



THE CENTER *at* THE OPEN LINK

Enriching the Lives of Older Adults in our Community



August 2022

Enriching the Lives of Older Adults in Our Community

By Wendy Smeltz, Center Manager

You may have noticed a tagline added to our monthly newsletter's front page in recent months. Its addition is new but *enriching the lives of older adults in our community* is not. It has been happening inside our building since the 1970's. We've put it into words to help people know what to expect.

Those who participate at The Center attend for various reasons: healthy meals, being active, socializing, or all the above and more! New participants often wonder what The Center is about. Newsletters highlight many subjects, and The Open Link provides such an array of services; it can be confusing.

Lately there are new faces at activities and visitors wanting to discover what The Center has to offer. We are excited to meet so many of you! If this describes you, we hope you find something that adds *enrichment* to your life.

Enrichment. What do we mean by that? This word is defined as "the action of improving or enhancing the quality or value of something, often by adding something else." Examples of enrichment: an ingredient in a recipe that enhances the flavor, or organic matter that enriches soil. We hope The Center improves, enriches, and adds value to your life.

We want to help you stay healthy, active, and connected. Staying home more has become commonplace over the last 2-1/2 years. One participant said, "Our activity levels dropped to nothing and getting

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What started out as a game at July's Ice Cream Social turned into a food fight! Luckily, the ice cream scoops and cherries were actually cotton balls and red pom-poms, so it wasn't too messy! Here at The Center we like to focus on nutrition and education, but sometimes - we just want to have fun!

Mask Guidelines will adjust with county COVID transmission rates.



Signage will be updated. Please check at arrival.

HIGH = Required | LOW or MEDIUM = Optional

If you're new to The Center, or thinking about attending but aren't sure what we offer...

then this is for you!

**Thursday, Aug. 18th
10:00 AM and 1:00 PM**

Light Refreshments. RSVP not needed.



Discover The Center: learn what kind of activities take place and who attends, take a tour, meet staff and ask questions.

If it's been a long time since you've attended, or if you would like to bring a friend who is new, please join us!

Find the newsletter errors! See the insert for details.

*Come for food
and nutrition*



*Stay for friends
and fun.*

What can you expect at Community Lunch?

In addition to a tasty, nutritious meal, there are often fun and enriching activities!

In-Person

Good Food, Fun & Fellowship

5 days/wk ▪ Mon - Fri

Served at 12 PM

Stay after for coffee, conversation,
and more!

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

Drive-thru

Safe & Convenient Pick-ups

Mon ▪ Wed ▪ Fri Only

11:30 - 11:45 AM

Enter from Jefferson Street.

Use caution in the parking lot.

Bagged nutritious lunch: frozen meal to
heat at home, side items, bread and milk

Sign up by 11 AM that day or in advance.

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

Join us in person, and in addition to a meal, have coffee and conversation, play a game,
assemble a puzzle, visit the library, and participate in celebrations - big and small!

National Days & Holidays - celebrated at in-person lunch

Snacks and activities are often available to participants all day!

What's happening in August?

Tue, Aug 2 - Coloring Book Day - all day

Wed, Aug 3 - National Watermelon Day - This
is hosted by Family Caregivers (see insert)

Thurs, Aug 4 - Chocolate Chip Cookie Day

Mon, Aug 8 - National Cat Day

Tues, Aug 9 - Book Lovers Day - Share what
you're reading or find a book in our library.

Wed, Aug 10 - S'mores Day - yummy treats

Thurs, Aug 11 - Medical Check-Up Day - a
reminder of the importance of routine visits

Mon, 15 - Relaxation Day - Slow down and
unwind; perfect for a Monday!

Tue, Aug 16 - Tell a Joke Day

Wed, Aug 17 - Non-Profit Day - We will be
sharing about The Open Link all day!

Fri, Aug 26 - National Dog Day

In honor of *National Cat Day* on Aug 8th and *National Dog Day* on Aug 26th, pet
activities will take place all month long: share photos, win pet themed prizes, and
more. Are you a dog person or a cat person? We'll find out which side wins!



Join us August 30th (and the last Tuesday of every month) to celebrate participant and staff
birthdays. And pick up a copy of Famous Birthdays and Historical Events every month.

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back to normalcy is very difficult and takes time". We want to help you combat the effects of the pandemic, and we assure you that we do things as safely as possible, with cleanliness, masking during high COVID transmission rates, and spacing out seating.

Maybe you're hesitant to get involved if you've never been to The Center before. Stepping foot somewhere you've never been with people you don't know isn't easy. But you will feel at home at The Center! As one senior shared, "I didn't know anyone, but everybody has been friendly".

Regular participants are often the reason visitors come back again and again. They are quick to introduce themselves and make others feel welcome. Their kindness is appreciated by staff, and we thank them for continuing to be involved.

Participants become a part of the fabric at The Center and add enrichment to programming and to the connections made among participants, volunteers, and staff.

If you are new to The Center, visit us at our 'Welcome to The Center' (details on front page). Maybe you'll meet someone new and you can attend together!

Monday Community Meal

August 1st • 6:00 pm

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

There is no charge for the meal.

What's Happening in August?

RSVP: 215.679.6550 | center@theopenlink.org

Wed, Aug 3rd • Watermelon Day hosted by Family



Caregivers, drive-thru & in-person lunch

RSVP by Aug 1. Seed-spitting contest. (insert)

Mon, Aug 8th, 11 AM • Stamp Collecting, the 2nd Monday of each month. *Show, Share, and Trade*

Thurs, Aug. 11th, 1 PM • Be a Kid Day, something about how it's good for you to be youthful (insert)

Thurs, Aug. 18th, 11 AM or 2 PM • Welcome New Participants, Come visit! RSVP not required. (Pg 1)

Fri, Aug. 26th, 1 PM • Bingo, small prizes, big fun, huge laughs, snacks. \$1 donation



Wed, Aug. 31st, 12:30 • Birthday Party. We invite everyone to celebrate July birthdays. RSVP: encouraged - by 8/30. Aug birthdays get a free lunch this month. (Pg. 4)



Tues, Sept. 13th, 12:30 PM • Nutrition Demo, more details soon. Limited space, so sign up now!

Plus activities from page 2 which take place at in-person lunch or throughout the day - check our calendar for a complete schedule of activities.



Seniors Farmers' Market Nutrition Program

Each qualifying person receives \$24 in checks.
REDEEM AT AREA FARMERS' MARKETS UNTIL NOV. 30TH



Eligibility Requirements:

- 60+ years old in 1922
- Montgomery County resident (or call for a location)
- Meet income requirements (less than \$25,142-1 person, \$33,875-2 people)



Receive your checks while at The Center for in-person programming, or call or visit The Center to receive an application so farm vouchers can be mailed to you. We *may* not be able to accommodate providing checks on the spot unless you are here for lunch or an activity.

SFMNP provides fresh, nutritious, locally grown fruits, vegetables and herbs to low-income seniors, and supports domestic farmer's markets and roadside stands.



Have you attended a Birthday Party at The Center? **Everyone** is invited!

Wednesday, August 31st • 12:30 AM

(last Wed. of every month, previously last Tues.)

If it's **NOT** your birthday this month – help us honor our special birthday guests.

If it **IS** your birthday this month – we want to honor **you** as a special guest.

Is your birthday in August?

- Receive a **small gift** at the party
- Receive one **free lunch** in August

215.679.6550 | center@theopenlink.org

Cake • Games • Activities • Fun

Fun Fact: In August, we celebrate more than 1/3 of The Open Link staff's birthdays. Wow! Happy Birthday to:

Kelly Chandler, Development & Communications Manager

Brian Shade, Kitchen Helper

Wendy Smeltz, Center Manager

Kelly Busedu, Volunteer Coordinator, Pantry Technician

Linda Connell, Asst Director/Counselor

Some main office staff will be joining us!

Nutrition Demo with Teri

Tuesday, Sept. 13th • 12:30 PM

What will the subject be?
Details coming soon.

Presentations by Teri Wassel, registered dietician from Montgomery County Health Dept., are always *educational, fun, and delicious.*

Space will be limited. Sign up now!
215.679.6550 or center@theopenlink.org

Chair Yoga ☆ Fridays 9:15 - 10:15

with Instructor Sarah Thayer, certified teacher with a passion for making yoga accessible to everyone.

UPDATE: Sarah will be away 3 Fridays this summer, but she has provided a video of her giving instruction so she can still "lead" class. Aug. 19 Aug. 26 Sept. 2



Must Register in Advance and sign waiver.
\$2.00 suggested donation per class.

Come get healthy with us!

Targeted for ages 55+ - All are welcome!
Register once, then come to any class, anytime.

Walkercise

Mondays & Wednesdays • 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.**

\$200 suggested donation per class. First class free!

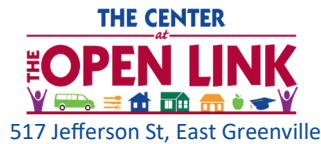
Many of you have met **Monique Hendricks**, new **Executive Director of The Open Link**. She has been learning the ins and outs of the agency, and helping behind the scenes at The Center during Meals on Wheels, Community Lunch, and more. She's been a good sport about participating in activities and she jumped at the chance to try out a hula hoop! Make sure to say hello if you see her. Next month we'll have a lunch in her honor!



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



Held at:



Hosted by:



A Dehydration Education Event

Dehydration:

- Causes
- Symptoms
- Complications
- Treatments
- Prevention

and FUN watermelon facts!

Wednesday, August 3, 2022
During Drive-thru & In-Person Lunch
Join us after Lunch for a Seed Spitting Contest

Drive-thru Lunch

11:30 - 11:45 AM

Enter from Jefferson St.
When calling, let us know
if you'll be getting lunch.

In-Person Lunch

Served at 12:00 PM

Doors open at
11:30 AM.
Space is limited.

RSVP by Monday, Aug. 1

Call The Center: 215.679.6550 or email center@theopenlink.org

Did you know? Watermelons are 92% water. You can eat the watermelon rind. Early explorers used watermelons as canteens!



BRAIN TEASERS

The answers can be found in
the main room at The Center.

Can you find the
the **mistake?**

1 2 3 4 5 6 7 8 9

There are are **five** things
wrong with this sentence;
only **geniuses** will be able to
to **spot all** of the mistakes

There are at least 5 errors
in this newsletter.
(5 *purposeful* errors; there may
be more made accidentally.)

If you can tell us what they
are, you will be entered
into a drawing for a

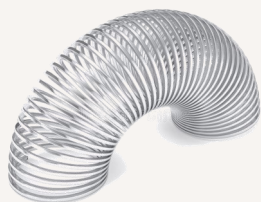
We're always looking for a reason to celebrate at The Center. We don't know who invents 'national days', but we sure do enjoy them! Last month at Community Lunch, we recognized Hawaii Day with dessert and a refreshing beverage, answered silly questions (anonymously) on Tell the Truth Day, shared photos on Pet Photo Day, brought items for the thrift store on Give Something Away Day, and more! A favorite was National **Be a Kid Again Day** on July 8th. It was so much fun, we decided to do it again!

"BE A KID" DAY

Thursday, August 11th, 2022 • 12:30 PM

RSVP by Tue., Aug. 9th: 215.679.6550 | center@theopenlink.org

Organized Activities & Free Time to Play:



- Pick-up Sticks • Hopscotch
- Jacks
- Checkers
- Coloring
- Cat's Cradle
- Jacks
- Much More!




Hula Hoop Competition - Create a Center record; it won't take much. So far staff and participants can't hula hoop!

"We don't stop playing because we grow old; we grow old because we stop playing."
-George Bernard Shaw



There's a child inside each of us that likes to come out and play once in a while. Being cheerful and youthful can help build happiness and vitality; a positive attitude impacts your mental *and* physical state. The idea of being a kid again promotes a way of life we can adopt every day! Come out to laugh, reminisce, and share stories about our childhoods. Or better yet – reach out to a childhood friend to invite them along!

THE CENTER
at
THE OPEN LINK

517 Jefferson Street
East Greenville, FL
215.679.6550
Main Office:
215.679.4112



THE CENTER
at
THE OPEN LINK
 517 Jefferson Street
 East Greenville, PA 18041
 The Center: 215.679.6550
 Main Office: 215.679.4112

hello, AUGUST 2022

ACTIVITY CALENDAR

See Newsletter for details.

Monday	Tuesday	Wednesday	Thursday	Friday
1 9-9:30 Walkercise 11:30 Drive-thru Lunch 12:00 In-Person Lunch	2 10:30-11:30 Tai Chi 12:00 In-Person Lunch Coloring Book Day	3 9-9:30 Walkercise 11:30 Drive-thru Lunch 12:00 In-Person Lunch Watermelon Day at Drive-thru & In-Person Lunch	4 12:00 In-Person Lunch Chocolate Chip Cookie Day	5 9:15-10:15 Chair Yoga 10:30-11:30 Tai Chi 11:30 Drive-thru Lunch 12:00 In-Person Lunch
8 9-9:30 Walkercise 11:00 Stamp Collecting 11:30 Drive-thru Lunch 12:00 In-Person Lunch National Cat Day	9 10:30-11:30 Tai Chi 12:00 In-Person Lunch Book Lovers Day	10 9-9:30 Walkercise 11:30 Drive-thru Lunch 12:00 In-Person Lunch S'mores Day	11 12:00 In-Person Lunch 12:30 Be a Kid Day Medical Check-up Day	12 9:15-10:15 Chair Yoga 10:30-11:30 Tai Chi 11:30 Drive-thru Lunch 12:00 In-Person Lunch
15 9-9:30 Walkercise 11:30 Drive-thru Lunch 12:00 In-Person Lunch Relaxation Day	16 10:30-11:30 Tai Chi 12:00 In-Person Lunch Tell a Joke Day	17 9-9:30 Walkercise 11:30 Drive-thru Lunch 12:00 In-Person Lunch National Non-Profit Day	18 10:00 Welcome 12:00 In-Person Lunch 1:00 Welcome 2 times to Welcome New Participants & Visitors	19 9:15-10:15 Chair Yoga 10:30-11:30 Tai Chi 11:30 Drive-thru Lunch 12:00 In-Person Lunch
22 9-9:30 Walkercise 11:30 Drive-thru Lunch 12:00 In-Person Lunch	23 10:30-11:30 Tai Chi 12:00 In-Person Lunch	24 9-9:30 Walkercise 11:30 Drive-thru Lunch 12:00 In-Person Lunch	25 12:00 In-Person Lunch 	26 9:15-10:15 Chair Yoga 10:30-11:30 Tai Chi 11:30 Drive-thru Lunch 12:00 In-Person Lunch 1:00 Bingo Dog Day
29 9-9:30 Walkercise 11:30 Drive-thru Lunch 12:00 In-Person Lunch	30 10:30-11:30 Tai Chi 12:00 In-Person Lunch	31 9-9:30 Walkercise 11:30 Drive-thru Lunch 12:00 In-Person Lunch 12:30 Birthday Party Celebrate Aug. birthdays!	Blood Pressure Checks Most Thursdays approx. 12:30 pm <i>courtesy of Family Caregivers Network</i>	Tai Chi for Arthritis & Fall Prevention starts in September. Sign up now!

See newsletter details for RSVP dates.

RSVP: 215.679.6550 | 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



AUGUST 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 Chicken Alfredo Broccoli Penne Pasta	2 Beef Stew Potatoes Peas Fresh Fruit	3 Chicken w/ White Wine Sauce Brown Rice w/ Veggies Green Beans Almondine Watermelon Day 	4 Mushroom & Swiss Burger Mashed Potatoes Carrot Coins Coleslaw 	5 Lasagna Broccoli, Cauliflower, & Carrots Apples
8 Eggs Florentine Stewed Tomatoes Hashbrowns 	9 Swedish Meatballs Peas & Carrots Wide Noodles 	10 Teriyaki Fish Fried Brown Rice Asian Blend Veggies 	11 Bowties w/ Bolognese Sauce Broccoli & Carrots 12:30 Be a Kid Day	12 Chicken w/ Mustard Cream Sauce Balsamic Brussels Sprouts w/ Craisins Roasted Red Potatoes
15 Baked Fish w/ Lemon & Capers Buttered Parsley Potatoes  Mixed Veggies	16 Cheese Raviolis w/ Roasted Red Pepper Sauce Spinach, Carrots, HA HA HA!	17 BBQ Pork Collard Greens Corn Marinated Broccoli Salad	18 Salisbury Steak Mashed Potatoes Peas & Onions	19 Sliced Turkey w/ Gravy Traditional Stuffing Cranberry Glazed Carrots
22 Grilled Chicken Parmesan Rotini Noodles Sauteed Spinach w/ Diced Carrots	23 Spanish Omelet Hashbrowns Pear Crisp	24 Garlic Brown Sugar Chicken Apple Sweet Potatoes Brussels Sprouts	25 Cheeseburger Meatloaf w/ Onions Potato Wedges Green Beans 	26  Sesame Beef w/ Peppers Broccoli Brown Rice
29 Lasagna Broccoli, Cauliflower & Carrots Apples	30 Chicken Alfredo Broccoli Penne Pasta	32 Beef Stew Potatoes Peas Fresh Fruit 12:30 Birthday Party 	Substitutions Available Upon Request (limited options) *Special Celebrations take place at <u>In-Person</u> Lunch. <i>We hope you'll join us!</i>	

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
RSVP by 11:00 AM that day!

In-Person (IP)

Monday - Friday
Served at 12:00 PM
Arrivals allowed: 11:30