

# Farmer's Market Vouchers Are Here!

The Open Link is now 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 July and August.

See you in September!

## Red Hat Society

**Friday, July 20**



Drive into the scenic Oley Valley to visit Evelyn and Harriette's Gifts. Lunch to follow at the Bridge Inn. If we still have time, we'll take a quick trip to Reppert's Candy. Meet at The Center at 10:00 a.m.

Call 215.679.6550 for more info.

## Diner's Club



Louie's Restaurant  
2071 31st St. S.W.  
Allentown, PA  
610.791.1226

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

**Thursday, July 12**

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.



**July 2018**

## Cruisin' With The Center

Can you name all the famous Philadelphia landmarks along the Delaware River?

Come learn the names and history behind the scenic Philadelphia skyline on next month's Spirit of Philadelphia cruise trip with The Center!

The Center will again be traveling with Perkiomen Tours on Aug. 29 for a two-hour cruise along the Delaware on a yacht featuring a two-floor deck, lunch buffet and music.

"I've lived near Philly all my life and it's something you just don't do," said Louise Minner of Green Lane of the cruise.

"They explain all the landmarks and I hear the food is good. I figure I'm on the back half of my years, not the front. Either do it now or you're not going to be doing it!"

"You get a meal, you're not gone long, and you get the transportation there and back and don't have to pay for parking. It's a good value for the money."

The bus will depart at 10 a.m. from Perkiomen Tours and the arrival time back at the Pennsburg depot is approximately 3:45 p.m. The cost of the trip is \$86 per person. Anyone interested is asked to RSVP and pay by July 20 at The Center.

The lunch buffet is slated to include a variety of salads, Atlantic cod with a toma-

*Continued on page 3*



Some of our friends enjoy refreshments before the start of the Outside-In Picnic on June 22. Thanks to the more than 60 people who came out for food, fun and giveaways!





*complimentary*

Classes offered by Penn State Extension through a grant by Montgomery County

# MASTER GARDENING CLASSES

at The Center  
517 Jefferson St  
East Greenville

**6 Classes • Held at 1:00 PM • Register for each at least 3 days before date of class**  
**Call Evet at 215-679-6550 or email [programmanager@theopenlink.org](mailto:programmanager@theopenlink.org)**

6/28 - Raised Bed Gardening	7/26 - Outdoor Container Gardening
8/23 - Indoor Gardening-Pots/Soils	9/13 - Indoor Gardening Herbs
9/27 - Indoor Gardening-Fruit Trees	10/18 - Composting / Vermiculture

## THE CENTER AT THE OPEN LINK Friday, July 27 — 1 PM



**Refreshments Served; \$3 Suggested Donation**  
**RSVP by July 24 to 215.679.6550 or [programmanager@theopenlink.org](mailto:programmanager@theopenlink.org)**

*Continued from page 1*

to, shallot and caper sauce, honey sesame chicken and roasted pork loin with a Dijon mustard cream sauce, a variety of side dishes, fruit, vegetables and desserts.

A 360-degree panoramic view of the ship itself can be found on [www.spiritcruises.com/philadelphia](http://www.spiritcruises.com/philadelphia).

In addition to the cruise, Minner, who is planning the trip, said there will be beverages and games on the bus. She said the group will be playing bingo with fun prizes and giveaways will include a voucher for a free trip as well as \$5 off coupons for future trips.

To learn more about the trip or to RSVP, please contact Program Manager Evet Hexamer at 215.679.6550 or [programmanager@theopenlink.org](mailto:programmanager@theopenlink.org).

### First Monday Community Meal

The Center on July 9: Ham, string beans, potatoes or ham, cabbage, and potatoes, applesauce and homemade desserts. Prepared and served by Friedens UCC.

Pennsburg UCC on July 9: Picnic dinner of pulled pork sandwiches by Wingman Bar & Grill and desserts provided and served by the students and families of Grace Notes Studios.

## SAVE THE DATE:

**Wednesday, Sept. 5, 12:30 p.m.—Cheese Pizza Day** at The Center. Join us for cheese pizza, salad and dessert. \$2 suggested donation. RSVP to 215.679.6550.

**Thursday, Sept. 6, 1 p.m. — Nutrition Presentation, Overnight Oatmeal**, at The Center. Teri Wassel from the Montgomery County Health Department will present a hands-on nutrition program.

**Friday, Sept. 14, 10:00-2:00. Recorder of Deeds Veteran's ID Cards** at The Center. By appointment only. Please RSVP by calling 215.679.6550 by Sept. 11.

**Friday, Sept. 21, 12-2 p.m. —Fall Awareness Expo with Family Caregivers.** Several vendors to attend with important health information. Rite-Aid will be providing shingles, flu and pneumonia shots.

**Wednesday, Oct. 10, 1 p.m. — Healthy Skin in the Aging Adult** by Grand View Hospital at The Center. Find out what to be concerned about, what's normal for aging skin and tips for keeping your skin healthy. RSVP by Oct. 3.

**Friday, Oct. 12, 9:30-10:30 a.m. — Clay on Main at Art on Main.** Paint a fused glass ornament and, from 10:30-11:30 a.m., paint a porcelain cookie ornament. \$15 per class; 2 classes for \$25. RSVP by Oct. 5 by calling 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!

### Are You Game?

*Mahjong (American version) - every Tuesday, 1 p.m. Mahjong (Chinese version) every Thursday at 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.*