



April 2022

Volunteers Make the World a Better Place!

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

Volunteers are an essential part of The Center. In fact, all the programs and services offered at The Open Link are dependent on the time, energy, and dedication of these dedicated individuals. When we say we couldn't do it without them, we're being sincere! April is National Volunteer Month and it's also an opportunity for us to brag about the awesome people we get to work with every day! And of course, to recognize them and to say thank you.

When the world was shutting down over the past two years, our volunteers were stepping up. The commitment and compassion we witnessed was, and continues to be, incredible. Over 1,000 volunteer hours were contributed last year.

We hope our volunteers know just how much they are appreciated, not just by staff, but by the community, and especially by the people they serve. There are many volunteer jobs and duties, some are easily seen, like Meals on Wheels drivers, front desk greeters, and those serving lunch. People are also working behind the scenes packing meals, making phone calls, stuffing envelopes, tending to the garden, and let's not forget the many hands involved in making improvements at The Center last year.

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Last month we welcomed Susie Camm from "Make, Take and Enjoy". Participants enjoyed painting and visiting. We're looking forward to adding in-person entertainment soon!



Wednesday, April 13th

Celebrate Spring with us
**at in-person or drive-thru
lunch - read the insert for
new lunch changes!**

Receive a goody bag and
homemade dessert for
Peach Cobbler Day

(Tell us when you RSVP if you want
lunch.) **RSVP by Mon., Apr. 11th**

Drive-thru 11:30 / In-person 12:00



Our mask protocol has changed! Masks are optional for all participants. Social distancing continues.

The Center is committed to providing a fun, friendly, and safe environment.

The Center: 517 Jefferson St., East Greenville, PA 18041 • 215.679.6550

Main Office: 452 Penn St., Pennsburg, PA 18073 • 215.679.4112 • www.theopenlink.org



Paper Egg Ornament

Springtime Crafts

All Skill Levels
Are Welcome to Attend!



Fruit stamped tea towel

Thursday, April 14th, 2022
Choose your time: 10:00 AM or 1:00 PM

No Cost ~ This activity is complimentary

This makes it possible for everyone to be able to attend.
Donations are encouraged and help cover the cost of materials.

RSVP required by Thursday, April 7th. Call 215.679.6550 . Space is Limited.

Stamp Collecting

Are you a stamp collector or
interested in stamps?

Meet at The Center the 2nd Monday of
each month from 11:00 AM - 12:00 PM

Monday, April, 11th ▪ 11:00 AM

*Bring your stamps to
show, share and trade*

Contact Arno if interested: 215.679.3046



Birthday Parties are BACK at The Center!

Everyone is invited to join us.

Help us celebrate our honorees -
anyone who has a birthday that month.

Is your birthday in April?

Receive a small gift at the birthday party.
Tell us it's your birthday and lunch is free
(in-person or drive-thru).

Join us the last Tuesday of every month

April: 26th ▪ 12:30 PM

(right after lunch, but attending lunch not necessary)

RSVP: 215.679.6550 | center@theopenlink.org

Cake • Games • Activities • Fun

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We often get calls and notes from those that benefit from our volunteers, praising them and thanking us for them. These messages of gratitude apply to each and every person involved, because it is all of their work, whether it's twice a week or twice a year, that helps our operations run smoothly.

One senior shared, "I have my good days and bad days, but the volunteers always bring me a good day". Another said, "I appreciate all of the time and effort the volunteers take. I hope you know how many lives you impact by doing such selfless work. Thank you for being there for me!"

We could not have said it better.

Thank you, volunteers, from staff at The Center. You are the key to our success and an inspiration to us and to others!



Monday Community Meal

April 4th • 6:00 pm

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

There is no charge for the meal.

GOOD NEWS



Lunch

In-Person or To-Go

We are excited to welcome you back inside The Center to enjoy lunch! Drive-thru lunch continues for those who prefer the safety and convenience.

Details in the newsletter insert!

1 Menu - 2 Ways to Enjoy



National Pretzel Day

Mon., April 25th - Receive at drive-thru or in-person lunch, or visit between 12:30-2:00 pm. *RSVP so we know how many to order!*

We are excited to welcome back group activities to The Center (finally!)

Prior to the pandemic, afternoons at The Center were bustling with activities like card groups, Mahjong and dominoes. Limited reopening prevented anything that required sitting closely and sharing items, but we are now ready and able to welcome you back!

What you need to know:

- Groups will meet on our **lower level**. You'll have your own space and it allows for other Center programming upstairs.
- **Safety protocols** (social distancing, masks) are encouraged, but will be up to each group.
- **Coffee and water** will be available on the lower level (and sometimes snacks).



Call or email for information for your group to return -or- for an activity you'd like to join/lead:
215.679.6550 | center@theopenlink.org



Friday,
April 22nd, 2022
1:00 - 2:00 PM

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

\$1 Suggested Donation

THANK YOU FOR VOLUNTEERING

"VOLUNTEERS DO NOT NECESSARILY HAVE
THE TIME; THEY JUST HAVE THE HEART."
- ELIZABETH ANDREW

Chair Yoga

Fridays at The Center
Starts: April 1st
9:15-10:15 AM

with Instructor Sarah Thayer,
a certified yoga teacher who has a
passion for making yoga accessible
to everyone and exploring its
benefits with her students.

Explore:

- ✿ Breathing exercises
- ✿ Relaxing meditations
- ✿ Physical poses to enhance
strength, flexibility, and balance
- ✿ All with the support of a chair



Come get healthy with us!

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

Pre-register to attend a class (Register one-time
only, not for each weekly class). Masks optional.

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."

Chair Yoga (NEW)

Fridays • 9:15 - 10:15 AM
Accessible for everyone. Explore the benefits!

No matter what your abilities,
come move with us.

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



The Center will be CLOSED
Friday, April 15th in recognition
of Good Friday.
Have a Happy Easter weekend.



In-Person Lunch Returns!

Starting Monday, March 28th, 2022

I LUNCH MENU - 2 WAYS TO ENJOY!

Sign-up by 11:00 AM on the day of lunch,
or sign-up in advance. Call 215.679.6550

In-Person

Community Lunch

Good Food, Fun & Fellowship

5 days/wk ▪ Monday - Friday
Served at 12:00 PM

Do not arrive before 11:45 AM
(classes are being held inside).

You're welcome to stay after lunch for
coffee, conversation, recreation and the
occasional dessert!

Hot lunch: tasty and nutritious meal, side
items, bread/roll, milk, coffee, tea

Drive-thru

Community Lunch

Safe & Convenient Pick-ups

Monday ▪ Wednesday ▪ Friday
11:30 - 11:45 AM

Attention: This is a new time!

Enter from Jefferson Street.

Please use caution in the parking lot
as The Center is open, participants
and visitors are coming and going.

Bagged nutrition lunch: frozen meal to heat at
home, side items, bread/roll and milk



**No Cost for individuals
60 and over**
**\$2.00 suggested
donation**



517 Jefferson Street
East Greenville, PA
215.679.6550

Help The Center by completing a NAT-E!



Turn in a NAT-E during the month of April to be entered to win a \$10 gift card as a THANK YOU for helping us complete a senior center requirement!



We took a break from completing NAT-Es while the building was closed. With the return of in-person lunch, it's the perfect time to start back up! If you have attended lunch even once in the last year, or if you ever plan on coming to lunch, please complete a NAT-E.

You may be asking: What is a NAT-E? Why do I need to complete it? And just why do I have to answer all those questions anyway?

The NAT-E is a 'needs assessment' provided by Montgomery County Office of Senior Services (OSS). Anyone who has attended The Center's lunch is asked to complete the NAT-E annually.



- NAT-Es allow us get to know our participants, determine if our nutrition programs are of value, and help us meet the needs of our community.
- NAT-Es help us be compliant with OSS, as well as collect good information so our community's needs are represented at county and state level.
- NAT-Es help us maintain program funding

NAT-Es will be distributed at in-person and drive-thru lunch and they're available to be picked up at The Center. You can also request the form be sent in the mail. Or, a staff member would be happy to sit with you to help complete your NAT-E!

If you're returning to The Center for in-person lunch you may see a new face!

You may have already met her if you've been at a drive-thru event or other program recently.

Introducing: Kitchen Coordinator, Karen

Karen provides hands-on operation of meal programs at The Center (Meals on Wheels, drive-thru and in-person lunch), and is involved in other Center programming. She is looking forward to experiencing in-person lunch, and planning fun ways to enjoy lunch together, through games and activities, and lunch additions like healthy treats as well as desserts. Karen is an excellent baker, so you're in for a treat!





Monday Drive-thru & In-Person	Tuesday In-Person Only	Wednesday Drive-thru & In-Person	Thursday In-Person Only	Friday Drive-thru & In-Person
Substitutions available. *Menu subject to change.				1 Baked Ziti Winter Blend Veggies Spiced Peaches
<div> Drive-thru (DT): Mon, Wed Fri - 11:30-11:45 AM In-Person (IP): 5 days, Mon-Fri - Served at 12 PM RSVP by 11 AM the day of lunch. </div>				
4 Farmhouse Omelet Zucchini, Corn, Peppers Cinnamon Apple Oatmeal	5 Garlic Chicken Fried Brown Rice Sesame Green Beans	6 Pizza Burger Potato Wedges Diced Carrots w/ Spinach	7 Baked Chicken w/ Light Poulet Sauce Carrots, Snap Peas, Broccoli & Craisins	8 Butter Crumb Fish Broccoli Florets Herb Couscous
11 Baked Fish w/ Tomato, Olives, Capers Green Beans Orzo w/ Peppers	12 Fajita Chicken Spanish Rice w/ Black Beans Corn, Peppers & Onions	13  Manicotti w/ Sauce Broccoli & Carrots Peach Cobbler Day w/ Easter Goodies	14 Easter Lunch Glazed Turkey Ham w/ Fruit Sauce Corn Pudding, Veggies Dessert	15 CLOSED for Good Friday 
18 Vegetable Omelet w/ Cheese Broccoli & Carrots Cinnamon Apples	19 Rosemary Roasted Turkey w/ Gravy Brussels Sprouts Corn Bread Stuffing	20 French Onion Meatloaf Green Beans Mashed Potatoes	21 Maple Glazed Chicken Sweet Potato Cubes Sugar Snap Peas	22 Crabcake w/ Macaroni & Cheese Scalloped Tomatoes Broccoli
25  Chicken Marsala Buttery Herb Red Skinned Potatoes Green Beans & National Pretzel Day	26  Ground Beef & Bean Chili Carrots, Cauliflower, Broccoli, Sweet Corn (12:30 Birthday Party IP)	27 Mild Curry Chicken Peas & Carrots Wide Noodles	28 Sliced Beef Merlot Whipped Sweet Potatoes Roasted Beets	29 Baked Ziti Winter Blend Veggies Spiced Peaches
<div> <div> Drive-thru (DT) Mon, Wed, Fri 11:30 - 11:45 AM Enter from Jefferson St. </div> <div> No Cost for Age 60+ / Donations Welcome Nutritious Meal, Side Items, Bread/Roll and Milk Drive-thru: Frozen Meal In-Person: Served Hot </div> <div> In-Person (IP) Monday - Friday Served at 12:00 PM No arrivals before 11:45 </div> </div>				



ACTIVITY CALENDAR

RSVP for ALL activities.

Monday	Tuesday	Wednesday	Thursday	Friday
 Masks Optional. Continue to Social Distance.				1 9:15 Chair Yoga 10:30-11:30 Tai Chi 11:30 Lunch (DT) 12:00 Lunch (IP)
4 9-9:30 Walkercise 11:30 Lunch (DT) 12:00 Lunch (IP)	5 10:30-11:30 Tai Chi 12:00 Lunch (IP) 1:00 Mahjong (LL)	6 9-9:30 Walkercise 9:30 Matter of Balance 11:30 Lunch (DT) 12:00 Lunch (IP)	7 12:00 Lunch (IP)	8 9:15 Chair Yoga 10:30-11:30 Tai Chi 11:30 Lunch (DT) 12:00 Lunch (IP)
11 9-9:30 Walkercise 11:00 Stamp Collecting 11:30 Lunch (DT) 12:00 Lunch (IP)	12 10:30-11:30 Tai Chi 12:00 Lunch (IP) 1:00 Mahjong (LL)	13 9-9:30 Walkercise 9:30 Matter of Balance 12:00 Lunch (IP, DT) Peach Cobbler Day with Easter Goodies (IP, DT)	14 10:00 or 1:00 Springtime Crafts RSVP by 4/7 12:00 Easter Lunch (IP)	15 CLOSED for Good Friday HAPPY EASTER
18 9-9:30 Walkercise 11:30 Lunch (DT) 12:00 Lunch (IP)	19 10:30-11:30 Tai Chi 12:00 Lunch (IP) 1:00 Mahjong (LL)	20 9-9:30 Walkercise 9:30 Matter of Balance 11:30 Lunch (DT) 12:00 Lunch (IP)	21 12:00 Lunch (IP)	22 9:15 Chair Yoga 10:30-11:30 Tai Chi 11:30 Lunch (DT) 12:00 Lunch (IP) 1:00 Bingo
25 9-9:30 Walkercise National Pretzel Day 11:30 Lunch (DT) 12:00 Lunch (IP) 12:30-2 Pretzels (IP)	26 10:30-11:30 Tai Chi 12:00 Lunch (IP) 12:30 Birthday Party 1:00 Mahjong (LL)	27 9-9:30 Walkercise 9:30 Matter of Balance 11:30 Lunch (DT) 12:00 Lunch (IP)	28 12:00 Lunch (IP)	29 9:15 Chair Yoga 10:30-11:30 Tai Chi 11:30 Lunch (DT) 12:00 Lunch (IP)



In-Person & Drive-thru Programming

RSVP by calling 215.679.6550 or email center@theopenlink.org
 If you can not reach us, please call the main office at 215.679.4112.

