



**May 2024**

## Mother's Day Message

*By Wendy Smeltz, Center Manager*

During The Center's monthly "Trivia Time" many questions can only be answered by someone who is a history buff, or knowledgeable about sports, weather, pop culture, mathematics, or even nursery rhymes. One recent question caused the room to erupt into laughter because the answer was so obvious. That question: "In what month is Mother's Day?" Some of us may momentarily forget a birthday or the date of an important anniversary, but we all know when Mother's Day falls! Why is that answer engrained in all of our minds?

Mother's Day is celebrated in over 100 countries worldwide. It is one of the most widely-celebrated holidays in the U.S., being the third most lucrative holiday for florists, following Valentine's Day and Christmas.

Those statistics illuminate the significance of Mother's Day as a cherished occasion for honoring and expressing gratitude towards mothers. But it is not the popularity of the holiday that makes it stand out, it is the unique place our mothers hold in our hearts.

Mothers are our first teachers, guiding us through life's ups and downs. They juggle countless responsibilities with poise and determination, often putting their own needs aside. Their tireless efforts serve as a source of inspiration, reminding us of the power of resilience and perseverance. Mothers are the cornerstone of our families.

This Mother's Day, let's take a moment to express our heartfelt gratitude to all the mothers, grandmothers,

*Continued on page 6*



The WOW group has a great time while Jane leads them in this strength training program designed for mid-life and older women. Read about it on page 6, and come "Grow Stronger With Us!"

**The Center will be CLOSED:**  
**Wednesday, May 1<sup>st</sup>, 2024**  
**for a Staff Working Retreat.**  
*and*  
**Monday, May 27<sup>th</sup>, 2024**  
**in honor of Memorial Day.**

Meals on Wheels will not be delivered on these days. Extra meals will be delivered in advance.

### Hours of Operation:

Staff is available:

**Monday - Friday 8:00 am to 4 pm**

The main room is closed during scheduled 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 ages 60 and over, but open for adults of all ages.

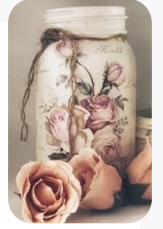
## SPECIAL ACTIVITIES in May

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.

### MOTHER'S DAY CENTERPIECE CRAFT • Thurs., May 2, 1:00 pm



Help us prepare for the Mother's Day Tea by upcycling cans and jars into lovely centerpieces, both for The Center and to take home! Supplies provided: modge-podge, napkins, ribbons, and embellishments. Bring your clean, empty cans or jars of any size to use for this craft. **No Cost. RSVP by 5/1.**



### SPECIAL LUNCH: CINCO DE MAYO CELEBRATION • Fri., May 3, 2024 - 12:00 pm



Mexican-themed lunch. Learn about the history of this day and why it is celebrated more in the US than in Mexico with educational and fun activities. Menu: Taco bar, chips and salsa, Mexican sides, and a special dessert. **Cost \$3. RSVP by 5/2.**

### TUESDAY CHATS • Tuesdays in April & May - 1:00 pm

Let's Chat About... Healthier Habits, Connecting to the Voices of Your Past, Expressing Yourself, and Coping with Inevitable Changes Ahead (see flyer for detailed descriptions). Weekly drop-in discussion group led by Pat from The Center for Loss & Bereavement with an inviting atmosphere to share, laugh, and learn. **No Cost. RSVP encouraged, but not required.**



### MOTHER'S DAY AFTERNOON TEA • Thurs., May 9, 2024 - 1:00pm



Celebrate this coming Mother's Day with finger foods, desserts, assorted teas plus activities. (Please, do not eat a big lunch before Tea!) All the moms will be entered into a raffle for a basket of self-care items for some well-deserved pampering. Lovely Spring attire with hats, gloves, and pearls suggested, but not required. Prizes for the most outstanding hats. **Cost: \$3 Suggested Donation. RSVP by 5/7.**

### POLICE APPRECIATION GIFTS • Fri., May 10, 2024 - 2:30 pm

Help assemble goodie bags to prepare for National Police Week. During the week of May 12 - 18, local police officers and state police are invited to stop by to pick up a goodie bag as a thank you for their dedication and service to our community. **No Cost. RSVP not req'd.**

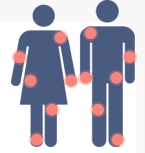


When attending an activity, please consider also signing up for lunch at 12 pm. Menus are prepared by a registered dietician and meals meet 1/3 of Recommended Dietary Allowances for older adults. Community Lunch is made possible in part by the Montgomery County Office of Senior Services (MCOSS). Lunch is no cost for anyone 60 and over with a \$2 suggested donation that benefits MCOSS. (For anyone under 60, Community Lunch is \$4.83 paid to The Center, or talk to staff about a reduced fee.)

\*The Center also serves a monthly special meal; dietary requirements are not necessarily met and donations benefit The Center.

## SPECIAL ACTIVITIES in May

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.



### ARTHRITIS PRESENTATION • Thurs., May 16, 2024

*Hosted by Family Caregivers & Suncrest Hospice*

**1:00 pm - Ache-less Aging Arthritis Education** - Hosts Rebecca from Family Caregivers Network and Amanda from Suncrest Hospice will provide practical information about arthritis, the risk factors, symptoms, treatments and therapies, and lifestyle modifications.

**1:30 pm Thera-Putty Craft** - Make your own hand therapy putty **No Cost. RSVP by 5/15.**

### PATRIOTIC PICTURES & POPCORN • Thurs., May 23, 2024 - 12:45 pm

Get ready to observe Memorial Day with this showing of a patriotic and uplifting movie: **"Top Gun: Maverick"**. Tom Cruise reprises his starring role as Captain Pete "Maverick" Mitchell. He is called back to his old flight school to train a group of younger pilots to take on a mission to destroy a uranium facility. **No Cost. RSVP not required.**



### MEMORIAL DAY LUNCH • Tues., May 28, 2024 - 12:00 pm

Let us remember and honor those who lost their lives while serving our country and enjoy the freedom they fought so hard to preserve. Let's come together the day after Memorial Day to celebrate with a meal together of burgers and all the fixings. **Cost \$2 suggested donation. RSVP by Fri, 5/24.** (The Center is CLOSED Mon, 5/27 in observance of Memorial Day.)



### AARP DRIVER COURSE • Thurs. & Fri., May 30-31, 2024 - 9:30 am to 2 pm

Refresh your driving skills with a 2-day Smart Driver Course, for anyone taking the course for the first time. \*Check with your agent for possible insurance discounts! **AARP Members: \$20. Non-**



Driver Safety



**Members: \$25. RSVP by Wed, 5/29** or when class is full. *Bring driver's license, check payable to AARP. There will be a 30-minute lunch break. Consider signing up for Community Lunch at 12 pm. Menus: 5/30 - Paprika Baked Chicken, 5/31 - Spinach & Swiss Omelet.*

### YARN BOMBING PROJECT • Thurs., May, 30, 2024 - 1:00 pm

Crochet, knit, or create other colorful yarn decorations for Make Music Upper Perk.



\*No skills required - we have projects anyone can do; make tassels and pom-poms which we will use to make garland. **No Cost. RSVP encouraged.** 2024 will be the 12th year of the all day, free celebration of music, at over twenty locations throughout the Upper Perk Valley, including The Center!



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.  
 (Under 60=\$4.83 or see staff)

# May 2024 MENU

Tasty and nutritious meal, side items, bread, 1% milk, coffee, tea



Monday - Friday  
 Served at 12 pm

RSVP by 11 am, Doors open 11:30  
 (Earlier RSVPs for special meals)

Monday	Tuesday	Wednesday	Thursday	Friday
<p>*Menus created by a registered dietician meet 1/3 of Recommended Dietary Allowances. Substitutions available upon request.</p> <p>Lunch donations benefit the Montgomery County Office of Senior Services (MCOSS). Monthly Special Lunch donations benefit The Center and help defray expenses</p>		<p>1</p>  <p>Staff Working Retreat</p>	<p>2</p> <p><b>Panko Crusted Tilapia</b>          Green Beans          Scalloped Potatoes</p>	<p>3</p>  <p><b>Special Lunch: Cinco de Mayo</b>          Taco Bar  <b>RSVP by 5/2</b></p>
<p>6</p> <p><b>Swedish Meatballs</b>          Buttered Wide Noodles          Peas</p>	<p>7</p> <p><b>Balsamic Glazed Chicken</b>          Penne Pasta          Collard Greens</p>	<p>8</p> <p><b>Sliced Beef w/ Onion Gravy</b>          Whipped Potatoes          Mixed Veggies</p>	<p>9</p> <p><b>Sliced Roast Beef w/ Gravy</b>          Mashed Potatoes          Green Beans</p>	<p>10</p>  <p><b>Baked Ziti w/ Spinach</b>          California Blend Veggies          Warm Sliced Peaches</p>
<p>13</p> <p><b>Honey Rosemary Chicken</b>          Rice Pilaf          Brussels Sprouts</p>	<p>14</p>  <p><b>Pineapple Glazed Pork</b>          Sweet Potatoes          Green Bean Almondine</p>	<p>15</p> <p><b>Meatloaf w/ Gravy</b>          Whipped Potatoes          Peas and Carrots</p>	<p>16</p> <p><b>Cheese Omelet w/ Turkey Sausage</b>          Diced Potatoes w/ Peppers &amp; Onions          Spinach &amp; Carrots</p>	<p>17</p>  <p><b>Tilapia w/ Creamy Dill Sauce</b>          Carrot Coins          Veggie Brown Rice</p>
<p>20</p> <p><b>Herb Roasted Chicken</b>          Mixed Veggies          Roasted Red Potatoes</p>	<p>21</p> <p><b>Hearty Beef Stew</b>          Carrots &amp; Peas          Cauliflower</p>	<p>22</p> <p><b>Sliced Turkey &amp; Stuffing w/ Orange Thyme Gravy</b>          Brussels Sprouts          Carrot Coins</p>	<p>23</p> <p><b>Creamy Parmesan Chicken</b>          Broccoli          Penne Pasta</p>	<p>24</p> <p><b>Raviolis w/ Roasted Red Pepper Sauce</b>          Sautéed Spinach w/ Carrots</p>
<p>27</p> 	<p>28</p> <p><b>Memorial Day Lunch: Burgers</b>          Mixed Veggies          Cauliflower</p>	<p>29</p>  <p><b>Panko Crusted Tilapia</b>          Green Beans          Scalloped Potatoes</p>	<p>30</p> <p><b>Paprika Baked Chicken</b>          Broccoli &amp; Carrots          Mashed Potatoes</p>	<p>31</p> <p><b>Spinach &amp; Swiss Omelet</b>          Roasted Red Potatoes          Warm Apples</p>


















Come for the meal. Stay for friends and fellowship.



**2024**

**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><b>Blood Pressure Checks</b> Most Thursdays, approx. 12 pm, courtesy of Family Caregivers Network</p>	<p>1</p>  <p>Staff Working Retreat</p>	<p>2</p> <p>12:00 Community Lunch 1:00 Mother's Day Centerpiece Craft</p> 	<p>3</p> <p>9-10:00 Chair Yoga 10:15-11:15 Tai Chi 12:00 <b>Special Lunch: Cinco de Mayo</b> <b>RSVP by 5/2</b> 12:30 Billiards (LL) * </p> 
<p>6</p> <p>9-9:30 Walkercise 10:00 WOW 12:00 Community Lunch 12:30 Afternoon Activities</p>	<p>7 <b>Tuesday Chats</b></p> <p>10:15-11:15 Tai Chi 12:00 Community Lunch 12:30 Billiards (LL) 1:00 Tuesday Chats</p>	<p>8</p>  <p>9-9:30 Walkercise 10:00 WOW 10:00 Quilters (LL) 12:00 Community Lunch 1:30 Participants Meeting 3:00 Wednesday Walks</p>	<p>9</p> <p>12:00 Community Lunch 1:00 Mother's Day Tea <b>RSVP by 5/7</b></p> 	<p>10</p> <p>9-10:00 Chair Yoga 10:15-11:15 Tai Chi 12:00 Community Lunch 12:30 Billiards (LL) 1:00 Trivia Time 2:30 Police Favors</p> 
<p>13</p>  <p>9-9:30 Walkercise 10:00 WOW 10:00 <b>Stamp Collecting</b> 12:00 Community Lunch <i>No Afternoon Activities</i> <i>National Police Week</i></p>	<p>14</p> <p>10:15-11:15 Tai Chi 12:00 Community Lunch 12:30-1:30 Billiards (LL) 1:00 Tuesday Chats</p> 	<p>15</p> <p>9-9:30 Walkercise 10:00 WOW 10:00 Quilters (LL) 12:00 Community Lunch 2:00 <b>Outing- UP PT</b> 3:00 Wednesday Walks</p>	<p>16</p> <p>12:00 Community Lunch 1:00 <b>Arthritis Presentation</b> with Family Caregivers &amp; Suncrest Hospice 1:30 <b>Thera-putty Craft</b></p>	<p>17</p>  <p>9-10:00 Chair Yoga 10:15-11:15 Tai Chi 12:00 Community Lunch 12:30 Billiards (LL) 1:00 <b>Bingo w/ TCAFCU</b> <b>RSVP by 5/16</b></p>
<p>20</p>  <p>9-9:30 Walkercise 10:00 WOW 10:00 <b>Book Club</b> (LL) 12:00 Community Lunch 12:30 Afternoon Activities</p>	<p>21</p> <p>10:15-11:15 Tai Chi 12:00 Community Lunch 12:30 Billiards (LL) 1:00 Tuesday Chats</p>	<p>22</p> <p>9-9:30 Walkercise 10:00 WOW 10:00 Quilters (LL) 12:00 Community Lunch 3:00 Wednesday Walks</p>	<p>23</p> <p>12:00 Community Lunch 12:45 <b>Patriotic Movie &amp; Popcorn - "Top Gun: Maverick"</b></p> 	<p>24</p> <p>9-10:00 Chair Yoga 10:15-11:15 Tai Chi 12:00 Community Lunch 12:30 Billiards (LL)</p>
<p>27</p> 	<p>28</p> <p>10:15-11:15 Tai Chi 12:00 <b>Memorial Day Lunch: Burgers</b> 12:30 Billiards (LL) 1:00 Tuesday Chats 2:30 Welcome</p>	<p>29</p>  <p>9-9:30 Walkercise 10:00 WOW 10:00 Quilters (LL) 12:00 Community Lunch 12:30 <b>Birthday Party</b> 3:00 Wednesday Walks</p>	<p>30</p> <p>9:30-2:00 <b>AARP Driver Safety Course</b> (LL) 12:00 Community Lunch 1:00 <b>Yarn Bombing Project</b></p> 	<p>31</p> <p>9:30-2:00 <b>AARP Driver Safety Course</b> (LL) 12:00 Community Lunch 12:30 Billiards</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.*

and mother figures who have touched our lives in profound ways. To those of us who are fortunate to have our moms in our lives, or to spend the day with the children and grandchildren who call you Mom, Grammy, Grandma, or Nana, let's not take it for granted.

Let's also be sensitive to those who find this holiday difficult and understand that not everyone is in the same place - we should always recognize that everyone is dealing with *something*, no matter what the calendar says; holidays only tend to magnify feelings of sadness. Some mothers are not in contact with their children. Many mothers have lost children. Some longed to have children but were unable to conceive. Let us also consider those who have lost their mothers, and those who have lost the mother of their children.

Mother's Day can be a day of celebration. Mother's Day can become an emotional reminder of loss. My hopes for you all are that no matter what your circumstances, that this will be a day filled with hope and love.

On this holiday, more phone calls are made than any other day! Moms and grandmothers, I hope you get the phone calls and visits you're hoping for. I challenge us all to reach out to someone via phone call, email, or a card or letter, to express love and appreciation, share a cherished memory, or offer hope and encouragement to someone who could use a kind message this Mother's Day.

## 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!"

**Wednesday Walks** - Wed, 3 pm, Camelot Park. 1-mile loop, other paces and distances welcomes. Walking benefits our bones, joints, blood sugar, heart health, balance, and more. Build a healthy habit with accountability buddies. (Weather, schedule dependent)

**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 May

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.



### TRIVIA TIME • Fri., May 10, 2024 - 1:00 pm

Test your knowledge of fun facts and interesting tidbits. Small prizes, bragging rights for the winning team. Theme: *Flowers*. Bonus points for singing! **No Cost. RSVP not required.**



### STAMP COLLECTING • Mon., May 13, 10:00 am

Show, Share, and Trade Stamps. 2nd Monday of each month. **No Cost. RSVP not required.**

### BINGO w/ Tri County Area Federal Credit Union • Fri., May 17, 2024 - 1:00 pm

Doors open at 12:30 pm. Light refreshments. Small prizes, big fun! Beth Biehl from Tri County is back to host for a second time! **Cost \$1. RSVP by 5/16.**



### BOOK CLUB • Mon., May 20, 2024 - 10:00 am

*The Tobacco Wives* by Adele Myers: A young female seamstress uncovers dangerous truths about the Big Tobacco empire ruling the American South. **No Cost/RSVP**

### BIRTHDAY PARTY • Wed., May 29, 2024 - 12:30 pm

Monthly birthday party to celebrate guests with April birthdays, everyone is invited for cake and activities. **No Cost. RSVP by 5/28. Let us know if you'll be joining us for lunch!**



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

Come to practice, or spend time with others.

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

Join the Mahjong group or your own activity.

## COMMUNITY OUTING

### UPPER PERK PT & SPORTS REHAB • Wed., May 15, 2024, 2:00 pm

This outing is a follow-up to a visit to The Center in March by Drake Conklin, Certified Personal Trainer and Director of the Fitness Program at Upper Perk Physical Therapy and Sports Rehab. They will host our group for a brief tour of their facility and a 15-20 minute low impact sample exercise class followed by refreshments and an opportunity to ask questions about their facility. Meet at **Upper Perk Physical Therapy: 2767 Geryville Pike, Pennsburg PA, 18073** **RSVPs by 5/13.** Car pooling is encouraged, but parking at Upper Perk PT is plentiful.



## CENTER UPDATES:

### 1-on-1 Grief Counseling

The Open Link has partnered with the Center for Loss & Bereavement to offer counseling sessions here at The Center on a short-term basis. Participants are able to attend 4 sessions with a therapist in the months of June through August. If interested, please talk to a staff member for details, dates, and more information about the Center for Loss & Bereavement.



**Tuesday, May 29th**  
**2:00 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!*

### MONDAY COMMUNITY MEAL

Monday, May 6 • 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

### Participants Meeting



Please join us for our next Participants Meeting. We would like to hear from you on existing programs and suggestions for new activities. These quarterly meetings are a good opportunity to find out about future plans as well as how to get involved. Your feedback and ideas are welcome! The next meeting will be held: **Wednesday,**

**May 8th, 1:30 pm.** RSVP is not needed.

Light refreshments will be provided.



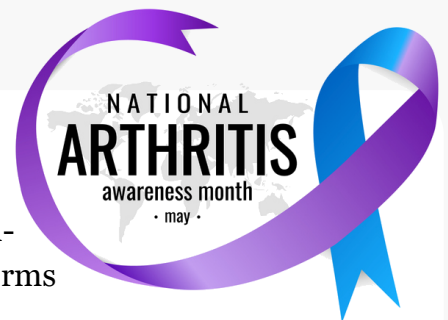
## EXTRA! EXTRA!

### May is National Arthritis Awareness Month

Here's a surprising fact: Arthritis is the leading cause of disability in America. More than 50 million adults and 300,000 children are suffering with joint pain (or disease). There are 100+ forms of arthritis and related diseases. The most common type is Osteoarthritis (OA), which mostly effects cartilage. The surface layer of cartilage breaks down and wears away. This allows bones to rub together, causing pain, swelling, and loss of motion of the joint. Over time, these changes can affect the bones, tendons, and other joint tissues. Other common types of arthritis include rheumatoid arthritis (RA), psoriatic arthritis (PsA), fibromyalgia, and gout.

While there is no cure for arthritis, joint pain and other symptoms can be managed through treatment, lifestyle changes, and education. Take time this May to learn about prevention and medical care for this commonly misunderstood health issue.

See page 3 for details for a special presentation hosted by Family Caregivers, and look for educational materials all month long at The Center.



*The Center at The Open Link is partially funded by Montgomery County Senior Services. Additional funding comes from grants, foundations, community*

