



THE CENTER *at* THE OPEN LINK



Enriching the Lives of Older Adults in our Community

May 2022

Age Your Way at The Center

By Wendy Smeltz, Center Manager

We don't need to tell you about the many changes over the past two years. There was not a place in our community or in our world, or an aspect of our lives, not effected by COVID-19. There was obvious concern for the health of ourselves and others, and sadness for lives lost, and it changed our every day lives. Things like going to the store suddenly became complicated with thoughts like: "Follow the signs. Stand and in the right spot. I forgot my mask!"

The Center has gone through various stages - being closed, having only drive-thru lunch and activities, open with limited programming, and you might remember two weeks back in Fall of 2020 when we started to open and had to quickly closed again!

We never got used to seeing our big room empty! What's a senior center without people talking, laughing, eating and learning? This past March, we began to expand our activities to get a bit back to "normal". Masks are optional, in-person lunch is being served and this month even more programming is taking place. We enjoy the changes and seeing more of you, and it's happening at a great time.

May is Older Americans Month (OAM). It is a time to encourage and recognize the contributions of older adults to our communities. You are the reason we exist. You make The Center special and feel inviting. Your stories, your assistance, your smiles,

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We're glad to have you back for in-person lunch and to see the smiles those masks were hiding! Pictured are Dave, Dot, Kathy, and Nancy enjoying freshly baked peach cobbler and other Easter fun. Lunch is served Monday through Friday at 12 pm. We hope to see you there!

Masks Optional • Social Distancing Continues

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



\$3 suggested donation

Thursday, May 5th
at in-person lunch
Served at 12 pm

RSVP by Tuesday, May 3rd
215.679.6550 or
center@theopenlink.org

Tacos - Choose your own toppings

We'll have tasty goodies and explore some Mexican facts, music, and traditions and discover the history of Cinco de Mayo (which means 5th of May).



1 LUNCH MENU 2 WAYS TO ENJOY!

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

In-Person Community Lunch

Good Food, Fun & Fellowship

5 days/wk ▪ Mon - Fri
Served at 12:00 PM

Do not arrive before 11:45 AM
You're welcome to stay after lunch for
coffee, conversation, recreation and
occasional dessert!

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

Drive-thru

Community Lunch

Safe & Convenient Pick-ups

Mon ▪ Wed ▪ Fri Only
11:30 - 11:45 AM

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

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



Come for lunch. Stay for friends and fun. Before or after lunch, enjoy a cup of coffee or tea, play a game, or visit the library to use the computer or borrow a book.

Use of The Center will be limited when other programs are scheduled.



May 15th - 21st, 2022

National Police Week recognizes the contributions, service, and sacrifice of law enforcement officers who put on uniforms every day, not knowing what the day holds.

Throughout this week at lunch, we will take time to honor these men and women in blue with discussions and prayers, and we'll learn about the history and traditions of this week, and how we can help keep police safe.

Show your support by wearing blue this week! A small collection will be taken to purchase and assemble snack/supply kits to give our local police.

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your ideas, they are part of the fabric at The Center.

The 2022 OAM theme is “Age My Way” and it explores the many ways older adults can be involved and included in their communities, and emphasizes that what each person needs and prefers is unique. During the month at The Center, you’ll see posters and information as we celebrate OAM and celebrate *you*.

We continue to look for ways to serve you and meet your needs in an ever-changing world that requires updated procedures and programming. It is important to us that we coordinate all your favorite returning activities, and new ones, while doing so safely. The gratitude, patience, and cooperation you continue to show us as we adjust to the changes and work out details has been so greatly appreciated!

Your feedback and suggestions help us. Please don’t hesitate to call, email, or drop a note in our suggestion box. Or talk to a staff member at The Center. We’d love to hear what you have to say, and we want the opportunity to catch up or get to know you!

Monday Community Meal

May 2 • 6:00 pm

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

There is no charge for the meal.

What’s Happening in May?

RSVP: 215.679.6550 | center@theopenlink.org



Thurs, May 5, 12 PM • Cinco de Mayo,
Celebrate at in-person lunch

Tues, May 17 • Election Day. No activities. MOW will be delivered.



Wed, May 18, 1 pm • Presentation: Make Your Smartphone Smarter, No Cost



Fri, May 20, 1 pm • Bingo; Small Prizes, Big Fun. \$1

Tue, May 24, 1 pm • Physical Therapy & Osteoarthritis, U.P. Physical Therapy, No Cost

Thurs, May 25, 1 pm • Cookie Decorating with TCC Staff, No Cost

Thurs, May 26, 1 PM • Monthly Craft: Decoupage, \$2 donation, RSVP by 5/23



Mon, May 30 - CLOSED in remembrance of our heroes this Memorial Day.

Tues, May 31, 12:30 pm • Birthday Party. Everyone is invited to honor May birthdays.



Wednesday, May 25th • 1:00 PM

at The Center

Memorial Day

Cookie Decorating Event with TCC Staff

Each participant will receive a gourmet cookie decorating kit created by a professional baker with Ososweetdesigns. This event is hosted by a volunteer service group from TCC.

Red, white and blue
themed cookies.
Snacks provided.
No cost.



RSVP. Space is limited.

Monday, May 22nd

215.679.6550

center@theopenlink.org



May Craft: Discover Decoupage

decoupage: [dey-koo-pahzh]

noun: the art of decorating objects with paper cutouts.
verb: to perform or use the art technique of decoupage.



We'll start with a simple clothespin project anyone can do! After some practice, you'll make coasters or a crate. You'll then be ready



**Thursday,
May 26th
1:00 PM**

**\$2 Suggested
donation**

RSVP by
Mon, May 23rd
215.679.6550

center@theopenlink.org

**Colors and design
of supplies will
vary from photos,
but will be spring
colors and patterns.**



New Activities at The Center:

Stamp Collecting

Monday, May 9th • 11:00 AM

*Bring your stamps to
show, share and trade*



Contact Arno if interested: 215.679.3046

Coming Soon: **CHESS**



All levels welcome.
Come to play or to learn.
Call now to sign-up!
215.679.6550

Do you have a hobby you'd like to share?

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

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!

Happy Mother's Day

We celebrate motherhood and honor the mothers and mother figures in our lives. Moms, we wish you all the love and joy you deserve on this day!

From The Center

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

Presented by:



Held at:



517 Jefferson Street
East Greenville, PA
215.679.6550

Physical Therapy and Osteoarthritis

Tuesday, May 24th, 2022 ▪ 1:00 PM

RSVP: Call 215.679.6500 | center@theopenlink.org

Learn how physical therapy can play a role in helping to treat and manage your arthritic symptoms.

- Signs and Symptoms
- Current Treatments
- Techniques Used in Care
- Post-op Recovery and Care



Tech Workshop: Make Your Smartphone Smarter

You are walking around with a computer in your pocket. Explore what your smartphone can do for you!

Wednesday, May 18th ▪ 1:00 PM

RSVP (Space is limited): 215.679.6550 | center@theopenlink.org

What would you like to be able to do with your Smartphone?

Come meet our Tech Coach and get some questions answered.

What to expect from this workshop:

- 10-minute presentation with ideas on what your smartphone can help you with.
- A paper and electronic handout on ideas presented.
- Time to ask questions and receive hands-on support.
- Meet our Volunteer Tech Coach and learn about 1-on-1 Tech Coach support.
- A short survey to help us support your technology needs in the future.





Mobile Dental Unit Coming Soon



The mobile dental unit provides much needed dental services:

**Checkups • Cleanings
Sealants • X-Rays • Fillings
Simple Extractions**

Equipped with electricity, a water supply, and the ability to take digital x-rays, the mobile unit team has the ability to serve patients no matter where they are.

The mobile team includes a hygienist, dentist, dental assistant, and a dental mobile unit coordinator to keep everything running smoothly.

Contact us now to get on the list.
Minimum number of people required to schedule.

**To get on the list for the CHDC Mobile Dental Unit at The Center, or for more info:
Call 215.679.6550 or email center@theopenlink.org**

The Center will coordinate appointments for the Mobile Unit and distribute and collect paperwork, including health/dental health history and insurance information.

BELIEVING IN A HEALTHIER COMMUNITY

It is the mission of Community Health and Dental Care to identify gaps in health services and ensure access to appropriate levels of care for all people in the service area, regardless of their ability to pay.

Sliding scale fees and payment plans available.



To learn more or talk to someone at CHDC: Call 610-326-9460
or visit <https://ch-dc.org/tour-mobile-dental-unit/>



517 Jefferson Street
East Greenville, PA 18041
The Center: 215.679.6550
Main Office: 215.679.4112



ACTIVITY CALENDAR

See Newsletter for RSVP deadlines.

Monday	Tuesday	Wednesday	Thursday	Friday
2 9-9:30 Walkercise 11:30 Lunch (DT) 12:00 Lunch (IP) 1:00 Pinochle (LL)	3 10:30-11:30 Tai Chi 12:00 Lunch (IP) 1:00 Mahjong (LL)	4 9-9:30 Walkercise 9:30 Matter of Balance 11:30 Lunch (DT) 12:00 Lunch (IP)	5 12:00 Cinco de Mayo Lunch (IP only) RSVP by Tues, May 3rd 1:00 Mahjong (LL)	6 9:15 Chair Yoga 10:30-11:30 Tai Chi 11:30 Lunch (DT) 12:00 Lunch (IP)
9 9-9:30 Walkercise 11:00 Stamp Collecting 11:30 Lunch (DT) 12:00 Lunch (IP) 1:00 Pinochle (LL)	10 10:30-11:30 Tai Chi 12:00 Lunch (IP) 1:00 Mahjong (LL)	11 9-9:30 Walkercise 9:30 Matter of Balance 11:30 Lunch (DT) 12:00 Lunch (IP)	12 12:00 Lunch (IP) 1:00 Mahjong (LL)	13 9:15 Chair Yoga 10:30-11:30 Tai Chi 11:30 Lunch (DT) 12:00 Lunch (IP)
16 9-9:30 Walkercise 11:30 Lunch (DT) 12:00 Lunch (IP) 1:00 Pinochle (LL)	17 Election Day No Activities Meals on Wheels <u>will</u> be delivered	18 9-9:30 Walkercise 9:30 Matter of Balance 11:30 Lunch (DT) 12:00 Lunch (IP) 1:00 Smartphones	19 12:00 Lunch (IP) 1:00 Mahjong (LL)	20 9:15 Chair Yoga 10:30-11:30 Tai Chi 11:30 Lunch (DT) 12:00 Lunch (IP) 1:00 Bingo
National Police Week May 15 - 21				
23 9-9:30 Walkercise 11:30 Lunch (DT) 12:00 Lunch (IP) 1:00 Pinochle (LL)	24 10:30-11:30 Tai Chi 12:00 Lunch (IP) 1:00 Mahjong (LL) 1:00 Presentation: PT & Osteoarthritis	25 9-9:30 Walkercise 9:30 Matter of Balance 11:30 Lunch (DT) 12:00 Lunch (IP) 1:00 Cookie Decorating w/ TCC (IP)	26 12:00 Lunch (IP) 1:00 Craft 1:00 Mahjong (LL)	27 9:15 Chair Yoga 10:30-11:30 Tai Chi 11:30 Lunch (DT) 12:00 Lunch (IP)
30 CLOSED memorial DAY	31 10:30-11:30 Tai Chi 12:00 Lunch (IP) 12:30 Birthday Party 1:00 Mahjong (LL)	LL = Lower Level IP = In-Person DT = Drive-thru Masks Optional. Continue to Social Distance.		

Activities held
in the main room,
unless otherwise noted.



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.










517 Jefferson Street
East Greenville, PA 18041
The Center: 215.679.6550
Main Office: 215.679.4112

May

2022



Drive-thru & In-Person

Monday Drive-thru & In-Person	Tuesday In-Person Only	Wednesday Drive-thru & In-Person	Thursday In-Person Only	Friday Drive-thru & In-Person
2 Farmhouse Omelet Zucchini, Corn, Peppers Cinnamon Apple Oatmeal	3 Garlic Chicken Fried Brown Rice Sesame Green Beans	4 Pizza Burger Potato Wedges Diced Carrots w/ Spinach	5  Cinco De Mayo Taco Meal w/ Mexican Rice	6  Mothers Day Meal Stuffed Chicken w/ Cornbread Cranberry Stuffing Dill Carrots
9 Baked Fish w/ Tomato, Olives, Capers Green Beans Orzo w/ Peppers	10 Fajita Chicken Spanish Rice w/ Black Beans Corn, Peppers & Onions	11 Manicotti w/ Sauce Broccoli & Carrots Pears w/ Oat Topping	12 Sliced Hot Roast Pork Mashed Potatoes Mixed Vegetables	13 Vegetable Omelet w/ Cheese Cran-apple Compote Hash Browns
16 Tortellini w/ Meatballs Broccoli & Carrots Warm Cinnamon Apples	17 No Activities Election Day  VOTE	18 French Onion Meatloaf Green Beans Mashed Potatoes	19 Maple Glazed Chicken Sweet Potato Cubes Sugar Snap Peas	20 Crabcake w/ Macaroni & Cheese Scalloped Tomatoes Broccoli
23 Chicken Marsala Buttery Herb Red Skinned Potatoes Green Beans	24 Ground Beef & Bean Chili Carrots, Cauliflower, Broccoli & Sweet Corn	25 Manicotti w/ Sauce Broccoli & Carrots Pears w/ Oat Topping	26 Sliced Beef Merlot Whipped Sweet Potatoes Roasted Beets	27 Baked Ziti Winter Blend Spiced Peaches
30 CLOSED memorial DAY 	31  Farmhouse Omelet Zucchini, Corn, Peppers Cinnamon Apple Oatmeal	<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 that day (or ahead of time). </div>		

Drive-thru (DT)
Mon, Wed, Fri
11:30 - 11:45 AM
Enter from Jefferson St.

No Cost for Age 60+ / Donations Welcome
Nutritious Meal, Side Items, Bread/Roll and Milk
Drive-thru: Frozen Meal | In-Person: Served Hot
Substitutions Available.

In-Person (IP)
Monday - Friday
Served at 12:00 PM
No arrivals before 11:45