

Fall Awareness Expo

"Take a Stand to Prevent Falls"



Friday, September 21, 2018

12 pm - 2 pm



Vendors ▪ Info ▪ Demos ▪ Lunch

Flu, Pneumonia, Shingles, and Whooping Cough vaccines
provided by Rite Aid (insurance will be verified while you wait)

To register call Evet at 215.679.6550 or email programmanager@theopenlink.org



Presented by



The book club will not
meet in August.

See you in September!

Red Hat Society



No Activity for
August

Sept. 16th - Historic Hope Lodge
Fort Washington.

Diner's Club



TGI Friday's
10 N. West End Blvd.
Quakertown
215.529.4490

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

Thursday, August 9

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.

THE CENTER

at



August 2018

It's Abloom at The Center

When you ask Harry Eisenhart for his gardening secrets, he laughs. Surely, you implore him, there must be some sort of magic involved.

Who among us grows 7-foot Early Girl tomatoes?

"It's not perfect but it's nice to have tastes of things," he says of the garden he rebuilt at The Center. "I don't have any secrets at all. If you like what you're doing, you do a good job!"

A good job is being a tad bit modest. Eisenhart has literally transformed the gardens at the East Greenville senior center into photo-shoot worthy. Vibrant zinnias, vincas, marigolds and other blooms adorn a front flower bed. Behind it lies the main garden which Eisenhart re-fenced, installed a new gate and redid the existing raised beds while adding new space to maximize its potential. He also put in deep pots to grow even more plants.

He even constructed netting and purple hyacinth bean vines now create an ornate wall along the side of the structure.

The space has drawn more comments than the staff can count.

"Harry has really done a fantastic job," Center Manager Sheila Ruth said. "It's wonderful to have this space for eve-

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Harry Eisenhart stands with some of the bounty from The Center's garden that he revamped this year. Thank you, Harry, for all your hard work!

Overnight Oatmeal in a Jar

Presentation by Teri Wassel, M.S., R.D., Montco Health Department

Thursday, Sept. 6
1 pm.
at The Center

RSVP by August 31st to 215.679.6550
or programmanager@theopenlink.org



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

complimentary

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

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

FREE VETERAN'S DISCOUNT PHOTO ID CARD

PRESENTED BY:
MONTGOMERY COUNTY
RECORDER OF DEEDS
Jean Sorg
610-278-3292

Veterans present these cards at participating Montgomery County businesses who have agreed to provide the discount to veterans in appreciation for their service to our country.

Friday, Sept. 14, 2018
10 a.m.-12 p.m. at The Center

By appointment only. Please call 215.679.6550 to RSVP by Sept. 11. Must bring original DD214 and photo ID.

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ryone to enjoy. Not only that but it's also producing fresh veggies for our seniors."

This year the garden has tomatoes, peppers, two types of cucumbers, zucchini, eggplant, cabbage, lettuce, red beets and spinach. As some of the veggies are done, Eisenhart is readying the garden for fall with carrots, pumpkins, cabbage and cauliflower.

For the Perkiomenville resident, it's all about the love of gardening. It was something that was nurtured at a young age.

As a foster child, at the age of 10 he said he was sent to live in Jim Thorpe with a farming family. He was eventually adopted and they taught him much of what he knows about farming techniques.

"They made me work and I hated it at first but then I got accustomed to it," he said with a laugh. "They always had big gardens – two acres of potatoes, a couple acres of sweet corn...I learned at the right age how to take care of gardens and how to grow things."

"I used to love when we'd dig potatoes and have a tractor out there to plow through and all these potatoes came up. I was amazed at that. In the basement we'd have piles of vegetables like cabbage and carrots and we never had to buy much."

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Eisenhart learned things like how to overwinter cabbages by growing them in trenches and covering them with straw.

But after growing into a teenager and a stint in the Navy, Eisenhart found he couldn't pay the bills by working as a farmer.

"I wanted to be a farmer in the worst way but the pay was awful. Eventually I had to make a decision and I got a different job," he said.

He took a hiatus from gardening but eventually got back into it. He missed getting his hands in the dirt and growing both vegetables and flowers. While he said he has really gotten into growing different varieties of flowers recently, he still has a fondness for Big Boy tomatoes, his all-time favorite.

He insists the garden was a great "opportunity" for him as he did work with the Upper Perkiomen Valley Garden Club, for The Center and at home on multiple beds there.

"For me, it's like an artist. I can't draw but the garden is like natural art. When you put the flowers together like that it all comes together."

"I like that other people to like it too. One time I was sitting out there and someone came up to me and said how nice it looked and the mailman even came up to me and said it was beautiful."

"I'm living the dream, hopping around from garden to garden this summer," he said. "I love it!"

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 1p.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:

Monday, Aug. 6, 6 p.m.—First Monday Community Meal at The Center and Pennsburg UCC; free. The Center menu: roasted chicken, potato, corn, cucumber salad and ice cream. Hosted by Frieden's UCC. Pennsburg UCC menu: breakfast for dinner— scrambled eggs, pancakes, hash brown casserole, sausage, fruit cup, danish and donuts. Hosted by St. John's, Sumneytown.

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.

Wednesday, Sept. 19, 12:30 p.m., Produce Cooking Demo at The Center. Liz Crane from Montco Dept. of Health & Human Services will make a summer salad with fresh greens, strawberries, feta and balsamic vinaigrette.

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, October 12, 9:30-10:30 & 10:30-11:30—Clay on Main. Paint an ornament in the first class and a fused glass in the second. Cost \$15 for one class or \$25 for both. RSVP by October 5 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!