

# THE CENTER

at

# THE OPEN LINK



Enriching the Lives of Older Adults in our Community



## January 2024

### Welcome to Our New Executive Director, Marianne Lynch

By Kelly Chandler,  
Development and Communications Manager

It could be her warm smile, her adopted love of the Philadelphia Eagles, or her affinity for Hallmark movies this time of year, but no matter what first strikes you about Marianne Lynch, you need to know that people are paramount.

Lynch, who was appointed executive director (ED) of The Open Link last month, has dedicated more than 25 years of her life to working in human services. She has worked in leadership for Philabundance, Habitat for Humanity and, most recently, as ED at A Woman's Place, a domestic violence organization in Bucks County. She is working alongside Interim ED Stu Bush for her first few weeks.

"I've had some personal challenges that led me to this career, having been a single mom who struggled to pay the rent and keep food on the table," she said. "In addition to that, I think that our purpose in life is to help others. It lifts them and us. Otherwise, I don't really know why we are here."

She said she's very excited to take on a multi-service non-profit in The Open Link. She has felt warmly received by the community.

"Everybody has been so wonderful and welcoming. This community and its people are so lovely. They have really made me feel at home. And it smells like chocolate," she noted with a laugh.

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The Center is known for Community Lunch, health and wellness programs, and enriching activities, but behind the scenes we're delivering Meals on Wheels. We couldn't do it without the dedication of more than 30 volunteers who pack and deliver meals every day! Sometimes recipients also receive a little something special at the holidays. Last month, Tri County Area Federal Credit Union donated and assisted in the delivery of poinsettias to everyone on our routes. *Meals on Wheels ~ more than just a meal!*

### January 2024 Holiday Hours:

CLOSED

Monday, Jan. 1

Wishing you a safe and healthy new year!



CLOSED

Monday, Jan. 15



Honor, Reflect, Celebrate

Meals on Wheels is not delivered when The Center is closed, but extra meals will be delivered in advance.

For winter weather protocol, see page 8.

The Center: 517 Jefferson St., East Greenville, PA 18041 • 215.679.6550

Main Office: 452 Penn St., Pennsburg, PA 18073 • 215.679.4112 • www.theopenlink.org

## SPECIAL ACTIVITIES in January

To RSVP: Sign-up in the big room, ask staff, call 215.679.6550, or email [center@theopenlink.org](mailto:center@theopenlink.org). See costs and RSVP dates below, if required.



### NEW YEAR'S LUNCH • Tuesday, Jan. 2, 2024 - 12:00 pm

Celebrate our first lunch of the year with friends. See menu on page 4 for more details. As always, lunch is no cost for anyone over 60. **Suggested donation of \$2. RSVP by 12/29.**



### TRIVIA • Thurs., Jan 4, 2024 - 1:00 pm

\* Celebrate National Trivia Day! Test your knowledge of fun facts and interesting tidbits. Prizes for the winning team. **No Cost. RSVP by 1/3, or create a team now.**

### LUNCH w/ THE NEW EXECUTIVE DIRECTOR • Friday, Jan. 5, 2024 - 12:00 pm

Join us for Community Lunch to meet our new Executive Director. If you see Marianne around The Center, please say hello! See menu on page 4 for details. **RSVP by 11 am.**

### MAGIC & COMEDY • Thursday, Jan. 11, 2024 - 12:45 pm

Don't miss this amazing show by award-winning magician, Ron Schaffer. Ron is a veteran entertainer who has performed thousands of shows. **No Cost. RSVP by 1/10.**



### COFFEE & CONVERSATION • Thursday, Jan. 18, 2024 - 1:00 pm

This is the last session in the series; no previous attendance required. See page 3 for more details. And look for more programming in 2024 with CLB! If you have suggested topics, let us know! **No Cost. No RSVP Required.**

### PARTICIPANT MEETING • Tuesday, Jan. 23, 2024 - 1:00 pm



We want your feedback! Help us improve the quality of activities, programming, and services at The Center. Help us plan a fun and enriching 2024! **No RSVP Required.**

### OATMEAL BREAKFAST BAR • Thursday, Jan. 25, 2024 - 9:00 to 10:30 am



It's National Oatmeal Month! Oats have been around for thousands of years; they are the oldest known grains traceable to Egypt's 12th Dynasty, around 2000 B.C., and the Chinese may have been familiar with them before that. **Donations Welcome. RSVP by 1/24.**

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Lynch, who lives in Chalfont with her husband, Jim, is mom to four boys. Her youngest is a freshman at



Marianne G. Lynch

Philly sports teams.

And what does she want to tackle in her new role? The first thing is affordable housing.

“I want to look for more affordable housing in the valley and see what we can do to support the people who live here. That’s number one at this point,” she explained. “I have a number of things I’m excited about.”

“This is the goal, I’ve done all these different things and, in hindsight, this is the right opportunity and I’m really excited to be here.”

Marianne will be visiting The Center to get to know more about our senior services and programs. Please reach out and say hello! She can be contacted at 215-679-4112 or [mariannel@theopenlink.org](mailto:mariannel@theopenlink.org).

Drexel. Her current love is her dog, Butters, a yellow lab who serves as her hiking partner. Lynch said while he isn’t great at channeling the retriever in him, he is fun to be around.

Her other hobbies include vegetable and flower gardening and cheering on all the

## DROP-IN SUPPORT GROUP

### Conversations Over Coffee

Shared Discussion About Life’s Journey

Drop-In Series - No Commitment Required  
Come to one group or every meeting.

Join us in a supportive environment to share about personal experiences of loss and hardship, along with rich stories of growth and joy. **Topic: Stories of Past and present with a look toward 2024 — reflect on favorite memories and share goals.**



**Thursday,  
January 18<sup>th</sup>  
1:00 pm  
No RSVP  
Required**

Discussions led by a group facilitator from The Center for Loss and Bereavement that will apply to a wide range of experiences. Contact The Center at The Open Link for information at 215-679-6550.



**The Center for Loss and Bereavement**  
3847 Skippack Pike, Skippack, PA 19474

A non-profit resource of specialized knowledge and professional support that provides meaningful connection and restorative guidance for those impacted by grief.

### Here are some of our favorite 2023 moments from at The Center!



Thank you for being a part of it!

Pick up a full-page copy of more 2023 photos at The Center.



517 Jefferson St., East Greenville  
 The Center: 215.679.6550  
 Main Office: 215.679.4112

No cost for individuals  
 60 years old & over,  
 \$2 suggested donation.

# JANUARY

2024

## MENU

Tasty and nutritious meal, side items, bread, 1% milk, coffee, tea

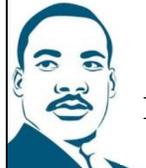


Monday - Friday  
 Served at 12 pm  
 RSVP by 11 am.

Arrive anytime after 11:30 am

Monday	Tuesday	Wednesday	Thursday	Friday
1 <p><b>CLOSED</b> Happy New Year</p>	2 <p><b>New Year's Lunch</b> Pork &amp; Sauerkraut</p> <p>Mashed Potatoes Mixed Veggies</p>	3 <p><b>Sliced Turkey &amp; Stuffing</b></p> <p>Brussel Sprouts Carrot Coins</p>	4 <p><b>Creamy Parmesan Chicken</b></p> <p>Broccoli Penne Pasta</p>	5 <p><b>Stuffed Chicken Breast w/ Gravy</b></p> <p>Garlic Mashed Potatoes String Beans</p>
8 <p><b>Fajita Chicken</b></p> <p>Seasoned Corn and Black Beans Spanish Rice</p>	9 <p><b>Pizza Burger</b></p> <p>Mixed Vegetables Cauliflower</p>	10 <p><b>Panko Crusted Tilapia</b></p> <p>Green Beans Scalloped Potatoes</p>	11 <p><b>Paprika Baked Chicken</b></p> <p>Broccoli &amp; Carrots Mashed Potatoes</p>	12 <p><b>Spinach &amp; Swiss Omelet</b></p> <p>Roasted Red Potatoes Warm Apples</p>
15 <p><b>CLOSED</b></p> <p>Martin Luther King, Jr. Day</p>	16 <p><b>Swedish Meatballs</b></p> <p>Buttered Wide Noodles Peas</p>	17 <p><b>Sliced Beef w/ Gravy</b></p> <p>Whipped Potatoes Mixed Veggies</p>	18 <p><b>Hawaiian Chicken</b></p> <p>Confetti Rice Island Blend Veggies</p>	19 <p><b>Baked Ziti w/ Spinach</b></p> <p>Warm Spiced Peaches California Blend Veggies</p>
22 <p><b>Honey-Rosemary Chicken</b></p> <p>Rice Pilaf Brussels Sprouts</p>	23 <p><b>Pineapple Glazed Pork</b></p> <p>Sweet Potatoes Green Bean Almondine</p>	24 <p><b>Meatloaf w/ Gravy</b></p> <p>Whipped Potatoes Peas and Carrots</p>	25 <p><b>Cheese Omelet &amp; Turkey Sausage</b></p> <p>Diced Potatoes Spinach w/ Carrots</p>	26 <p><b>Tilapia w/ Creamy Dill Sauce</b></p> <p>Carrot Coins Vegetable Brown Rice</p>
29 <p><b>Herb Roasted Chicken Thigh</b></p> <p>Mixed Veggies Roasted Red Potatoes</p>	30 <p><b>Hearty Beef Stew</b></p> <p>Carrots and Peas Cauliflower</p>	31 <p><b>Sliced Turkey w/ Stuffing</b></p> <p>Brussels Sprouts Carrot Coins</p>	<p>*Menus created by a registered dietician and meet 1/3 of Recommended Dietary Allowances for older adults.</p> <p>Substitutions available upon request - let us know when you sign up if you need an alternative meal, and tell us what you <u>can't</u> eat. Substitute meals are limited.</p>	

Come for the meal. Stay for friends and fellowship.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p>  <p><b>CLOSED</b> <i>Happy New Year</i></p>	<p>2</p> <p>10:15-11:15 Tai Chi 12:00 <b>New Year's Lunch</b></p> 	<p>3</p> <p>9-9:30 Walkercise 10:00 WOW 10:00 Quilters (LL) 12:00 Community Lunch</p>	<p>4</p> <p>12:00 Community Lunch 1:00 Trivia</p> 	<p>5</p> <p>9-10:00 Chair Yoga 10:15-11:15 Tai Chi 12:00 <b>Community Lunch</b> w/ the New Executive Director</p> 
<p>8</p> <p>9-9:30 Walkercise 10:00 WOW 12:00 Community Lunch 12:30 Games &amp; Billiards</p>	<p>9</p> <p>10:15-11:15 Tai Chi 12:00 Community Lunch</p>	<p>10</p> <p>9-9:30 Walkercise 10:00 WOW 10:00 Quilters (LL) 12:00 Community Lunch</p>	<p>11</p> <p>12:00 Community Lunch 12:45 <b>Magic Show</b> <i>Magic and Comedy of Ron Schaffer</i></p> 	<p>12</p> <p>9-10:00 Chair Yoga 10:15-11:15 Tai Chi 12:00 Community Lunch</p> 
<p>15</p> <p><b>CLOSED</b></p>  <p>Martin Luther King, Jr. Day</p>	<p>16</p> <p>10:15-11:15 Tai Chi 12:00 Community Lunch</p>	<p>17</p> <p>9-9:30 Walkercise 10:00 WOW 10:00 Quilters (LL) 12:00 Community Lunch</p>	<p>18</p> <p>12:00 Community Lunch 1:00 <b>Coffee and Conversations</b></p> 	<p>19</p> <p>9-10:00 Chair Yoga 10:15-11:15 Tai Chi 12:00 Community Lunch 1:00 <b>Bingo &amp; White Elephant Gift Exchange</b> <i>Doors open at 12:30 pm</i></p>
<p>22</p> <p>9-9:30 Walkercise 10:00 WOW 12:00 Community Lunch 12:30 Games &amp; Billiards</p>	<p>23</p> <p>10:15-11:15 Tai Chi 12:00 Community Lunch 12:45 <b>Participant Mtg</b></p> 	<p>24</p> <p>9-9:30 Walkercise 10:00 WOW 10:00 Quilters (LL) 12:00 Community Lunch</p>	<p>25</p> <p>9-10:30 <b>Oatmeal Bar</b> 12:00 Community Lunch</p>  <p><i>Celebrating National Oatmeal Month!</i></p>	<p>26</p> <p>9-10:00 Chair Yoga 10:15-11:15 Tai Chi 12:00 Community Lunch</p>
<p>29</p>  <p>9-9:30 Walkercise 10:00 WOW 10:00 <b>Book Club</b> (LL) 12:00 Community Lunch 12:30 Games &amp; Billiards <b>National Puzzle Day</b></p>	<p>30</p> <p>10:15-11:15 Tai Chi 12:00 Community Lunch 2:00 <b>Welcome to The Center</b></p>	<p>31</p> <p>9-9:30 Walkercise 10:00 WOW 10:00 Quilters (LL) 12:00 Community Lunch 12:30 <b>Birthday Party</b></p> 	 <p><b>Blood Pressure Checks</b> Most Thursdays, approx. 12 pm, courtesy of <i>Family Caregivers Network</i></p>	<p><i>Programs held in the Main Room unless otherwise noted.</i> LL=Lower Level</p>

*Enriching the lives of older adults in our community.*

RSVP dates help us prepare, and some programs have attendance requirements. If it is past an RSVP date and you would like to attend, please reach out - we *may* be able to accommodate!

# HEALTH & WELLNESS AT THE CENTER

\$2 suggested donation for each class. Register for each class one time, then come as your schedule allows. *Your first class is always free!*



## Ongoing Classes at The Center



**Walkercise** – Mon & Wed, 9–9:30 AM. Come stretch those morning muscles! A great way to start your day and get your heart pumping stronger. Participants in this class follow a 30-minute video and enjoy good conversation while moving their feet!

**WOW (Women on Weights)** – Mon & Wed, 10 AM. A strength training program designed for mid-life and older women. Certified instructor Jane Oswald leads in resistance training, balance training, and flexibility exercises. “Grow Stronger With Us!”

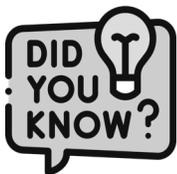
**Tai Chi** – Tues & Fri, 10:15–11:15 AM. Gentle physical exercises and stretches. Accessible for everyone, can be done seated or using a chair for support. This class follows the popular videos from the Happy Thought Tai Chi Program, developed by Mark Cashatt.

**Chair Yoga** – Fri, 9–10:00 AM. Certified instructor Sarah Thayer has a passion for making yoga accessible for everyone! Explore breathing exercises and relaxing meditations, enhance strength, flexibility, and balance – all with the support of a chair.

### HAVE YOU REGISTERED FOR A CLASS YET?

Join Wendy (Center Manager) in her commitment to join exercise classes in 2024 as her schedule allows!

*Add health and wellness to your New Year’s resolutions!*



Health & Wellness programs can help with balance, energy, stamina, flexibility, and daily functions like opening jars and lifting groceries. But did you know about the benefits of social interactions? Participants at classes often become fast friends. We hope you’ll join us soon!



Classes targeted for ages 60+. Open to ALL ages!



# JANUARY'S ONGOING MONTHLY ACTIVITIES

To RSVP: Sign-up in the big room, ask staff, call 215.679.6550, or email [center@theopenlink.org](mailto:center@theopenlink.org). See costs and RSVP dates below, if re-

## BINGO & RE-GIFT EXCHANGE • Friday, Jan. 19, 2024 - 1:00 pm



Did you receive Christmas gifts you won't use? Or have items around the house you don't need? Bring them wrapped up for a fun White Elephant Re-Gift Exchange! Doors open at 12:30 pm. Light refreshments. Small prizes, big fun! **Cost: \$1. RSVP by 1/18.**

## BOOKS & BREAKFAST • Monday, Jan. 29, 2024 - 10:00 am



***Such a Fun Age*** by Kiley Reid. A young Black woman is wrongly accused of kidnapping while babysitting a white child. *Limited quantity of books available at The Center thanks to Upper Perk Library Books in a Bag. No Cost. No RSVP Required.*

## BIRTHDAY PARTY • Wednesday, Jan. 31, 2024 - 12:30 pm



Everyone is welcome - celebrate guests with January birthdays! Cake and activities. Let us know if you'll join us for lunch at 12 pm. Menu: Turkey w/ Stuffing. **RSVP by Tues., 12/30.**



## BOARD GAMES & BILLIARDS • Mondays at 12:30 pm

Play cards or bring your favorite board games! We have a variety of board games, plus Skip-Bo, UNO, and more, or work on the puzzle, settle in with a good book in the library, or shoot pool in the lower level. This is a great place to spend a cold afternoon with a warm cup of tea. Bring some friends or make some new ones at The Center!



## 2024 COMMUNITY OUTINGS Taking The Center out on the town!

Where will the new year take us? We have some exciting ideas! First, we'd like to find out where you want to visit - a favorite place or a place you've never been. There are so many wonderful things to see and do right here in the Greater Upper Perkiomen Valley, and everything is better with friends! Let us know your ideas for outings - restaurants, parks, businesses, or special events that we can attend together.

**Remembering our 2023 travels:** Upper Perk Middle School and High School for the plays *Sister Act, Jr.* and *Mamma Mia!*, Wawa to use the ordering kiosk, the Upper Perkiomen Valley Library to borrow books, two trips to the Schwenkfelder Library & Heritage Center, Hometown Creamery for ice cream and old fashioned candy, The Grand Theater to see *Barbie*, The Open Link's main office for a tour of the food pantry, and Java & Friends for breakfast and coffee. Is there a favorite on this list that we should revisit?

## CENTER UPDATES:



**Tuesday,  
January 30<sup>th</sup>  
2 - 3:00 pm**

### 'Welcome to The Center' Mini Open House

Discover The Center, take a tour, learn what kind of activities take place, meet staff and ask questions.

This is for anyone who is:

- New at The Center
- Has been thinking about attending
- Hasn't visited in quite a while
- Or has a friend they'd like to bring

*No RSVP Required, just stop by!*

We will try to do this monthly, so if you can't make it, look for the date in the next newsletter.



## MONDAY COMMUNITY MEAL

Monday, January 8 • 6 pm

Hosted by a different church or organization every month. There is no cost for this meal.

**Pennsburg UCC** - Sit-down meal

**New Goshenhoppen UCC** - Take-out meal

### Winter Weather Policy

The Open Link (main office & The Center) follow the Upper Perkiomen School District for guidance on winter weather closures.

**UPSD buildings Closed = Center Closed**

**UPSD 2-Hr Delay = Center Opens at 10 am**

In the event of a closure or delay, call for updates. Our phone greeting will be updated.

## EXTRA! EXTRA!

Stay updated. Check this section for news and information.

If there is something you'd like to see at The Center, help us make it happen! Staff at The Center love hearing your ideas, and we have ideas too, but we need your help to make the ideas a reality! How can you contribute?

- Do you love a card game like Pinochle or Canasta or group activity like Dominoes?
- Is there a subject you'd enjoy making the topic of a discussion group?
- Are you knowledgeable about a topic you could share with others?
- Do you have a hobby or skill you could help others learn about?

If you'd like to try any of the above, please let us know! If you are interested, but don't want to do it alone, let us help find someone else with similar interests, or staff will assist. Programming can be added to the calendar one time, with no future commitment needed - see how it goes! Then we can schedule weekly, monthly, or periodically.



*The Center at The Open Link is partially funded by Montgomery County Senior Services. Additional funding comes from grants, foundations, community sponsorship, and generous community members.*

