



Paint Break with Jin's Art Studio

Cost:
\$10 pp



Thursday, July 25, 2019
1-2 p.m.

THE CENTER
at
THE OPEN LINK


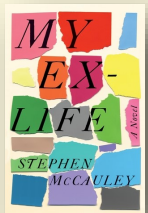
**517 Jefferson St.
East Greenville, PA
18041**

Join us for a fun painting class where you will create "Intertwined Branches" on a 12x12 canvas with Instructor Georgeanne Zvodar of Jin's Art Studio of Pottstown. RSVP by July 23 to Evet Hexamer at 215.679.6550 or programmanager@theopenlink.org.

The book club is taking the summer off!

The Book Club

"My Ex-Life" by
Stephan McCauley

**Thursday, Sept. 19th
at 1:00 p.m.**

Red Hat Society



Friday, July 12th
**Dancing Tree Creations &
Artisans Gallery & Studio**
in Boyertown, plus lunch.
Meet at the Center
at 10 a.m.

Diner's Club



**Copperfield Inn at
Lakeside**
594 W. Ridge Pike
Limerick, PA

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

Thursday, July 11th
We have 12:30 reservations at the restaurant.

**We would like to form a group of
participants to help us welcome
new attendees and visitors.**



*Let us know if
you're interested!*

*We'd love to
meet with you
and share ideas.*



THE CENTER

at

THE OPEN LINK




July 2019

First Participants' Council Meeting Generates Great Ideas!

The Center's first Participants' Council meeting was held in June to give you, our participants, a voice at The Center. We extend our thanks to the small group of participants who attended! Several topics were discussed and great ideas were shared, some of which we'll be implementing in the coming months.

First on the agenda was community lunch. Participants would like fresh food, like salad, on a regular basis. One participant stated, "if salads were offered weekly on a certain day people could expect it and plan to attend." They would also like "extras" added to meals, like homemade soup. Ideally, everyone would love a chef. The Center would need to expand greatly for this to happen, but it's a long-term goal!

What activities do participants want? Social and fun activities are high on the list. "We like entertainment like magicians, musical performances and special lunches," one participant said. Many believe a higher price to participants would not deter them from attending.

Participants also want more activities throughout the day. Suggestions include

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The Center held it's annual Outside-In Picnic on June 14. Guests enjoyed raffles, door prizes, 50/50 and lots of food! Pictured is Center Manger Wendy Smeltz with door prize-winner Pat Daniel.

BINGO

July 26th, 2019

4th Friday of Every Month ▪ 1:00 PM ▪ 25¢ per card

Small Prizes Win! Great Fun!!

ICE CREAM FUN FRIENDSHIP

Complimentary

ICE CREAM SOCIAL

Friday, July 19, 2019 1:00 pm

RSVP by July 16th
215.679.6550

or email ProgramManager@theopenlink.org

THE CENTER AT THE OPEN LINK

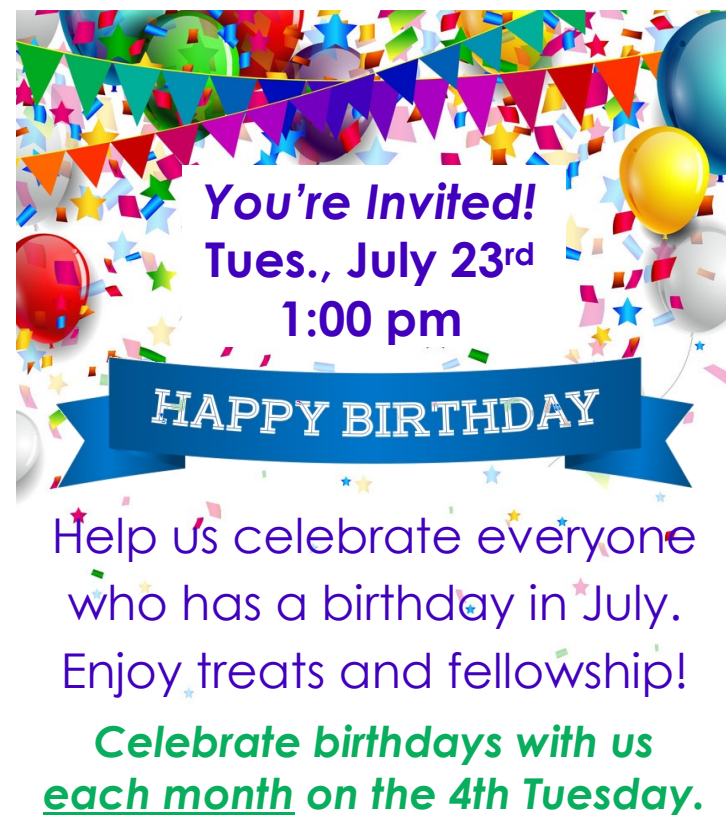


You're Invited!
Tues., July 23rd
1:00 pm

HAPPY BIRTHDAY

Help us celebrate everyone who has a birthday in July. Enjoy treats and fellowship!

Celebrate birthdays with us each month on the 4th Tuesday.



Fresh SALAD with Lunch

Salad will be served with lunch every Thursday during the summer.

Lunch is served Monday through Friday at 12:30 pm. Call The Center by 11:00 am to reserve your spot: 215.679.6550.



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weekly crafts, trivia/game days and monthly birthday parties. We discussed how to better utilize the downstairs space to accommodate additional programming.

It was a great first meeting and two of your ideas are in the works for this month. We are excited about monthly birthday parties and are pleased to offer weekly fresh salads. We hope you will join us!

Our next quarterly meeting, to be held on the lower level, will be Tuesday, October 22nd at 1:00 pm. We hope a diverse group of participants representing various groups at The Center will attend. If you are unable to attend or would prefer to express your opinions privately, we invite you to use our suggestion box in the lobby. Thank you!

Monday Community Meal July 1 at 6 p.m.

Join your neighbors for a free meal!

The Center Menu: Tuna salad hoagie or tuna salad on a lettuce wedge, bag of chips, watermelon and cookies for dessert.

Hosted by New Goshenhoppen U.C.C.

Pennsburg UCC Menu: Pulled pork, macaroni salad, carrots & celery sticks, applesauce, watermelon and cookies for dessert.

Hosted by Pennsburg UCC.

Are You Game?

Weekly Games:

- Mahjong (Chinese) - Tuesdays, 1p.m.
- Pinochle - Wednesdays, 12:30 p.m.
- Mahjong (American) - Thursdays, 1 p.m.
- Canasta - Thursdays, 1 p.m.
- Mexican Train Dominoes - Fridays, 1 p.m.

Last Monday of month - Country Cards (unless a holiday), 1 p.m.

Perkiomen Valley Women's Club Cards:
(open to the public)

- Bridge - 1st Tuesday, 12:30 p.m.
- Country Cards - 2nd Tuesday, 12:30 p.m.



SAVE THE DATE:

Tues., Sept. 24 from 12-2 p.m. - Fall Awareness Expo sponsored by Family Caregivers at The Center. Several vendors to attend with important health information and giveaways. Rite-Aid will be providing flu and pneumonia shots. Includes lunch.

Thurs., Oct. 3 from 12-4 p.m. - AARP Refresher Course at The Center. Designed for drivers who have taken the safety course within the last 35 months. \$15.00/AARP member or \$20.00/non-member. 12 - 4 p.m.

Tues., & Thurs., Oct. 8 & 10, 12-4 p.m. - AARP Driver Safety Course at The Center. For drivers who are new to the program; attendance is required at both sessions. \$15/AARP member or \$20/non-member.

Thurs., Oct. 31, 12:30 p.m. - Fall Festival at The Center. Lunch, dessert, giveaways and entertainment. \$3 suggested donation. Prizes for different costumes.

Thurs., Dec. 5 - Bus Trip to Cairnwood Estate in Huntingdon Valley. Tea and Tour. Depart Perkiomen Tours at 10:30 a.m. and return at approximately 5:00 p.m. Enjoy a traditional tea with homemade soup, gourmet salad, tea sandwiches, scones, and a variety of sweets. Tickets include self-guided access to decorated estate and special exhibition of vintage gowns. Cost is \$97 and MUST be submitted by Oct. 1. Call The Center or email Evet at programmanager@theopenlink.org for more info.

Come get healthy with us!
\$2 suggested donation per class. First class is always free!
Targeted for ages 55 and up - All are welcome!

Women on Weights (WOW)

Tuesdays and Thursdays at 10 a.m. Increase your strength and battle fatigue, weight gain and even depression. *Get stronger with us!*

Tai Chi

Tuesdays and Thursdays at 11 a.m. Tai Chi is described as "Meditation in Motion."

Yoga

Wednesdays from 9:30-10:30 a.m. Improve your flexibility and balance and reduce your blood pressure!

Walkercise

Mondays and Wednesdays at 9 a.m. Come stretch those morning muscles!

No matter what your abilities, come move with us.