What else is happening at The Center now that the doors have opened?

Get help with your tablet, computer or phone, or set up a Zoom account! Call for an appointment.



One-on-one basic tech help with our qualified (and patient) volunteer Tech Coaches is still available! Help can be over the phone or on Zoom, and now in-person at The Center!



Get out of the house safely, have fun, and socialize!

Tuesdays & Fridays 1-3 PM

Pre-registration is required. Space limited. Masks required.

THE POOL TABLE IS OPEN! Or come enjoy independent activities that allow for social distancing: puzzles, games, coloring, and more! Or read a book from our library, use a computer, or connect your device to Wi-Fi.

215.679.6550 | center@theopenlink.org



Virtual & In-Person **PROGRAMMING**

Join us at The Center or from home on Zoom. Virtual and in-person take place simultaneously.

GAMES & Gab

Tuesday, Sept. 14th 1:00 - 2:00 PM

Friday, Sept. 17th 1:00 - 2:00 PM



<u>Virtual Programs</u> - If you haven't attended, call to get the link sent to your email.

In-Person - Pre-registration is required. Call ahead to reserve your spot, space is limited. BYOB (bring your own beverage); snacks are <u>not</u> yet permitted to be served.

215.679.6550 | center@theopenlink.org

Come get healthy with us again!

Targeted for ages 55 and up - All are welcome! Pre-registration is required, space is limited. Masks required at <u>all</u> times.

Walkercise

Mondays & Wednesday • 9-9:30 AM Come stretch those morning muscles!

Women on Weights (WOW)

Tuesdays & Fridays • 9:30 - 10:30 AM Increase your strength and battle fatigue, weight gain, and depression. Get stronger with us!

Tai Chi

Tuesdays & Fridays o 10:45 AM - 11:45 AM Tai Chi is described as "Meditation in Motion."

> No matter what your abilities, come move with us.

\$2 suggested donation per class. First class free!

THE CENTER





September 2021

Falls Free Check-Up

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

If you've been reading The Center newsletters over the years, you might have noticed that Fall Prevention is a consistent subject somehow covered each Fall. It's not just because it's too good a play on words to pass up! The change of seasons brings higher risk of falls. As temperatures outside get cooler, people tend to be less active. And the ground will soon become covered with leaves and not long after that, snow and ice. These things present more opportunity for falls.

According to the U.S. Centers for Disease Control and Prevention, one-fourth of Americans aged 65+ fall each year. Falls also result in more than 3 million injuries treated in emergency departments annually, including over 850,000 hospitalizations and more than 29,000 deaths. Falls can lead to disability and loss of independence and create heavy economic and personal burden. Steps can be taken to prevent falls, but the coronavirus pandemic has made this more difficult.

People have been staying inside their homes more, limiting their mobility. This means people are attending less of the functions that kept them active, like exercise programs, card groups, lunch, or special events at The Center. Those who live in retirement communities had less activity while community rooms were closed. Confinement may lead to lower physical activity, which in turn may

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Betty receives her prize of watermelon themed items from Watermelon Day at The Center with Family Caregivers while we celebrated our Kitchen Helper Brian's birthday with cupcakes for everyone at drive-thru lunch.



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



Games Raffle Baskets Snacks To-Go Crafts

Summer Salad to Celebrate the Bounty Provided by The Center's Garden Come out to sign a thank you note to our volunteer gardeners!







RSVP by Friday, Sept. 17th

RSVP: Call 215.679.6550

RSVP required by deadline. Space is limited to 15 people.

Choose one to attend:

Drive-thru: Tuesday, 21st • 1:00 PM

In-Person: Friday, Sept 24th • 1-1:45 PM or 2:15-3:00 PM

Please do not arrive early, doors will be locked.



\$2.00 suggested donation



Masks Required Indoors

517 Jefferson Street, East Greenville

*Details are subject to change.

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result in weakness and increase falls.

The last thing an older adult needs is to become injured in a fall and end up in an overcrowded ER filled where there are cases of COVID-19 and medical personnel who are overworked and facing shortages. So, what can you do for yourself to build strength, stamina and flexibility, and lower your risk of falling?

Find out this month when you visit The Center. Fall Prevention materials will be distributed during inperson programming and drive-thru activities, including a Falls Free Check-up by NCOA (National Council on Aging) to see if you're at risk of falling. And you can sign up now for a program being held in October, Healthy Steps for Older Americans, provided by Montgomery County Senior Services. Join us at The Center for this 2-day class to learn how to reduce your chances of falling. Details on page 3.

This Fall, be falls-free!



NCO | FallsFree CheckUp

Monday Community Meal

September 13th • 6:00 pm Drive-Thru Meal at Pennsburg U.C.C.

Menu: TBD

Hosted by St. Mark's Lutheran Church

There is no charge for the meal.



Drive-thru lunch will continue until we are able to resume congregate lunch.

Bagged nutritious lunch

includes frozen meal to heat at home, side items, bread and milk Produce from the garden often available!

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

No Cost • Donations Welcome

Enter from Jefferson St. through the driveway. Staff or volunteers bring your meal to your car.

Drive-thru Pick-up



Healthy Steps

FOR OLDER ADULTS



A Fall Risk Screening and Prevention Program

Brought to you by Montgomery County Office of Senior Services

October 18th and October 25th | 9:00 - 11:00 AM Attendance at both classes is required; We hope to see you!

Sign up soon! Space is limited. RSVP: Call 215.679.6550 or email center@theopenlink.org

This in-person class will provide you with a screening, assessment, and education and tools to reduce falls and improve your overall health. Taught by certified workshop leaders.

Masks required for all in-person activities.

