red Hill Jazz Band will be performing at The Center on Thursday, Aug. 17 at 1 p.m.; \$3 suggested donation. Above, the whole band, under the direction of Norman Stull, performs last month at Make Music Upper Perk.



## What's Cooking at The Center?

Come join us for community lunch! Our tasty lunch lineup can be found in our monthly newsletter and online at [www.theopenlink.org](http://www.theopenlink.org).



Call 215.679.6550 or email [centermanager@theopenlink.org](mailto:centermanager@theopenlink.org) for more info.



# THE CENTER at THE OPEN LINK

517 Jefferson Street, East Greenville

## THURS. AUG. 17<sup>th</sup> • 1 PM

### ★ RHJB ★ RED HILL BAND JAZZ BAND



★ ★ ★ ★ ★ ★  
Refreshments Served  
\$3.00 Suggested Donation

RSVP by August 14th:

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

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said her favorite thing about teaching is the people.

"I enjoy opening their eyes to the world around them and introducing them to the world of art. It brings no greater joy than to see someone blossom into creating their own masterpieces; getting beyond the no confidence stage into a zone of pleasure and exploration.

"[I hope people] get past their fears and begin to see the world around them through an artist's eyes.

"We have so much fun, the classes are relaxing and enjoyable and the projects, when completed, are completely frameworkorthy!"

Coloring With A Purpose will be held Sept. 21 and Oct. 19 from 1-3 p.m. The cost is \$5 per session or \$8 for both. Please RSVP one week prior to 215.679.6550 or email [volunteers@theopenlink.org](mailto:volunteers@theopenlink.org).

★ NEW at The Center !! ★

Lunch with the Center Manager,  
Sheila Ruth  
Last Monday of  
Each Month

### Are You Game?

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

*Canasta — Every Thursday, 1 p.m.*

*Pinochle— Wednesdays at 12:30 p.m.*

*Perkiomen Valley Women's Club cards (open to public) 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.*

*Mexican Train Dominoes—Every Friday at 1 p.m.*

### SAVE THE DATE:

**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, Sept. 15-Oct. 20, 1:30-3:30 p.m. — Chronic Disease Class** with Sheila Ruth, Center Manager, and Amanda Mayer from Bucks County Area on Aging at The Center. They 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.

**Friday, Sept. 22, 12-2 p.m. — Fall Awareness Expo with Family Caregivers** at The Center. Celebrating "10 Years Standing Together to Prevent Falls." Complimentary lunch by Family Caregivers. RSVP by Sept. 19.

**Thursday, Sept. 28 at 1 p.m. — Nutrition Series with Montco Health Department's Teri Wassel** at The Center. Come learn about healthy desserts and make chocolate chia seed pudding in a jar. RSVP to The Center.

**Thursday, Oct. 5 at 1 p.m. — Emotional Well-Being Program with Family Caregivers** at The Center. No cost. More info to follow.

### 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!