



**Friday,
February 18, 2022
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!

HAPPY
Groundhog
DAY

Feb.
2nd



FUN FACTS:

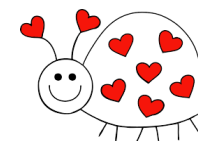
Punxsutawney Phil has accurately predicted the coming of spring 40% of the time.

'The Old Farmers Almanac' has had an 80% accuracy rate over 230 years.

THE CENTER

at

THE OPEN LINK



February 2022

Resolutions are Valuable Any Time of the Year

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

Did you make a New Year's resolution this year? About half of American adults make resolutions. Among the most common are to lose weight, exercise more, and quit smoking. These are great goals, but there are less obvious ideas that are great to start any time of the year. Begin by getting organized. This can include reviewing legal documents, taking inventory of medications and de-cluttering.

Review your legal documents with a lawyer. Make sure each document is current, legal and reflective of your personal desires.

Taking your medications correctly is extremely important. Ask your pharmacist for a list of all of your prescriptions including the dosages, and send a copy to a trusted friend or family member. Review them on a regular basis and check labels to make sure you are getting what you should. A medication dispenser is a great way to stay organized.

Most of us accumulate a lot of belongings. Holding on to some of it helps reminds us of happy times and great experiences. But there is likely a lot of stuff that you don't need, and that you or your family may no longer want. Start that spring cleaning early!

Continued on page 3

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

517 Jefferson Street, East Greenville, PA 18041 • 215.679.6550 • www.theopenlink.org

Main Office: 452 Penn Street, Pennsburg, PA 18073 • 215.679.4112



This gentleman joined us for BINGO in February which happened to fall on his 95th birthday, so of course we had cupcakes! He won two rounds and was a coverall winner. Thank you for spending your birthday with us, Harold!



The Center will be closed Monday, February 21, 2022 in recognition of President's Day.

Winter Weather: The Open Link follows the Upper Perk School District weather procedures (closures, delays, early dismissals). Our phone greeting will be updated.

Valentine Crafts

Wed., February 9, 2022

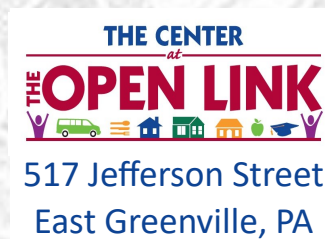
10:30 AM or 1:00 PM

Space is limited! RSVP by February 7th

Call: 215.679.6550 | Email: center@theopenlink.org



No-Sew Mini
Heart Pillow



517 Jefferson Street
East Greenville, PA



No Cost
Donations
Welcome



Painted Wine
Glasses

*These activities are for all skill levels and will
be a fun time for everyone!*

Continued from page 1

Gather your memories for reflection and be able to share them with others. Make a resolution to capture your memories in a more lasting way by making audio or video recordings or writing them in a journal. Invite your grandchildren, nieces and nephews to help you. "I would love to have more stories from my parents and grandparents. A family tree is great but I would love to hear stories from them about growing up," said Evet Hexamer, Assistant Center Manager.

This one may be a bit daunting for some of us, but try to embrace technology. This year, resolve to try one new piece of technology. Video chatting with family and friends is more satisfying than a phone call, text or email and social media makes it easier to stay connected. You can have games, books, other cultures, and many more activities in the palm of your hand.

Nearly 80% of people abandon their resolutions by February, according to Forbes. If you're in that category, it's not too late to make new goals that can be fulfilling and have a lasting impact!

Monday Community Meal

Feb. 7th • 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

Join us Monday, February 14th for a sweet treat, coffee and activity booklet during drive-thru lunch



RSVP by Friday, Feb. 11th

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Visit during drive-thru lunch for a delicious treat.
Lunch is not required. Let us know when you call if you want lunch that day.



LOVE DOESN'T MAKE THE WORLD GO ROUND. LOVE MAKES THE RIDE WORTHWHILE.

-Franklin P. Jones