THE CENTER at THE OPEN LINK

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

JANUARY 2023

ACTIVITY CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
2 CLOSED *Happy New Year*	**3** **10:15-11:15** Tai Chi **12:00** Community Lunch **12:30-3** Poker	**4** **9-9:30** Walkercise **10:00** Quilters (LL) **12:00** Community Lunch ***Celebrate Trivia Day*** **2:00** Winter Walks	**5** **9:15-10** Move & Tone **10:30** Egypt Presentation **12:00** Community Lunch **1:00** Participant Meeting	**6** **9-10:00** Chair Yoga **10:15-11:15** Tai Chi **12:00** Community Lunch
9 **9-9:30** Walkercise **9:45** Meditation **11:00 Stamp Collecting** (LL) **12:00** Community Lunch **12:30 Food for Thought**	**10** **10:15-11:15** Tai Chi **12:00** Community Lunch **12:30-3** Poker	**11** **9-9:30** Walkercise **10:00** Quilters (LL) **12:00** Community Lunch **1:00 Winter Craft** **2:00** Winter Walks	**12** **9:15-10** Move & Tone **10:30** Egypt Presentation **12:00** Community Lunch **1:00 Afternoon Tea**	**13** **9-10:00** Chair Yoga **10:15-11:15** Tai Chi **12:00** Community Lunch
16 CLOSED Martin Luther King, Jr. Day	**17** **10:15-11:15** Tai Chi **12:00** Community Lunch **12:30 MLK, Jr. Day Dessert & Recognition** **12:30-3** Poker	**18** **9-9:30** Walkercise **10:00** Quilters (LL) **12:00** Community Lunch **1:00 DIY: Sugar Scrub** **2:00** Winter Walks	**19** **9:15-10** Move & Tone **10:30** Egypt Presentation **12:00** Community Lunch **12:30 Popcorn & Movie**	**20** **9-10:00** Chair Yoga **10:15-11:15** Tai Chi **12:00** Community Lunch **1:00 Bingo** - Doors open at 12:30
23 **9-9:30** Walkercise **9:45** Meditation **12:00** Community Lunch	**24** **10:15-11:15** Tai Chi **12:00** Community Lunch **12:30-3** Poker **12:30 Nutrition Demo w/ Teri Wassel, MS, RD**	**25** **9-9:30** Walkercise **10:00** Quilters (LL) **12:00** Community Lunch **12:30 Birthday Party** **2:00** Winter Walks	**26** **9:15-10** Move & Tone **10:30** Egypt Presentation **12:00** Community Lunch **1:00 Painting Class with Susie Camm**	**27** **9-10:00** Chair Yoga **10:15-11:15** Tai Chi **12:00** Community Lunch
30 **9-9:30** Walkercise **9:45** Meditation **12:00** Community Lunch	**31** **10:15-11:15** Tai Chi **12:00** Community Lunch **12:30-3** Poker			

Programs held in the Main Room unless otherwise noted.
LL = Lower Level

Blood Pressure Checks
Most Thursdays at approx. 12 pm
courtesy of Family Caregivers Network

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

See newsletter for details about RSVP, costs, etc.

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