

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

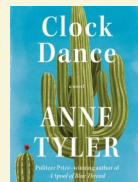
259 N. 2nd St.
Souderton, PA 18964
215-723-5841



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



March 21st at 1:00 p.m.
"Clock Dance" by Anne Tyler



Diner's Club



Red Lobster
223 Shoemaker Road
Pottstown

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

Thursday, March 14

We have 12:30 reservations at the restaurant.

Red Hat Society

Wednesday, March 13th



America on Wheels and lunch in Allentown.
Meet at the Center at 10 a.m.

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.



March 2019

Do You Make Healthy Eating a Priority?

By Evet Hexamer

Making healthy food choices can be hard! March is National Nutrition Month, which focuses on the importance of making informed food choices and developing sound eating and physical activity habits. We talked to some of our seniors at The Center about their eating habits and making good decisions.

Everyone agreed – it can be difficult to eat healthy! Fresh fruits and vegetables are expensive, and they go bad so quickly, especially if you live alone.

We reflected on the meals they were accustomed to growing up; dinner usually included meat and potatoes, often with vegetables grown in the family's garden. Food was good for you and came from the ground and from nature. Foods today are more likely to be filled with preservatives, additives and chemicals.

"Back when we were children, we didn't have all the junk food and the portions were much smaller," said Ray Rutter.

Most seniors said they felt portion control is an issue, especially when going out

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On Valentine's Day, our center participants got adorable handmade mugs, a spoon and a tea bag, cookies, candy and cards handmade by local kids. The gifts, which also went out to Meals on Wheels recipients, were created by area churches that participated in the Community Day of Service.

Thursday
March 14 is
National Pi Day!



π
3.14 4.18
A DELICIOUS
COINCIDENCE?

Join us for lunch and enjoy a variety of dessert pies.

Lunch Menu includes:
Shepherd's Pie,
Brussels sprouts,
carrots and a roll.



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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to eat. Multiple people mentioned that as they got older, they eat less, but June Shaeffer commented that when eating out, "I'll take half home for a second meal."

The Open Link strives to provide tools to help us all live healthier lives. One example is The Center's Community Lunch program.

Roy Wentz shared, "We are getting sound nutrition here at The Center which is one of the reasons I come; I also enjoy the camaraderie."

We think the company is just as important as the nutrition! This month as we celebrate National Nutrition Month, it's a good time for us to look together at how we can make nutritious food choices, get enough physical activity, and build good habits for our health!

Monday Community Meal

March 4th at 6 p.m.

Join your neighbors for a free meal!

The Center Menu: Roast beef & gravy, roasted potatoes, carrots, salad, rolls and apple crisp with ice cream.
Hosted by Upper Perk Community Church.

Pennsburg UCC Menu: Ham, mashed potatoes, green beans, fruit salad, rolls and variety of baked goods.
Hosted by Palm Schwenkfelder Church.

SAVE THE DATE:

Wednesday, March 13th at 1 p.m. at UPHS - Chitty Chitty Bang Bang. The Upper Perk High School Drama Department is offering a special FREE musical show to seniors. Call 215.679.5935 for more info.

Thursday, April 11th at 12:30 p.m. at The Center - Cooking Demo using fresh vegetables with Liz from Montgomery County Aging and Adult Services. Join us for lunch at 12:30 p.m. and the presentation will be afterward.

Friday, 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 to programmanager@theopenlink.org or 215.679.6550.



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!