



THE CENTER

at



Enriching the Lives of Older Adults in our Community

March 2024

Lesson From a Quiet Snowfall

By Wendy Smeltz, Center Manager

When it comes to winter, everyone has an opinion. Some love the brisk cold air and snow the season brings. Others hope for snow during the holidays, but on January 1st are ready for spring. Do you love the coziness of staying indoors in slippers, or await the days of sunshine and flip-flops? Some want nothing to do with winter and migrate south. Love it or hate it, winter comes around every year here in Pennsylvania, bringing the good and the bad: the beauty of freshly fallen snow, higher energy bills, and snow days, which can mean cuddling up with hot cocoa, interruptions to plans, or backaches from shoveling!

As I sit and watch snow falling outside and look forward to another day of cleaning off cars, shoveling walkways, and making sure the parking lot at The Center is safe, I can't help but think - snow is a lot like life.

When snow covers our towns it changes the color of everything to white, just as one thing can happen in our lives to completely change the color of our worlds.

Snow reminds us that we are not in control of everything. It doesn't care about our plans. We say things like, "I hope the snow holds off until later", wanting to reach home before road conditions get dangerous, as if the snow can make decisions or consider our needs. Snow comes and leaves when it wants to, and we are forced to adapt. We have no choice but to accept the complications that a snowfall brings, just as we cannot escape the challenges of life, whether it be broken pipes or flat tires, or events that fracture the foundation of our lives like illness, brokenness, loss, and sorrow.

Continued on page 6



Valentine's festivities last month were a hoot, complete with these bird feeder crafts for our feathered friends! Thanks to everyone who celebrated with us!



The Center will be **CLOSED** Friday, March 29th.
There will be no lunch or activities. Meals on Wheels will not be delivered.

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.

SPECIAL ACTIVITIES in March

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.



FITNESS PRESENTATION • Wed., March 13, 2024 - 1:00 pm

Drake Conklin from Upper Perk Physical Therapy & Sports Rehab will hold a one-time fitness education class that explains how to utilize fitness programs, and address dietary health and overall wellness, to better our everyday lives. **No Cost. RSVP Not Required.**

Pi Day • Thurs., March 14, 2024 - 12:30 pm



This annual celebration of the mathematical constant, the never-ending ratio that describes circles of all sizes, approximately 3.14159, or “π”, is just a reason to eat pie and have pie-themed activities! **\$1 Suggested Donation. RSVP by Wed. 3/13.**

ST. PATRICK'S DAY LUNCH • Mon., March 18, 2024 - 12:00 pm

Wrap up a fun-filled St. Patrick's Day weekend with a tasty lunch of Shepherd's Pie with a delicious dessert. Test your luck with some St. Patty's games and activities. **\$2 Suggested Donation to The Center. RSVP encouraged by Fri. 3/15.**



TWO NUTRITION PROGRAMS FOR NATIONAL NUTRITION MONTH



SENIOR NUTRITION UNVEILED w/ Family Caregivers • Wed., March 20, 2024

12:45 pm Nutrition Education - the myths of nutrition at the end of life (w/ Suncrest Hospice Care)

1:30 pm Planting Nutrition Craft - Each participant will pot an herb plant to take home with

them. **No Cost. RSVP to either by Tues. 3/19.** The craft is limited to 25 participants. Sign-up will be closed when that is reached; we will keep a waiting list if necessary.



WEIS MARKETS: HEALTHY RECIPE DEMO • Thurs., March 21 - 1:00 pm

Lyndi Mies, Senior Clinical Regional Dietician with Weis Markets, Inc., will provide a cooking demonstration that includes samples, plus nutrition education. Sign up now, attendance is limited and you don't want to miss this! Recipe demo: Creamy Chicken and Bell Pepper Rotini. **No Cost. RSVP by Wed. 3/20.** Sign-up will be closed when maximum number of 20 participants is reached.



SPECIAL ACTIVITIES in March

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.

ASK A VETERINARIAN w/ Dr. Deb • Fri., March 22, 12:45 pm



Join Dr. Deb Ellinger for a Q & A session about pets and their health and issues. Deb has been a practicing veterinarian for 40+ years and is experienced in small animal medicine and surgery. Bring questions about your beloved (animal) companions. **No Cost. RSVP by Thurs. 3/21.**

SHARE INFO SESSION w/ Family Services • Tues., March 26, 2024 - 12:45 pm

The Shared Housing and Resource Exchange (SHARE) is an affordable housing choice that brings homeowners together with home seekers in exchange for rent, help around the house, or both. Deb Solodar, Director of Senior Services with Family Services of Montgomery County will discuss the process and successes thus far. **No Cost. No RSVP required.**



EASTER LUNCH • Thurs., March 28, 2024 - 12:00 pm

Menu: Glazed Turkey Ham w/ Fruit Sauce, Corn Pudding, Winter Blend Veggies, and More! **\$2 Suggested Donation (benefits MCOSS). RSVP by Wed. 3/27.**



A JOURNEY THROUGH THE PAST • Thurs., March 28 - 1:00 pm

Historian Tom Henry will share about the history of the Upper Perk Creek Valley before the Green Lane Reservoir, featuring a slideshow of photos. **No Cost. RSVP not required.** Tom is a board member with the Adult Educational Series *Life-Long Learning* offered at New Goshenhoppen Church in April and October. Ask Center staff for more info!



When attending an afternoon activity, please consider also signing up for lunch at 12 pm. Menus are prepared by a registered dietician and meals meet 1/3 of Recommended Dietary Allowances for older adults. Community Lunch is made possible in part by the Montgomery County Office of Senior Services (MCOSS). Lunch is no cost for anyone over 60; donations benefit MCOSS. *The Center serves a monthly special meal; dietary requirements are not necessarily met and donations benefit The Center.



2024 NATIONAL NUTRITION MONTH!

National Nutrition Month, an annual campaign during the month of March, created by the Academy of Nutrition and Dietetics, focuses attention on making informed choices and developing sound eating and physical activity habits. Look for helpful information and materials at The Center all month, and join us at Community Lunch to make healthy choices and spend time with friends, old and new!



Community Lunch
at The Center
Monday - Friday
See Page 4 for details.

Tuesday Chats

An inviting atmosphere to share, laugh, and learn from one another. Weekly topics led by Pat from the Stories of Our Lives series.



Save the Date

Tuesdays

1 pm

in April
& May

Ask for a flyer for details & topics!



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 (11:30 doors open)

RSVP by 11 am*

(Earlier dates for special meals).

Monday	Tuesday	Wednesday	Thursday	Friday
<p>*Menus created by a registered dietician meet 1/3 of Recommended Dietary Allowances for older adults.</p> <p>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 meal options are limited.</p>				<p>1</p> <p>Raviolis w/ Roasted Red Pepper Sauce Spinach w/ Carrots Corn</p>
<p>4</p> <p>Fajita Chicken Seasoned Corn & Black Beans Spanish Rice</p>	<p>5</p> <p>Pizza Burger Mixed Veggies Cauliflower</p>	<p>6</p> <p>Panko Crusted Tilapia Green Beans Scalloped Potatoes</p>	<p>7</p> <p>Paprika Baked Chicken Broccoli & Carrots Mashed Potatoes</p>	<p>8</p> <p>Spinach & Swiss Omelet Roasted Red Potatoes Warm Apples</p>
<p>11</p> <p>Swedish Meatballs Buttered Wide Noodles Peas</p>	<p>12</p> <p>Balsamic Glazed Chicken Penne Pasta Collard Greens</p>	<p>13</p> <p>Sliced Beef w/ Onion Gravy Whipped Potatoes Mixed Veggies</p>	<p>14</p> <p>Hawaiian Chicken Confetti Rice Island Blend Veggies</p> 	<p>15</p> <p>Baked Ziti w/ Spinach Warm Spiced Peaches California Blend Veggies</p>
<p>18</p>  <p>St Patty's Day Lunch Shepherds Pie & Dessert</p> <p>RSVP by 3/15</p>	<p>19</p> <p>Pineapple Glazed Pork Sweet Potatoes Green Bean Almondine</p>	<p>20</p> <p>Meatloaf w/ Gravy Whipped Potatoes Peas and Carrots</p>	<p>21</p> <p>Cheese Omelet & Turkey Sausage Diced Potatoes w/ Peppers & Onions Spinach w/ Carrots</p>	<p>22</p> <p>Tilapia w/ Creamy Dill Sauce Carrot Coins Vegetable Brown Rice</p>
<p>25</p> <p>Herb Roasted Chicken Thigh Mixed Veggies Roasted Red Potatoes</p>	<p>26</p> <p>Hearty Beef Stew Carrots & Peas Cauliflower</p>	<p>27</p>  <p>Sliced Turkey w/ Stuffing & Orange Thyme Gravy Brussels Sprouts Carrot Coins</p>	<p>28</p> <p>Easter Lunch Glazed Turkey Ham w/ Fruit Sauce Corn Pudding, Veggies</p> <p>RSVP by 3/27</p> 	<p>29</p> <p>Center Closed</p> 

Come for the meal. Stay for friends and fellowship.

Monday	Tuesday	Wednesday	Thursday	Friday
	<p><i>Save the Date</i></p> <p>Tuesday Chats</p> <p>COMING IN APRIL. 8 WEEKS. 1-2:30 PM COME TO ONE OR ALL!</p>	<p>Programs held in the Main Room unless otherwise noted. LL=Lower Level</p>	 <p>Blood Pressure Checks Most Thursdays, approx. 12 pm, courtesy of Family Caregivers Network</p>	<p>1</p> <p>9-10:00 Chair Yoga 10:15-11:15 Tai Chi 12:00 Community Lunch 12:30 Billiards (LL)</p>
<p>4</p> <p>9-9:30 Walkercise 10:00 WOW 12:00 Community Lunch 12:30 Afternoon Activities</p>  	<p>5</p> <p>10:15-11:15 Tai Chi 12:00 Community Lunch 12:30 Billiards (LL)</p>	<p>6</p> <p>9-9:30 Walkercise 10:00 WOW 10:00 Quilters (LL) 12:00 Community Lunch 1:00 Outing: UPHS Musical - Emma!</p>	<p>7</p> <p>12:00 Community Lunch 1:00 Trivia</p> 	<p>8</p> <p>9-10:00 Chair Yoga 10:15-11:15 Tai Chi 12:00 Community Lunch 12:30 Billiards (LL)</p>
<p>11</p> <p>9-9:30 Walkercise 10:00 WOW 10:00 Stamp Collecting (LL) 12:00 Community Lunch</p>	<p>12</p> <p>10:15-11:15 Tai Chi 12:00 Community Lunch 12:30 Billiards (LL)</p>	<p>13</p> <p>9-9:30 Walkercise 10:00 WOW 10:00 Quilters (LL) 12:00 Community Lunch 1:00 Fitness Presentation</p> 	<p>14</p> <p>12:00 Community Lunch 12:30 Pi Day</p> 	<p>15</p> <p>9-10:00 Chair Yoga 10:15-11:15 Tai Chi 12:00 Community Lunch 12:30 Billiards (LL) 1:00 Bingo Hosts:Foster Grandparent Program</p> 
<p>18</p> <p>9-9:30 Walkercise 10:00 WOW 12:00 St Patrick's Day Lunch <i>RSVP by 3/15</i></p> 	<p>19</p> <p>10:15-11:15 Tai Chi 12:00 Community Lunch 12:30 Billiards (LL)</p> <p><i>First Day of Spring</i></p>	<p>20</p> <p>9-9:30 Walkercise 10:00 WOW 10:00 Quilters (LL) 12:00 Community Lunch 12:45 Senior Nutrition 1:30 Planting Nutrition</p> 	<p>21</p> <p>12:00 Community Lunch 1:00 Weis: Healthy Recipe Demonstration</p> 	<p>22</p> <p>9-10:00 Chair Yoga 10:15-11:15 Tai Chi 12:00 Community Lunch 12:30 Billiards (LL) 12:45 Ask a Veterinarian with Dr. Ellinger</p> 
<p>25</p> <p>9-9:30 Walkercise 10:00 WOW 10:00 Book Club (LL) 12:00 Community Lunch 12:30 Afternoon Activities</p> 	<p>26</p> <p>10:15-11:15 Tai Chi 12:00 Community Lunch 12:30 Billiards (LL) 12:45 SHARE Info Session w/ Family Services 2:00 Welcome</p> 	<p>27</p> <p>9-9:30 Walkercise 10:00 WOW 10:00 Quilters (LL) 12:00 Community Lunch 12:30 Birthday Party & Memory Lane Quiz Show</p> 	<p>28</p> <p>12:00 Easter Lunch 1:00 Journey Through The Past w/ Tom Henry</p>  	<p>29</p> <p>Center Closed</p> <p><i>GOOD Friday</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.

In the storms, we learn patience and acceptance of events that we face, and to find beauty in the mess.

No matter the disruption of a snowstorm, one can't help but find beauty in the pure white blanket draped over streets, fields, and trees and the way it muffles sound, creating a peaceful stillness. Whether you love winter or long for warmer days, we can all use the slowed down pace of a snow day to rest, reflect, and recharge.

Life eventually returns to its usual pace and once pristine snow turns a dirty gray. Spring is always around the corner bringing sunshine and budding flowers. This March could bring spring, or winter could hang around a while longer. What's your opinion? Do you hope for more snow? Personally, I can't wait for summer!

As winter (hopefully) comes to an end, consider these lessons from a snowman. (Unfortunately, I cannot credit the author; information on the internet tends to get passed around and changed until its origins are lost.)

Be well-rounded. Hold your ground, even when the heat is on. Wearing white is always appropriate. Accessorize! There's nothing better than a foul weather friend. We're all made up of mostly water. It's ok if you're a little bottom heavy. It's embarrassing when you can't look down and see your feet. Spend quality time outdoors. Don't get too much sun. Avoid yellow snow. Avoid meltdowns. Life is short. Be a jolly, happy soul!

HEALTH & WELLNESS AT THE CENTER

Register for each class one time, then come as your schedule allows.
Be active, stay healthy, and make connections!



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!

\$2 Suggested Donation per Class.

Your first class is always free!

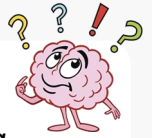


ONGOING MONTHLY ACTIVITIES for March

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.

TRIVIA • Thur., March 7, 2024 - 1:00 pm

Test your knowledge of fun facts and interesting tidbits. March theme: *Foods Trivia*.
No Cost. RSVP not required, but you're welcome to sign up for a team now!



BINGO • Fri., March 15, 2024 - 1:00 pm

Special Guest Hosts: AmeriCorps Seniors Foster Grandparent Program. Doors open at 12:30 pm. Light refreshments. Small prizes, big fun! **Cost \$1. RSVP by 3/14.**

BOOKS & BREAKFAST • Mon., March 25, 2024 - 10:00 am

The Light Between Oceans, a novel by M. L. Stedman, is set on a remote Australian island where a childless couple live quietly running a lighthouse until a boat carrying a baby washes ashore. *Limited quantity of books available. No Cost. RSVP Not Required.*



BIRTHDAY PARTY • Wed., March 27, 2024 - 12:30 pm

Host: Ron Schaffer



Monthly birthday party to celebrate guests with March birthdays, everyone is invited for cake and activities. *Welcome Guest Host Ron Schaffer for the Memory Lane Quiz Show - nostalgic photos, videos, quiz questions. No Cost. RSVP by 3/26.*



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

Come for the fellowship with others, to practice, or to pick up a new hobby!



AFTERNOON ACTIVITIES • Mon, 12:30 pm

Join the Mahjong group, play cards or board games, work on the puzzle, and more!



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

Emma! A Pop Musical, Upper Perk High School • Wed, Mar. 6, 2024, 1:00 pm

This is a free Gold Card Show for seniors (cards not needed). RSVP not required, but let us know if you'd like to sit with our group; the school will reserve seats for The Center. Meet at the school. **RSVP by Fri., Mar. 1.** Participants responsible for their own transportation, car pooling encouraged. Upper Perkiomen High School: 2 Walt Road, Pennsburg, PA. **See Page 8 for details to get your Gold Card!**



The weather is warming up and The Center is considering new places to visit (or revisit) in 2024. Please share your ideas of places you'd like to go, or if you'd like to help us plan an outing!

CENTER UPDATES:



Tuesday, March 26th
2 - 3:00 pm

Bring a friend or neighbor to discover The Center, take a tour, learn what kind of activities take place, meet staff and ask questions.

No RSVP Required, just stop by!

Early Spring? On Feb. 2nd, the Punxsutawney Groundhog Club announced that Phil did not see his shadow, therefore predicting an early spring. Phil's accuracy rate is about 40% according to a study, so we're not so sure that winter is over! We want to thank you all for your patience as The Center has had 3 snow days and a 2-hour delay this year, so far. Stay warm and stay safe!



MONDAY COMMUNITY MEAL

Monday, March 4 • 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!

The Center can help you get your Upper Perk Gold Card Membership!

All residents of the Upper Perkiomen School District (UPSD) who are 65 years of age or older are eligible for free membership in the Gold Card Club. The Center is proud to partner with UPSD to assist seniors in obtaining a Gold Card without having to travel to the school!

A Gold Card entitles its holder to free admission to most District-sponsored events. These include musicals and plays designated as GOLD CARD PERFORMANCES only and many athletic events (regular season athletic conferences at most PAC schools; no post-season games).

To get your Gold Card: Please see Front Desk at The Center to complete a membership form. Each applicant must show a drivers license or state I.D. to verify age (65 and over) and residency (UPSD). The Center will forward your application to UPSD who will mail your Gold Card to your address. Gold Cards can also be obtained by visiting the UPSD Education Center, 2229 E. Buck Rd, Pennsburg, Mon-Fr, 8 am to 4 pm.

For up-to-date information about District events, please check the Upper Perkiomen School District website at www.upsd.org. (Let Center staff know if you need assistance.)



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.

