



THE CENTER *at* THE OPEN LINK

Enriching the Lives of Older Adults in our Community



July 2023

Young at Heart

by Wendy Smeltz, Center Manager

Children are so full of joy. Why is that? They let their imaginations run wild, playing, drawing, and telling stories. They don't care what people think of them. They don't worry about the future. They feel free to cry if and when the moment calls for it, but then let their hearts heal and smiles return to their sometimes still tear-stained faces.

Kids don't have to be the only ones with youthful attitudes. Being a child at heart has huge benefits.

Studies have shown that when a person is "psychologically young" it can add to the quality of their life. Those who are optimistic are less likely to have heart disease, and it reduces anxiety and depression. According to studies, people with a positive attitude toward aging feel fewer negative emotions and stress. Stress can impact many parts of the body, including the musculoskeletal, respiratory, cardiovascular, endocrine, gastrointestinal, and nervous systems.

The connection between health and positivity is difficult to prove, but researchers suspect that people who are more positive are more protected against the inflammatory damage caused by stress. Some studies find that negative emotions can weaken the immune response, affecting how the body recognizes and defends itself against bacteria, vi-

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At last month's Father's Day Lunch, we honored the fathers in attendance. Everyone was invited to wear their favorite hat, and we celebrated with dad jokes and root beer floats.

Watermelon Extravaganza
with Family Caregivers

Eat • Play • Learn • Create!

Save the Date
National Watermelon Day
Thursday, August 3rd, 11 am to 2 pm
Don't wait for the August newsletter to mark your calendars. *Sign up now!*

Senior Farmer's Market Vouchers will be available soon - see page 8 for details!

SPECIAL ACTIVITIES IN JULY

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.

FOURTH OF JULY CRAFT w/ Family Caregivers • Mon, July 3 - 12:45 PM

Fun and free craft hosted by Family Caregivers Network - patriotic candle holder; choose from different options. *RSVP by Thurs 6/29. No Cost.*



FOSTER GRANDPARENT PROGRAM • Fri, July 7 - 11:30 AM



Lunch & Learn: Heather DiCarlo from the Tri County Area YWCA will be here to help with lunch and share about The Foster Grandparent Program which provides one-on-one mentorship and support to children. *RSVP by 11 AM. No Cost.*

UMJA PRESENTATION • Wed, July 12, 2023 - 12:45 PM; Jason DiPietro from the Upper Montgomery Joint Authority will share about the wastewater treatment facility and how they keep our environment and waterways clean.



FRAUD & SENIORS w/ TCAFCU • Thurs, July 13, 2023 - 12:45 PM



Presentation by Elizabeth Biehl of the Tri County Area Federal Credit Union. Protect yourself and your loved ones. Learn about different types of fraud and how to be safe with your most protected and valuable information.

CHRISTMAS IN JULY • Tues, July 25, 2023 - 12:30 PM;

Cookie decorating, reindeer games, Christmas carols, frozen hot chocolate and more.

Optional Gift Exchange - bring a wrapped gift (under \$5). Christmas attire welcome! *RSVP by Mon 7/24. No Cost - Merry Christmas!* (Sign-up separately for the Christmas meal at 12 pm; attending lunch is not required to attend festivities.)



ICE CREAM SOCIAL • Thurs, July 27, 2023 - 1:00 PM;

What's better than ice cream with friends? We'll have your favorite toppings plus fun and games. *RSVP by Tues 7/25. \$2 suggested donation.* (Don't forget to sign-separately for lunch at 12 pm; attending lunch is not required to attend ice cream social.)

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

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ruses, toxins, and other harmful substances.

Whatever the reasons, we know there is a connection between our attitude and our bodies. That's why we want to encourage you to have a positive outlook and a youthful perspective. Sometimes, we take life too seriously. Let's take a break and enjoy life more!

July 8th is National Be a Kid Again Day. This special day reminds us of the past and how different things were in the days of our youth, when we lived carefree, not worrying about things like bills or our health. It's a day to stop what we're doing and immerse ourselves in childhood memories.

We will be celebrating at The Center, forgetting about the worries of the world - won't you join us? Since July 8th is a Saturday and we won't be open for activities, we decided to celebrate all month long!

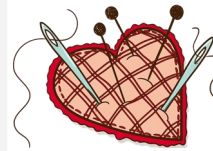
On Board Game Mondays after lunch, we'll have some of your favorite childhood games. As you read through our newsletter, you'll see that there is an opportunity for ice cream not once, but twice this month! We have some other events planned too.

Start thinking about how you can embrace your inner child: laugh, play, be curious, take naps. It's a great time to call a childhood friend. And we hope you'll join us at The Center for some fun activities this month and share some of your favorite childhood memories with us!

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.

RECREATION AT THE CENTER



Whenever scheduling allows, you are welcome to use our space for recreation. Play chess, billiards (pool table in the lower level) or other individual or group activities.

BORED? GAMES!

Mondays at 12:30 PM

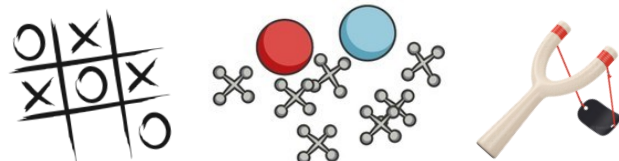
(unless other programming is scheduled)

We have a selection of games or bring your own.

No Cost. No RSVP needed.

National Be a Kid Again Day is on July 8th - let's celebrate being a kid at heart all month long.

In addition to the usual board games, we'll have popular games we all remember from our childhoods.





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.

July 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
3 Honey Mustard Chicken Brussels Sprouts Couscous	4 	5 Sloppy Joe Mixed Vegetables Baked Fries w/ Dipping Sauces	6 Glazed Meatballs Broccoli Fried Brown Rice	7 Southwest Baked Fish Roasted Potatoes Warm Spiced Peaches
10 BBQ Chicken Brussels Sprouts Sweet Corn	11 Turkey Tetrazzini Casserole Peas & Carrots Spiced Pears	12 Warm Sliced Beef Roasted Red Potatoes Green Beans	13 Orange Glazed Chicken Sweet Potato Cubes Broccoli	14 Tomato, Onion & Swiss Omelet O'Brien Potatoes Warm Fruit Compote
17 Grilled Chicken Parmesan Broccoli Rotini Noodles	18 Beef & Pepper Stir-fry White Rice Sesame Broccoli 	19 Lemon Garlic Chicken Sugar Snap Peas, Carrots, Black Beans Confetti Brown Rice	20 Fiesta Omelet Home Fries Mixed Vegetables	21  Sliced Turkey w/ Cranberry Chutney Whipped Sweet Potato Green Beans
24 Penne Pasta w/ Meatballs Broccoli Carrots	25  Christmas in July Lunch Baked Sliced Ham with all the Fixings	26  Sweet & Sour Pork	27 Philly Cheese Burger Broccoli & Carrots Potato Wedges	28 Garlic Butter Ravioli w/ Spinach Carrots, Cauliflower, Red Pepper
31 Honey Mustard Chicken Brussels Sprouts Couscous	<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>Donations made to The Center benefit additional refreshments, special meals, and other programming and activities at The Center.</p>			

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



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 Be A Kid Again 12:45 4 th of July Craft w/ Family Caregivers	4 9-9:30 Walkercise 10:00 Quilters (LL) 12:00 Community Lunch 2:00 Walks at Camelot	5 9-9:30 Walkercise 10:00 Quilters (LL) 12:00 Community Lunch 2:00 Walks at Camelot	6 12:00 Community Lunch 12:30 Popcorn and a Movie: Titanic 	7 9-10:00 Chair Yoga 10:15-11:15 Tai Chi 11:30 Lunch & Learn: Foster Grandparents 12:00 Community Lunch
10 9-9:30 Walkercise 12:00 Community Lunch 12:30 Be a Kid Again 1:30 Big Room Closed for a meeting	11 9:00 WOW 10:15-11:15 Tai Chi 12:00 Community Lunch	12 9-9:30 Walkercise 10:00 Quilters (LL) 12:00 Community Lunch 12:45 UMJA Presentation 2:00 Walks at Camelot	13 12:00 Community Lunch 12:45 Fraud Presentation with TCAFCU 	14 9-10:00 Chair Yoga 10:15-11:15 Tai Chi 12:00 Community Lunch
17 9-9:30 Walkercise 12:00 Community Lunch 12:30 Be A Kid Again 	18 9:00 WOW 10:15-11:15 Tai Chi 12:00 Community Lunch 	19 9-9:30 Walkercise 10:00 Quilters (LL) 12:00 Community Lunch 1:00 Outing 2:00 Walks at Camelot	20 12:00 Community Lunch 1:00 DIY: Ice Cream 	21 9-10:00 Chair Yoga 10:15-11:15 Tai Chi 12:00 Community Lunch 1:00 Bingo Doors open at 12:30 for refreshments
24 9-9:30 Walkercise 12:00 Community Lunch 12:30 Be a Kid Again	25 9:00 WOW 10:15-11:15 Tai Chi 12:00 Christmas Lunch 12:30 Christmas in July 	26 9-9:30 Walkercise 10:00 Quilters (LL) 12:00 Community Lunch 12:30 Birthday Party 2:00 Walks at Camelot	27 12:00 Community Lunch 12:30 Ice Cream Social 	28 9-10:00 Chair Yoga 10:15-11:15 Tai Chi 12:00 Community Lunch
31 9-9:30 Walkercise 10:00 Books & Breakfast - NEW 12:00 Community Lunch 12:30 Be a Kid Again 	 Thursday, Aug. 3 National Watermelon Day with Family Caregivers		 Blood Pressure Checks Most Thursdays, approx. 12 pm, courtesy of Family Caregivers Network	

*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

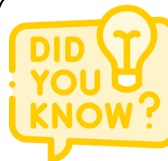
Wendy was disappointed she couldn't participate as much as she'd like in June - we hope you have been walking, on Wednesdays or any days. Wendy will be back in July!

Walks 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.



The Montgomery County Trail Challenge is going on now. How does it work?

- Pick up your challenge card at The Center.
- Register at www.montcopa.org/trailchallenge.
- Visit any of the 17 participating trails.
- Look for special markers at the entrance and record each symbol on your card.
- Turn in your results (drop box at Green Lane Park).
- You do not have to walk, run, or bike the entire trail - just visit, enjoy, and earn recognitions!

How many trails can you visit by December?



Classes are targeted for ages 60+.



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.



COMMUNITY OUTING • Wednesday, July 19, 2023, 1:00 PM

Schwenkfelder Library & Heritage Center - 105 Seminary St, Pennsburg. Join us for a tour and introduction to the internationally-recognized collections and research facilities. Explore the history, art, genealogy, and spirituality of the Perkiomen Valley in SE PA. Meet at the library or join us for lunch at 12 pm and leave together. *RSVP by Tue, 7/18* (Then in August we'll return for a German Foods Exhibit.)

DIY (Do-It-Yourself) • Thursday, July 20, 2023, 1:00 pm



In this popular monthly Do-It-Yourself program, Kitchen Coordinator Danielle will show you how to use ordinary items in new ways. This month: Make (and eat) ice cream. You don't even need an ice cream



maker, and small servings *are* possible! *RSVP by Wed, July 19. \$2 Suggested Donation.*



BINGO • Friday, July 21, 2023, 1:00 pm

Doors open at 12:30 pm for refreshments and activities. Small prizes, big fun! *RSVP by Thu, 7/20. \$1 Suggested Donation to play the whole time.*



BIRTHDAY PARTY • Wednesday, July 26, 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. *RSVP by Tues, 7/25. No Cost.*



BOOKS & BREAKFAST • Monday, July 31, 2023, 10:00 am

The Silver Ladies of Penny Lane by Dee MacDonald - *a totally uplifting, heart-warming, hilarious page turner about embracing the moment and the joy of second chances.* Light breakfast and informal discussion. Purchase your own book or get one from the Upper Perk Library. Bring your book suggestions for August and let us know if you'd like to lead a future discussion. *No Cost. Let us know if you're reading the book!*

EXTRA! EXTRA!

WILL YOU HELP US WITH OUR NEWSLETTER EXPENSES?

As more people attend The Center and sign-up to receive the newsletter, costs for the mailing rise. You may recall our pleas to get more of you to switch from paper to email, but we know how nice it is to have a paper newsletter in your hands, to make notes, circle activities, and hang on the fridge, so we're changing gears! We'd like to ask, if you are willing and able - will you contribute toward receiving your newsletter? Also, please consider donating toward a newsletter for someone who appreciates getting a newsletter, but has a tight budget.

Thank you for your consideration!

MONDAY COMMUNITY MEAL

Monday, July 10 • 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**

The Center Newsletter

Fundraiser

1 postage stamp = \$0.63

\$0.63 x 12 months = \$7.56/year per person

\$7.56 x 100 newsletters mailed per month =

\$756/per year *plus* paper, envelopes, return address labels, and copier costs.

A \$10 contribution can make a dent in expenses, help us continue to not require membership fees, and keep activity costs low. Donations can be dropped off or mailed: 517 Jefferson Street, East Greenville, PA 18041 (note "newsletter").

CENTER UPDATES & INFORMATION

Stay updated! Check this section for news and information.



FARMERS MARKET VOUCHERS - *Coming Very Soon!*

Every summer, the Senior Farmers' Market Nutrition Program (SFMNP) provides fresh, nutritious, locally grown fruits, vegetables, and herbs to low-income seniors, and supports domestic farmers markets and roadside stands. This year, the program is running a bit late. We are anxiously awaiting details, but we do know that the voucher amounts have gone up, so it will be worth the wait! Each eligible senior will receive 5 \$10 SFMNP vouchers.

Eligibility requirements are expected to be: Montgomery County residents 60+ years old (call for a location if you're in a different county) with a household income of less than \$26,973 for one person or \$36,482 for two people. Locations to use the vouchers will be provided.

If you are interested, please inquire about it when you visit The Center, or give us a call!



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.

