

THE CENTER *at* THE OPEN LINK



Enriching the Lives of Older Adults in our Community



June 2022

Wishing a Fond Farewell to Executive Director, Stuart Bush

By Wendy Smeltz, Center Manager

Anyone who has spent time at The Center has likely met our Executive Director, Stuart Bush. With his June 30th retirement date approaching, we look back at his time with us with gratitude and fond memories. We're also reminded of the difference he has made at The Center and in our community.

Bush joined The Open Link (TOL) as executive director on July 1, 2013, upon its formation from the merger of The Open Line in Pennsburg and the Upper Perkiomen Senior Center in East Greenville, two organizations with meaningful history and missions within our community. He has served TOL with dedication and integrity and made an impact on many lives in the Upper Perkiomen Valley.

He worked tirelessly to enhance TOL's ability to meet the needs of our community. The Open Link has expanded existing services while adding new programs such as Food Pantry Without Walls, the Summer Kids Meal Program, and one-stop High School Equivalency preparation and testing.

As Stu worked hard at strengthening and growing our agency, he always found ways to be involved in activities at The Center. He often helped Meals on Wheels get out on time and has made

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Here's a blast from the past! Arno, Stu, and Brian pose in their matching shirts on Phillies Opening Day in 2019. Thank you, Stu, for your years with us working hard at The Open Link, but also for joining in on much of the fun at The Center.

Masks Optional • Social Distancing Continues

Providing a fun, friendly, and safe environment.

The Center
will be
CLOSED
Monday, June 20th

FREEDOM DAY
JUNETEENTH
JUNE 19



Juneteenth commemorates the effective end of slavery in the United States. Short for "June Nineteenth", it marks the day federal troops arrived in Galveston, Texas in 1865 to ensure that all enslaved people be freed. The troops' arrival came a full 2-1/2 years after the signing of the emancipation proclamation. Juneteenth is considered the longest-running African American holiday and it became an official federal holiday on June 17, 2021.



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 11:30 AM
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

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.



**Coming
soon...**

Fresh Produce from The Center's Garden

Our volunteer gardeners have been working tirelessly weeding, planting, watering
and tending to the garden at The Center. Stop by and see it while you're here! Soon
there will be lettuce, tomatoes, peas, radishes, and more, which we'll serve at lunch.

Volunteers are still needed to help water, weed, and pick produce!

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many deliveries himself. However, his goal was not just to keep operations running smoothly; he cared about helping people and connecting with them. He would often join the lunch crowd for meals and conversation. It was not a surprise to find him helping someone review and understand confusing documents they received in the mail, or connecting them to needed resources within the agency or beyond.

At special events, Stu was there to interact with and join in on the fun. He often got into the spirit by donning attire for the event, whether it was sports gear for Phillies Day or a superhero shirt at a Fall Harvest Festival, and we can't forget him passing out candy canes as Santa Claus at a Holiday Party!

It will take some getting used to The Center without him! Join us in wishing him a happy and fulfilling retirement. Come out June 16th for a special farewell lunch in his honor (see below) or make sure to pass along your gratitude and goodbyes when you see him this month.

Monday Community Meal

June 6th • 6:00 pm

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

There is no charge for the meal.

What's Happening in June?

RSVP: 215.679.6550 | center@theopenlink.org

Tues, June 14th • Flag Day; Celebrate throughout the day with various activities.



Thurs, June 16th, 12:00 • Salad with Stu

Have lunch and celebrate Executive Director Stu Bush and his retirement.

Fri, June 17th • Father's Day Lunch (drive-thru and in-person).

Mon, June 20th • CLOSED
Juneteenth Recognition (6/19)



Tues, June 21st, 10:30 AM • Valley Dulcimer Society, Make Music Upper Perk

Fri, June 24th, 1 pm • Bingo
Small Prizes, Big Fun. \$1



Tues, June 28th, 12:30 pm • Birthday Party. Everyone is invited to honor June birthdays. Free lunch for June birthdays.

Thurs, June 30th, 1 PM • Coloring for Stress Relief (and for fun!), No Cost



Salad with Stu

Join us for a lunch to honor our Executive Director, Stuart Bush, and wish him well on his retirement.

Thursday, June 16th, 2022 • Served at 12:00 PM

RSVP by Monday, June 13th. Space is limited.

We may not be able to accommodate same-day lunch sign-ups.

Almost every day at The Open Link, Stu prepares himself a big salad for lunch, complete with assorted tasty and nutritious vegetables and toppings. Let's send him off with a lunch to remember!



This will be an opportunity to thank Stu for his time with us and share memories. If you can't make it for lunch, be sure to wish him well when you see him at The Center.

Coloring for Stress Relief

Thursday, June 30th 1:00 PM

RSVP by Tuesday, June 28th

215.679.6550

center@theopenlink.org

Discover the Benefits of Coloring:

Coloring is not just for children!

Some of the benefits are:

- Relaxes Your Brain
- Improves Brain Function
- Induces Meditative State
- Reduces Anxiety
- Improves Motor Skills
- Improves Sleep
- Improves Focus

**Whether you want to color for fun or to relax
your mind, there's no reason not to try it.**

New Activities at The Center:

Stamp Collecting

Monday, June 13th • 11:00 AM
(2nd Monday of each month)

*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!



**Dads hold our
hands for a little
while but hold our
hearts forever.**



**Recognize,
Celebrate,
& Honor
Sunday, June 19th**



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

June 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
		1 Pizza Burger Potato Wedges Diced Carrots w/ Spinach	2 Baked Chicken w/ Light Poulet Sauce Traditional Stuffing Carrots, Snap Peas, Broccoli	3 Butter Crumb Fish Broccoli Florets Herb Couscous
6 Baked Fish w/ Tomato, Olives, Capers Green Beans Orzo w/ Peppers	7 Fajita Chicken Spanish Rice w/ Black Beans Corn, Peppers & Onions	8 Manicotti w/ Cheese Broccoli & Carrots Pears w/ Oat Topping	9 Sliced Hot Roast Pork Mashed Potatoes Mixed Vegetables	10 Vegetable Omelet w/ Cheese Cran-apple Compote Hash Browns
13 Tortellini w/ Mini Meatballs Broccoli & Carrots Warm Cinnamon Apples	14  Rosemary Roasted Turkey w/ Light Turkey Gravy Corn Bread Stuffing Brussels Sprouts	15 French Onion Meatloaf Green Beans Mashed Potatoes	16  Salad with Stu Farewell Lunch <i>RSVP Required by Mon., June 13th Space is limited.</i>	17 Father's Day Meal Dipped Fried Chicken Glazed Sweet Potatoes Green Bean Almondine Dessert
20 CLOSED 	21  Chicken Marsala Buttery Herb Red Skinned Potatoes Green Beans	22 Mild Curry Chicken Peas & Carrots Wide Noodles	23 Sliced Beef Merlot Whipped Sweet Potatoes Roasted Beets	24 Baked Ziti Winter Blend Spiced Peaches 
27 Farmhouse Omelet Zucchini, Corn, Peppers Cinnamon Apple Oatmeal	28  Garlic Chicken Fried Brown Rice Sesame Green Beans <i>12:30 Birthday Party</i>	29 Pizza Burger Potato Wedges Diced Carrots & Spinach	30 Baked Chicken w/ Light Poulet Sauce Traditional Stuffing Carrots, Snap Peas, Broccoli	

Drive-thru (DT)

Mon, Wed, Fri
11:30 - 11:45 AM
Enter from Jefferson St.

RSVP by 11 AM.

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

In-Person (IP)

Monday - Friday
Served at 12:00 PM
No arrivals before 11:30



ACTIVITY CALENDAR

See Newsletter for details.

Monday	Tuesday	Wednesday	Thursday	Friday
Activities held in the main room, unless otherwise noted. LL = Lower Level		1 9-9:30 Walkercise 11:30 Drive-thru Lunch 12:00 In-Person Lunch	2 12:00 Lunch	3 9:15 Chair Yoga 10:30-11:30 Tai Chi 11:30 Drive-thru Lunch 12:00 In-Person Lunch
6 9-9:30 Walkercise 11:30 Drive-thru Lunch 12:00 In-Person Lunch	7 10:30-11:30 Tai Chi 12:00 Lunch 1:00 Mahjong (LL)	8 9-9:30 Walkercise 11:30 Drive-thru Lunch 12:00 In-Person Lunch	9 12:00 Lunch	10 9:15 Chair Yoga 10:30-11:30 Tai Chi 11:30 Drive-thru Lunch 12:00 In-Person Lunch
13 9-9:30 Walkercise 11:00 Stamp Collecting 11:30 Drive-thru Lunch 12:00 In-Person Lunch	14 Flag Day 10:30-11:30 Tai Chi 12:00 Lunch 1:00 Mahjong (LL) <i>Discover the history of this holiday.</i>	15 9-9:30 Walkercise 11:30 Drive-thru Lunch 12:00 In-Person Lunch	16 12:00 Salad with Stu Farewell Lunch - RSVP <i>Required by Mon., June 13th. Space is Limited</i>	17 9:15 Chair Yoga 10:30-11:30 Tai Chi 11:30 Drive-thru Lunch 12:00 In-Person Lunch Father's Day Lunch
20 CLOSED JUNETEENTH Celebrate Freedom	21 10:30 Valley Dulcimer Society - Make Music UP 12:00 Lunch 1:00 Mahjong (LL) (NO TAI CHI 5/21/22)	22 9-9:30 Walkercise 11:30 Drive-thru Lunch 12:00 In-Person Lunch	23 12:00 Lunch (IP)	24 9:15 Chair Yoga 10:30-11:30 Tai Chi 11:30 Drive-thru Lunch 12:00 In-Person Lunch 1:00 BINGO
27 9-9:30 Walkercise 11:30 Drive-thru Lunch 12:00 In-Person Lunch	28 10:30-11:30 Tai Chi 12:00 Lunch 12:30 Birthday Party 1:00 Mahjong (LL)	29 9-9:30 Walkercise 11:30 Drive-thru Lunch 12:00 In-Person Lunch	30 12:00 Lunch (IP) 1:00 Coloring for Stress Relief	

In-Person & Drive-thru Programming

RSVP: 215.679.6550 | center@theopenlink.org

If you can not reach us, please call the main office at 215.679.4112.

