



**Friday,
January 14, 2021
1:00 - 2:00 PM**

RSVP required. Space is limited.
215.679.6550 | center@theopenlink.org

\$1 Suggested Donation

Play Pool!



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

Tuesdays at 1:00 pm

RSVP required.

Other activities are available that can be done independently or while social distancing: puzzles, coloring, and more!

Our library is open!



Call ahead or stop in while attending an in-person activity.

As winter brings frigid temperatures it's the perfect time to get comfy with a good book!

For in-person activities:

Drop-ins are not permitted.

*Masks are required (except when eating).
Social distancing is being practiced.*

Get help with your tablet, computer or phone, or set up a Zoom account!



Call to make a one-on-one appointment with one of our qualified (and patient) volunteer Tech Coaches.

Unfortunately, The Center is not able to offer tax assistance this year. These IRS programs offer free basic tax prep to qualified individuals:

VITA (Volunteer Income Tax Assistance):

Available to people who make \$57,000 or less and persons with disabilities

1-800-906-9887

TCE (Tax Counseling for the Elderly):

Help for ages 60 and older, specializing in pensions and retirement-related issues

1-888-227-7669



Check back next year -we hope AARP volunteers will return to The Center!

Come get healthy with us!

*Targeted for ages 55 and up -
All are welcome!*

Pre-register to attend a class.

Masks required at all times.

Walkercise

Mondays & Wednesday • 9-9:30 AM

Come stretch those morning muscles!

Tai Chi

Tuesdays & Fridays • 10:30 AM - 11:30 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!

~More classes coming in 2022~



Here's to the things that are to come and the memories that we hold. May the New Year bless you with health and happiness.

THE CENTER

at



January 2022

Why Try New Things?

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

All too often we let fear of the unknown stop us from experiencing things life has to offer. But pushing ourselves to get out of our comfort zones is good for us! Trying new things not only helps us conquer our fears, it also allows us to expand our minds and learn - both new things and things about ourselves.

Programming at The Center has been limited since reopening, but we hope to expand in the new year. This includes exercises - would you be interested in chair yoga with a licensed instructor? If you're open to new experiences, try a Bollywood Dance Class. A volunteer will perform a hands-on demonstration coming up that you won't want to miss.

Coloring Time is coming in February. Join us and visit with friends over coffee and coloring, which isn't just for kids anymore! We will have fun adult coloring pages with colored pencils, crayons and markers. Activity books and puzzles are available if coloring isn't for you.

After being cooped up inside for almost 2 years, come explore the world at The Center. Join us for a culinary adventure and learn about different cultures. More information about this is coming soon!

We had such an enjoyable time with our fall and

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What a fantastic time we had making Christmas cards and decorating cookies. Thanks to all who attended and to those of you who donated your cards to Meals on Wheels recipients. What a thoughtful way to spread holiday cheer!

**I HAVE A DREAM
MLK JR.
DAY**

The Center will be
closed Monday,
January 17, 2022
in recognition of
Martin Luther
King Jr. Day



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

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

Join us at The Center to beat those winter blues

New in 2022 - Monthly Crafts

January: Winter Crafts

Mason Jar Luminary • Pinecone Owl • Felt Cardinal



Wed., January 19th, 2022

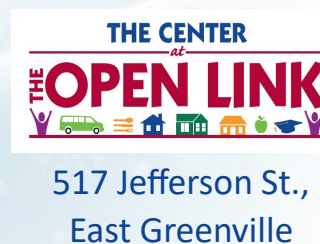
10:30 AM or 1:00 PM

Space is limited! RSVP by January 14th

215.679.6550 | center@theopenlink.org



This activity is for all skill levels and will be a fun time for everyone!



The Center is committed to providing a fun, friendly, and safe environment. Protocols such as social distancing and masks (except when eating) continue.

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Christmas crafts, we decided to do it every month in 2022! Think you're not creative enough? Think again! We'll be selecting crafts for all skill levels.

We are not trying to replace what we had in the past, like card games, dominoes and mahjong. And we want to start the new year by expressing how much we miss the groups that no longer meet at The Center. However, we need to offer smaller group activities that allow for social distancing. We are hopeful that our previous group activities, along with community lunch, will return soon.

Don't let fear of the unknown prevent you from trying something new and making friends. Open your mind to all the possibilities at The Center and in your lives!

"To learn something new, you need to try new things and not be afraid to be wrong."

—Roy T. Bennett

Monday Community Meal

January 3rd • 6:00 pm

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

Menu: Pulled Pork Sandwich, Cole Slaw, Baked Beans, Pasta Salad, Potato Chips, Dessert

Hosted by St. John'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

We're always looking for reasons to celebrate at The Center! Staff is busy planning some of your favorite activities and new ones for 2022!

What's in store this month?

**Wed, Jan 19th, 2022
National Popcorn Day**



RSVP by Mon, Jan 17th



Call 215.679.6550

**Wed, Jan 26th, 2022
National Green Drink Day**



RSVP by Mon, Jan 14th

Visit during drive-thru lunch for a delicious, healthy treat. Lunch not required.

Let us know when you call if you want lunch that day.