

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



TUNE-UP TUESDAYS

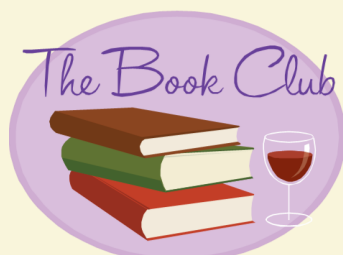
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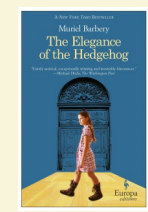
Tues., Jan. 14th ▪ 1:00 p.m. ▪ The Center's Lower Level
Light Refreshments

CBD: Cannabidiol Oil

Join pharmacist, Kourtney Chichilitti, to learn about CBD and how this plant can benefit your body. See positive results on anxiety, depression, pain, skin conditions and seizures reduction, to name a few!



"The Elegance of the Hedgehog" by Muriel Barbery



Thursday, Jan. 16th
at 1:00 p.m.

Thursday, Jan. 9th, 2020
Tosco's Pub & Grill
822 Main Street
Pennsburg
12:30 p.m.

Please RSVP to The Center:
215.679.6550

We have 12:30 reservations at the restaurant.

Perki Scarlet Ladies

Friday, Jan. 10th, 2020

Planning Meeting
at The Center
at 10:00 a.m.

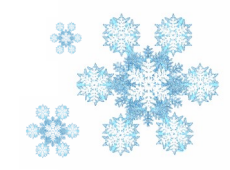
BINGO

January 24, 2020

4th Friday of every month ▪ 1:00 pm
25¢ per card ▪ at The Center



THE CENTER at THE OPEN LINK



January 2020

Our New Year's Resolution: Be Healthy and Eat Dessert

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

Here at The Center, we enjoy dessert! No special event would be complete without cake, cookies, ice cream, or pie – or all the above! A love for sweets, and food in general, is why eating better and/or losing weight is one of the most common New Year's resolutions.

This is the time of year when many people think about fresh starts and new beginnings. We want The Center to be a place that helps you reach goals and keep resolutions around being healthier. New Year's resolutions are often set with good intentions, but it gets harder as time goes by. Studies show that people are more likely to stick with their goals if they are realistic. Some suggestions are: eat one less dessert a week, find 30 minutes a day to walk, eat smaller portions rather than give up foods you love, or join an exercise class at The Center!

Physical activity is important but giving your brain a "workout" is just as crucial. There are proactive steps you can take to keep your brain healthy. Whether it's a daily crossword puzzle, Sudoku, or another activity that excites you, make an effort to engage in game or puzzle.

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Everyone said they had fun at this year's Holiday Party on Dec. 13. We enjoyed great food, friendship and a performance by the talented Uptones from Upper Perkiomen High School.

Chocolate Cake Day!

Join us for lunch at 12:30 p.m on Monday, January 27th and enjoy some delicious chocolate cake.

\$2.00 suggested donation

RSVP by Jan. 27th at 11:00 a.m. by calling 215.679.6550



Meet The Center's Kitchen Coordinator: Kelly Busedu



Does this smiling face look familiar?

While some of you recognize



Kelly Busedu from the membership desk at the Upper Perkiomen YMCA, she's new to The Center where she recently took on the kitchen coordinator position. Busedu, of Pennsburg, said she has truly enjoyed her time here so far.

"I love it," she said. "Everybody has been so welcoming and patient and understanding as I learn. Everyone who works here is wonderful too."

You'll see her Monday through Friday, from 9:30-1:30 at the East Greenville location.

Busedu said she enjoys getting to

do extra things, like helping host parties and special programs at The Center, as well as interacting with the older adults and personalizing meals.

She said she's looking forward to adding nutritious but delicious extras to meals in the coming year.

In her spare time, the mother of three volunteers with Logan's Heroes, a local animal rescue, where she feeds pets up for adoption every weekend and is currently fostering a kitten.

If you haven't met Kelly, please introduce yourself and welcome her to the team at The Center!

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zles that make you think.

It's also important to find time in the day to relax and reflect. Stress is a part of life but learning to manage it can make a big impact on your body and mind. They say laughter is the best medicine, and it really does have health benefits, so seek out opportunities for humor to improve your emotional health, find greater happiness, and even add years to your life.

Be stronger with us in the new year! Join a health and wellness program, come out to Community Lunch or any of the many other activities. Keep your body and mind sharp for yourself and your loved ones.

We can't think of anything better than sharing dessert, conversation and laughter with friends. Let us help you stay healthy to enjoy 2020 and many years to come!

Monday Community Meal January 6 at 6 p.m.

Join your neighbors for a free meal!

The Center Menu: Meatball sandwiches, French fries, applesauce, salad and dessert.
Hosted by Frieden's UCC.

Pennsburg UCC Menu: Beef stew over egg noodles, salad, rolls, ice cream sundaes.
Hosted by St. John's Lutheran Church, Summeytown.

SAVE THE DATE:

Monday, March 2nd, 12:30 p.m. - National Pig Day. Join us for BLT's and homemade soup for lunch. \$3.00 suggested donation. RSVP by Feb. 28th.

Wednesday, March 4th, - "Peter Pan, Jr." at 3:30 p.m. at Upper Perk Middle School. The UPMS Drama Department is offering a free Gold Card performance at 3:30 p.m.

Tuesday, March 10th, 1:00 p.m. —Tune Up Tuesday's with Professional Pharmacy. Join a discussion on how to keep a healthy lifestyle and how nutrition plays a role.

Wednesday, March 11th, - "The Addams Family" at Upper Perkiomen High School. Performance by UPHS Drama Department. Free Gold Card show for seniors at 1:00 p.m.

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

HAPPY BIRTHDAY

Tuesday, Jan. 28 ▪ 1:00 PM ▪ Lower Level

Help us celebrate everyone with a birthday this month!

Calendar Girls

By Tim Firth

Sun., Feb. 9, 2020

2:00 PM Show

DCP Theatre

795 Ridge Road,
Telford, PA

Group of 10 or more \$15 tickets



Join a group of participants from The Center to see Calendar Girls. Meet at the theatre at 1:30 p.m.
RSVP to The Center with payment by Jan. 13th: 215.679.6550.

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!

Walkercise

Mondays and Wednesdays at 9 a.m. Come stretch those morning muscles!

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!

No matter what your abilities, come move with us.