

Presentation by Teri Wassel, M.S.,R.D., Montgomery County Health Department

## Soup's On!

Learn how to prepare your own hot soup mixes for wintertime.

Each participant will make a nutritious layered chicken noodle soup mix and learn the basics of preparing any type of soup.

**Thursday, March 15, 2018**

**1:00 p.m. - 2:00 p.m.**



**517 Jefferson Street • East Greenville, PA 18041**

*Space is limited so sign up early!*

Please RSVP by March 12: Call 215-679-6550 or email [programmanager@theopenlink.org](mailto:programmanager@theopenlink.org).



- FREE Presentation -  
Nutrition Series: Part 1 of 4



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

Please join us Feb. 15 at 1 p.m. for discussion.

## Red Hat Society



**Friday, Feb. 9**

Please meet us at The Center at 10:30 a.m. for a trip to Bistro 1400 at Montgomery County Community College prepared by culinary students. Call Janet at 215.541.2245 to sign up.

## Diner's Club



Wingman Bar & Grill  
622 Gravel Pike  
East Greenville, PA  
267.923.5067

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

**Thursday, February 8**

We have 12:30 reservations at the restaurant.



Like playing chess or want to learn at The Center?  
**Beginners welcome!**

For more information, contact  
Evet Hexamer, program manager,  
at 215.679.6550 or [programmanager@theopenlink.org](mailto:programmanager@theopenlink.org).



**February 2018**

## Getting Out and About with The Center!

There's nothing we love more than engaging our seniors, learning with them and having fun in the process.

So, with the help of Perkiomen Tours, we're planning to do just that in the form of The Center's first bus trip in recent memory!

"We're very excited to be able to offer this in cooperation with Perkiomen Tours," said Program Manager Evet Hexamer. "We think it's going to be really fun for our seniors and it'll give them a chance to get out for the day for a great show, meal and other activities for a really reasonable price."

The trip, to Mt. Airy Casino in the Poconos, will take place on Wednesday, May 23. The coach bus will leave The Center at 10:30 a.m. and will return at 7:30 p.m. that day.

The show, "Elvis Jailhouse Rock", will feature the talents of an Elvis impersonator dubbed "The World's #1 Elvis". Performing all over the world, he was cast as Elvis in the hit musical "Million Dollar Quartet". He also won multiple Elvis competitions around the world and recently won the BBC's World's Best Elvis Com-

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**Kindness in Action** — Center receptionist Rita Horton hands June Schaeffer cards to fill out for Random Act of Kindness Week, Feb. 11-17. Stop by The Center that week for free cards to show someone you care!

## Free Hearing Screenings at The Center

*Concerned about hearing loss? We're all ears!*

*Meet with a specialist at The Center, the Second Tuesday monthly, 11 a.m.-1 p.m.*





# Sweets for Our Sweethearts

You won't want to miss Valentine's Day at The Center! Join us for community lunch followed by homemade cinnamon rolls, cookies and games, like bingo and Valentine's trivia, with prizes.

*Bring your sweet tooth!*

**Wednesday,  
February 14,  
2018**

**12:30 p.m.**



Lunch is a \$2 donation. Please RSVP by 11 a.m. that day by calling 215.679.6550.

For more info please call The Center or email Program Manager Evet Hexamer at [programmanager@theopenlink.org](mailto:programmanager@theopenlink.org).

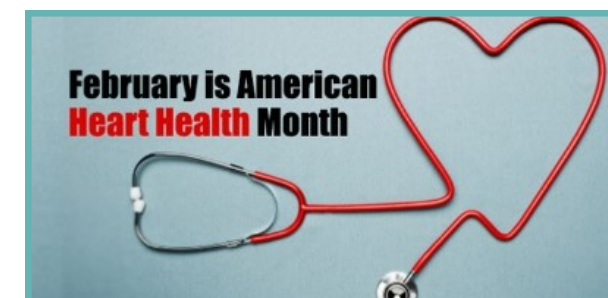
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petition. This high-energy Elvis tribute is filled with all your favorite hits such as: "All Shook Up", "Jailhouse Rock", "Blue Suede Shoes", "Don't Be Cruel", "Heartbreak Hotel", "Love Me Tender" and many more.

Hexamer and Center Manager Sheila Ruth said they're always looking for new ideas for classes and programs and hope, with enough interest, to offer more bus trips in the future.

The cost of the Elvis Jailhouse Rock trip is \$67 per person and includes a lunch buffet and \$15 in slot play. An RSVP and payment is due to The Center by April 10. Space is limited!

For more information or to sign up, please call 215.679.6550 or email [programmanager@theopenlink.org](mailto:programmanager@theopenlink.org).



## 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:

**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.

**Monday, Feb. 5, 12:30 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: Ham, potatoes, string beans, rolls and shoofly pie.. Call 215.679.6550 for info.

**Feb. 11-17 — Random Act of Kindness Week at The Center.** Come in and get/fill out free greeting cards to send to Meals on Wheels recipients, friends and family. Your kindness will make a difference! Call 215.679.6550 for more info.

**Wednesday, Feb. 21, 3:30-5:30 p.m. — Upper Perkiomen Middle School presents the drama "Princess Who".** This time slot is free for seniors.

**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).

## 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!

