



## Registration Event for Seniors 65+



**Monday, October 16th, 2017**

**11:00 AM - 1:00 PM**

A TransNet representative will be available to assist with registration. Fill out a brief form to sign-up for safe, reliable transportation.

**Must bring proof of age - Birth Certificate, Driver's License, or other Government Issued ID (cannot use Medicare card as proof of age)**  
RSVP by Oct. 13 to 215.679.6550

*Enjoy the benefits of reduced fare transportation*

# SUGAR

## Addiction



*As our consumption of sugar continues to increase, we will explore the reasons why and the ways sugar harms your health. We'll also learn about artificial sweeteners and the many names of sugar.*

**Monday, Oct. 16 at 1 p.m. at The Center.**

**RSVP by Oct. 13 for this free program.**

Presented by:

Jessica Skelton, CHHP



We are reading "The Woman in Cabin 10" by Ruth Ware

Please join us Oct. 19 at 1 p.m. for discussion.

## Diner's Club



Dryville Hotel  
110 Lyons Road  
Mertztown, PA

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

## Thursday, October 12

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

## Red Hat Society



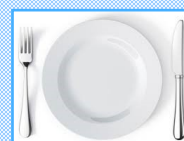
**Friday, Oct. 13**

Morgan Log House  
850 Weikel Road, Kulpville  
Cost: \$5

We will leave The Center at 10 a.m. Lunch afterwards. 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.



## October 2017

## It's Official!

Approximately 125 people came out for the pomp and circumstance of the grand re-opening of The Center on Sept. 20. The newly-renovated lower level is now officially open for business!

Plans are to host several programs in the space later this month.

The event itself was well-received by the community, who not only visited the open house for tours of the building, but to learn about the latest happenings at The Center, spin the giveaway wheel and to enjoy refreshments.

Area dignitaries who attended included Montgomery County Commissioner Ken Lawrence, State Rep. Marcy Toepel, representatives from State Sen. Bob Mensch's and State Rep. Justin Simmons' offices, along with county officials and TOL board members.

Stuart Bush, The Open Link executive director, spoke for a few minutes on the improvements before the ribbon-cutting at 5 p.m.

He thanked everyone who contributed to the renovations.

"We couldn't have done this without the help of so many on so many different levels," he said.

The Center Manager Sheila Ruth echoed those sentiments at the close of the day.

"The Open Link is very thankful to all who attended the Center's grand reopening. To all those who volunteered or do-

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photo courtesy of Kristi Morris

**Ribbon-Cutting at The Center** - The Center at The Open Link (formerly the Upper Perkiomen Senior Center) celebrated its grand re-opening last Wednesday. Pictured, left to right, are Kelly Chandler, TOL communications manager, Sheila Ruth, Center manager, Linda Connell, TOL asst. executive director, Stu Bush, TOL executive director, Doreen Hespell, Montco Aging and Adult administrator, State Rep. Marcy Toepel, Dave Baver, TOL board member/project manager, Barbara O'Malley, Montco Health and Human Services director, Gerry Fioriglio, TOL board president, and Evet Hexamer, TOL program manager/volunteer coordinator.

## Coloring With a Purpose With Julie Longacre

We've added sessions! Oct. 19, and now Nov. 9 & Dec. 14, 1-3 p.m.

\$5 per class, \$8 for two. RSVP one week prior to 215.679.6550 or [volunteers@theopenlink.org](mailto:volunteers@theopenlink.org)





# Fall Festival

Co-Sponsored by



JOIN US AT THE UPPER  
PERKIOMEN VALLEY YMCA

**TUESDAY, OCTOBER 31<sup>ST</sup>**  
**12-2 PM (Gym)**

*Complimentary*  
**FUN - FELLOWSHIP**  
**LIGHT LUNCH - ENTERTAINMENT**

*RSVP by Oct. 23 to The Center at The Open Link, 215.679.6550,  
or email [volunteers@theopenlink.org](mailto:volunteers@theopenlink.org)*



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nated their efforts and labor in some small way – thank you! What a spectacular finish to a two-year-long journey of love!”

“It was a great community event all around,” Bush said after the event.

Thank you to the following individuals, companies and businesses who helped with the project/event: Gordon H. Bayer, Inc., Gillespie Electric, Inc., Nester Bros, Inc., Ken Gaugler Concrete, LLC, George D. Lentz, Inc., Finesse Flooring, Inc., Kriebel Security, Inc., Advanced Cleaning Solutions, Isigns, Entrance Systems, Inc., Quality Caulking Co., KD Landis, Inc., Littlewing Studio Photography, Ray’s Greenhouse, Montgomery County, Upper Perkiomen Valley lions Club, Perkiomen School, East Greenville Borough, Mary and Bryon Young/Fife and Drum Tree Farm, Thompson Painting and Wallcovering, Julie Longacre, Donald and Denise Amos, Darlene Reck, Arno Kott and Jill Gray.



Our kitchen staff is whipping up a special homemade lunch Monday, Oct. 16 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 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:

**Monday, Oct. 2, 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! Center menu: roast beef, gravy, green beans, salad, roll, desserts. Call 215.679.6550 for more info.

**Fridays through 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.

**Thursday, Oct. 26 at 1-2 p.m. — How to Protect Yourself Against Financial Exploitation** with Senior-LAW Center at The Center. Learn about scams, legal rights, services and exploitation. RSVP by Oct. 23 to 215.679.6550.

**Wednesday, Nov. 29 at 1 p.m. — Choir Chimes from Generations of Indian Valley** at The Center. Directed by Dottie Reed, this group will perform seasonal music on hand chimes. Donations excepted. RSVP to The Center.

**Thursday, Nov. 30 at 1 p.m. — Nutrition Series with Teri Wassel of the Montco Health Department.** Topic TBD. Please call 215.679.6550 for more info.

## 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!