



The Open Link's Senior Center
location in East Greenville

April 2026

NEWSLETTER



Enriching the Lives of Older Adults in Our Community

Honoring Those Who Make a Difference

April is National Volunteer Month!

Volunteers are an essential part of The Center. In fact, every program and service offered at both of The Open Link's locations depends on the time, energy, and dedication of these remarkable individuals. National Volunteer Month gives us the perfect opportunity to brag about the awesome people we get to work with every day, to recognize them, and to show our appreciation.

We hope our volunteers know just how deeply they are appreciated not just by our staff, but by the entire Valley community. The Center relies on volunteers in many roles: lunch helpers, activities assistants, program hosts, and tech coaches, to name a few. Others are working behind the scenes on things like building projects, gardening, and preparing newsletters for mailing. Every month, an average of 20 volunteers support day-to-day Center operations, contributing approximately 100 volunteer hours of service. Did you also know that more than 25 volunteers help facilitate the Meals on Wheels program out of The Center, spending nearly 200 hours a month packing and delivering meals?

Together, their generosity strengthens our mission and makes The Center a place where community truly comes to life.



hello & Spring Welcome

VISITORS AND NEW PARTICIPANTS

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 activities. Don't forget to call to cancel if you can't make it!**

Newsletter Contents:

- Page 2 & 3 - Monthly Activities, Special Activities
- Page 4 - Community Lunch Menu
- Page 5 - Activity Calendar
- Page 6 - Special Promotions, Exercise Classes
- Page 7 - Ongoing Activities
- Page 8 - Monday Meal, National Library Week, Transnet, Planting Hope Garden Party Fundraiser

The Open Link offices will be closed on Good Friday: April 3, 2026.



THE OPEN LINK 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.

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 April

* = Space is Limited

^ = Lower Level

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.

ARTHRITIS FOUNDATION EXERCISE PROGRAM w/ MCOAS • Thurs., Apr. 2, 2026, - 10:00 AM

Add your name to the waiting list for this 11-week class, which is currently full.



EASTER EGGSTRAVAGANZA • Thurs., Apr. 2, 2026 | \$3. RSVP by 4/1.

12:00 PM - Special Lunch: Easter Meal Menu: Glazed Turkey Ham w/ Sides, Dessert.

12:45 PM - Activities will include an Easter egg hunt, raffle basket, prizes, and more! This event is sponsored by **MedMinder**, a revolutionary medication management platform. Join Christine Mihalek, Medminder Community Outreach Associate, for some joy and hoppiness!

CHAIR VOLLEYBALL w/ The Residence at Boyertown • Tues., Apr. 7, 2026 - 1:00 PM



Serve, set, and spike from your seat. First Tuesday of each month. Stay active and improve coordination while having fun with friends. **\$2. RSVP by 4/6.**

WORKOUT WEDNESDAY w/ Farryn • Wed., Apr. 8, 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 4/7.**

VOTER INFO SESSION & Q&A w/ Voter Services • Thurs., Apr. 9, 2026 - 12:45 PM

Montgomery County Voter Engagement Specialist, Adam Blum, will discuss the election, -esses, and deadlines, and will help with updating voter registration and obtaining mail-in ballots. **No Cost. RSVP by 4/8.**

TRIVIA TIME: APRIL SHOWERS BRING MAY FLOWERS! • Fri., Apr. 10, 2026 - 1:00 PM



This month's trivia questions will cover a wide range of topics. From weather-related showers and storms to spring flowers, and more, plus silly bonus questions! **No Cost. RSVP by 4/9.**

STAMP COLLECTING^ • Mon., Apr. 13, 2026 - 10:00 AM

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

PET DAY: SHOW & TELL • Tues., Apr. 14, 2026 - 12:30 PM

Celebrate National Pet Day (held on Sat., 4/11) by sharing about your favorite pets over the years. **Bring photos of your furry friends!** It's the perfect time for a **VISIT w/ FIJI**, an official AKC Canine Good Citizen therapy dog, and her owner, Monica. **No Cost. RSVP by 4/13.**



AFTERNOON WORKOUT - CARDIO DRUMMING* • Wed., Apr. 15, 2026 - 1:00 PM

 Fun full-body workout! Music and movement using a ball, bucket, and drumsticks (provided). Video led with music we all know and love! **\$2. RSVP by 4/14. *Space is limited.**

CRAFT: Spring Display* • Thurs., Apr. 16, 2026 - 1:00 PM

Create a sweet and simple display to keep or give to a friend. Supplies provided, or bring springtime embellishments to personalize your creation. **\$3. RSVP by 4/15. *Space is Limited.**



CENTER ACTIVITIES in April

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.

* = Space is Limited

^ = Lower Level

*Regular, Ongoing Activities Pg. 7

SPRING CLEANING BINGO w/ TCAFCU • Fri., Apr. 17, 2026 - 1:00 PM

Doors open at **12:30 PM** for refreshments and fun. Spring cleaning items and household products will be included with this month's prizes! **\$1 to play the whole time. RSVP by 4/16.** Sponsored by Tri-County Area Federal Credit Union. Beth Biehl will be our special guest host!



GET SUMMER READY w/ MCOAS • Tues., Apr. 21, 2026 - 12:45 PM

Deb with the Office of Aging returns with helpful tips! Learn how to spot and treat health problems caused by heat and lower your risk of heat-related illness. **No Cost. RSVP by 4/20.**

NEEDLE FELTING WORKSHOP: MUSHROOMS* • Wed., Apr. 22, 2026 - 1:00 PM

Sue Pummer will lead us in a fun fiber art technique where we will sculpt wool into a charming three-dimensional mushroom. This is a relaxing, beginner-friendly craft. Complex sculptures can be mastered with practice and patience. **Donations Welcome. RSVP by 4/21. *Space limited.**



LET'S TALK ABOUT IT & BOOK EXCHANGE • Thurs., Apr. 23, 2026 - 12:30 PM

Monthly discussion to get to know each other. This month's topic: favorite books! Bring a book for a book exchange to either share with others or stock our library. **No Cost. RSVP by 4/22.**

BOOK CLUB • Mon., Apr. 27, 2026 - 10:00 AM

The Invisible Life of Addie LaRue, a fantasy novel by V.E. Schwab. The story follows a young French woman in 1714 who trades her soul for immortality, but is cursed to be forgotten by everyone she meets. **No Cost. RSVP not req'd.** Borrow a book from The Center (return by 4/27).



AARP DRIVER'S SAFETY COURSE • Mon. & Tues., Apr. 27 & 28, 2026 - 10:00 AM-2:30 PM

See details on page 6. The nation's leading driver safety course led by **AARP**.

PRETZELS & POLKA • Mon., Apr. 27, 2026 - 12:30 PM

Celebrate two staples of our Pennsylvania Dutch culture. Enjoy a tasty soft pretzel while we tap our feet to some peppy polka tunes. **Donations Encouraged. RSVP by 4/26.**



VOTER VAN • Tues., Apr. 28, 2026 - 11:15 AM - 1:15 PM

The Montgomery County Voter Services Voter Van is coming to The Center! Details on page 6.



BIRTHDAY PARTY • Wed., Apr. 29, 2026 - 12:45 PM

Is your birthday in April? We want to celebrate you! Everyone is welcome. Help us honor special guests with cake and a fun game or activity. **No Cost. RSVP by 4/28.**

DEMYSTIFYING 9-1-1 • Thurs., Apr. 30, 2026 - 12:45 PM

Nearly everyone is aware that 9-1-1 is the emergency number, and many people have had to use it. But what is 9-1-1? How does it work? Todd Stieritz, Deputy Director - Public Affairs for the Montgomery County Office of Public Safety will answer those questions. **No Cost. RSVP by 4/29.**





517 Jefferson St., East Greenville

Call/Text: 215.679.6550

\$2 Suggested, Anonymous Donation for Ages 60+

Adults <60 = \$5.09

APRIL

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>*Substitutions available upon request.</i></p>		<p>1 Pasta & Meatballs Broccoli, Carrots, & Cauliflower</p>	<p>2 Special Meal Glazed Turkey Ham w/ Fruit Sauce Sides, Veggies, & Dessert </p>	<p>3 CLOSED Good Friday </p>
<p>6 Stuffed Baked Fish Herbed Roasted Potatoes Garlic Spinach & Carrots</p>	<p>7 BBQ Pork Ribette Mashed Sweet Potatoes Island Blend Veggies</p>	<p>8 Chicken Cordon Bleu Brussels Sprouts Rosemary Roasted Red Bliss Potatoes</p>	<p>9 Egg & Turkey Sausage Home Fries Scalloped Apples</p>	<p>10 Crabcake Mac & Cheese Stewed Tomatoes Spinach w/ Carrots</p>
<p>13 Cheeseburger Potato Wedges Broccoli & Carrots</p>	<p>14 Creamy Herb Chicken & Broccoli Rotini Noodles Island Blend Veggies</p>	<p>15 Cheese Omelet & French Toast Cinnamon Sweet Carrots Apple, Pear, & Raisin Compote</p>	<p>16 Chicken Cacciatore Mashed Potatoes Sautéed Spinach w/ Carrots</p>	<p>17 Baked Tilapia w/ Mustard Cream Sauce Rice Pilaf Oriental Blend Veggies</p>
<p>20 Sunday Roasted Chicken Mashed Sweet Potatoes Green Beans</p>	<p>21 Sliced Beef Au Jus Parslied Potatoes Island Blend Veggies</p>	<p>22 Breaded Chicken Strips Potato Wedges Fire Roasted Veggie Mix</p>	<p>23 Sweet & Sour Meatballs Brown Rice w/ Peppers Mixed Veggies</p>	<p>24 Baked Rigatoni w/ Spinach Broccoli & Cauliflower Carrots</p>
<p>27 Stuffed Shells w/ Creamy White Wine & Mushroom Sauce Green Beans Roasted Beets</p>	<p>28 Sliced Turkey Stuffing & Gravy Corn Brussels Sprouts</p>	<p>29 Pasta & Meatballs Broccoli, Carrots, & Cauliflower</p>	<p>30 Creamy Paprika Chicken Brown Rice w/ Peas Cauliflower</p>	<p>Menus are created by a registered dietitian and meet 1/3 of the Recommended Dietary Allowances.</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
 Community Lunch Mon-Fri, 12:00 PM Doors open at 11:30 AM for Coffee & Connections	 One-on-One Tech Support by Appointment	1 9:00 Walkercise 9:45 Zumba 10:00 Sew Many Projects [^] 	2 10:00 Arthritis Foundation w /MCOAS 11-wk Program Begins (through June 11) 12:00 Easter Meal 12:45 <i>MedMinder</i> hosts: Easter Eggstravaganza 	3 CLOSED Good Friday 
6 9:00 Walkercise 9:30 Mindful Monday [^] 9:45 WOW 12:30 Mahjong [^] 	7 10:15 Tai Chi 12:30 Billiards [^] 1:00 Chair Volleyball w/ <i>The Residence at Boyertown</i> 	8 9:00 Walkercise 9:45 Zumba 10:00 Sew Many Projects [^] 12:45 Workout Wed. w/ Farryn, Phoenix P/T 	9 12:45 Weekly Matchup [^] : Monopoly 12:45 Voter Info Session 	10 9:00 Chair Yoga 10:15 Tai Chi 10:30 Social Hour [^] 12:30 Billiards [^] 1:00 Trivia Time: April Showers Bring May Flowers 
13 9:00 Walkercise 9:45 WOW 10:00 Stamp Collecting [^] 	14 10:15 Tai Chi 12:30 National Pet Day Show & Tell 12:30 Visit w/ Fiji 12:30 Billiards [^]  	15 9:00 Walkercise 9:45 Zumba 10:00 Sew Many Projects [^] 1:00 Cardio Drumming <i>Afternoon Video Workout!</i> 	16 12:45 Weekly Matchup [^] : Target Practice + Show & Tell: Game Hunting 1:00 Craft: Spring Display 	17 9:00 Chair Yoga 10:15 Tai Chi 10:30 Social Hour [^] 12:30 Billiards [^] 1:00 Spring Cleaning Bingo w/ TCAFCU 
20 9:00 Walkercise 9:30 Mindful Monday 9:45 WOW 12:30 Mahjong [^] 	21 10:15 Tai Chi 12:30 Billiards [^] 12:45 Get Summer Ready w/ MCOAS 	22 9:00 Walkercise 9:45 Zumba 10:00 Sew Many Projects [^] 1:00 Needle Felting Workshop: Mushrooms 	23 12:30 Let's Talk About It: What's Your Favorite Book? & Used Book Exchange 12:45 Weekly Matchup [^] : Bunco  	24 9:00 Chair Yoga 10:15 Tai Chi 10:30 Social Hour [^] 12:30 Billiards [^] 
27 9:00 Walkercise 9:45 WOW 10:00 Book Club 10:00 AARP Driver Safety [^] 12:30 Pretzels & Polka 12:30 Mahjong [^]  	28 10:00 AARP Driver Safety [^] 10:15 Tai Chi 11:15-1:15 Voter Van 12:30 Billiards [^] 1:00 Welcome to The Center 	29 9:00 Walkercise 9:45 Zumba 10:00 Sew Many Projects [^] 12:45 Birthday Party 	30 12:45 Demystifying 911 w/ Dept of Public Safety 12:45 Weekly Matchup [^] : Darts 	 Weekly Check-Ins courtesy of Family Caregivers Network Most Thursdays 11:30 AM - 12:30 PM Drop-Ins Welcome.

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



MONTGOMERY COUNTY
VOTER SERVICES
 IS COMING TO YOU SOON

Visit the mobile satellite office that can:

- Issue mail-in ballots on the spot to registered Montgomery County voters
- Update your voter's registration
- Accept completed mail-in ballots to bring back to their secure warehouse

Avoid lines at the polls or needing to mail materials to the Norristown office.

No Appointment or RSVP Necessary.



Montgomery County Voter Services Mobile Outreach Van was the first of its kind in Pennsylvania, debuted in 2024.



Refresh your driving skills and save money.*
2-Day Course
Mon. & Tues. Apr. 27 & 28
10:00 AM-2:30 PM
 Break at 12:00 PM for lunch
 AARP Members: \$20
 Non-Members: \$25

Designed for drivers ages 50+, this class teaches:

- How to reduce the likelihood of having a crash
- The importance of eliminating distractions
- Ways to monitor your and others' driving skills
- Techniques for handling left turns, right-of-way, roundabouts, and more
- Age-related physical changes and how to adjust your driving to compensate

Bring to the first class:

Check payable to AARP and a valid PA Driver's License

**Check with your insurance agent about a possible reduction in insurance premiums.*

Let us know when you sign up if you'd like to attend lunch at 12:00 PM. See page 4 for menu details.



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.

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: Chair Volleyball, Cardio Drumming, and Workout Wednesday

ONGOING ACTIVITIES in April

* = 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 the front desk to tell us about the assistance you need so we can match you up with a tech coach and schedule an appointment.

The following activities take place regularly. No RSVP is required - drop-ins are welcome!

*Programming can be affected by other Center programming and agency meetings. Check the calendar on page 5 or call ahead.

 **MINDFUL MONDAYS^** • 1st & 3rd Mondays, 4/6 & 4/20, 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^ • 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! 

 **BILLIARDS^** • 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^ • 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!

WEEKLY MATCHUP^ • Thursdays, 12:45 PM. Join us for some friendly competition! 
Apr. 9 - Monopoly | **Apr. 16 - Target Practice + Show & Tell - Game Hunting:** Bring photos and items from fishing and hunting adventures to share with others! Feel free to arrive before lunch to display your items in the Lower Level! | **Apr. 23 - Bunco** | **Apr. 30 - Darts**

SOCIAL HOUR^ • Fridays, 10:30-11:30 AM. Can't wait for the doors to open for lunch at 11:30 AM? Catch up with friends, have a cup of coffee, or play a game of billiards! 

Arthritis Foundation Exercise Program w/ MCOAS continues for those signed up.

Special Lunch: Cinco de Mayo • Tues., May 5 - 12:00 PM

Mental and Physical Wellness w/ Dr. Darby • Thur. May 14 - 12:45 PM

Center Closed for Memorial Day • Mon., May 25, 2026

Recipe Demo w/ Weis Registered Dietician • Fri., May 29 - 12:45 PM



*Save
the
Date*

EXTRA! EXTRA!



NATIONAL LIBRARY WEEK

This annual celebration highlights the valuable role libraries play in transforming lives and strengthening our community. "Find Your Joy," the 2026 theme, is an invitation for people to explore and discover what sparks joy for them at the library.

Visit our 'little library' at The Center today! The *Little Free Library* outside, donated by the Upper Perk Rotary Club in 2023, is a book-sharing box that is open 24/7 and is freely accessible to all. Looking for a larger selection? The library *inside* The Center has over 100 books. The bookshelves were a recent Eagle Scout Project. Books are currently being organized and categorized by a volunteer. Stop by to discover your next good read today!



FIRST MONDAY COMMUNITY MEAL

Monday, April 6 • 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

FREE SHARED RIDE SERVICES TO THE CENTER

Montgomery County residents age 65 and older are eligible for reduced fare transportation from Transnet through the Shared Ride Program. Did you know rides to your closest senior center are available at no cost? Rides must be booked at least one day in advance. To inquire about Transnet services, call The Center's front desk at 215-679-6550 or email centermanager@theopenlink.org.



TransNet
SUBURBAN TRANSIT NETWORK, INC.

ANNOUNCING: THE OPEN LINK'S 2026 PLANTING HOPE GARDEN PARTY

The Open Link is hosting its 2026 Planting Hope Garden Party on Sunday, April 26, at the Museum at Hoppenville in Pennsburg! Join us at our largest fundraiser of the year for brunch and dessert, live entertainment by guitarist Rinny Petrillo, a fabulous silent auction, and more. Tickets are available as singular tickets for \$75.00 each or Couples' Tickets at \$140.00 for 2 tickets. Proceeds benefit The Open Link's programs and services. Tickets will be available soon. If you are interested in attending this event, please talk to the staff at the front desk.

This year, the annual Seeds of Hope Award will be presented to the Fioriglio Family (Gerry, Carmine, and Bryan) for their contributions to The Open Link. Center participants will recognize Bryan, who provides weekly blood pressure checks by Family Caregivers Network (FCN) at The Center. Gerry and Carmine are longtime supporters of the agency. Gerry serves on The Open Link's Board of Directors and was previously Board President. She founded FCN, which celebrated its 25th anniversary last year, and is a current Gold Sponsor of The Open Link. We are grateful for their support, including the many programs they have hosted at The Center over the years!

TOL is also collecting donations of silent auction items. Items that do well and generate high bidding activity include gift certificates, experiences, tickets, and unique/memorable items. Interested in contributing to our silent auction or learning more? Contact Alyssa Opdyke, Marketing and Development Manager, at 215-679-4112 or email alysso@theopenlink.org.



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, PA
DEPARTMENT OF HEALTH & HUMAN SERVICES

Office of Aging Services