

Join local artist and owner of
Make, Take and Enjoy,
Susan Camarata, for an
afternoon of painting.



Friday, December 6, 2019

1:00 ~ 3:00 p.m.

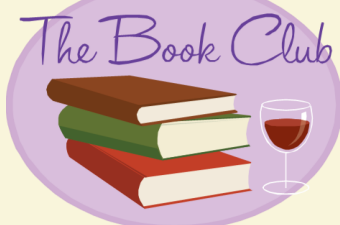
\$5.00 materials fee ■ 8x10 canvas

Space is limited to 20 participants.

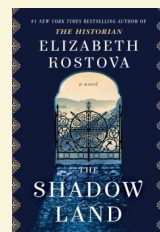
Reserve your seat now!

*Step by step instruction.
You don't need to be an artist!*

Please RSVP by Dec. 4th: 215.679.6550 or programmanager@theopenlink.org



**The Shadow
Land**



Thursday, Nov. 21st
at 1:00 p.m.



**Thursday,
Nov. 14, 2019**

Ice house Steaks
& Pizza
Pottstown
12:30 p.m.



**Please RSVP to
The Center:
215.679.6550**

We have 12:30 reservations at the restaurant.



November 22, 2019

4th Friday of Every Month ■ 1:00 pm
25¢ per card ■ at The Center

Red Hat Society



Wed., Nov. 27th
Lunch and Dessert at
Sweet Memories
in Emmaus.
Leave The Center
at 11:00 a.m.

Possible tour of Historic 1803 House after lunch.

The Center at The Open Link is partially funded by Montgomery County Senior Services.



November 2019

What Do the Pencil, Walrus and Horseshoe Have in Common?

*By Wendy Smeltz, Center Manager and
Evet Hexamer, Assistant Center Manager*

They're all types of mustaches!

If you've visited The Center recently you may have played the game on our bulletin board that asks players to identify celebrities by their mustaches. Now we're asking you to join us as we continue with more mustache fun – with a purpose!

Men often grow facial hair as the weather turns colder to stay warm or as a fun way to express themselves. But did you know growing mustaches can benefit men's health? "Movember" is a global movement aimed at raising funds and awareness for men's health by encouraging participants to grow unique mustaches or facial hair.

In 2003 two friends in Australia wanted to bring the mustache trend back into fashion. They asked 30 of their friends to grow mustaches and decided to turn it into a movement for men's health. Combining the words "mustache" and "November" they created "Movember". Today, they combat testicular cancer, prostate cancer, suicide prevention and mental health

Continued on page 3



A group from Verizon Wireless' East Greenville store, and Verizon's outreach TCC Gives, prepared and served a special meal for seniors at The Center on Oct. 9. Thanks for your service!

All About B12

Wednesday, Nov. 20th ■ 12:45 p.m. ■ The Center

With Brooke Harvey, Nutrition Services, The Open Link



Learn the important role of this vitamin and how it impacts body processes and overall health.

TAILGATE PARTY

THURSDAY,
NOVEMBER 14, 2019
12:30 P.M.



Hoagies, chips,
dips & more!



\$3.00
suggested
donation



Wear your favorite team's gear!
RSVP by Nov. 12th: Call 215.679.6550

Continued from page 1

through fundraising events and raising awareness across the globe.

Men's health is a serious issue. Men are dying on average six years earlier than women, and for largely preventable reasons. These issues need attention because we all have men in our lives who are important to us. By growing mustaches and changing appearances, we can foster conversation about men's health and destigmatize seeking help.

Next time you're at The Center, see how many famous mustaches you recognize. But more importantly, let's talk about how we can overcome these issues. Look for more mustache fun and men's health information throughout the month.

Monday Community Meal

November 4th at 6 p.m.

Join your neighbors for a free meal!

The Center Menu: Sausage sandwiches with peppers & onions, chips, and dessert. Hosted by Upper Perkiomen Lions Club.

Pennsburg UCC Menu: Roasted chicken, stuffing w/ gravy, cranberry sauce, green beans, coleslaw and carrot cake. Hosted by UP BPW.

SAVE THE DATE:

Tues., Nov. 12th, 1:00 p.m.— Tune up Tuesdays with Professional Pharmacy at The Center: Probiotics 101. Learn the basics of probiotics, a healthy bacteria, and how they can provide health benefits when consumed. RSVP by Nov. 8.

Wed., Dec. 20th—Ugly Sweater Day. Join us for lunch and dessert at 12:30 p.m. wearing your ugly sweater and get lunch for free. RSVP by 11:00 a.m. that day.

Tuesday, Jan. 14th, 1:00 p.m. – Tune Up Tuesday with Professional Pharmacy—Information on depression and anxiety.

To RSVP for a program, call The Center at 215.679.6550 or email programmanager@theopenlink.org.



HAPPY BIRTHDAY



Tuesday, Nov. 26th • 1:00 PM • Lower Level

Help us celebrate everyone with a birthday this month!

7TH ANNUAL
HOLIDAY
PARTY



1:00
pm



\$3
suggested
donation

Friday, December 13, 2019

*You're invited for
Light Refreshments
& Fellowship*

*Entertainment by the
Upper Perkiomen
High School Choir*



RSVP by Dec. 11: 215.679.6550 or email programmanager@theopenlink.org.

Are You Game?



Weekly Games:

Mahjong (Chinese) - Tuesdays, 1 p.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.