



## Soup's On!



In this nutrition presentation, learn to prepare different mixes for hot soups for winter time. Each participant will make their own dry bean soup mix and learn the basics of preparing any type of soup.



**Friday, January 11, 2019**  
**1:00 p.m.**



**RSVP by January 8th by calling 215.679.6550 or email [programmanager@theopenlink.org](mailto:programmanager@theopenlink.org).**

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



**We will not meet  
in December.**

**See you next year!**

## Red Hat Society



**Saturday, Dec. 1st**

We will visit the Allen Organ Company in Macungie.

Sorry, this trip is already sold out!

## Diner's Club



Frank's Trattoria  
638 N. West End Blvd.  
Quakertown, PA  
215.536.0800

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

**Thursday, Dec. 13th**

We have 12:30 reservations at the restaurant.

Upper Perk Senior Bowling Group is looking for subs. The group plays every Friday at the East Greenville Firehouse at 1 p.m. If you are interested in becoming a sub, please call Carl Needs at 215.679.0418.



**December 2018**

## Help Us Help Others This Holiday!

By Evet Hexamer

For many of us, Christmas is a time where we enjoy visiting with relatives, traveling, exchanging presents and eating delicious meals. However, the most wonderful time of the year can also be the busiest and stressful. Some families think, "How can I afford to buy my child what they want? Will I be able to afford a winter coat? Will we be able to have Christmas dinner?"

Many people find great joy in shopping this time of year and giving gifts to others. Spreading that cheer to others who have less is supposed to be what the season is all about. The season of giving is off to a wonderful start in our area! The Open Link provided Thanksgiving meals to over 150 families thanks to food donations from the community.

"The generosity from the community is always wonderful and overwhelming, but this time of year really seems to bring out the very best in everyone!"

In that spirit, The Open Link is now collecting donations for our Christmas Room. The room offers families in

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Look at all the fabulous artists who came out for a canvas workshop with Jin's Art Studio on Nov. 9. Nice work, painters!

## Ugly Christmas Sweater Contest



**Join us on Dec. 20th at 12:30 p.m. for lunch at The Center.**  
Menu: Carved turkey ham with fruit sauce, corn pudding, green beans almondine and a dinner roll, along with dessert!  
**Wear your ugly Christmas sweater and receive lunch for \$1.**  
**First place wins a prize!**





# 6<sup>TH</sup> ANNUAL HOLIDAY PARTY

1:00  
pm

Thurs.,  
Dec. 13

**You're Invited for**  
*complimentary*  
**Light Refreshments  
& Fellowship**



517 Jefferson Street  
East Greenville, PA

*Entertainment by the  
Upper Perkiomen  
High School Choir*



**RSVP by Friday, Dec. 7**  
**215.679.6550 or email**  
**[programmanager@theopenlink.org](mailto:programmanager@theopenlink.org)**

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need a chance to shop for their children and grandchildren without having to worry about the cost. Last year approximately 350 children received gifts from the room and another 160 benefited from our Adopt-A-Family program.

At The Center you can pick up a Christmas ball (formerly "Angel Tags") off the Christmas tree with gift ideas for the people we serve. You can then drop off your donation at The Center or the main office at 452 Penn Street in Pennsburg. Other locations where you can find the Christmas balls are Redner's in Red Hill and Univest in East Greenville. If you know someone who could benefit from some help this holiday season, please ask them to contact Counselor Laura Dzugan by emailing [ldzugan@theopenlink.org](mailto:ldzugan@theopenlink.org) or by calling 215.679-4112.

From everyone at The Open Link, we wish you all a happy and safe holiday season. Thank you for your continued support!

## SAVE THE DATE:

**Monday, January 28—National Chocolate Cake Day.** Join us for lunch at 12:30 p.m. at The Center and stay for some yummy chocolate cake. Cost: \$2 suggested donation.

**Thursday, February 7th—Send a Card to a Friend Day.** Will you help us brighten the day of our Meals on Wheels recipients or a friend or loved one? We'll have free greeting cards in The Center lobby. Please fill one out and we'll mail it for you!

### First Monday Community Meal

**The Center on Dec. 3, 6 p.m.:** Salad, baked ham, mashed potatoes, green beans, rolls and cornbread. Assortment of cookies. Prepared and served by the Upper Perkiomen Rotary Club.

**Pennsburg UCC on Dec. 3rd:** Salad, chicken parmesan, side of pasta, garlic bread and home baked goods for dessert. Prepared and served by New Goshenhoppen.



## Are You Game?

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

*Canasta — Every Thursday, 1 p.m.*

*Pinochle— Wednesdays at 1 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.*

## 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

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!