



NOV. 29 • 1:00 PM

THE CENTER  
517 JEFFERSON ST.  
EAST GREENVILLE, PA 18041

The sounds of Generations of Indian Valley Choir Chimes are coming to The Center! Enjoy holiday music played on hand chimes.

RSVP by Nov. 27 to 215-679-6550  
or email Evet at  
volunteers@theopenlink.org

Donations are greatly appreciated.



We are reading "Swimming Lessons" by Claire Fuller.

Please join us Nov. 16 at 1 p.m. for discussion.

## Diner's Club



Dolce Vita  
3116 Main St.  
Sumneytown, PA

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

**Thursday, November 9**

We have 12:30 reservations at the restaurant.

## Bowlers Needed!

Substitutes needed for Fridays,  
1-3:30 p.m., September-April at  
East Greenville Fire Company.



For more info, please call Carl Needs, 215.679.0418



# THE CENTER at THE OPEN LINK



November 2017

## Blessed is an Understatement

*"Be thankful for what you have; you'll end up having more. If you concentrate on what you don't have, you will never, ever have enough." — Oprah Winfrey*

This quote is near and dear to our hearts this month and we hope it's meaningful to you too!

As we stop to celebrate Thanksgiving, hopefully with a delicious meal and friends and family by our side, we are thankful for those of you who are a part of our lives at The Center.

Whether you come out for community lunch, volunteer, get Meals on Wheels, attend a program or stop by to use the library or computer room, we're grateful to have you here!

We thought it might be interesting to ask people what they're thankful for this holiday. Here's what some of your fellow seniors, and the staff at The Center, had to say.

"I'm grateful for my grandson, Mason, who is the love of my life," said June Schaeffer. He's nine and he's so special!"

"I'm grateful for this job," said Rita Horton who was recently hired through a program called Maturity Works as a receptionist at The Center. "I'm very grateful for the help of Sheila Grove (The Open Link employment counselor) and very happy for this. It's the highlight of my life."

"I'm thankful for my kids and that my son is in a better school that's working for him," said Evet Hexamer, Program Coordinator/Volunteer Coordinator.

Center Manager Sheila Ruth noted she's thankful for three big things.

"I am thankful for my faith, my family and my friends. I have a chalkboard in my kitchen that reminds me of those very things."

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**Budding Artists** - Judy Capelli, a student in Julie Longacre's Coloring with a Purpose class, shows off her artwork. Participants in the popular class say they're learning a lot about technique in a relaxed, fun atmosphere.



## Red Hat Society

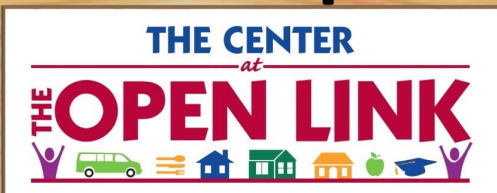
**Saturday, Nov. 4**

Holiday Fine Art and Craft Festival  
O'Pake Field House

South Campus Drive, Kutztown  
Meet at The Center at 9:30 a.m. \$6  
admission donation. Coupon on  
website. For more information, call  
215.679.6550.

# COOKING YOUR VEGGIES with Teri

**Wed., Nov. 29, 2017  
12:30 pm**



517 Jefferson St., East Greenville  
**Lunch Provided ■ \$2.00 Donation**

RSVP to Brooke: 215.679.6550 or  
[nutrition@theopenlink.org](mailto:nutrition@theopenlink.org)



**Demonstration by Teri Wassel of the  
Montgomery County Health Department**

*Continued from page 1*

“I’d have to say that I’m healthy and for three happy and healthy kids, who bring both challenges and blessings to each day,” said Kelly Chandler, TOL communications manager. “I’m also grateful for a husband who is my opposite but complements me in so many ways!”

“My family, being able to spend time with them and the traditions we’ve been able to build together,” said Louise Minner.

“I’m thankful for the generous support of the UPV community,” noted TOL Executive Director Stu Bush. “We could not function without our strong donor and volunteer support. I’m thankful for our great staff and board of directors who give of their wealth of skills with professionalism and heart.

“And I’m grateful for my family, friends and faith community – where would I be without them?”



Our kitchen staff is whipping up a special homemade pork and sauerkraut lunch Monday, Nov. 20 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, Nov. 6, 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: sausage sandwiches, hot dogs, drinks, dessert and chips. Call 215.679.6550 for info.

**Thursday, Nov. 30 at 1 p.m. — Nutrition Series with Teri Wassel of the Montco Health Department.** Topic: Healthy holiday cookies in a jar. Please call 215.679.6550 for more info and to RSVP.

**Thursday, Dec. 7 at 1 p.m. — Emotional Well Being Program with Family Caregivers at The Center.** Emotional health is just as important as physical health! We will look at how physical health affects our emotional well being and how to deal with emotions and live an emotionally healthy lifestyle. RSVP by Dec. 5 to 215.679.6550.

**Friday, Dec. 8 at 1 p.m. — The Center Holiday Party at The Center.** Complimentary. Come join us for refreshments and enjoy the sounds of the season performed by the Upper Perkiomen High School Chorus. RSVP to The Center, 215.679.6550, by Dec. 6.

**Tuesday, Jan. 17 from 11 a.m. -12 p.m. — Healthy Eating with Family Caregivers at The Center.** Learn how to start the year off right with good nutrition! RSVP to The Center, 215.679.6550, by Jan. 15.

## 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!