



THE CENTER *at* THE OPEN LINK



Enriching the Lives of Older Adults in our Community

October 2022

Emotional Wellness Month - Take Care of Your Whole Self

By Wendy Smeltz, Center Manager

If you've been to The Center, you have likely encountered one of the national day, week, or monthly observances that we celebrate. One of our favorite things to do is combine education with fun - like National Ants on a Log Day; this treat of celery, peanut butter, and raisins made popular in the 1950's was enjoyed at The Center with snack bags and nutrition information. Some celebrations, like S'mores Day, are just for fun!

We don't know who creates these observances or how they get on a calendar. Many are created by organizations to raise awareness and funds for important work.

An internet search for National Months resulted in over 50 October observances! The list begins with ADHD awareness and ends with vegetarian awareness, with everything in between from health issues to hobbies, and great causes like Breast Cancer Awareness Month, which most are familiar with.

There's one we want to bring awareness to: National Emotional Wellness Month. So much of The Center's programming is targeted toward physical health, nutrition, and exercise. This month let's be reminded to take care of our whole selves. Focus on your emotional health and consider how to manage life's stresses.

Physical health and eating well are great ways to bolster emotional health, as are making social connections

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Shiver Me Timbers! We celebrated National "Talk Like a Pirate Day" (we love a reason to celebrate) and everyone really got into the spirit. We played a game and got pirate names, which participants are holding in the photo. Community Lunch at The Center is often more than a meal!

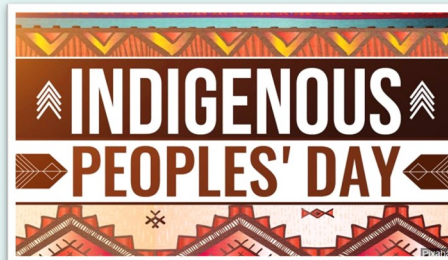
Mask Guidelines will adjust with county COVID transmission rates.



Signage will be updated. Please check at arrival.

HIGH = Required | LOW or MEDIUM = Optional

The Center is
CLOSED
Monday,
October. 10th



Celebrated the 2nd Monday of October, this is a day to celebrate and honor the Native American peoples and commemorate their histories and cultures.

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

Plus coffee, conversation & 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.

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

Sign up by 11 AM that day. No cost for individuals 60 and over. \$2 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.

Don't forget to visit the library to borrow a book or use the computer!

Celebrate these holidays and 'National Days' in October:

Fri., Oct. 7 - National Fluffernutter Day; sandwiches available all day. If you don't know what a fluffernutter is, come find out!

Thurs., Oct. 13 - Train Your Brain Day - Puzzles and brain teasers all day, activities at lunch.

Wed., Oct. 19 - National New Friends Day - On this day, make it a point to talk to someone new.

Mon., Oct. 24 - Diwali - One of the most popular festivals of Hinduism, Diwali symbolizes the spiritual "victory of light over darkness, good over evil, and knowledge over ignorance."

Thurs., Oct. 27 - National Oatmeal Day - Learn about the health benefits of oatmeal and pick up a packet of oatmeal and toppings all day!

October is Emotional Wellness Month - Your emotional well-being is just as important as your physical health. Information and resources will be available throughout the month.

Breast Cancer Awareness Month is in October, a campaign to educate the public about health literacy, breast cancer, and health care quality, and show support for those with breast cancer.

Some activities are available all day; some only at in-person lunch.

Introducing Kitchen Coordinator ~ Danielle Fulton

Danielle has previously worked preparing meals for a catering service and more recently for a school district. She brings a knowledge of kitchen procedures and food safety, including ServSafe certification. Danielle grew up in Milesburg, PA and currently lives in Quakertown, with her soon-to-be wife, Autumn, 9-year old son, Talon, and their dogs, Toby and Sonic. In addition to making meal programs run smoothly and keeping food safe, Danielle's cheerful and energetic attitude make her a great addition to the team and will be enjoyed by participants at lunch and activities!



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and pursuing hobbies. We can also learn to do emotional check-ins: evaluate feelings and handle them instead of burying them. Try meditation and mindfulness, which produce positive emotions by centering an anxious mind.

If you have found meditation to be helpful in relieving stress and anxiety, or if it's something you'd like to try, we invite you to join us this month for Meditation Mondays with Michelle. Details about this weekly program in October and about our new program manager Michelle McKeown can be found here on page 3.

Most adults grew up at a time when mental health was rarely discussed. Today we know that mental health issues are one of the largest health crises in the world, and risks for depression and anxiety can effect any age.

If you're struggling, talk to a primary care physician or mental health professional, reach out to a trusted family member or friend, or talk to a staff member at The Center - we have resources we'd be more than happy to share.

Stresses of life can't be prevented, like those brought on by health issues, being a caregiver, or losing independence. How you handle experiences and feelings is crucial. We encourage you to take care of your whole self.

Monday Community Meal

October 3rd • 6:00 pm

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

There is no charge for the meal.



Introducing ~ Program Manager: Michelle McKeown

Michelle has a BS in Exercise Science and Nutrition and is a certified personal trainer, group exercise instructor, and senior fitness specialist. She has worked with older adults in various settings since 2007, most recently at the Upper Perk YMCA. Originally from Philadelphia, Michelle moved to Pennsburg from Perkasie last year with her husband, Matt, four children, and their Labrador Retrievers, Charlie and LuLu. Her knowledge and experience will benefit programming, and her enthusiasm and desire to make a difference make Michelle a great addition to the team!

Meditation Mondays with Michelle

October is Emotional Wellness Month!

Join us **Mondays from 9:45-10:15 am** for 30 minutes of guided meditation and relaxation exercises. RSVP: 215.679.6550

Join us once or every Monday in October!



Presentation

Celebrate Your Skeleton: Strength Training for Bone Health

Thursday, October 20th, 2022 • 10:30 am

Join our Program Manager Michelle on World Osteoporosis Day to learn how resistance training impacts your bone health, and discover easy ways to work it into your day, any time, anywhere.

The Center, 517 Jefferson Street, East Greenville
RSVP: 215.679.6550 | center@theopenlink.org

What is Osteoporosis? This disease thins and weakens bones, which become fragile and can break easily, especially bones in the hip, spine, and wrist. Learn how to keep your bones strong!

Wednesday Walks with Wendy

Join Center Manager Wendy for a walk in the brisk autumn air and enjoy the fall foliage.

Wednesdays at 1:30 pm

Camelot Park - 1124 Church Rd, East Greenville.

Meet at the parking lot at the park or
beforehand at The Center.

Join us once or every Wednesday in October.

Weather permitting. RSVP: 215.679.6550



Lunch with Staff

Every other Thursday
a staff member will join in-
person Community Lunch.

This will give us an opportunity
to get to know each other, and
hear your feedback and ideas!

See the lunch menu find out who it will be!

Main office staff may join us in the future to
share about programs and services available
at The Open Link and answer questions.

*See the Community Lunch Menu for lunch details.
Don't forget to sign-up for lunch by 11 AM!*

FOOD FOR THOUGHT.

Join us for a new monthly series
highlighting superfoods and small dietary
changes with big benefits! Each month
includes a short presentation and sample
snack. Don't miss it this month ~

Life is Gourd:

Pumpkin is a Superfood!

Thursday, October 6th • 12:30 pm

RSVP required: 215.679.6550



Life is gourd

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!

More Coming Soon!

**No matter what your abilities,
come move with us.**

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



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... this is for you!

Thurs., Oct. 13th 10 AM or 2 PM

Light Refreshments | No RSVP needed, just stop by!

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

The Center offers opportunities for older adults to stay healthy, active, and connected.

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

What's Happening in October?

To RSVP or ask questions: 215.679.6550 | center@theopenlink.org



Mondays in October, 9:45 am • Meditation with Michelle - 30 minutes of guided meditation and relaxation exercises. Please RSVP.

Wednesdays in October, 1:30 pm • Walks with Wendy - Enjoy a walk in nature and enjoy the fall foliage. Weather permitting. Please RSVP.



Every other Thursday, 12 pm • Lunch with Staff - Get acquainted with staff. Share your feedback and ideas. See the menu to find out who it will be. RSVP by 11 am.

Wed, Oct. 5, 10:30 am • Fire Safety - Presentation by the Office of Senior Services. Please RSVP. After lunch we'll have an **evacuation drill at 12:30 pm**, then dessert!



Thurs., Oct 6, 12:30 pm • Food for Thought. Life is Gourd: Pumpkin is a Superfood Short presentation, samples. RSVP required. Let us know if you'll be at 12 pm lunch.

Mon, Oct. 10 • CLOSED for Indigenous Peoples' Day (formerly Columbus Day); to celebrate Native American peoples and honor their histories and cultures.



Wed, Oct. 12, 10:30 am • Writer's Workshop - Explore writing exercises. Bring your laptop, use a Center computer, or paper and pen. Tea and cookies. Please RSVP.

Thurs, Oct. 13, 10 am or 2 pm • Welcome to The Center - Take a tour, learn about programming, ask questions, meet staff. Light refreshments. RSVP not needed.

Mon, Oct. 17, 11 am • Stamp Collecting, the 2nd Monday of each month (3rd Monday in October due to the holiday) *Show, Share, and Trade stamps.*



Thurs, Oct. 20, 10:30 am • Celebrate Your Skeleton. Strength Training for Bone Health on World Osteoporosis Day with program manager Michelle. Please RSVP.

Fri, Oct 21, 1 pm • Bingo - Doors open at 12:30 pm. Small prizes, big fun. This month: Spooktacular Halloween fun! Refreshments. \$1 suggested donation. RSVP.



Wed, Oct. 26, 12:30 pm • Monthly Birthday Party - You're ALL invited to celebrate. Cake and activities. Small gift for October birthdays. *This month we celebrate The Open Link's Office Coordinator, Meghan Dressel!* Please RSVP.

Fri, Oct 28, 12:30 pm • Harvest Fest - Lunch, games and activities. Line-dancing demo. Raffle baskets, 50/50 - tickets \$1 (avail. all month). Prizes for best costume (costume not required) \$3 suggested donation. RSVP is required, space is limited.



Fri, Nov 11, 9:30 am - Veteran's Day Breakfast - Details coming soon. RSVP now!

Programming has no cost unless otherwise noted.

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



Join us for this FREE informative program by the Montgomery County Office of Senior Services. Review fire safety information directed at seniors to help prevent fires and know how to prepare for fire emergencies.

Fire Safety Presentation

Wed., October 5th, 2022 • 10:30 - 11:30 AM

THEN JOIN US FOR LUNCH AT 12 PM, THEN AN EVACUATION DRILL,

FOLLOWED BY A FLAMING DESSERT!

Save the Dates for more Montgomery County O.S.S. Programming:

Thurs., Nov. 10th - Diabetes Prevention

Wed., Dec. 7th - Talking with Your Doctor

and two 6-week classes next Spring:

April - Tai Chi for Arthritis & May - W.I.S.E.

(Wellness Initiative for Senior Education)

RSVP 215.679.6550 | center@theopenlink.org

Held at:



517 Jefferson St.
East Greenville, PA

Presented by:



Montgomery County
Department of
Health and Human Services

Office of Senior Services

LUNCH



GAMES



RAFFLES



50/50



Friday, October 28, 2022 • 12:30 pm

RSVP required by Oct. 25th: 215.679.6550

When you call, choose a Turkey or Italian hoagie.

Raffle Basket Tickets & 50/50 Tickets - \$1 each
Raffle baskets on display and tickets for sale ALL of October!

This is our biggest special event in over 2-1/2 years!

Light Lunch & Dessert, Followed by a

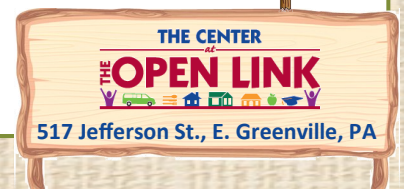
Line Dancing Demo,

Games & Activities, & the
Announcement of Raffle Winners

Masks Encouraged



Costumes welcome
but not required.
Prize for Best Costume



517 Jefferson St., E. Greenville, PA

October

2022

ACTIVITY CALENDAR

See Newsletter for details.

Monday	Tuesday	Wednesday	Thursday	Friday
3 9-9:30 Walkercise 9:45 Meditation Mondays with Michelle 12:00 In-Person Lunch	4 10:30-11:30 Tai Chi 12:00 In-Person Lunch	5 9-9:30 Walkercise 10:00 Quilters (LL) 10:30 Fire Safety 12:00 In-Person Lunch 12:30 Evacuation Drill 1:30 Walks w/ Wendy	6 12:00 In-Person Lunch 12:30 Food for Thought Pumpkin is a Superfood	7 9:15-10:15 Chair Yoga 10:30-11:30 Tai Chi 12:00 In-Person Lunch <i>National Fluffernutter Day</i>
10 Indigenous Peoples' Day CLOSED	11 10:30-11:30 Tai Chi 12:00 In-Person Lunch	12 9-9:30 Walkercise 10:00 Quilters (LL) 10:30 Writer's Workshop 12:00 In-Person Lunch 1:30 Walks w/ Wendy	13 10:00 Welcome Visitors 12:00 In-Person Lunch w/ Michelle, Program Mgr 2:00 Welcome Visitors Center open to Visitors Train Your Brain Day	14 9:15-10:15 Chair Yoga 10:30-11:30 Tai Chi 12:00 In-Person Lunch <i>National Dessert Day</i>
17 9-9:30 Walkercise 9:45 Meditation Mondays with Michelle 11:00 Stamp Collecting 12:00 In-Person Lunch	18 10:30-11:30 Tai Chi 12:00 In-Person Lunch	19 9-9:30 Walkercise 10:00 Quilters (LL) 12:00 In-Person Lunch 1:30 Walks with Wendy <i>New Friends Day</i>	20 10:30 Celebrate Your Skeleton Presentation 12:00 In-Person Lunch	21 9:15-10:15 Chair Yoga 10:30-11:30 Tai Chi 12:00 In-Person Lunch 1:00 Bingo - Doors open at 12:30
24 9-9:30 Walkercise 9:45 Meditation Mondays with Michelle 12:00 In-Person Lunch <i>Diwali</i>	25 10:30-11:30 Tai Chi 12:00 In-Person Lunch	26 9-9:30 Walkercise 10:00 Quilters (LL) 12:00 In-Person Lunch 12:30 Birthday Party 1:30 Walks with Wendy	27 12:00 In-Person Lunch w/ Kitchen Helper Brian <i>National Oatmeal Day</i>	28 9:15-10:15 Chair Yoga 10:30 No Tai Chi today 12:30 Harvest Festival
31 9-9:30 Walkercise 9:45 Mondays with Michelle 12:00 In-Person Lunch	Programs are in the Main Room unless otherwise noted. LL = Lower Level October is: Emotional Wellness Month Breast Cancer Awareness Month			See Page 2 for details of National Day Celebrations



RSVP dates and more details in newsletter.
Some programs have limited space

RSVP: 215.679.6550 | center@theopenlink.org





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

October 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
3 Swedish Meatballs Peas & Carrots Wide Noodles	4 Teriyaki Fish Fried Brown Rice Asian Blend Vegetables	5 Bowties w/ Bolognese Sauce Broccoli & Carrots	6 Chicken w/ Mustard Cream Sauce Brussels Sprouts Roasted Red Potatoes	7 Eggs Florentine Hashbrowns Stewed Tomatoes
10 Indigenous Peoples' Day CLOSED	11 Cheese Ravioli w/ Roasted Red Pepper Sauce Spinach & Carrots Cauliflower	12 Salisbury Steak Mashed Potatoes Peas & Onions	13 Sliced Turkey w/ Gravy Traditional Stuffing Cranberry Glazed Carrots Lunch w/ Staff: Michelle	14 Baked Fish w/ Lemon & Capers Buttered Parsley Potatoes Mixed Veggies
17 Spanish Omelet Hashbrowns Pear Crisp	18 Garlic Brown Sugar Chicken Apple Sweet Potatoes Brussels Sprouts	19 Cheeseburger Meatloaf w/ Onions Potato Wedges Green Beans	20 Sesame Beef w/ Peppers Broccoli Brown Rice	21 Grilled Chicken Parmesan Rotini Sautéed Spinach w/ Diced Carrots
24 Chicken Alfredo Penne Broccoli	25 Beef Stew Potatoes Peas	26  Chicken w/ White Wine Sauce Brown Rice Green Beans Almondine 12:30 Birthday Party	27 Mushroom & Swiss Burger Mashed Potatoes Carrot Coins Lunch w/ Staff: Brian	28 Harvest Festival at 12:30 pm (no regular lunch) MUST RSVP Space is limited 
31 Lasagna Broccoli, Cauliflower, Carrots	<p>*Substitutions Available Upon Request (limited options which may vary)</p> <p>1% Milk served daily. Menus created by a registered dietician.</p>			Drive-thru Lunch Fri. 10/28: Beef Stew

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