



THE CENTER
at
THE OPEN LINK



Enriching the Lives of Older Adults in our Community

May 2023

Decluttering for a More Comfortable, Safe, Fulfilling Life

By Wendy Smeltz, Center Manager, and Kelly Busedu, Program Manager

At the time of this writing, staff is preparing for Spring Cleaning Day on April 27th, a day without Center programming in order to tackle cleaning, organization, and other projects. We'll sort through cabinets and closets, which tend to collect stuff; stuff we used to use and *might* come in handy one day. The Center can only hold so much stuff until it starts getting in the way and the space becomes cluttered and unwelcoming.

We know we're not alone in holding onto stuff we don't need, so we want to talk about it!

As we move through life, we collect memories and possessions. Letting go of possessions can be an emotional process. However, as we age, it becomes increasingly important to simplify our lives.

One of the main reasons to declutter is to ensure your safety. Cluttered homes can be hazardous, especially for those with mobility issues. Blocked pathways are more likely to cause falls.

Additionally, our mental health can benefit from decluttering. Disorganization can cause anxiety and stress. Getting rid of unneeded items can create a peaceful and calming environment. It can also help us feel more in control of our lives, which is empowering at any age.

National Pack Rat Day is observed every year on May 17th. The day is dedicated to everyone who has a hard time letting go of things and it is an op-

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A delicious Easter lunch included a tasty dessert, games like Get-to-Know-Each-Other Bingo, and an indoor Easter egg hunt. We had so much fun, and everyone looked lovely in their bonnets (and one Easter hat).

The Center will be closed Monday, May 29, 2023

Meals on Wheels will not be delivered.

Deliveries on Friday, May 26th will include two additional meals.



UPDATED NEWSLETTER LAYOUT

Let us know what you think!

SPECIAL ACTIVITIES IN MAY

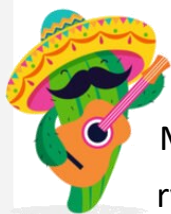
To RSVP: Sign-up in the big room, ask staff, call 215.679.6550, or email center@theopenlink.org. Check below if advanced RSVP is required.

VIRTUAL DEMENTIA TOURS • Thursday, May 4, 2023 - 9:30 to 11:30 AM

Hosted by Family Caregivers Network. This journey gives participants a chance to live 5 minutes in the shoes of someone living with dementia. Trained facilitators will guide you as you complete common everyday tasks while wearing items that alter your senses. *15-min time slots. No Cost.*



CINCO DE MAYO Celebration Lunch • Friday, May 5, 2023 - 12:00 PM



Mexican lunch and dessert, followed by activities. Come learn why this day is celebrated - did you know it's *not* that important in Mexico?

Menu: Taco Bar, Mexican street corn, Tres Leches Cake, and Strawberry Margarita Mocktail. *RSVP by Tues. 5/2. \$3 Suggested Donation.*



ANNA'S ADVENTURES • Thursday, May 11, 2023 - 12:30 PM



Anna Fell will be here to talk about her bus trips arranged through Perkiomen Tours. Come meet Anna and find out how you can join her adventures!

*Bus trip cost includes motor coach transportation, ticket/admission, and driver's gratuity.

MOTHER'S DAY AFTERNOON TEA • Friday, May 12, 2023 - 1:00 PM



Finger foods, desserts, assorted tea. Raffle for a luxurious self-care basket. Everyone will create a corsage! *RSVP by Tues. 5/9. \$3 Suggested Donation.*



NATIONAL NO DIRTY DISHES DAY and NATIONAL REESE'S DAY

Thursday, May 18, 2023 - **ALL DAY!** Attend The Center any time on

5/18 and receive a Reese's peanut butter cup. And get ready for a Community Lunch with no dirty dishes. This day is sure to be a treat for our dishwasher, Brian! Come and see what other ideas we have up our sleeves!



See page 8 for this month's *Bonus Bingo!* Monthly programs are on page 4.

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portunity to reflect on the things we have collected to determine if they are truly needed and important to us.

You can start the decluttering process by breaking it down into smaller tasks. Don't try to tackle your entire home, rather focus on one room or area. Enlist the help of family - this can be a great bonding experience to share about items and the memories they hold. You can also work with a professional organizer to make the process less overwhelming.

A great outlet for items you no longer need is to donate them to an organization that will resell or repurpose anything still in good shape. Many organizations use their proceeds to fund worthwhile causes.

Are you familiar with Upper Perkiomen Community Thrift Shop in Pennsburg? This local non-profit accepts donations of clothing, toys, and household items. The proceeds are donated back to our community to local organizations like The Open Link! If you haven't been to Upper Perk's popular thrift shop, ask us for details. Maybe some of us can go together!

Hopefully after visiting, you'll be motivated to reflect on your own possessions and consider what you need, and what can be let go. See the treasures our community has donated and learn about the benefits of this store: low prices on great items, volunteer opportunities, and providing a second life for our unwanted belongings. We invite you to bring items to The Center this month. On May 18th, the day after National Pack Rat Day, we will take items to the thrift shop!

WEEKLY ACTIVITIES

Call with questions.

SEW MANY QUILTERS • Meets Wednesdays in the lower level.

New quilters welcome. Talk to a staff member to find out more!



CHESS • Thursdays, 12:30 - 4:00 pm

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



Participants play chess after lunch most Thursdays, and some other days when scheduling allows. If other programming is taking place in the main room, you're welcome to use The Center's lower level.

BILLIARDS • Coming soon! We know some of you are interested in playing pool. Talk to staff if you'd like to help us schedule a day and time.



BORED? GAMES!



Mondays at 12:30 PM

(unless other programming is scheduled)

We have a selection of games, or bring your own.

No Cost. No RSVP needed.

May Games Schedule:

May 1 - Classic Board Games

May 8 - Word Games

May 15 - Strategy Games - come try the handmade "Peg-Game" played with golf tees and playing cards.

May 22 - National Solitaire Day

Play solitaire and other card games.



ONGOING MONTHLY PROGRAMMING

To RSVP for these popular activities, sign-up in the big room, ask staff, call 215.679.6550, or email center@theopenlink.org.

STAMP COLLECTING • Monday, May 8, 2023, 11:00 am

2nd Monday of each month. Meet in lower level. Participants are able to use the door at the front of the building on Jefferson Street (no steps).

Share stamps and ideas. First time attendees receive three pieces of first-day issue envelopes *free*. No RSVP needed, but call if you have questions, or ask Arno!



BINGO • Friday, May 19, 2023, 1:00 pm. Doors open at

12:30 pm for refreshments and activities. 3rd Friday of each

month. Small prizes, big fun! *RSVP by Thurs. 5/18. \$1 Suggested donation.*

COMMUNITY OUTING • Tuesday, May 23, 2023, 1:00 pm

UPPER PERKIOMEN LIBRARY - 350 Main Street, Red Hill, PA

Bring state issued photo ID, medical or utility bill to prove residency if you

need a library card. Books can be checked out that day. Assistance will be available.

RSVP by Mon. 5/22. For off-street parking and handicapped access at the rear of the

building, use Bitting Alley. Participants are responsible for transportation. Car pooling is encouraged.



DIY WITH DANIELLE • Wednesday, May 24, 2023, 1:00 pm

In this monthly Do-It-Yourself program, kitchen coordinator Danielle will show you how to use ordinary items in new ways. This month:

Mocktails! Create and sample delicious non-alcoholic drink op-

tions. *RSVP by Mon. 5/22. \$2 Suggested Donation.*



BIRTHDAY PARTY • Wednesday, May 31, 2023, 12:30 pm



Everyone is welcome - help us celebrate guests with a birthday this month! Sing 'Happy Birthday', enjoy cake and activities. When you RSVP, let us know if you'll be joining us for lunch at 12 pm. *RSVP by Tues. 5/30. No Cost.*

HEALTH & WELLNESS AT THE CENTER

\$2 suggested donation for regular ongoing classes. Register for each class one time, then come as your schedule allows.



Ongoing Classes at The Center



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 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!"

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.

Wednesday Walks - Wed, 2 PM. Camelot Park. Meet at the upper parking lot. Update: Wendy has a minor foot injury and is not walking. We encourage you to join others for a walk in the fresh air! Let us know when you walk for attendance. No Cost.

Chair Yoga - Fri, 9-10 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.

Tai Chi for Arthritis and Falls Prevention



Every Thursday ~ Starting May 11 through June 29, 2023

10:00 AM (45 mins to 1 hour)

No Cost.

Seated or Standing.

Sign up now! Class size will be limited.



Facilitated by::

Montgomery County Office of Senior 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!

Health & Wellness SPOTLIGHT

Women On Weights

Tuesdays at 9 AM



Classes begin with a warm-up followed by resistance training. This class works all the major muscle groups, utilizing a combination of dumbbells and body weight. Then conclude with a 5-10 minute cool down. Social interaction adds benefits as well!

Classes targeted for ages 60+. All are welcome!





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.



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
1 Sweet & Sour Chicken Broccoli Brown Rice	2 Sliced Turkey w/ Stuffing & Gravy Whipped Potatoes Brussels Sprouts, Cauliflower, Carrots	3 Middle Eastern Beef Wide Noodles Oriental Blend Veggies	4 Breaded Chicken Strips Sweet Potato Cubes Broccoli	5  Cinco de Mayo Celebration Lunch Taco Bar Nachos & Cheese Tres Leches Cake
8 Swedish Meatballs Mixed Vegetables Wide Noodles	9 Hawaiian Pork Mashed Sweet Potatoes Island Blend Veggies	10 Salisbury Steak Diane w/ Mushrooms & Burgundy Wine Sauce Carrots Whipped Potatoes	11 Grilled Chicken Alfredo Penne Pasta Carrot Coins Broccoli	12 Crabcake Mac & Cheese Stewed Tomatoes Squash & Carrot Medley
15 Meatloaf w/ Onion Gravy Peas Whipped Potatoes	16 Creamy Herb Pasta w/ Chicken Corn Broccoli, Carrot, Peppers	17 Breakfast Platter French Toast & Omelet Cinnamon Sweet Carrots Apple, Pear, Raisin Compote	18 Chicken Cacciatore Green Beans Parmesan & Basil Rice	19 Baked Tilapia w/ Mustard Cream Sauce Sauteed Spinach, Carrots Wide Noodles
22 Sunday Roasted Chicken Green Beans Mashed Sweet Potatoes	23 Sliced Beef Au Jus Parsley Potatoes Roasted Beets	24 Mild Curry Chicken Cauliflower Brown Rice w/ Peas	25 Burgundy Glazed Meatballs Brussels Sprouts Brown Rice	26 Baked Rigatoni Parmesan Broccoli & Cauliflower Carrots
29  Memorial DAY	30 Sweet & Sour Chicken Broccoli Brown Rice	31  Middle Eastern Beef Wide Noodles Oriental Blend Veggies	Menu created by a registered dietician. *Substitutions available upon request. Lunch donations benefit the Montgomery County Office of Senior Services.	














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



2023

ACTIVITY CALENDAR

Check newsletter for RSVP dates and details.

Monday	Tuesday	Wednesday	Thursday	Friday
1  9-9:30 Walkercise 10-2:30 Driver Safety 12:00 Community Lunch 12:30 Bored? Games! Classic Bored Games	2 9:00 WOW 10-2:30 Driver Safety-LL 10:15-11:15 Tai Chi 12:00 Community Lunch 1-2:30 Stories of Our Lives	3 9-9:30 Walkercise 9:30 - 11:15 WISE 10:00 Quilters (LL) 12:00 Community Lunch 2:00 Walks at Camelot	4 9:30-11:30 Virtual Dementia Tour w/ FCN 12:00 Community Lunch 12:30 Chess	5  9-10:00 Chair Yoga 10:15-11:15 Tai Chi 12:00 Cinco de Mayo Lunch Celebration
8  9-9:30 Walkercise 11:00 Stamp Coll. (LL) 12:00 Community Lunch 12:30 Bored? Games! Word Games!	9 9:00 WOW 10:15-11:15 Tai Chi 12:00 Community Lunch 1-2:30 Stories of Our Lives Support Group	10 9-9:30 Walkercise 9:30 - 11:15 WISE 10:00 Quilters (LL) 12:00 Community Lunch 2:00 Walks at Camelot	11 10:00 Tai Chi for Arthritis w/ O.S.S. 12:00 Community Lunch 12:30 Anna's Adventures 	12  9-10:00 Chair Yoga 10:15-11:15 Tai Chi 12:00 Community Lunch 1:00 Mother's Day Tea
15 9-9:30 Walkercise 12:00 Community Lunch 12:30 Bored? Games! Strategy Games	16 9:00 WOW 10:15-11:15 Tai Chi 12:00 Community Lunch 1-2:30 Stories of Our Lives Support Group	17 National Pack Rat Day 9-9:30 Walkercise 9:30 - 11:15 WISE 10:00 Quilters (LL) 12:00 Community Lunch 2:00 Walks at Camelot	18  10:00 Tai Chi for Arthritis w/ O.S.S. 12:00 Community Lunch National No Dirty Dishes & Reese's Day 	19  9-10:00 Chair Yoga 10:15-11:15 Tai Chi 12:00 Community Lunch 1:00 Bingo (doors open at 12:30)
22  9-9:30 Walkercise 12:00 Community Lunch 12:30 Bored? Games! National Solitaire Day	23 9:00 WOW 10:15-11:15 Tai Chi 12:00 Community Lunch 1:00 Outing-UP Library	24 9-9:30 Walkercise 10:00 Quilters (LL) 12:00 Community Lunch 1:00 DIY - Mocktails 2:00 Walks at Camelot	25 10:00 Tai Chi for Arthritis w/ O.S.S. 12:00 Community Lunch	26 National Paper Airplane Day  9-10:00 Chair Yoga 10:15-11:15 Tai Chi 12:00 Community Lunch 12:45 Bonus Bingo w/ Upper Perk Life Skills
29  Memorial DAY	30 9:00 WOW 10:15-11:15 Tai Chi 12:00 Community Lunch	31  9-9:30 Walkercise 10:00 Quilters (LL) 12:00 Community Lunch 12:30 Birthday Party 2:00 Walks at Camelot	<div style="border: 1px solid black; padding: 5px; display: inline-block;">  Blood Pressure Checks Most Thursdays, approx. 12 pm, courtesy of Family Caregivers Network </div> <div style="margin-left: 20px;"> Programs held in the Main Room unless otherwise noted. </div>	

*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!

EXTRA! EXTRA!

Don't miss this second Bingo in May.



with the

**The Upper Perkiomen Middle School
Life Skills Class**

Friday, May 26, 2023 • 1:00 pm

Doors open at 12:30 pm



The UPMS Life Skills Class has been making special holiday and seasonal treats for Center participants and Meals on Wheels recipients. Come out to meet them and have some fun before their school year comes to an end!

Red Hill Band Annual Spring Concert

Sunday, May 21, 2023 • 2:00 PM

Upper Perkiomen High School

See the flyer at The Center for details.



Free Admission

Concert Pieces,
Marches, Pop
Tunes, Selections
from Broadway
Musicals

Did you know the Monday Meal is in two locations?

MONDAY COMMUNITY MEAL

Monday, May 1st • 6:00 pm

Hosted by a different church or organization every month. There is no cost for this meal.

Held at: **Pennsburg UCC &
New Goshenhoppen UCC**

CENTER UPDATES & INFORMATION

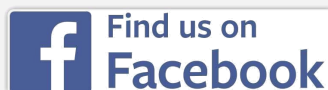
Stay updated! Check this section for news and information from The Center.

MONTHLY SURVEY QUESTIONS

You may have seen a question pop up recently when you sign-in/swipe at the Copilot Swipe Screen. The PA Assoc. of Area Agencies on Aging is conducting a survey through Copilot at senior centers across the state. Once you answer the question, it will not show up again. A new question will pop up every month. You do not have to answer, but participation is easy - answers are multiple choice. Survey answers will show funders, legislators, and others the positive impact that programs and services have on seniors in our county. Specifically, your answers help show others what The Center means to you!

NEWSLETTER SIGN-UPS

Did you know we mail almost 100 newsletters a month? We print well over 200 every month. These numbers continue to grow as attendance grows and new people visit The Center - which we are so excited to see! The cost of a postage stamp is likely going up to 66 cents from 63 cents in July. Help us focus our money on programming - pick up your newsletter while you're here if you attend regularly. If you ever can't pick up your newsletter, just give us a call; we'd be happy to drop one in the mail. Or sign-up for our email mailing list. Newsletters can also be found on our website, www.theopenlink.org.



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