



THE CENTER
at
THE OPEN LINK

Enriching the Lives of Older Adults in our Community



December 2022

Giving at The Holidays and Throughout the Year

By Wendy Smeltz, Center Manager

Every year around this time, many of us feel bombarded with requests for donations. Solicitations come in the mail from various charities, many that we aren't familiar with. With so many good causes and uncertainty about how our money is being spent, it is difficult to decide where to give. And because of the abundance of scams, we have to decide who to trust.

The Open Link, like many non-profits, makes requests of our community at this time of year: an annual appeal, a community sponsorship campaign for businesses, plus asks for food, toys and gifts, gift cards, gift wrapping supplies, and hats and gloves.

Donations help The Open Link continue programs and services that feed our community, help residents obtain employment, provide support to victims of domestic violence, and so much more.

The Open Link is on a mission to help our neighbors flourish. We do that by meeting basic needs through social service programs at the main office, and by providing opportunities for better nutrition, enrichment, and socialization for older adults at The Center.

At The Center, we're often asked how we are able to carry out activities, meals, and events. When possible, we use donated items, and there are sometimes food and supplies available through special accounts or discounts through generous companies and organizations. Of course, we can't hold programming without spending money! Expenses like food and coffee supplies, maintenance, and keeping the lights on, will al-

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The Center's first Friendsgiving event on Nov. 16 was an informal gathering of friends sharing in the spirit of Thanksgiving. Participants played 'Find the Guest', decorated cookies and a few brave seniors even sang karaoke! Thanks to everyone who attended!



HOLIDAY HOURS



Friday, Dec. 23rd 8 am-12 pm

(Lunch will not be served)

Monday, Dec. 26th CLOSED

Monday, Jan. 2nd CLOSED



WINTER WEATHER POLICY



Both of The Open Link locations follow the Upper Perkiomen School District for guidance on closures due to severe winter weather.

Upper Perk Closed - Center Closed

Upper Perk 2-hour delay - Center opens at 10

*In the event of a closure or delay, call for updates.
Our phone message will be updated.*



Christmas BINGO

at The Center

Enjoy some classic games of Bingo with festive fun, food, and fellowship!

Fri., Dec. 9th, 2022 • 1 pm

Doors open at 12:30 pm for Christmas activities and light refreshments.

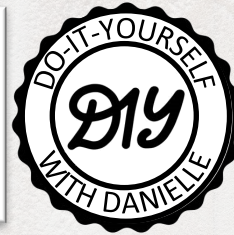
RSVP by Wed, 12/7, 2022

**Cost: 1 wrapped gift valued at \$1 to \$5.
(not required to play, we will have extra)**

Don't forget to sign-up for lunch at 12 pm!



In this monthly program, kitchen coordinator Danielle shows us how to use ordinary items in new ways!



Wed.,
Dec. 14th
1:00 PM

DIY: Holiday Ornaments

Create holiday ornaments from simple ingredients. Danielle will walk you through each step.

Make for yourself or to give as gifts!



RSVP by Mon 12/12 • Cost: \$1



Holiday Lunch at The Center

Wed., Dec. 21st

Served at 12 pm

\$2 Suggested donation

RSVP by 11 AM

Ugly
Christmas
Sweater
Day!



Join us at The Center for

Cocoa & Cookies with the UPHS Choir

Friday, December 16th, 2022

12:30 Doors open for fellowship and light refreshments.

1:00 performance

RSVP by Wed, 12/14. 215.679.6550

(Lunch at 12 pm is a separate sign-up)

This event has no cost, but we will take a collection to benefit Upper Perk's music department and their upcoming trip to Florida.



Featuring the Upper Perkiomen High School Choir led by Dr. Mark Thomas



Friday, December 30th • 1:00 pm

RSVP by Wed, 12/28

In the spirit of the season, this event has no cost.

Donations are appreciated and help cover expenses.

at The Center, 517 Jefferson St, E. Greenville

- HOLIDAY TRIVA
- HILARIOUS PARTY GAMES
- FESTIVE REFRESHMENTS

Don't forget to sign-up for lunch at 12 pm!



This is The Center's last activity of 2022. Help us end the year right!

Holiday Breakfast

Friday, Dec. 23rd

Served at 10:30 AM

\$2 sugg. donation

RSVP by Wed, 12/21



Continued from page 1

ways exist. That's why we appreciate every generous contribution, no matter how big or small.

Some programs at The Center have a cost; most are offered at no cost or for a small suggested donation amount. This is to make sure everyone is welcome. Participants come from a variety of backgrounds, income levels, experiences, and abilities. An inability to pay should never prevent someone from attending!

The Open Link as a whole gets 35 percent of our funding from county, state and federal sources. The vast majority comes from donations from our community - from people like you! It is supplemented by non-government grants, foundations and the like.

We recognize that people spend and give their money carefully. We assure you, we use our resources wisely.

When you contribute to an exercise class or any activity, you help programming continue and expand! By giving to our annual appeal this month or making a donation to The Open Link at any time of the year, you join us on a mission to help our neighbors flourish.

If you'd ever like to attend an activity you can't afford, or if you are in need of assistance, we encourage you to reach out to us. If we can't help, we will try to connect you to resources.

From everyone at The Open Link, thank you for your continued support, whether it be monetary or time and talents - or kind words and encouragement, which you offer in abundance! We wish you a happy holiday season!

FOOD FOR THOUGHT.

Monthly series highlighting superfoods:
small dietary changes with big benefits!

Short presentation & sample snack.

Seasonal Spice:
The Spice Girls -
Cinnamon & Ginger

Thursday, December 15th • 12:30 pm

RSVP by Wed, 12/14
No Cost.

*Don't forget to sign-up
for lunch at 12 pm*



Holiday Craft

Thursday, December 8th • 1:00 pm

Decorate a jar to keep or gift!

*Jars & Some Supplies Provided, but feel
free to bring ideas and craft items!*



Cost: \$2

RSVP by Mon 12/5



Weekly

Tuesdays

12:30 pm



POKER

No Cost/No Buy-In

Monday Community Meal

December 5th • 6:00 pm

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

There is no charge for the meal.



Community

Lunch

Monday - Friday
Served at 12 PM

Arrive anytime after 11:30

Come for food and nutrition.

Stay for friends and fun.

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

Sign up by 11 AM that day. No cost for indi-
viduals 60 and over. \$2 suggested donation.

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

Wednesday Winter Walks with Wendy

Put on your hat and mittens! We will continue walking as weather permits. For those of you who prefer warmer temps, see you in the spring!

Wednesdays at 2 pm (new time!)

The new time allows you to attend Center programming!

Camelot Park - 1124 Church Rd, East Greenville.

Meet at the park - top parking lot

Call The Center to check if we'll be walking:
215.679.6550



Thursday,
December 22nd,
2:00 PM

Are you new here, thinking about attending, haven't visited recently, or have a friend to bring to The Center? Then this is for you!

No RSVP needed, just stop by!

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



Move & Tone w/Michelle

Thursdays
9:15-10 am



Move to music from the 50s, 60s, and 70s in a class that combines simple, low-impact aerobic exercise with intervals of light weight training. Improve heart, lung, muscle, and bone health!

Mostly standing, options for seated work or chair support during strength intervals. Some floor work may be included, but can be modified to seated or standing.



\$2 Suggested
Donation

Come get healthy with us!

Targeted for ages 55+ - All are welcome!

Register for each class once, then come anytime.

Walkercise - Mon & Wed, 9-9:30 AM

Come stretch those morning muscles!

Tai Chi - Tues & Fri, 10:15-11:15 AM **New Time**

Tai Chi is described as "Meditation in Motion."

Move & Tone - Thursdays, 9:15-10 AM

Aerobic & strength intervals for heart & bone health, set to music. **NEW CLASS!**

Chair Yoga - Fridays, 9-10 AM **New Time**
accessible for everyone. Explore the benefits!

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

\$2 suggested donation per class.
Your first class is always free!

Check out The Center's new MESSAGE BOARD!

New
at
The Center

- ✓ Center information & updates
- ✓ Participant & volunteer birthdays
- ✓ Messages for YOU. If you see your name on the board, it means we need something from you (a form to complete, update an incorrect phone number, etc.)
- ✓ Or we have something for you - maybe you won a prize!

Complete a
challenge
for a chance
to win!
Quarterly
drawings.



517 Jefferson St., East Greenville
The Center: 215.679.6550
Main Office: 215.679.4112



ACTIVITY CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
Programs held in the Main Room unless otherwise noted. LL = Lower Level See full newsletter for details about RSVP dates, costs, etc. Some programs have limited space. Attention: New Times for Chair Yoga & Tai Chi			1 9:15-10 Move & Tone 12:00 Community Lunch 	2 9-10:00 Chair Yoga 10:15-11:15 Tai Chi 12:00 Community Lunch
5 9-9:30 Walkercise 9:45 Meditation 12:00 Community Lunch	6 No Tai Chi 12/6 (due to an alarm inspection) 12:00 Community Lunch 12:30-3 Poker	7 9-9:30 Walkercise 10:00 Quilters (LL) 10:30 Talk w/ Your Dr. 12:00 Community Lunch 2:00 Winter Walks	8 9:15-10 Move & Tone 12:00 Community Lunch 1:00 Holiday Jar Craft	9 9-10:00 Chair Yoga 10:15-11:15 Tai Chi 12:00 Community Lunch 1:00 Holiday Bingo Doors open at 12:30
12 9-9:30 Walkercise 9:45 Meditation 11:00 Stamps (LL) 12:00 Community Lunch	13 10:15-11:15 Tai Chi 12:00 Community Lunch 12:30-3 Poker 12:30 Holiday Food Safety 	14 9-9:30 Walkercise 10:00 Quilters (LL) 12:00 Community Lunch 1:00 DIY: Ornaments 2:00 Winter Walks 	15 9:15-10 Move & Tone 12:00 Community Lunch 12:30 Food for Thought	16 9-10:00 Chair Yoga 10:15-11:15 Tai Chi 12:00 Community Lunch 12:30 Cocoa & Cookies, with the UPHS Choir
19 9-9:30 Walkercise 9:45 Meditation 12:00 Community Lunch	20 10:15-11:15 Tai Chi 12:00 Community Lunch 12:30-3 Poker	21 9-9:30 Walkercise 10:00 Quilters (LL) 12:00 Holiday Lunch 2:00 Winter Walks Ugly Christmas Sweater Day!	22 9:15-10 Move & Tone 12:00 Community Lunch 2:00 Welcome Visitors	23 No Chair Yoga or Tai Chi 10:30 Holiday Breakfast CLOSE AT 12 PM
26 CLOSED 	27 10:15-11:15 Tai Chi 12:00 Community Lunch 12:30-3 Poker	28 9-9:30 Walkercise 10:00 Quilters (LL) 12:00 Community Lunch 12:30 Birthday Party 2:00 Winter Walks	29 9:15-10 Move & Tone 12:00 Community Lunch 	30 9-10:00 Chair Yoga 10:15-11:15 Tai Chi 12:00 Community Lunch 1:00 Reindeer Games



Enriching the lives of older adults in our community
Programming designed for adults 60 & above, all are welcome.

RSVP: 215.679.6550 | center@theopenlink.org



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



517 Jefferson St., East Greenville
The Center: 215.679.6550
Main Office: 215.679.4112

December 2022



Monday	Tuesday	Wednesday	Thursday	Friday
*Substitutions Available upon Request (limited options) 1% Milk served daily. Menus created by a registered dietician.		 Blood Pressure Checks Most Thursdays at approx. 12 pm <i>courtesy of Family Caregivers Network</i>	1 Teriyaki Fish Fried Brown Rice Asian Blend Veggies	2 Bowties w/ Bolognese Sauce Broccoli Carrots
5 Sliced Turkey w/ Gravy Traditional Stuffing Cranberry Glazed Carrots	6 Baked Fish w/ Lemon Capers Buttered Parsley Potatoes Mixed Veggies	7 Cheese Ravioli w/ Roasted Red Pepper Sauce Spinach & Carrots Cauliflower	8 BBQ Pork Collard Greens Corn	 9 Salisbury Steak Mashed Potatoes Peas & Carrots
12 Garlic Brown Sugar Chicken Glazed Sweet Potatoes Brussels Sprouts	13 Cheeseburger Meatloaf w/ Onions Potato Wedges Green Beans	14 Sesame Beef w/ Peppers Broccoli Brown Rice	15 Grilled Chicken Parmesan Rotini Sautéed Spinach w/ Diced Carrots	 16 Spanish Omelet Hashbrowns Pear Crisp Followed by Cocoa, Cookies & Choir (RSVP by 12/14)
19 Beef Stew Potatoes Peas	20 Chicken w/ White Wine Sauce Broccoli Penne	21 Holiday Lunch 	22 Lasagna Broccoli, Cauliflower, Carrots	23 Holiday Breakfast at 10:30 am (RSVP by 12/21) Center Closes at 12 pm
26 CLOSED 	27 Swedish Meatballs Peas & Carrots Noodles	28  Bowties w/ Bolognese Sauce Broccoli & Carrots 12:30 Birthday Party	29 Chicken w/ Mustard Cream Sauce Balsamic Brussels Sprouts Roasted Red Potatoes	30 Eggs Florentine Stewed Tomatoes Hashbrowns 

Community Lunch

Monday - Friday
Served at 12:00 PM
Arrive anytime after 11:30 AM
for coffee and fellowship

Hot, tasty, nutritious meal, side items, bread/roll and milk
 RSVP by 11:00 AM that day
 No Cost for Age 60+ / \$2 Suggestion Donation: Lunch donations benefit the Office of Senior Services for senior programming.

What's Happening in December?

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

Mondays, 9:45 am ▪ Meditation with Michelle - 30 minutes of guided meditation and relaxation exercises. Start each new week out right. No Cost. No RSVP needed.



Tuesdays, 12:30 - 3:00 pm ▪ Texas Hold 'Em Poker - New! Free; no Buy-In.

Wednesdays, 2 pm NEW TIME ▪ Walks with Wendy - when weather permits! (pg 4)



Thursdays, 9:15 - 10 am ▪ Move & Tone w/ Michelle - 45 mins of low-impact exercise. Music from the 50s, 60s, and 70s. \$2 sugg don. First class always free! (pg. 4)



Wed. Dec. 7, 10:30 am ▪ Talking with Your Doctor: How to Prepare - Presentation by Mont. County Office of Senior Services. No cost. RSVP by 12/6 (pg 8)

Thur. Dec. 8, 1 pm ▪ Holiday Craft - Create a holiday jar to keep or gift. \$2 suggested donation. RSVP by Mon 12/5 so we can purchase supplies. (pg 3)



Fri. Dec. 9, 1 pm ▪ Holiday Bingo - Doors open at 12:30 pm for refreshments and activities. Small prizes, big fun. Cost: \$1 to \$5 wrapped gift. RSVP by 12/7 (pg 2)



Mon. Dec. 12, 11 am ▪ Stamp Collecting, the 2nd Monday of every month. Show, Share, and Trade stamps. Lower level. Let us know if you have questions or ask Arno.



Tues. Dec. 13, 12:30 pm ▪ Holiday Food Safety, No Cost. RSVP by 12/12. (pg 8)

Wed. Dec. 14, 1 pm - DIY with Danielle: Cinnamon Ornaments. Danielle shares how to use ordinary items to do something new! No Cost. RSVP by 12/12. (pg 2)



Thurs. Dec. 15, 12:30 pm ▪ Food for Thought: Spice Girls - Cinnamon & Ginger. Monthly series highlighting superfoods. Samples. No Cost. RSVP by 12/14. (pg 3)



Fri. Dec. 16, 12:30 pm ▪ Cookies & Cocoa with the Choir - Join us for refreshments and fellowship, followed by a 1 pm performance. No Cost. RSVP by 12/14 (pg 2)



Wed. Dec. 21, 12 pm ▪ Holiday Community Lunch - Gather with friends for a special meal. \$2 sugg. donation. RSVP in advance if possible to help us prepare. (pg 2)

Thu. Dec. 22 , 2 pm ▪ Welcome to The Center - Take a tour, learn about programming, ask questions, meet staff. No RSVP needed, just stop by! (pg 4)



Fri. Dec. 23, 10:30 am ▪ Holiday Breakfast - Before The Center closes early, join us for breakfast! Bring your appetite. \$2 suggested donation. RSVP by 12/21. (pg 2)



Fri. Dec. 23, Close at 12 pm, Mon. Dec. 26, Center CLOSED - May this holiday season fill your heart with love, your home with joy, and your life with laughter.



Happy Holidays from all of us at The Center!

continued...

What's Happening in December?

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

Wed. Dec. 28, 12:30 pm • Monthly Birthday Party - You're ALL invited to celebrate and honor everyone with a December birthday. Cake and fun. RSVP by 12/27.

Fri. Dec. 30, 1 pm • Reindeer Games - Help us end the year with trivia, silly games, and festive refreshments. No cost, donations welcome. RSVP by 12/28. (pg 2)

Check our calendar for a complete schedule of activities.



If you want to attend lunch before or after an activity - please let us know or sign-up separately. RSVP dates help us prepare. Some activities have specific attendance requirements. If it is past an RSVP date, and you would like to attend an activity, please reach out - we may be able to accommodate!

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

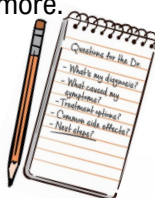
**Talking with
Your Doctor
How to Prepare**

**Wednesday,
December 7th
10:30 am**

RSVP by Tues, 11/6

Take an interactive role in your healthcare! Tips on how to get ready for a doctor's visit, discuss health concerns, make decisions together about your treatment, and remember what was discussed, and more.

Coming in 2023 - More programming
by the Office of Senior Services!



517 Jefferson St.
East Greenville, PA



Office of Senior Services

Worldwide Food Service Safety Month



Learn about
some common
reasons for food
poisoning - with
samples of safe food.

Tuesday, December 13, 2022 • 12:30 pm

You will learn:
Tips to protect yourself at the holidays
and throughout the year!



RSVP by Mon, 12/12.

No Cost

We want your feedback and ideas. Help us plan 2023!

Save the date

PARTICIPANT MEETING

THURSDAY, JANUARY 5, 2023 • 11 AM

Help us improve the quality of
programming, services and activities.

Anyone that attends The Center is welcome.
We'll put on the coffee, you bring your ideas!



Compliments



COMPLAINTS

Suggestions