

THE CENTER

at



Enriching the Lives of Older Adults in our Community



December 2023

There's a Seat for You at Our Table

By Wendy Smeltz, Center Manager

One of my favorite things about The Center is that the older adults we serve come from all walks of life.

As human beings, we generally are drawn to people with similar personalities to our own. However, The Center proves over and over, people are *people*; we can always find something in common with those around us when we take the time.

When someone visits for the first time, just like when anyone tries anything new, they probably feel nervous, and wonder if this is the right place for them. What will they talk about? Will they fit in?

Staff and volunteers always want visitors to be comfortable, but who does that the best? The participants! They offer tours and direction, and so often, compassion and support, to anyone who needs it.

Maybe you're wondering if you belong here. Some comments we hear: "I'm not ready for a senior center"; "I'm still too active" or "I'm not active enough"; "I can't afford it" or "I'm not financially in need."

Let's answer the question – 'Who belongs at The Center?' The people that walk through our doors come from different backgrounds, professions, incomes, and cultures, with different interests, opinions, and beliefs. That's what makes it such an interesting place to be!

Activities are designed for older adults while recognizing that seniors are not all the same. We strive to offer a diverse number of educational, enrichment, and

Continued on page 3



Spending time with friends at The Center — During a gap in regular programming, these ladies recently got together, shared some laughs and listened to and supported each other. It wasn't a special event but it is the time spent with friends that makes it special. We are thankful for moments like this!

HOLIDAY SCHEDULE

Friday, Dec. 22 - Close at 12 pm
No AM Activities.
MOW will be delivered.

★ **Monday, Dec. 25 - CLOSED**
★ **Monday, Jan. 1 - CLOSED**

Meals on Wheels will not be delivered
★ Mon., 12/25 or Mon., 1/1. Extra meals
★ will be delivered in advance.

Happy Holidays from The Center!

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

SPECIAL ACTIVITIES in December

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

HEALTHY STEPS IN MOTION • Wednesday afternoons at 1:00 pm

This weekly class continues for those who previously attended in November.



SANTA'S MITTENS WALL-HANGING • Thurs., Dec. 7, 2023 - 1 pm

Join us for an adorable craft to display at your home or give as a gift. Beginner crafters welcome. Supplies provided, or bring your own embellishments.

Suggested donation: \$3. RSVPs accepted until maximum of 15 is reached, sign up now!



COOKIES WITH THE CHOIR • Friday, Dec. 8, 2023 - 1:00 pm See Pg 3.

Annual performance by the UPHS Choir led by Dr. Mark Thomas.

GINGERBREAD HOUSE ACTIVITY • Tuesday, Dec. 12, 2023 - 1 pm

Leave your holiday stress behind! Put your construction or decorating skills to the test. Decorate to holiday music. Non-edible and edible supplies provided.

No Cost, but donations are welcome. RSVPs encouraged by Fri 12/8.



PANCAKES & PAJAMAS • Thursday, Dec. 14, 2023 - 12:00 pm See Pg 3.



You asked for breakfast for lunch and we don't want to disappoint!

COOKIE & RECIPE EXCHANGE • Tuesday, Dec. 19, 2023 - 1:00 pm

Bring a favorite cookie recipe to exchange with other participants! You are invited to bake in advance at The Center- [please schedule with Kitchen Coordinator Danielle](#). Many supplies, ingredients available. You do not have to bring anything to attend. **RSVP by 12/18.**



*The Center is not permitted to serve homemade food; food must be prepared here.



HOLIDAY LUNCH • Thursday, Dec. 21, 2023 - 12:00 pm See Menu on Pg. 4.

REINDEER GAMES • Thursday, Dec. 28, 2023 - 1:00 pm Our last event of 2023!

An event sure to make you laugh! Holiday trivia, hilarious party games, light refreshments. In the spirit of the season, this event has **no cost. RSVP by 12/27.**



recreation programs to reach many people, while making sure to include vital topics to this age group, like fraud and fall prevention. Lunch menus are created around seniors' needs and common health conditions in which nutrition plays an important role. Exercise classes are built to address issues like balance, strength, and flexibility in ways that make it accessible for those who need it, such as the use of a chair for support. Women on Weights (WOW) is designed for middle-aged and older women to become and stay strong; women younger than 60 are encouraged to attend. Social interaction adds benefits to all of the programs offered at The Center.

You may have heard us joke, "We don't card!". Many programs appeal to middle-aged adults or younger. Activities are designed for seniors but not reserved for those over 60. If you're under 60, we're glad you're here! On occasion, some programs require attendees to be over a specific age, an AARP driver's safety course for example. And Community Lunch is offered at no cost to those over 60 with an optional \$2 donation through a partnership with the Montgomery County Office of Senior Services. That does not mean someone under 60 is prevented from attending. That charge is \$4.85, however, if that is a hardship, staff are happy to discuss discounted or free meals, or other alternatives.

Any older adult who benefits from being at our senior center, where the goals are to stay active and healthy and make social connections, is welcome here. There's room for you at our table this holiday season and always!

DROP-IN SUPPORT GROUP

Conversations Over Coffee

Shared Discussion About Life's Journey

Drop-In Series - No Commitment Required
Come to one group or every meeting.

Join us in a supportive environment to share about personal experiences of loss and hardship, along with rich stories of growth and joy. **Topic: Stories of Past and present with a look toward 2024 — reflect on favorite memories and share goals.**



**Thursday,
January 18th
1:00 pm
No RSVP
Required**

Discussions led by a group facilitator from The Center for Loss and Bereavement that will apply to a wide range of experiences. Contact The Center at The Open Link for information at 215-679-6550.



The Center for Loss and Bereavement
3847 Skippack Pike, Skippack, PA 19474

A non-profit resource of specialized knowledge and professional support that provides meaningful connection and restorative guidance for those impacted by grief.



Cookies with the Choir

Friday, Dec. 8, 2023 - 1 pm

Featuring the
Upper Perkiomen High School Choir
led by Dr. Mark Thomas

Doors open at 12:30 for fellowship and refreshments, or sign up for lunch at 12 pm.

There is no cost for this event, but we will take a collection to donate to the UPHS Music Department.



This special lunch has a \$2 suggested donation to The Center.

RSVPs encouraged by Wed. 12/13.

**Thursday
December 14
12 pm**

Bring a pair of wrapped new socks for an exchange game!

Thurs, Dec. 21 - 12 pm

Community Lunch
is no cost to anyone 60+.
Optional \$2 donation to MCOSS.

**holiday
lunch**

Menu: Roast Beef w/ Burgundy Gravy, Red Bliss Mashed Potatoes, Green Beans, Dessert



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.











DECEMBER 2023

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
<p>*Menus are created by a registered dietician and meet 1/3 of the Recommended Dietary Allowances for older adults. Substitutions available upon request - let us know when you signup if you need an alternative meal, and tell us what you <u>can't</u> eat. Substitute meals are limited.</p>				<p>1 Tomato, Onion & Swiss Omelet O'Brien Potatoes Warm Fruit Compote</p>
<p>4 Grilled Chicken Parmesan Broccoli Rotini Pasta</p>	<p>5 Beef Stir-fry White Rice Sesame Broccoli</p> 	<p>6 Lemon Garlic Chicken Sugar Snap Peas, Carrots, Black Beans Confetti Rice</p>	<p>7 Fiesta Omelet Home Fries Mixed Vegetables</p> 	<p>8 Sliced Turkey w/ Cranberry Chutney Whipped Sweet Potatoes Green Beans <i>Stay for Choir & Cookies</i></p> 
<p>11 Penne Pasta w/ Meatballs Broccoli & Carrots</p> 	<p>12 Baked Fish w/ Lemon & Parsley Peas Scalloped Potatoes</p>	<p>13 Sweet & Sour Pork Green Beans Brown Rice</p>	<p>14 Pancakes & Pajamas</p> 	<p>15 Garlic Butter Ravioli w/ Spinach Carrots Cauliflower & Red Pepper <i>Ugly Sweater Day</i></p> 
<p>18 Honey Mustard Chicken Brussels Sprouts Couscous</p>	<p>19 Asian Glazed Meatballs Broccoli Fried Brown Rice</p>	<p>20 Lasagna Rollup Garlic Spinach w/ Carrots Grilled Vegetables</p>	<p>21 Holiday Meal Roast Beef w/ Burgundy Gravy Green Beans Mashed Potatoes</p>	<p>22 Center Closes at 12 pm</p> 
<p>25 </p>	<p>26 BBQ Chicken Brussels Sprouts Sweet Corn</p>	<p>27  Warm Sliced Beef Roasted Red Potatoes Green Beans</p>	<p>28 Orange Glazed Chicken Sweet Potatoes Broccoli</p>	<p>29 Tomato, Onion & Swiss Omelet O'Brien Potatoes Warm Fruit Compote</p> 

Come for the meal. Stay for friends and fellowship.

December 2023

ACTIVITY CALENDAR

Check newsletter for
RSVP dates and details.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Programs held in the Main Room unless otherwise noted. LL=Lower Level</i></p>		<p> Blood Pressure Checks Most Thursdays, approx. 12 pm, courtesy of <i>Family Caregivers Network</i></p>		<p>1 9-10:00 Chair Yoga 10:15-11:15 Tai Chi 12:00 Community Lunch</p>
<p>4 9-9:30 Walkercise 10:00 WOW 12:00 Community Lunch 12:30 Games & Billiards</p>	<p>5 10:15-11:15 Tai Chi 12:00 Community Lunch 12:30 Popcorn and A Christmas Carol <i>Vote for which version!</i> </p>	<p>6 9-9:30 Walkercise 10:00 WOW 10:00 Quilters (LL) 12:00 Community Lunch 1:00 HSIM 8-wk class (continued from Nov.)</p>	<p>7 12:00 Community Lunch 1:00 Santa's Mittens Craft <i>RSVP until maximum of 15 is reached.</i> </p>	<p>8 9-10:00 Chair Yoga 10:15-11:15 Tai Chi 12:00 Community Lunch 1:00 Cookies w/ the Choir <i>Doors open at 12:30 or come to lunch.</i> </p>
<p>11 9-9:30 Walkercise 10:00 WOW 12:00 Community Lunch 12:30 Games & Billiards</p>	<p>12 10:15-11:15 Tai Chi 12:00 Community Lunch 1:00 Gingerbread House Activity </p>	<p>13 9-9:30 Walkercise 10:00 WOW 10:00 Quilters (LL) 12:00 Community Lunch 1:00 HSIM 8-wk class</p>	<p>14 12:00 Pancakes & Pajamas Lunch  <i>RSVPs encouraged by 12/13</i></p>	<p>15 9-10:00 Chair Yoga 10:15-11:15 Tai Chi 12:00 Community Lunch 1:00 Bingo - Free if you wear an Ugly Sweater! </p>
<p>18  9-9:30 Walkercise 10:00 WOW 10:00 Book Club (LL) 12:00 Community Lunch 12:30 Games & Billiards</p>	<p>19 10:15-11:15 Tai Chi 12:00 Community Lunch 1:00 Cookie & Recipe Exchange </p>	<p>20 9-9:30 Walkercise 10:00 WOW 10:00 Quilters (LL) 12:00 Community Lunch 1:00 HSIM 8-wk class</p>	<p>21 12:00 Holiday Lunch <i>RSVPs encouraged by 12/19</i> </p>	<p>22 No AM Activities No Community Lunch Center Closes at 12 pm</p>
<p>Merry Christmas </p>	<p>26 10:15-11:15 Tai Chi 12:00 Community Lunch</p>	<p>27  9-9:30 Walkercise <i>No Women on Weights</i> 10:00 Quilters (LL) 12:00 Community Lunch 12:30 Birthday Party</p>	<p>28 12:00 Community Lunch 1:00 Reindeer Games </p>	<p>29 9-10:00 Chair Yoga 10:15-11:15 Tai Chi 12:00 Community Lunch</p>

Enriching the lives of older adults in our community.

RSVP dates help us 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) – Mon & Wed, 10 AM. A strength training program designed for mid-life and older women. Certified instructor Jane Oswald leads 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.

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.

DON'T WAIT TO START YOUR NEW YEAR'S RESOLUTIONS!

Register for an exercise class now.

There is no commitment to continue attending, or to attend every class.



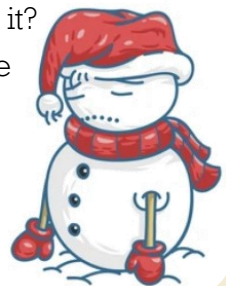
Register once, then come as your schedule allows.

Beat the Winter Blues

Many people experience feelings of depression or deep unhappiness during the cold and darkness of the season. The medical name is seasonal affective disorder (SAD).

What are some ways to beat it?

- Let sunlight into your home
- Schedule a time to move
- Socialize with others
- Eat a balanced diet
- Ask for help if you need it



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 costs and RSVP dates below, if required.



POPCORN & A MOVIE • Tuesday, Dec. 5, 2023 - 12:30 pm

Vote for your favorite version of 'The Christmas Carol' - or the one you'd most like to see! There are over 100 Movie and TV Show versions! Choices on display at The Center.



UGLY SWEATER BINGO • Friday, Dec. 15, 2023 - 1:00 pm

Doors open at 12:30 pm for refreshments and holiday-themed activities.

Small prizes, big fun! Prizes for the best/worst sweaters. **Cost: \$1 to play the whole time; free if you wear an ugly sweater. RSVP by 12/14.**

BOOKS & BREAKFAST • Monday, Dec. 18, 2023 - 10:00 am



One Day in December by Josie Silver. A sweet story about friendship, romance, and true love. The plot centers around a romance that could have been, but was not. A *limited number of books is available at The Center; see a staff member to borrow a copy.*

BIRTHDAY PARTY • Wednesday, Dec. 27, 2023 - 12:30 pm

Everyone is welcome - celebrate guests with December birthdays! Cake and activities. Let us know if you'll join us for lunch at 12 pm. **RSVP by Tues., 12/26.**

Did you know December babies get a whopping 160 fewer gifts across their lifetime according to one study and their birthday gifts are often in Christmas wrapping paper?. Help us show participants with December birthdays that their day will not be overshadowed!



BOARD GAMES & BILLIARDS • Mondays at 12:30 pm

We have a variety of activities like board games, Skip-Bo, and UNO, or work on the puzzle, settle in with a good book in the library, or shoot pool in the lower level. The Center is a great place to spend a chilly afternoon with friends!



thank you
For being part
of our 2023!

SAVE THE DATE: Tuesday, January 2, 2024 • 12:00 pm
Join us at The Center's first Community Lunch of 2024 to look back at 2023 and celebrate a new year.
Doors open at 11:30 am for coffee and conversation.



CENTER UPDATES:

Have You Ridden the New Stair Lift?

The new stairlift at The Center has been installed. We are so excited to make our building more accessible to everyone and be able to offer more programs!



Plans are now in the works to refresh our lower level. Let us know if you're interested in organizing an activity in 2024, hobbies like playing cards, billiards, or any group activity!

MONDAY COMMUNITY MEAL

Monday, December 4 • 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

Winter Weather Policy

The Open Link (main office & The Center) follow the Upper Perkiomen School District for guidance on winter weather closures.

UPSD buildings Closed = Center Closed
UPSD 2-Hr Delay = Center Opens at 10 am

In the event of a closure or delay, call for updates. Our phone greeting will be updated.

EXTRA! EXTRA!

Stay updated. Check this section for news and information.



Applications available
at The Center.

*Please let Center staff know
if you need assistance.*

Statewide Toll-Free Hotline
1-866-857-7095

Apply online at
www.compass.state.pa.us

Low-Income Home Energy Assistance Program

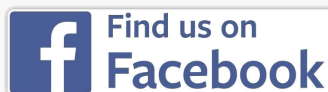
The LIHEAP program helps families and individuals pay their heating bills. LIHEAP is a grant; you do not have to repay it.

- Apply between Nov. 1, 2023 and Apr. 5, 2024
- You don't have to be on public assistance
- You don't need to have an unpaid heating bill
- You can either rent or own your home

Payments are made to the utility company or fuel provider.

Grants are available for heating bills and crisis situations such as broken heating equipment or leaking lines. If you have a heating emergency, you should contact your county assistance office. Staff at The Open Link can help!

2023-24 Income Guidelines	
Household Size	Max. Annual Income
1	\$21,870
2	\$28,580
Each Additional Person Add \$7,710	



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.

