



The Open Link's Senior Center
location in East Greenville

January

2026

NEWSLETTER



Enriching the Lives of Older Adults in Our Community

A Year in Review: Some Favorite Moments & Highlights From 2025

As we begin a new year, let's take a moment to reflect on the past year, one filled with connection, laughter, and learning at The Center. From health and wellness classes, crafts and other enriching activities, presentations that educated us on new topics, and fun and games at special seasonal celebrations to tasty, nutritious lunches, our programs and events brought our participants together in meaningful ways. Each activity offered an opportunity to do a favorite hobby, try something new, reconnect with friends, and build new friendships.

In 2025, our center was alive with conversation around the game tables, smiles during shared meals, and joy during events. None of this would have been possible without our dedicated staff and volunteers, partnerships with local businesses and organizations, and - most importantly - participants who make every program special.

As you look through these photos and the slideshow playing this month at The Center, we hope they bring back warm memories of the moments shared throughout the year. Thank you for being part of our community. We look forward to welcoming the new year together with even more opportunities to learn, socialize, and celebrate!



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 January

* = Space is Limited

^ = Lower Level

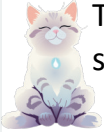
RSVP: Sign up in the Big Room, call or text 215.679.6550, or email center@theopenlink.org. See costs and RSVP dates below, if required.



CHAIR YOGA for the New Year • Fri., Jan. 2, 2026 - 9:00 AM

If you have been interested in trying Chair Yoga, now is the time! See page 6 for details.

MINDFUL MONDAYS w/ Tracey Flynn^ • Mon., Jan. 5, 2026 - 9:30 AM



Tracey from the Office of Aging Services will lead breathing exercises to help you start your year grounded and focused. *Bring your favorite cup for a soothing cup of tea to Mindful Mondays! RSVP not required. Only the 1st Monday this month; we are closed 1/19 for MLK Day.)*

CHAIR VOLLEYBALL w/ The Residence at Boyertown • Tues., Jan. 6, 2026 - 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. **\$2. RSVP by 1/5.**



STAY ACTIVE, EASE ARTHRITIS w/ Upper Perk PT • Wed., Jan. 7, 2026 - 12:45 PM

Jay Kauffman from Upper Perk PT will lead a 30-minute talk with practical tips on safe exercises like walking, chair yoga, and more. Light refreshments provided.



RSVP by 1/6. No Cost - Sponsored by Upper Perk Physical Therapy and Sports Rehab, offering comprehensive pain relief for a better life.

CARDIO DRUMMING w/ Tribe Nutrition* • Thurs., Jan. 8, 2026 - 10:00 AM

Fun full-body workout! Music and movement using a ball, bucket, and drumsticks. Class is led by Instructor Janet, Tribe Nutrition. **\$2. RSVP by 1/7. *Space is limited.**



ELVIS LIVES! BIRTHDAY BASH • Thurs., Jan. 8, 2026 - 12:00 PM Lunch

Elvis loved soul-satisfying comfort foods. Enjoy a meal the King would have enjoyed.

Menu: Chicken, mashed potatoes, and more. **12:30 PM Celebration** with music, games, memories, and more. **Donations Encouraged. RSVP by 1/7.**

TRIVIA TIME: Winter! • Fri., Jan. 9, 2026 - 1:00 PM



Brighten your day with questions about the coldest, darkest time of the year. Join a team that day and come up with answers together. **No Cost. RSVP by 1/8.**

STAMP COLLECTING^ • Mon., Jan. 12, 2026 - 10:00 AM

Show, share, and trade stamps. Second Monday of each month. **RSVP not req'd.**



FIJI THE THERAPY DOG • Tues., Jan. 13, 2026 - 12:30 PM

Monthly visit from Fiji, an official AKC Canine Good Citizen, and her owner Monica. **No Cost. RSVP by 1/12.**

CENTER ACTIVITIES in January

* = 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.

WEDNESDAY WORKOUT w/ Farryn • Wed., Jan. 14, 2026 - 12:45 PM



Monthly program. Exercises you can easily incorporate into your everyday routine, that Farryn can help you adapt to fit your needs. All skill levels welcome! **No Cost. RSVP by 1/13. Sponsored by Phoenix P/T, helping patients recover, recharge, and rise.**

HUMANE ED w/ Montgomery County SPCA • Thurs., Jan. 15, 2026 - 12:45 PM



Meredith Davis, Montco SPCA's Community Engagement Manager, will be joined by a furry friend or two! She will share about their mission, services they offer, the organization's exciting new transition and vision for the future, and the many ways to get involved or offer support. **No Cost. RSVP by 1/14.**

BINGO w/ Pennsburg Manor • Fri., Jan. 16, 2026 - 1:00 PM



Doors open at 12:30 PM for refreshments and fun. **\$1 to play the whole time. RSVP by 1/15. Sponsored by Pennsburg Manor, a skilled nursing facility offering post-hospital, short-term rehabilitation, as well as long-term and respite care, in the Upper Perk Valley.**



THE KING CENTER: VIRTUAL TOUR • Tues., Jan. 20, 2026 - 12:45 PM

On the day after MLK Day, take a virtual field trip to The King Center's online exhibitions to explore powerful stories, historical artifacts, and experience the enduring legacy of Dr. Martin Luther King Jr. and Mrs. Coretta Scott King. **No Cost. RSVP by 1/19.**

CRAFT: Embroidery Hoop Wreath* • Wed., Jan. 21, 2026 - 1:00 PM

Create a perfect statement piece for your door or any room in your house. Could also make a great gift! **Supplies provided. \$3. RSVP by 1/20. *Space is limited.**



SPECIAL LUNCH: MENU* • Thurs., Jan. 22, 2026 - 12:00 PM

Grilled Cheese & Tomato Soup. 1% Milk always offered at lunch. **\$3. RSVP by 1/21.**

BOARD GAME SOCIAL • Thurs., Jan. 22, 2026 - 12:30 PM

Beat the winter blues after our special lunch with indoor activities and time spent with friends. Board games, UNO, Skip-Bo, and more. **RSVP by 1/21.**



WHITE ELEPHANT RE-GIFT EXCHANGE • Fri., Jan. 23, 2026 - 12:45 PM

Did you receive a Christmas gift you won't use? Or have an item you don't need? Bring something wrapped for a fun exchange game! **No Cost. RSVP by 1/22.**

BOOK CLUB^ • Mon, Jan. 26, 2026 - 10:00 AM

The Nightingale by Kristin Hannah. The story of two French sisters and their different paths to survival and resistance during World War II. **No Cost. RSVP not req'd.**





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

JANUARY



2026





\$2 Suggested, Anonymous Donation for Ages 60+

Adults <60 = \$5.09

RSVP required **24 hours** in advance.

Sign up by 12:00 PM the weekday before.














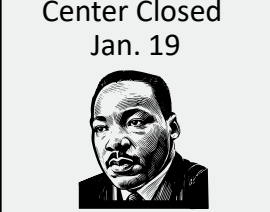


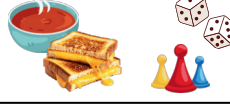






Monday - Friday
Served at 12:00 PM
Doors open at 11:30 AM

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Menus are created by a registered dietitian and meet 1/3 of the Recommended Dietary Allowances.</p> <p>*Substitutions available upon request. Alternate meal options are limited.</p> <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>1</p> <p>Center Closed Jan. 1</p> <p>HAPPY New Year</p>	<p>2</p> <p>Sliced Turkey w/ Apple Glaze Stuffing, Cranberry Glazed Carrots</p>
<p>5</p>  <p>Stuffed Shells w/ Creamy White Wine & Mushroom Sauce, Green Beans, Beets</p>	<p>6</p> <p>Sliced Turkey w/ Stuffing & Gravy, Corn, Brussels Sprouts</p>	<p>7</p> <p>Penne Pasta w/ Sauce & Meatballs Broccoli, Carrots, & Cauliflower</p>	<p>8</p> <p>Stuffed Chicken Breast Garlic Mashed Potatoes, String Beans</p>	<p>9</p> <p>Stuffed Fish Garlic Spinach & Carrots, Herbed Roasted Potatoes</p>
<p>12</p> <p>Salisbury Steak w/ Tomato Beef Gravy, Carrots, Whipped Potatoes</p>	<p>13</p> <p>BBQ Pork Ribette Mashed Sweet Potatoes, Island Blend Veggies</p>	<p>14</p> <p>Chicken Cordon Bleu Brussels Sprouts, Rosemary Red Bliss Potatoes</p>	<p>15</p> <p>Egg Patty & Turkey Sausage Home Fries, Scalloped Apples</p>	<p>16</p> <p>Crabcake Mac & Cheese, Stewed Tomatoes, Spinach w/ Carrots</p>
<p>19</p> <p>MLK Day</p> <p>Center Closed Jan. 19</p> 	<p>20</p>  <p>Cheeseburger Broccoli & Carrots, Potato Wedges</p>	<p>21</p> <p>Cheese Omelet w/ French Toast, Cinnamon Sweet Carrots, Apple Pear Raisin Compote</p>	<p>22</p>  <p>Special Lunch Grilled Cheese & Tomato Soup</p>	<p>23</p> <p>Baked Tilapia w/ Mustard Cream Sauce, Oriental Blend Veggies, Rice Pilaf</p>
<p>26</p> <p>Roasted Chicken Green Beans, Mashed Sweet Potatoes</p>	<p>27</p> <p>Sliced Beef Au Jus Parslied Potatoes, Island Blend Veggies</p>	<p>28</p> <p>Breaded Chicken Strips Potato Wedges, Fire Roasted Veggie Mix</p>	<p>29</p>  <p>Sweet & Sour Meatballs Mixed Veggies, Rice w/ Peppers</p>	<p>30</p> <p>Baked Rigatoni w/ Spinach, Broccoli, & Cauliflower 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
Tech Support by Appointment  Did you receive a tablet, laptop, or smartphone as a gift? If you could use help understanding it, volunteer tech coaches are available!		 Blood Pressure Checks Most Thursdays. approx. 12:00 PM, courtesy of Family Caregivers Network	1 <div>Center Closed Jan. 1</div> <div>HAPPY New Year</div>	2  9:00 Chair Yoga for the New Year 10:15 Tai Chi 12:00 Lunch 12:30 Billiards^
5 9:00 Walkercise 9:30 Mindful Mondays ^ <i>Guest Host: Tracey Flynn</i> 9:45 WOW 12:00 Lunch 12:30 Mahjong^	 6 10:15 Tai Chi 12:00 Lunch 12:30-4:00 Billiards^ 1:00 Chair Volleyball <i>w/ The Residence at Boyertown</i>	 7 9:00 Walkercise 9:45 Zumba 10:00 Sew Many Projects^ 12:00 Lunch 12:45 Ease Arthritis <i>w/ UP Physical Therapy</i>	 8 10:00 Cardio Drumming <i>w/ Tribe Nutrition</i> Elvis Lives! Birthday Bash 12:00 Lunch 12:30 Celebration 	 9 9:00 Chair Yoga 10:15 Tai Chi 12:00 Lunch 12:30 Billiards^ 1:00 Trivia Time
12 9:00 Walkercise 9:45 WOW 10:00 Stamp Collecting ^ 12:00 Lunch <i>No Afternoon Activities</i>	 13 10:15 Tai Chi 12:00 Lunch 12:30 Fiji the Therapy Dog 12:30-2:00 Billiards^ 	 14 9:00 Walkercise 9:45 Zumba 10:00 Sew Many Projects^ 12:00 Lunch 12:45 Wed. Workout <i>w/ Farryn</i>	15 12:00 Lunch 12:45 Humane Education Program w/ Montgomery County SPCA 	 16 9:00 Chair Yoga 10:15 Tai Chi 12:00 Lunch 12:30 Billiards^ 1:00 Bingo <i>w/ Pennsburg Manor</i>
<div>Center Closed Jan. 19</div> 	 20 10:15 Tai Chi 12:00 Lunch 12:30-4:00 Billiards^ 12:45 The King Center: Virtual Tour	 21 9:00 Walkercise 9:45 Zumba 10:00 Sew Many Projects^ 12:00 Lunch 1:00 Craft: Embroidery Hoop Wreath	22 12:00 Special Lunch: <i>Grilled Cheese & Tomato Soup</i> 12:30 Board Game Social 	 23 9:00 Chair Yoga 10:15 Tai Chi 12:00 Lunch 12:30 Billiards^ 12:45 White Elephant Re-Gift Exchange
26 9:00 Walkercise 9:45 WOW 10:00 Book Club ^ 12:00 Lunch 12:30 Mahjong^	 27 10:15 Tai Chi 12:00 Lunch 12:30-4:00 Billiards^ 3:00-6:00 Lower Level Open House ^ 	 28 9:00 Walkercise 9:45 Zumba 12:00 Lunch 12:45 Birthday Party	29 12:00 Lunch 12:30 Puzzled! Activities & Exchange 	30 9:00 Chair Yoga 10:15 Tai Chi 12:00 Lunch 12:30 Billiards^ 12:45 Seed Swap 

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



EXERCISE CLASSES AT THE CENTER

Be active, stay healthy, make connections!



Walkercise – Mon. & Wed., 9-9:30 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 Gold – Wed. 9:45 am. Low-impact, fun, Latin-inspired dance workout modified for older adults. Easy-to-follow video, gentle movements like step touches, hip swings, and arm exercises; boosts cognitive function, flexibility, and overall mobility.

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!



Sarah will lead a special Chair Yoga for the New Year on January 2nd.



- **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 for everyone.



Monthly Exercise Programs: Chair Volleyball, Cardio Drumming, and Workout Wednesday

CENTER ACTIVITIES in January

* = Space is Limited

^ = Lower Level

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



NEW YEAR, NEW SPACE OPEN HOUSE • Tues., Jan. 27, 2026 - 3:00 to 6:00 PM

See page 8 for a special announcement about this event that is open to the community!

BIRTHDAY PARTY • Wed., Jan. 28, 2026 - 12:45 PM

Is your birthday in January? We want to celebrate you! Everyone is welcome. Help us honor special guests, sing 'Happy Birthday,' enjoy cake, and play a fun activity. Anyone with a birthday this month receives a small gift. **No Cost. RSVP by 1/27.**



PUZZLED! ACTIVITIES & EXCHANGE • Thurs., Jan. 29, 2026 - 12:30 PM

Celebrate National Puzzle Day and challenge yourself with a selection of puzzles: jigsaw, crossword, Sudoku, and more! **Puzzle Exchange** - Bring a jigsaw puzzle you've completed and pick one up to take home. **No Cost. RSVP by 1/28. Bringing a puzzle is not required; everyone is welcome to visit our Puzzle Library!**



SEED SWAP DAY • Fri., Jan. 30, 2026 - 12:45 PM

You can't dig in your gardens yet, so why not dig out our vegetable and flower garden seeds to swap. Take a new variety to try or share a trusted favorite. We have a large variety of seeds at The Center if you don't have any to bring. **No Cost. RSVP by 1/29.**



ONGOING ACTIVITIES AT THE CENTER



TECH SUPPORT • One-on-one appointments available 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 schedule an appointment.

MAHJONG[^] • Most Mondays, 12:30-4:00 PM. All skill levels welcome. Experienced Mahjong players welcome new participants and are happy to teach you the game!



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

Our Billiards players are happy to teach you how to play!



SEW MANY PROJECTS • Most Wednesdays, 10:00 AM-1:00 PM. Did you know the *Sew Many Quilters* group, which has been gathering at The Center for many years, is now *Sew Many Projects*? We still have quilters quilting, as well as crocheters and scrapbookers. Handiworkers and crafters of all kinds are invited to join them. Stop by to meet them!



What activity would you like to see in 2026? Let us know!



Cardio Drumming w/ Tribe Nutrition • Thurs., Feb. 12

Valentine's Meal • Fri., Feb. 13

Closed for Presidents' Day • Mon., Feb. 16

Fastnacht Day • Tues., Feb 17

Upper Perk Plays: Middle School • Feb. 25 | High School • Mar. 11



EXTRA! EXTRA!

OPEN HOUSE at The Center

One of the highlights of 2025 was our lower-level renovations. Updates were made possible by an award from the PA Department of Aging Senior Community Center Grant program, along with many volunteer hours, an Eagle Scout project, and a little help from the Rotary Club. The changes

allow us to better utilize the space for more activities and provide an area to gather, chat, relax, and more. Center participants are already enjoying the space; now the time has come to invite our community! Mark your calendars and invite your friends, neighbors, and loved ones. **Tuesday, Jan. 27, 3:00 to 6:00 PM.** Check out these before photos, and make sure to see the new and improved Lower Level for yourself!



FIRST MONDAY COMMUNITY MEAL

Monday, January 5 • 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

CENTER UPDATES:



INCLEMENT WEATHER POLICY

Both of The Open Link's locations (Penn Street and The Center) follow the Upper Perk School District for guidance on winter weather closures.

UPSD Buildings Closed = Center Closed

If they close their buildings, we close ours.

That means a traditional snow day with no school or a Flexible Instruction Day/Virtual Day of doing schoolwork virtually at home.

UPSD 2-hour Delay = Center Opens at 10:00 AM

The activity schedule begins at 10:00 AM.

Anything before 10:00 AM is cancelled.

Check WFMZ or call The Center for snow closures. Our phone greeting is always updated for holidays and weather-related closures!

Meals on Wheels

Closed = NO Delivery

2-hr Delay = Deliveries on schedule

CODE BLUE COLD WEATHER CONDITIONS

Changes that come with aging make it harder for older adults to be aware that their bodies become too cold. Prioritize staying warm with layers, nutritious food (especially those rich in Vitamin D), and hydration. Prevent falls with proper footwear and clear walkways. Prepare for emergencies by having backup medication and supplies, avoiding strenuous activity, and being aware of medication and hypothermia risks.

A Code Blue is declared in Montgomery County when the temperature or wind chill is forecast to be below 32 degrees, and conditions can pose a threat of serious harm. Code Blues are posted at The Center throughout winter. During a Code Blue, remember to check on friends and neighbors. If you or someone you know needs assistance with heating bills or with temporary shelter from the cold, please talk to a staff member today.



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