



**THE CENTER**  
*at*  
**THE OPEN LINK**  
*Enriching the Lives of Older Adults in our Community*



**January 2023**

## Cold Days Made Better with Hot Meals and Warm Hearts

*By Wendy Smeltz, Center Manager*

The holidays are always a special time at The Center. This year was especially wonderful as many traditions returned like the performance by the Upper Perkiomen High School choir. We enjoyed special meals, activities, games and gifts, and the most important tradition was time spent together.

The Center was a hub-bub of activity with holiday programming. But you may not be aware of what happens behind the scenes. The Meals on Wheels program, facilitated by our organization for the Upper Perkiomen Valley since the 1970's, is described as "more than just a meal". In addition to nutritious meals, it provides friendly visits and safety checks, and good cheer — especially at the holidays.

The Center is often contacted by generous community members and organizations wanting to do something special for their neighbors who receive Meals on Wheels. We have the honor of delivering their cards, handwritten notes, and small gifts with meals. This year Tri County Area Federal Credit Union purchased poinsettias for each recipient! Treats were also made by individuals and by the Upper Perkiomen Middle School Life Skills Class. The High School Life Skills class assembled "blizzard bags" at The Center, which help recipients be prepared in case of a snowstorm.


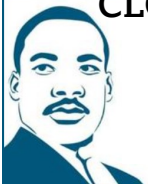

And what can we say about our volunteers who pack and deliver meals? Their dedication and kind hearts make this program possible. Recently when a volunteer open house was held at The Center, we hoped a few people would attend. Almost 30 commu-

*Continued on page 3*



We were honored to have the Upper Perkiomen High School Choir Uptones, led by Dr. Thomas, return to The Center for the first time since 2019. It was a lovely performance enjoyed by all who attended Cookies and Cocoa with the Choir.

### January 2023 Holiday Hours:

 <b>Mon, Jan. 2</b> <b>CLOSED</b>	 <b>Mon, Jan. 16</b> <b>CLOSED</b> 
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### Winter Weather Procedures:

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.*



## Monday - Friday Served at 12 PM

Arrive anytime  
after 11:30 AM.

*Come for food and nutrition.  
Stay for friends and fun.*

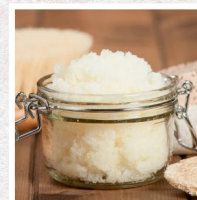
Hot lunch: tasty and nutritious meal, side items, bread/roll, milk, coffee, tea

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

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



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



## DIY: COCONUT OIL SUGAR SCRUB

Create a hydrating and exfoliating scrub to chase away winter's dry skin!

**Wednesday, January 18**

**1:00 PM**



RSVP by Mon 1/16 • Cost: \$1



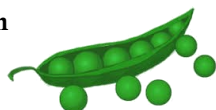
## FOOD FOR THOUGHT.

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

*Short presentation & sample snack.*

## Give Peas a Chance: Meatless Mondays

**Monday, January 9<sup>th</sup>**  
**12:30 pm**



RSVP by Thurs., 1/5  
No Cost.

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

## Afternoon Tea



Wear your grandest hat and join us for tea and sweets! Bring along your teatime collectibles - cups, pots, and saucers - to show and share.

**Thursday, January 12<sup>th</sup> • 1 pm**

**RSVP by Monday, January 9<sup>th</sup>**

\$1 Suggested Donation | Sign-up for lunch at 12 pm!

## Who says activities have to happen within the walls of The Center? New in 2023: Field Trips and Outings - and maybe some bus trips too!

There are many wonderful places to visit right here in our community. Visit a place you love or explore somewhere new. Every month The Center will plan an outing. Participants are responsible for their own fees and transportation. (Car pooling encouraged.)

Movies ▪ Museums ▪ Restaurants ▪ Coffee Shops ▪ Special Events ▪ More

If you'd like to help us make plans, talk to Program Manager Michelle: [programmanager@theopenlink.org](mailto:programmanager@theopenlink.org).





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nity members came to learn how they could help. We were touched to know how much people care.

With the help of new and existing volunteers, soon we'll be returning to daily meal deliveries after a two-day-a week schedule that began at the start of the pandemic. This will mean more variety in meals, a hot meal five days a week, no longer storing extra food in the refrigerator and freezer or watching expiration dates. Each day recipients will receive a hot lunch and refrigerated dinner for that day, with side items, milk and bread. And of course, more friendly visits by our kind and caring volunteers.

We are excited for the program to get back to what it was always meant to be and to better serve seniors in our community. We appreciate our donors and volunteers, but the real stars of the Meals on Wheels program are those who receive deliveries. We look forward to the visits to your homes, our conversations, and getting to know you.

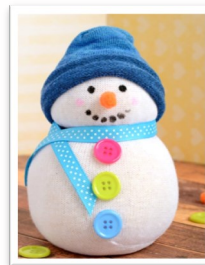
Applying for the program is often not an easy decision. Most people don't want to feel like they're complaining or asking for help. They've worked hard all their lives, taking care of their homes, families, workplaces, and communities. They are independent and strong. Meals on Wheels does not take that away; it is a solution to maintain one's independence. For many people it means being able to stay in their home. It's receiving an extra hand to stay healthy and safe, and it's peace of mind for those who receive meals and for their loved ones.

We are very grateful to be a part of this program and would be happy to share more if you are interested. Call 215.679.6550, and see page 8 to learn more.

## Winter Craft

### No-Sew Snowman

Cheer up your winter décor or give as a gift! No special skills needed to create your own adorable snow friend!



**Wednesday**  
**January 11<sup>th</sup>**  
**1:00 pm**

**Cost \$2 | RSVP by Mon, 1/9**

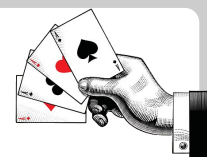


Weekly

Tuesdays

12:30 pm

**POKER**



No Cost/No Buy-In

## Monday Community Meal

**January 9 • 6:00 pm**

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

*There is no charge for the meal.*



We want your feedback. Help us plan 2023!  
We'll put on the coffee - you bring your ideas!



## PARTICIPANT MEETING

**THURSDAY, JANUARY 5<sup>TH</sup>, 2023 • 1:00 PM**

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



- ✓ What kinds of things do YOU want to do?
- ✓ What sort of group activities can we plan?
- ✓ What subjects do you want to learn about?
- ✓ Will you lead an activity or share a hobby?



Compliments

Suggestions

*Anyone is welcome ~ discussion & refreshments*

If you can not attend but have ideas, contact [programmanager@theopenlink.org](mailto:programmanager@theopenlink.org)



## Popcorn and a Movie

Celebrate National Popcorn Day  
with snacks and a *MYSTERY*  
movie at the Center!

**Thursday, Jan. 19<sup>th</sup> • 12:30 PM**



**Can you guess the movie?  
Find clues around the Center  
during the month of January!**



**Thursdays in January • 10:30 AM**

Our presenter Jacquelyn returns with  
a new subject to learn about every  
week this month.

**January 5**

**Sneferu the Great Builds the First Pyramids**

**January 12**

**Khufu Erects the Great Pyramid at Giza**

**January 19**

**Radjedef, Kafre and Menkaure**

**January 26**

**A Trip Up the Nile to Luxor**

The coffee will be on! RSVPs encouraged. No Cost.

## Health & Wellness at The Center

**Come get healthy with us! Classes targeted for ages 55+. All are welcome!**

**Meditation Mondays with Michelle** – Mon, 9:45–10:15 AM. Guided meditation, relaxation exercises. Great for those who would like to learn. Start your week right. No Cost.

**Walkercise** – Mon & Wed, 9:00 AM. Come stretch those morning muscles! A great way to start your day and get your heart pumping stronger.

**Walks with Wendy** – Wed, 2:00 PM. Camelot Park. Meet at the upper parking lot. Weather permitting. Call to see if Wendy will be walking. No cost.

**Tai Chi** – Tues & Fri, 10:15–11:15 AM. Gentle physical exercises and stretches, Tai Chi is often described as “meditation in motion”. Accessible for everyone.








**Move & Tone** – Thurs, 9:15–10:00 AM. Low-impact aerobic exercise & strength intervals for heart and bone health, set to music from the 50’s, 60’s and 70’s.

**Chair Yoga** – Fri, 9–10:00 AM. Instructor Sarah has a passion for taking yoga accessible for everyone! Enhance strength, flexibility, and balance.



**Register for each class one time, then come as your  
schedule allows! \$2 Suggested Donation for  
most classes. *Your first class is always free!***



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

See newsletter for details about RSVP, costs, etc.





Monday	Tuesday	Wednesday	Thursday	Friday
2  <b>CLOSED</b> <i>Happy New Year</i>	3 <b>New Year's Meal</b> <b>Pork w/ Sauerkraut</b> Mashed Potatoes Green Beans <i>RSVP by 12/29</i>	4 <b>Mild Curry Chicken</b> Cauliflower Brown Rice w/ Peas <b>Celebrate Trivia Day</b>	5 <b>Stuffed Chicken Breast</b> Garlic Mashed Potatoes Broccoli Florets	6 <b>Baked Rigatoni</b> Parmesan Broccoli & Cauliflower Carrots
9 <b>Sweet &amp; Sour Chicken</b> Broccoli Brown Rice	10 <b>Sliced Turkey w/ Stuffing &amp; Gravy</b> Whipped Potatoes Brussels Sprouts, Cauliflower & Carrots	11 <b>Middle Eastern Beef</b> Wide Noodles Oriental Blend	12 <b>Breaded Chicken Strips</b> Sweet Potato Cubes Broccoli	13 <b>Stuffed Baked Fish</b> Tilapia w/ Herb Stuffing Garlic Spinach & Carrots Rice
16  <b>CLOSED</b> Martin Luther King, Jr. Day	17 <b>Swedish Meatballs</b> Mixed Vegetables Wide Noodles <b>Pecan Pie in honor of Martin Luther King, Jr</b>	18 <b>Salisbury Steak</b> <b>Diane w/ Mushrooms &amp; Burgundy Wine Sauce</b> Carrots Whipped Potatoes	19 <b>Breakfast Sandwich</b> Home Fries Scalloped Apples	20 <b>Crabcake</b> Mac & Cheese Stewed Tomatoes Squash & Carrot Medley
23 <b>Meatloaf</b> Peas Whipped Potatoes	24 <b>Creamy Herb Pasta w/ Chicken</b> Corn Broccoli, Carrots, Pepper & Onion	25 <b>Breakfast Platter</b> French Toast & Omelet Cinnamon Sweet Carrots <b>12:30 Birthday Party</b>	26 <b>Chicken Cacciatore</b> Green Beans Parmesan & Basil Rice	27 <b>Baked Tilapia w/ Mustard Cream Sauce</b> Sauteed Spinach, Carrots Wide Noodles
30 <b>Sunday Roasted Chicken</b> Green Beans Mashed Sweet Potatoes	31 <b>Sliced Beef Au Jus</b> Parsley Potatoes Roasted Beets	Hot, tasty, nutritious meal, side items, bread/roll and milk  Menus created by a registered dietician. Substitutions available upon request.  No Cost for Age 60+ / \$2 Suggestion Donation: <i>Lunch donations benefit the Office of Senior Services for senior programming.</i>		



**Monday - Friday; Served at 12:00 PM**  
*RSVP by 11 AM that day or sign-up while at The Center.  
Arrive anytime after 11:30 AM for coffee and conversation.*  
*Some special lunches have earlier RSVP dates to help us prepare.*



# What's Happening in January?

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

*\*Don't forget to sign-up for lunch separately.*



**Health & Wellness Classes** ▪ See page 4 for details, and make sure to check the Community Lunch and Activities Calendar for the complete Center schedule.

**Thursdays in January ▪ A Visit to Egypt every week!** Our presenter Jacquelyn will be here every Thursday at 10:30 AM to journey into a new subject. No cost. (pg 4)



**Thurs. Jan 5, 1 pm ▪ Participant Meeting** - Help us start 2023 out right by sharing your thoughts and suggestions. Bring your ideas for new programming! (pg 3)

**Mon. Jan 9, 11 am ▪ Stamp Collecting**, the 2<sup>nd</sup> Monday of every month. Show, Share, and Trade stamps. Lower level. Let us know if you have questions or ask Arno.



**Mon, Jan 9, 12:30 pm ▪ Food for Thought - Give Peas a Chance: Meatless Monday.** Monthly series highlighting superfoods, with samples. No Cost. RSVP by 1/5. (pg 2)

**Thurs. Jan 12, 1 pm ▪ Afternoon Tea** - Wear your grandest hat for tea and sweets. Show and share teatime collectibles. RSVP by Mon. 1/9. (pg 2)



**Wed. Jan 18, 1 pm ▪ DIY with Danielle: Coconut Oil Sugar Scrub.** Danielle shares how to use ordinary items to do something new! \$1. RSVP by 1/16. (pg 2)

**Wed. Jan. 11, 1 pm ▪ Winter Craft** - Create an adorable snow friend to cheer up your winter décor. Supplies provided. \$3 suggested donation. RSVP by Mon 1/9



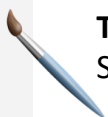
**Thurs. Jan. 19, 1 pm ▪ Popcorn & A Movie.** Celebrate National Popcorn Day with a MYSTERY movie. Guess the title, look for clues at The Center! No Cost. RSVP by 1/18

**Fri. Jan 20, 1 pm ▪ Bingo - Doors open at 12:30** for refreshments and fun! \$1 suggested donation helps us purchase prizes, including everyone's favorite: snacks!



**Tues. Jan 24, 12:30 pm ▪ Nutrition Demo w/ Teri Wassel.** Quarterly program by Montgomery County Health Dept. No Cost. RSVP by 1/17, space is limited. (pg 8)

**Wed. Jan. 25, 12:30 pm ▪ Monthly Birthday Party** - You're ALL invited to celebrate and honor everyone with a January birthday. Cake and fun. RSVP by 12/24.



**Thurs. Jan. 26, 1 pm ▪ Painting Class with Susie Camm** - "Winter Scene on Canvas", Space is limited, sign up now! Cost \$10. (if cost is prohibitive, please talk to staff)

*\*Check the **Menu & Activities Calendar** for special things happening at & after lunch.*

RSVP dates help us plan but if it is past an RSVP date, and you would like to attend an activity, please reach out - we may be able to accommodate!

Do you or someone you know live in the Upper Perkiomen Valley and need help with meals?  
Meals on Wheels can help at **no cost** to qualified participants!

## More than just a meal!



### Meals on Wheels provides:

- ◆ Nutritious, well-balanced meals
- ◆ Friendly, daily visits
- ◆ Ability to stay in your home
- ◆ Short-term or long-term service



Individuals must meet eligibility requirements: 60 years of age or older, unable to shop for themselves or prepare meals, and no one residing with them to do so.

This is a program of the Montgomery County Office of Senior Services facilitated to the Upper Perkiomen Valley by The Open Link out of the East Greenville senior center location: The Center at The Open Link.

*This program is funded by Montgomery County Senior Services, private and corporate donations.*

## Nutrition Demo with Teri Wassel, MS, RD



**Tuesday, January 24<sup>th</sup> • 12:30 PM**

Winter in our house means one thing: it's soup season! It's time to break out the slow cooker. One of the simplest joys that the cold weather brings is coming home to a hearty Crock Pot soup that's been cooking all day.

Space is limited! Sign up now.  
RSVP required by **Jan 17<sup>th</sup>** or when  
maximum attendance is reached.



Montgomery County  
Department of  
Health and Human Services

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

## Painting Class



with  
artist  
Susie  
Camm

*Discover your inner artist as you  
learn, step-by-step, to create this  
winter scene on canvas.*

**Thurs., January 26<sup>th</sup>\* • 1 pm**

**Cost: \$10**

Pay when you register.

Registration open until Jan 19<sup>th</sup>  
or when class is full.

*Space is Limited - Sign up today*

\*Snow date: 2/2



indoor

## SOUP-ER BOWL TAILGATE PARTY

**Friday, February 10th, 2023**

**Big Game LVII:  
Sunday,  
Feb. 13<sup>th</sup>, 2023**

Get ready for the big game with a pre-celebration including soup! Wear your favorite team's gear.  
If the Philadelphia Eagles are in the game, there will be extra fun in store that day.

Disclaimer: Everyone is welcome at The Center!

We do not discriminate on the basis of age, color, creed, gender, gender identity, mental or physical disability, national origin, political affiliation, race, sexual orientation, or choice in sports teams. Go Eagles!