



The Open Link's Senior Center  
location in East Greenville

# May

2026

## NEWSLETTER



*Enriching the Lives of Older Adults in Our Community*

### More Good Days, Together

May is Mental Health Month, with Mental Health America (MHA) highlighting the theme “More Good Days Together,” encouraging us to reflect on what a “good” day looks like, both for ourselves and for our communities. It’s a meaningful reminder that emotional wellbeing is something we can nurture every day, especially when we do it together.

Taking care of our mental health involves a combination of consistent self-care, healthy lifestyle habits, and strong social connections. Programs at The Center, including Community Lunch, exercise classes, trivia, crafts, and Mindful Mondays, support mental wellbeing by keeping us active, engaged, and connected.

At The Center, we see the power of connection every day. Whether it’s sharing a laugh over coffee, joining a favorite activity, or simply checking in with a friend, small moments can make a big difference. Life will always have its challenges, but good days don’t have to be perfect; they’re the ones where we feel supported and connected.

*“We gained a whole new family when we came here, both the participants and the staff.”*  
- Center Participant

That sense of connection, which is a main focus at The Center, is especially meaningful. One participant shared, “I started coming to The Center for lunch and activities and have enjoyed making new friends, and the company for meals.” Another, reflecting on friends who invited her to activities after an extremely difficult season of her life, shared, “I wouldn’t have made it without them.”

Throughout this month, we encourage everyone to take part in the programs, conversations, and friendships that make our community special. Together, we can create more moments of joy, understanding, and support, leading to more good days for all of us.

If you or someone you know is in need of resources for mental health support services, please talk to a staff member, who can provide you with information and resources.

***Let’s continue to look out for one another and make each day a little brighter - together.***




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 in East Greenville offers opportunities for older adults (ages 60+) to stay healthy, active, and connected! Programming is focused on nutrition, exercise, education, enrichment, and socialization. Many programs are open for adults of all ages.



Attend a **Welcome to The Center.** Last Tuesday of each month at 1:00 PM. Meet staff, tour The Center, and get your questions answered! New participants receive a Welcome Bag.

 RSVP 24 hours in advance for most activities. Don’t forget to cancel if you can’t make it!

#### Newsletter Contents:

- Page 2 & 3 - May Activities
- Page 4 - Community Lunch Menu
- Page 5 - Activity Calendar
- Page 6 - Health & Wellness, Exercise Classes
- Page 7 - Weekly & Ongoing Activities, Save the Dates
- Page 8 - Monday Meal, Lost & Found, Transnet Express, Farmer’s Market Vouchers

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

**Hours:** Mon-Fri 8:00 AM to 4:00 PM

**Call or Text:** 215-679-6550 | **Email:** center@theopenlink.org

Penn Street: 452 Penn Street, Pennsburg, PA 18073 • 215-679-4112 • www.theopenlink.org

# CENTER ACTIVITIES in May

\* = Space is Limited

^ = Lower Level

\*Regular, Ongoing Activities Pg. 7

RSVP: Sign up in the Big Room, call or text 215.679.6550, or email center@theopenlink.org. See costs and RSVP dates below, if required.



**OUR COFFEE BAR is open on Friday mornings!** See Ongoing Activities on Page 7.

## MEDICARE 101 w/ Lisa Huot • Fri., May 1, 2026, - 12:45 PM

Health and Life Insurance Agent Lisa Huot will review Medicare basics and answer enrollment questions. Light refreshments provided. **No Cost. RSVP by 4/30.**



## CINCO DE MAYO • Tues., May 5, 2026

**12:00 PM - SPECIAL LUNCH\***: Join us for a festive menu - Chips and Salsa, Taco Bar, Mexican Sides and a Special Dessert. **\$3. RSVP by 5/4. \*Space is limited.**

**12:45 PM - FIESTA/SIESTA IN THE GATHERING PLACE^**: Continue the celebration in the Lower Level. Or, if you need rest after the fun and a full belly, have a siesta (nap) in the Cozy Corner.

**1:30 PM - CINCO DE MAYO CHAIR VOLLEYBALL\* w/ The Res. at Boyertown.** This month's game will have some fun twists! **\$2. RSVP by 5/4. \*Space is limited.**



## HOT WEATHER SAFETY w/ Montco HHS • Wed., May 6, 2026 - 1:00 PM

Debbie Jankowski from Health & Human Services will offer tips to stay healthy in the heat while reaping the benefits of spending time outdoors this summer. **No Cost. RSVP by 5/5.**

## MOTHER'S DAY CELEBRATION\* • Thurs., May 7, 2026 \*Space is Limited.

**12:00 PM Lunch - Menu:** Sliced Roast Beef w/ Gravy, Mashed Potatoes, Green Beans

**12:30 PM Sweets & Treats:** Danielle's delicious dessert & lovely keepsakes for the moms.



## STAMP COLLECTING^ • Mon., May 11, 2026 - 10:00 AM

Show, share, and trade stamps. Second Monday of each month. **No Cost. RSVP not req'd.**

## GET FIT WITH FIJI The Therapy Dog • Tues., May 12, 2026 - 12:30 PM

Celebrate Fiji's birthday with a fitness party and a special treat! **No Cost. RSVP by 5/11.**



## SWEATIN' TO THE OLDIES • Tues., May 12, 2026 - 12:45 PM

Get your heart pumping with classic 80's & 90's exercise videos. This exercise series features lively aerobic workouts, but don't worry about keeping up - come for Richard Simmons' positivity, the music, entertainment, and nostalgia! **No Cost. RSVP by 5/11.**

## WORKOUT WEDNESDAY w/ Farryn • Wed., May 13, 2026 - 12:45 PM

Hosted by **Phoenix Physical Therapy**. Easy exercises to incorporate into your everyday routine, and can be adapted to fit your needs. All skill levels welcome! **No Cost. RSVP by 5/12.**



**WEDNESDAY WALKS at Camelot Park Begin May 6!** See Ongoing Activities on Page 6.

## MENTAL & PHYSICAL WELLNESS w/ Dr. Darby, Montco Coroner • Thurs., May 14, 2026 - 12:45 PM

Board-certified in both Family Medicine and Obesity Medicine, Montgomery County Coroner Dr. Janine Darby will offer her perspective on nurturing mental and physical wellness. This presentation is designed to be an open, giving space to ask questions. **No Cost. RSVP by 4/13**



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Activities Pg. 7

RSVP: Sign up in the Big Room, call or text 215.679.6550, or email center@theopenlink.org. See costs and RSVP dates below, if required.

## BINGO w/ MedMinder Guest Host Christine Mihalek • Fri., May 15, 2026 - 1:00 PM

Doors open at 12:30 PM for light refreshments. **\$1 to play the whole time. RSVP by 5/14.**



## BOOK CLUB • Mon., May 18, 2026 - 10:00 AM

***Anxious People*, by Frederick Backman.** A bungled bank robbery turns into a hostage situation at an open house, forcing strangers to reveal their true selves. **No Cost. RSVP not req'd.**

## PARTICIPANT MEETING • Tues., May 19, 2026 - 12:45 PM

We want your feedback, suggestions, and ideas! Light refreshments. **No Cost. RSVP by 5/18.**



## WORLD BEE DAY HONEY DESSERT • Wed., May 20, 2026 - 12:30 PM

Celebrate these crucial pollinators with a sweet, honey-themed dessert. **\$1. RSVP by 5/19.**



## CRAFT: FLORAL WOVEN HOOP • Wed., May 20, 2026 - 1:00 PM

Create a clever wall display of flowers woven into twine, wrapped around an embroidery hoop. Include a friendly bee in honor of World Bee Day! **\$3. RSVP by 5/19. \*Space is limited.**



## LET'S TALK ABOUT IT: Job Hunt! • Thurs., May 21, 2026 - 12:30 PM

Monthly discussion to get to know each other. This month's topic: Past jobs! Most of us have had varied and fascinating career paths; the hunt is on to learn about them! **No Cost. RSVP by 5/20.**

## CARDIO DRUMMING • Thurs., May 21, 2026 - 1:00 PM

Fun full-body workout! Video led class with music we all know and love. **\$2. RSVP by 5/20.**



## OUTING: Boyertown Museum of Historic Vehicles • Thurs., May 21, 2026 - 2:00 PM

Discover PA's transportation history with gas, electric, and horse-drawn vehicles, plus tools of the trade and historic roadside architecture. 85 South Walnut St., Boyertown, PA 19512. Carpooling encouraged. **\$8 Admission fee (group rate). RSVP by 5/20.**

## TRIVIA: POP CULTURE • Fri., May 22, 2026 - 1:00 PM *Also celebrating National Coke Day!*

This month's Trivia really pops the questions about pop culture moments, past and present, fizzy sodas, and other questions related to the word pop. **Donations Welcome. RSVP by 5/21.**



## BIRTHDAY PARTY • Wed., May 27, 2026 - 12:45 PM

Honor guests with a May birthday with cake and an activity. **No Cost. RSVP by 5/21.**

## BUNCO • Thurs., May 28, 2026 - 12:45 PM

Easy to play and with no strategy required, it's the perfect social dice game! Roll 3 dice and match the target number of the round to score points. **Donations Welcome. RSVP by 5/27.**



## HEALTHY RECIPE DEMO w/ Weis Markets\* • Fri., May 29, 2026 - 12:45 PM

Lyndi Mies, Senior Clinical Regional Dietician with Weis Markets, Inc., will provide a cooking demo that includes samples and nutrition education. Recipe Demo: Pasta Salad Provençal. **No Cost. RSVP by 5/28. \*Signup limited to 20 participants.**





517 Jefferson St., East Greenville

Call/Text: 215.679.6550

**\$2 Suggested, Anonymous Donation for Ages 60+**

Adults <60 = \$5.09

# MAY

## Menu

**RSVP: 24 hours** required.

Sign up by 12:00 PM the weekday before.






Mon-Fri, 12:00 PM  
Doors open at 11:30 AM  
for *Coffee & Connections*

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Contributions are anonymous and encouraged, but not required and benefit Montgomery County Office of Aging Services (MCOAS). The Center's cost of each meal is \$5.09. </p> <p><i>*Menu Subject to Change</i></p>		<p>Menus are created by a registered dietitian and meet 1/3 of the Recommended Dietary Allowances.</p>	<p>Substitutions available upon request.</p> <p>Alternate meals options are limited.</p>	<p>1 <b>Stuffed Baked Fish</b> Herbed Roasted Potatoes Garlic Spinach &amp; Carrots</p>
<p>4 <b>Salisbury Steak</b> Carrots Whipped Potatoes</p>	<p>5 <b>Special Meal</b> </p>	<p>6 <b>Chicken Cordon Bleu</b> Brussels Sprouts Rosemary Roasted Red Bliss Potatoes</p>	<p>7 <b>Mother's Day Lunch</b> <b>Sliced Roast Beef</b> w/ Gravy Mashed Potatoes Green Beans</p>	<p>8 <b>Crabcake</b> w/ Mac &amp; Cheese Stewed Tomatoes Spinach w/ Carrots</p>
<p>11 <b>Cheeseburger</b> Potato Wedges Broccoli &amp; Carrots</p>	<p>12 <b>Creamy Herb Chicken &amp; Broccoli</b> Rotini Noodles Island Blend Veggies</p>	<p>13 <b>Cheese Omelet &amp; French Toast</b> Cinnamon Sweet Carrots Apple, Pear, &amp; Raisin Compote</p>	<p>14 <b>Chicken Cacciatore</b> Mashed Potatoes Sautéed Spinach w/ Carrots</p>	<p>15 <b>Baked Tilapia</b> w/ Mustard Cream Sauce Rice Pilaf Oriental Blend Veggies</p>
<p>18 <b>Sunday Roasted Chicken</b> Mashed Sweet Potatoes Green Beans</p>	<p>19 <b>Sliced Beef Au Jus</b> Parslied Potatoes Island Blend Veggies</p>	<p>20 <b>Breaded Chicken Strips</b> Potato Wedges Fire Roasted Veggie Mix</p>	<p>21 <b>Sweet &amp; Sour Meatballs</b> Brown Rice w/ Peppers Mixed Veggies</p>	<p>22 <b>Baked Rigatoni</b> w/ Spinach Broccoli &amp; Cauliflower Carrots</p>
<p>25 <b>Memorial Day Center CLOSED</b> </p>	<p>26 <b>Stuffed Shells w/ Creamy White Wine Sauce</b> Green Beans Roasted Beets</p>	<p>27 <b>Pasta &amp; Meatballs</b> Broccoli, Carrots, &amp; Cauliflower</p>	<p>28 <b>Creamy Paprika Chicken</b> Brown Rice w/ Peas Cauliflower</p>	<p>29 <b>Stuffed Baked Fish</b> Herbed Roasted Potatoes Garlic Spinach &amp; Carrots</p>



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>Community Lunch</b> Mon-Fri, 12:00 PM Doors open at 11:30 AM for Coffee & Connections	 <b>One-on-One Tech Support</b> By Appointment	 <b>Weekly Check-Ins</b> courtesy of Family Caregivers Network Most Thursdays 11:30 AM - 12:30 PM Drop-Ins Welcome	<b>Arthritis Foundation Exercise 11-wk Program</b> w/ Office of Aging Continues through June 11	1 9:00 <b>Coffee Bar</b> ^ 9:00 Chair Yoga 10:15 Tai Chi 12:30 Billiards^ 12:45 <b>Medicare 101</b> w/ Lisa
4 9:00 Walkercise 9:30 <b>Mindful Monday</b> ^ 9:45 WOW 12:30 Mahjong^	5 10:15 Tai Chi 12:00 <b>Cinco de Mayo</b> 12:30 Billiards^ 12:45 <b>Fiesta/Siestas</b> ^ 1:30 <b>Chair Volleyball</b> w/ The Residence at Boyertown	6 9:00 Walkercise 9:45 Zumba 10:00 Sew Many Projects^ 12:45 <b>Hot Weather Safety</b> w/ MontCo HHS 2:00 <b>Wednesday Walks</b>	7  <b>Mother's Day Celebration</b> 12:00 Lunch 12:30 <b>Mother's Day Sweets &amp; Treats</b> 12:30 <b>Game &amp; Gather</b> ^	8 9:00 <b>Coffee Bar</b> ^ 9:00 Chair Yoga 10:15 Tai Chi 12:30 Billiards^
11 9:00 Walkercise 9:45 WOW 10:00 <b>Stamp Collecting</b> ^	12 10:15 Tai Chi 12:30 <b>Get Fit w/ Fiji</b> 12:30-1:30 Billiards^ 12:45 <b>Sweatin' to the Oldies</b>	13 9:00 Walkercise 9:45 Zumba 10:00 Sew Many Projects^ 12:45 <b>Workout Wed.</b> w/ Farryn, Phoenix P/T 2:00 <b>Wednesday Walks</b>	14 12:45 <b>Mental &amp; Physical Wellness</b> w/ Dr. Darby 12:30 <b>Game &amp; Gather</b> ^	15 9:00 <b>Coffee Bar</b> ^ 9:00 Chair Yoga 10:15 Tai Chi 12:30 Billiards^ 1:00 <b>Bingo</b> w/ MedMinder
18 9:00 Walkercise 9:30 <b>Mindful Monday</b> 9:45 WOW 10:00 <b>Book Club</b> 12:30 Mahjong^	19 10:15 Tai Chi 12:30 Billiards^ 12:45 <b>Participant Meeting</b>	20 <b>World Bee Day</b> No Walkercise 9:45 Zumba 10:00 Sew Many Projects^ 12:30 <b>Honey Dessert</b> 1:00 <b>Craft: Woven Hoop</b> 2:00 <b>Wednesday Walks</b>	21 12:30 <b>Let's Talk About It: Job Hunt</b> 12:45 <b>Game &amp; Gather</b> ^ 1:00 <b>Cardio Drumming</b> 2:00 <b>Outing:</b> Boyertown Museum of Historic Vehicles	22 9:00 <b>Coffee Bar</b> ^ 9:00 Chair Yoga 10:15 Tai Chi 12:30 Billiards^ 1:00 <b>Trivia: Pop Culture</b>
25 <b>Memorial Day Center CLOSED</b>	26 10:15 Tai Chi 12:30 Billiards^ 1:00 <b>Welcome to The Center</b>	27 9:00 Walkercise 9:45 Zumba 10:00 Sew Many Projects^ 12:30 <b>Birthday Party</b> *No Wednesday Walks	28 12:45 <b>Bunco Dice Game</b> 12:45 <b>Game &amp; Gather</b> ^	29 9:00 <b>Coffee Bar Open</b> ^ 9:00 Chair Yoga 10:15 Tai Chi 12:30 Billiards^ 12:45 <b>Nutrition Demo</b> w/ Weis Market

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.

^ = Lower Level

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

\* = Space is Limited

# STAY ACTIVE & HEALTHY

What are some ways to stay fit and healthy at The Center?



## HEALTH & WELLNESS TIPS:

Communicate with your doctor before any lifestyle change. Incorporate movement into everyday life and take advantage of the warm weather!

Warm up and cool down to prepare your muscles and prevent injuries.

Stay hydrated with 6 to 8 glasses of water a day.

Start small and gradually increase your workout intensity.

Enlist a friend to boost motivation, increase accountability, and make exercise more enjoyable.



This Month: Sweatin' to the Oldies (page 2)  
Energetic, enthusiastic trip down memory lane.

Monthly Programs (pages 2 and 3):  
**Chair Volleyball**

with *The Residence at Boyertown*  
**Workout Wednesday with Farryn**  
with *Phoenix Physical Therapy*

**Cardio Drumming**

with *Tribe Nutrition* or video-led

Weekly Classes - keep reading below!

Multi-Week Exercise Programs - Hosted by the Montco Office of Aging two times a year!

New Weekly Class - Thursday AMs. Details coming soon! For anyone who wants to keep the momentum going from the Arthritis Foundation Exercise Program or is interested in reducing joint pain, improving mobility, and boosting strength.



## EXERCISE CLASSES AT THE CENTER

*Be active, stay healthy, make connections!*



**Walkercise** - Mon. & Wed., 9:00-9:30 AM. Stretch those morning muscles and get your heart pumping! Follow a 30-minute video and enjoy good conversation while moving your feet.

**WOW (Women on Weights)** - Mon., 9:45 AM. Follow along to videos of strength and resistance training, plus balance and flexibility exercises, in a fun and upbeat class.

**ZUMBA** - Wed., 9:45 AM. Low-impact, fun, Latin-inspired dance workout modified for older adults. Easy-to-follow video with gentle movements like step touches, hip swings, and arm exercises. Boosts cognitive function, flexibility, and overall mobility. Can be done seated.

**NEW Wednesday Walks w/ Wendy** - Wed. at 2:00 PM, Camelot Park. Enjoy a 1-mile loop in the sunshine and fresh air (other paces/distances welcome). Walking benefits our bones, joints, blood sugar, balance, heart health, and more. Build a healthy habit with accountability buddies.

**Tai Chi** - Tues. & Fri., 10:15-11:15 AM. Gentle physical exercises and stretches. Accessible for everyone and 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, relaxing meditations, and exercises to enhance strength, flexibility, and balance - all with the support of a chair!

- **Classes are targeted for ages 60+**, but 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 to everyone.



Monthly Exercise Programs (pg 2 and 3): Chair Volleyball, Cardio Drumming, and Workout Wednesday

# ONGOING ACTIVITIES in May

\* = Space is Limited


^ = Lower Level

RSVP: Sign up in the Big Room, call/text 215.679.6550, or email center@theopenlink.org. See RSVP dates below, if required. No Cost. Donations always welcome!

**TECH SUPPORT - 1:1 Appointments** • Meet with a patient, knowledgeable volunteer tech coach. Get help with your smartphone, tablet, laptop, GPS navigation, and more! Please call, email, or visit front desk so we can match you up with a tech coach to fit your needs.




**No RSVP is required for these activities, and drop-ins are welcome.** However, programming can be affected by other Center activities and agency meetings. Please check the calendar on page 5 or call ahead to see if an activity is being held.

 **MINDFUL MONDAYS<sup>^</sup>** • 1st & 3rd Mondays, 5/4 & 5/18, 2026 - 9:30 AM. Start your week grounded and focused. Varied activities include meditation, breathing exercises, and coloring for stress release. Bring your favorite mug for a soothing cup of tea!


**MAHJONG<sup>^</sup>** • Mondays, 12:30-4:00 PM. All skill levels welcome. Experienced players are happy to teach new players how to play this game. Based on skill, strategy and luck! (Mahjong does not meet on the 2nd Tuesday of each month.)



 **BILLIARDS<sup>^</sup>** • Tuesdays & Fridays, 12:30-4:00 PM. All skill levels welcome. Enjoy the social, laid-back, and low-stakes nature of the game, rather than technical skills.

**SEW MANY PROJECTS<sup>^</sup>** • Wednesdays, 10:00 AM-2:00 PM. Quilters, scrapbookers, crocheters, and other handworkers of all kinds are welcome to bring their projects!



 **WEEKLY CHECK-IN w/ Family Caregivers Network** • Thursdays, 11:30 AM-12:30 PM. Blood pressure and health checks. Build healthy habits and keep lifestyle goals on target!

**GAME & GATHER<sup>^</sup>** • Thursdays, 12:30 PM - 4:00 PM. Join friends in the Gathering Place for friendly competition! Card tables are set up for a game of your choice - cards, dominoes, or board games. The coffee bar and Cozy Corner are also available during this time.



**COFFEE BAR<sup>^</sup>** • Open Fridays, 9:00 AM to 12:00 PM • The Center is bustling with activity on Fridays with well-attended exercise classes, higher lunch attendance, and popular afternoon programs. Stop in for a cup of joe before or after an activity or use the space to gather with friends when the Big Room is closed for other activities.



**Center CLOSED:** Mon., June 1 - Staff In-Service & Fri., June 19 - Juneteenth  
**Arthritis Foundation Exercise Program** continues until June 11<sup>th</sup> for those signed up.

**Performance by The Impossibles** • Thurs., June 11

**Special Lunch: High Tea** • Thurs., June 18

**Medical Documents w/ Michelle Forsell, Esq.** • Tues., June 30 - 12:45 PM

**Celebration for Graduating Volunteer Seniors** - Date Coming Soon!



SAVE THE DATE

## EXTRA! EXTRA!

### LOST & FOUND - NEW LOCATION



Many of you have, at one time or another, left an item behind at The Center and retrieved it at a later visit. The coat rack shelf has served as the unofficial lost and found.

Recently, after several items, including party decor and a volunteer's personal belonging, went missing, we relocated lost and found items to a private area. If you think you left something behind, please check with front desk.

We kindly ask that participants treat one another and the facility with courtesy and respect. Property should not be removed without permission; free items are labeled or announced as such. Please note that The Center is not responsible for lost, stolen, or damaged personal property.

## FIRST MONDAY COMMUNITY MEAL

Monday, May 4 • 6:00 PM

*Different local organizations and companies host these meals every month at no cost.*

**Pennsburg UCC** - Sit-down meal

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

### BRIAN AND HERB IN TRANSNET NEWSLETTER

If you read last month's *Transnet Express*, their monthly newsletter, you probably recognized two faces: The Center's Kitchen Helper Brian and Center participant Herb. Copies are available at The Center. Ask them to autograph a copy for you!

The *Transnet Express* is filled with updates, info about their service projects, programs they're participating in within Montgomery County, and more. Ask us how to sign up for their mailing list!

## UPDATES:

### CHANGES TO THE SENIOR FARMERS' MARKET NUTRITION PROGRAM (SFMNP)



We know that as summer approaches, many of you look forward to receiving Farmers' Market Vouchers. We want to make you aware of changes to the distribution process this year.

Beginning this season, **vouchers will be distributed exclusively through the SHARE Food Program office** in an effort to streamline the process and expand access for eligible seniors. Seniors will have the option to **apply by mail** or **attend a pop-up distribution event**. These events will be held at select locations to serve participants in person. Sites that previously distributed farmers' market voucher allocations, like The Center and The Open Link's Penn Street office, will no longer do so unless they hold a pop-up event, which we are hoping to offer soon!

We will continue to update you with information about mail-in applications and pop-up events as it becomes available to us. We appreciate your understanding as we work to understand the new process and will make those details available to you.

**Not familiar with the Senior Farmer's Market Nutrition Program?** SFMNP provides income-eligible seniors with vouchers that can be used for locally grown fruits, vegetables, honey, and herbs at participating farmers' markets and produce stands. These vouchers help older adults make healthy food choices while stretching their resources further!



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

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Office of Aging Services