

Christmas Carols, Cookies & Cocoa

Join us for a festive sing-a-long!

Listen to your favorite Christmas songs
performed by Sid Coltart and
Grandson, Noah Reinhart.



*Complimentary
Donations welcome!*

*All are welcome.
Bring a Friend!*

Wed., Dec. 18th, 2019

1:00 pm

RSVP by Mon., Dec. 16th, 2019

Call 215.679.6550 or email

programmanager@theopenlink.org



517 Jefferson St., East Greenville, PA

The Book Club



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

**"Then She
Was Gone"**



**Diner's
CLUB**



**Thursday,
Dec. 12th, 2019**

Palm Tavern
799 Gravel Pike
Palm, PA
12:30 p.m.

**Please RSVP to
The Center:
215.679.6550**

We have 12:30 reservations at the restaurant.

**Christmas
BINGO**

December 20, 2019

Change: 3rd Fri. this month • 1:00 pm
25¢ per card • at The Center

Red Hat Society



Friday, Dec. 20th
Tour Burgess Foulke House
in Quakertown and lunch at
McCoole's.
Leave The Center
at 10:00 a.m.

Possible tour of Historic 1803 House after lunch.

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



**THE CENTER
at
THE OPEN LINK**



December 2019

Celebrating Traditions and Making New Ones

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

The season of celebration and cheer is here. As we reflect on what this time of year brings, we often think about traditions and the many we have at The Center.

Looking back at this year, we enjoyed traditional events like Phillies Day, the Outside-In Picnic and Fall Festival to name a few. These programs continue to be a success and grow each year. We have seen some new faces, which is fantastic!

Of course our community lunch program is an everyday staple and a great way to spend time with friends and make new ones, and receive a nutritious meal. Average daily attendance for that meal has grown to 11.4 people in 2019 from 7.4 in 2018. Fresh Salad Thursdays was added this summer with most ingredients being grown in our very own garden (thank you to our gardener, Harry).

As much as we all love traditions, it is fun to add something new. Our first Tailgate Party just took place and bingo and birthday day parties having been going on for several months. Thank you to everyone who has come out to a new program! We hope you enjoyed them as

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Our first annual Tailgate Party on Nov. 14 was a success! Participants enjoyed great food, games, friends and more.

SOUP'S ON



**with Teri Wassel
from Montgomery County
Health Department**



Tuesday, December 10th • 1:00 p.m

Meet on Lower Level: RSVP by Dec. 6th by calling 215.679.6550

Learn to prepare different mixes of hot soups to keep you warm this winter. Prepare a dry bean soup mix to take home. Free.



Happy Holidays from All of Us at The Open Link!



Open M-F, 8 am - 4 pm • 517 Jefferson St., East Greenville, PA 18041 • 215.679.6550 • website: www.theopenlink.org

You're Invited for Light Refreshments & Fellowship



517 Jefferson St., East Greenville

Entertainment by the
Upper Perkiomen
High School Choir



7TH ANNUAL
HOLIDAY
PARTY

1:00
pm

\$3
suggested
donation

Friday, December 13, 2019

RSVP by Wed., Dec. 11th

215.679.6550 or

programmanager@theopenlink.org

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much as we enjoy having you here.

More new programming can be expected in 2020 and your ideas are welcome. We've already received great suggestions such as dances, trips to Philadelphia, an attorney to discuss wills, and beauty services like manicures, which we hope to make happen.

This month we continue our tradition of the annual Holiday Party. The Upper Perk Choir is returning - it wouldn't be the same without them! We are excited to also hold a Christmas Carol sing-a-long. This festive event, complete with cookies and cocoa, is sure to be a lot of fun—you don't want to miss it!

From all the staff at The Center we wish you and your loved ones peace, health and happiness in this upcoming year! It's been an honor to serve you in 2019 and we look forward to what 2020 has to bring.

Monday Community Meal December 2nd at 6 p.m.

Join your neighbors for a free meal!

The Center Menu: Baked ham, homemade mac-n-cheese, green beans, cookies and ice cream. Hosted by UP Rotary Club.

Pennsburg UCC Menu: Chili, rice, side salad, roll and cake. Hosted by New Goshenhoppen 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:

Friday, Dec. 20th - Ugly Christmas Sweater Day. Join us for lunch and dessert at 12:30 p.m. Wear your ugly Christmas 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 - Hear about CBD and how this plant can benefit your body. See positive results on anxiety, depression, pain, skin conditions and seizure reduction, to name a few!



Monday, Jan. 27th—Chocolate Cake Day. Join us for lunch at 12:30 p.m. followed by a sweet dessert! RSVP by 11 a.m. that day.

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



HAPPY BIRTHDAY

Change: Tuesday, Dec. 17 • 1:00 PM • Lower Level
Help us celebrate everyone with a birthday this month!

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.