



THE CENTER
at
THE OPEN LINK



Enriching the Lives of Older Adults in our Community

August 2023

What Can We Learn From Older Adults?

by Wendy Smeltz, Center Manager

In 1988 President Ronald Reagan designated August 21st as Senior Citizen’s Day to honor and celebrate older adults in our country. Thirty-five years later, his message rings true as our older population grows. By 2034, according to the U.S. Census Bureau, there will be approximately 77 million people over 65 - older adults are expected to outnumber children for the first time in U.S. history!

We honor older adults for their personal achievements and accomplishments and recognize their contributions to our nation and society. A few examples are economic contributions and tax revenues, their civic responsibility (the highest voter turnout comes from those between the ages of 65 and 74), and volunteerism (1 in 4 seniors who are not working volunteer; a contribution The Open Link benefits from and is grateful for). Older adults are often a safety net to their adult children and assist with caring for and even raising grandchildren.

These acts contribute to stronger families, stronger communities, and a stronger society.

If you’re reading this and are *not* an older adult, please think about how you can show honor and gratitude to the seniors in your life and community. A simple “thank you” goes a long way. You can also show appreciation by listening to what our

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Last month The Center’s Community Outing took us to the Schwenkfelder Library and Museum for a tour that was enjoyed by all! We’re returning this month for the German Foods Exhibit - details are on page 7.

Watermelon Extravaganza
 with Family Caregivers Network

Eat • Play • Learn • Create!

National Watermelon Day
 Thursday, August 3, 2023

See details on the next page.

Thank you, Family Caregivers, for making this such a wonderful event every year!

Senior Farmer’s Market Vouchers
 are now available! See page 8 for details!

SPECIAL ACTIVITIES IN AUGUST

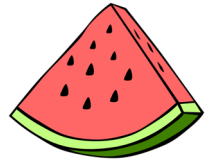
To RSVP: Sign-up in the big room, ask staff, call 215.679.6550, or email center@theopenlink.org. See RSVP dates and costs below, if required.

Watermelon Extravaganza • Thursday, August 3, 2023

11:30 am - Kick things off with our 2nd annual seed-spitting contest.

12:30 pm - Hydration Presentation with Family Caregivers Network, filled with valuable information. They're bringing watermelon for everyone who attends!

1:00 pm - Watermelon craft. **Come to 1 activity or all; don't forget to sign-up for lunch at 12 pm.*



Participant Meeting • Tuesday, August 8 - 12:45 pm



We want your feedback! Quarterly participant meetings help improve the quality of programming, services, and activities. At this meeting we'll discuss Center fundraisers - what do you think of them and do you have ideas? *RSVP Not Needed.*

Stamp Paintings - Intergenerational Activity • Friday, August 11 - 1:00 pm

Bring your grandchild or a child in your life for this activity. Supplies provided. Receive a 8" x 10" canvas. We'll have various items available to "stamp" with. Great for all ages and skills. *RSVP by 8/8, or until activity is full. \$2 suggested donation.*



Steve Walker Variety Show • Thursday, August 17 - 1:00 pm - See page 3!

National Senior Citizen Day Celebration • Monday, August 21 - See page 3!



Outside-In Summer Picnic • Thursday, August 24 - 12:00 pm



A summer picnic in the comfort of the indoors. Doors open at 11:30 am for a gathering of friends with ice-cold lemonade. Picnic lunch served at 12:00 pm, raffles, 50/50, and activities. *RSVP by Tues, 8/22. \$3 suggested donation.*

“For all they have achieved throughout life and for all they continue to accomplish, we owe older citizens our thanks and a heartfelt salute. We can best demonstrate our gratitude and esteem by making sure that our communities are good places in which to mature and grow older - places in which older people can participate to the fullest and can find the encouragement, acceptance, assistance, and services they need to continue to lead lives of independence and dignity.”

-Excerpt from Proclamation 5847 - Ronald Reagan declaring Aug. 21st National Senior Citizens Day, 1988

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older generation has to say.

It is more likely, knowing our audience as a senior center, that if you're reading this you *are* an older adult. First, we thank you! We, as staff of The Center, continue to learn from you, enjoy your company, and respect the trials and tribulations you have overcome, and what we can learn from your experiences.

The life lessons you have to offer are invaluable and the list is endless, but here is a selection of what we learn from our participants on a daily basis: find humor in situations, never stop learning, don't judge yourself too harshly, or others because you don't know what they're experiencing, happiness is a choice so choose it, and make time for what is important.

There is value in sharing our experiences with each other. Older adults have wisdom to pass down to younger generations, and they can benefit from interactions with youth by learning new skills and feeling rejuvenated. We can all benefit from sharing with our peers, broadening our understanding of a world beyond our own, and looking at things from a different perspective.

On August 11th, we're offering our participants a fun painting activity to do with a grandchild, and on August 21st, National Senior Citizen Day, we are bringing generations together to honor our older adults. We hope you will join us!

SPECIAL ACTIVITIES (cont'd)

National Senior Citizens Day August 21

The staff at The Center wants to take this opportunity to recognize the seniors we serve.

This is a day to raise awareness about issues that affect seniors and their quality of life, recognize their achievements, and show how much we care.

We want to celebrate you, and we invite your friends and loved ones to show how much they appreciate you, and to see the senior center where you spend some of your time.

Monday, August 21st, 2023

8 am - 5 pm - Open House Bring your friends and family to The Center.

11 am - 2 pm - Pirate Party

Fun for kids of all ages - 0 to 99!

- **Get a pirate map** which will lead you to prizes around The Center.
- **Meet Jack Sparrow**, take a photo!

12:00 Community Lunch for *all* ages.

Menu: Penne pasta and meatballs.

Cost: \$4.50 for anyone under 60.

RSVP by Fri 8/18.



Steve Walker Appearing Live!

Traditional music with an original flair.

*Donations welcome!
Help support future entertainment.*

www.hexhollowmusic.com



Thurs, Aug 17 1:00 pm

Doors open at 12:30, or come for lunch at 12 pm.

RSVP by Wed, 8/16.
Space is limited.

Parking is available on both sides of Jefferson St. while school is out.



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.



M E N U

Tasty and nutritious meal, side
 items, bread, 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 and meet 1/3 of the Recommended Dietary Allowances for older adults. Substitutions available.	1 Glazed Meatballs Broccoli Fried Brown Rice	2 Lasagna Rollup Garlic Spinach, Carrots Grilled Summer Veggies	3 Sloppy Joe Mixed Veggies French Fries	4 Southwest Baked Fish Roasted Potatoes Warm Spiced Peaches
7 BBQ Chicken Brussel Spouts Sweet Corn	8 Crabcake w/ Mac & Cheese Scalloped Tomatoes Carrots & Peas	9 Warm Sliced Beef Roasted Red Potatoes Green Beans Almondine	10 Orange Glazed Chicken Sweet Potatoes Broccoli	11 Tomato, Onion & Swiss Omelet O'Brien Potatoes Warm Fruit Compote
14 Grilled Chicken Parmesan Spinach w/ Carrots Rotini Pasta	15 Beef & Pepper Stir-fry White Rice Sesame Broccoli	16 Lemon Garlic Chicken Sugar Snap Peas, Carrots, Black Beans Confetti Rice	17 Fiesta Omelet Home Fries Mixed Vegetables	18 Sliced Turkey w/ Cranberry Chutney Whipped Sweet Potatoes Green Beans
21  Penne Pasta w/ Meatballs Broccoli & Carrots <i>Guests of all ages invited!</i> <i>Under 60 = \$4.50</i>	22 Baked Fish w/ Lemon & Parsley Peas Scalloped Potatoes	23 Sweet & Sour Pork Green Beans Brown Rice	24  Summer Picnic \$3 Suggested Donation	25 Garlic Butter Ravioli w/ Spinach Carrots Cauliflower & Red Pepper
28 Honey Mustard Chicken Brussels Sprouts Couscous	29 Glazed Meatballs Broccoli Fried Brown Rice	30 Lasagna Rollup Garlic Spinach, Carrots Grilled Summer Veggies	31 Sloppy Joe Corn Carrot, Broccoli, Cauliflower	<i>Lunch donations benefit the Montgomery County Office of Senior Services. Donations to The Center benefit additional refreshments and activities.</i>

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

AUGUST
2023

ACTIVITY
CALENDAR

Check newsletter for
RSVP dates and details.

Monday	Tuesday	Wednesday	Thursday	Friday
	1 9:00 WOW 10:15-11:15 Tai Chi 12:00 Community Lunch	2 9-9:30 Walkercise 10:00 Quilters (LL) 12:00 Community Lunch 2:00 Walks at Camelot	3 11:30 Seed Spitting 12:00 Community Lunch 12:30 Watermelon & Hydration Presentation 1:00 Watermelon Craft	4 9-10:00 Chair Yoga 10:15-11:15 Tai Chi 12:00 Community Lunch Cookies for Sale \$2 10am to 5 pm
7 9-9:30 Walkercise 12:00 Community Lunch 12:30 Bored? Games	8 9:00 WOW 10:15-11:15 Tai Chi 12:00 Community Lunch 12:45 Participant Meeting	9 9-9:30 Walkercise 10:00 Quilters (LL) 12:00 Community Lunch 2:00 Walks at Camelot	10 12:00 Community Lunch 12:30 Popcorn & A Movie	11 9-10:00 Chair Yoga 10:15-11:15 Tai Chi 12:00 Community Lunch 1:00 Stamp Paintings, Intergeneration Activity
14 9-9:30 Walkercise 12:00 Community Lunch 12:30 Bored? Games!	15 9:00 WOW 10:15-11:15 Tai Chi 12:00 Community Lunch	16 9-9:30 Walkercise 10:00 Quilters (LL) 12:00 Community Lunch 2:00 Walks at Camelot	17 12:00 Community Lunch 1:00 Concert: Steve Walker Variety Show <i>(doors open at 12:30 pm)</i>	18 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
21 National Senior Citizen Day Celebration 8 - 5: Open House 11 - 2: Pirate Party 12:00 Lunch *for all ages	22 9:00 WOW 10:15-11:15 Tai Chi 12:00 Community Lunch	23 9-9:30 Walkercise 10:00 Quilters (LL) 12:00 Community Lunch 2:00 Walks at Camelot	24 12:00 Summer Picnic <i>Doors open at 11:30 am</i>	25 9-10:00 Chair Yoga 10:15-11:15 Tai Chi 12:00 Community Lunch 3:00 Outing: Hometown Creamery for ice cream
28 9-9:30 Walkercise 10:00 Books & Breakfast 12:00 Community Lunch 12:30 Bored? Games!	29 9:00 WOW 10:15-11:15 Tai Chi 12:00 Community Lunch 2:00 Outing: German Foods Exhibit	30 9-9:30 Walkercise 10:00 Quilters (LL) 12:00 Community Lunch 12:30 Birthday Party 2:00 Walks at Camelot	31 12:00 Community Lunch 12:45 DIY: Make Your Own Trail Mix - National Trail Mix Day	<i>Programs held in the Main Room unless otherwise noted.</i>

*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. *Your first class is always free!*



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. Wendy will be there when the schedule and weather allows! We encourage you to join others for a walk in the fresh air! Let us know when you walk so we can track 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.

Chair Yoga

Fridays 🌸 9 - 10:00 AM

with Instructor Sarah Thayer

Sarah is a certified yoga teacher with a passion for making yoga accessible to everyone and exploring its benefits with her students.



- ◆ Breathing exercises
- ◆ Relaxing meditations
- ◆ Physical poses to enhance strength, flexibility, and balance

\$2 per class (Help us ensure that we can continue offering this class.)

Summer Tips to Stay Cool



Know your meds. Some can cause sun sensitivity.



Drink water and eat fresh fruits and veggies.



Place a cool washcloth on your neck.



Avoid using the stove and oven on hot days.



Avoid beverages with alcohol and caffeine.



Stay out of direct sun during peak times (10am-4pm).

Classes are targeted for ages 60+.

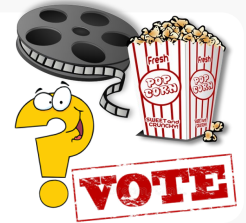


ONGOING MONTHLY ACTIVITIES

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 re-

POPCORN & A MOVIE • Thursday, August 10 - 12:30 pm

Voting is open for this month's movie! Visit The Center or Facebook to cast your vote; write-ins welcome. Top Vote chosen Wed, 8/9. *No RSVP Needed.*



BINGO • Friday, August 18, 2023 - 1:00 pm

Doors open at 12:30 pm for refreshments and activities. Small prizes, big fun! *RSVP by Thu, 8/17. \$1 Suggested Donation to play the whole time.*

BOOKS & BREAKFAST • Monday, August 28, 2023 - 10:00 am

"An Imperfection in the Kitchen Floor". Author Heather Greenleaf's perfectly moving debut novel. Light breakfast and informal discussion. New this month - pick up your 'Book in a Bag' at The Center! *RSVP by Fri, 8/25. No Cost.*



COMMUNITY OUTINGS - Two to chose from this month!

Ice Cream - Fri, August 25, 2023, 3:00 pm at the Hometown Creamery: 637 Gravel Pike, East Greenville. Purchase ice cream, milkshake, or baked goods.



German Foods Exhibit - Tues, August 29, 2023, 2:00 pm. Schwenkfelder Library & Museum: 105 Seminary St, Pennsburg. Trace the origins of your favorite Pennsylvania Dutch foods. Meet at the outing location.

BIRTHDAY PARTY • Wednesday, August 30, 2023 - 12:30 pm



Everyone is welcome - help us celebrate guests with a birthday this month! Sing "Happy Birthday", enjoy cake, and group activities. When you sign up, let us know if you'll be joining us for lunch at 12 pm. *RSVP by Tue, 8/29. No Cost.*

DIY (Do-It-Yourself): Trail Mix • Thursday, August 31 - 12:45 pm

Aug 31st is National Trail Mix Day! All the ingredients - savory, bold, and sweet - available to create a nutritious snack that provides an energy boost. *RSVP by 11 am. No Cost.*



EXTRA! EXTRA!

The Center Newsletter Fundraiser

THANK YOU for helping!

Many of you have contributed toward our Newsletter Mailing Fundraiser. So far, we have raised over \$100!

As costs rise, we had considered different options: newsletters every other month, in black and white, or making available only at The Center and online, but we didn't like those options. Your contributions help guarantee that paper copies and the mailing can continue so you can make notes, circle activities, and hang your newsletter on the fridge!

If you'd still like to give, donations can be dropped off or mailed: 517 Jefferson St, East Greenville, PA 18041 (note "newsletter").

Thank you!

MONDAY COMMUNITY MEAL

Monday, August 7 • 6:00 pm

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

Pennsburg UCC - Sit-down meal

New Goshenhoppen UCC - Take-out meal

DID SOMEONE SAY COOKIE?

If you were at Make Music Upper Perk at The Center in June, you may have had yummy bake sale treats. Danielle is baking again! On National Chocolate Chip Cookie Day, stop by The Center for our

COOKIE FUNDRAISER

Fri, Aug. 4, 2023

10 am to 5 pm

(or until sold out)

\$2 per big cookie

Proceeds raised at The Center and help us hold new activities!



CENTER UPDATES & INFORMATION

Stay updated! Check this section for news and information.

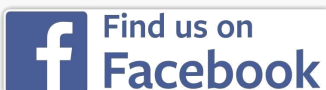


FARMERS MARKET VOUCHERS - Available Now!

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 was running late. Details are in, and so are the vouchers! Voucher amounts have gone up; each eligible senior will receive 5 \$10 SFMNP vouchers, and they can be obtained **in-person or in the mail**.

Eligibility requirements: 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.

