

## Spinach and Strawberry Salad

### Ingredients:

- 2 tablespoons sesame seeds
- 1 tablespoon poppy seeds
- 1/2 cup white sugar
- 1/2 cup olive oil
- 1/4 cup distilled white vinegar
- 1/4 teaspoon paprika
- 1/4 teaspoon Worcestershire sauce
- 1 tablespoon minced onion
- 10 ounces fresh spinach-rinsed and torn up
- 1 quart strawberries cleaned and sliced
- 1/4 cup almonds

1. In a medium bowl whisk together first 8 ingredients. Cover and chill in refrigerator.
2. Combine spinach, strawberries and almonds. Pour dressing over salad and toss. Refrigerate for 10-15 minutes.

Do you have a birthday in May?

*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



## MEMORIAL DAY WORD SCRAMBLE

1. eadrap \_\_\_\_\_
2. sheoer \_\_\_\_\_
3. lervces \_\_\_\_\_
4. toraipt \_\_\_\_\_
5. rfccsiaie \_\_\_\_\_
6. eaicrma \_\_\_\_\_
7. tyolla \_\_\_\_\_
8. tenrvae \_\_\_\_\_
9. bmrreeme \_\_\_\_\_
10. eilaormm \_\_\_\_\_



1. parade 2. heroes 3. service 4. patriot 5. sacrifice 6. America 7. loyalty 8. veteran 9. remember 10. memorial

THE CENTER



May 2021

## Gardening is Good for You!

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

Have you seen the garden at The Center lately? A group of volunteers spent an afternoon pulling weeds, staking veggies, rototilling beds, and removing plant debris. We appreciate their hard work and are excited to see what kind of nutritious and delicious produce we can grow for you! Our volunteer gardeners can tell you, tending a garden is good for the mind, body, and soul. It's the perfect time to start a garden of your own!

Gardening is therapeutic on many levels. Being around nature can improve your mood, taking your mind off the stresses of daily life, and getting your hands dirty can increase serotonin levels, a natural antidepressant.

Get your body moving with bending, squatting, and stretching and burn 200 to 400 calories an hour planting and pulling weeds. It also strengthens bones, muscles, and joints and helps with balance. Being healthier reduces the risk of heart disease and stroke. Gardening provides a great workout but doesn't feel like work!

Spending time outdoors provides Vitamin D, vital for hundreds of bodily functions like strengthening your bones and immune system.

Researchers suggest that any activity that

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A big thank you to the volunteers who recently cleaned out old debris, weeded and tilled The Center's garden to prepare it for planting. It looks wonderful!







# Celebrating MEMORIAL DAY

## REMEMBER AND HONOR

Help us recognize the men and women who fought and died while serving in the United States Military.

Bring a name or photo to put on our “Wall of Heroes”. We will also be collecting donations toward a care package for one of our military bases.

Friday, May 28<sup>th</sup> 12:00-12:30 PM

Receive an Activity Booklet and Patriotic Snack

RSVP by May 18<sup>th</sup>: 215.679.6550 | center@theopenlink.org  
Let us know if you would also like to pick up lunch.



**THE CENTER**  
**at**  
**THE OPEN LINK**

517 Jefferson St.  
East Greenville  
215.679.6550

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

Thanks for coming out to celebrate our love for America's game! We had TWO winners who guessed how many peanuts correctly with 275 peanuts. Congratulations Don and Richard! We hope everyone is working on their “spring training” exercise packets and staying healthy!



**Opening Day  
DRIVE-THRU  
CELEBRATION**






*Continued from page 1*

gets you moving helps the brain increase gray matter. The physical demands of gardening and critical thinking skills keep your brain sharp. It also increases hand-eye coordination, keeping the brain and body in sync.

What's healthier and more delicious than fresh fruits and vegetables? Growing your own produce provides a healthier diet and a sense of accomplishment. Share your harvest, or better yet, garden with others to foster a feeling of connection and community.

Don't have room for a garden or want to start small? Try container gardening or a countertop herb garden. If you don't want to take on the work alone or like the idea of working with a team, The Center is looking for volunteers to help with our garden. If you are interested, please call The Center at 215.679.6550.

Get out there and get your hands dirty.

Happy planting!

### Monday Community Meal

**May 5 • 6:00 - 7:00 p.m.**

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

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 be outside.

**Drive-thru Pick-up**

Friday, May 7<sup>th</sup>, 2021



**During drive-thru lunch  
at The Center 12:00 -**

Celebrating all the incredible

daughter  
sister  
**FRIEND**  
wife  
mother  
**AUNT**  
grandmother

Join us for a small gift  
and something sweet.