



THE CENTER
at
THE OPEN LINK

Enriching the Lives of Older Adults in our Community



March 2023

Grief Support Available at The Center

By Kelly Busedu, Program Manager

Loss and grief may be the most common experience we share but it is often the most difficult to talk about. Part of what makes it so difficult may be how different it can look and feel from person to person.

We often think of loss as the death of a spouse, family member or friend, and while this pain does have the strongest and deepest effect on us, the truth is we experience many different types of loss throughout our lives. Loss of a beloved pet, a job, our health, independence, or financial security are just a few types of loss that many of us experience in our lifetime.

Just as our loss can cover a broad spectrum, how we grieve looks different for each person as well. We may withdraw into ourselves or seek out the comfort of others. You may find it comforting to talk about your loss or you may be too overwhelmed by your emotions. There is no right or wrong way to grieve and there is no timeline that we need to follow.

Most of us find that while grieving, what we feel or what we need can change often, sometimes unexplainably and beyond our own understanding. Grief comes in many forms; it follows no patterns or timeline, and has no rules. Give yourself permission to mourn and allow yourself not to *move on*, but to *move through* the pain.

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The Big Game may not have had the outcome many of us hoped for, but we had a blast at the Souper Bowl Party on Feb. 10! There was delicious food like homemade soup, games and prizes, and the event wouldn't have been complete without singing the Eagles fight song!

**NATIONAL
OREO**



COOKIE DAY!

Monday, March 6

Celebrate with us at 12:30 PM

(Not necessary to attend
lunch at 12:00 PM) RSVP by 3/3

Oreo cookie buffet,
milk, and board games



Tuesday, March 14

Join us at 12:30 PM
(Not necessary to attend
lunch at 12 pm)
RSVP by Mon 3/13

NATIONAL



MEET KATIE. Katie is a recent West Chester University graduate with a Bachelor's of Science in Nutrition.

She is working on becoming a registered dietitian and is currently completing a dietetic internship at various sites to gain experience in different areas. She will be at The Center March 14 - 17 to shadow the Meals on Wheels process and daily operations of the senior center. She will assist with programs while she's here, then return to present:



IMPORTANT NUTRIENTS

after the age of 60



Monday, March 20 • 1:00 PM

RSVP by 3/17 No Cost



Monthly Do-It-Yourself program



**This month we welcome
Center volunteer Kate for**

Cake Decorating for Beginners



Kate will show you how to create delicious masterpieces to eat, take home, and serve Friday at Community Lunch

and Kate

Sign-up now!

Limited to 20 people



Thursday, March 30th • 1 PM

RSVP by Mon. 3/27 • Cost \$3



Crafts with Carol

Thurs., Mar 23

1:00 pm

RSVP by 3/20

Toilet Paper Roll Snowflakes & Flowers

Decorate for Winter or Spring!

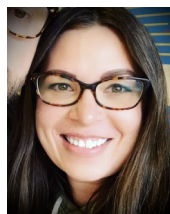
Our crafty volunteer Carol will help you cut, paint, and glitter.

Suggested Donation: \$2

Save your empty toilet paper rolls!



HAVE YOU MET MEGEAN? Megean is in the Montgomery County Community College Human Services Program preparing for a career in helping people. She may stay in her current field working with teens or children in the foster care system, but is open to the possibility of helping people obtain services or working with the senior population. She is completing a 15-week internship at The Open Link. She spends time at the main office learning about services like the food pantry, employment assistance, and more. At The Center, she's been involved with Meals on Wheels, Community Lunch, and many activities. She'll be with us until April. Say "hi" to Megean when you see her!



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 something new with friends. Participants are responsible for their own costs and transportation. (Car pooling encouraged.)

RSVP: Call, Email, or Sign-up in the OUTINGS sign-up book at The Center.



SISTER ACT Jr.

Wed, Mar 1 • 3:30 PM

U.P. Middle School
901 Montgomery Ave

MAMMA MIA!

Wed, Mar 8 • 1:00 PM

U.P. High School
2 Walt Rd, Pennsburg



These performances are free for seniors (donations accepted). We will meet at the school. RSVP to The Center the week before each show - the schools will reserve seats for us!

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While grief is painful, it is an important part of healing and moving forward. Seeking out support from family, friends or professionals like counselors or support groups can help you through these painful times. Engaging in self-care activities such as exercise, meditation or hobbies can also help. Journaling or writing your thoughts and feelings down on paper is a good alternative if you find it too difficult to speak with someone about your loss.

No matter what you are grieving, you don't have to do it alone. With programming like special events, crafts, and health and wellness programs, as well as daily lunch, your friends at The Center are here to share the happy times as well as be a shoulder to lean on when you are grieving a loss. We are honored to share in the ups and downs of your lives.

The Center at The Open Link is partnering with The Center for Loss and Bereavement to bring you a special support group series. "The Stories of Our Lives" will be a series of shared discussions where participants can come together to share personal experiences of loss and hardship along with rich stories of growth, joy and wisdom.

We hope you will join us here on Tuesday, March 21, 2023, from 1:00-1:30 p.m. for an information session to discover how joining together with others can be beneficial in the grieving process.

Bingo at The Center is usually the 3rd Friday of each month, but this month is different - we have something special for you!



Join us as we welcome special guest hosts from:

Humana®

Wednesday, March 22, 2023

1:00 PM

RSVP by Friday, 3/17

No Cost. Donations welcome.

Come out to meet Humana representatives and enjoy Bingo and ice cream. We look forward to having them return for presentations on topics that help people find their path to good health and well-being, including nutrition, caregiving, and technology.

Humana is a Medicare Advantage organization and stand-alone PDP (prescription drug plan) with a Medicare contract.

It's Your Lucky Day! 🍀 Thursday, March 16, 2023

12:00 pm - St. Patty's Day Lunch Menu: Shepherd's Pie, Brussels Sprouts

12:30 pm - Games of Luck with St. Patty's Day Dessert

1:00 pm - Fight Fraud with the Senior Medicare Patrol; an Exclusive Presentation with Guest Speaker Scott Kuhn

Scott Kuhn, representative from:



Learn to:

PROTECT, DETECT & REPORT

Medicare loses nearly \$100 billion annually to fraud, taking money out of **YOUR** pocket and compromising **YOUR** health. Fraud raises premiums and costs and decreases **YOUR** quality of care. You can fight back!



Don't Depend on Luck - Protect Yourself. 🍀 Sign-up for 1 or all 3!

The Mayflower Compact

Presentation

Thurs., March 16, 2023 ▪ 10:15 AM

Learn about the Mayflower Compact, the men who created it, and why it may be considered America's "First Constitution".

This educational and engaging VIRTUAL presentation is offered by the:

LIBERTY TREE SOCIETY

a non-profit group established in 1965 to celebrate the birth of freedom in America.

Liberty Tree Society has provided a copy of the Compact Certificate in celebration of America's 402nd year - on display at The Center.

"My wife, Frances Soule, was a daughter of a descendant of Pilgrim George Soule. She was also related to more than 10 other Mayflower passengers. Her death in 2016, after 71 years of marriage, prompted me to investigate the importance of the Mayflower Compact." -John Hansell, Founder of Liberty Tree

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!

Walkercise – Mon & Wed, 9:00 AM. Come stretch those morning muscles! A great way to start your day and get your heart pumping stronger. Participants in this class follow a 30-minute video and enjoy good conversation while moving their feet!

Walks with Wendy – Wed, 2:00 PM. Camelot Park. Weather permitting; call if questionable. Meet at the upper parking lot. No cost. Center staffing does not always allow for Wendy to walk, but we encourage you to join others for a walk in the fresh air!

Tai Chi – Tues & Fri, 10:15–11:15 AM. Gentle physical exercises and stretches. Accessible for everyone, can be done seated or using a chair for support. This class follows the popular videos from the Happy Thought Tai Chi Program, developed by Mark Cashatt.

Chair Yoga – Fri, 9–10:00 AM. Certified instructor Sarah Thayer has a passion for making yoga accessible for everyone! Explore breathing exercises and relaxing meditations, enhance strength, flexibility, and balance – all with the support of a chair.

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





The Stories of Our Lives

Shared Discussion About Life's Journey

Special support group series at The Center: 517 Jefferson St., East Greenville, PA 18041

Information Session:

Tuesday, March 21, 2023

1:00 to 1:30 pm

Discover how joining together with others can be beneficial and comforting.

Refreshments provided.

6-Week Sessions:

Tuesdays, 1 pm to 2:30 pm

April 11 to May 16, 2023

These sessions will be led by staff of The Center for Loss and Bereavement, with support from staff of The Open Link.

This series welcomes participants to come together in a safe space of comfort and camaraderie, to share about personal experiences of loss and hardship, along with rich stories of growth, joy, and wisdom. Understand and reflect on the stages and circumstances that fill a lifetime.

**RSVP to the
Information Session:
215.679.6550 | center@theopenlink.org**


The Center for Loss and Bereavement
3847 Skippack Pike
Skippack, PA 19474

A non-profit resource of specialized knowledge and professional support that provides meaningful connection and restorative guidance for those impacted by grief.



**517 Jefferson Street
East Greenville, PA 18041**

*Enriching the lives of older
adults in our community*



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

No cost for individuals
60 years old & over.
\$2 suggested donation.

March 2023 MENU

Tasty and nutritious meal, side
items, 1% milk, coffee, tea



Monday - Friday
Served at 12 PM
RSVP by 11 AM.

Arrive anytime after 11:30

Monday	Tuesday	Wednesday	Thursday	Friday
Menus created by a registered dietician. <i>Lunch donations benefit the Montgomery County Office of Senior Services for senior programming.</i>		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 Oreo Cookies & Games at 12:30 pm	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 Stuffed Baked Fish Garlic Spinach & Carrots Rice
13 Swedish Meatballs Mixed Vegetables Wide Noodles	14  Hawaiian Pork Mashed Sweet Potatoes Island Blend Veggies Sign-up for Pi Day at 12:30 pm	15 Salisbury Steak Diane w/ Mushrooms & Burgundy Wine Sauce Carrots Whipped Potatoes	16  St. Patty's Day Shepherd's Pie Brussel Sprouts Carrots Sweet Dessert 	17 Crabcake Mac & Cheese Stewed Tomatoes Squash & Carrot Medley
20 Meatloaf w/ Onion Gravy Peas Whipped Potatoes	21 Creamy Herb Pasta w/ Chicken Corn Broccoli, Carrot, Pepper	22  Breakfast Platter French Toast & Omelet Cinnamon Sweet Carrots	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	29  Mild Curry Chicken Cauliflower Brown Rice w/ Peas 12:30 Birthday Party	30 Burgundy Glazed Meatballs Brussels Sprouts Brown Rice w/ Peas 	31 Baked Rigatoni Parmesan Broccoli & Cauliflower Carrots

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



517 Jefferson St., East Greenville
The Center: 215.679.6550
Main Office: 215.679.4112
email: center@theopenlink.org



ACTIVITY CALENDAR

Check newsletter for
RSVP dates and details.

Monday	Tuesday	Wednesday	Thursday	Friday
Programs held in the Main Room unless otherwise noted.		1 9-9:30 Walkercise 10:00 Quilters (LL) 12:00 Community Lunch 2:00 Winter Walks 3:30 Outing: Sister Act Jr	2 12:00 Community Lunch 12:30-3 Poker, Chess	3 9-10:00 Chair Yoga 10:15-11:15 Tai Chi 12:00 Community Lunch
	6 9-9:30 Walkercise 12:00 Community Lunch 12:30 Oreo Cookies & Board Games	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 2:00 Winter Walks 1:00 Outing: Mamma Mia	9 12:00 Community Lunch 12:30-3 Poker, Chess
13 9-9:30 Walkercise 11:00 Stamp Coll. (LL) 12:00 Community Lunch 1:00 Center Closes early for Staff Meeting	14 10:15-11:15 Tai Chi 12:00 Community Lunch 12:30 Celebrate Pi Day 1-5:00 AARP Drivers Safety Course	15 9-9:30 Walkercise 10:00 Quilters (LL) 12:00 Community Lunch 2:00 Winter Walks	16 10:15-11:00 Mayflower Presentation 12:00 St. Patty's Lunch 12:30 St. Patty's Fun 1:00 Fight Fraud	17 9-10:00 Chair Yoga 10:15-11:15 Tai Chi 12:00 Community Lunch
20 9-9:30 Walkercise 12:00 Community Lunch 1:00 Nutrition Presentation w/ Intern Katie	21 10:15-11:15 Tai Chi 12:00 Community Lunch 12:30-3 Poker, Chess 1:00 Stories of Our Lives Info Session	22 9-9:30 Walkercise 10:00 Quilters (LL) 12:00 Community Lunch 1:00 Bingo & Ice Cream 2:00 Winter Walks	23 12:00 Community Lunch 10:00 Presentation: A Day on the Titanic by Christina Landis 1:00 Crafts w/ Carol	24 9-10:00 Chair Yoga 10:15-11:15 Tai Chi 12:00 Community Lunch
27 9-9:30 Walkercise 12:00 Community Lunch	28 10:15-11:15 Tai Chi 12:00 Community Lunch 12:30-3 Poker, Chess	29 9-9:30 Walkercise 10:00 Quilters (LL) 12:00 Community Lunch 12:30 Birthday Party 2:00 Winter Walks	30 12:00 Community Lunch 12:30-3 Poker, Chess 1:00 DIY - Cake Decorating with Kate	31 9-10:00 Chair Yoga 10:15-11:15 Tai Chi 12:00 Community Lunch

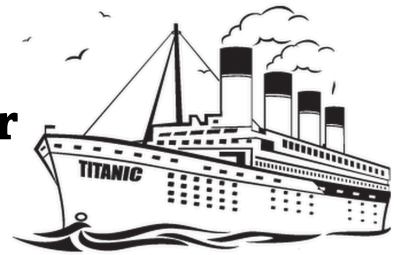
*Enriching the lives of older adults in our community
Programs and activities designed for adults 60 & above, all are welcome.*

RSVP dates help us plan and prepare, and some programs have attendance requirements. If it is past an RSVP date and you would like to attend, please reach out - we *may* be able to accommodate!

THURSDAY, MARCH 23, 2023

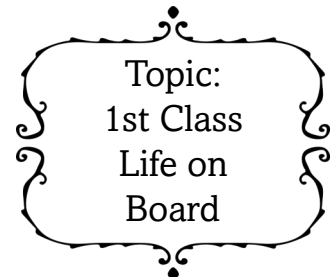
10:00 AM - 11:00 AM at The Center

RSVP by Wed. 3/22



New
Series!
No Cost.

A day on the **TITANIC**



Topic:
1st Class
Life on
Board

Period dress is highly encouraged but not necessary! Come out to see Center volunteer Christina and Center staff in Titanic-era clothing.



**Presented by Christina Landis,
Board of Trustee Member, Titanic International Society
President, Quakertown Historical Society**

Christina has a lifelong appreciation for everything Titanic, is a local history junkie, and loves historical reenactment. We are proud to have Christina offer this presentation and to have her as a volunteer at The Open Link - you may have seen her at a Center activity! You don't want to miss this presentation!



**Starts
April 12th**
9:30 to 11:30 AM
Sign-up now!

Celebrate healthy aging, making healthy lifestyle choices, and avoiding substance abuse.

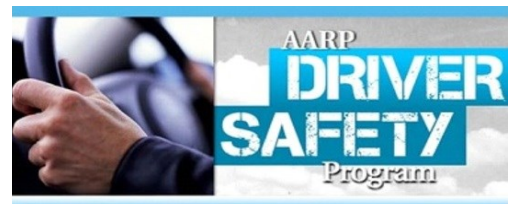
Topics include:

- Stress Management
- Depression
- Medication misuse and management
- Substance Abuse

Interactive program includes **small group discussions** and **projects**. Receive **tools** and **resources to take home**.

WISE: 6 weekly sessions that promote health through education concerning high-risk behaviors in older adults. **No Cost.**

Receive a \$10 gift card for completing this training.



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 previously 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

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