

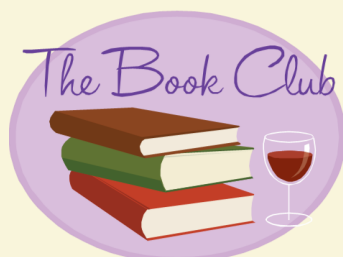
Join us every other month for presentations on different subjects to improve your health and well-being.



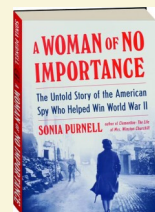
**Tues., March 10 ▪ 1:00 p.m. ▪ The Center's Lower Level
Light Refreshments**

Living a Healthy Lifestyle

Join pharmacist, Kourtney Chichilitti, to hear about living a healthy lifestyle and how nutrition plays an important role.



"A Woman of No Importance"
By Sonia Purnell



**Thursday, Feb. 20th
at 1:00 p.m.**



**Thursday,
Feb. 13, 2020**

Energy Station
2710 Shelly Road,
Harleysville
12:30 p.m.

**Please RSVP to
The Center:
215.679.6550**

We have 12:30 reservations at the restaurant.

BINGO

February 28, 2020

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

Perki Scarlet Ladies



**February 12th
Tilly Mints Tea Room
Meet at The Center
at 10:15 a.m.**



THE CENTER at THE OPEN LINK



February 2020

Brrr...

It's Cold Outside!

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

Cold weather can be a dangerous time for older adults.

Changes in your body can make it difficult to know you are getting cold. Body heat can be affected by some medicines and by being less active. Illnesses like thyroid problems and diabetes can make it harder to stay warm. If your body gets too cold serious health problems can occur, such as heart attack, kidney problems, liver damage, or worse, but there are ways to stay safe.

Wearing a coat, hat and gloves is obvious when outside, but you can dress warmly even while staying indoors. Wear sweaters, long underwear, warm socks and a hat, and cover up with blankets. You may be tempted to turn down your heat, but this is hazardous. Set your heat at 68-70 degrees and shut vents and close doors in unused areas of your house. Make sure you're not losing heat through windows; closing curtains and blinds can help, and seal gaps with weather stripping or caulk. To avoid fire hazards and possible carbon monoxide poisoning, avoid using space heaters, or be sure to use them as recommended. And never use your stove as a heater.

For anyone having trouble paying heating bills, resources are available. Local power and

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We celebrated Nancy Erhardt and Louise Minner during our January 28th birthday party which included games and chocolate cake.

NATIONAL PIG DAY

Monday | March 2nd | 2020



Bacon, Lettuce and Tomato Sandwich

**Join us for lunch at
12:30 pm:
BLT's and homemade
soup. \$3 suggested
donation.**

**RSVP by Feb. 28th by
calling 215.679.6550.**



THURSDAY, MARCH 19, 2020

1:30-3:00 P.M.

Join the WALL ministry, a group of young adults from Upper Perkiomen Community Church, for a fun afternoon!

Dress to Impress - Wear your favorite 60's, 70's & 80's attire and win prizes (not required)

Plan to Dance!


Bring Your Brain for Trivia

DRINKS AND DESSERTS... YUM!



517 Jefferson St., East Greenville

RSVP by March 17th by calling 215.679.6550 or email programmanager@theopenlink.org




Are You Safe or Just Lucky?

Protect Yourself from HEALTHCARE FRAUD


The Medicare program and Medicare beneficiaries lose over \$60 to \$90 billion each year to health care fraud. Fraud affects you by raising premiums and costs, and decreases your quality of care.

Tuesday, March 17, 2020 1:00 p.m.




517 Jefferson St., East Greenville

RSVP by March 15th
by calling 215.679.6550.



Medicare number please

Presentation by:



Learn to:
PROTECT, DETECT & REPORT

St. Patrick's Day treats will be served!

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gas companies may help with home weatherization to help keep bills down. Financial assistance for home energy bills is available to qualified households. Talk to someone at The Center for information or to find out how to apply.

Don't forget to check on friends and neighbors! Some people are at higher risk in cold weather. Putting on more clothes may be difficult for someone with arthritis, and memory loss can cause someone to go outside not dressed properly. Check on loved ones regularly - make sure they're staying warm and watch for warning signs like confusion or trouble staying balanced.

Staying warm doesn't have to be a chore. A cup of hot cocoa and a warm fire can be wonderful! Or stop by The Center for lunch or an activity and enjoy some spirited conversation over a cup of hot tea or coffee!

Monday Community Meal

February 3 at 6 p.m.

Join your neighbors for a free meal!

The Center Menu: Meatloaf, roasted potatoes, green beans, salad and brownie sundaes.
Hosted by The Open Link Staff and Board of Directors.

Pennsburg UCC Menu: Ham, mashed potatoes, mixed vegetables, applesauce and dessert
Hosted by Pennsburg 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.

SAVE THE DATE:

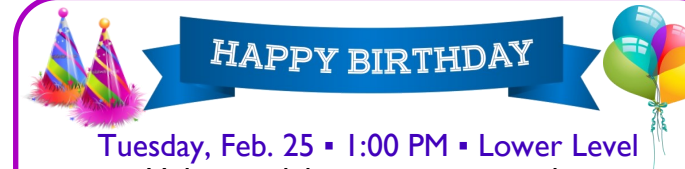
Wednesday, March 4th, - "Peter Pan, Jr." at 3:30 p.m. at Upper Perkiomen Middle School. The UPMS Drama Department is offering a free Gold Card performance for seniors.

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

Friday, March 13th, National "Pi" Day - Join us for lunch at 12:30 p.m. and enjoy a variety of delicious pies. \$2.00 Suggested donation. Call by 11:00 a.m. that day.

Thursday, March 26th, Phillies Game Day Celebration - Join us at 12:30 p.m. for hot dogs, chips, soft pretzel bar and more. \$3.00 suggested donation. RSVP by March 24th.

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



HAPPY BIRTHDAY

Tuesday, Feb. 25 • 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!

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.