



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



February 2023

National Heart Health Month = More Than Meets the Eye

By Kelly Chandler, Development & Communications Mgr.

Hold onto your hats, we're about to turn tradition on its head!

This month, recognized as American Heart Health Month, we usually focus on how to do things like eat a heart-healthy diet, move more, stop smoking and maintain a healthy weight. While those are all important things to be aware of, and work towards, we often neglect something very important. And that something is our mental and emotional health.

So let's get to the heart of it (bad pun intended)! No matter your faith, personality or outlook, life can be hard sometimes. Combine normal ups and downs with recently coming out of a pandemic, where many people experienced loss, and the general negativity splashed all over the news and social media, you have a recipe for depression and isolation.

How do we truly be "heart-healthy?" According to the National Institute of Health, it's a combination of taking care of our physical bodies and our minds. Here are some practical tips:

Do something for someone else: This has been scientifically proven to lift mood and bolster feelings of self-worth! Volunteer at your local library, school or non-profit to teach children how to read or serve a community meal. Surprise a neighbor with dinner or offer to help with a task around the house. Write a card or drop off a care basket to someone who is hospitalized or in a nursing home. What may seem like a little thing to you may mean the world to someone else.

Practice self-care. Self-care is defined as anything

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What a lovely time we had at our Afternoon Tea on Jan. 12! Everything was beautiful, especially our guests, many of whom wore their grandest hats to the affair. See page 3 for details on a Valentine's Tea event.



The Center will be **CLOSED** on Monday, February 20th in honor of President's Day. Meals on Wheels will not be delivered.

Winter Weather Procedures:

Both of The Open Link locations follow the Upper Merion 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.*



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 indi-
viduals 60 and over. \$2 suggested donation.

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



Kitchen Coordinator Danielle shows
us how to use ordinary items in new
ways! This month: **Fruit Bouquets**



Create an edible arrangement to treat
yourself or give as a gift to family,
friend, or to your valentine.

Wed., Feb. 8th • 1 PM



RSVP by Mon 2/6 • Cost \$1



FOOD FOR THOUGHT.

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

Short presentation & sample snack.

Is Chocolate *REALLY* a Superfood?

**Thurs., Feb. 16th
12:30 pm**



RSVP by 2/15

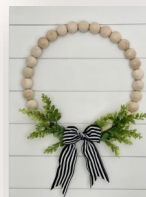
No Cost

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

Winter Craft

Bead Wreath

Cheer up your winter décor or give as a
gift! No special skills needed.



**Wed., Feb 15th
1:00 pm**

Cost \$3 | RSVP by Mon, 2/10



Community Outings - Taking The Center out on the town!

There are many wonderful places to visit right here in our own community!

Visit a place you love or explore somewhere new. Participants are responsible
for their own costs and transportation. (Car pooling encouraged.)

RSVP to The Center or use the sign-up sheet in the NEW Outings Book in the big room.

Tues., Feb. 21st • 9 am

Meet at the Café

Enjoy breakfast with friends,
plus see local arts and crafts.



JAVA & FRIENDS CAFÉ

254 Main Street
East Greenville

facebook.com/UPJavaFriends

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

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

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you do to stay healthy. That means taking time to tend to yourself, outside of caring for others, as well! Read a book, challenge your brain with a sudoku, take a long walk or treat yourself to a manicure or massage. Take time to learn a new skill or hobby. Exercise (along with a high fiber diet, surprisingly) is vital to maintaining serotonin, a chemical that carries well-being messages between the nerve cells of your brain and the rest of your body.

Connect with family and friends for support. Text or call someone you haven't caught up with in a while. Share a funny experience or a challenge you're going through. Make a new friend! Whether you're an introvert, extrovert or something in between, you're bound to find common interests and common ground with others.

In that vein, The Center will be partnering with Generations of Indian Valley and the Center for Loss and Bereavement to offer a special support group series in the coming months. The "Stories of Our Lives" will be a program for those interested in sharing personal experiences of loss and hardship along with rich stories of growth, joy and wisdom. The first series will be held at Generations in Souderton in April, with an information session on Thursday, March 23 from 12:30 – 1 p.m. Reach out to Emily at efilice@generationsofiv.org or by calling 215-723-1930 for more information or to express interest. The Center will be hosting a series in the fall.

No matter how you do it, we hope you invest in what really makes your heart healthy and happy. Here at The Center, we hope to be a part of that in the months and years to come!

Valentine's Tea

Thurs., Feb. 9th ♥ 12:30 pm

Enjoy a cup of tea while creating Valentines. While this tea will not be as elaborate as January's Afternoon tea, it will be a lovely time together - hats are always welcome!



Make cards for loved ones or to be sent in Meals on Wheels deliveries.

RSVP encouraged by 2/8. Cost: \$1.



Thursday, February 9th ▪ 10:30 AM

Our presenter Jacquelyn returns with fascinating information from the land of Egypt.

Something new to learn about and discuss at every presentation.

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



MAJIGRAS

Make & Take

Beans & Rice in a Jar

Tues., Feb. 21st (Fat Tuesday)

12:30 PM

RSVP by 2/20 No Cost



Monday Community Meal

February 6th ▪ 6:00 pm

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

775 Main St., Pennsburg, enter on 8th St

Hosted by a different church or organization every month.

There is no charge for the meal.

Come spend time with friends and enjoy a hot breakfast.



Valentine's Breakfast

Tues., Feb. 14th ♥ 10:30 a.m.

Food, Fun & Games

RSVP by 2/10 ▪ \$3 Suggested Donation

Hot community lunch won't be served this day. Bagged lunch available to take home or eat at The Center.

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

Talking with Your Doctor

**Thursday,
February 16th
10:30 am**

RSVP by Tues, 2/15

**Do you want to take a more active role in your health?
Are you helping a loved one navigate a health issue?**

Helpful Info & Tips:

- How to get ready for a doctor's visit
- Discuss health concerns
- Make decisions about treatment
- Remember what was discussed

More programming in 2023 by the
Office of Senior Services!



517 Jefferson St.
East Greenville, PA



Montgomery County
Department of
Health and Human Services

Office of Senior Services

**2nd Monday
of every month**

First-time attendees
receive three pieces
of first-day issue
envelopes free.



Tuesdays & Thursdays • 12:30 pm

Any level chess player
is welcome from
beginners to advanced.
New participants
welcome!



One of the most popular
variants of the card
game of poker. Come
learn how to play!

No Cost/No Buy-In

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 if questionable. 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!***





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

February 2023

ACTIVITY CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
		1 9-9:30 Walkercise 10:00 Quilters (LL) 12:00 Community Lunch 2:00 Winter Walks	2 9:15-10 Move & Tone 12:00 Community Lunch 12:30-3 Poker, Chess Groundhog Day	3 9-10:00 Chair Yoga 10:15-11:15 Tai Chi 12:00 Community Lunch
6 9-9:30 Walkercise 9:45 Meditation 12:00 Community Lunch	7 10:15-11:15 Tai Chi 12:00 Community Lunch 12:30-3 Poker, Chess	8 9-9:30 Walkercise 10:00 Quilters (LL) 12:00 Community Lunch 1:00 DIY Fruit Bouquet 2:00 Winter Walks	9 9:15-10 Move & Tone 10:30 Visit to Egypt 12:00 Community Lunch 1:00 Valentine's Tea 12:30-3 Poker, Chess	10 9-10:00 Chair Yoga 10:15-11:15 Tai Chi 12:00 Soup-er Bowl Tailgate Party RSVP: 2/8
13 9-9:30 Walkercise 9:45 Meditation 11:00 Stamp Coll. (LL) 12:00 Community Lunch	14 Attn: <u>No</u> Tai Chi 10:30 Valentine's Breakfast RSVP by 2/10 12:30-3 Poker, Chess	15 9-9:30 Walkercise 10:00 Quilters (LL) 12:00 Community Lunch 1:00 Winter Craft 2:00 Winter Walks	16 9:15-10 Move & Tone 10:30 Talk w/ Your Dr. 12:00 Community Lunch 12:30 FFT: Chocolate 2:00 Welcome Visitors	17 9-10:00 Chair Yoga 10:15-11:15 Tai Chi 12:00 Community Lunch 1:00 Bingo - Doors open at 12:30 for food & fun
20 CLOSED 	21 9:00 Breakfast Outing 10:15-11:15 Tai Chi 12:00 Community Lunch 12:30 Make & Take 12:30-3 Poker, Chess	22 9-9:30 Walkercise 10:00 Quilters (LL) 12:00 Community Lunch 12:30 Birthday Party 2:00 Winter Walks	23 9:15-10 Move & Tone 12:00 Community Lunch 12:30-3 Poker, Chess	24 9-10:00 Chair Yoga 10:15-11:15 Tai Chi 12:00 Community Lunch
27 9-9:30 Walkercise 9:45 Meditation 12:00 Community Lunch	28 10:15-11:15 Tai Chi 12:00 Community Lunch 12:30-3 Poker, Chess	Programs held in the Main Room unless otherwise noted. <div> Blood Pressure Checks Most Thursdays at approx. 12 pm <i>courtesy of Family Caregivers Network</i> </div>		



*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.






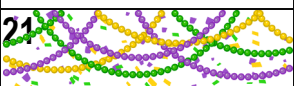



The Center at The Open Link is partially funded by Montgomery County Senior



517 Jefferson St., East Greenville
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Main Office: 215.679.4112



Monday	Tuesday	Wednesday	Thursday	Friday
		1 Mild Curry Chicken Cauliflower Brown Rice w/ Peas	2  Burgundy Glazed Meatballs Brussels Sprouts Brown Rice w/ Peas	3 Baked Rigatoni Parmesan Broccoli & Cauliflower Carrots
6 Sweet & Sour Chicken Broccoli Brown Rice	7 Sliced Turkey w/ Stuffing & Gravy Whipped Potatoes Brussels Sprouts, Cauliflower & Carrots	8 Middle Eastern Beef Wide Noodles Oriental Blend	9 Breaded Chicken Strips Sweet Potato Cubes Broccoli	10  Soup-er Bowl Indoor Tailgate Party RSVP by 2/8
13 Swedish Meatballs Mixed Vegetables Wide Noodles	14  Valentines Breakfast Please RSVP by 2/10 <i>Bagged Lunch available</i>	15 Salisbury Steak Diane w/ Mushrooms & Burgundy Wine Sauce Carrots Whipped Potatoes	16 Breakfast Sandwich Home Fries Scalloped Apples	17  Crabcake Mac & Cheese Stewed Tomatoes Squash & Carrot Medley
20 CLOSED 	21  Meatloaf w/ Onion Gravy Peas Whipped Potatoes	22  Breakfast Platter French Toast & Omelet Cinnamon Sweet Carrots 12:30 Birthday Party	23 Chicken Cacciatore Green Beans Parmesan & Basil Rice	24 Baked Tilapia w/ Mustard Cream Sauce Sauteed Spinach, Carrots Wide Noodles
27 Sunday Roasted Chicken Green Beans Mashed Sweet Potatoes	28 Sliced Beef Au Jus 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 February?

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

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



Wed. Feb 8, 1 pm ▪ DIY with Danielle: Fruit Bouquet - Danielle shares how to use ordinary items to do something new! Suggested Donations: \$1. RSVP by 2/6. (pg 2)

Thurs. Feb 9, 10:30 am ▪ Visit to Egypt with presenter Jacquelyn. No Cost. (pg 3)

Thurs. Feb 9, 1 pm ▪ Valentine's Tea - Tea with friends. Create Valentines Cards to give to loved ones or for Meals on Wheels recipients. RSVP by 2/8. (pg 3)



Fri. Feb 10, 12 pm ▪ Indoor Tailgate Party - Soup-er Bowl Celebration - Wear your favorite team's gear! Lunch and games. \$3 Suggested Donation. RSVP by 2/8. (pg 8)

Mon. Feb 13, 11 am ▪ Stamp Collecting - 2nd Monday of every month. Show, Share, and Trade stamps. Lower level. Let us know if you have questions or ask Arno.



Tues. Feb 14, 12 pm ▪ Valentine's Breakfast - Good food and some ol' fashioned fun. Sugg. donation: \$3. RSVP by 2/10 (pg 3) A bagged lunch available to take home.

Wed. Feb. 15, 1 pm ▪ Winter Craft - Wooden Bead Wreath. Beginner and advanced crafters welcome. Help is available. \$3 suggested donation. RSVP by 2/10. (pg 2)

Thurs., Feb 16, 10:30 pm ▪ Talk with Your Doctor - Take a more active role in your health, or learn how to help a loved one. No Cost. RSVP by 2/14. (pg 4)



Thurs. Feb 16, 12:30 pm ▪ Food for Thought - Chocolate - Monthly series highlighting superfoods, with samples. No Cost. RSVP by 2/15. (pg 2)

Thurs. Feb 16, 2 pm ▪ Welcome to The Center - Invite friends to visit and tour!

Fri. Feb 17, 1 pm ▪ Bingo & Mardi Gras Fun - Doors open at 12:30 for refreshments. \$1 suggested donation (donations help us purchase prizes). RSVP by 2/16.



Tue. Feb 21, 9 am ▪ Community Outing - Let's visit places in our community together. Our first outing: Java & Friends in East Greenville. See pg. 2 for details.



Tue. Feb 21, 12:30 pm ▪ Mardi Gras Make & Take: Beans & Rice in a Jar. Assemble a healthy, easy lunch that includes a tag with instructions. No Cost. RSVP by 2/20.

Wed. Feb. 22, 12:30 pm ▪ Monthly Birthday Party - You're ALL invited to celebrate and honor everyone with a February birthday. Cake and fun. No Cost. RSVP by 2/21.



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!

indoor

SOUP-ER BOWL

\$2 Suggested Donation

The Center's
Pre-Game
Celebration

TAILGATE PARTY

Friday, February 10th, 2023 • 12:00 pm

Food 🏈 Games 🏈 Fun

Wear your
favorite
team's gear!

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!



Thursday,
February 16th
2 pm
No RSVP needed

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!

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



Are you interested in bus trips?
Attend with a group from The Center
and other seniors in our community.
ANNA'S ADVENTURES

Anna has a trip scheduled almost every month! For one cost, receive motor coach transportation (arranged through Perkiomen Tours), admission/ticket, and driver gratuity. Lunch often included.

Upcoming Trips include:



- New York Botanical Gardens
- Moses at Sight & Sound Theater
- The Billion Dollar Trio



See The Center's Outing Sign-Up Book for trip details, to sign-up to attend with others from The Center, and for more information about Anna's Adventures.

PLAYBILL®

Save these dates for March's Center outings to
Upper Perk Middle and High School musicals!

Sign-up at The Center or call us to RSVP
so we can reserve seats together!



SISTER ACT Jr.
Wednesday, March 1st
Time TBD
Upper Perk Middle School

MAMMA MIA!
Wednesday, March 8th
1 pm
Upper Perk High School



*These performances are free for seniors.
Gold Card not required.*



Class taught by Judy Pfander, AARP Representative

REFRESHER COURSE

Tuesday, March 14, 2023
1:00-5:00 PM at The Center

Designed for drivers who have taken the safety course and want to renew their certification.
Refresh your driving skills and save money.
Check with your insurance agent about a possible reduction in auto insurance premiums.

AARP Members: \$20.00 | Non-Members: \$25.00

(Please make checks payable to AARP)

Bring check and valid PA driver's license to the class.

For more information or to register, please
call 215-679-6550 or email center@theopenlink.org