



Celebrate the Back-to-School Spirit

By: Wendy Smeltz, Center Manager

It's that wonderful time of year again when summer winds down and the excitement of school kicks back into gear. There's a buzz in the air as students stock up on supplies and return to school to reconnect with old friends, make new ones, and meet their new teachers. It's a thrilling new chapter filled with new classes and schedules.

But wait: Why should the kids have all the fun?

Join us later this month as we celebrate our own Back-to-School event. We'll kick things off with 'homeroom' at 11:30 AM - much later than an early school bell, because after retirement, you don't have to rise with the sun! Next, we'll snap some school photos (see page 7) and fill out back-to-school forms, enjoy a lunch of classic cafeteria fare, then kick things off with a pep rally and assembly.

This might all seem like a good excuse to have a party, but we are embracing a bigger purpose: to honor *learning*, a journey that is for all ages, especially for the young at heart. Learning is a lifelong adventure!

We believe you should never stop learning, and The Center strives to offer a variety of classes, presentations, and workshops that cover many topics. Whether you are eager to pick up a new hobby, explore the wonders of technology, or dive deeper into something you love, there's something here for everyone. We are especially excited to introduce some upcoming programs happening this

Continued on page 6



Chair Volleyball, held once a month, offers some friendly competition and is a great way to stay active!

LABOR DAY

The Center will be closed Monday, September 1st.
Have a safe and happy Labor Day!

Hours of Operation:

Monday-Friday 8:00 AM to 4:00 PM

The main room is closed during scheduled activities.

The Center offers opportunities to stay healthy, active, and connected! Programming focuses on nutrition, exercise, education, enrichment, and socialization, and is targeted to ages 60 and over, but many programs are open for adults of all ages.



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: 517 Jefferson Street, East Greenville, PA 18041

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 September

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. LL=Lower Level

FOOD DRIVE • All Month at The Center!

September is **Hunger Action Month**, a nationwide effort to raise awareness about food insecurity and encourage action to combat hunger. Shelf-stable food items are being collected at The Center for The Open Link's Pantry! Pick up the "Top Needs" in the Center's lobby.

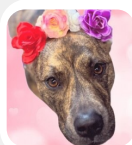


NATIONAL FOOD BANK DAY PRESENTATION • Fri., Sept. 5 - 12:30 PM

Brooke Harvey, The Open Link's Nutrition Services Manager, will share how our Pantry plays a vital role in helping our community meet their nutritional needs. **No Cost. RSVP by 9/4.**

NATIONAL READ-A-BOOK DAY DISCUSSION • Mon., Sept. 8 - 12:30 PM

Discuss your favorite book or what you're reading now. **No Cost or RSVP Req'd.**



VISIT w/ FIJI THE THERAPY DOG • Tues., Sept. 9, 2025 - 12:30 PM

Our monthly visit with Fiji, an official AKC Canine Good Citizen, and her owner, Monica. They'll show off tricks and share some furry affection. **No Cost. RSVP by 9/8.**

MONTCO CARFIT* • Wed., Sept. 10 - 9:00 AM to 12:00 PM (Rain Date: 9/19)

Schedule a 30-minute, one-on-one appointment to review 12 key areas of how you "fit" in your car to increase safety and mobility when you hit the road. *Call, email, use the sign-up at The Center to schedule your time slot.* **No Cost. RSVP by 9/8. *Space is limited.**



Funding for the Community Traffic Safety Program is provided by a PA Department of Transportation Community Traffic Safety Project Grant.

WEDNESDAY WORKOUTS w/ FARRYN • Wed., Sept. 10, 2025 - 12:45 PM



Hosted monthly by Phoenix Physical Therapy. Practice exercises that you can easily incorporate into your everyday routine. All skill levels are welcome! Farryn will help you adapt each exercise to fit your needs. *Sponsored by Phoenix P/T* - **No Cost. RSVP by 9/9.**

Phoenix P/T, conveniently located right here in the Valley, helps patients recover, recharge, and rise, whether it's to treat an injury, recover from illness, or recuperate from surgery.



CARDIO DRUMMING w/ Tribe Nutrition* • Thurs., Sept. 11, 2025 - 10:00 AM

Fun full-body workout! Music and movement using a ball, bucket, and drumsticks. *Sponsored by Tribe Nutrition* - **Donations encouraged. RSVP by 9/10. *Space is limited.**



Tribe Nutrition offers a large variety of protein shakes and hosts many fun and fitness activities, such as Cardio Drumming and Bingo, at their convenient location in Pennsburg.

HONORING 9/11 • Thurs., Sept. 11, 2025 - 12:30 PM

We will observe a moment of silence and hold a time for shared discussion.

Wear your patriotic attire on Sept. 11.



CENTER ACTIVITIES in September

Continued on page 7

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TRIVIA TIME - Theme: 'The Printed Page' • Fri., Sept. 12 2025 - 1:00 PM

Questions span a wide range of subjects: music, movies, folktales, phrases, and more. Fun bonus rounds! Bonus points for singing! Create teams of 5 or 6 players, choose a team name, and come up with answers together. **Donations Welcome. RSVP by 9/11.**



STAMP CLUB • Mon., Sept. 15, 2025 - 10:00 AM (LL)

Held on the second Monday of each month. Show, share, and trade stamps.



CHAIR VOLLEYBALL* • Tues., Sept. 16, 2025 - 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 9/15. *Space is Limited.**

FALL PRESENTATION w/ Good Shepherd • Wed., Sept. 17 - 12:45 PM

It's the start of the autumn season and *Fall Prevention Month*! Good Shepherd Physical Therapy will share tips to prevent falls and factors that attribute to falls in older adults. They will also provide a small take home goodie bag! **No Cost. RSVP by 9/16.**



Good Shepherd in East Greenville provides comprehensive and personalized rehabilitation services for a variety of needs, delivered by a dedicated team of therapists.



"Back to School" Celebration • Thurs., Sept. 18, 2025 - 11:30 AM

School is back in session for students, but at The Center, we never stop learning! Join us to discover new things, keep our brains sharp, and have fun while we do it! **RSVP by 9/17 for one or all!** Homeroom starts at **11:30 AM**. Get your 'school picture' taken, complete 'back-to-school forms'.



12:00 PM: Special Lunch - Sloppy joes, tater tots, veggie, milk, dessert. **\$3.**

12:30 PM: Pep Rally to kick off some new learning opportunities at The Center.

1:00 PM: Assembly w/ The Schwenkfelder: "Reading & Arithmetic: 200 Years Ago"

**Wear the school colors from your school! Bring photos, yearbooks, and stories from your youth!*

BINGO • Fri., Sept. 19, 2025 - 1:00 PM

Doors open at 12:30 PM for light refreshments and fellowship. Small prizes, big fun. See the numbers on the screen during play. Donations of small, new items are always welcome to use as prizes! **\$1 to play the whole time! RSVP by 9/18.**



NATIONAL WORLD GRATITUDE DAY • Mon., Sept. 22, 2025 - 12:30 PM

We will take time to pause, reflect, and share our appreciation for the many wonderful things for which we are thankful, including the beauty of the fall season. The first day of Autumn also falls on this day! There will be some fun activities to celebrate together, fostering connection, creativity, and joy. **No Cost. RSVP not required.**





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

September 2025



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

\$2 Sugg. Donation for 60+

RSVP required **24 hours** in advance.

Adults <60 = \$4.90

Sign up by 12:00 PM the weekday before.

Monday	Tuesday	Wednesday	Thursday	Friday
1 LABOR DAY Closed	2 BBQ Chicken Fiesta Corn Winter Blend Veggies	3 Dijon Chicken Brussels Sprouts Roasted Red Potatoes	4 Hot Dog Sweet Corn Sauteed Cabbage 	5 Swedish Meatballs Peas & Carrots Wide Noodles
8 Baked Chicken w/ Buttered Parsley Potatoes Mixed Veggies	9 Crabcake w/ Mac & Cheese Scalloped Tomatoes Broccoli 	10 Salisbury Steak Mashed Potatoes Peas	11 Sliced Turkey w/ Apple Glaze Stuffing Glazed Carrots	12 Pork BBQ Collard Greens Corn 
15 Grilled Chicken Parm Rotini Sauteed Spinach	16 Cheeseburger Meatloaf Potato Wedges Green Beans	17 Brown Sugar Chicken Sweet Potatoes Brussels Sprouts	18  Special Lunch Sloppy Joes Tater Tots, Veggies, Dessert	19 Cheese Omelet Peppers & Onions Hashbrowns Pear Crisp
22 Beef Stew Potatoes Peas	23 Baked Fish w/ Lemon & Capers Brown Rice Green Beans	24  Mushroom Swiss Burger Mashed Potatoes Carrot Coins	25 Lasagna Mixed Veggies Baked Apples	26 Chicken Alfredo Spinach w/ Diced Carrots Penne
29  Lemon Pepper Chicken Thighs Veggie Blend Brown Rice	30 Bowties w/ Bolognese Sauce Green Beans Carrots	<p>Menus created by a registered dietician. Limited substitutions available upon request. *Menu subject to change.</p> <p>Anonymous lunch contributions are encouraged but not required and benefit Montgomery County Office of Aging Services (MCOAS). The Center's cost of each meal is \$4.90.</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.



517 Jefferson St., East Greenville

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Email: center@theopenlink.org

See newsletter for details:
RSVP dates, costs, etc.

September 2025

ACTIVITY CALENDAR

Activities are targeted to adults aged 60+.

Many activities are open to adults of all ages.

RSVP **24 hours in advance** for most activities.
Space is limited for some programs.

Monday	Tuesday	Wednesday	Thursday	Friday
1 LABOR DAY Closed	2 10:15 Tai Chi 12:00 Lunch 12:30 Billiards 	3 9:00 Walkercise 10:00 WOW 10:00 Sew Many Projects 12:00 Lunch	4 12:00 Lunch 1:00 Healthy Steps in Motion, MCOAS 	5 9:00 Chair Yoga 10:15 Tai Chi 12:00 Lunch 12:30 Food Bank Day Presentation 12:30 Billiards
8 9:00 Walkercise 10:00 WOW 12:00 Lunch 12:30 Read a Book Day What Are You Reading? <i>No Afternoon Activities</i> 	9 10:15 Tai Chi 12:00 Lunch 12:30 Visit w/ Fiji <i>No Billiards</i> 	10 9-12 Montco CarFit 9:00 Walkercise 10:00 WOW 10:00 Sew Many Projects 12:00 Lunch 12:45 Workout w/ Farryn 	11 10:00 Cardio Drumming <i>w/ Tribe Nutrition</i> 12:00 Lunch 12:30 Honoring 9/11 1:00 Healthy Steps in Motion, MCOAS	12 9:00 Chair Yoga 10:15 Tai Chi 12:00 Lunch 12:30 Billiards 1:00 Trivia Time
15 9:00 Walkercise 10:00 Stamp Club 10:00 WOW 12:00 Lunch 12:30 Activities 	16 10:15 Tai Chi 12:00 Lunch 12:30 Billiards 1:00 Chair Volleyball 	17 9:00 Walkercise 10:00 WOW 10:00 Sew Many Projects 12:00 Lunch 12:45 Fall Presentation <i>w/ Good Shepherd</i> 	18 11:30 Homeroom Begins 12:00 Special Lunch 12:30 Pep Rally 1:00 Assembly w/ The Schwenkfelder	19 (9-12 CarFit Raindate) 9:00 Yoga for Autumn 10:15 Tai Chi 12:00 Lunch 12:30 Billiards 1:00 Bingo
22 First Day of Fall 9:00 Walkercise 10:00 WOW 12:00 Lunch 12:30 National World Gratitude Day 12:30 Activities 	23 10:15 Tai Chi 12:00 Lunch 12:30 Billiards	24 9:00 Walkercise 10:00 WOW 10:00 Sew Many Projects 12:00 Lunch 12:45 Birthday Party <i>hosted by FCN</i> 	25 12:00 Lunch 1:00 The Impossible Performance 	26 9:00 Chair Yoga 10:15 Tai Chi 12:00 Lunch 12:30 Billiards 1:00 Contest: Create the TOL Christmas Card
29 9:00 Walkercise 10:00 WOW 10:00 Book Club 12:00 Lunch 12:30 Activities 	30 10:15 Tai Chi 12:00 Lunch 12:30 Billiards 1:00 Craft: Pedestal Frame 	Tech Support Available by Appt. Call, email, or see front desk. 		Blood Pressure Checks Most Thursdays. approx. 12:00 PM, courtesy of Family Caregivers Network

World Gratitude Day is **Sept. 21st**. Look for opportunities to reflect and express your thankfulness this month at The Center. We will share a day of gratitude together on **Sept. 22nd**.

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.

Enriching the lives of older adults in our community.

fall offering more opportunities to learn: AI 101 with one of our volunteer tech coaches, Randy Bapst of Golden Tech Care; Teri Wassel, from Montco Health and Human Services, returns with another nutrition program; and other exciting outings!

Embracing new knowledge is incredibly rewarding. It keeps our minds sharp and enhances our well-being. Plus, engaging in learning can foster a sense of belonging and community. When we learn together, we forge connections and friendships that brighten our lives, just like the wonderful bonds formed in our school days.

As the kids head back to school and we celebrate our own event, it's the perfect time to take a joyful stroll down memory lane, reminiscing about our favorite subjects, sports, and clubs, and unforgettable moments like prom and graduation. Most importantly, it's a great time to think about the friendships that blossomed along the way.

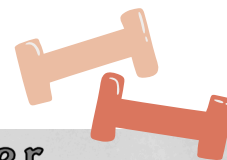
Each day is a fresh opportunity to make connections and expand your horizons! Remember, the joy of learning knows no age limit. Learning keeps us young at heart.

Let's celebrate learning and this back-to-school season together!

EXERCISE CLASSES AT THE CENTER

Be active, stay healthy, make connections!

Ongoing Classes at The Center



Walkercise – Mon. & Wed., 9:00–9:30 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., 10:00–11:30 AM. Strength training for mid-life and older women. Follow along with videos or participant-led resistance and balance training, and flexibility exercises in a fun and upbeat class. “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 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!

- **Classes targeted for ages 60+**, 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!



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BIRTHDAY PARTY w/ FAMILY CAREGIVERS • Wed., Sept. 24, 2025 - 12:45 PM

Special guest hosts *Family Caregivers Network* will help us honor guests with September birthdays. Everyone is welcome for cake and a group activity. **No Cost. RSVP by 9/23.**

PERFORMANCE: THE IMPOSSIBLES • Thurs., Sept. 25 2025 - 1:00 PM

"Old folks playing the old songs" - the old standards, oldies, show tunes, popular music, folk, and polka. Join us for a toe-tapping good time! ***Donations are encouraged to benefit The Impossibles' sponsor, the Upper Bucks Senior Activity Center. RSVP by 9/24.**

CONTEST: Create the TOL Holiday Card! • Fri., Sept. 26, 2025 - 1:00 PM

We are excited to announce our first Center Holiday Card Contest and fundraiser! Open to all older adults, no matter your artistic talent. The winning designs will be featured in The Open Link's holiday fundraising campaigns and distributed to Meals on Wheels recipients. All materials provided to create cards, just bring your ideas! **No Cost. RSVP by 9/25.**



Cards entries for the contest are also being accepted at The Center! Deadline: Oct. 1st. Winner chosen Oct. 15th. Submit as many as you'd like! See page 8 for contest details.

BOOK CLUB • Mon., Sept. 29, 2025 - 10:00 AM (LL)



Remarkably Bright Creatures by Shelby Van Pelt. A story about creatures - human and animal - saving each other. An unlikely friendship helps Tova, a widow, cope with grief and unravels a mystery surrounding her son's disappearance. Borrow a book from The Center, made possible by the U.P. Library Book Club in a Bag. **No Cost or RSVP req'd.**

CRAFT: DIY PEDESTAL FRAME* • Tues., Sept. 30, 2025 - 1:00 PM

We will create a customizable pedestal frame that you can design to give as a gift or match your home decor. **\$3. RSVP by 9/29. *Space is limited.**



TECH SUPPORT • One-on-one appointments. Call, email, or see front desk to schedule.

AFTERNOON ACTIVITIES • Most Mondays, 12:30-4:00 PM. *Join Mahjong or start an activity.*

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

SEW MANY PROJECTS • Most Wednesdays, 10:00 AM-2:00 PM. *All crafters welcome!*



As we near the completion of Lower Level renovations, please let us know if there is a group activity you would like to see on the calendar!



Thurs., Oct. 16 - 1:00 PM • Willie Nelson Tribute w/ Bill Ludlow

Thurs., Oct. 23 • Outing: Yardley Antiques

Thurs., Oct. 30 - 12:00 PM • Special Lunch: Harvest Fest

Fri., Oct 31 - 1:00 PM • Bonus Halloween Bingo w/ Tri County Federal Credit Union



EXTRA! EXTRA!

The Center will be at Life Long Learning!

On **October 14th**, Kelly Busedu, Activity Coordinator for The Center at The Open Link, will host a session at an adult enrichment series at **New Goshenhoppen U.C.C.** to share about programs and activities offered at The Center.

Life Long Learning offers the community an opportunity to participate in discussions on contemporary topics. There are 20+ classes available on the subjects of nature, health and wellness, current events, history, art, and travel. This non-profit organization, established in 1993, offers a four-week educational series twice a year in April and October. Everyone is welcome! A \$25 registration fee includes classes and refreshments.

Brochure available at The Center, pick yours up today! Or visit www.upsd.org/community/III.

FIRST MONDAY COMMUNITY MEAL

Monday, September 8 • 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

Ask Us About Kinotek

Last month, Good Shepherd Physical Therapy, East Greenville, brought *Kinotek* to The Center. This advanced light-based technology captures your movements and can identify areas that need better alignment, strength, and mobility. If you missed it and are interested in being connected with Good Shepherd to see how your body moves and where it could use help, call, email, or ask front desk today!



CENTER UPDATES:

Get Your School Photo Taken!

We're taking school photos at our Back-to-School event (pg. 3). Your picture will go in your Copilot account (the Swipe Screen system), so staff can always put a face with a name! You can also receive a copy of your photo - when you receive school photos from your grandchildren or neighbors this year, you'll have your own to share! If you miss the event, make sure to stop by later this month to get your photo taken. *Guess who this Center staff person is from their school photo?*







Participants, volunteers, and staff: You are invited to bring your school photos between now and Sept. 18th for a display that will be revealed at the Back-to-School event. Feel free to bring originals photos or yearbooks - we will make a copy so you don't have to leave your originals.



CONTEST: Create the TOL Holiday Card

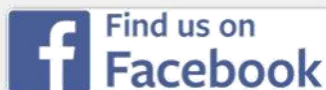
This is an opportunity to create The Open Link's 2025 holiday card! How will the card be used?

-  Donors can make a holiday gift to the organization in someone's name, and we'll send the recipient the card, letting them know about the gift made in their honor
-  Sent to Community Sponsors
-  Sent to Meals on Wheels recipients
-  Sold as a fundraiser for The Center

Rules: Size design 5" x 7" (template available at The Center). Hand-drawn, in-color cards only - no glue, glitter, or other embellishments.

Applicants must be 60 years of age or older.

Deadline to Drop-Off Cards: Wed., Oct. 1st
See pg. 7 for a card-making activity **Fri., Sept. 26th**.
A committee of staff and board members will choose the winning card **Wed., Oct. 15th**.
Cards available for purchase mid-November.



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