



THE CENTER
at
THE OPEN LINK



Enriching the Lives of Older Adults in our Community

June 2024

Father’s Day Message

By Wendy Smeltz, Center Manager

Last month’s newsletter article was a message to the moms, and we celebrated Mother’s Day with a lovely afternoon tea. It is only fitting that this month we dedicate our message to the dads, and of course, treat them to something special. A Father’s Day lunch will be held Thursday, June 13, and on Friday, June 14, we’ll have root beer floats. Dads, we hope you’ll join us!

In addition to June being a special month to celebrate Father’s Day, it is also designated as Men’s Health Month, a time to raise awareness about the unique health challenges faced by men and encourage them to prioritize their well-being.

We honor fathers, grandfathers, and father figures, recognizing them for the impact they have on lives they touch. Because we want the men around us to lead their healthiest, happiest lives, men’s health is an integral part of our Father’s Day celebrations.


Did you know that men are three times more likely than women to avoid doctors for five or more years? According to the Center for Disease Control (CDC), up to 60 percent of men are unlikely to seek medical care, even when they are seriously ill. This leads to undiagnosed conditions and poorer health outcomes.

It is especially important for senior men to seek preventative health services. As bodies age, hormones

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During National Police Week in May, officers from local departments were invited to visit and received a small token of our appreciation - snack bags created by participants.



The Center will be CLOSED Wed., June 19th

See page 2 for details for a special presentation.

Hours of Operation:
 Staff is available:
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.

SPECIAL ACTIVITIES in June

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.

BUDGETING WITH BETH • Thurs., June 6, 2024 - 1 pm



Last month's bingo host, Beth Biehl from TCAFCU, will discuss Basic Budgeting. As the costs for basics needs are rising with no increase in monthly income, budgeting can help you find a way to bridge the gap. **No Cost or RSVP.**



NATIONAL DONUT DAY • Fri., June 7, 2024 - 12:30-1:30 pm



The first Friday in June, this national day honors the Salvation Army Lassies who served donuts to soldiers during WWI. Enjoy a donut and fun! **No Cost. RSVP encouraged.**

YARN BOMBING • Wed., June 12, 2024 - 1 pm

Help yarn bomb The Center to prepare for Make Music Upper Perk the next week. We'll hang colorful yarn art participants and volunteers have been creating garland, tassels, pom-poms, and more! **No Cost. RSVP encouraged.**

Look for yarn art throughout Upper Perk to know where to find MMUP venues!



FATHER'S DAY LUNCH • Thurs., June 13, 2024 - 12 pm



Celebrating the dads! Menu: Baked Chicken Leg w/ Gravy, Mac & Cheese, Brussels Sprouts. All the fathers in attendance will be entered into a raffle for a snack basket. **Community Lunch contributions encouraged, not req'd. RSVP required by 6/12.**

JUNETEENTH PRESENTATION: Parents for Inclusion • Thurs., June 13 - 1 pm

A presentation about the significance of Juneteenth, a federal holiday also known as Freedom Day or Emancipation Day, which ended slavery in Texas which had continued for more than two years after the Emancipation Proclamation. **No Cost. RSVP encouraged.**

Parents for Inclusion was created to share ideas on how to bring the community together, create empathy, and encourage everyone to respect each other as humans, regardless of what makes us different on the surface.



FATHER'S DAY FLOATS • Fri., June 14, 2024 - 12:30 pm



Help us honor all the dads with refreshing Root Beer Floats. Everyone is asked to wear your favorite hat! **\$1 Suggested Donation. RSVP encouraged.**



SPECIAL ACTIVITIES in June

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.

UPPER PERK YMCA PRESENTATION • Tues., June 18, 2024 - 12:45 pm

Rob Carpenter, the new Executive Director and Wendy Kern, Membership Director will share about what the Y has to offer, answer questions, and discuss how you may be able to receive a no-cost or low-cost membership. **No Cost. RSVPs encouraged.**



CARDIO DRUMMING with Tribe Nutrition • Thurs., June 20, 2024 - 10:00 am



Get your heart pumping with this low-impact workout good for the heart rate, upper body strength, motor skills, and coordination. Fun for all skill levels, can be done sitting or standing. Bring a fitness ball and drumsticks if you have them - some will be available.

Donations encouraged to cover costs of supplies. RSVP now - space is limited! Tribe Nutrition in Pennsburg offers protein shakes and hosts fun & fitness activities.

MAKE MUSIC UPPER PERK at The Center • Fri., June 21, 2024 - All Day!

The Center will be a MMUP venue with 5 performances! See below for details about refreshments and a special lunch, and see page 8 for details about MMUP. There is **no** cost or RSVP needed for these performances.

10:00 AM - Hyde & Dry Flute Duo classical/pop
10:45 AM - Nate Feldman Keyboard/video
12:30 PM - Steve Walker folk/jazz/bluegrass
1:30 PM - Indian Valley Dulcimer Society
2:30 PM - Quadas Dulcimer Club



REFRESHMENTS - Available for a small cost • Fri., June 21, 2024 - All Day!



SPECIAL LUNCH: SLOPPY JOES • Fri., June 21, 2024 - 11:30 am to 12:30 pm



Enjoy a grab-and-go lunch to enjoy at The Center between performances, or take along to explore MMUP out on the town! **RSVPs encouraged by 6/20. \$3 Suggested Donation.**

LIFE LONG LEARNING INFO SESSION • Thurs., June 27, 2024 - 1:00 pm

Carol Elias, Annette Thompson, and Sharon Muntz, board members from the adult enrichment series Upper Perk Life Long Learning, will share the origins of LLL, the mission of the program, and a sample class offering titled "Mind your Manners" by Ed T. Ket. **No Cost, RSVP by 6/25.** A non-profit organization established in 1993, **Life Long Learning** offers a four-week educational series twice a year at New Goshenhoppen Church for a small cost.





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




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)

Tasty and nutritious meal, side items, bread, 1% milk, coffee, tea

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



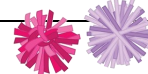







Monday	Tuesday	Wednesday	Thursday	Friday
3 Swedish Meatballs Buttered Wide Noodles Peas	4 Balsamic Glazed Chicken Penne Pasta Collard Greens	5 Sliced Beef w/ Onion Gravy Whipped Potatoes Mixed Veggies	6 Hawaiian Chicken Confetti Rice Island Blend Veggies	7 Baked Ziti w/ Spinach California Blend Veggies Warm Spiced Peaches
10 Honey Rosemary Chicken Rice Pilaf Brussels Sprouts	11 Pineapple Glazed Pork Sweet Potatoes Green Bean Almondine	12 Meatloaf w/ Gravy Whipped Potatoes Peas & Carrots	13  <i>Father's Day Lunch:</i> Baked Chicken Leg w/ Gravy Baked Mac & Cheese Brussels Sprouts <i>RSVP encouraged by 6/12</i>	14  TRIVIA Tilapia w/ Creamy Dill Sauce Carrot Coins Veggie Brown Rice
17 Herb Roasted Chicken Thigh Mixed Veggies Roasted Red Potatoes	18 Hearty Beef Stew Carrots & Peas Cauliflower 	19 	20 Sliced Turkey & Stuffing w/ Orange Thyme Gravy Brussels Sprouts Carrot Coins	21  <i>Special Lunch - \$3:</i> Sloppy Joes Cold Salads & More <i>RSVP encouraged by 6/20.</i> <i>Refreshments available for purchase during MMUP</i>
24 Fajita Chicken Corn & Black Beans Spanish Rice	25 Pizza Burger Mixed Veggies Cauliflower	26  Panko Crusted Tilapia Green Beans Scalloped Potatoes	27 Paprika Baked Chicken Broccoli & Carrots Mashed Potatoes	28  Spinach & Swiss Omelet Roasted Red Potatoes Warm Apples

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, and benefit MCOSS to help support programming for seniors, such as congregate lunch at The Center. (For anyone under 60, Community Lunch is \$4.85 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.

Come for the meal. Stay for friends and fellowship.

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The Center: 215.679.6550
Main Office: 215.679.4112
center@theopenlink.org

Check newsletter for
RSVP dates and details.

Monday	Tuesday	Wednesday	Thursday	Friday
3 9:00 Walkercise 10:00 WOW 12:00 Community Lunch 12:30 Afternoon Activities	4 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	6 12:00 Community Lunch 1:00 Budgeting Basics <i>w/ Tri County Area Federal Credit Union</i> 	7 9:00 Chair Yoga 10:15 Tai Chi 12:00 Community Lunch 12:30-1:30 Donut Day 12:30 Billiards (LL)
10  9:00 Walkercise 10:00 WOW 10:00 Stamp Collecting 12:00 Community Lunch	11 10:15 Tai Chi 12:00 Community Lunch 12:30 Billiards (LL) 1:00 Outing: Simpler Times	12  9:00 Walkercise 10:00 WOW 10:00 Quilters (LL) 12:00 Community Lunch 1:00 Yarn Bombing	13  12:00 Father's Day Community Lunch <i>RSVP by 6/12</i> 1:00 Juneteenth Presentation w/ Parents for Inclusion	14  9:00 Chair Yoga 10:15 Tai Chi 12:00 Community Lunch 12:30 Billiards (LL) 12:30 Root Beer Floats 1:00 Trivia Time
17 9:00 Walkercise 10:00 WOW 12:00 Community Lunch 12:30 Afternoon Activities	18 10:15 Tai Chi 12:00 Community Lunch 12:30-1:30 Billiards (LL) 12:45 Upper Perk YMCA Presentation 	19 	20  10:00 Cardio Drumming Class <i>w/ Tribe Nutrition</i> 12:00 Community Lunch	21  10:00 Hyde & Dry 10:45 Nate Feldman 12:00 Community Lunch 12:30 Steve Walker 1:30 Dulcimer Society 2:30 Dulcimer Club
24  9:00 Walkercise 10:00 WOW 10:00 Book Club (LL) 12:00 Community Lunch 12:30 Afternoon Activities	25 10:15 Tai Chi 12:00 Community Lunch 12:30 Billiards (LL) 2:30 Welcome to The Center	26  9:00 Walkercise 10:00 WOW 10:00 Quilters (LL) 12:00 Community Lunch 12:30 Birthday Party	27 12:00 Community Lunch 1:00 Life Long Learning Info Session	28  9:00 Chair Yoga 10:15 Tai Chi 12:00 Community Lunch 12:30 Billiards (LL) 1:00 Bingo



Programming in main room
unless otherwise specified.
LL=Lower Level



**Blood Pressure
Checks**

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



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.

change, impacting fat distribution and muscle mass. Nutrients are processed differently. Men are more prone to certain health conditions, such as heart disease, high blood pressure, and diabetes as they age.

A surprising statistic from the American Academy of Dermatology that reflects how gender affects health is that before age 50, more women develop skin cancer than men, but by age 65, men are twice as likely as women to get melanoma. By age 80, men are three times more likely to develop melanoma. Fifty percent of Americans over 65 will have at least one skin cancer; Caucasian men are particularly at risk.

As we celebrate Father's Day, let's encourage the men in our lives to schedule regular checkups and routine screenings, make healthy lifestyle choices, and stay educated. And let us thank the men who prioritize their health, giving peace of mind to their loved ones, and serve as positive role models for others.

By integrating men's health awareness into our Father's Day celebrations, we can help ensure that the men in our lives lead healthier, happier lives for years to come. Look for educational materials focused on men's health at The Center throughout the month. Let's use this month to honor fathers while also promoting a culture of proactive health management among men. Happy Father's Day and Men's Health 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 June

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., June 10, 10:00 am



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



TRIVIA TIME • Fri., June 14, 2024 - 1:00 pm

* Join a team, create your team name, and work together to come up with answers. Questions are read and on the big screen TV. Theme: *Hot and Cold*. **No Cost. RSVP encouraged.**

BOOK CLUB • Mon., June 24, 2024 - 10:00 am



The Boys on The Boat by Daniel James Brown: Story of University of Washington's 1936 eight-oar crew's quest for an Olympic gold. **No Cost. RSVP not req'd. Limited number of books available.**

BIRTHDAY PARTY • Wed., June 26, 2024 - 12:30 pm



Monthly birthday party to celebrate guests with June birthdays, everyone is invited for cake and activities. **No Cost. RSVP encouraged by 6/25. Don't forget to sign-up for lunch at 12.**

BINGO • Fri., June 28, 2024 - 1:00 pm



Doors open at 12:30 pm for light refreshments and fellowship. Small prizes, big fun!

Check out our new virtual Bingo caller! **Cost \$1 to play the whole time. RSVP encouraged.**

BILLARDS • Tues & Fri - 12:30 pm

Come to practice, or spend time with others.

AFTERNOON ACTIVITIES • Mon, 12:30 pm

Join the Mahjong group or start an activity.

COMMUNITY OUTING

SIMPLER TIMES CO-OP & CONSIGNMENT • Tues, June 11, 2024 - 1:00 pm

Explore this eclectic store filled with items of every variety. With over 40 vendors and 500 consignors, Simpler Times offers locally crafted items along with antiques, collectibles, outdoor garden items, jewelry, tools, sports memorabilia, clothing, and much more! Come along to find a hidden treasure, or to explore with friends – old and new. Meet at Simpler Times, 1014 Gravel Pike, Palm, 18070. **RSVP encouraged by Mon., 6/10. Car pooling is always encouraged, but parking is available at Simpler Times.**



CENTER UPDATES:

1-on-1 Grief Counseling

The Open Link has partnered with the Center for Loss & Bereavement to offer counseling sessions here at The Center on a short-term basis. Participants are able to attend 4 sessions with a therapist in the months of June through August. If interested, please talk to a staff member for details, dates, and more information about the Center for Loss & Bereavement.



Tuesday, June 25th
2:00 pm

Bring a friend or neighbor to discover The Center, take a tour, learn what kind of activities take place, meet staff and ask questions.

No RSVP Required, just stop by!

MONDAY COMMUNITY MEAL

Monday, June 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

WHAT IS MAKE MUSIC UPPER PERK?

Always June 21st. Always free. Always open to the public. This is the 12th year of the all-day celebration of music, held on *World Music Day*, with performances at over 20 locations throughout the Upper Perk Valley. Watch for pop-up performances all around the community. Rain or shine. Pick up a schedule at The Center!



EXTRA! EXTRA!

FARMERS MARKET VOUCHERS - *Coming Soon!*



The Seniors Farmers Market Nutrition Program (SFMNP) is designed to provide low-income seniors with access to locally grown fruits, vegetables, honey, and herbs and support domestic farmers markets and roadside stands.

Each eligible senior will receive 5 \$10 SFMNP vouchers. Recipients will receive a list of participating locations when they receive their checks.

Eligibility requirements: Montgomery County residents 60+ years old (call for a location if you're in a different county) with a household income of less than \$27,861 for one person or \$37,814 for two people.

Vouchers will be available at The Center and The Open Link's main office in Pennsburg. If you are interested, please inquire about it when you visit, or give us a call!



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.

