

Happy St. Patrick's Day

Join us for drive-thru lunch on
Wednesday, March 17th

Receive a

Healthy Treat
and
Something Sweet

Don't forget to wear **GREEN!**

And the Upper Perk Rotary Club
will be back with special surprises
for everyone who drives thru!



RSVP by Fri., Mar. 12th : 215.679.6550

Lunch not required to attend. Let us know when
you call if you're ordering lunch. *Supplies limited.*

Drive-thru event. Enter from Jefferson St. Masks required.

Do you have a birthday in March?

You're Invited
to stop by The Center to pick up a small gift.

For: **You**

Where: **The Center**

When: **Mon, Wed, Fri, 12-12:30**

RSVP: **Call 24 hrs. in advance**



THE CENTER

at



March 2021

March is National Nutrition Month

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

We often think of a diet as something temporary or a method to lose weight, but a good diet is important for maintaining good health throughout the year. Proper diets, along with exercise, are important for everyone and that includes seniors! If you have a particular health issue (diabetes, high blood pressure, heart surgery, osteoporosis, etc.) it is especially important to have good dietary habits. What you eat can help manage chronic health conditions. Ask your doctor about the right diet for you.

Diet is the number one factor that impacts health. Failing to give your body the vitamins and minerals it needs is harmful. For National Nutrition Month we want to express the importance of nutrition matters when it comes to everyday wellness and provide useful tips.

The key message of the second week of the 2021 National Nutrition Month is all about planning meals. Together with the growing trend of preparing meals ahead of time, you can feel in control of your meal choices and save money. Good first steps to both are learning healthy recipes and making shopping lists to buy only the ingredients you need. Meals can be made in advance and frozen in convenient portion sizes to

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Center participant Dorothy picks up lunch and materials for February's Heart Health Month from our volunteer, Dawn. Drive-thru Community Lunch offers convenient, nutritious, affordable meals, and occasional amusement and fun (See page 4 for photos and fun from February's Valentine celebration drive-thru.)

At our Valentine's Drive-thru Celebration, we asked you all to name 3 things you love.

These are the results! The larger the word, the more often that answer was given.

It warmed our hearts to see everyone! Thank you to the organizations, businesses, families and individuals, including many of our seniors, who gave over 1,200 valentines!



Pi Day is the celebration of the mathematical constant pi (π) and an excuse to eat pie!

It is celebrated in countries that follow the month/day format because the digits in March 14 or 3/14, are the first 3 digits of π (3.14).

Friday, March 12th 12:00-12:30 p.m.

**Join us for drive-thru lunch
with a yummy slice of pie!**

\$2 suggested donation

**RSVP by March 11th
Call 215.679.6550.**



Walk with Ease



Experience the Walk With Ease Program
Arthritis Foundation Certified. Doctor Recommended.

Self-directed 6-week program ■ No Cost
Receive weekly emails with information and homework
FREE starter kit included with book, water bottle, and more
Receive a \$10 gift card at the end of the program to reward yourself!



"When I started the program, I was afraid to walk very far because of my knee pain. But Walk With Ease helped me start slow and build up gradually. Now I am confident in my ability to walk easily without making my arthritis worse."
— Walk With Ease participant

The **Arthritis Foundation Walk With Ease Program** is an exercise program that can reduce pain and improve overall health. If you can be on your feet for 10 minutes without increased pain, you can have success with Walk With Ease.

Benefits to You

Walk With Ease will help you:

- ▶ Motivate yourself to get in great shape
- ▶ Walk safely and comfortably
- ▶ Improve your flexibility, strength and stamina
- ▶ Reduce pain and feel great

Presented by:



Montgomery County
Office of Senior Services

Instructor: Dawn Batman,
Montgomery County Office of Senior Services
Starts Wednesday, April, 7th, 2021
To register, contact The Center:
Call 215.679.6550 or
email center@theopenlink.org

Pick up your Starter Kit outside The Center
on March 29th or 31st, 12:00-12:30 p.m.
517 Jefferson St, East Greenville, PA 18041

Enter from Jefferson Street, stay in your car,
go through the driveway. Staff will be outside.

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be heated later. By taking these steps, you will be less tempted to eat take-out or instant processed foods, saving money and reaping the health benefits.

Planning and making meals ahead of time is not always practical but following a shopping list is something we can all do. By purchasing healthy foods, you won't fall back on junk food when hunger strikes.

Meals are available that don't require cooking or shopping lists! The Center offers "Community Lunch To-Go" making mealtime convenient, healthy, and affordable. Menus are designed by licensed dietitians and follow dietary guidelines for Americans. Meals are picked up frozen and are heated at your convenience. Drive-thru lunches in March will often include handouts to celebrate National Nutrition Month and provide helpful information and tips - sign up today!

Eat Right!

Monday Community Meal

March 1st ■ 6:00 - 7:00 p.m.

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

Palm Schwenkfelder Church will be serving:
Ham, Mashed potatoes, Cut green beans, Fruit cup,
Pepper Cabbage, Dinner Roll and Dessert
There is no charge for the meal.



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

PHILLIES DRIVE-THRU CELEBRATION



**TUESDAY
MARCH 30TH**
12:00 - 1:00 PM

*Get Your Copy
of the Phillies
2021 Season
Schedule*

**Join us for hot dogs, chips,
dessert and more!**

*Wear Your
Favorite Baseball Team's Gear!*

*\$2 suggested
donation*

RSVP by March 24th

215.679.6550 | center@theopenlink.org

THE CENTER
at
THE OPEN LINK
517 Jefferson St.
East Greenville

Enter from Jefferson Street, stay in your car,
go through the driveway. Mask required.

