



September 2017

Gearing Up for a

We're taking care of all the little touches that will make it grand!

Join us for a grand re-opening celebration Sept. 20 from 3-6 p.m. and you'll find not only is our lower level finished and ready to serve seniors, we've also spruced up other areas of The Center.

Our parking lot has been freshly painted, old signage has been removed, our carpet and flooring were redone, and new window treatments are in the works.

You'll also find a new handicapped-accessible entryway and door downstairs, new sidewalk and a blossoming garden.

During the open house, a group of talented students from The Perkiomen School will put on a musical performance and giveaways will include adult coloring books by beloved local artist Julie Longacre, as well as sweet treats, reusable shopping bags and other items.

"We hope to see a lot of people come out and not only partake in the food, entertainment and fun, but also to see all The Center has to offer!" said Center Manager Sheila Ruth.

The Open Link Executive Director Stuart Bush said he's happy to see the space open up for additional programs.

Continued on page 3

You're Invited

to an Open House

**Grand Re-Opening
and Ribbon-Cutting**



*Come see the new and improved
senior center serving
the Upper Perkiomen Valley region!*

SEPT.

20

3 PM

to
6 PM

- Refreshments
- Giveaways
- Entertainment

**Ribbon-Cutting
ceremony at
5 p.m.**

517 JEFFERSON STREET, EAST GREENVILLE, PA 18041
215.679.6550 * WWW.THEOPENLINK.ORG



Fall Awareness Expo

“10 Years Standing Together
to Prevent Falls”



**Friday, September 22nd
12 p.m. – 2 p.m.**

The Center at the Open Link

517 Jefferson St

East Greenville, 18041

Vendors • Prizes • Demos

Lunch will be provided/Registration required
**To RSVP, email volunteers@theopenlink.org
or call 215 • 679 • 6550**



www.family-caregivers.com 215 • 541 • 9030

Continued from page 1

“Here folks will have space to gather, have fun together, and work on their health together,” he said. “One of the things we’re conscience of is that between 2010 and 2014, the number of folks in the 70-79 age bracket tripled, so we’re prepared for that increase. This will increase our program space by 75 percent, better helping us serve the senior community in the Upper Perkiomen Valley.”

A ribbon-cutting ceremony will take place at 5 p.m. Please join us! We’re here for you and we would love to hear any ideas you have for programs or events you’d like to see at The Center.



Our kitchen staff is
whipping up a
special homemade
lunch Monday, Sept.
18 at 12:30 p.m.

We'll save a place at
the table for you!
Call 215.679.6550 to
RSVP.

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) Bridge — 1st Tuesday,
12:30 p.m. Country Cards — 2nd Tues-
day, 1:00 p.m.*

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

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

SAVE THE DATE:

Monday, Sept. 11, 6 p.m. — First Monday Dinner at The Center at The Open Link and Pennsburg UCC.

Come out for free dinner and fellowship with your neighbors around the table! Call 215.679.6550 for more info.

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.

Thursdays, Sept. 21 and Oct. 19, 1-3 p.m. — Coloring with a Purpose with Julie Longacre. When it comes to the pastime of coloring, age has no limitations! \$5 per session; \$8 for both. RSVP to The Center.

Thursday, Oct. 5 at 1 p.m. — Emotional Well-Being Program with Family Caregivers at The Center. What is emotional well-being? How physical health affects emotional health and much more. RSVP to The Center. FREE.

Monday, Oct. 16 starting at 11 a.m.; 1 p.m. — Transnet Signup Day and “Sugar Addiction” a health program by Jessica Skelton of Ingredients for Wellness. For more info, or to RSVP, contact The Center.

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!

Nutrition Series with Teri Wassel

of the Montco Health Department

Come make a decadent dessert that's also good for you!

Chocolate Chia Seed Pudding



Sept. 28 at 1 p.m. at
The Center

Complimentary! RSVP by
Sept. 25 to 215.679.6550 or
volunteers@theopenlink.org



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



Alfredo's Restaurant
and Pizzeria
846 Main Street
Bally, PA
610.845.7181

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

Thursday, September 14

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

Red Hat Society



Friday, Sept. 8

Graeme Park
Horsham, PA
Cost: \$5

We will leave The Center at
10 a.m. For more information, call
215.679.6550

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.