

Fall Awareness Expo "Take a Stand to Prevent Falls"

Tuesday, September 24, 2019

12 pm - 2 pm

The Center at The Open Link
517 Jefferson Street, East Greenville

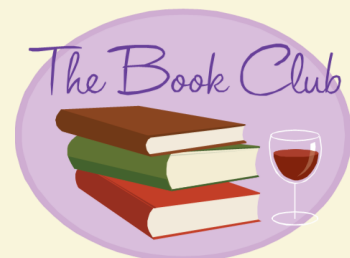
Vendors • Info • Demos • Lunch

Flu, Pneumonia, and Whooping Cough vaccines provided by
Professional Pharmacy (insurance will be verified while you wait)

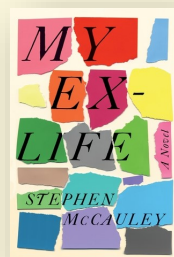
To register: Call 215.679.6550 or
email programmanager@theopenlink.org by Sept. 19th



Presented by:



"My Ex-Life" by
Stephan McCauley



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

Red Hat Society



Tuesday, Sept. 17th
The Philips and Muriel
Berman Museum of Art,
Collegeville, and lunch.
Meet at the Center
at 10 a.m.



Thursday,
Sept. 12th, 2019
12:30 pm

Our Place Restaurant
2036 Swamp Pike
Gilbertsville, PA
Please RSVP to
The Center:
215.679.6550

We have 12:30 reservations at the restaurant.

BINGO

September 27, 2019

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



September 2019

Fall: A Four-Letter Word

by Wendy Smeltz, Center Manager

As we welcome this new season, we are reminded how much we love fall - the colors, smells and crisp air. But this four-letter word has another meaning, and it's something we want to help you avoid!

Falls are the leading cause of injuries for older Americans. They threaten seniors' safety and independence and create enormous costs. The fear of falling may result in limiting one's activities and social engagements, which can lead to physical decline, depression, and feelings of helplessness.

One-fourth of seniors aged 65+ fall each year, but they're not an inevitable part of aging! Take advantage of upcoming programming at The Center to empower yourself to stay active, independent and safe, and prevent falls.

Come out September 24th for our annual Fall Awareness Expo featuring various vendors and demonstrations. Professional Pharmacy will be offering vaccines for flu, pneumonia and whooping cough. Lunch will be provided by Family Caregivers, who we are proud to have as co-presenters at this event. This event is held during the first week of fall to coincide with Fall Prevention Awareness.

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These lucky participants won door prizes during our celebration of Senior Citizen Day on Aug. 21!

Life Long Learning Presentation



Thursday, Sept. 5, 2019
1 p.m. at The Center



Come out to hear Life Long Learning President, Eliza Mann, talk about all the upcoming sessions have to offer and for light refreshments! This presentation is free. RSVP to 215.679.6550.

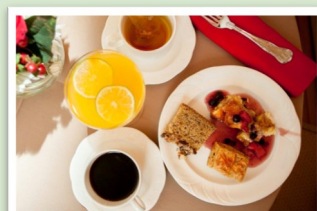
Bus Trip to Cairnwood Estate

Thursday, December 5, 2019

Enjoy the holiday season at Cairnwood Estate, a Gilded Age country house designed in the Beaux-Arts style in 1895.



Menu includes: Premium teas, Traditional tea sandwiches, soup du jour and seasonal salad, family style petit fours, and scones with clotted creams and jams.



After a festive afternoon tea service, enjoy a self-guided tour of the decorated Estate, World Nativities Exhibition, and an annual Christmas exhibition of vintage gowns.



Date: December 5, 2019

Departs: 10:30 a.m. from Perkiomen Tours in Pennsburg

Returns: Approximately 5:15 p.m.

RSVP and \$97 Due Oct. 1, 2019. Please call 215.679.6550 or email ProgramManager@theopenlink.org.



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ness Week (Sept 23-29, 2019). See page 4 for details.

Later this fall we are excited to offer Healthy Steps for Older Adults. This fall prevention program for adults 50+ was developed by the PA Dept of Aging and is designed to be fun and sociable. In addition to learning about causes of falls and fall prevention, you'll participate in a physical skills screening and assessment. Ideas for simple changes you can make at home will be provided, as well as resources and opportunities for follow-up. Information is in the Save-the-Date section of the newsletter, with more details coming soon.

This fall, the only thing we want to see falling is leaves!

Monday Community Meal

September 9th at 6 p.m.

(second Monday due to Labor Day)

Join your neighbors for a free meal!

The Center Menu: Ham, roasted potatoes, string beans, roll and assorted desserts.
Hosted by The Open Link Board and Staff.

Pennsburg UCC Menu: Baked Ziti and meatballs, tossed salad, bread and desserts.
Hosted by St. Mark's Lutheran Church.



SAVE THE DATE:

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/AARP member or \$20/non-member. To register, call The Center: 215.679.6550

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. To register, call The Center: 215.679.6550.

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

Friday, Nov. 8, 11 a.m.-2 p.m. - Healthy Steps for Older Americans at The Center - Learn how to prevent falls and stay healthy and active at this fun and interactive program. No cost. Lunch will be included. Details coming soon!

 **HAPPY BIRTHDAY** 

Monday, September 23rd • 1:00 PM • Lower Level
(a day early because of Fall Awareness Expo)
Help us celebrate everyone with a birthday this month!

Join us every other month for presentations on different subjects to improve your health and well-being.



TUNE-UP TUESDAYS

with



&



Tues., Sept. 17th • 1:00 p.m. • The Center's Lower Level • Light Refreshments

VITAMIN SUPPLEMENTS

Join pharmacist, Kourtney Chichilitti, for an educational class on the ABC's of essential vitamin supplements. Find out about the most important supplements that most people should be taking and how they improve overall health and wellness.

Next presentation: November 12th—Probiotics/Gut Health

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.

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.