

We miss monthly birthday parties at The Center!

Birthday celebrations are back!  
**Do you have a birthday in July?**

Stop by The Center if you have a birthday this month.  
Pick up a small gift to help us be a part  
of your special day.

4<sup>th</sup> Tuesday of each month

Please call ahead! 215.679.6550

Tuesday,  
July 28  
12:00 to  
2:00 pm



517 Jefferson Street  
East Greenville

\*Details and availability subject to change and dependent upon the COVID-19 situation.  
Extra precautions are always being taken to ensure your health and safety!

Stay Connected  
with

FRIENDS

DISCUSSIONS

NUTRITION



ACTIVITIES



Stay connected with The Center and with each other at our new Facebook group.  
The Center's doors are closed but we're offering remote programming!

We continue to offer programs and activities that encourage  
socialization and provide nutrition, exercise, education, and more!

Find us at [www.facebook.com/groups/centerattheopenlink](https://www.facebook.com/groups/centerattheopenlink)

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



July 2020

## Farmer's Market Vouchers are Here!

By Wendy Smeltz, Center Manager  
Evet Hexamer, Asst. Center Manager

The Senior Farmer's Market Nutrition Program provides locally grown fruits, vegetables, herbs and honey through farmers' markets and roadside stands to low-income seniors and helps farmers increase sales.

Good news! This year each qualified senior will receive four \$6 vouchers for a total of \$24 (and an increase of \$4)! To qualify participants must be 60 or older by Dec. 31, 2020, live in Montgomery County and meet income requirements. Maximum income for one person is \$23,606 or \$31,894 for a couple.

As you may have expected, distribution this year is different. Participants must complete a simple application, which can be found online or mailed. Applications are also available at The Center – look for them on the table by the entrance. Return the completed application by mail to The Open Link's main office at 452 Penn St., Pennsburg, 18073 or email to [laurad@theopenlink.org](mailto:laurad@theopenlink.org). They can also be dropped in the mailbox at The Center.

Participants will **not** be able to pick up checks or complete applications at the office. Instead, applications will be processed and

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Thanks to everyone who came out for our Drive-Thru Summer Picnic on June 26. It was so nice to see your smiling faces again! Don't forget to join our Facebook group to connect with The Center until we can open fully again! Details on back cover.

## Friendly Phone Calls from The Center

During these challenging times it is common to feel isolated or lonely. The Center is offering free social calls to older adults through weekly phone calls from staff or volunteers.

To sign up, call 215.679.6550.





# July 4th word search

J O X U Z T Y Q V G X F Z J B V L J E J  
K G Q X H D A J Q L T Q X S A W L P C U  
D U I G N I D N U O F R W R Q G X S J W  
Y F N M E J E Y I A P K K I P R X L T A  
T L I I U A C A T A T F E M V N Y J G S  
Y P C R T M N H C T K J I U A N J D Z G  
J B M O D E E R F I U L J T O B J M U U  
I N A K Y R D Q I Y T G I S I Q Z L Y W  
U F R R S I N S F X C O B N H Y E K A S  
W J F H H C E N T E N N I A L V V S D P  
D E L G N A P S R A T S K R O W E R I F  
P A B S T N E F L X T K F E T L K N L H  
L G T S O P D A L I B E R T Y A B X O I  
Q P Q P I C N I C M F T S E P O P N H I  
K U U R L T I A J C U S M V H W O P O L  
O C T Q H Q W V X H Q K Z I I R E A Q D  
J S M E H F H S I C Q U Z T Y F W P V Q  
V Q M G U Z D C U C S F N S P G Y J J N  
X N W I N U H R B W B M N E S B K J U E  
B M E X H R J K Z D N P S F I C R G Z Q

words to find

AMERICAN  
FATHERS  
FOUNDING  
HONOR  
NATIONAL ANTHEM  
STARS  
UNITED STATES

CENTENNIAL  
FESTIVE  
FREEDOM  
INDEPENDENCE DAY  
PATRIOTIC  
STRIPES  
VETERANS

CIVIC  
FIREWORKS  
HOLIDAY  
LIBERTY  
PICNIC  
STAR SPANGLED

by Amy Mascott of teachmama.com for Scholastic

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mailed directly to your home.

Checks can be used at any participating farmer's market. A copy of the participating markets will be mailed out with checks. Seniors are asked to sign their checks before visiting the farmer's market. While shopping, always wear a mask, or pre-order online and have a friend, neighbor or family member pick up your purchase. Vouchers can be used through Nov. 30<sup>th</sup> but remember many markets close sooner.

We appreciate your cooperation with the changes to this year's program. We miss seeing you and chatting with everyone who comes in for vouchers, but the new procedure is to ensure that everyone can stay safe and healthy.

If you have any questions, please email [laurad@theopenlink.org](mailto:laurad@theopenlink.org) or call 215.541.5282.

We're excited to announce the return of the

## Monday Community Meal

**July 6 at 6:00 p.m.**

Drive-Thru Meal at Pennsburg U.C.C.  
775 Main Street, Pennsburg

Menu: Pulled pork sandwich, baked beans, applesauce, macaroni salad and cookies.



### **Bagged nutritious lunch**

includes frozen meal to heat at home, side items, bread and milk

No cost for individuals age 60 or over, or a regular Center participant

**Monday, Wednesday, Friday**

**12:00 - 12:30 PM Pick-Up**

Call by 11:00 AM that day to order!

215.679.6550

*Donations Welcome*

**Fresh produce from our garden is often available!**

**Drive-thru Pick-up • Call at arrival**

## Avocado Tomato Salad



### *Ingredients:*

- 1/4 cup extra-virgin olive oil
- Juice of 1 lemon
- 1/4 tsp. cumin
- Freshly ground black pepper
- 3 avocados, cubed
- 1 pt. cherry tomatoes, halved
- 1 small cucumber, sliced into half moons
- 1/3 cup corn
- 2 tbsp. chopped cilantro

1. In a small bowl, whisk together oil, lime juice, and cumin. Season dressing with salt and pepper.
2. In a large bowl combine all ingredients with the dressing.