



Phillies Game Day Celebration

Join us for hot dogs, chips, a soft pretzel bar and desserts in celebration of spring and the Phillies baseball season!

Friday, April 27
12:30 p.m.
\$2 suggested donation for lunch



April 2018

Seniors Bring Their Best to Benefit Local Communities

It didn't take long for Jacqui Baxter to think.

When asked why seniors make great volunteers, the answer was abundantly clear.

"They bring their talents and a wealth of lifetime experiences with them," said the director of community engagement for Retired Senior Volunteer Program (RSVP) of Montgomery County, which also serves Delaware and Chester counties.

"It's a 'win-win' situation as seniors enjoy helping others and their dedicated service is appreciated by those they serve."

Seniors, in fact, make up a large percentage of all volunteers. According to recent data from the US Bureau of Labor Statistics, about 25 percent of seniors 55 and over volunteer their time and energy outside the home. Baxter said last year, 1,200 RSVP volunteers served 11,000 vulnerable community members in the three-county area.

RSVP volunteers serve as tutors, literacy coaches, Medicare counselors, assist low-income and disabled seniors with daily tasks, mentor at-risk youth and act as consultants to non-profits, among other programs.

And they do it because they know the

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Soup's On Chefs — Center participants learned the basics of making a variety of nutritious dried soup mixes from Teri Wassel of the Montgomery County Health Department March 15.



We are reading "Camino Island" by John Grisham

Please join us April 19 at 1 p.m. for discussion.

Diner's Club



Kathy's Country Kitchen
 1045 N. West End Blvd.
 Quakertown
 267.347.4300
 (rescheduled from March)

Please RSVP to The Center, 215-679-6550.

Thursday, April 12

We have 12:30 reservations at the restaurant.



Like playing chess or want to learn at The Center? Beginners welcome!

For more information, contact Evet Hexamer, program manager, at 215.679.6550 or program-manager@theopenlink.org.

Red Hat Society



Tuesday, April 24

Please meet us at The Center at 10 a.m. for a trip to the Warner Stain Glass Studio in Whitehall. We will have lunch afterwards.

Call 215.679.6550 for more info.

Healthy Kitchen = Healthy Lives

A healthy life starts in your kitchen!

Join us for a nutrition series at The Center - Weds., April 11, 18, 25 and May 2 at 11 a.m.

RSVP to 215.679.6550

Raffles include a food basket and Walmart gift card!



\$5.00 ▪ Entertainment ▪ Light Refreshments

Thursday, May 17, 2018

1:00 pm

The Center, 517 Jefferson Street, East Greenville

RSVP to Evet by May 14: 215-679-6550
or programmanager@theopenlink.org

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need is there.

“Volunteers are motivated to help others,” Baxter said. “Their passion, commitment and dedication strengthen our communities. Without the support of volunteers, some critical programs simply could not function.”

But it’s not just the people they serve who benefit. The volunteers themselves also reap some rewards.

“Research has shown there are many positive health benefits associated with volunteering,” Baxter noted. “It can help support overall health, improve mood and provide an increased sense of purpose.”

Baxter said volunteering also provides a social connection and helps alleviate loneliness for many seniors.

To mark National Volunteer Appreciation Week April 15-21, RSVP is partnering with The Center to offer “Cupcakes, Cookies and Coffee,” an April 19 event which will celebrate all that volunteers contribute to their communities. It will be held at The Center, beginning at 9 a.m.

During the event, seniors can share their stories about volunteering and learn about local opportunities.

For more information on the volunteer appreciation event, call Evet at 215.679.6550 or email programmanager@theopenlink.org. For more information on RSVP, visit www.rsvpmc.org.

And to all our volunteers, a heartfelt “Thank you!”

Are You Game?

Mahjong (American version) - every Tuesday, 1 p.m.

Canasta — Every Thursday, 1 p.m.

Pinochle— Wednesdays at 1:00 p.m.

Perkiomen Valley Women’s Club cards (open to public) Bridge — 1st Tuesday, 12:30 p.m.

Country Cards — 2nd Tuesday, 12:30 p.m.

Country Cards — Last Monday monthly, 1 p.m.

Mexican Train Dominoes— Fridays at 1 p.m.

SAVE THE DATE:

Wednesdays, April 4 and May 30, 1-3 p.m. — Coloring With a Purpose with Julie Longacre. Come out to The Center to pick up a few tips on developing your technique! \$5 per session. RSVP to 215.679.6550 or programmanager@theopenlink.org.

Wednesdays, April 11, 18, 25 and May 2 at 1 p.m. — Healthy Kitchen=Healthy Lives. A healthy life starts in your kitchen! Join us for nutrition classes at The Center. Each class will focus on a food group and we’ll cover cooking tips and recipes. Come out to class to enter for a chance to win a food basket and a Walmart gift card. For more info or to register, call 215.679.6550.

Thursday, April 26, 12-4 p.m. — AARP Driver’s Education Refresher Course at The Center. Cost is \$15 for AARP members; \$20 non-member. Call 215.679.6550 for more info.

Thursday, May 3, 1-3 p.m. — We’re “Jamming at The Center.” A rep from the Penn State Extension of Montco will be here to give instruction on canning and freezing jams and jellies, as well as giving general info on preservation. Please call 215.679.6550 for info.

Wednesday, May 23, 10:30 a.m. — “Elvis Jailhouse Rock” bus trip to Mt. Airy Lodge with Perkiomen Tours. \$67 pp. Call 215.679.6550 by April 10.

Women on Weights (WOW) and Tai Chi

Tuesdays and Thursdays at 10 a.m. WOW meets to help women increase their strength and battle fatigue, weight gain and even depression. Get stronger with us!

Tai Chi follows at 11 a.m. and is described as “meditation in motion.” No matter what your abilities, come move with us.

Gentle Hatha and Beginner Yoga

Gentle Hatha Yoga meets Mondays from 9:30-10:30 a.m. A mind, body and soul experience. Beginner Yoga meets Wednesdays from 9:30-10:30 a.m. Come improve your flexibility and balance and reduce your blood pressure!

Walkercise

Mondays and Wednesdays at 9 a.m. Come stretch those morning muscles!