

Looking for Tax Help?

The Center at The Open Link was unable to find a volunteer tax preparation group for 2019. These area locations are currently scheduling appointments for free tax preparation sessions for seniors. Please call asap to secure your spot!

Encore Experiences

312 Alumni Ave.
Harleysville, PA 19438
215-256-6900

Tri-County Active Adult Center

288 Moser Rd.
Pottstown, PA 19464
610-323-5009

Generations of Indian Valley

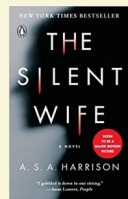
259 N. 2nd St.
Souderton, PA 18964
215-723-5841



We are hopeful we'll be able to find a new group of preparers in 2020! Thanks for your patience!



February 21 at 1:00 p.m.
"The Silent Wife" by
A.S.A. Harrison



Diner's Club



The Wing Man Bar & Grill
622 Gravel Pike
East Greenville

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

Thursday, Feb. 14

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

Tuesday, February 5th



The Treasure Trove
Antiques of Perkasié &
Breadbox Bakery & Café.
Meet at The Center at
10:00 a.m.

THE CENTER

at



February 2019

Take Care of Your Heart!

By Evet Hexamer

February isn't just a month to celebrate hearts on Valentine's Day with cards or candy. February is American Heart Month. Heart disease is the overall leading cause of death for both women and men in the United States.

There are many things you can do to prevent heart disease. First, start moving! Exercise almost every day of the week. Try to get at least 30 minutes of light exercise a day with muscle-strengthening exercises twice a week.

Quit smoking and/or drinking alcohol. Tobacco and excessive alcohol has been shown to cause cancer and contribute to heart disease.

Get better sleep. It's critical for seniors (and everyone) to get a full night's sleep. Sleep is helpful in brain function, metabolism, and immune functionality.

Reduce stress in your life as best you can. There are many ways to relieve stress. Find a few things like exercise, going out with friends, playing with grandchildren, and listening to music to name a few.

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Yay for delicious, nutritious soup on a cold winter's day! Thank you Teri Wassel, from Montgomery County Health and Human Services, for your demonstration and class Jan. 18. Our participants had fun.

Send a Card to a Friend Day!

Thursday, February 7th



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
Take care of the stamp and mail it
for you!



Phillies Game Day Celebration

Thursday, March 28

12:30 p.m.

\$2 suggested
donation for lunch



Join us for hot dogs, chips, a soft pretzel bar
and desserts in celebration of spring and
Phillies opening day!



Please RSVP by **Tuesday, March 26th** by calling
215.679.6550 or email programmanager@theopenlink.org.

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It's important to know the warning signs of a heart attack: chest pain/discomfort, pain in the upper body, arms, back, neck, jaw or upper stomach. Included also are shortness of breath, nausea, feeling faint or dizzy and cold sweats.

You should always consult your doctor before starting any type of exercise program and speak to him or her about your heart health. Join us for one of our classes, like Tai Chi, Yoga or Women on Weights. It's a great way to start your heart healthy lifestyle!

Monday Community Meal

February 4th at 6 p.m.
Join your neighbors for a free meal!

The Center Menu: Lasagna, salad, garlic bread, desserts.
Hosted by The Open Link staff and board.

Pennsburg UCC Menu: Meatloaf, noodles with stewed tomatoes, candied sweet potatoes, peas, applesauce & red beets, cherry pie. Hosted by Pennsburg UCC.

SAVE THE DATE:

Friday, March 1st—National Pig Day. Join us for lunch at 12:30 p.m. for BLT's and soup. RSVP by Wed., Feb. 28th. Cost: \$2 suggested donation.

Wednesday, March 13th—Chitty Chitty Bang Bang. The Upper Perk High School Drama Department is offering a special FREE show to seniors at 1:00 p.m. at the high school.

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

Thursday, April 26th at 1 p.m.—Steve Walker Entertainer — "A Trip Around the USA" concert. Music from the different states using several instruments including banjo and guitar. \$2 suggested donation. RSVP by Mon., April 22.



Paint Break with Jin's Art Studio

Join us for a fun painting class where you will create "Thawing Out" on a 12x12 canvas with Instructor Georgeanne Zvodar of Jin's Art Studio of Pottstown.

March 8, 2019
1-2 p.m.

Cost: \$10 per person for supplies
The Center at The Open Link, 517 Jefferson St., East Greenville



Reserve your space early—22 guest limit. Pre-registration required by March 5th by calling 215.679.6550 or email programmanager@theopenlink.com. Please meet 15 minutes early to settle in.



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!