

FREE VETERAN'S DISCOUNT PHOTO ID CARD



PRESENTED BY:
MONTGOMERY COUNTY
RECORDER OF DEEDS

Jeanne 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.



We are reading "Almost Sisters" by Joshilyn Jackson.

Please join us Sept. 20 at 1 p.m. for discussion.

Diner's Club



Chili's Restaurant
220 Upland Square Drive
Pottstown, PA
610.326.1737

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

Thursday, Sept. 13

We have 12:30 reservations at the restaurant.

Red Hat Society



Sunday, Sept. 16

Please meet us at The Center at 10 a.m. for a trip to the Historic Lodge Fort Washington and for lunch. Please call 215.679.6550 for more info.

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.



September 2018

We're Celebrating National Senior Center Month!

By Sheila Ruth, Center Manager

September is an exciting time for older adults around the nation as we celebrate National Senior Center Month. The Center at The Open Link is a great place in the community where our neighbors can get together to work on their health and wellness, play cards and games, take classes, volunteer, and socialize. Even those without transportation can easily register with TransNet to receive a free ride to the senior center!

The seniors who participate in activities here at 517 Jefferson Street, East Greenville find the comradery appealing and satisfying. They are able to work both their minds and bodies through various programs.

Louise Minner, a volunteer at the center, states, "I get bored being home. I enjoy the fellowship and I love the people I meet. Staying at home can be depressing."

Our participants can try their hand at numerous different activities to keep their minds sharp such as pinochle, Mexican train dominoes, Chinese and/or American mahjong, canasta and the book club.

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The seniors of our community are very important to us at The Center! We recently celebrated Marion End's 90th birthday with the Women on Weights group. Want to find out what else is in store at The Center? Call 215.679.6550.

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





YOU HAVE THE POWER TO PREVENT A FALL

“Healthy living is about education and action”



Join us on September 21st for our Annual Fall Awareness Expo

When:

**Sept. 21, 2018
12pm-2pm**

“Lunch provided”

Where:

**The Center at The
Open Link**

Local Vendors providing fall risk assessments, educational materials, exercise demos, blood pressure screenings!

***** Shingles, Flu, Pneumonia, Whooping Cough Vaccines will be provided by Rite Aide Pharmacy**

**RSVP: ProgramManager@theopenlink.org or
call 215-679-6550**

www.family-caregivers.com

215-541-9030

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If you prefer an activity with a spring in your step, we offer WOW (Women On Weights), walkercise, Hatha yoga and beginner yoga. Tai Chi is also a staple at the center, as it is gaining popularity among participants because it's vital to improving balance and flexibility.

Tai Chi and yoga may also help more older adults stay independent with age as it can help to ward off dangerous falls. Statistics show one in three people aged 65 or older is expected to take a tumble annually.

We invite you to celebrate September at the center by attending our informational seminars—overnight oatmeal (a nutrition program), gardening classes, and a Veteran's ID program—a selection of the many classes and seminars we offer monthly. Lunch is served daily at 12:30 p.m. and we LOVE new faces!

For more information about The Center and how we can assist our neighbors in the Upper Perkiomen area, please call 215.679.6550 or email centermanager@theopenlink.org. We're only a phone call away!



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:

Mon., Sept. 10, 6 p.m.—First Monday Community Meal at The Center and Pennsburg UCC; free. The Center menu: chicken pot pie, applesauce, roll and dessert. Hosted by The Open Link.. Pennsburg UCC menu: Hamburger barbeque on rolls, baked beans, chips, pickles/olives, deviled eggs and desserts. Hosted by St. Mark's Lutheran Church.

Wed., 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.

Wed., 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.

Wed., 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. Free. RSVP by Oct. 3 to 215.679.6550.

Fri., October 12, 9:30-10:30 & 10:30-11:30—Create Clay Art at The Center. 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!