



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 18, 2019
1:00 p.m.



RSVP by January 8th by calling 215.679.6550 or email programmanager@theopenlink.org.

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



"Eleanor Oliphant is Completely Fine" by Gail Honeyman

January 17th at 1:00 p.m.

Diner's Club



Valley Café
1271 Quakertown Ave.
Rt. 663
Pennsburg

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

Thursday, Jan. 10th

We have 12:30 reservations at the restaurant.

Interested in helping older adults right here in our community? Volunteer to be a Meals on Wheels packer or driver! Call 215.679.6550 or email volunteers@theopenlink.org for more information.



Red Hat Society



Friday, January 11th

Help us plan for the new year at 10:00 a.m. at The Center.



January 2019

We're Welcoming a New Center Manager!

By Wendy Smeltz

We have a beautiful, blank year ahead of us. What will we fill it with?

I know what my year will consist of, and I'm thrilled to share it with you! My name is Wendy Smeltz and this month I'll be starting as the new Center Manager. I started at The Open Link in 2012 (then The Open Line) as the Office Coordinator, and it has been a rewarding six and a half years. In this role I shared receptionist duties, was involved in maintaining office procedures, and provided support for development and communications activities.

What made it so fulfilling is that it enabled me to connect with our community in various ways, and work with our dedicated staff and group of volunteers! I look forward to doing this in a new manner, and being able to make a bigger impact, at The Center.

I am excited about my new position, but I know I have a lot to learn. My experience with everyone at The Center has been positive and I have felt very welcomed, so thank you! While I'm a bit nervous, I'm confident I can do an excellent job!

We're busy brainstorming ideas for

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Our Dec. 5 bus trip to the Mt. Hope Estate and Winery was a lot of fun! Thanks to everyone who came along and thanks to Louise Minner for organizing the games and prizes!

National Chocolate Cake Day



Join us on January 28th at 12:30 p.m. for lunch at The Center.

Menu: Tortellini with mini meatballs, vegetables, cinnamon apples and chocolate cake!

Please RSVP by January 25th to 215.679.6550.

The Center 2018 Year in Review



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upcoming programming. We have countless ideas, like crafts and other activities, and playing bingo and having a game show night, but we would love to hear from you! Let us know what you think of The Center and what you'd like to see improved or changed. What kind of activities would you like to see in 2019? To help us plan and to hear from everyone, we'll be putting together a survey in January, to get to know you and discover what you'd like.

I've seen many changes at The Center over the past several years and it is now bustling with activity! It is an honor to be a part of continuing that growth with a great team of staff and volunteers. This year will be filled with learning and laughter and fun. I can't wait to connect with you - our friends, neighbors and community!



Wendy Smeltz, Center Manager

SAVE THE DATE:

Monday, January 7th —Monday Community Meal at The Center and Pennsburg UCC at 6 p.m. Menu yet to be announced for both locations. Free.

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!

Friday, March 1st—National Pig Day. Join us for lunch at 12:30 for BLT's and soup. RSVP by Wed. Feb. 28th.

Thursday, March 14th—Nation "Pi" Day. Join us for lunch at 12:30 and enjoy an assortment of delicious pies. RSVP by March 13th.



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!