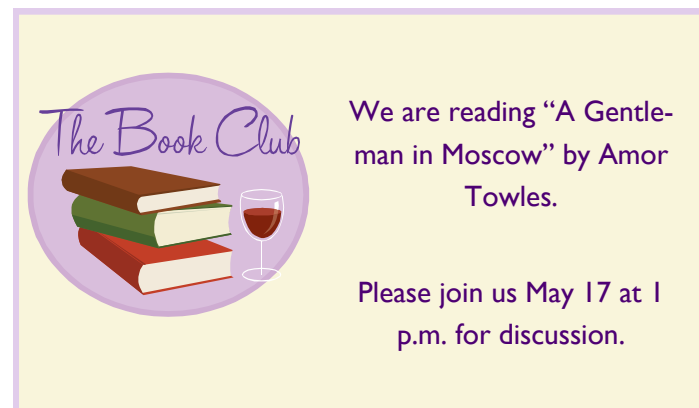




**MAGIC and comedy of Tom Yurasits**

**Thursday, May 17, 2018**

**1:00 p.m. at The Center, East Greenville**  
**\$5 per person for show and light refreshments**  
**RSVP by May 14: 215-679-6550 or programmanager@theopenlink.org**



*The Book Club*

We are reading "A Gentleman in Moscow" by Amor Towles.

Please join us May 17 at 1 p.m. for discussion.



**Red Hat Society**

**Friday, May 25**

Please meet us at The Center at 10 a.m. for a trip to the Welkinweir Garden in Pottstown. We will have lunch afterwards.

Call 215.679.6550 for more info.



**Diner's Club**

Fairgrounds Hotel  
 448 N. 17th St.,  
 Allentown  
 610.433.7630

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

**Thursday, May 10**

We have 12:30 reservations at the restaurant.



**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**

**May 2018**

## Make Some Noise for Older Americans Month

In April 1963, President John F. Kennedy thought it was important. We do too!

It was that first meeting between JFK and the National Council of Senior Citizens which led to the creation of "Senior Citizens Month" each May, which we now call "Older Americans Month."

The two parties got together to discuss growing concerns about seniors not living longer and the fact that, at that time, one-third of seniors were living in poverty.

In 2018, we're celebrating the month, and it's theme, "Engage at Any Age," as a way to recognize older Americans and their contributions to our communities.

A rapidly growing population, seniors are taking part in activities that promote wellness and socialization and are giving back to their communities by volunteering and mentoring future generations.

Do you know any seniors who volunteer their time? We bet you do, or are one yourself!

No matter where you are in life, you're never too old to get involved in things that enrich your life or someone else's!

"Many of our seniors are more active than I am at 40," said The Open Link com-

*Continued on page 3*



**Phillies Game Day celebration** — More than 30 people came out for lunch, trivia and prizes on Friday, April 27 in honor of the Phillies and baseball season. Everyone is pictured singing, "Take Me Out to the Ball game." Thanks for joining us!

## Get On The Bus!

*We're planning more bus trips and want you to get in on the fun!*



Join us for upcoming trips on the Spirit of Philadelphia for a lunch buffet cruise (\$86) and for the Holidays at Mt. Hope Mansion (\$83) for dinner, Christmas tales and caroling. Dates and more info to come!



# Farmer's Market Vouchers Are Coming!



Starting June 1, The Open Link and The Center at The Open Link are offering seniors vouchers to redeem at area farmer's markets through the state's Senior Farmer's Market Nutrition Program. Each person will receive (4) \$5 checks (\$20 per person or \$40 per couple). Checks can be redeemed between June 1 and Nov. 30, 2018. Proof of residency required. Call 215.679.6550 for more info.

## Eligibility requirements include:

- ⇒ Being 60+ years old during the program year (2018)
- ⇒ Meeting income requirements
- ⇒ Montgomery County resident



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munications manager Kelly Chandler. "It's humbling to see them so willing to help people and organizations in need."

Center Manager Sheila Ruth said it's fantastic to see seniors coming out for classes on everything from yoga to food preservation to coloring at The Center.

"We love the fact that we can help provide this venue where they can learn things, exercise and socialize," Ruth said.

"We hope more seniors will come out and see what we have to offer!"

For more information on programs at The Center, call 215.679.6550 or email Evet Hexamer, program manager, at [programmanager@theopenlink.org](mailto:programmanager@theopenlink.org). For more information on volunteering, please contact Lynn Brearey at 215.679.6550 or [volunteers@theopenlink.org](mailto:volunteers@theopenlink.org).

## First Monday Community Meal

**The Center on May 7:** The Upper Perkiomen Rotary Club will be preparing and serving homemade lasagna, meatballs, salad, bread and butter and fresh fruit.

**Pennsburg UCC on May 7:** Pennsburg UCC will be preparing the meal of meatloaf, mashed potatoes and gravy, carrots and dessert.

*We hope to see you at the table for this free meal!*

## Are You Game?

**Mahjong (American version) - every Tuesday, 1 p.m.**

**Canasta — Every Thursday, 1 p.m.**

**Pinochle— Wednesdays at 1:00 p.m.**

**Perkiomen Valley Women's Club cards (open to public) Bridge — 1st Tuesday, 12:30 p.m.**

**Country Cards — 2nd Tuesday, 12:30 p.m.**

**Country Cards — Last Monday monthly, 1 p.m.**

**Mexican Train Dominoes— Fridays at 1 p.m.**

## SAVE THE DATE:

**Thursday, May 3, 1-3 p.m. — We're Jamming at The Center.** A rep from Penn State's Montgomery County Extension will present information on canning and preservation, especially jams and jellies. RSVP by April 30 to 215.679.6550 or [programmanager@theopenlink.org](mailto:programmanager@theopenlink.org). No cost.

**Tuesday, May 22 and Thursday, May 24, 12-4 p.m. — AARP Driver's Education Course at The Center.** Cost is \$15 for AARP members; \$20 non-member. Call 215.679.6550 for more info.

**Wednesday, May 23, 10:30 a.m. — "Elvis Jailhouse Rock" bus trip to Mt. Airy Lodge with Perkiomen Tours.** Reminder: Please arrive at The Center by 10:15 a.m., bus leaves at 10:30 a.m. Also, please carpool where possible as parking will be limited.

**Wednesday, May 30, 1-3 — "Coloring With a Purpose" at The Center.** Join renowned local artist, Julie Longacre, for tips on how to enhance your technique. Color with us in a relaxed atmosphere. Cost is \$5 per person. Please RSVP to 215.679.6550.

**Friday, June 1, 8-11:30 a.m. — Donut Day at The Center.** Join us for donuts, breakfast cake and coffee or tea in honor of National Donut Day! Donuts are compliments of Dunkin' Donuts in Pennsburg. Complimentary.

## 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!