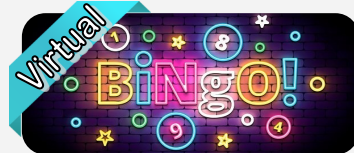




VIRTUAL PROGRAMMING

Regular virtual program attendees will receive links automatically. If you haven't attended before, call to sign-up and get the link in your email!

Friday, July 30th
1:00 PM



GAMES & GAB

Monday, July 19th
1:00 PM

One-on-one basic tech help with one of our qualified (and patient) volunteer Tech Coaches are still available!



Get help with your computer, table, or phone, or with setting up a Zoom account!

Do you have a birthday in July?



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

THE OPEN LINK



July 2021

The Reopening Process Begins - Safely and Responsibly

By Wendy Smeltz, Center Manager

As news broke that COVID mitigation requirements were being lifted, such as capacity limits and mask mandates, many of you reached out to The Center ready to return. We are happy to announce that the reopening process has begun!

Senior centers in the area follow guidance from the Montgomery County Dept. of Human Services and the PA Dept. of Aging (PDA) which we are using to complete the necessary steps to open our doors. We would like to share some of this guidance, which was revised on June 9, 2021.

Guidance states that, "...until vaccination rates increase, and more is known about the length of vaccine protection and the effectiveness, it may be necessary to continue with preventative measures." For senior centers resuming operations, the PDA strongly recommends protocol such as masks, distancing, health screenings, reservation systems, and grab and go meals in place of congregate lunch. You can read the full list of recommendations at www.aging.pa.gov.

The Center, as always, is open for all, which is why the guidance developed is important to follow. We have a moral obligation to consider the needs of the most vulnerable, those with com-

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The Center celebrated Father's Day with delicious root beer floats and an activity geared toward the men. We asked everyone which activity is best - golf, darts, or horseshoes. Horseshoes won!

Linguine with Lemon & Tomatoes

Ingredients:

- | | |
|-------------------------------|--------------------------|
| 1 c. roasted tomatoes | 4 very thin lemon slices |
| 1 tbsp extra-virgin olive oil | 1 garlic clove, minced |
| 1 tbsp lemon juice | 6 oz linguine pasta |
| 1-1/2 c arugula | 1 tbsp fresh thyme |
| 3 oz fresh mozzarella | 1/4 c. toasted pine nuts |
| 1/2 c. fresh basil | Salt and pepper |



Directions:

1. Preheat oven to 350 and line a small baking sheet with parchment paper
2. Place lemon slices on the baking sheet. Drizzle with olive oil and sprinkle with salt. Roast for 15 minutes or until golden brown around the edges. Finely mince the lemons and set aside.
3. In the bottom of a medium-sized pot, combine the olive oil, garlic, lemon juice and 1/4 teaspoon salt.
4. Prepare the pasta according to the package directions, cooking until al dente. Reserve 1/4 cup pasta water. Scoop the hot pasta into the pot, along with the reserved pasta water, the arugula, and toss. If necessary, gently heat until the arugula wilts and the pasta is warmed through. Add the thyme, tomatoes, lemons and toss again. Top with the mozzarella, pine nuts and basil. Season to taste.

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

NATIONAL WATERMELON DAY



Watermelon is 92% water, making it a delicious way to stay hydrated! It's also a great source of vitamins C and A, fiber, and magnesium.

Drive-thru at The Center
Tuesday, August 3rd 12:00 - 1:00 PM
RSVP by Friday, July 30th

Enter from Jefferson St. Masks required.



Some people are having trouble calling The Center. If you can not reach us, please call The Open Link's main office in Pennsburg at 215.679.4112. Your call will be transferred to us. We apologize for the inconvenience.

517 Jefferson St., East Greenville, PA 18041 • 215.679.6550 • website: www.theopenlink.org



Join us at drive-thru lunch
Friday, July 2nd • 12:00-12:30 PM
 to celebrate

our nation's birth.
 RSVP by Wed., June 29th

*Receive a sweet treat,
 and patriotic games
 with U.S. facts and fun!*

Friday, July 2nd Lunch Menu:
 Sliced BBQ Beef, Sweet Corn, Applesauce

Wear your
Red, White & Blue



Reminder: The Center is
 CLOSED Monday, July 5th.
 There is no drive-thru lunch.



WEDNESDAY, JULY 21ST, 2021 • 12:00 - 1:00 PM

RSVP by July 16th: 215.679.6550 | center@theopenlink.org

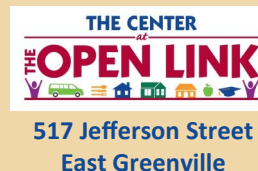
Fresh Brewed Iced Tea:
 Sweet Tea, Mint, or Sugar-Free

Summer snack, activity booklet and craft!

During Drive-thru Lunch, Lunch not required.

Lunch Menu: Seafood Salad w/ Hard Boiled Egg,
 Macaroni Salad, Carrot Salad, Fruit Cup, Bread, Milk
 (Substitutions Available)

Drive-thru Activity. Enter from Jefferson St.



Continued from page 1

promised immune systems and underlying conditions,
 and make reopening as low-risk for these groups as
 possible.

Also from the PDA, "Senior centers cannot re-
 quire participants, staff, or volunteers to be vaccinated
 to attend...Senior centers may not request proof of vac-
 cination, nor deny services to individuals who are not
 vaccinated or refuse to disclose vaccination status."

Opinions vary greatly around COVID-19; vac-
 cines, masks, and feeling comfortable in public and/or
 being around unvaccinated individuals. We recognize
 that people make decisions that are best for them and
 their circumstances and we respect those decisions.

We love our seniors so we want to keep them safe.
 The Center will go above and beyond to follow recom-
 mendations and we appreciate your understanding and
 your help.

More reopening details coming soon!

Monday Community Meal

July 12th • 6:00 - 7:00 p.m.

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

Hosted by The Open Link

Menu: Hoagies, pasta salad, chips,
 water, 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

Schedule in advance, or call by
 11:00 AM that day! 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



Seniors Farmers' Market Nutrition Program

Each qualifying person receives \$24 in checks. The process
 to obtain checks is safe with no contact needed! Call for an
 application at The Center: 215.679.6550 / Main Office: 215.679.4112



REDEEM AT AREA FARMER'S MARKETS UNTIL NOV. 30TH

Eligibility requirements:

- 60+ years old during the program year (2021)
- Meet income requirements (1 person \$23,828 , 2 people \$32,227)
- Montgomery County resident (others - call for a location)



SFMNP provides fresh, nutritious, locally grown fruits, vegetables, herbs, and honey to low-income seniors,
 and supports domestic farmers' markets, roadside stands, and CSA programs.