



The Open Link's Senior Center  
location in East Greenville

# October

2025

## NEWSLETTER



*Enriching the Lives of Older Adults in Our Community*

## A Recipe for Change: The Reality, Causes, and Alleviation of Senior Food Insecurity

By: Marianne Lynch, Executive Director

Besides children, did you know that seniors are the fastest-growing segment of the population considered to be food insecure? According to Feeding America, almost 7 million seniors were food insecure in 2022. It is predicted that by 2050, more than 9 million seniors could be food insecure. Food insecurity differs from hunger. It means that a person does not have access to sufficient food, or food of adequate quality, to meet their basic nutritional needs. Hunger is a physiological response where a person feels physical discomfort or weakness because of a lack of food. I share these differences because rising food insecurity in seniors can lead to hunger, but hunger doesn't necessarily have to be present for someone to be food insecure. Confusing, right?

Let me share some reasons for rising food insecurity among seniors, and you might see what I mean.

Seniors on fixed incomes have a greater chance of being food insecure. Social security is not keeping pace with the increased costs of groceries and housing, stretching their dollars to the limit. This means fewer food choices and food being eliminated from shopping lists, including proteins, produce, and dairy, items that are nutritionally denser, but also more expensive.

Seniors are more likely to have health conditions that make shopping and meal preparation more difficult. If mobility is already an issue, going to the grocery store, shopping, and bringing groceries home can be a barrier to eating regularly. Issues with sight or mobility can also make it difficult to cook a meal, and measuring, mixing, and timing become difficult tasks to manage.

Many seniors don't have access to transportation, which can be a barrier to accessing healthy food. This is

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Mahjong on Mondays fills the room with fun and laughter! Join them weekly at 12:30 pm - no experience necessary; they'd be happy to teach you how to play. With lower-level renovations wrapping up, we have the opportunity to add even more activities to our schedule. What card games or group activities would you love to see at The Center?



*The Open Link locations (main office in Pennsburg and The Center in East Greenville) will be CLOSED Mon., Oct. 13<sup>th</sup>, 2025.*

### Hours of Operation:

Monday-Friday 8:00 AM to 4:00 PM

The main room is closed during scheduled activities.

The Center offers opportunities to stay healthy, active, and connected! Programming focuses on nutrition, exercise, education, enrichment, and socialization, and is targeted to ages 60 and over, but many programs are open for adults of all ages.



Penn Street provides services to meet the critical needs of individuals and families through a food pantry, employment, education, housing and homelessness services, financial assistance, and more!

*The Center: 517 Jefferson Street, East Greenville, PA 18041*

*Call or Text: 215-679-6550 | Email: [center@theopenlink.org](mailto:center@theopenlink.org)*

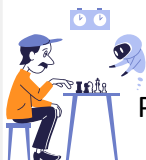
*Penn Street: 452 Penn Street, Pennsburg, PA 18073 • 215-679-4112 • [www.theopenlink.org](http://www.theopenlink.org)*

# CENTER ACTIVITIES in October

RSVP: Sign up in the big room, call/text 215.679.6550, or email [center@theopenlink.org](mailto:center@theopenlink.org). See costs and RSVP dates below, if required. LL=Lower Level

## COMPLIMENTARY COFFEE • Wed., Oct. 1, 2025 - 9:00 AM - 2:00 PM

*International Coffee Day* is an occasion to celebrate our love of the beverage and support coffee farmers. The Lower Level will be open - see the renovation progress and join friends for a rousing game of cards, a game of billiards, or some conversation! **Donations welcome.**



## AI GAMES • Thurs., Oct. 2, 2025 - 12:30 PM

Play some games, like Pictionary, where your opponent is Artificial Intelligence!

## SOUP IN A JAR: WARM UP WITH WELLNESS\* • Tues., Oct. 7, 2025 - 1:00 PM

Fun and interactive cooking demo by Teri Wassel, MS, RD, registered dietician with the Montgomery County Health Department. Layer dried ingredients for ready-to-cook soup that's easy to prep, store, and customize to your taste. Learn tips for meal planning and how to turn pantry staples into comforting meals. **No Cost. RSVP by 10/6. \*Space is limited.**



## WEDNESDAY WORKOUT w/ FARRYN • Wed., Oct 8, 2025 - 12:45 PM

Hosted monthly by Phoenix Physical Therapy. Practice exercises that you can easily incorporate into your everyday routine. All skill levels are welcome! Farryn will help you adapt each exercise to fit your needs. Sponsored by Phoenix P/T - **No Cost. RSVP by 10/7.**



## CARDIO DRUMMING w/ TRIBE NUTRITION • Thurs., Oct. 9, 2025 -10:00 AM

Fun full-body workout! Music and movement using a ball, bucket, and drumsticks. Sponsored by Tribe Nutrition - **Donations encouraged. RSVP by 8/8. \*Space is limited.**

**Tribe Nutrition** offers a large variety of protein shakes and hosts many fun and fitness events, such as Cardio Drumming and Bingo, at their convenient location in Pennsburg.



## FIRE DRILL & FIRE PREVENTION • Thurs., Oct. 9 - 12:30 PM

Join us for a mock evacuation, followed by dessert and a raffle. **No Cost. RSVP by 10/8.**



## TRIVIA TIME - THEME: Building • Fri., Oct. 10, 2025 - 1:00 PM



Questions span a wide range of subjects, something for everyone! Create teams and come up with answers together. **Donations Welcome. RSVP by 10/9.**

## CHAIR VOLLEYBALL • Tues., Oct. 14, 2025 - 1:00 PM

Serve, set, and spike from your seat! This is a great way to stay active and improve coordination while having fun with friends, old and new. Vicki and Nicole from *The Residence at*



*Boyertown* are back to be our special guest hosts/referee, which is sure to make this a fun time! **\$2. RSVP by 10/13.** *The Residence at Boyertown* is a 125-room mixed-unit Senior Living facility currently under construction in Boyertown, PA.



# CENTER ACTIVITIES in October

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RSVP: Sign up in the big room, call/text 215.679.6550, or email [center@theopenlink.org](mailto:center@theopenlink.org). See costs and RSVP dates below, if required. LL=Lower Level

## AI TRICK OR TREAT? w/ RANDY BAPST • Wed., Oct. 15, 2025 - 12:45 PM



Tech support volunteer, Randy Bapst of **Golden Tech Care**, will teach about Artificial Intelligence: how it works, some everyday practical uses, how it lies, and why scammers love it. **No Cost.** **RSVP by 10/14.** *Helping seniors use tech safely in their Golden Years is Randy's specialty.*

## BILL LUDLOW: A TRIBUTE TO WILLIE NELSON\* • Thurs., Oct. 16, 2025 - 1:00 PM



We are thrilled to welcome back Bill Ludlow, who has been singing and playing Willie Nelson songs since the age of 7. He has impersonated Willie among many other performers for over 25 years! **Donations welcome. RSVP by 10/15.** *\*Space is limited; carpooling encouraged.*

## BINGO • Fri., Oct. 17, 2025 - 1:00 PM

Doors open at 12:30 PM for light refreshments and fellowship. Small prizes, big fun. See the numbers on the big screen during play. Donations of small, new items are always welcome to use as prizes. **\$1 to play the whole time. RSVP by 10/16.**



## STAMP CLUB • Mon., Oct. 20, 2025 - 10:00 AM (LL)



Show, share, and trade stamps. Stamp collecting has been one of the world's most popular hobbies since the 1840s, when England issued the world's first pre-paid stamp. (Normally held on the second Monday of each month.) **No Cost. No RSVP Req'd.**

## VISIT w/ FIJI THE THERAPY DOG • Tues., Oct. 21, 2025 - 12:30 PM

Our monthly visit with Fiji, an official AKC Canine Good Citizen, and her owner, Monica. They'll show off tricks and share some furry affection. **No Cost. RSVP by 10/20.**



## CRAFT: YARN PUMPKINS • Wed., Oct 22, 2025 - 1:00 PM



Get in the fall spirit with easy and adorable pumpkins. There will be two material and size options available. Yarn, fabric, and supplies provided. **\$3. RSVP by 10/21.**

## OUTING: YARDLEY ANTIQUES • Thurs., Oct. 23, 2025 - 1:00 PM

With a collection of retro, vintage, and antique "stuff" ranging from the 1800's to early 1900's, including furniture, lamps, clocks, collectibles, estate jewelry, and more! Yardley Antiques has something for everyone. Meet at the store: 224 Main St, East Greenville (there are several steps into the shop.) Shop with a 20% discount. **No Cost. RSVP by 10/22.**



## BOOK CLUB • Mon., Oct. 27, 2025 - 10:00 am (LL)



*The Great Alone* by Kristin Hannah is a survival story both about surviving in the unforgiving Alaskan wilderness and growing up with an abusive and volatile father. This month, participants are responsible for purchasing a book or borrowing from the library (Book-in-a-Bag not available). **No Cost. No RSVP Req'd.**



517 Jefferson St., East Greenville  
Call/Text: 215.679.6550  
Email: center@theopenlink.org

# OCTOBER

## 2025








Monday - Friday  
Served at 12:00 PM  
Doors open at 11:30 AM

**\$2 Sugg. Donation for 60+**

**RSVP** required **24 hours** in advance.

Adults <60 = \$4.90

Sign up by 12:00 PM the weekday before.

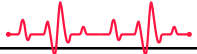








| Monday  | Tuesday   | Wednesday  | Thursday  | Friday   |
|---|---|--|---|--|
| <p>Menus created by a registered dietician.<br/>Limited substitutions available upon request.<br/>*Menu subject to change.</p> <p>Anonymous contributions are encouraged but not required and benefit Montgomery County Office of Aging Services (MCOAS). The Center's cost of each meal is \$4.90.</p>  |   | 1<br><b>Dijon Chicken</b><br>Brussels Sprouts<br>Roasted Red Potatoes  | 2<br><b>Hot Dog</b><br>Sweet Corn<br>Sauteed Cabbage<br>   | 3<br><b>Swedish Meatballs</b><br>Peas & Carrots<br>Wide Noodles  |
| 6<br><b>Baked Chicken</b><br>w/ Buttered Parsley Potatoes<br>Mixed Veggies  | 7<br><b>Crabcake w/ Mac &amp; Cheese</b><br>Scalloped Tomatoes<br>Broccoli<br> | 8<br><b>Salisbury Steak</b><br>Mashed Potatoes<br>Peas   | 9<br><b>Sliced Turkey</b><br>w/ Apple Glaze<br>Stuffing<br>Glazed Carrots   | 10<br><b>Pork BBQ</b><br>Collard Greens<br>Corn<br> |
| 13<br><b>CLOSED</b><br><br><b>COLUMBUS DAY</b>   | 14<br><b>Chicken Parm</b><br>Rotini<br>Sauteed Spinach<br>w/ Diced Carrots  | 15<br><b>Brown Sugar Chicken</b><br>Sweet Potatoes<br>Brussels Sprouts   | 16<br><b>Sesame Beef</b><br>w/ Peppers<br>Green Beans<br>Brown Rice   | 17<br><b>Cheese Omelet</b><br>Peppers & Onions<br>Hashbrowns<br>Pear Crisp   |
| 20<br><b>Beef Stew</b><br>Potatoes<br>Peas  | 21<br><b>Baked Fish</b><br>w/ Lemon & Capers<br>Brown Rice<br>Green Beans   | 22<br><br><b>Mushroom Swiss Burger</b><br>Mashed Potatoes<br>Carrot Coins | 23<br><b>Lasagna</b><br>Mixed Veggies<br>Baked Apples   | 24<br><b>Chicken Alfredo</b><br>Spinach w/ Diced Carrots<br>Penne  |
| 27<br><br><b>Lemon Pepper Chicken Thighs</b><br>Veggie Blend<br>Brown Rice   | 28<br><b>Bowties w/ Bolognese Sauce</b><br>Green Beans<br>Carrots   | 29<br><b>Dijon Chicken</b><br>Brussels Sprouts<br>Roasted Red Potatoes   | 30<br><br>Candy Corn<br>Carnival & <b>Special Lunch:</b><br>Hoagies & Chili<br> | 31<br><b>Swedish Meatballs</b><br>Peas & Carrots<br>Wide Noodles   |



Tasty and nutritious meals complete with side items, bread, 1% milk, coffee, and tea. The Center serves a monthly Special Meal; dietary requirements may not be met; donations benefit The Center.

*Come for the meal. Stay for friends and fellowship.*



| Monday  | Tuesday   | Wednesday   | Thursday  | Friday   |
|---|---|---|---|--|
| <b>Tech Support</b><br>Available by Appt.<br>Call, email, or<br>see front desk.   | <br><b>Blood Pressure Checks</b><br>Most Thursdays.<br>approx. 12:00 PM,<br>courtesy of <i>Family Caregivers Network</i> | 1<br>9:00 Walkercise<br>10:00 WOW<br>10:00 Sew Many Projects<br>12:00 Lunch<br><br><b>Coffee Bar 9 AM-2 PM</b>           | 2<br>12:00 Lunch<br>12:30 <b>AI Games</b><br>   | 3<br>9:00 Chair Yoga<br>10:15 Tai Chi<br>12:00 Lunch<br>12:30 Billiards<br>   |
| 6<br>9:00 Walkercise<br>10:00 WOW<br>12:00 Lunch  | 7<br>10:15 Tai Chi<br>12:00 Lunch<br>1:00 <b>Soup in a Jar Demo w/ Teri</b><br>   | 8<br><i>10/8 Deadline: Holiday Cards</i><br>9:00 Walkercise<br>10:00 WOW<br>10:00 Sew Many Projects<br>12:00 Lunch<br>12:45 <b>Workout w/ Farryn</b>  | 9<br><br>10:00 <b>Cardio Drumming</b><br>w/ <i>Tribe Nutrition</i><br>12:00 Lunch<br>12:30 <b>Fire Drill, Dessert, &amp; Raffle</b>  | 10<br><br>9:00 Chair Yoga<br>10:15 Tai Chi<br>12:00 Lunch<br>12:30 Billiards<br>1:00 <b>Trivia Time</b>                     |
| 13<br><b>CLOSED</b><br>   | 14<br>10:15 Tai Chi<br>12:00 Lunch<br>12:30 Billiards<br>1:00 <b>Chair Volleyball</b><br>                              | 15<br>9:00 Walkercise<br>10:00 WOW<br>10:00 Sew Many Projects<br>12:00 Lunch<br>12:45 <b>AI 101 w/ Randy Bapst</b><br> | 16<br><br>12:00 Lunch<br>1:00 <b>Willie Nelson Tribute w/ Bill Ludlow</b>  | 17<br>9:00 Yoga<br>10:15 Tai Chi<br>12:00 Lunch<br>12:30 Billiards<br>1:00 <b>Bingo</b><br>                               |
| 20<br><br>9:00 Walkercise<br>10:00 <b>Stamp Club</b><br>10:00 WOW<br>12:00 Lunch<br><i>No Afternoon Activities</i> | 21<br>10:15 Tai Chi<br>12:00 Lunch<br>12:30 Billiards<br>12:30 <b>Visit with Fiji</b><br>                              | 22<br>9:00 Walkercise<br>10:00 WOW<br>10:00 Sew Many Projects<br>12:00 Lunch<br>1:00 <b>Craft: Yarn Pumpkins</b><br>   | 23<br>12:00 Lunch<br>1:00 <b>Outing: Yardley Antiques</b>   | 24<br>9:00 Chair Yoga<br>10:15 Tai Chi<br>12:00 Lunch<br>12:30 Billiards<br><b>Pep Rally</b> if the Phillies are in the World Series!  |
| 27<br>9:00 Walkercise<br>10:00 WOW<br>10:00 <b>Book Club</b><br>12:00 Lunch<br>12:30 Activities<br>                | 28<br>10:15 Tai Chi<br>12:00 Lunch<br>12:30 Billiards   | 29<br>9:00 Walkercise<br>10:00 WOW<br>10:00 Sew Many Projects<br>12:00 Lunch<br>12:45 <b>Birthday Party</b><br>        | 30<br><br><b>Candy Corn Carnival</b><br>11:30 Festivities Begin<br>12:00 <b>Special Lunch</b><br>12:30 Cake Walk, Costume<br>Winners Announced, More!<br> | 31<br><b>Slightly Spooky Chair Yoga</b><br>10:15 Tai Chi<br>12:00 Lunch<br>12:30 Billiards<br>1:00 <b>Bonus Bingo</b><br> |

Most costs are anonymous, suggested donations. Some programming may incur required costs or advanced payment. Cost should not be a barrier and an inability to pay does not prevent someone from attending.

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

especially true in our area, where seniors either must have a car and a license or rely on rides from others.

Seniors who live alone may not have family or caregivers to help them with grocery shopping or meal preparation. For example, a senior may have had a spouse who did the cooking, and that spouse passed away. Not only might they not have the know-how to cook, but the idea of cooking is depressing and overwhelming.

Here at The Open Link, we see seniors facing these challenges every day and offer programs to help alleviate food insecurity. The Pantry Without Walls program was designed to help seniors by delivering pantry items to Red Hill Villas and Upper Perk Manor every month. The Open Link has also partnered with DoorDash, receiving a discount on every delivery made to a household in need. Meals on Wheels, operated out of the Center, is a program of Montgomery County helping homebound seniors have nutritious food each day. This program is essential for those who struggle to obtain and prepare meals. And every weekday, we host lunch at the Center. While this is not a low-income program, it allows all seniors to have a hot, nutritious lunch (and some company!) Monday through Friday, regardless of their ability to pay. For many seniors who find cooking difficult, this can be their only hot meal each day.

These practices are a good start to reducing food insecurity. Many individuals, local companies, churches, organizations, and foundations help The Open Link make a difference by making monetary contributions, donating to the food pantry, and volunteering in the pantry, as Meals on Wheels drivers and packers, Community Lunch Helpers, and in the transportation assistance program. What else can you do to help senior malnutrition? Cook for an older adult friend, family, or neighbor, and spend time enjoying the meal together. Or invite someone you know to lunch at The Center! Senior food insecurity is a solvable problem, and we can all do our part to help seniors thrive.

## EXERCISE CLASSES AT THE CENTER

*Be active, stay healthy, make connections!*



### Ongoing Classes at The Center

**Walkercise** – Mon. & Wed., 9:00–9:30 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., 10:00–11:00 AM. Strength training for mid-life and older women. Follow along with videos or participant-led resistance and balance training, and flexibility exercises in a fun and upbeat class. “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 with a chair for support. This class follows the popular videos from the Happy Thought Tai Chi Program developed by Master Instructor Mark Cashatt.

**Chair Yoga** – Fri., 9:00–10:00 AM. Certified instructor Sarah Thayer has a passion for making yoga accessible for everyone! Explore breathing techniques and meditations, enhance strength, flexibility, and balance – all with the support of a chair! Join us **Friday, Oct 31st for a Slightly Spooky Yoga.**



- **Classes targeted for ages 60+**, open to all ages, unless otherwise specified.
- **Register for each class once**, then come as your schedule allows.
- **\$2 anonymous suggested donation** per class. Your first class is always free!
- **Arrive a few minutes early** to secure your spot and set up equipment. Classes begin promptly at their start times to avoid delays to other programming.
- **Saving seats is not permitted.** Please claim your space upon arrival and avoid setting aside multiple seats for others to create an environment that is welcoming for everyone!



# CENTER ACTIVITIES in October

RSVP: Sign up in the big room, call/text 215.679.6550, or email [center@theopenlink.org](mailto:center@theopenlink.org). See costs and RSVP dates below, if required. LL=Lower Level

## BIRTHDAY PARTY • Wed., Oct. 29, 2025 - 12:45 PM

Is your birthday in October? We want to celebrate you! Everyone is welcome to help us honor our special guests. Join us to sing 'Happy Birthday' and enjoy cake and a fun group activity. Anyone with a birthday this month receives a small gift. **No Cost. RSVP by 10/28.**



Lunch \$3  
Raffles:  
\$1 - ticket

## Candy Corn Carnival

Thurs., Oct. 30, 2025

Prize for  
Best  
Costume

11:30 am Festivities begin - games plus raffle baskets, 50/50 (\$1/ticket).

12:00 PM Special Lunch - Menu: Hoagies, chips, chili, dessert. (RSVP with Italian or Turkey)

12:30 PM Activities, Cake Walk, Winners of Raffle Baskets and 50/50 Announced.

RSVP by 10/29. \*Space is limited. *When you RSVP, choose Italian or Turkey hoagie.*

Costumes welcome, not required.

Staff will be celebrating National Vision Month with a costume theme: Glasses.

You can join us by dressing up as someone who wears glasses - real-life person or fictional character, current or historical, cartoon, animal, superhero, TV show or movie character, anyone with glasses!

LUNCH 🍌 GAMES 🍌 RAFFLES 🍌 50/50



Thank you to activity  
sponsors who will be  
at the event:

**Phoenix.**  
Physical Therapy

**The RESIDENCE**  
a BOYERTOWN

## BONUS SPOOKY BINGO w/ BETH • Fri., Oct. 31 - 1:00 PM

Beth Biehl is back to host a special bonus bingo that you don't want to miss! Doors open at 12:30 PM. Refreshments provided by TCAFCU. Small prizes, big fun. **Always \$1 to play the whole time. RSVP by 10/30.**



Tri-County Area Federal Credit Union is a full-service financial institution offering a broad range of benefits & financial solutions.



**BONUS**  
B I N G O



**TECH SUPPORT** • One-on-one appointments. Call, email, or see front desk to schedule.

**AFTERNOON ACTIVITIES** • Most Mondays, 12:30-4:00 PM. Join Mahjong or start an activity.

**BILLIARDS** • Most Tuesdays & Fridays, 12:30-4:00 PM. All skill levels welcome. LL.

**SEW MANY PROJECTS** • Most Wednesdays, 10:00 AM-2:00 PM. All crafters welcome!



*As we near the completion of Lower Level renovations, please let us know if there is a group activity you would like to see on the calendar!*



If the Phillies make the World Series,



join us for a small Pep Rally

to kick off Game One!

Fri., Oct. 24<sup>th</sup>. Time, details TBD.

**Wed., Nov. 5** • Medicare Fraud Presentation

**Thurs., Nov. 6** • Get Winter Ready w/ MCOAS

**Wed., Nov. 12** • Wednesday Workout

**Thurs., Nov. 13** • Cardio Drumming

**Wed., Nov. 19** • Special Lunch: Friendsgiving

**Wed., Nov. 26** • Thanksgiving Meal & Birthday Party

*Save  
the  
Date*

## EXTRA! EXTRA!

### NATIONAL VISION AWARENESS MONTH

You may also hear October referred to as *World Blindness Awareness Month*. This month aims to raise awareness about eye health, common eye diseases and their prevention, and encourages regular eye exams. It is also important to bring a heightened focus to the blind and visually impaired community and the realities of living without sight.

Look for information and resources at The Center throughout the month of October! And see page 7 for details about Candy Corn Carnival, which will include special highlights around vision, including our staff costume theme of glasses!



### FIRST MONDAY COMMUNITY MEAL

Monday, October 6 • 6:00 PM

*Different local organizations and companies host these meals every month at cost.*

**Pennsburg UCC** - Sit-down meal

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

### MEDICARE OPEN ENROLLMENT - 10/15 - 12/7

The Medicare Annual Enrollment Period (AEP) runs annually from Oct. 15 to Dec. 7, when you can switch from *Original Medicare* to a *Medicare Advantage plan*, and choose or change your drug plan. Changes made take effect Jan. 1 of the following year.

**Confused by Medicare?** Help is available! See front desk for resources. PA MEDI is a statewide service operated by PA Dept of Aging. Senior Insurance Solutions Group is a local independent broker that offers free seminars and unbiased and objective advice to help you choose the best Supplemental Insurance.

## CENTER UPDATES:

### HOLIDAY CARD ART CONTEST



Winning design to be featured on The Open Link's OFFICIAL Holiday Card!

#### Drop-off Deadline:

Wed., Oct 8

Card Selection made by Board and Staff:  
Oct. 15th

#### Cards Available for Purchase:

Mid-November

#### Design Requirements:

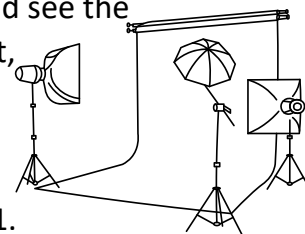
5" x 7" or 7" x 5", Hand-drawn and in-color, no text, no glue, glitter, or other embellishments.

Ask Center staff for a flyer and card template!



### DID YOU GET YOUR PHOTO TAKEN?

At last month's Back-to-School event, we took photos of participants and completed back-to-school forms. The forms are actually annual updates - these help us make sure we have your correct information on file, especially things like emergency contact information. If you have not completed an update recently, please stop by front desk and ask for a form! The photos are for our database and will help us put a face to a name. We will be taking more photos in the future. If you have not yet had your photo taken, and see the backdrop and camera out, we encourage you to get your photo taken. Photos are available for purchase: 4 wallets for \$1.



[www.facebook.com/groups/centerattheopenlink.org](http://www.facebook.com/groups/centerattheopenlink.org)

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



Montgomery County  
Department of  
Health and Human Services