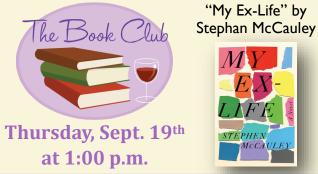
"Outside-In" Summer Picnic

Friday, June 14, 2019 • 12:30 PM Hamburgers, hot dogs, desserts, and more.







Red Hat Society



Tuesday, June 4

Historic Trappe Tour and lunch.

Meet at the Center at 10 a.m.

Diner's Club



Sumneytown Hotel and Restaurant 3188 Main St. Green Lane, PA

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

Thursday, June 13

We have 12:30 reservations at the restaurant.

Do you have a green thumb?

Our dedicated volunteer gardener Harry is still looking for help this year.







June 2019

Farmer's Market Vouchers Available

How does \$20 worth of certificates to enjoy healthy, local fruits and vegetables sound?

The Farmers' Market Nutrition Program for seniors starts June 1 at The Center at The Open Link and is a fabulous way to supplement your budget to include more fresh produce.

The aim of the program is to both provide locally grown fruits, vegetables, herbs, and honey through farmers' markets and roadside stands to low-income seniors as well as to help small farmers increase sales.

Recipients are given a list of participating farmers and farmers' markets when they receive their checks. These checks are redeemed for fresh fruits and vegetables grown in Pennsylvania. Each eligible recipient receives four \$5 voucher checks to redeem or \$40 in vouchers per couple.

"This is a really popular program each year," said Assistant Center Manager Evet

Continued on page 3



Participants at The Center enjoyed a special meal and got a rose to celebrate Mother's Day on May 10.





Broadway legend Andrea McArdle along with platinum recording artist and **Broadway star Rex Smith** star in a Tom Jones' Tony Award-winning musical. It begins with Michael and Agnes on their wedding day and traces their life together over 50 years. We watch them go through wedding night jitters, raise a family, quarrel, reconcile, negotiate mid-life crises and more.

Ticket price includes show, table-served meal, dessert buffet. Entrée selection lunch: Yankee Port Roast, Fried Jumbo Shrimp Platter, Lemon Pepper Cod, Chicken Parmigiano, Roast Turkey with Stuffing, Eggplant Rollatini, Vegetable Kabob (Gluten Free).

Departs at 9:45 a.m. from Perkiomen Tours

Returns at approximately 4:30 p.m.

RSVP by July 1st to 215.679.6550

or ProgramManager@theopenlink.org







Join us at
The Center
8:30 a.m.-10:00 a.m.
for
complimentary
donuts,
breakfast cake,
and coffee or tea.

We need you! Join our



COMMITTEE

with Brooke Harvey, Nutrition Services

Coordinator for The Open Link

- Review and make recommendations for menus Bring your questions, comments and concerns
- Provide input into future nutrition programs

 Discuss health conditions and risk factors that

 can be improved by healthy foods

Semi-monthly meetings starting **Wed., June 19**th at **1:00 p.m.**











Continued from page 1

An individual/couple is eligible if they meet the following criteria:

- At least 60 years old by December 31st of the current year
- A resident of Montgomery County
- Annual income below \$22,311 and for couples maximum income of \$30,044.

To receive your vouchers, stop by The Center Monday through Friday from 8:00 a.m.—4:00 p.m. or make an appointment at our Pennsburg office by calling 215.679.4112. You must provide proof of residency by providing a valid PA license or ID. For more

Monday Community Meal

June 3rd at 6 p.m.

Join your neighbors for a free meal!

The Center Menu: BBQ on buns, pasta salad, tossed green salad, watermelon & baked dessert.

Hosted by UP Rotary Club.

Pennsburg UCC Menu: Sausage sandwiches with peppers & onions, baked beans, salad, brownies & apple crisp.

Hosted by New Goshenhoppen U.C.C. Church.

SAVE THE DATE:

Thursday, June 6th, 1:00 p.m. - Nutrition Demonstration with Teri Wassel, Montgomery Aging and Adult Services at The Center. Learn the benefits of a Mediterranean Diet. Free. RSVP by calling 215.679.6550.

Friday, June 21st, - Make Music Upper Perk. Over 300 musicians at 20 venues in the UPV. All day, All free, All over the Upper Perk Valley. At The Center:

I 1:00 a.m.
I 1:30 a.m.
I 2 p.m.
I 1:00 p.m.
Ethan Harris folk/rock vocals
Addie Sicher classical/pop piano
Indian Valley Dulcimer Society
Steve Walker folk/jazz/bluegrass

Friday, July 19th, 1:00 p.m. - Ice Cream Social at The Center. Join us for lunch at 12:30, then ice cream, toppings and fun! RSVP by 17th to 215.679.6550.

Thursday, July 25, 1:00 p.m. - Jin's Painting Class at The Center. You don't need to be an artist to enjoy this class! Join us to paint a intertwined branches on your own canvas. Cost: \$10. RSVP by July 19 to 215.679.6550.

Thursday, Dec. 5 - Bus Trip to Cairnwood Estate in Huntingdon Valley. Tea and Tour. Depart Perkiomen Tours at 10:30 am and return at approximately 5:00 pm. 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.

Are You Game?

Mahjong (Chinese version) - Every Tuesday, I p.m.; Mahjong (American version) - Every Thursday at I p.m.

Pinochle - Every Wednesday, 12:30 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 - Every Friday, 1 b.m.

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

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!