

# Coloring With a Purpose

With Julie Longacre

## New Dates!

Wednesday, March 14

Wednesday, April 4

Wednesday, May 30

1-3 p.m.

\$5 per session; RSVP to  
215.679.6550, one  
week prior.

When it comes to the pastime of coloring, age has no limitations! From grandchild to grandparent, coloring is a relaxing way to decompress and, with a bit of instruction, pick a few tips on developing your artistic talent.



## March 2018

## Meals on Wheels Month Puts Spotlight on Homebound Seniors

Her story isn't an isolated one.

Dorothy's children found jobs and moved away when they were young. Now, with families and grandchildren of their own, they visit on occasion. But Dorothy is left mainly to her life in her quaint little house in East Greenville with her cat, Mittens, and her favorite pastime, word searches.

While she fiercely loves her independence, many things have gotten more difficult over the years, including those word searches. Because of her Parkinson's, the 92-year-old isn't allowed to drive and also can't cook hot meals. There's been too many times where she's badly burned herself.

That's where Meals on Wheels is truly a godsend.

Every weekday, around 11 a.m., a volunteer rings her doorbell. He or she checks in on Dorothy with a smile and conversation, placing a hot, nutritious meal on her small dining room table. She gets a cold meal for dinner in her refrigerator. On Fridays, she gets enough meals to feed her for the weekend.

"It's seeing the seniors every day and getting to know them that keeps me volunteering, along with knowing that I'm doing something for the community," said Sandy Foster, a local

*Continued on page 3*



**You Keep Our Wheels Turning!** — Meals on Wheels volunteer Ann bags hot and cold lunches for homebound seniors before packing them into thermal bags for delivery.



We are reading "Sycamore"  
by Bryn Chancellor

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

## Diner's Club



Kathy's Country Kitchen  
1045 N. West End Blvd.  
Quakertown  
267.347.4300

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

## Thursday, March 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 program-  
manager@theopenlink.org.

## Red Hat Society



**Sunday, March 18**

Please meet us at The Center at 1  
p.m. for a trip to the Steele River  
Playhouse in Pottstown to see  
"To Kill a Mockingbird".

Call 610.970.1199 for tickets.  
Cost: \$24.

*"Coffee, Cupcakes and Conversation"*  
with Montco RSVP



**Thursday, April 19  
9:30 a.m. at The Center**

Information session and celebration of  
volunteerism. No registration required.





## Elvis Jailhouse Rock

### The Center's getting all shook up!

Join us on a day-long bus trip with Perkiomen Tours to Mt. Airy Casino in the Poconos. We'll enjoy an award-winning, high-energy Elvis tribute show which will include all your favorite hits such as: "All Shook Up", "Jailhouse Rock", "Blue Suede Shoes", "Don't Be Cruel", "Heartbreak Hotel", "Love Me Tender" and so many more.

A lunch buffet and \$15 slot play is included.



**When:** Wed., May 23, 2018

**Where:** Mt. Airy Casino, Poconos. Bus leaves Perkiomen Tours in Pennsburg at 10:30 a.m. and returns at 7:30 p.m.

**Cost:** \$67 per person

**RSVP by April 10** to 215.679.6550 or [programmanager@theopenlink.org](mailto:programmanager@theopenlink.org)

*Continued from page 1*

Meals on Wheels driver.

March is National Meals on Wheels Month and at The Center, we'd like to not only thank all the volunteers who make this program run day in and day out, but also highlight the need right here in the Upper Perkiomen Valley.

Each week, The Center prepares and coordinates the delivery of more than 600 meals across the community. According to Meals on Wheels America, 1 in 6 seniors struggle with hunger; 796,189 seniors in Pennsylvania are living in or near poverty.

Thanks to the program, seniors receive the support they need that keeps them in their own homes, where they want to be. Ninety-two percent of seniors say Meals on Wheels enables them to remain living at home. The cost for providing one year of those meals? Roughly the same as one day in the hospital, according to data provided by the national program.

"If you think about it, programs like Meals on Wheels are making a big impact every day," said Center Manager Sheila Ruth. "For these seniors to get nutritious food delivered to their homes each day...It's priceless to them. We're happy to be able to provide that service to our community."

For more information on Meals on Wheels, please call Center Manager Sheila Ruth at 215.679.6550 or email [centermanager@theopenlink.org](mailto:centermanager@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:

**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 [programmanager@theopenlink.org](mailto:programmanager@theopenlink.org).

**Mon., March 5 — Fri., March 9, 2:30-3:30 p.m. — Create Your Own Legacy Video, "The Story of Your Life" at The Center.** Upper Perkiomen Middle School student council is offering to tape your life story and crate a legacy video for you and your family. For more info, contact Evet Hexamer at 215.679.6550.

**Wednesday, March 7 at 1:30 p.m. — Upper Perkiomen High School performs Rodgers and Hammerstein's "Cinderella".** Free gold card show for seniors at 1:30 p.m. at UPHS Auditorium. Please call 215.679.5935 for more information.

**Thursday, March 15, 1-2 p.m. — "Soup's On" with Montco Health Department at The Center.** Complimentary. Make a layered soup mix good for any season! RSVP by March 12 to 215.679.6550 or email [programmanager@theopenlink.org](mailto:programmanager@theopenlink.org).

**Thursday, April 26, 12-4 p.m. at 12:30 p.m. — AARP Driver's Education Refresher Course at The Center.** Cost is \$15 for AARP members; \$20 non-member. 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!