

Get Healthy with us • No matter what your abilities, come move with us!  
Some of our favorite health & wellness programs are returning, with more coming soon.

Mondays - Starting soon!

# YOGA

with

Instructor Lily Walters

Improve your flexibility and balance  
and reduce your blood pressure!  
Go at a level and style that suits you  
and move at your own pace.

Please call if interested: 215.679.6550

Starting Nov. 2<sup>nd</sup>

Mondays and Wednesdays  
9:00 ~ 9:30 a.m.

# Walkercise

Come stretch  
those morning  
muscles!

Please call to pre-register: 215.679.6550

Do you have a birthday in November?

Help us be a part of your special day.  
Stop by The Center to pick  
up a small gift.

Mon, Wed,  
or Fri.  
12 - 12:30  
pm

Pick up your gift during  
any in-person or  
drive-thru activity.  
Please call at least 24 hours  
in advance.

THE CENTER  
at  
**THE OPEN LINK**  
517 Jefferson Street  
East Greenville



Tune-Up Tuesdays is back and available in-person or virtually!



Join pharmacist Kourtney  
Chichilitti to learn about  
**Helpful Supplements and  
Preventive Measures for COVID**  
**Tuesday, November 17<sup>th</sup>, 2020**

- **At The Center** - 10:00 a.m.-11:00 a.m.
- **Virtual (Zoom)** - 11:15 a.m.-12:00 p.m.

Pre-registration is required. Call 215.679.6550.  
Details will be provided once registered.

THE CENTER

at

# THE OPEN LINK



## November 2020

## Staying Active in Winter Months

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

As shorter days and colder temperatures approach, keeping active becomes more of a challenge. And this winter brings added worries of our current health crisis. This of course, means we must be extra careful and things we've all done in the past may no longer be options. Whatever your abilities, and however you would like to engage - in person, virtually, or at home - programming is available to you!

This month we welcome participants back inside The Center and we are excited to see you face-to-face! Programming is limited and comes with changes, which you can read about in our Welcome Back booklet, but November brings opportunities for education, fun, and fitness! See page 4 of the newsletter for details about the return of two of our favorite exercise programs. And look for more programs to be added soon!

For those not ready to return in-person, drive-thru activities continue, like lunch and special events. Educational resources will be provided at some of these functions, including tips to stay active, healthy and safe this winter. Virtual programming is also being planned.

We are grateful to have programming  
*Continued on page 3*



Thanks to the Upper Perk Rotary for a fantastic Apple Day event on Oct. 23 at The Center featuring local apples, delicious recipes and a fun craft!

## Get your Welcome Back Booklet!

Read all about what to  
expect at The Center.  
Booklet is mandatory before  
registering for activities.

New protocol, health screenings,  
scheduling and programming  
changes, reporting  
requirements, and more!

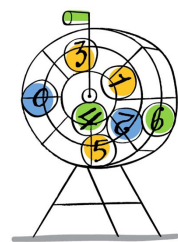
Pick up a booklet at any drive-thru lunch or activity,  
and look for in-person programs and activities  
in the November newsletter!





We are excited to welcome back to The Center... in-person programming!

Space is limited, but programs will be offered again if they reach the maximum amount allowed for attendance. Masks and social distancing!



25¢ per card

# BINGO

Tue., Nov. 10, 2020

1:00 p.m. - 2:30 p.m.  
at The Center

Small Prizes



Big Fun!!

Call to pre-register:  
215.679.6550



Space is limited.

KNOWLEDGE WANTED... BUT NOT REQUIRED... COME FOR FUN!

# TRIVIA HOUR

Tuesday, November 24<sup>th</sup> • 11:00 a.m.-12:00 p.m.

Join us once a month at The Center for an interactive hour of trivia presented in various ways with different types of games. Questions could include history, entertainment, sports, and everything in between!

Space is limited. Call 215.679.6550 to pre-register.

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available to us from the Montgomery County Office of Senior Services. They offer classes and presentations for free to area seniors that can be held here at The Center, virtually via Zoom or phone, or independently using email. Your newsletter includes an insert that describes what is available. Please review and let us know what interests you. We'll use your input to plan future programming. Those who attend these programs will receive a special gift for attending!

We know cold weather makes it difficult to stay active, but we want to remind you why it's important. Inactivity can take a toll on physical and mental health. Keep moving to reduce the chances of chronic disease, sleep better, improve mobility, balance and coordination, and boost brain health. Let The Center help you stay active and beat the winter blues!



## Monday Community Meal

Nov. 2nd • 6:00 - 7:00 p.m.

Drive-Thru Meal  
at Pennsburg U.C.C. Menu TBD.

## Sweet Treat from The Center

Pick-up a dessert and this month's activity booklet.

This is a small token of gratitude from us to you as we say Happy Thanksgiving, and thank you for being a part of The Center!

Friday, November 20<sup>th</sup> • 12:30 PM

RSVP required by Nov. 18<sup>th</sup>. Call 215.679.6550.

THE CENTER  
at  
**THE OPEN LINK**  
517 Jefferson Street  
East Greenville

This is a drive-thru event.  
Enter from Jefferson Street.  
Go through the driveway  
and stay in your car.  
Masks required.



**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

Masks Required • Donations Welcome

ALL drivers please enter from Jefferson Street  
through the driveway and STAY in your car.  
Staff will bring out meals to you.

**Drive-thru Pick-up**