



# THE CENTER *at* THE OPEN LINK



*Enriching the Lives of Older Adults in our Community*

## September 2022

### This Month We're Celebrating Senior Centers

*By Kelly Chandler, Development and Communications Mgr.*

We aren't in the habit of tooting our own horn, but we're excited to recognize September as National Senior Center month!

Senior centers across the country, just like The Center in our own community, offer older adults lots of opportunities for socialization, exercise, education and nutrition and we want you to get in on them. And what about if you're already a part of our local Center family? There are always new ways to participate and new things to learn or teach others!

Part of celebrating this month is recognizing that there are lots of people in the greater Upper Perkiomen Valley who haven't ever stepped foot in our building, or it's been years since they've done so. If this describes you, we hope you'll join us for an event on Sept. 15 at 10 a.m. or 2 p.m. where you can meet our friendly staff and other participants, tour the building and enjoy light refreshments. No RSVP needed; more info on page 4.

If you're an occasional or regular current guest at The Center, we hope you know how much we value having you here! We look forward to seeing you each day at walkercise, tai chi, chair yoga, community lunch and things like bingo and our monthly birthday party. Special events like this month's talk on Egypt, a nutrition demo where we'll make gingerbread shakes and apple crisp, and a Falls Prevention workshop by the

*Continued on page 3*



Thanks to Family Caregivers Network (FCN), of Pennsburg, for another fun and informative hydration event on Aug. 3, complete with fresh watermelon treats and a watermelon gift basket giveaway! Pictured, left to right, are Gerry Fioriglio, owner and president of FCN, Bryan Fioriglio, marketing director of FCN, and Brian Shade, Center kitchen helper.

**Mask Guidelines** will adjust with county COVID transmission rates.



*Signage will be updated. Please check at arrival.*

**HIGH = Required | LOW or MEDIUM = Optional**

Monday, Sept 5<sup>th</sup>, 2022

HAPPY  
**LABOR DAY**

The Center will be  
**CLOSED**

**Three.  
Day.  
Weekend.**



*Come for food  
and nutrition.*



*Stay for friends  
and fun.*

### **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**

## **What can you expect at In-Person Community Lunch?**

In addition to a tasty, nutritious meal, there are often fun and enriching activities: Coffee and conversation before and after lunch, games and puzzles, visit the library to borrow a book or use a computer, and participate in celebrations - big and small!

## **What 'National Days' are we celebrating in September?**

Fri, Sept 2 - National Food Bank Day - bring something for The Open Link's food pantry!

Tue, Sept 6 - Read a Book Day - We want to know, what book are you reading now?

Tue, Sept 13 - Ants on a Log Day - Celebrate the start of a school year with this healthy childhood snack made popular by the Girl Scouts.

Mon, Sept 19 - Talk Like a Pirate Day - We'll have a list of words and phrases!

Thurs, Sept 22 - Dear Diary Day - Ideas available to document your thoughts and lives.

Fri, Sept 23 - Punctuation Day - Quiz your knowledge! And see funny punctuation errors.

Tue, Sept 27 - Chocolate Milk Day - 1% white milk is served daily - not today!

Wed, Sept 28 - Good Neighbor Day - Get ideas to provide acts of kindness, or invite a neighbor to lunch!

**National Days are celebrated all day at The Center, with special activities taking place during in-person lunch.**

**September is Fall Awareness Month - Look for helpful tips, educational materials, and activities all month long at The Center!**

Continued from page 1

Montgomery County Office of Senior Services are sure to keep you on your feet and loving life.

We'd be remiss if we didn't mention that Meals on Wheels is a big part of The Center's programs. Last year we served 20,214 meals to seniors who needed help with cooking and preparing food to stay in their homes.

Don't take our word for what we have to offer though. Here are some thoughts our seniors recently shared anonymously through a survey.

"I love The Center! I am very active and have met many friends there. It gets you out with people...I didn't know anyone [when I first came here] but everyone has been very friendly. They have great programs and I look forward to coming here!"

"Everyone here takes you in and makes you feel welcome. Someone always answers any questions you may have. It's a great place to get out of the house and just get together with people who are in the same boat as you!"

We hope you'll make or continue to make The Center your go-to for programs and services that make your senior years enjoyable. Thank you for allowing us to be a part of your lives and this community!

## **Monday Community Meal**

**September 12<sup>th</sup> • 6:00 pm**

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

*There is no charge for the meal.*

## **What's Happening in September?**

RSVP: 215.679.6550 | center@theopenlink.org

**Mon, Sept. 5 • CLOSED for Labor Day**



**Mon, Sept. 12, 11 AM • Stamp Collecting**, the 2<sup>nd</sup> Monday of each month. *Show, Share, and Trade*

**Tues, Sept. 13, 12:30 PM • Nutrition Demo** with Teri, RSVP required by Fri, Sept 9. Space is limited.

**Thurs, Sept. 15, 10 AM or 2 PM • Welcome to The Center**, Come visit! No RSVP required. pg.4

**Wed, Sept. 21, 10:30 AM • Egypt Presentation** - Continue the journey into a fascinating land. pg.4

**Fri, Sept. 23, 1 PM • Bingo**, small prizes, big fun, huge laughs, snacks. \$1 donation



**Wed, Sept. 28, 10:30 AM • Fall Prevention** with Montgomery County Office of Senior Services pg.6

**Wed, Sept. 28 12:30 • Birthday Party**. We invite everyone to celebrate Sept birthdays. Get a free lunch this month if it's your birthday.



*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. 30<sup>TH</sup>



### **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.



If you're new here, thinking about attending, haven't visited in a while, or have a friend you'd like to introduce to The Center...

*then this is for you!*



Thurs., Sept. 15<sup>th</sup>  
10 AM OR 2 PM

We'll do this the 3rd Thursday  
of every month!

*Light Refreshments.*

*No RSVP needed - just stop by!*

Discover The Center: look around, learn who can attend (everyone!) and what kind of activities take place, take a tour, meet staff and ask questions.



**Birthday Parties**  
at The Center, everyone is invited!

**Wed, Sept. 28<sup>th</sup> • 12:30 PM**  
(last Wed. of every month)

Help us honor our special birthday guests

**Is your birthday this month?**

- Receive a **small gift** at the party
- Receive a **free lunch** this month

215.679.6550 | [center@theopenlink.org](mailto:center@theopenlink.org)

**Cake • Games • Activities • Fun**



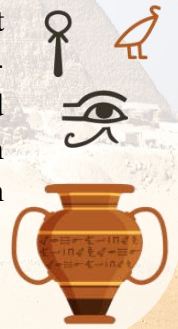
*The journey continues into a country  
rich in history and culture!*

**Wed, Sept 21<sup>st</sup> • 10:30 AM**

with Coffee & Light Refreshments

In July, we had a fascinating presentation by Jacquelyn Daley. There is so much information to cover - she is coming back with more!

Every year, 10 million tourists visit Egypt to explore sites like the Pyramids of Giza, the Great Sphinx, and the Valley of Kings. Come learn about 5000 years of history, from the comfort of The Center!



Please RSVP: 215.679.6550  
[center@theopenlink.org](mailto:center@theopenlink.org)

**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.**

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

**Saturday,  
Sept 10<sup>th</sup>  
10 am - 2 pm**  
Main Street in  
East Greenville  
& Pennsburg

**Look for us at Community Day!**

The Open Link will be out meeting our community and sharing about main office services, programming offered at The Center, and volunteerism. We'll have games geared toward children and the young at heart - \$1 to play and proceeds go to Domestic Violence Support. Stop by and say hello! (Rain Date Sun., Sept 11)

## Nutrition Demo with Teri Wassel, MS, RD

Tuesday, Sept. 13<sup>th</sup> • 12:30 PM

Autumn: time for curling up away from the onslaught of chill, turning to delicious drink and heartier food we've missed through the summer. You'll *fall* in love with this gingerbread shake and apple crisp using in season produce.

This is surely for the young at heart!



Space is limited, and this presentation is already filling up!  
RSVP is required. Sign up now!  
215.679.6550 or [center@theopenlink.org](mailto:center@theopenlink.org)

This presentation is part of quarterly programming by the  
Montgomery County Health Department.  
They are always *educational, fun, and delicious*.



Montgomery County  
Department of  
Health and Human Services

### Answers to the BRAIN TREASURES in the August Newsletter

Can you find the  
the mistake?  
1 2 3 4 5 6 7 8 9

**NEWSLETTER ERRORS** - Mistakes we made on purpose: 1. 'Be a Kid' page - **Florida** address 2. Exercise Classes - **\$200** suggested donation 3. Farm Vouchers - 60+ years in **1922** 4. Birthday Party time - 12:30 **AM** 5. Menu - the last day in August is **32**. Mistakes we made accidentally: At the bottom of the Community Lunch page, it says birthday parties are on the last *Tuesday* of each month, but they were changed to the last Wednesday. The block about our new executive director Monique got cut off (on some newsletters). The prize is cut off from the mistakes game. In 'What's Happening in August?' the August Birthday Party says "celebrate *July* birthdays". The 2nd page of the insert was up-side-down, but not for everyone! Let us know if you find more! Mistakes made in the September newsletter were not made on purpose!

#### Did you find the mistakes?

It was tricky, and some could argue that it is unfair!

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

#### MISTAKES:

1. The word "are" is repeated.
2. The word "to" is repeated.
3. "Mistakes" is spelled wrong.
4. The sentence is missing a period.  
*and last but not least...*
5. There are only four errors, making the word "five" an error; but that makes it mistake #5!

Congratulations to Sonja, who spotted all five errors!

We brought her to a 'staff only' area here at The Center, 'behind the scenes' to our Bingo and prize cabinet where she got to select an item!





The arrival of Fall and Fall Prevention Month reminds us to focus on Falls Prevention.




Join us for this FREE informative program offered by the  
Montgomery County Office of Senior Services



## Falls Prevention

### Wed., Sept. 28<sup>th</sup>, 2022

### 10:30 - 11:30 AM



Save the Date for More

Programming Offered by O.S.S.:



**Wed., Oct. 5<sup>th</sup> - Fire Safety**

**Thurs., Nov. 10<sup>th</sup> - Diabetes Prevention**

**Wed., Dec. 7<sup>th</sup> - Talking with Your Doctor**

and two 6-week classes next Spring:

**April - Tai Chi for Arthritis**

**May - WISE** (Wellness Initiative for Senior Education)

Every 11 seconds, an older adult is seen in an emergency department for a fall-related injury. Many falls are preventable.  
*Learn how you can stay safe!*

## RSVP IS REQUIRED

215.679.6550 | [center@theopenlink.org](mailto:center@theopenlink.org)

There is NO COST for these programs.



Presented by:

Montgomery County  
Department of  
Health and Human Services

Office of Senior Services



**517 Jefferson Street**  
**East Greenville, PA**

**The Center: 215.679.6550**  
**Main Office: 215.679.4112**








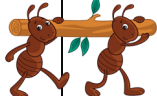








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# ACTIVITY CALENDAR

See Newsletter for details.

Monday	Tuesday	Wednesday	Thursday	Friday
		 <b>Blood Pressure Checks</b> Most Thursdays approx. 12:30 pm <i>courtesy of Family Caregivers Network</i>	<b>1</b> 12:00 In-Person Lunch 	<b>2</b> 9:15-10:15 Chair Yoga 10:30-11:30 Tai Chi 11:30 Drive-thru Lunch 12:00 In-Person Lunch <i>National Food Bank Day</i>
<b>5</b> <b>CLOSED</b> 	<b>6</b> 10:30-11:30 Tai Chi 12:00 In-Person Lunch  <i>Read a Book Day</i>	<b>7</b> 9-9:30 Walkercise 11:30 Drive-thru Lunch 12:00 In-Person Lunch	<b>8</b> 12:00 In-Person Lunch	<b>9</b> 9:15-10:15 Chair Yoga 10:30-11:30 Tai Chi 11:30 Drive-thru Lunch 12:00 In-Person Lunch
<b>12</b>  9-9:30 Walkercise 11:00 Stamp Collecting 11:30 Drive-thru Lunch 12:00 In-Person Lunch	<b>13</b> 10:30-11:30 Tai Chi 12:00 In-Person Lunch 12:30 Nutrition Demo w/ Teri, <u>Must RSVP</u>  <i>Ants on a Log Day</i>	<b>14</b> 9-9:30 Walkercise 11:30 Drive-thru Lunch 12:00 In-Person Lunch	<b>15</b> 10:00 Welcome Visitors 12:00 In-Person Lunch 2:00 Welcome Visitors Center open to Visitors - tour, explore, meet staff	<b>16</b> 9:15-10:15 Chair Yoga 10:30-11:30 Tai Chi 11:30 Drive-thru Lunch 12:00 In-Person Lunch
<b>19</b>  9-9:30 Walkercise 11:30 Drive-thru Lunch 12:00 In-Person Lunch <i>Talk Like a Pirate Day</i>	<b>20</b> 10:30-11:30 Tai Chi 12:00 In-Person Lunch	<b>21</b>  9-9:30 Walkercise 10:30 Visit to Egypt 11:30 Drive-thru Lunch 12:00 In-Person Lunch	<b>22</b> 12:00 In-Person Lunch  <i>Dear Diary Day</i>	<b>23</b>  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
<b>26</b> 9-9:30 Walkercise 11:30 Drive-thru Lunch 12:00 In-Person Lunch	<b>27</b> 10:30-11:30 Tai Chi 12:00 In-Person Lunch  <i>Chocolate Milk Day</i>	<b>28</b>  9-9:30 Walkercise 10:30 Fall Prevention 11:30 Drive-thru Lunch 12:00 In-Person Lunch 12:30 Birthday Party	<b>29</b> 12:00 In-Person Lunch	<b>30</b> 9:15-10:15 Chair Yoga 10:30-11:30 Tai Chi 11:30 Drive-thru Lunch 12:00 In-Person Lunch



See newsletter details about activities and for RSVP dates.

Some programs have limited space.

RSVP: 215.679.6550 | [center@theopenlink.org](mailto:center@theopenlink.org)





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# September 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
*Substitutions Available Upon Request (limited options which may vary)  1% Milk served daily. Menus created by a registered dietician.			1  <b>Chicken w/ White Wine Sauce</b> Brown Rice Green Beans Almondine	2  <b>Mushroom &amp; Swiss Burger</b> Mashed Potatoes Carrot Coins
5  <b>CLOSED</b> 	6  <b>Chicken w/ Mustard Cream Sauce</b> Brussels Sprouts Roasted Red Potatoes	7  <b>Swedish Meatballs</b> Peas & Carrots Wide Noodles	8  <b>Teriyaki Fish</b> Fried Brown Rice Asian Blend Vegetables	9  <b>Bowties w/ Bolognese Sauce</b> Broccoli & Carrots
12  <b>Sliced Turkey w/ Gravy</b> Traditional Stuffing Cranberry Glazed Carrots	13  <b>Baked Fish w/ Lemon &amp; Capers</b> Buttered Parsley Potatoes Mixed Veggies	14  <b>Cheese Ravioli w/ Roasted Red Pepper Sauce</b> Spinach & Carrots	15  <b>BBQ Pork</b> Collard Greens Marinated Broccoli Salad	16  <b>Salisbury Steak</b> Masked Potatoes Peas & Carrots
19  <b>Garlic Brown Sugar Chicken</b> Apple Sweet Potatoes Brussels Sprouts	20  <b>Cheeseburger Meatloaf w/ Onions</b> Potato Wedges Green Beans	21  <b>Sesame Beef w/ Peppers</b> Broccoli Brown Rice	22  <b>Grilled Chicken Parmesan</b> Sautéed Spinach w/ Diced Carrots	23  <b>Spanish Omelet</b> Hashbrowns Pear Crisp 
26  <b>Beef Stew</b> Potatoes Peas Fresh Fruit	27  <b>Chicken w/ White Wine Sauce</b> Brown Rice Green Beans Almondine	28   <b>Mushroom &amp; Swiss Burger</b> Mashed Potatoes Carrot Coins <b>12:30 Birthday Party</b>	29  <b>Lasagna</b> Broccoli, Cauliflower, Carrots	30  <b>Chicken Alfredo</b> Broccoli Penne Noodles

### 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  
No arrives before 11:30