



**THE CENTER**

at

**THE OPEN LINK**



*Enriching the Lives of Older Adults in our Community*

**February 2024**

## Let's Try a New Hobby!

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

Hobbies are not only a fun way to pass the time, they are also good for you!

A study from researchers at the Mayo Clinic looked at the benefits of a number of activities for adults middle age and beyond and found that engaging in a hobby helped reduce the risk of dementia and preserve memory.

In addition to arts and crafts, the study, published in the journal *Neurology*, also examined the long-term benefits of social activities such as book clubs, movies, concerts, time with friends and travel. Additionally, the study considered the brain-health benefits of computer pastimes such as surfing the internet, playing video games, and even online shopping.

Social, mental, and physical activity, all of which you can find at The Center, helps stimulate our brains and stave off memory loss. Research has shown that regular exercise and engaging in mentally challenging activities like crossword puzzles or learning new skills can also help deter memory loss.

The Center has always been a place for people to spend time delighting in their hobbies, many of which can be enjoyed alone or with others, such as quilting, games, assembling a puzzle, or finding a quiet corner to read. Many hobbies are represented in the ongoing programming at The Center, but we're always look-

*Continued on page 6*



Magic and Comedy with Ron Schaffer left the audience amazed and bewildered! Thank you, Ron, for sharing your lifelong passion for magic at The Center.

### February Holiday Hours:

CLOSED Monday,  
February 19, 2024



HAPPY  
PRESIDENTS  
DAY  
UNITED STATES OF AMERICA

There is no lunch or activities. Meals on Wheels is not delivered (extra meals are delivered in advance.)

For winter weather protocol, see page 8.

### Hours of Operation:

Monday - Friday 8:00 am to 4 pm

Staff is available to take your call or greet you in-person. The main room is closed during activities.  
215.679.6550 | center@theopenlink.org

The Center, The Open Link's senior center location, offers opportunities to stay healthy, active, and connected. Programming focuses on nutrition, exercise, education, socialization, and enrichment, and is targeted to adults over 60, but open for all ages.

**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 February

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

### GROUNDHOG DAY FESTIVITIES

**Thurs., Feb. 1 - Make your prediction!** Will Punxsatawny Phil see his shadow? Will we have an early spring or 6 more weeks of winter? Learn fun facts about the history of this tradition.

**Fri., Feb. 2 - 12:45 pm - Popcorn & Pictures: *Groundhog Day*.** In this 1993 comedy, Phil Connors (Bill Murray), a cynical TV weatherman, becomes trapped in a time loop, forcing him to relive Groundhog Day repeatedly. **No Cost. RSVP Not Required.**



### FROYO SOCIAL HOUR • Tues., Feb. 6, 2024 - 12:30 to 1:30 pm



Celebrate *National Frozen Yogurt Day* with toppings and with friends! Froyo (frozen yogurt) gained popularity as people looked for healthier alternatives to sweets. Find out - Is frozen yogurt healthier than ice cream? **\$1 Suggested Donation. RSVP by 2/5.**

### SEND A CARD TO A FRIEND PROJECT • Wed., Feb. 7, 2024 - 11:00 to 4:00 pm

It's *National Send a Card to a Friend Day* - send a friend some cheer! Stop by The Center to write a note and address a card. Cards and postage will be provided by The Center, and we'll drop your cards in the mail! **No Cost. RSVP Not Required.**



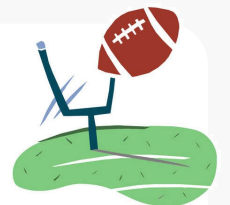
### NATIONAL OPERA DAY • Thurs., Feb. 8, 2024 - 11:30 am - 1 pm (over lunch)



We will celebrate *National Opera Day* with some interesting facts and will have opera as lovely background music over lunch. **RSVP by 11 am if attending lunch, served at 12 pm;** or join us at 12:30 for some music and information.

### SOUP-ER BOWL PARTY • Fri., Feb. 9, 2024 - 12:00 pm

Get ready for the big game with food and fun! The menu for this special lunch includes soup with gameday foods, and it's *National Pizza Day* - let us know when you sign up if you want cheese or pepperoni. Raffle Basket tickets: \$1 each. Wear your favorite team's gear. Doors open at 11:30 am. **\$3 Suggested Donation. RSVP by Wed., 2/7.**



Community Lunch (pg. 6), held Monday - Friday, is made possible in part by the Montgomery County Office of Senior Services (MCOSS). Menus are prepared by a registered dietician and meals meet 1/3 of Recommended Dietary Allowances for older adults. Lunch is no cost for anyone over 60; donations benefit MCOSS. The Center serves a monthly special meal; dietary requirements do not have to be met and donations benefit The Center.

# SPECIAL ACTIVITIES in February

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.

## VALENTINE'S DAY • Wed., Feb. 14, 2024

**12:00 pm Lunch** - Menu: Spaghetti & Meatballs. Doors open at 11:30 am for coffee and conversation. **No cost for anyone over 60, \$2 sugg. donation** (benefits MCOSS).



**12:30 pm Sweets & Celebration** - A sweet dessert and a sweet time spent with friends. Activities celebrating L-O-V-E, including the popular Candy Walk. **No Cost. RSVP by Mon. 2/12.**



## BIRD FEEDER CRAFT • Thurs., Feb. 15, 2024 - 1:00 pm

February is *National Bird Feeding Month*. Make a decorative bird feeder to help get our feathered friends through the long cold winter. **\$2 Sugg. Donation. RSVP by Mon. 2/12.**

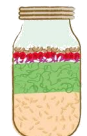


## LOVE YOUR PET DAY • Tues., Feb. 20, 2024 - 12:30 pm

We will share photos and stories of our favorite pets - past and present. Photos and stories being collected now - bring them to staff in-person or via email. You do not need to leave originals, we can make copies. **RSVP not required.**

## SOUP IN A JAR w/ Teri Wassel M.S., R.D. • Wed., Feb. 21, 2024 - 1:00 pm

February is American Heart Month. Prepare a heart healthy bean soup mix that can be enjoyed as a quick and easy meal, perfect for a winter day. Led by Teri Wassel, Registered Dietician with the Montgomery County Health Dept. **No Cost. RSVP by Fri. 2/16 or until maximum of 24 is reached. Sign up now, Teri's classes are popular!**



Montgomery County  
Department of  
Health and Human Services

This project is funded by the PA Dept of Health's Preventative Health and Health Services Block Grant.

## BIRDING TALK w/ Deb • Thursday, Feb. 22, 2024 - 12:45 pm

Do you want to know what the name is of a pretty bird singing in a tree? Learn to identify, attract, and feed birds, where to find them both locally and further afield, and new technologies to improve bird identification. Led by Center Volunteer Deb, who will also show her own photos of birds taken around the world! **No Cost. RSVP Not Required.**



Look for materials at The Center all month as we strive to educate and celebrate!





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.

# February 2024

## 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 am

Monday	Tuesday	Wednesday	Thursday	Friday
<p>*Menus created by a registered dietician and meet 1/3 of Recommended Dietary Allowances for older adults.</p> <p><i>Substitutions available upon request - let us know when you sign up if you need an alternative meal, and tell us what you <u>can't</u> eat. Substitute meals are limited.</i></p>			1 <b>Creamy Parmesan Chicken</b> Broccoli Penne Pasta	2 <b>Raviolis w/ Roasted Red Pepper Sauce</b> Spinach with Carrots Corn
5 <b>Fajita Chicken</b> Seasoned Corn and Black Beans Spanish Rice	6 <b>Pizza Burger</b> Mixed Vegetables Cauliflower	7 <b>Panko Crusted Tilapia</b> Green Beans Scalloped Potatoes	8 <b>Paprika Baked Chicken</b> Broccoli & Carrots Mashed Potatoes	9  <b>Soup-er Bowl Party</b> Soup & Game Day Foods <i>RSVP by Wed. 2/7 with your choice of pizza: Cheese or Pepperoni</i>
12 <b>Swedish Meatballs</b> Buttered Wide Noodles Peas	13 <b>Spinach &amp; Swiss Omelet</b> Roasted Red Potatoes Warm Apples	14  <b>Valentine's Lunch Spaghetti &amp; Meatballs</b> <i>RSVP by Mon. 2/12</i>	15 <b>Hawaiian Chicken</b> Confetti Rice Island Blend Veggies	16 <b>Baked Ziti w/ Spinach</b> Warm Spiced Peaches California Blend Veggies
19 <b>CLOSED</b> 	20 <b>Honey Rosemary Chicken</b> Rice Pilaf Brussels Sprouts	21 <b>Meatloaf w/ Gravy</b> Whipped Potatoes Peas and Carrots	22 <b>Cheese Omelet &amp; Turkey Sausage</b> Diced Potatoes w/ Peppers & Onions Spinach w/ Carrots	23 <b>Tilapia w/ Creamy Dill Sauce</b> Carrot Coins Vegetable Brown Rice
26 <b>Herb Roasted Chicken Thigh</b> Mixed Veggies Roasted Red Potatoes	27 <b>Hearty Beef Stew</b> Carrots and Peas Cauliflower	28  <b>Sliced Turkey w/ Stuffing &amp; Orange Thyme Gravy</b> Brussels Sprouts Carrot Coins	29 <b>Creamy Parmesan Chicken</b> Broccoli Penne Pasta	<i>Lunch donations benefit the Montgomery County Office of Senior Services (MCOSS).</i>

*Come for the meal. Stay for friends and fellowship.*

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Programs held in the Main Room unless otherwise noted. LL=Lower Level</i></p>			<p><b>1</b> 12:00 Community Lunch</p> <p> <i>Groundhog Predictions</i></p>	<p><b>2</b> 9-10:00 Chair Yoga 10:15-11:15 Tai Chi 12:00 Community Lunch 12:30 Billiards (LL) 12:45 Popcorn &amp; Pictures</p> <p><i>Groundhog Day</i></p>
<p><b>5</b></p> <p>9-9:30 Walkercise 10:00 WOW 12:00 Community Lunch 12:30 Afternoon Activities</p> <p> </p>	<p><b>6</b> 10:15-11:15 Tai Chi 12:00 Community Lunch 12:30 Billiards (LL) 12:30 <b>Froyo Social Hour</b></p> <p> <i>National Frozen Yogurt (Froyo) Day</i></p>	<p><b>7</b> 9-9:30 Walkercise 10:00 WOW 10:00 Quilters (LL) 12:00 Community Lunch 11-4:00 <b>Send a Card to a Friend Project</b></p> <p></p>	<p><b>8</b> 11:30-1 <b>Opera Music</b> 12:00 Community Lunch</p> <p> <i>National Opera Day</i></p>	<p><b>9</b></p> <p>9-10:00 Chair Yoga 10:15-11:15 Tai Chi 12:00 <b>Soup-er Bowl Party!</b> 12:30 Billiards (LL)</p> <p> <i>National Pizza Day</i></p>
<p><b>12</b> 9-9:30 Walkercise 10:00 WOW 12:00 Community Lunch</p>	<p><b>13</b> 10:15-11:15 Tai Chi 12:00 Community Lunch 12:30 Billiards (LL)</p>	<p><b>14</b> 9-9:30 Walkercise 10:00 WOW 10:00 Quilters (LL) 12:00 <b>Valentine Lunch</b> 12:30 <b>Sweets &amp; Celebration</b></p> <p></p>	<p><b>15</b> 12:00 Community Lunch 1:00 <b>Bird Feeder Craft</b></p> <p></p>	<p><b>16</b></p> <p>9-10:00 Chair Yoga 10:15-11:15 Tai Chi 12:00 Community Lunch 12:30 Billiards (LL) 1:00 <b>Mardi Gras Bingo</b> <i>Doors open at 12:30 pm</i></p> <p></p>
<p><b>19</b> <b>CLOSED</b></p> <p></p>	<p><b>20</b> 10:15-11:15 Tai Chi 12:00 Community Lunch 12:30 Billiards (LL) 12:30 <b>Love Your Pet Day Activities</b></p> <p></p>	<p><b>21</b> 9-9:30 Walkercise 10:00 WOW 10:00 Quilters (LL) 12:00 Community Lunch 1:00 <b>Soup in a Jar</b></p> <p></p>	<p><b>22</b> 12:00 Community Lunch 12:45 <b>Birding Talk w/ Deb</b></p> <p></p>	<p><b>23</b> 9-10:00 Chair Yoga 10:15-11:15 Tai Chi 12:00 Community Lunch 12:30 Billiards (LL) 1:00 <b>Trivia</b></p> <p></p>
<p><b>26</b></p> <p>9-9:30 Walkercise 10:00 WOW 10:00 <b>Book Club (LL)</b> 12:00 Community Lunch 12:30 Afternoon Activities</p> <p></p>	<p><b>27</b> 10:15-11:15 Tai Chi 12:00 Community Lunch 12:30 Billiards (LL) 2:00 <b>Welcome to The Center (Visitors invited)</b></p>	<p><b>28</b> 9-9:30 Walkercise 10:00 WOW 12:00 Community Lunch 12:30 <b>Birthday Party</b> 3:30 <b>UPMS Play</b></p> <p></p>	<p><b>29</b> 11:30-1 <b>Extra Fun for an Extra Day!</b> 12:00 Community Lunch</p> <p> <i>Happy Leap Day!</i></p>	<p> <b>Blood Pressure Checks</b> Most Thursdays, approx. 12 pm, courtesy of <i>Family Caregivers Network</i></p>

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!

*Enriching the lives of older adults in our community.*

ing for new things to learn and do together.

This month, we are pleased to have one of our very own volunteers, Deb Ellinger, share about her hobby bird watching. February is National Bird Feeding month, an ideal time to talk about our feathered friends. Come hear about this hobby, and join the approximately 45 million people who consider themselves “birders” or bird watchers, and the 57 million people who participate in feeding birds in their yards.

Do you have a hobby you could bring at The Center? We are always looking for new activities to offer, but we need help from people willing to share their talents and interests. Lead a group activity or share about a topic you are passionate about. Maybe you’d like to try something new, which we could do together! Hobbies are things we enjoy doing in our spare time; that does not mean we have to be good at them.

No idea is a weird idea since hobbies offer health benefits. There are usual hobbies, like gardening, cooking, or reading, but there is a plethora of unique and interesting hobbies out there that would be fascinating to learn. Perhaps we can all make “trying new things” our new hobby! What should we try first?

## 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, 9-10:00 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.

Classes targeted for ages 60+.

Open to ALL ages!



## ONGOING MONTHLY ACTIVITIES for February

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

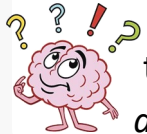
### MARDI GRAS BINGO • Fri., Feb. 16, 2024 - 1:00 pm



If you can't make it to The Big Easy, come to the next best thing, Mardi Gras Bingo!

Doors open at 12:30 pm. Light refreshments. Small prizes, big fun! **Cost \$1. RSVP by 2/15.**

### TRIVIA • Fri., Feb. 23, 2024 - 1:00 pm



Test your knowledge of fun facts and interesting tidbits. Prizes for the winning team. Last month's inaugural Trivia was a blast! This month's trivia theme: *House and Home*. **No Cost. RSVP not required, but sign up for a team now!**

### BOOKS & BREAKFAST • Mon., Feb. 26, 2024 - 10:00 am



*Loving Frank* by Nancy Horan is a fictional recreation of the true story of an adulterous affair with Frank Lloyd Wright; a compelling story of love, loss, and wrenching sacrifices. **Limited quantity of books available at The Center. No Cost. RSVP Not Required.**

### BIRTHDAY PARTY • Wed., Feb. 28, 2024 - 12:30 pm



Everyone is welcome - celebrate guests with February birthdays! Cake and activities. Let us know if you'll join us for lunch at 12 pm (menu page 4). **No Cost. RSVP by Tues., 2/27.**

### BILLARDS • Tues, Fri - 12:30 to 4:00 pm

After discussion with some of you about a good time to play pool, we agreed on Tuesdays and Fridays. Come out to practice or to pick up a new hobby!



### AFTERNOON ACTIVITIES • Mon, 12:30 pm

Join the Mahjong group, play cards, or bring your favorite board games. We have a variety of board games, plus Skip-Bo, UNO, and more, or work on the puzzle or visit the library.



## COMMUNITY OUTING *Taking The Center out on the town!*

**Wed, Feb. 28, 2024, 3:30 pm: Play (TBD), Upper Perk Middle School:** 901 Montgomery Ave., Pennsburg. Free Gold Card Show for seniors (cards not needed). RSVP not required, but let us know by Fri, 2/23 if you plan to sit with our group; the school will reserve seats for The Center. Meet at the school. Participants responsible for their own transportation, car pooling encouraged.

\*UPSD Gold Card Membership - Residents of the Upper Perk School District who are 65 or older are eligible for free membership. A Gold Card entitles its holder to free admission to many school events. Let us know if you'd like a membership form and instructions to get your card from Upper Perk.

## CENTER UPDATES:



**Tuesday,  
February 27<sup>th</sup>  
2 - 3:00 pm**

### 'Welcome to The Center' Mini Open House

Discover The Center, take a tour, learn what kind of activities take place, meet staff and ask questions.

This is for anyone who is:

- New at The Center
- Has been thinking about attending
- Hasn't visited in quite a while
- Or has a friend they'd like to bring

*No RSVP Required, just stop by!*

We will do this monthly, so if you can't make it, look for the date of the next one in every newsletter.



## MONDAY COMMUNITY MEAL

Monday, February 5 • 6 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) follows the Upper Perkiomen School District for guidance on winter weather closures.

**UPSD buildings Closed = Center Closed**

*Meals on Wheels is not delivered.*

**UPSD 2-Hr Delay = Center Opens at 10 am**

*Meals on Wheels is delivered as normal.*

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

## EXTRA! EXTRA!

### We get an extra day in 2024 - what will you do with it?



Leap Year occurs roughly every 4 years, but do you know why? Calendars consist of 365 days, but it takes approximately 365.2422 days for the Earth to orbit the sun.

In 45 B.C., Roman emperor Julius Caesar, with the help of astronomer Sosigenes, decided to add one day to every four Februarys to make up for this discrepancy. However, there was an error in their calculations, later fixed in 1582 by Pope Gregory XIII, who removed 10 days from the month of October that year to accurately reflect a year's length.

With this correction came a new calendar, the Gregorian calendar, which is still used today. Pope Gregory also established the rule that years ending in double zeros that are not divisible by 400 do *not* count as leap years. Explained differently - a Leap Year must be divisible by four, but if the year is also divisible by 100, it is not a Leap Year unless it is also divisible by 400. So what does all this mean?? 2004, 2008, 2012, 2016 were all Leap Years. While 2000 was a Leap Year, 1900 was not, and 2100 will not be one either.

***Spend Leap Day with The Center! Look for some extra fun on Feb. 29<sup>th</sup> as we celebrate this extra day!***



*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.*

