



THE CENTER *at* THE OPEN LINK

Enriching the Lives of Older Adults in our Community



April 2023

We're Springing Into Some Housekeeping

By Wendy Smeltz, Center Manager

When we think of housekeeping, we usually think of cleaning or keeping things tidy. There's also something called "housekeeping announcements", which happen at events to share information like where to find the restrooms or fire exits, or tell you rules like, "Turn off your cell phones". Housekeeping can mean announcing information that you want your audience to know, and it's a chance to welcome everyone, break the ice, and it can send the message that we're all in this together.

This month, we're going to tackle some of our own!

It is so exciting to see The Center growing! You may be aware that staff has gone through transitions and has at times been understaffed. We can't express how great you've all been - our participants' patience, our volunteers' hard work - you make The Center special.

The changes and pace at The Center can make it difficult to keep up with organization and projects, for both physical tasks and administrative work, so we are taking time to get things in order. In order to do housekeeping, The Center will be closed April 27th for spring cleaning! See staff or the front desk if you'd like to help. And see page 5 for details about lunch that day; we're bringing back drive-thru for one day only!

And now, our housekeeping announcements. We welcome each of you to The Center and are so glad for you. We strive to provide you with a senior center that offers nutrition, education, enrichment, and socialization, and is inviting and comfortable. As we get busier, we ask for your help making things run smoothly.

Sign-Ups - If you plan on attending lunch or an activity, please sign up. This helps us be prepared with

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We are so thankful for these participants' understanding when a scheduling led to a program cancellation. We love that they made lemonade out of lemons by playing an impromptu game of UNO. You can join us for games every Monday. See page 3 for details, including games on Pajama Day!

Easter Lunch

Thurs., April 6 • 12 pm

\$2 Suggested Donation

Menu: Glazed Turkey Ham with Fruit Sauce, Side Items, Roll



Easter Fun

Thurs., April 6 • 12:30 pm

Dessert & Activities

RSVP by Wed. April 5

CLOSED *for* **Friday, April 7**
Good Friday The Open Link (The Center and main office) will be closed.



The Center: 517 Jefferson St., East Greenville, PA 18041 • 215.679.6550

Main Office: 452 Penn St., Pennsburg, PA 18073 • 215.679.4112 • www.theopenlink.org


HAPPY BIRTHDAY

You're Invited!
Last Wednesday of each month
April 26 • 12:30 pm

When you RSVP, let us know if you'll be joining us for lunch at 12 pm.

Everyone is welcome! Help us celebrate everyone who has a birthday this month with **Cake • Sing Happy Birthday • Activities**

This month's birthday party is sponsored by

RSVP by 4/25  **pa health & wellness** No Cost

In this monthly Do-It-Yourself program, Danielle will show you how use ordinary items in new ways.

Make easy, safe, and Inexpensive cleaning supplies using items you probably already have at home!

Wed., April 19, 2023 • 1:00 pm

 RSVP by Mon. 4/14 Cost \$2 

 We enjoy seeing so many friendly faces. Join us to celebrate friends, old and new, by recognizing these "national days":

Wed. 4/5 - National Walking Day - First Wed in April. A great time to start Wednesday Walks!

 **Tues. 4/11 - National Pet Day** - Bring photos (past or present).

Mon. 4/17 - Wear PJs to Work Day (pg 3) 

 **Tue. 4/18 - National Animal Cracker Day**

Wed. 4/26 - National Pretzel Day

Fri. 4/28 - National Superhero Day - Who is your favorite superhero - fictional or in real life?

3rd Friday of every month

Spring Cleaning

BINGO

12:30 pm Doors open for activities and refreshments

1:00 pm Bingo • Just \$1 to play!

This Month: Fri., April 21

Spring Cleaning Themed Bingo & Prizes

Community Outings - Taking The Center out on the town!



Do you love all the choices at a Wawa Ordering Kiosk? Or do you find all the choices and steps overwhelming?



With two new Wawa convenience stores in Upper Perk, you may be enjoying the options to get gas, and ready-to-go and built-to-order food. If you aren't familiar with the ordering kiosk, and would like help learning how to use it, or if you just love Wawa, we're taking a field trip to pick up a late lunch, early dinner, or snack. **Wawa menu options include:** hoagies, sandwiches, salads, soups, snacks, frozen blended beverages and other hot and cold drinks, and more!



Wed, April 12, 1 pm - Meet outside of Wawa— 2100 Northgate Blvd, Pennsburg, PA (just off Rt 663).

We'll leave The Center at 12:45 pm if you'd like to depart together. *Eat at Wawa or at The Center!*

Participants are responsible for their own costs and transportation. (Car pooling encouraged.)

seating, food, and materials. Adding seats last minute or preparing food quickly before an event or meal disrupts participants, volunteers, staff, and order in the kitchen. (And microwaved meals aren't as tasty as meals baked in the oven!)

Cancellations - If you sign up for something and can't make it, please call. This helps us be prepared. Having more materials or food than necessary is costly. For special events when The Center cooks meals, we utilize special accounts and donations as much as possible, but there are always expenses. For Community Lunch, you may not know that meals come frozen from a catering company daily. Our menu is created by a registered dietitian for seniors' nutritional needs, which ensures that you get a healthy meal! Meals cost The Center \$4.51 each. Each month, we make approximately 20 meals for people who signed up but do not come. Things happen, we do understand that. But please be mindful.

Don't forget to "swipe" - Even though you sign up, we need you to swipe at the front desk Copilot screen at each visit for every program you attend. If you come for something and stay for another activity, stop by and add that to Copilot. This system assists us in tracking attendance which is included in monthly reports to the county. Our senior center contract provides funding and other support that make programming possible, but it comes with staff responsibilities. You also help us uphold our senior center contract when you do things like complete The Center registration form, the NAT-E (Needs Assessment Tool) form, surveys, and more.

We don't want to put rules in place that exist at other senior centers, like registering for lunch days or even a week before, or a Missed Lunch Policy that can restrict someone from attending if they miss two consecutive days without calling to cancel. Help us spend our time on more valuable things like interacting with participants, carrying out activities, and planning programs, all while we facilitate Meals on Wheels, place and receive orders, manage reports, and more.

The Center went through refurbishment while the pandemic had us shut down; we made some great improvements that you see today. We are working to keep up cleanliness and organization of the building and procedures, and address needs as The Center grows, which could mean that you'll see some changes. A definition of housekeeping is *the management of a house and home affairs*, and that's what we're doing this month. We ask for your continued patience and assistance as we tend to what we hope you think of as your home away from home. We're all in this together!

Monday, April 17th is Wear Your Pajamas to Work Day.

Center staff will be wearing pajamas, and everyone who visits The Center is invited to wear pajamas too!

12:30 PM Games & Snacks

**PAJAMAS
ALL
DAY**



**Before the
games... Awards
Presented for:**

Best PJS Best Robe
Best Slippers
Best "Just Got
Out of Bed" Hair

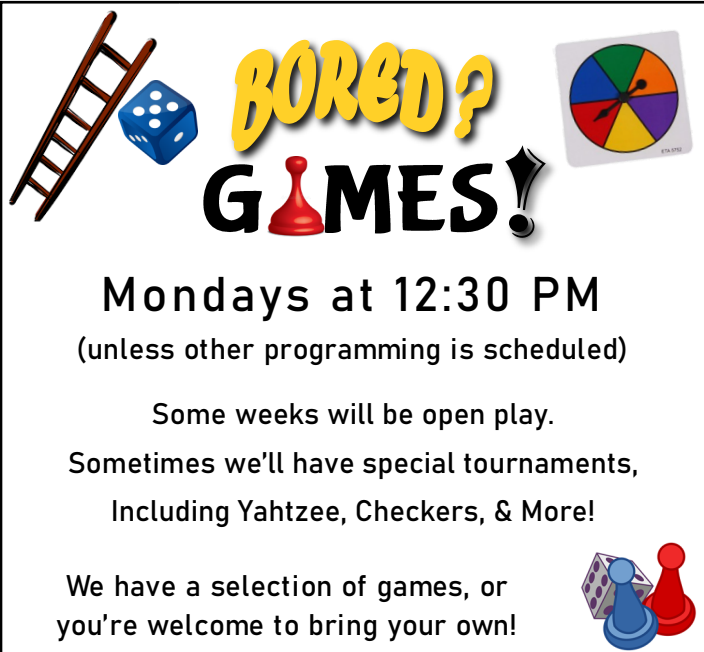


**A Visit to
EGYPT
at The Center**

Topic: A Visit to the Temple Luxor
Thursday, April 13 • 10:00 AM

Our presenter Jacquelyn is back with a new topic! Learn fascinating information about the land of Egypt and her time spent there.

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




**BORED?
GAMES!**

Mondays at 12:30 PM
(unless other programming is scheduled)

Some weeks will be open play.
Sometimes we'll have special tournaments,
Including Yahtzee, Checkers, & More!

We have a selection of games, or
you're welcome to bring your own!





PARTICIPANT MEETING



WED, APRIL 5, 2023 • 12:45 PM

Help us expand and improve the quality of programs, 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?

**This month: Help us create a
Welcome Committee**

We'll put on the coffee - you
bring your ideas!

All are Welcome!

**2nd Monday
of every month**

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



Thursdays after Community Lunch

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



We'll be playing chess after lunch when
scheduling allows. If other programming
is taking place in the main room, you're
welcome to use The Center's lower level.
Let us know if you're interested!



Health & Wellness at The Center



Come get healthy with us! Classes targeted for ages 55+.

Walkercise – Mon & Wed, 9-9:30 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!

WOW (Women on Weights) – Tues, 9-10:00 AM. A strength training program designed for mid-life and older women. Certified instructor Jane Oswald will lead you in resistance training, balance training, and flexibility exercises. "Grow Stronger With Us!"

Wednesday Walks – Wed, 2:00 PM. Camelot Park. Meet at the upper parking lot. Weather permitting. Update: Wendy has a minor foot injury and is not walking. We encourage you to join others for a walk in the fresh air! Wendy will be back soon!

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! All are welcome. \$2 suggested donation for most classes. *Your first class is always free!*





Thursday, April 27, 2023

There will be NO Center activities or programming. Staff and volunteers will be working to make the building shine!

Let us know if you'd like to be involved and sign up for a project.

We are glad that the days of pandemic closures, and drive-thru lunch, are in the past. The Center is bustling with activities, and lunch is eaten around the table, with conversation and laughter. **For one day only:**

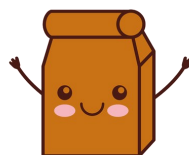
Drive-thru Lunch is BACK!

Thurs., April 27, 2023 - 12 PM

It's easy to pick-up a ready-to-eat meal.

- ⇒ Enter from Jefferson Street.
- ⇒ Drive through the driveway.
- ⇒ Get a meal without leaving your car.

Staff and volunteers will be outside. Take your meal to Camelot Park to eat with other Center participants if weather allows!



RSVP by Wed., 4/26

No Cost for ages 60+

Donations Appreciated.

Walk in Someone Else's Shoes... Virtual Dementia Tours

**Thursday, May 4, 2023
9:30 to 11:30 AM**

Sign-up for a 15-minute time slot.
215-679-6550 or center@theopenlink.org

A journey that allows participants a chance to live five minutes in the shoes of someone living with dementia. Use the experience to strengthen the compassion, patience, and empathy needed to care for a loved one.

Trained facilitators will guide you while you wear items that alter your senses and complete common everyday tasks. Experience for yourself the challenges those with dementia face, such as physical impairments and neurological ailments.

Presented by:



Located at:



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



**The Virtual Dementia Tour@ program is credited to Second Wind Dreams® www.secondwind.org | Changing the Perception of Aging.*



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.

APRIL

2023

M E N U

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
3 Sweet & Sour Chicken Broccoli Brown Rice	4 Sliced Turkey w/ Stuffing & Gravy Whipped Potatoes Brussel Sprouts, Cauliflower, Carrots	5 Middle Eastern Beef Wide Noodles Oriental Blend Veggies	6 Easter Lunch: Glazed Turkey Ham with Fruit Sauce Vegetables Dessert	7 CLOSED for Good Friday
10 Stuffed Baked Fish Garlic Spinach & Carrots Rice	11 Hawaiian Pork Mashed Sweet Potatoes Island Blend Veggies	12 Salisbury Steak Diane w/ Mushrooms & Burgundy Wine Sauce Carrots Whipped Potatoes	13 Breakfast Sandwich Home Fries Scalloped Apples	14 Crabcake Mac & Cheese Stewed Tomatoes Squash & Carrot Medley
17 Meatloaf w/ Onion Gravy Peas Whipped Potatoes	18 Creamy Herb Pasta w/ Chicken Corn Broccoli, Carrot, Pepper	19 Breakfast Platter French Toast & Omelet Cinnamon Sweet Carrots Apple, Pear, Raisin Compote	20 Chicken Cacciatore Green Beans Parmesan & Basil Rice	21 Baked Tilapia w/ Mustard Cream Sauce Sauteed Spinach, Carrots Wide Noodles
24 Sunday Roasted Chicken Green Beans Mashed Sweet Potatoes	25 Sliced Beef Au Jus Parsley Potatoes Roasted Beets	26 Mild Curry Chicken Cauliflower Brown Rice w/ Peas	27 Drive-thru Lunch Pick-up a Meal: Chicken Salad, Crackers, Fruit, Veggies, Juice, Milk	28 Baked Rigatoni Parmesan Broccoli & Cauliflower Carrots

The Center's Community Lunch Menu is created by a registered dietitian with seniors nutritional needs in mind*. Meals are received from our catering company daily. Substitutions can be made upon request, but options are limited. Lunch donations benefit the Montgomery County Office of Senior Services.

*The Center regularly prepares meals, desserts, and other items for special events and programming - this is separate from our regular congregate lunch. Donations for these activities benefit The Center and help cover costs.

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



517 Jefferson St., East Greenville
The Center: 215.679.6550
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center@theopenlink.org



ACTIVITY CALENDAR

Check newsletter for
RSVP dates and details.

Monday	Tuesday	Wednesday	Thursday	Friday
3 9-9:30 Walkercise 12:00 Community Lunch 12:30 Bored? Games!	4 10:00 WOW 10:15-11:15 Tai Chi 12:00 Community Lunch	5 National Walking Day 9-9:30 Walkercise 10:00 Quilters (LL) 12:00 Community Lunch 12:45 Participant Mtg 2:00 Winter Walks	6 12:00 Easter Lunch 12:30 Easter Fun 12:30 Chess	7 CLOSED for Good Friday
10 9-9:30 Walkercise 11:00 Stamp Coll. (LL) 12:00 Community Lunch 12:30 Bored? Games!	11 National Pet Day 10:00 WOW 10:15-11:15 Tai Chi 12:00 Community Lunch 1-2:30 Stories of Our Lives Support Group	12 9-9:30 Walkercise 9:30 - 11:15 WISE 10:00 Quilters (LL) 12:00 Community Lunch 1:00 Wawa Outing	13 10:00 Egypt Presentation: The Temple Luxor 12:00 Community Lunch 12:30 Chess	14 9-10:00 Chair Yoga 10:15-11:15 Tai Chi 12:00 Community Lunch
17 National Wear Your PJs to Work Day 9-9:30 Walkercise 12:00 Community Lunch 12:30 Bored? Games! w/ Pajamas & Fun!	18 National Animal Crackers Day 10:00 WOW 10:15-11:15 Tai Chi 12:00 Community Lunch 1-2:30 Stories of Our Lives Support Group	19 9-9:30 Walkercise 9:30 - 11:15 WISE 10:00 Quilters (LL) 12:00 Community Lunch 1:00 DIY w/ Danielle	20 12:00 Community Lunch 12:45 Mayflower Presentation (rescheduled from March)	21 9-10:00 Chair Yoga 10:15-11:15 Tai Chi 12:00 Community Lunch 1:00 Spring Cleaning Bingo (doors open at 12:30)
24 9-9:30 Walkercise 12:00 Community Lunch 12:30 Bored? Games!	25 10:00 WOW 10:15-11:15 Tai Chi 12:00 Community Lunch 1-2:30 Stories of Our Lives Support Group	26 National Pretzel Day 9-9:30 Walkercise 10:00 Quilters (LL) 9:30 - 11:15 WISE 12:00 Community Lunch 12:30 Birthday Party	27 Spring Cleaning - No Scheduled Activities Center CLOSED 12:00 <u>Drive-thru Lunch</u>	28 National Superhero Day 9-10:00 Chair Yoga 10:15-11:15 Tai Chi 12:00 Community Lunch



Programs held in the Main Room
unless otherwise noted.

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

Check out page 5 to
find out about Virtual
Dementia Tours
May 4th - hosted by
Family Caregivers

*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!



Celebrating healthy aging, making healthy lifestyle choices, and educating older adults.

Are you 60 or older and looking for an opportunity to learn how to stay healthy and meet new people? This program offers six lessons that cover a wide range of topics. Join us for this fun program, where you'll meet new people and:

- Learn about the aging process and how to make healthy choices
- Celebrate this exciting stage of life and the benefits that come with it.
- Discuss risk factors and behaviors to avoid to stay healthy.
- Examine how alcohol, prescription and over-the counter medications affects seniors differently
- Learn how to use simple tools to help you feel empowered about the healthcare you receive.

★ **As a reward for completing this training, receive a \$10 gift card upon its completion to reward yourself.** (Must meet attendance requirements) ★

Wednesdays
April 12 to May 17
9:30 to 11:15 AM
Registration Required.

Facilitated by trained prevention specialists:

Montgomery County
Department of
Health and Human Services
Office of Senior Services

Tai Chi for Arthritis and Falls Prevention



**Thursdays Starting May 11
through June 29, 2023**

For individuals
age 60+. No Cost.

10:00 AM
45 mins to 1 hour

Seated or Standing

*Sign up now! Class size
will be limited.*

Facilitated by trained
prevention specialists:

Montgomery County
Department of
Health and Human Services



These classes, led by a certified instructor, utilize the Sun Style for relaxation, balance, and ease of movement. Increase your strength, balance, and flexibility, while improving your body, mind, and spirit!



The Stories of Our Lives

Shared Discussion
About Life's Journey

Special Support Group Series

Tuesdays, April 11 to May 16, 1 pm to 2:30

Participants 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.

Space is limited. Call to see if the group has openings. We will hold this again - let us know if you're interested and would like more information.


The Center for Loss and Bereavement

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