



THE CENTER *at* THE OPEN LINK

Enriching the Lives of Older Adults in our Community



June 2023

Fresh Produce is Right Around the Corner!

By Wendy Smeltz, Center Manager

If you attend Community Lunch at The Center, you may have recently been asked to complete a survey. Surveys help us understand your likes and dislikes, and wants and needs, so we can make improvements. We appreciate those who took time to answer questions and we are discussing how to implement your suggestions! Results are available at The Center and were shared with our catering company who delivers meals daily.

One thing the recent survey highlighted was how many people attending The Center are new! While we are aware that we have many new faces, we didn't realize just how many. Seventeen out of 38 people who completed the survey have only been attending lunch for less than a year; 10 have attended 1 to 2 years. We're so glad you're here!

With summer around the corner, we realized how many of you probably do not know about The Center's garden! Every year, a small group of dedicated volunteers tends to our garden: weeding, planting, watering, picking produce, and even bringing items inside to wash and get ready for serving or distribution. Items are then served at Community Lunch or given away. If you attend lunch, this is something you can look forward to soon! And please let us know if you're interested in gardening.

Some things planted in the garden so far are yellow and green beans, tomatoes and peppers, squash, and herbs. We should start reaping the har-

Continued on page 3



At last month's Mother's Day Tea, we honored the moms in attendance and remembered our mothers with funny and special recollections we shared. Everyone also made a fresh flower corsage!




Father's Day:
Sunday, June 18
At The Center:
Thursday, June 15

Look inside to see what we have planned!

The Center will be **closed**
Monday, June 19, 2023

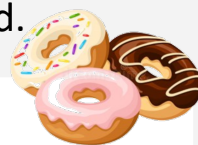
JUNETEENTH

Look for activities at The Center throughout the month to celebrate and learn the history of this day, also known as Freedom Day, recognized as a federal holiday in 2021.



SPECIAL ACTIVITIES IN JUNE

To RSVP: Sign-up in the big room, ask staff, call 215.679.6550, or email center@theopenlink.org. See RSVP dates and costs below, if required.



NATIONAL DONUT DAY • Fri., June 2, 2023 - ALL DAY

The first Friday of every year in June, the nation celebrates donuts and honors the Salvation Army Lassies who served donuts to soldiers during WWI. Donuts and donut-themed activities will be available throughout the day at The Center. *RSVP not needed. No Cost.*



FATHER'S DAY LUNCH • Thurs, June 15, 2023 - 12:00 PM

Help us honor all the dads! Menu: Baked Chicken with Herbed Gravy, Mac & Cheese, Broccoli Florets. *RSVP by 11 AM. \$2 Suggested Donation.*



FATHER'S DAY ROOT BEER FLOATS • Thurs, June 15, 2023 - 12:30 PM

Help us honor the dads at The Center and reminisce about our fathers.



Games & activities. Wear your favorite hat! *RSVP by 11 AM. \$1 Sugg. Donation*

A DAY ON THE TITANIC: Second Class Life on Board • Fri, June 14, 2023 - 1 PM



This is a continuation of April's presentation on the Titanic. Presenter Christina is a Board of Trustee Member of the Titanic International Society and President of the Quakertown Historical Society. *RSVP not needed. No Cost.*

MAKE MUSIC UPPER PERK at The Center • Wed, June 21, 2023 • FREE

11 AM - Second Wind *popular tunes & hymns*

12 PM - From Keys to Creation *videos with original composition*

1 PM - Steve Walker singer-songwriter, will make you smile, laugh, and tap your toes

2 PM - Indian Valley Dulcimer Society *a popular performance at The Center*



BAKE SALE - Going on all day at The Center; items start at \$1.

BAGGED LUNCH - 12 PM, Menu: Chicken Salad, Sides, Milk *RSVP by 5/20*



Read page 8 for details about Make Music Upper Perk in the community!

Check out page 6 for programs that take place every month at The Center.

Continued from page 1

vest soon. It's perfect timing since June is National Fresh Fruit and Vegetable Month, which encourages buying fresh produce to ensure you get the most nutrition and taste from your fruit and veggies. Many items are in season now and at their peak flavor.

Fruit and vegetables provide valuable nutrients your body needs including calcium, fiber, folate, iron, magnesium, Vitamins A, C, and more; many which tend to be under-consumed. Daily consumption of produce can reduce the risk of chronic disease such as heart disease, stroke, diabetes, and certain types of cancers. Produce is naturally low in fat and calories and it's an excellent source of fiber, which helps you feel fuller, longer. When you're at The Center and at home, strive to eat at least five servings of fruits and vegetables a day and be sure to eat a variety of colors to get different benefits.

Some of you have asked about Farm Market Vouchers. They will be available again this year, but we are waiting on details. As soon as we know more, we will announce how they can be obtained.

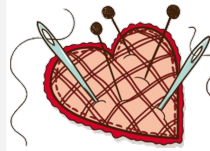
If you are not familiar with the Seniors Farmers Market Nutrition Program (SFMNP), this is a popular USDA program that offers income-eligible seniors with checks that can be redeemed for fresh fruits, vegetables, and edible herbs at qualified farmers' markets and roadside stands. Details are coming soon!

We are off to a delicious beginning to the summer, and we're looking forward to a sweet season spent with you!

WEEKLY ACTIVITIES

Call with questions or for more info.

SEW MANY QUILTERS • Meets



Wednesdays in The Center's Lower Level.

Other crafters and new quilters welcome! Gather to enjoy the company of others while working on your hobbies: knitting, scrapbooking, and more. Accessible from Jefferson St without having to use steps.

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.

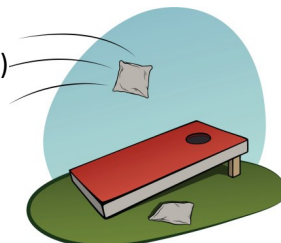
BORED? GAMES!

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.



June Summer Games

In addition to our regular board games, we'll have popular backyard summer games!

Cornhole Tournament

June 26th • 12:30 PM

Prizes for the winners!

Come out to practice every Monday to get ready!

Reminder: Center closed Mon 6/19.




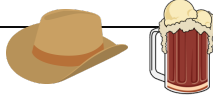


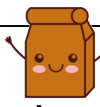

517 Jefferson St., East Greenville
The Center: 215.679.6550
Main Office: 215.679.4112



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
<p>*Substitutions available upon request.</p> <p>Menu created by a registered dietician.</p> <p>Lunch donations benefit the Montgomery County Office of Senior Services.</p>			<p>1</p> <p>Breaded Chicken Strips Sweet Potato Cubes Broccoli</p>	<p>2</p> <p>Stuffed Baked Fish Garlic Spinach & Carrots Rice</p> 
<p>5</p> <p>Swedish Meatballs Mixed Vegetables Wide Noodles</p>	<p>6</p> <p>Hawaiian Pork Mashed Sweet Potatoes Island Blend Veggies</p>	<p>7</p> <p>Salisbury Steak Diane w/ Mushrooms & Burgundy Wine Sauce Carrots Whipped Potatoes</p>	<p>8</p> <p>Breakfast Sandwich Home Fries Scalloped Apples</p>	<p>9</p> <p>Crabcake Mac & Cheese Stewed Tomatoes Squash & Carrot Medley</p>
<p>12</p> <p>Meatloaf w/ Onion Gravy Peas Whipped Potatoes</p>	<p>13</p> <p>Creamy Herb Pasta w/ Chicken Corn Broccoli, Carrot, Peppers</p>	<p>14</p> <p>Breakfast Platter French Toast & Omelet Cinnamon Sweet Carrots Apple, Pear, Raisin Compote</p>	<p>15</p>  <p>Father's Day Lunch Baked Chicken w/ Herbed Gravy Baked Mac & Cheese Broccoli Florets</p>	<p>16</p> <p>Baked Tilapia w/ Mustard Cream Sauce Sauteed Spinach, Carrots Wide Noodles</p>
<p>19</p> <p>CLOSED</p> 	<p>20</p>  <p>Sunday Roasted Chicken Green Beans Mashed Sweet Potatoes</p>	<p>21</p>  <p>Bagged Lunch Grab lunch, sit and enjoy the shows. Chicken salad, veggies, milk, etc. RSVP by 6/20</p>	<p>22</p> <p>Burgundy Glazed Meatballs Brussels Sprouts Brown Rice</p>	<p>23</p> <p>Baked Rigatoni Parmesan Broccoli & Cauliflower Carrots</p>
<p>26</p> <p>Sweet & Sour Chicken Broccoli Brown Rice</p>	<p>27</p> <p>Sliced Turkey w/ Stuffing & Gravy Whipped Potatoes Brussel Sprouts, Cauliflower, carrots</p>	<p>28</p>  <p>Middle Eastern Beef Wide Noodles Oriental Blend Veggies</p>	<p>29</p> <p>Breaded Chicken Strips Sweet Potato Cubes Broccoli</p>	<p>30</p> <p>Stuffed Baked Fish Garlic Spinach & Carrots Rice</p>

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

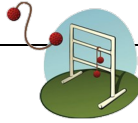



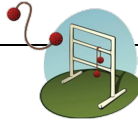
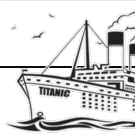

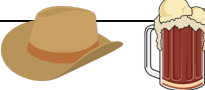
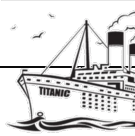







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ACTIVITY CALENDAR

Check newsletter for
 RSVP dates and details.

Monday	Tuesday	Wednesday	Thursday	Friday
<div><div><div>Programs held in the Main Room unless otherwise noted.</div><div></div></div><div><div><div>Bake Sale</div><div>Wednesday, June 21 during Make Music Upper Perk.</div><div>Proceeds benefit Center programs and activities.</div><div></div><div></div></div></div></div>			<div>1<div><div>10:00 Tai Chi for Arthritis w/ O.S.S.</div><div>12:00 Community Lunch</div><div>12:30 Chess</div></div></div>	<div>2<div><div>ALL DAY - Donut Day</div><div>9-10:00 Chair Yoga</div><div>10:15-11:15 Tai Chi</div><div>12:00 Community Lunch</div></div><div></div></div>
<div>5<div><div>9-9:30 Walkercise</div><div>12:00 Community Lunch</div><div>12:30 Bored? Games! Summer Games</div></div><div></div></div>	<div>6<div><div>9:00 WOW</div><div>10:15-11:15 Tai Chi</div><div>12:00 Community Lunch</div></div></div>	<div>7<div><div>9-9:30 Walkercise</div><div>10:00 Quilters (LL)</div><div>12:00 Community Lunch</div><div>2:00 Walks at Camelot</div></div></div>	<div>8<div><div>10:00 Tai Chi for Arthritis w/ O.S.S.</div><div>12:00 Community Lunch</div><div>12:30 Chess</div></div></div>	<div>9<div><div>9-10:00 Chair Yoga</div><div>10:15-11:15 Tai Chi</div><div>12:00 Community Lunch</div></div><div></div></div>
<div>12<div><div>9-9:30 Walkercise</div><div>11:00 Stamp Coll. (LL)</div><div>12:00 Community Lunch</div><div>12:30 Bored? Games! Summer Games</div></div><div></div></div>	<div>13<div><div>9:00 WOW</div><div>10:15-11:15 Tai Chi</div><div>12:00 Community Lunch</div></div></div>	<div>14<div><div>9-9:30 Walkercise</div><div>10:00 Quilters (LL)</div><div>12:00 Community Lunch</div><div>1:00 DIY: Charcuterie</div><div>2:00 Walks at Camelot</div></div></div>	<div>15<div><div>10:00 Tai Chi for Arthritis w/ O.S.S.</div><div>12:00 Father's Day Lunch</div><div>12:30 Root Beer Floats</div></div><div></div></div>	<div>16<div><div>9-10:00 Chair Yoga</div><div>10:15-11:15 Tai Chi</div><div>12:00 Community Lunch</div><div>1:00 Titanic: Second Class Life on Board</div></div><div></div></div>
<div>19<div><div>CLOSED</div><div></div></div></div>	<div>20<div><div>9:00 WOW</div><div>10:15-11:15 Tai Chi</div><div>12:00 Community Lunch</div><div>1:00 Bingo sponsored by TCAFCU</div></div><div></div></div>	<div>21<div><div>11:00 AM to 2:00 PM</div><div>Make Music Upper Perk</div><div>See page 2 for details</div><div>12:00 Bagged Lunch</div><div>RSVP by 6/20</div></div><div></div></div>	<div>22<div><div>10:00 Tai Chi for Arthritis w/ O.S.S.</div><div>12:00 Community Lunch</div><div>12:30 Chess</div></div></div>	<div>23<div><div>9-10:00 Chair Yoga</div><div>10:15-11:15 Tai Chi</div><div>12:00 Community Lunch</div></div></div>
<div>26<div><div>9-9:30 Walkercise</div><div>12:00 Community Lunch</div><div>12:30 Bored? Games! Cornhole Tournament</div></div><div></div></div>	<div>27<div><div>9:00 WOW</div><div>10:15-11:15 Tai Chi</div><div>12:00 Community Lunch</div><div>1:00 Community Outing - UP Community Garden</div></div></div>	<div>28<div><div>9-9:30 Walkercise</div><div>10:00 Quilters (LL)</div><div>12:00 Community Lunch</div><div>12:30 Birthday Party</div><div>2:00 Walks at Camelot</div></div><div></div></div>	<div>29<div><div>10:00 Tai Chi for Arthritis w/ O.S.S.</div><div>12:00 Community Lunch</div><div>12:30 Chess</div></div></div>	<div>30<div><div>9-10:00 Chair Yoga</div><div>10:15-11:15 Tai Chi</div><div>12:00 Community Lunch</div></div></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!

HEALTH & WELLNESS AT THE CENTER

\$2 suggested donation for each class. 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 plans to return to these walks! We encourage you to join others for a walk in the fresh air! Let us know when you walk for attendance.

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.

Health & Wellness SPOTLIGHT

Wednesday Walks with Wendy



Start off your summer right with a weekly walk. Join Center Manager Wendy who is ready to begin weekly walks again!

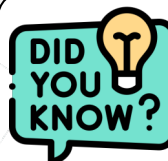
We accommodate different paces. Feel free to walk the mile loop or a part of it.

Build a healthy habit with accountability buddies.

Wednesdays at 2:00 pm

Camelot Park - 1124 Church Rd, East Greenville.
Meet at the upper parking lot at the park.

Weather permitting.

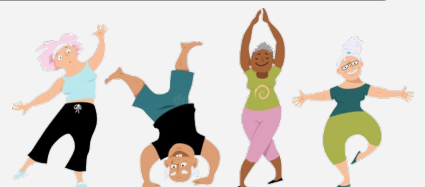


The Benefits of Walking

Walking wards off heart disease, lowers blood pressure, and strengthens the heart. It can stop the loss of bone mass for those with osteoporosis. Balance and coordination are improved and fall risk decreases. Walking 30 minutes a day can reduce the risk of stroke by 20% and it reduces the likelihood of fracturing a hip by 20 to 50%!

Multiple brief walks are as beneficial as one long walk. What's an easy way to get in some steps? Park a distance from your destination! Try this when attending The Center to get exercise and to allow parking for those who can't walk as far.

**Classes targeted
for ages 60+.
All are welcome!**



ONGOING MONTHLY ACTIVITIES

To RSVP: Sign-up in the big room, ask staff, call 215.679.6550, or email center@theopenlink.org. See RSVP dates and costs below, if required.

STAMP COLLECTING • Monday, June 12, 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.



BINGO • Tuesday, June 20, 2023, 1:00 pm.



Doors open at 12:30 pm for refreshments and activities. Small prizes, big fun! Let's thank this month's Bingo sponsors who will call numbers and provide prizes! *RSVP by Mon 6/19. \$1 Suggested Donation.*



COMMUNITY OUTING • Tuesday, June 27, 2023, 1:00 PM

UPV Community Garden Tour - Kistler-Bitting Park, 1000 E. 2nd St, E. Greenville. The garden is a project of the Upper Perk Valley Garden Club, a non-profit group of volunteers, dedicated to gardening, civic beautification and conservation of natural resources. Since 2017, organic produce grown in the garden is donated to The Open Link Food Pantry!



DIY WITH DANIELLE • Wednesday, June 14, 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: Create a **Charcuterie Board**, an appetizer tray with assorted items that looks as good as it tastes! *RSVP by Mon. 6/12. \$3 Suggested Donation.*

BIRTHDAY PARTY • Wednesday, June 28, 2023, 12:30 pm



Everyone is welcome - help us celebrate guests who have a birthday this month! Sing "Happy Birthday", enjoy cake and activities. When you RSVP, let us know if you'll join us for lunch at 12 pm. And if it's your birthday this month, look for your name on our Message Board! *RSVP by Tues. 6/27. No Cost.*

EXTRA! EXTRA!

MAKE MUSIC UPPER PERK

Always June 21st. Always free. Always open to the public. This is the 11th year of the all day celebration of music, held on *World Music Day*, with performances at over 20 locations throughout the Upper Perk Valley. Pick up your schedule at The Center and watch for pop-up performances all around town. Rain or shine.

See page 2 of the newsletter for The Center's MMUP schedule.



Bake Sale - All day. Proceeds benefit Center activities. **Bagged Lunch** RSVP by 6/20. \$2 suggested donation.

If you are looking for some friends to attend Make Music Upper Perk out in the community, or anything else that's happening, please let us know. We'd be happy to help coordinate an outing among friends.

What better way to make ^{How to...} new friends than to find a common interest, and attend together! And trying something new is always more fun when you're not alone.



Did you know the Monday Meal is in two locations?

MONDAY COMMUNITY MEAL

Monday, June 5 • 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.

CENTER FEES & DONATIONS

Let us answer some questions about how fees work at The Center. Most activities are for a suggested donation. Lunch donations (wooden box) go to the Office of Senior Services. Center donations (for coffee, refreshments) stay at The Center. We collect program donations separately, which help defray costs. We appreciate all giving so funds can go back into activities. But fees should *never* prevent someone from attending!

VOLUNTEER OPPORTUNITIES

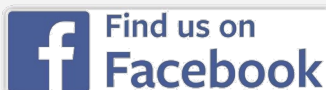
Gardeners - Help weed, water, and pick produce to serve at lunch and distribute.

Meals on Wheels Sub Drivers - Fill in when our regular drivers are out.

Laundry Volunteers - Help make The Center shine by washing dishrags and towels.

Host/Lead a Program - Share a hobby by leading a presentation, class or a group activity.

Ask a staff member!



The Center at The Open Link is partially funded by Montgomery County Senior Services. Additional funding comes from grants, foundations, community sponsorship, and generous community members.



Montgomery County
Office of Senior Services