




**random**  **Week**  
act of kindness Feb. 11-17

Make someone's day! Stop by The Center to send a FREE greeting card to a Meals on Wheels recipient, friend or family member! Your note can mean a lot! For more information, call 215.679.6550.



**The Book Club**

We are reading "In a Dark, Dark Wood" by Ruth Ware

Please join us Jan. 18 at 1 p.m. for discussion.

**Diner's Club**



Valley Cafe  
1271 Quakertown Ave.  
Pennsburg, PA

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

**Thursday, January 11**

We have 12:30 reservations at the restaurant.

**Red Hat Society**



**Friday, Jan. 12**

Please join us at The Center at 10 a.m. for a planning session for trips and activities for 2018! Lunch to follow.

For more info 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.



**THE CENTER**  
*at*  
**THE OPEN LINK**





**January 2018**

## Looking Back and Looking Forward

"What have you done for me lately?"

We hear that frequently from our children or grandchildren in one capacity or another. When I was growing up, if I uttered ANYTHING close to a statement that resembled, "What have you done for me lately?" I'd have gotten a swift talking to or worse. We were to be thankful for whatever we received, whether we wanted it or not.

Today's generation uses "entitled" or "entitlement" casually. Webster's dictionary defines entitlement as "the belief that one is inherently deserving of privileges or special treatment." Christmas is the season of one-uppance. How much do I spend? How many presents does each child receive? Is Johnny getting more presents than Billy down the street?

One thought comes to mind – where is the gratitude? Gratitude opens the door to additional relationships; it improves physical and psychological health and improves self-esteem and mental acuity. Simply put – it creates a positive flow in your life and in the people you

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**Winter Melodies** — Dr. Mark Thomas and the Uptones choir from Upper Perkiomen High School thrilled a large crowd at The Center Dec. 8 with an awesome holiday performance. Thank you for getting us in the holiday spirit!



**Hip, Hip Hooray - It's Chocolate Cake Day!**

**Wed., Jan. 17**

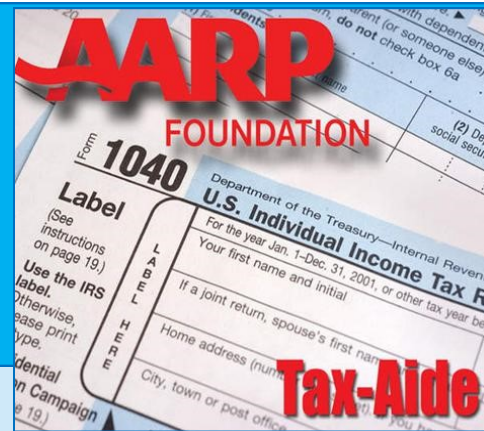
Join us for lunch at 12:30 p.m. followed by homemade chocolate cake for dessert. RSVP to 215.679.6550.



# Need Help With Your Taxes ?

*The Open Link and AARP Can Help!*

## FREE Tax Preparation Assistance Program



The Center at Open Link is partnering with the **AARP Program** to provide **free** tax preparation assistance to moderate and low-income taxpayers age 60 and over.

Appointments will  
be scheduled  
starting on Jan. 16

At The Center at The Open Link

517 Jefferson Street, East Greenville, PA 18041

Fridays beginning February 9, 2017.

Available Appointment Times: 9am, 10am, 11am

Friday appointments available until April 13, 2018.

**\*\*By Appointment Only\*\***

Please call The Center at 215.679.6550

## Join Us for Community Lunch!

**When's the last time you spent only \$2 for a healthy, delicious lunch? Probably never!**

Come dine with us every weekday at 12:30 p.m. at The Center, 517 Jefferson Street, East Greenville. We serve good food, fun and fellowship for only a \$2 donation!



RSVP by 11 a.m. to save your spot at the table! To see our menu or for more information, visit [www.theopenlink.org](http://www.theopenlink.org) and click on the "Community Lunch" tab under "The Center" or simply call 215.679.6550.

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surround yourself with.

What am I thankful for at The Center? Our participants! Without each and every one of you, our Center would not thrive, would not survive, and has come alive once again with laughter, fellowship and fun.

I am also thankful for our instructors and group leaders who dedicate their time and efforts in leading our numerous classes. They are the backbone of keeping our activities going – don't forget to thank them and express your gratitude the next time you take a class!

Lastly, I am extremely grateful for the countless hours of volunteer time that many, many of you donate to keep our Center running. The help we receive keeps our costs low and allows us to continue to run classes, deliver Meals on Wheels, serve community lunch and have special events. Help us spread the word about The Center to your family and friends. "We want to be seen in 2018!"

My door is always open...

Sheila Ruth, Center Manager

## 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, Jan. 8, 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 TBA, prepared by New Goshenhoppen Church. Call 215.679.6550 for info.

**Friday, Feb. 2 at 12:30 p.m. — Wear Red Day** at The Center in honor of heart health month. If you wear red, get your lunch for \$1 and get a free mystery prize. RSVP to The Center, 215.679.6550.

**Thursday, March 1 at 12:30 p.m. — National Pig Day.** Come to The Center in pig attire and get a prize! We'll be celebrating with BLTs and soup for lunch. RSVP to 215.679.6550 or email Evet at [programmanager@theopenlink.org](mailto:programmanager@theopenlink.org).

**Wednesday, May 23, 10:30 a.m. until 7:30 p.m. — Elvis Jailhouse Rock at the Mount Airy Casino in the Poconos.** Join The Center for our first bus trip in many years! Perkiomen Tours will be taking us to see an Elvis impersonator show. Cost is \$67 per person and includes \$15 slot play, lunch and the show. Meet at The Center at 10:15 a.m. Space is limited. RSVP to The Center, 215.679.6550, by April 10.

## 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!