

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!

In-Person PROGRAMMING

Many of our old favorite activities at The Center are not permitted, like playing cards. Come out for some fun and games while social distancing.

Play Pool!



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

Tuesdays at 1:00 pm
RSVP required.



Friday, November 19th
1:00 - 2:00 PM

\$1 suggested donation • Small Prizes • Big Fun
More of everyone's favorite prize - candy!
RSVP required. Space is limited.



Our library is open! A volunteer has kept it organized and tidy. Call ahead to come browse the shelves and borrow a book.

Drop-ins are not permitted.
Masks required for in-person activities.

215.679.6550 | center@theopenlink.org

Do you have a birthday in November?

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**



Come get healthy with us again!

Targeted for ages 55 and up - All are welcome!

Pre-register for each class. Space is limited.
Masks required at all 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 • 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



November 2021

Thankful for Our Family Caregivers

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

Caregiving is a tough job. This month, we recognize the people who lovingly care for millions of elderly and ill loved ones by cleaning, shopping, bathing and offering other support and comfort.

Celebrated every November, National Family Caregivers Month honors caregivers across the country. It is an opportunity to raise awareness of caregiving issues, educate communities, and increase support for caregivers. This is the time of year that we give thanks and enter a festive season with a focus on family - it is a good time to show our appreciation for those who work tirelessly to provide care; whether it be financial, medical, domestic or emotional support.

Let's not underestimate the strength that caregivers have for providing support to the people who need it most. It can take a toll both emotionally and physically upon those who commit their time and energy to caring for others. Even the most loving and patient caregivers will become tired and need to recharge as we approach the holidays.

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We welcomed Teri Wassel from the Montco Health Department back to The Center on Oct. 12. Participants enjoyed a food demonstration and sampled a healthy autumn salad. The Center provided ingredients to make the delicious salad at home.

NOVEMBER CLOSINGS

There will be no Center programming (lunch or in-person activities):



Tues., 11/2 - Election Day
Thu., 11/11 - Veterans Day
Thu 11/25 & Fri 11/26 - Thanksgiving

215.679.6550 | center@theopenlink.org

NOTICE 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



Tuesday, November 16, 2021 • 1:00 pm

Make a 'Pizza Pan Wreath'.

All items needed will be supplied.

Dessert, coffee and tea will be served.



RSVP required by Nov. 12th.

Call 215.679.6550 or email center@theopenlink.org

Masks are required.

Space is limited. Social distancing is in place at The Center.



517 Jefferson St.
East Greenville, PA
215.679.6550



*Photos are examples.
Exact supplies will vary.
Items will be available
for a wreath for fall
or any season.*



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Caregivers, we want to remind you to recharge to avoid emotional or psychological burnout from stress and overwork. Ask for and accept help. Find ways to care for yourself. Shift your thinking into new patterns of doing family celebrations, making room for the reality of caregiving. Pat yourself on the back and treat yourself to something you enjoy. You deserve it!

We can all recognize and honor caregivers. Cook someone a meal. Offer to spend time with them or learn ways to help. Consider providing a respite for someone who provides care for a loved one. Ask what you can do to make a difference.

Caring for someone who is aging or ill is one of the most important roles one can fulfill. For anyone in this position, there are resources available like articles and checklists to stay organized, and support for your journey. Let us know if you need assistance and we will help you find resources to meet your needs. This month and every month, we honor caregivers in our community!

Monday Community Meal

Nov. 1st • 6:00 pm

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

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

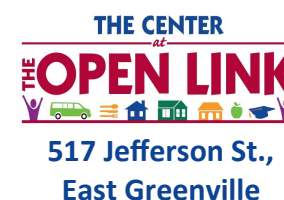


Wed., November 24th, 2021

**Celebrate Thanksgiving
with The Center during
drive-thru lunch.**

Receive a sweet treat and the
November activity booklet.

Lunch is not required. Let us know when you RSVP if you will be getting lunch.



RSVP by Monday, November 22nd.

Call 215.679.6550

