



THE CENTER
at
THE OPEN LINK



Enriching the Lives of Older Adults in our Community

September 2024 Newsletter

**National Senior Center Month:
 The Most Vital Part is YOU**

By Wendy Smeltz, Center Manager

National Senior Center Month, celebrated in September, is “an opportunity to showcase your center and market the valuable programs, activities, and services you offer” according to the National Council on Aging (NCOA)”. Rather than promote programming, we’d rather share the words of the people who spend their time at The Center.

We asked participants to name positive things about The Center and share what it means to them. Staff was overwhelmed with the kind, thoughtful responses and by the number of people who took time to write them. We are honored to discover the significance of The Center to so many and to share their words.

The Center was described in a favorable manner, a “clean location that is always bright and cheery” and even as “a sanctuary, a safe and comfy place”. Descriptions of staff and volunteers included friendly, terrific, and wonderful, “always welcoming with positive attitudes”, and “always there to help”, which warmed our hearts.


Laughter was named a few times and the word fun was used repeatedly. In fact, ‘fun’ was on 82% of responses, either alone or to describe various activities.

“A good place for activities” was listed as a positive attribute of The Center and it is apparent that programming is appreciated by statements like: “great opportunities to explore new things”, “valuable info”, “learning new forms of exercise”, and “entertainment”. Community Lunch is highlighted in the comments: “healthy meal”, “good meals for those who have trouble making them”, “mealtime when you live alone”, “good food, good com-

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Participants at Cardio Drumming hosted by Tribe Nutrition surround instructor Janet after a good workout and a fabulous time! See page 3 for details on the next event.



**The Center will be
 CLOSED Monday,
 September 2nd.
 Have a safe and
 happy Labor Day!**

Hours of Operation:
Monday - Friday 8:00 am to 4 pm
 The main room is closed during scheduled activities.
 215.679.6550 | center@theopenlink.org

The Center, The Open Link’s senior center location, offers opportunities to stay healthy, active, and connected. Programming focuses on nutrition, exercise, education, socialization, and enrichment, and is targeted to ages 60 and over, but open for adults of all ages.



The main office in Pennsburg provides community services to meet critical needs of individuals and families.

SPECIAL ACTIVITIES in September

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

RUSTIC PUMPKIN CRAFT • Tues. & Wed., Sept. 10 & 11, 2024 - 1 pm

Fall isn't here yet, but it's right around the corner. Make some fun fall décor using plastic punch bowls, paint, ribbon, and embellishments. Supplies provided.

Suggested donation of \$3-\$5 to offset cost. RSVP req'd by 9/9.

Tues., Sept. 10 - 1:00 pm - Craft Prep: Apply base coat of paint; allow it to dry overnight.

Wed., Sept. 11 - 1:00 pm - Craft: Assemble, apply accent colors, stem, ribbons, and more.

If you are able to attend one day but not the other, please let us know!



ELECTION Q&A w/ Voter Services • Thurs., Sept. 12, 2024 - 12:45 pm



Adam Blum, Voter Engagement Specialist with Montgomery County Voter Services, will host an informative presentation about the election process. Ask your questions about the voting process, changes to your registration, and more. **No Cost. RSVP encouraged.**

DESSERT w/ PHOENIX PHYSICAL THERAPY • Wed., Sept. 18, 2024 - 12:45 pm

Farryn Kauffman, PT, DPT from Phoenix Physical Therapy, will be here to share some tasty dessert. She will be happy to answer any questions you have about Phoenix P/T in Pennsburg, and the benefits of Physical Therapy, which helps injury prevention or treatment, illness recovery, or recuperation from surgery. **No Cost. RSVP encouraged.**



AI SCAMS & FRAUDS WORKSHOP w/ TCN • Thurs., Sept. 19, 2024 - 1:00 pm

The Center is one of many locations hosting this watch party, which will help us learn what Artificial Intelligence (AI) is and how it is used in scams, how to recognize AI scams, strategies to protect yourself and what to do if you believe you are a victim. Light Refreshments. **No Cost. RSVP encouraged.** Hosted by TCN Community Partners Against Abuse and TCN's Eldercare Committee. **What is TCN?** The TriCounty Community Network is a collaborative between agencies and businesses working together to solve community issues.



When attending an activity, please consider also signing up for lunch at 12 pm. Menus are prepared by a registered dietician and meals meet 1/3 of Recommended Dietary Allowances for older adults. Community Lunch is made possible in part by the Montgomery County Office of Senior Services (MCOSS). Lunch is no cost for anyone 60 and over. Anonymous donations are encouraged but not required, and benefit MCOSS to help support programming for seniors, such as congregate lunch at The Center. (For anyone under 60, Community Lunch is \$4.83 paid to The Center, or talk to staff about a reduced fee.) *The Center also serves a monthly special meal; dietary requirements are not necessarily met and donations benefit The Center at The Open Link.



SPECIAL ACTIVITIES in September

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

WELCOME FALL SPECIAL LUNCH • Tues., Sept. 24, 2024 - 12:00 pm



Celebrate the start of fall and Falls Prevention Week with a special fall harvest lunch of soup and sandwiches. Menu: Choice of Vegetable or Lemon Orzo Soup, Chicken and Turkey Sandwiches, plus sides, dessert. **\$3 suggested donation. RSVP by 9/23.** *This Welcome Fall Special Lunch will be followed by a Fall Prevention Exercise Class.*



FALL PREVENTION CLASS w/ UPPER PERK P/T • Tues. Sept. 24, 2024 - 1 pm

Interactive class with strengthening exercises hosted by Drake Conklin, AAI/ISMA Certified Personal Trainer from Upper Perk Physical Therapy and Sports Rehab. This class is great for all skill levels. Drake will also share useful suggestions to prevent falls. **No Cost. RSVP encouraged.** *Fall Prevention Week is September 23 to 27 — protect yourself from falls!*



CARDIO DRUMMING w/ TRIBE NUTRITION • Thurs., Sept. 26, 2024 - 10:00 am

Get your heart pumping with a low-impact workout good for the heart rate, upper body strength, motor skills, and coordination. Fun for all skill levels, can be done standing or sitting. Supplies provided (or bring your own). **Donations encouraged to cover costs. RSVP required.** *Next month, look for Cardio Drumming on page 7 with monthly activities!*



MUSICAL PERFORMANCE • Thurs., Sept. 26, 2024 - 1:00 pm



Some members from the Quadas Dulcimer Club (you might remember their performance at Make Music Upper Perk), who go by the name 'R.E.N.T.', will entertain us with a mix of Irish songs, gospel, folk tunes, and some old-time songs on bass fiddle, violin, guitar, and mandolin. Light Refreshments provided. **No Cost, Donations Encouraged.**

TECH SUPPORT • Tuesdays starting in Sept., 2024

Get one-on-one support with a Volunteer Tech Coach to learn how to use a new device or the internet. Morning (9:30 or 10:30 am) and afternoon (12:30 or 1:30 pm) time slots available on alternating weeks. See staff to sign-up for a 1-hour time slot and let us know what type of assistance you need and what kind of device (smartphone, laptop, tablet).



Fall Prevention Week is September 23 to 27. This is a nationwide effort to raise awareness that falls are preventable. Look for tools and programs at The Center!



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

SEPTEMBER



Monday - Friday
 Served at 12 pm


















For adults 60 years old & over, Contributions are encouraged, but not required. (Under 60=\$4.85 or see staff)

M E N U
 Tasty and nutritious meal, side items, bread, 1% milk, coffee, tea

RSVP by 11 am, Doors open 11:30
 (Earlier RSVPs for special meals)

Monday	Tuesday	Wednesday	Thursday	Friday
2 	3 BBQ Chicken Fiesta Corn Winter Blend Veggies	4 Chicken Teriyaki Oriental Blend Veggies Fried Brown Rice	5 Lasagna Rollup Peas Cauliflower	6 Swiss & Ham Omelet Sautéed Spinach w/ Carrots Hashbrowns
9 Chicken Florentine Bowtie Noodles Peas & Carrots	10 Crab Cake w/ Mac & Cheese Stewed Tomatoes Broccoli & Cauliflower	11 Southwest Chicken Thigh Salsa Rice & Black Beans Corn w/ Peppers	12 Rigatoni w/ Meat Sauce Peas Warm Peaches	13 Sliced Turkey w/ Roasted Garlic Gravy & Onions Whipped Sweet Potatoes Brussels Sprouts
16 Sweet & Sour Chicken Broccoli & Carrots Brown Rice	17 Lemon & Capers Baked Fish Carrot Coins Buttered Wide Noodles	18 Cheddar Burger w/ Caramelized Onions Broccoli & Corn Red Bliss Potatoes	19 Tortellini w/ Peas & Garlic Butter Sauce Green Beans Warm Sliced Peaches	20 Sliced BBQ Beef Sweet Corn w/ Peppers Collard Greens
23 Stuffed Shells Brussels Sprouts w/ Diced Carrots Warm Apples	24 Special Lunch Fall Harvest Soup and Sandwiches	25 Meatballs w/ Onion Gravy Cubed Potatoes Green Beans	26 Chicken Alfredo w/ Light Cream Sauce Broccoli, Cauliflower & Carrot Penne Pasta	27 Spanish Omelet Cinnamon Oatmeal Warm Cranberry Pears
30 Lemon Pepper Fish Brown Rice Green Beans & Carrots	<p>*Menus are created by a registered dietician and meet 1/3 of Recommended Dietary Allowances.</p> <p>Substitutions available upon request Let staff know when you sign up if you need an alternative meal, and tell us what you can <u>not</u> eat. Alternate meal options are limited.</p> <p><i>Lunch donations benefit the Montgomery County Office of Senior Services (MCOSS). Monthly Special Lunch donations benefit The Center and help defray expenses</i></p>			

Come for the meal. Stay for friends and fellowship.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> 	<p>3</p>  <p>10:15 Tai Chi 12:00 Community Lunch 12:30 Billiards (LL) PM Tech Support</p>	<p>4</p>  <p>9:00 Walkercise 10:00 WOW 10:00 Quilters (LL) 12:00 Community Lunch 1:00 Outing: Food Pantry</p>	<p>5</p> <p>12:00 Community Lunch</p> <p><i>Visit the Senior Expo (see page 8)</i></p>	<p>6</p> <p>9:00 Chair Yoga 10:15 Tai Chi 12:00 Community Lunch 12:30 Billiards (LL)</p>
<p>9</p>  <p>9:00 Walkercise 10:00 WOW 10:00 Stamp Collecting 12:00 Community Lunch <i>No Afternoon Activities</i></p>	<p>10</p> <p>AM Tech Support 10:15 Tai Chi 12:00 Community Lunch 12:30 Billiards (LL) 1:00 Pumpkin Craft Pt 1</p>	<p>11</p>  <p>9:00 Walkercise 10:00 WOW 10:00 Quilters (LL) 12:00 Community Lunch 1:00 Pumpkin Craft Pt 2</p>	<p>12</p> <p>12:00 Community Lunch 12:45 Election Q&A</p> <p>EXERCISE YOUR RIGHT TO VOTE</p>	<p>13</p>  <p>9:00 Chair Yoga 10:15 Tai Chi 12:00 Community Lunch 12:30 Billiards (LL) 1:00 Trivia Time</p>
<p>16</p> <p>9:00 Walkercise 10:00 WOW 12:00 Community Lunch 12:30 Afternoon Activities</p>	<p>17</p>  <p>10:15 Tai Chi 12:00 Community Lunch 12:30-1:30 Billiards (LL) PM Tech Support</p>	<p>18</p>  <p>9:00 Walkercise 10:00 WOW 10:00 Quilters (LL) 12:00 Community Lunch 12:45 Dessert w/ Phoenix Physical Therapy</p>	<p>19</p> <p>12:00 Community Lunch 1:00 AI Frauds & Scams hosted by TCN</p> 	<p>20</p> <p>9:00 Chair Yoga 10:15 Tai Chi 12:00 Community Lunch 12:30 Billiards (LL) 1:00 Bingo</p> 
<p>23</p> <p>9:00 Walkercise 10:00 WOW 12:00 Community Lunch 12:30 Afternoon Activities</p>	<p>24</p>  <p>AM Tech Support 10:15 Tai Chi 12:00 Special Lunch 12:30 Billiards (LL) 1:00 Fall Prevention Class w/ UPPT</p> 	<p>25</p>  <p>9:00 Walkercise 10:00 WOW 10:00 Quilters (LL) 12:00 Community Lunch 12:30 Birthday Party</p>	<p>26</p>  <p>10:00 Cardio Drumming 12:00 Community Lunch 1:00 Musical Performance by "R.E.N.T."</p> 	<p>27</p> <p>9:00 Chair Yoga 10:15 Tai Chi 12:00 Community Lunch 12:30 Billiards (LL)</p>
<p>30</p>  <p>9:00 Walkercise 10:00 WOW 10:00 Book Club (LL) 12:00 Community Lunch 12:30 Afternoon Activities</p>	<p><i>Programming in main room unless otherwise specified. LL=Lower Level</i></p>		 <p>Blood Pressure Checks Most Thursdays, approx. 12 pm, courtesy of Family Caregivers Network</p>	

RSVP dates help us prepare and some programs have attendance requirements. Encouraged or required RSVP dates are to ensure there is enough food and supplies and or room setup.

The Center at The Open Link - Enriching the lives of older adults in our community.

pany”, and “I live alone, so even more than the meals, activities and opportunity for fun are so appreciated”.

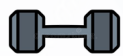
One word was consistent among responses: friendships. Over and over, we read similar comments, “meeting new people and making friends”, “friendly folks”, “great socialization”, “a happy place to meet friends, old and new”. One person said, “it’s a jolly good place to hang out with fellow older folks. We can share life stories, corny jokes, and life experiences”. Another said, “it is good just to sit and share with others”, and another, “I have made such good friends that have gone through the same things I am going through”. These statements confirm our thoughts that the most important aspects of The Center have less to do with programs and activities offered, but more with spending time with others and forming connections. That has nothing to do with staff and everything to do with you.

We thank each person who took the time to provide feedback. We appreciate your comments about The Center, the facility, staff, and programming, and we continue to strive toward providing opportunities to stay healthy, active, and connected, but it is obvious that the biggest success of The Center is its participants. We hope that you all recognize the important role that you play. We provide the meals and activities to attend, but it’s the people at these programs that make time here enjoyable and worthwhile, and make other participants and visitors feel welcome.

“Something I look forward to” is how one participant described The Center, and we want to respond by saying how much we look forward to seeing each of you walk through our doors every day. *Happy Senior Center Month!*

HEALTH & WELLNESS AT THE CENTER

Register for each class one time, then come as your schedule allows.
Be active, stay healthy, and make connections!



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, 10-11:00 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.

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

\$2 Suggested Donation per Class.

Your first class is always free!



ONGOING MONTHLY ACTIVITIES for September

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

STAMP COLLECTING • Mon., Sept. 9, 2024 - 10:00 am



Show, Share, and Trade Stamps. 2nd Monday of each month. **No Cost. RSVP not required.**

TRIVIA TIME • Fri., Sept. 13, 2024 - 1:00 pm



Come up with answers as a team. September Theme: Cat & Mouse. Questions cover history, geography, science, pop culture, and more! **No Cost. RSVP encouraged.**

BINGO • Fri., Sept. 20, 2024 - 1:00 pm



Doors open at 12:30 pm. Light refreshments. Small prizes, big fun! **Cost \$1 to play the whole time. RSVP encouraged. Donations of new items always welcome for Bingo prizes.**

BIRTHDAY PARTY • Wed., Sept. 25, 2024 - 12:30 pm



Monthly birthday party to celebrate guests with birthdays that month. Everyone is invited for cake and fun. **No Cost. RSVP encouraged by 9/24 . Sign-up for lunch at 12 separately.**

BOOK CLUB • Mon., Sept. 30, 2024 - 10:00 am



People We Meet on Vacation by Emily Henry: Best friends Alex and Poppy always take summer vacation together. After a mysterious incident two years ago the two have drifted apart. Poppy proposes one last trip to save their friendship. **No Cost. RSVP not required.**

BILLIARDS • Tuesdays & Fridays at 12:30 pm

Come to practice in our lower level.



AFTERNOON ACTIVITIES • Mondays at 12:30 pm

Join Mahjong or start another activity.



COMMUNITY OUTING

THE OPEN LINK FOOD PANTRY • Wed., September 4, 2024—1:00 pm



In honor of National Food Bank Day (Sept. 6) tour the pantry at The Open Link's main office. See one of the many ways our agency serves our community. We encourage you to bring a donation; see the Top Needs List for ideas! **No Cost. Food Pantry donations encouraged. RSVP encouraged.** Meet at The Open Link, main office, 452 Penn St, Pennsburg, PA 18073. The Food Pantry is in the rear of the building—limited parking or street parking.

CENTER UPDATES:

Come out to these upcoming community events. We'll be there!

Rep. Milou Mackenzie invites you to her upcoming...

Senior Expo

Thursday, Sept. 5 • 10 am to 12 Noon

Lower Milford Twp. Fire Company,
1601 Limeport Pike, Coopersburg
Light Refreshments will be available.

This FREE informational fair will include:

Health Screenings | Nonprofit Groups |
Info for Senior Caregivers | State and Local Govern-
ment Agencies | Local Senior Service Organizations

Please RSVP:

Call 610-965-5830 or visit
repmilousmackenziepa.com



MONDAY COMMUNITY MEAL

Monday, September 9 • 6 pm

Different hosts every month. There is no cost for this meal. Ask Center staff for the menus!

Pennsburg UCC - Sit-down meal

New Goshenhoppen UCC - Take-out meal



Saturday, Sept. 7 • 10 am to 3 pm

Main Street, Pennsburg/East Greenville
(Rain Date Sunday, Sept. 8)

Event Info: Pick-a-Prize & Silent Auction,
vendors, live entertainment, crafters, games,
activities, food, dunk tank, and more!

UPHS Marching Band 11-12, Face Painting 10-2

EXTRA! EXTRA!

Stories of Our Lives: Shared Discussion About Life's Journey

Announcing a special support group series in partnership with The Center for Loss and Bereavement. Discover how joining together with others can be beneficial and comforting.

The program brings participants together in a safe space of comfort, camaraderie, and compassion to share about personal experiences of loss and hardship, along with rich stories of growth, joy, and wisdom. Understand and reflect on the stages and circumstances that fill a lifetime. Group sessions will be led by staff of The Center for Loss and Bereavement. This is not a drop-in group; expect the same participants for each session.

Open to Center participants and any friends or persons who may benefit. This 6-week series will be held Tuesdays from 1:00 to 2:30 pm from October 29th to December 3rd. For more information, see a staff member, call 215-679-6550, or email center@theopenlink.org.



www.facebook.com/groups/centerattheopenlink.org

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.



Montgomery County
Office of Senior Services