



The Virtual Dementia Tour!®

Changing the Perception of Aging

Thursday, May 9, 2019 | 4 - 6 p.m. at The Center
(Two people every 15 minutes)

Join us for this eye-opening event where you will experience firsthand the overwhelming effects of aging when combined with Alzheimer's and Dementia. You will become aware of the challenges from performing every day tasks just like the person living with memory loss.


Space is limited. Must make an appointment by May 6th by calling 215.679.6550 or emailing programmanager@theopenlink.org.

*The Virtual Dementia Tour® program is credited to Second Wind Dreams®

The Book Club

"Three Daughters of Eve" by Elif Shafak

Thursday, April 18th at 1:00 p.m.



Diner's Club



Bridge Inn of Pleasantville
3 Covered Bridge Rd., Rt. 73
Oley, PA

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

Thursday, April 11

We have 12:30 reservations at the restaurant.

Instructors and Entertainers Needed

We are always looking for volunteer instructors to teach academic, arts, and fitness classes, as well as experienced entertainers. If you are interested, please contact Evet, ProgramManager@theopenlink.org.

Thank you!

Red Hat Society



Saturday, April 13th

Picker's Junction & Sellersville Museum and lunch. Meet at Redner's parking lot near lot entrance at 10 a.m.



April 2019

Volunteering is Good for You!

By Evet Hexamer

April is National Volunteer Month and is all about celebrating service to the community. The Open Link depends on the dedication and commitment of over 100 volunteers to keep our programs/services running! Whether it's packing/delivering Meals on Wheels, greeting and answering phones at the desk or assisting in the food pantry, our volunteers play an important role in the lives of so many.

Volunteering has several benefits for those who want to lead an active and healthy lifestyle. Studies have shown that volunteering is good for both the body and the mind. It can reduce stress, improve mood and lower blood pressure.

Being a small part of something much bigger can also give you a sense of purpose. Just knowing you are making a difference can give you so much joy and can also be fun!

One of The Open Link's Meals on Wheels recipients said, "I appreciate receiving the meals but I really enjoy the volunteers who come every day and checked on me. They're always asking how I am and how my day was."

Volunteering can also benefit your social life. Connecting with others and be-

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Our canvases turned out marvelously! Thank you, Georgeanne Zvodar (bottom left) with Jin's Art Mobile Paint Classes, for visiting at The Center. You're a fantastic teacher and it's always a lot of fun!

NATIONAL GRILLED CHEESE DAY

Join us for lunch Friday, April 12th at 12:30 p.m. for grilled cheese and tomato soup.



Please RSVP by April 11th by calling 215.679.6550.

A Trip Around the USA

An acoustic concert with musician Steve Walker

**Friday, April 26th
1 p.m.**

Cost: \$2
suggested donation

Please RSVP by April 22
to 215.679.6550 or
programmanager@theopenlink.org



www.hexhollowmusic.com

Join us for music performed by a local
artist on different instruments including
the banjo and guitar.

Songs from the different states and
regions of our great country:

*Tennessee Waltz,
Pennsylvania Polka,
Sweet Georgia Brown,
and more!*

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ing part of the community helps prevent loneliness. One local volunteer commented that by giving her time, she has met some new friends who have even become like family.

As we celebrate this month, we would like to say thank you to all of our volunteers. For those of you who volunteer an hour a month or those that volunteer every week, we appreciate you!

The Open Link is always looking for more volunteers to help us reach our mission of serving the greater Upper Perkiomen Valley. If you are interested in finding out more information or the variety of opportunities available, please email Tammy Styer, volunteer coordinator, at volunteers@theopenlink.org or call 215.679.4112.

Monday Community Meal

April 1st at 6 p.m.

Join your neighbors for a free meal!

The Center Menu: Ham, cabbage, potato,
applesauce and dessert.
Hosted by Frieden's UCC

Pennsburg UCC Menu: Baked ziti, meatballs,
Italian sweet sausage, Caesar salad, pudding.
Hosted by Person Directed Supports

SAVE THE DATE:

Thursday, April 11th at 12:30 p.m. at The Center - Cooking Demo using fresh vegetables with Liz Van Auden from Montgomery County Aging and Adult Services. Join us for a demo and lunch (\$2 sugg. Donation). Menu includes: baked chicken w/ light poulet sauce, traditional stuffing, carrots, snap peas, broccoli and craisins.

Friday, June 7th from 8:30-10 a.m. - National Donut Day at The Center. Join us for complimentary donuts, coffee cake, coffee, juice and fellowship.

Friday, June 21st 1:00 p.m. - "Outside-In" Summer Picnic at The Center. Kick off the summer with hot dogs, hamburgers, chips, desserts and more. \$3 suggested donation; RSVP to Evet by June 17th.

Tuesday, August 13th - Bus trip to Hunterdon Hills Playhouse for lunch and attend "I Do, I Do." Cost: \$97. Includes meal, entertainment and tax and gratuity for meal. RSVP and payment due by June 28th (minimum of 30 attendees). Depart from Perkiomen Tours at 10:30 a.m.

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— Every Wednesday, 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— Every Friday, 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!