

# Farmer's Market Vouchers Are Here!

Starting June 1, The Open Link is offering seniors vouchers to redeem at area farmer's markets through the state's Senior Farmer's Market Nutrition Program. Available at both locations, the main office and the senior center, each person will receive (4) \$5 checks (\$20 per person or \$40 per couple). Checks can be redeemed between June 1 and Nov. 30, 2018. Proof of residency required. Call 215.679.6550 for more info.

## Eligibility requirements include:

- ⇒ Being 60+ years old during the program year (2018)
- ⇒ Meeting income requirements
- ⇒ Montgomery County resident



The book club will not meet in June, July and August.

See you in September!

## Diner's Club



Bubba's Potbelly Stove  
Restaurant  
Quakertown  
215.536.8308

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

## Thursday, June 14

We have 12:30 reservations at the restaurant.

## Meals on Wheels Volunteers Needed!

WE ARE  
**Meals On Wheels**  
*So no senior goes hungry.*



Can you give an hour a week? Call 215.679.6550.

## Red Hat Society

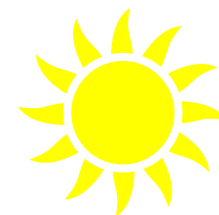


**Friday, June 29**

Please meet us at The Center at 10 a.m. for a trip to the Malcolm Gross Rose Garden in Allentown. We will have lunch afterwards.

Call 215.679.6550 for more info.

THE CENTER



## June 2018

## We're Branching Out to Fight Hunger!

Did you know that The Open Link offers a variety of programs and services to make sure our neighbors don't go hungry? And that we're expanding our services to take our food pantry on the road to area seniors?

June is National Hunger Awareness Month and we want residents of the Upper Perkiomen Valley to know that we're here to help! Not only do we offer a choice food pantry, Summer Lunch Bunch program for kids, Meals on Wheels, Community Lunch and Monday Community Supper at The Center, as well as services like help obtaining SNAP benefits, we're also debuting a brand new program this fall.

A "Food Pantry Without Walls" will see the food pantry going digital with tablets and software that will allow residents at two area senior communities, the Upper Perkiomen Manor in Red Hill and the Red Hill Villas, to order food from the pantry online. It will then be bagged and delivered directly to their homes!

"This program is going to be a blessing for many of our seniors who have health/ mobility issues or can't drive anymore," said Communications Manager

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**Mt. Airy Casino & Resort Bus Trip** — The Center's bus trip last month was a fantastic time with games, a lunch buffet and a show. Pictured, left to right, Darlene Reck, Elvis impersonator Eddie Clendening, Louise Minner and Helen Reimold.

## Are You Grieving?

Learn about the stages of grief and when to seek help.

June 26 at 1:00 p.m.  
at The Center

RSVP by June 22 by calling 215.679.6550.



Linda Bayer,  
RN, LSW, CCTP  
Elder Victim Mobile Therapist





# "Outside-In"

## Summer Picnic

Friday, June 22, 2018  
12:30 PM



517 Jefferson Street, East Greenville

*Complimentary*

Hamburgers, hot dogs, desserts, and more  
Raffles and giveaways  
Join us as we bring the "outside in"!



Call 215.679.6550 to RSVP by June 19th.



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Kelly Chandler. "Once this program is in place, they can get the food they need even though they're unable to physically get to our facilities."

Executive Director Stu Bush said the program is also slated to include the installation of kiosks at The Open Link's main office in Pennsburg. Food pantry patrons will also be able to order food from the live inventory on their smart phones.

In the future, plans include drop-off sites centrally located within the Upper Perkiomen School District where grocery orders will be transported for pickup.

The goal is to help seniors and children, two of the most underserved groups, have easy access to food and personal care items.

To learn more about the Food Pantry Without Walls program, call 215.679.4112 or email [info@theopenlink.org](mailto:info@theopenlink.org).

### First Monday Community Meal

The Center on June 4: Spaghetti, salad, garlic bread and dessert served by The Open Link staff.

Pennsburg UCC on June 4: Meatballs with gravy sauce, macaroni and cheese, peas/carrots, roll and dessert served by New Goshenhoppen Church.

*We hope to see you at the table for this free meal!*

### 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:

**Thursday, June 14, 1-2 p.m. — Montco Health Dept. Nutrition Presentation, "Pizza in a Jar" with Terri Wassel at The Center.** Learn how salads can taste like pizza and make a healthy pizza in a jar with us. Complimentary. RSVP by June 8 to 215.679.6550 or [programmanager@theopenlink.org](mailto:programmanager@theopenlink.org).

**Thursday, July 19, 1-2 p.m. — Ice Cream Social at The Center.** Join us for ice cream and a toppings bar after lunch. Complimentary. RSVP by July 17 to 215.679.6550 or [programmanager@theopenlink.org](mailto:programmanager@theopenlink.org).

**Friday, July 27, 1 p.m. — Red Hill Jazz Band Concert at The Center.** Enjoy Broadway show tunes, Big Band sounds and toe-tapping marches. \$3 suggested donation. Light refreshments served. RSVP by July 24 to 215.679.6550.

**Friday, August 3, 12:30 p.m. — National Watermelon Day.** Learn how to stay hydrated and enjoy some mouthwatering watermelon with lunch. Lunch is a \$2 suggested donation. Call ahead to sign up at 215.679.6550.

**Wednesday, August 29, Time TBA — Spirit of Philadelphia Cruise.** View the beautiful skyline on a cruise down the Delaware River. Delicious buffet lunch, games and more. Cost: \$87, RSVP by July 20 to 215.679.6550.

### 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!