

“Outside-In” Summer Picnic

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

\$2 Suggested Donation

**RSVP by June 11th: 215.679.6550 or
email 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.**

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.

Red Hat Society

Tuesday, June 4
Historic Trappe Tour
and lunch.
Meet at the Center
at 10 a.m.

Do you have a green thumb?

*Our dedicated volunteer gardener Harry is
still looking for help this year.
Call 215.679.6550.*

THE CENTER
at
THE OPEN LINK

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

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

June 28th, 2019

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

Small Prizes • Win! • Great Fun!!

**Tuesday
August
13th**

**\$97
per
person**

Bus Trip Lunch and a show

Andrea McArdle & Rex Smith
Star in
**I DO!
I DO!**



88 State Route 173, Hampton, NJ





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 Plate, 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



National Donut Day

Friday, June 7th



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

NUTRITION 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 19th** at
1:00 p.m.

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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.

Are You Game?

Mahjong (Chinese version) - Every Tuesday, 1 p.m.; Mahjong (American version) - Every Thursday at 1 p.m.

Canasta - Every Thursday, 1 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 p.m.

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:

11:00 a.m. Ethan Harris folk/rock vocals

11:30 a.m. Addie Sicher classical/pop piano

12 p.m. Indian Valley Dulcimer Society

1:00 p.m. 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.

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!