



THE CENTER
at
THE OPEN LINK



Enriching the Lives of Older Adults in our Community

March 2025 Newsletter

Explore the Ways That
Food Connects Us

By Wendy Smeltz, Center Manager

Every March, the Academy of Nutrition and Dietetics holds their National Nutrition Month® campaign, encouraging informed food choices and healthy eating and physical activity habits. This year’s theme is “Food Connects Us”. Let’s take a look at the ways food connects us and how these connections can benefit our health and well-being.

Food connects us to our families, our friends, and our cultures. Health, memories, traditions, seasons and access to food all impact our relationship with food. These factors influence the foods we eat, and the foods we eat affect our health.

This year’s campaign offers topics for each week in March, which we will explore with you. Look for resources at The Center all month.

Week one encourages us to **Connect with Food**. Learn how to prepare and plan meals. Try a new recipe or practice simple meal planning with few ingredients that can be prepared in one pot. This is a good time to explore resources like food banks and home delivered meals, both offered at The Open Link.

In the second week, we will **Connect with a Nutrition Expert**. Coincidentally, our favorite registered dietician, Teri Wassel, will be at The Center to host a nutrition demo and offer tips. Meet Teri March 13th! You can also ask your doctor for a referral to a

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We love connecting over food at The Center! At last month’s Souper Bowl Party we gathered for game day snacks and for our love of football. There was a lot of Eagles green and representation for other teams too.

2025 NATIONAL NUTRITION MONTH®
A Campaign by the Academy of Nutrition and Dietetics

FoodConnectsUs

This annual campaign started in 1973 as National Nutrition Week and became a month-long observance in 1980. It focuses on developing sound eating and physical activity habits.

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

SPECIAL ACTIVITIES in March See pg. 7 for monthly activities

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.

FASTNACHTS FOR FAT TUESDAY • Tues, March 4, 2025 - 9:00-10:00 am



We don't need a reason to celebrate with donuts but we will take every chance we get! Start your day with a Fastnacht and learn a little bit about the history of this tasty traditional treat. **Donations welcome. RSVP encouraged.**



OUTING: UPHS PLAY: *Wizard Of Oz* • Wed., Mar. 5, 1:00-3:00 pm

Free Gold Card Show for seniors (cards not needed; ask Center staff if you're interested). Meet at Upper Perk High School: 2 Walt Rd, Pennsburg. Donations encouraged for the Upper Perk High School Drama Club. RSVP not required, but **let us know by 2/27** if you plan to sit with our group. Participants responsible for their own transportation, car pooling encouraged.

TOTAL BODY MOBILITY CLASS w/ Phoenix P/T • Thurs., Mar. 6, 2025 - 1 pm

Learn about the importance of total body mobility. Farryn from Phoenix Physical Ther-



apy will lead us through a variety of stretching and strengthening exercises for the upper and lower body. **No Cost. RSVP by Wed., Mar. 5.**



Phoenix Physical Therapy helps patients recover, recharge, and rise, whether it's to treat an injury, recover from illness, or recuperate from surgery. They develop customized plans for each patient.

NUTRITION DEMO w/ Teri Wassel • Wed., Mar. 12, 2025 - 1:00 pm

You'll become obsessed with this simple, lemon scented Olive Oil Cake! The olive oil adds a pleasant fruity flavor and keeps the cake moist longer than butter. Teri Was-



sel, MS, RD will create a delicious, healthy cake and give tips along the way. **No Cost. RSVP by**



Mon., 3/10. *Space is limited. This program is in partnership with Montgomery County Health Dept.

BRIAN'S 10-YEAR WORK ANNIVERSARY • Thurs., Mar. 13, 2025 - 12:30 pm



Our Kitchen Helper Brian has been an indispensable employee since March 2015 and he's someone many of you have enjoyed getting to know. Help us celebrate his dedication and hard work with dessert and some of his favorite activities: a round of Bingo, a game of Memory, and more! **Donations Welcome. RSVP by Wed, 3/12.**



PI DAY CELEBRATION • Fri., Mar. 14, 2025 - 12:30 pm

By all calculations, recognition of mathematical constant pi (π) approximately 3.14, used to calculate circles' properties, is a great reason to eat pie! **\$1 Sugg. Donation. RSVP by Thurs, 3/13.**

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COMMUNITY LUNCH: Shepherd's Pie • Mon., Mar. 17, 2025 - 12:00 pm

Everyone is a little Irish on St. Patrick's Day! Wear your green and head to The Center for a tasty lunch! *RSVPs encouraged by Fri, 3/14. Community Lunch is offered at no cost for ages 60+ (adults <60 \$4.90), donations are encouraged and benefit MCOAS (see pg. 5 for more details).*



ST. PATTY'S DAY DESSERT & FUN • 12:30 pm - RSVP by 3/14, No Cost.

CRAFT: Spring Home Décor • Wed., Mar. 19, 2025 - 1:00 pm

Turn a simple Dollar Tree cutout into rustic spring décor to welcome spring as we look forward to warmer days. Supplies provided, but donated embellishments are welcome! **\$3 Suggested Donation. RSVP by Tues., Mar. 18. *Space is limited.**



CELEBRATE SPRING! DESSERT & ACTIVITIES • Thurs., Mar. 20, 2025 - 12:30 pm



After a cold winter, we hope the temperatures will be warm - come out of hibernation for dessert and activities: Uno, Skip-Bo, or a rousing game of cards. **No Cost.**

RSVP encouraged by Wed, 3/19. Fiji the Therapy Dog will also visit (see pg. 7).



TRANSITION INTO RETIREMENT w/ TCAFCU • Tues., Mar. 25, 2025 - 1:00 pm

Beth Biehl from Tri County Area Federal Credit Union will provide tools and strategies to help



you move from a regular paycheck to a fixed income. **No Cost. RSVP encouraged.**

TCAFCU is a full-service financial institution that is open to anyone in our community.



SPECIAL LUNCH: PHILLIES OPENING DAY • Thurs., Mar. 27, 2025 - 12:00 pm

We can't take you out to the ball game but we can celebrate the opening of the Phillies season! We'll kick off Brian's favorite time of year with hotdogs, baked beans, cold salads, and more.

\$3 Suggested Donation. RSVP by Wed, 3/26. *The Center holds a special lunch 1x/month with earlier RSVP dates, donations benefit The Center, recommended dietary requirements not met.*



April Fools Day Activities ▪ Tues, 4/1 - 12:30 pm

Tai Chi with Mark Cashatt, Master Instructor ▪ Tues., 4/8 - 10:00 am

Easter Lunch ▪ Thurs., 4/17 - 12:00 pm

Fraud Presentation with TCAFCU ▪ Tues, 5/20 - 1:00 pm

AARP Driver's Safety Refresher ▪ Fri, 5/23 - 9:30 am to 2:00 pm





517 Jefferson St., East Greenville
 Call 215.679.6550 or email
 center@theopenlink.org

No Cost for ages 60+
 Adults <60 = \$4.90 or see staff



March 2025

Come for the meal.
 Stay for friends and fellowship.



Mon-Fri, Served at 12 pm
 RSVP by 11 am (earlier for special events). Doors open 11:30 am.

Monday	Tuesday	Wednesday	Thursday	Friday
3 Baked Fish w/ Italian Parsley Cream Sauce Italian Blend Veggies Orzo	4 Salsa Chicken w/ Tomato, Pepper & Onion Sauce Brown Rice Corn & Red Peppers	5 Manicotti w/ Meat Sauce Broccoli Warm Pears w/ Oat Topping	6 Baked Chicken w/ Chicken Gravy Traditional Stuffing Carrots & Peas	7 Pepper & Onion Cheese Omelet Cran-Apple Compote Hash Browns
10 Penne Pasta w/ Meatballs Broccoli Carrots	11 BBQ Chicken Thigh Mixed Veggies Baked Beans	12 French Onion Meatloaf Green Beans Mashed Potatoes	13 Rosemary Roasted Turkey Brussels Sprouts Corn Bread Stuffing 12:30 Brian's Anniversary	14 Cheesy Omelet Sauteed Spinach & Carrots Warm Apples  12:30 Pi Day
17 Shepherd's Pie Brussels Sprouts Carrots Dinner Roll Sweet Dessert 	18 Ground Beef & Bean Chili Carrots, Cauliflower, Broccoli Sweet Corn	19 Chicken & Veggies w/ Mild Tomato Curry Sauce Peas Brown Rice	20 Sliced Beef Merlot Whipped Sweet Potatoes Roasted Beets	21 Crab Cake w/ Mac & Cheese Stewed Tomatoes Broccoli & Cauliflower
24 Asian Garlic Chicken Fried Brown Rice Stir Fry Veggies	25 Baked Ziti Brussels Sprouts Spiced Peaches	26 Maple Glazed Chicken Sugar Snap Peas Mashed Sweet Potatoes 12:30 Birthday Party	 27 Special Lunch: Phillies Opening Day Hot Dogs, Baked Beans, Cold Salads, & More! <i>RSVP by 3/27</i>	28 Rice & Spinach Stuffed Fish w/ Dill Sauce Broccoli Herb Couscous
31 Baked Fish w/ Italian Parsley Cream Sauce Italian Blend Veggies Orzo	Menus created by a registered dietician and meet 1/3 of Recommended Dietary Allowances. *Substitutions available upon request - let staff know when you sign up, and let us know what you can or do <u>not</u> eat.			Anonymous lunch contribu- tions are encouraged but not required, and benefit Montgomery County Office of Aging Services (MCOAS) to help support program- ming for seniors.  DONATE

 Tasty and nutritious meals complete with side items, bread, 1% milk, coffee, and tea. 




















*The Center serves a monthly Special Lunch; dietary requirements may not be met; donations benefit The Center.

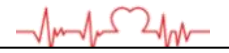
March 2025

Activities are targeted to ages 60+,
but open to adults of all ages!

ACTIVITY CALENDAR

Programming is offered
at no cost or for a small
suggested donation amount.

Monday	Tuesday	Wednesday	Thursday	Friday
3 9:00 Walkercise 10:00 WOW 12:00 Community Lunch 12:30 Afternoon Activities	4  9:00 Fastnachts for Fat Tuesday 10:15 Tai Chi 12:00 Community Lunch 12:30 Billiards (LL)	5  9:00 Walkercise 10:00 WOW 10:00 Quilters (LL) 12:00 Community Lunch 1:00 Outing: UPHS Play Wizard of Oz	6 12:00 Community Lunch 1:00 Total Body Mobility Class w/ Phoenix P/T 	7 9:00 Chair Yoga 10:15 Tai Chi 12:00 Community Lunch 12:30 Billiards (LL)
10  9:00 Walkercise 10:00 WOW 10:00 Stamp Club (LL) 12:00 Community Lunch No Afternoon Activities	11 10:15 Tai Chi 12:00 Community Lunch 12:30 Billiards (LL) 	12  9:00 Walkercise 10:00 WOW 10:00 Quilters (LL) 12:00 Community Lunch 1:00 Nutrition Demo* w/ Teri Wassel, MCHD	13  10:00 Cardio Drumming* w/ Tribe Nutrition 12:00 Community Lunch 12:30 Happy 10-Year Work Anniversary Brian!	14  9:00 Chair Yoga 10:15 Tai Chi 12:00 Community Lunch 12:30 Pi Day 1:00 Trivia Time 12:30 Billiards (LL) 
17  9:00 Walkercise 10:00 WOW 12:00 Community Lunch: Shepherd's Pie 12:30 St. Patty's Day Dessert & Fun	18 10:15 Tai Chi 12:00 Community Lunch 12:30 Billiards (LL)	19 9:00 Walkercise 10:00 WOW 10:00 Quilters (LL) 12:00 Community Lunch 1:00 Craft: Spring Home Decor* 	20  12:00 Community Lunch 12:30 Celebrate Spring! Dessert & Activities 12:45 Visit w/ Fiji the Therapy Dog 	21 9:00 Spring Chair Yoga 10:15 Tai Chi 12:00 Community Lunch 12:30 Billiards (LL) 1:00 Kitchen Bingo 
24 9:00 Walkercise 10:00 WOW 12:00 Community Lunch	25  10:15 Tai Chi 12:00 Community Lunch 12:30 Billiards (LL) 1:00 Transition Into Retirement w/ TCAFCU	26  9:00 Walkercise 10:00 WOW 10:00 Quilters (LL) 12:00 Community Lunch 12:30 Birthday Party	27 12:00 Special Lunch: Phillies Opening Day <i>RSVP by 3/26</i> 	28 9:00 Chair Yoga 10:15 Tai Chi 12:00 Community Lunch 12:30 Billiards (LL)
31  9:00 Walkercise 10:00 WOW 10:00 Book Club 12:00 Community Lunch 12:30 Afternoon Activities	Tech Support by Appointment Get help with your smartphone, laptop, tablet or smart-watch. Meet one-on-one with a patient and knowledgeable volunteer tech coach. Contact staff to complete a Tech Support Request Form and reserve your time slot. 			



Blood Pressure Checks

Most Thursdays,
approx. 12 pm,
courtesy of *Family Caregivers Network*



* = Attendance requirements. Please refer to the newsletter for RSVP details.
Programming in main room unless otherwise specified. LL=Lower Level

nutrition expert who can offer personalized nutrition information to help you meet your health goals.

During the third week of March, **Explore the Connection Between Food and Culture**. Experiment with recipes and ingredients. Include your favorite cultural foods and traditions or try new global flavors.

The last week of the month will help us to **Build the Connection Across All Stages of Life**. The nutrients you get from food are crucial for your health and well-being throughout your entire lifespan, from infancy to older adulthood, with needs changing at every stage. Learn about the important role nutrition has in conditions like diabetes, cardiovascular disease, high blood pressure, forms of cancer, dental disease, sleep apnea, and more. The Center can help you build balanced eating and physical activity habits this week and moving forward.

Food is an essential part of life so it's important to understand our connection, or relationship, with food. Many things drive this connection, including taste, nostalgia, culture, economic stability, one's ability to shop and prepare food, emotion, and a desire for health. The Center recognizes each of these aspects and offers Community Lunch, nutrition educational, and other programming that can help you build good habits.

Join us for Community Lunch, where nourishment meets connection. Sharing a meal can create a ripple effect of good health and strong friendships, and we can't think of a better connection than that!

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. *Sarah will lead a special Yoga for Spring on Fri. Mar. 21st.*

*See page 7 for monthly **Cardio Drumming** class hosted by Tribe Nutrition.*

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

\$2 Suggested Donation per Class.

Your first class is always free!



ONGOING MONTHLY ACTIVITIES for March

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 CLUB • Mon., Mar. 10, 2025 - 10:00 am *(held in the Lower Level)*



Stamp collectors meet on the second Monday of each month to show, share, and trade stamps.



CARDIO DRUMMING w/ Tribe Nutrition • Thurs., Mar. 13, 2025 - 10 am

Fun full body workout that combines music and movement using a fitness ball, bucket, and drumsticks. Can be done standing or sitting. **Donations encouraged. RSVP req'd by 3/12.**

**Space is limited. [Tribe Nutrition](#) offers a variety of protein shakes and hosts fun and fitness activities.*

TRIVIA TIME - Theme: Myths & Legends • Fri., Mar. 14, 2025 - 1:00 pm



Questions will cover music, movies, folk tales, phrases, and more. Test your luck as we get ready for St. Patty's Day. Bonus mathematical questions in honor of Pi Day. Come up with answers together, join a team that day. **No Cost. RSVP encouraged.**



VISIT w/ FIJI THE THERAPY DOG • Thur., Mar. 20, 2025 - 12:45 pm

Welcome Spring with Fiji and her owner Monica! **No Cost. RSVP encouraged.**

KITCHEN BINGO • Fri., Mar. 21, 2025 - 1:00 pm



Compete to win kitchen items - décor, utensils, cooking and baking tools, plus food items like supplies and snacks! Doors open at 12:30 pm for light refreshments and fellowship. Small prizes, big fun. **\$1 to play the whole time. RSVP encouraged.**



BIRTHDAY PARTY • Wed., Mar. 26, 2025 - 12:30 pm

Celebrate special March birthday guests with fun and cake. **RSVP encouraged by 3/25.**

BOOK CLUB • Mon., Mar. 31, 2025 - 10:00 am

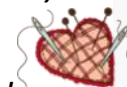


My Friend Anna: The True Story of a Fake Heiress by Rachel DeLoache Williams. A true story about Anna Delvey, a young con artist posing as an heiress in New York City, as told by a friend who was scammed out of \$62,000. **No Cost. RSVP not req'd. Borrow a book from The Center!**

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

BILLIARDS • Tuesdays & Fridays 12:30 pm. *All skill levels are welcome.*

SEW MANY QUILTERS • Wednesdays, 10 am to 2 pm. *Other crafters welcome!*



CENTER UPDATES:



Lower Level Update

The first step of The Center's Lower Level renovations was cleanup. Broken cabinets were cleaned out and disposed of, along with other items and furniture that did not have a use. Flooring was installed last month and plans are in progress for new cabinetry that will offer better functionality. A big surprise was the demolition of the kitchenette to make space for a *new* counter and coffee bar. We have the honor of having a local boy scout take on this project for his Eagle Scout Project. We'll have more details to share on this undertaking soon, and stay tuned for an Open House to be scheduled later this year - you will all be invited!



MONDAY COMMUNITY MEAL

Monday, March 3 • 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

How Many Four-Leaf Clovers?



Four-leaf clovers have been carefully placed within this newsletter. Some are in plain sight, others are more hidden. Count how many four-leaf clovers you can find, and enter your name and answer at The Center's



Message Board. Get the answer correct and you will be entered into a raffle for a special prize!

EXTRA! EXTRA!



Vehicle Registration Reduced for Some

Pennsylvania residents may qualify for reduced or waived vehicle registration fees if they are retired or veterans. Previously, the annual income threshold for a retiree to qualify for a reduced fee was \$19,200. The annual income threshold has now increased to \$29,906. For customers to receive the reduced fee of \$11, they must complete and submit Form MV-371. The reduced fee is applied after the application is processed. See The Center's front desk for a form, or if more information is needed about this reduced fee.

Property Tax/Rent Rebate Program

You may be eligible to receive up to \$1,000 in rebates! This PA Dept of Revenue program supports homeowners and renters who are 65 and older, widows and widowers 50 and older, and people with disabilities 18 and older. To qualify, household income must be below \$46,520 or less annually. Rebates range from \$380 to \$1,000. Applications are due by June 30, 2025. The deadline is extended to December 31 if extra funds are available. This program is supported by PA Lottery and gaming.



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