



Enriching the Lives of Older Adults in Our Community

What Is Artificial Intelligence, and Is It Friend or Foe?

*By: ChatGPT, an AI Chatbot,
and Wendy Smeltz, Center Manager*

Let's face it: the world is changing faster than you can say, "back in my day." Between smartphones, smart TVs, and now smart...everything, it's easy to feel like technology is one step ahead - and maybe running a marathon. One of the biggest buzzwords lately? Artificial Intelligence, or AI. But what exactly is it, and should we be excited - or worried?

Think of AI as a smart computer system that can "learn" from information. Instead of just doing what it's told, like your old calculator, AI can recognize patterns, make decisions, and even hold a conversation. It's kind of like a digital brain. Ever asked Alexa for the weather? Or had Netflix recommend a movie? That's AI at work.

The Perks of AI and Why It's Handy:

1. Health Care - AI can analyze scans, predict health risks, and support doctors in making diagnoses.
2. Daily Life - Smart assistants can remind you to take medicine, turn off the lights, or call your daughter.
3. Safety - Some smart devices can detect falls or alert someone if you're in danger. That's peace of mind for you and your family.

It's Not All Sunshine and Algorithms:

1. Privacy Issues - Information about your habits, voice, or even health could be stored. Always read the fine print.
2. Job Worries - AI taking over some jobs might not affect retirees directly, but it's a concern for younger folks.
3. Bias - AI learns from human input, so if it's trained on biased data, it can make unfair decisions.
4. Dependence - Relying on AI for everything can make us... rusty. It's like GPS - you forget how to read a map!

AI can be a helpful companion, a very smart assistant that never sleeps. But just like any tool - from a hammer



Bill Ludlow brought his Willie Nelson Tribute back to The Center, and it was a toe-tapping, hand-clapping, dancing-in-our-seats good time! A few of you were even lucky enough to catch a bandana!



The Open Link locations will be **CLOSED** Thursday, Nov. 27th and Friday, Nov. 28th. We will resume regular hours Monday, Dec. 1st.

HOURS OF OPERATION:

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

The main room is closed during scheduled activities.

See page 8 for Inclement Weather Procedures.

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!

Continued on page 6

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 November

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. ^ =Lower Level

New! MINDFUL MONDAYS^ • Mon., Nov. 3 and 17 - 9:00-10:00

Start your week grounded and focused. On the 1st and 3rd Monday of each month, we'll offer opportunities to make our mental health a priority. Activities will vary and may include videos of guided meditation, coloring for stress release, the act of being still while listening to soothing music with a cup of tea, and more. **No Cost/RSVP Req'd.**



CHAIR VOLLEYBALL • Tues., Nov. 4, 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 11/3.**

MEDICARE FRAUD PRESENTATION w/ CARIE • Wed., Nov. 5, 2025 - 12:45 PM

Special guest speaker Scott Kuhn. Find out what you can do to protect yourself. *CARIE: Center for Advocacy for the Rights and Interests of Elders.* **No Cost. RSVP by 11/4.**

TEA TIME • Thurs., Nov. 6, 2025 - 12:30 PM

Warm up with a cup of hot tea before you "Get Winter Ready" at 12:45. Assorted teas.



GET WINTER READY w/ MCOAS • Thurs., Nov. 6, 2025 - 12:45 PM

This presentation highlights the danger of cold temps on your body, cold weather tips, and how to maintain a healthy lifestyle all winter long. *Hosted by Montgomery County Office of Aging Services.* **No Cost. RSVP by 11/5.**



ORNAMENTS FOR THE CAPITOL • Fri., Nov. 7, 2025 - 1:00 PM

Every year, senior centers send ornaments to decorate the tree in the Capital Rotunda in Harrisburg. Help us send some holiday cheer from Upper Perk! **No Cost. RSVP by 11/6.**



STAMP COLLECTING^ • Mon., Nov. 10, 2025 - 10:00 AM

Show, share, and trade stamps. Second Monday of each month. **No RSVP Req'd.**



LIVESTREAM: VETERANS DAY CEREMONY^ • Tues., Nov. 11, 2025 - 11:00 AM

Watch the National Veterans Day Ceremony from Arlington National Cemetery's Memorial amphitheater, which includes a wreath-laying at the Tomb of the Unknown Soldier and remarks from dignitaries. **No Cost. RSVP by 11/10.**



VETERANS DAY DESSERT & OPERATION GRATITUDE • Tues., Nov. 11, 2025 - 12:30 PM

Write a heartfelt note to a service member to be sent through the *Operation Gratitude Program*. Cards can also be dropped off at The Center - pick up a copy of the *Letter Writing Guidelines*. **No Cost. RSVP by 11/10.**

CENTER ACTIVITIES in November

Continued on page 7

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WEDNESDAY WORKOUT w/ FARRYN • Wed., Nov. 12, 2025 - 12:45 PM

Monthly program with exercises you can easily incorporate into your everyday routine. All skill levels welcome! Farryn will help you adapt each exercise to fit your needs. Sponsored by Phoenix P/T - **No Cost. RSVP by 11/11.**

CARDIO DRUMMING w/ TRIBE NUTRITION* • Thurs., Nov. 13, 2025 -10:00 AM

Fun full-body workout! Music and movement using a ball, bucket, and drumsticks. **Donations encouraged. RSVP by 11/12.** *Space is limited. Sponsored by Tribe Nutrition, who offers a large variety of protein shakes and hosts fun and fitness events.

FOOD SAFETY FOR HEALTHY HOLIDAYS • Thurs., Nov. 13, 2025 - 12:45 PM

Learn about food storage temperatures, how to organize your refrigerator, and more. These tips are perfect for the holidays, and every day of the year! This discussion will be led by Center staff; materials provided by Teri Wassel, MCHD. **No Cost. RSVP by 11/12.**



TRIVIA TIME - FUN THANKSGIVING QUESTIONS • Fri., Nov. 14, 2025 - 1:00 PM

 From the food to the family time to football to floats at the Thanksgiving Day Parade - we have 50 fun questions ready! Take home a handout with all 50 questions to test your loved ones at Thanksgiving dinner! **Donations Welcome. RSVP by 11/13.**

VISIT w/ FIJI THE THERAPY DOG • Tues., Nov. 18, 2025 - 12:30 PM

Our monthly visit with Fiji, an official AKC Canine Good Citizen, and her owner, Monica. If you're an animal lover - stay for the movie at 12:45 PM! **No Cost. RSVP by 11/17.**



MOVIE MATINEE: DOG GONE • Tues., Nov. 18, 2025 - 12:45 PM

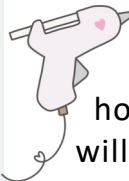
 An uplifting tale of the search for a lost dog that brings a family closer together. Popcorn and light refreshments available. **Donations welcome. RSVP by 11/17.**

SPECIAL LUNCH: ANNUAL FRIENDSGIVING MEAL • Wed., Nov. 19, 2025 - 12:00 PM

Friendsgiving is a blend of "friend" and "Thanksgiving". This gathering of friends is our version of a potluck: you provide the food, staff prepares the meal! **Menu:** Burgers, baked potato bar, dessert. **\$3. RSVP by 11/18.** A list of items needed is in the Sign-Up Book or send us an email. Deadline for items: Fri., 11/14. All food must be store-bought and pre-packed. Unfortunately, we are restricted from allowing homemade food due to Health Dept requirements.



CRAFT: UPCYCLED HOLIDAY BOOK TREE* • Thurs., Nov. 20, 2025 - 1:00 PM

 Did you know books are often difficult to recycle due to their binding? Learn how to turn a worn-out book into charming holiday decor. Supplies provided. There will be various ways to do this craft, choose easy to difficult! **\$3. RSVP by 11/19.**



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

NOVEMBER 2025



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

\$2 Sugg. Donation for 60+

Adults <60 = \$4.90

RSVP required **24 hours** in advance.

Sign up by 12:00 PM the weekday before.

Monday	Tuesday	Wednesday	Thursday	Friday
3 Baked Chicken w/ Buttered Parsley Potatoes Mixed Vegetables	4 Crabcake w/ Mac & Cheese Scalloped Tomatoes Broccoli 	5 Salisbury Steak Mashed Potatoes Peas	6 Sliced Turkey w/ Apple Glaze Traditional Stuffing Glazed Carrots	7 BBQ Pork Collard Greens Corn 
10 Grilled Chicken Parm w/ Rotini Sauteed Spinach w/ Diced Carrots	11 Cheeseburger Meatloaf Potato Wedges Green Beans	12 Brown Sugar Chicken Sweet Potatoes, Brussels Sprouts	13 Sliced Beef w/ Peppers Green Beans Brown Rice	14 Cheese Omelet w/ Peps & Onions Hashbrowns Pear Crisp
17 Beef Stew Potatoes Peas	18 Baked Fish w/ Lemon & Capers Brown Rice Green Beans	19  Special Lunch: Friendsgiving Burgers, Baked Potatoes (see pg. 3 of newsletter)	20 Lasagna Broccoli, Carrots, Cauliflower	21 Chicken Alfredo Spinach w/ Diced Carrots Penne Pasta
24  Lemon & Pepper Chicken Thighs Chateau Blend Cauliflower Brown Rice	25 Swedish Meatballs Peas & Carrots Wide Noodles	26 Thanksgiving Lunch: Roast Turkey w/ Cornbread Stuffing Mashed Sweet Potatoes, Green Beans Almondine Cranberry Sauce	27 CLOSED	28 CLOSED
 THANKSGIVING <i>from everyone at The Center</i>				

Menus created by a registered dietitian meet
 1/3 of the Recommended Dietary Allowances.

*Substitutions available upon request.
 A limited number of alternate meals are available.

Anonymous 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.



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.



November 2025

ACTIVITY CALENDAR

517 Jefferson St., East Greenville

Call/Text: 215.679.6550

Email: center@theopenlink.org

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

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

Activities are targeted to
adults aged 60+.

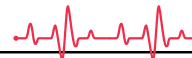
Many activities are open
to adults of all ages.

Monday	Tuesday	Wednesday	Thursday	Friday
3 9:00 Mindful Mondays [^] 9:00 Walkercise 10:00 WOW 12:00 Lunch 12:30 Activities 	4 10:15 Tai Chi 12:00 Lunch 12:30 Billiards [^] 1:00 Chair Volleyball 	5 9:00 Walkercise 10:00 WOW 10:00 Sew Many Projects [^] 12:00 Lunch 12:45 CARIE: Medicare Fraud Presentation	6 12:00 Lunch 12:30 Tea Time 12:45 Get Winter Ready w/ MCOAS 	7 9:00 Chair Yoga 10:15 Tai Chi 12:00 Lunch 12:30 Billiards [^] 1:00 Ornaments for the Capitol 
10 9:00 Walkercise 10:00 WOW 10:00 Stamp Collecting [^] 12:00 Lunch <i>No Afternoon Activities</i> 	11 10:15 Tai Chi 11:00 Livestream: Veterans Day Ceremony [^] 12:00 Lunch 12:30 Veterans Day Dessert 12:30 Billiards [^] 	12 9:00 Walkercise 10:00 WOW 10:00 Sew Many Projects [^] 12:00 Lunch 12:45 Wed. Workout w/ Farryn 	13 10:00 Cardio Drumming w/ Tribe Nutrition 12:00 Lunch 12:45 Food Safety for Healthy Holidays 	14 9:00 Chair Yoga 10:15 Tai Chi 12:00 Lunch 12:30 Billiards [^] 1:00 Trivia Time 
17 9:00 Mindful Mondays [^] 9:00 Walkercise 9:30 WOW 12:00 Lunch 12:30 Activities 	18 10:15 Tai Chi 12:00 Lunch 12:30 Billiards [^] 12:30 Visit w/ Fiji 12:45 Movie: Dog Gone 	19 9:00 Walkercise 10:00 WOW (LL) 10:00 Sew Many Projects [^] 12:00 Special Lunch: Annual Friendsgiving 	20 12:00 Lunch 1:00 Craft: Upcycled Holiday Book Tree [*] 	21 9:00 Thanksgiving Yoga [*] 10:15 Tai Chi 12:00 Lunch 12:30 Billiards [^] 1:00 Bingo 
24 9:00 Walkercise 10:00 Book Club [^] 10:00 WOW 12:00 Lunch 12:30 Activities 	25 10:15 Tai Chi 12:00 Lunch 12:30 Billiards [^] 12:45 Participant Meeting 	26 9:00 Walkercise 10:00 WOW 10:00 Sew Many Projects [^] 12:00 Thanksgiving Meal 1:00 Birthday Party 	27 CLOSÉD 28 CLOSÉD HAPPY Thanksgiving 	



Tech Support

Available by Appt. Get help with your phone, tablet, laptop, and more! Meet with one of our Volunteer Tech Coaches, Monica or Randy. Call, email, or see front desk.



Blood Pressure Checks

Most Thursdays.
approx. 12:00 PM,
courtesy of FAMily
Caregivers Network

[^] = Lower Level
(All other activities
held in the main
room/upstairs)

^{*} = Space is Limited

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.

to a hearing aid - it's important to understand how it works and use it wisely. So don't be afraid of AI. Get curious! You don't need to become a tech whiz, but a little knowledge goes a long way - and who knows? You might end up teaching the grandkids your favorite AI tricks.

Hello readers, Wendy here. Up until this point, this article was written *entirely* by AI, in response to these instructions to ChatGPT: "Write a 350-word informative-but-friendly and witty article about artificial intelligence, what it is, its pros and cons, and how it is both helpful and hurtful. The audience is older adults." I admit it gave a good explanation, as well as referenced items and phrases directed toward older adults. However, it lacks a personal perspective. It can't share memories, experiences, or opinions, because it doesn't have any! AI is no substitute for human interaction. Last month, Randy Bapst of Golden Tech Care and Center Volunteer Tech Coach presented AI 101 at The Center, where we were able to learn *and* connect with others. Something Randy showed us that ChatGPT conveniently left out is that AI can make mistakes. Some of you remember playing AI Pictionary recently, and a drawing with stripes, a stinger, and six legs that we recognized as a bee. AI's guess, a hot dog, got a lot of laughs!

ChatGPT's article also made no mention of AI's harmful impact on the environment, including high energy consumption for data centers, increased greenhouse gas emissions, substantial water usage for cooling centers, and a growing e-waste problem due to frequent upgrades to hardware used in data centers and server farms.

Concerns were disregarded by ChatGPT. Instead, it offered, "Don't be afraid of AI. Get curious!" I don't want you to be fearful, but I do implore you to be alert and aware. I do agree you *should* be curious. Ask questions and think critically. I personally find AI's language to be positive and cheerful, but also persuasive and perhaps even manipulative. Additionally, AI, with its ability to mimic human behavior, has become a powerful tool for scAMmers.

I did limit ChatGPT to only 350 words; with fewer restrictions, it may have elaborated on these issues. However, ChatGPT's services are provided "as is," as explained in the 3,335-word *Terms of Use* available for your reading pleasure at The Center, along with the 2,866-word *Privacy Policy*. I wonder if those were written by AI!



EXERCISE CLASSES AT THE CENTER

Be active, stay healthy, make connections!

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., 10:00–11:00 AM. Strength training for mid-life and older women. Follow along with videos or participant-led resistance training, 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 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 Yoga for Thanksgiving - Fri., Nov. 21!



- **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 November

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SPECIAL YOGA FOR THANKSGIVING • Fri., Nov. 21, 2025 - 9:00 AM

See page 7 for details about this weekly exercise class led by certified instructor, Sarah.



GRATITUDE BINGO • Fri., Nov. 21, 2025 - 1:00 PM

Doors open at 12:30 PM for light refreshments and fellowship. See the numbers on the screen. Donations of small, new items always welcome for prizes. **\$1. RSVP by 11/20.**

BOOK CLUB^ • Mon, Nov. 24, 2025 - 10:00 AM

North Water by *Ian McGuire*. A dark, sharp, highly original tale that grips like a thriller. A 19th century whaling ship sets sail for the Arctic with a killer aboard. **No Cost/RSVP Req'd.**



PARTICIPANT MEETING • Tues., Nov. 25, 2025 - 12:45 PM

Feedback and suggestions encouraged! Light Refreshments. **No Cost. RSVP By 11/24.**

THANKSGIVING LUNCH • Wed., Nov. 26, 2025 - 12:45 PM

Menu: Roast turkey with cornbread stuffing, mashed sweet potatoes, green beans almondine, cranberry sauce. Get a dessert to go - lunch is followed by the birthday party! **Community Lunch is a \$2 Suggested Donation for anyone 60+. RSVP 24 hrs in advance.**



BIRTHDAY PARTY • Wed., Nov. 26, 2025 - 1:00 PM



Is your birthday in November? We want to celebrate you! Everyone is welcome - honor special guests. We'll sing 'Happy Birthday,' enjoy cake, and play a fun activity. Anyone with a birthday this month receives a small gift. **No Cost. RSVP by 11/25.**



Stay tuned for the date and time for a Lower-Level Open House!



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!*



What group activity or hobby would you like to see on The Center's activity calendar? Let us know today or come to our Participant Meeting (see above!)



Fri., Dec. 5 • Cookies with the Choir - Upper Perk Uptones

Thurs., Dec 11 • Holiday Fun Trivia

Fri., Dec 12 • Carols and Cocoa with the Upper Perk BPW

Thurs., Dec 18 • Special Lunch: Breakfast for Lunch & Reindeer Games

December Closures: The Center will be closed Dec. 24, 25, and 26



EXTRA! EXTRA!

THE LIHEAP SEASON IS UNDERWAY



The Low-Income Home Energy Assistance Program helps families and individuals pay their heating bills. You do not need to have an unpaid heating bill, and you can either rent or own your home. Grants are available for heating bills and crisis situations, such as broken heating equipment or leaky lines. Cash grants, ranging from \$200 to \$1,000, are for households with incomes at or below 150% of the Federal Poverty Income Guidelines. The anticipated opening date for applications is Nov. 3, 2025. Income Guidelines for the 2025-26 Season and applications will soon be available at The Center, or apply online at www.compass.state.pa.us. Staff at The Open Link (TOL) is also available to help you apply!

FIRST MONDAY COMMUNITY MEAL

Monday, November 3 • 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

PROPERTY TAX/RENT REBATE PROGRAM

The filing deadline has been extended to Dec. 31, 2025! This program supports homeowners and renters across Pennsylvania, providing a rebate, ranging from \$380 to \$1,000 to eligible older adults and people with disabilities ages 18 and older. To qualify, your household income must be \$46,520 or less annually. Apply by mail, online through myPATH, or ask how TOL staff can help you apply.



CENTER UPDATES:

NEW CASE MANAGER

Please help us welcome to The Open Link's new Case Manager, Linda Thomas!



Linda will conduct client intakes, assist with benefit acquisition (Medicaid, LIHEAP, SNAP, etc.), crisis stabilization, case management of individuals experiencing homelessness, help identify appropriate resources for clients, and provide other support services to the Upper Perkiomen Valley Community. Linda works out of the Penn Street office in Pennsburg, but you may see her from time to time at The Center - be sure to say hello! If you or someone you know needs assistance with any of these services, please let us know.

INCLEMENT WEATHER POLICY

Can you believe it is already the time of year that we prepare for snow and ice? Get your snow boots and ice scrapers ready!

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

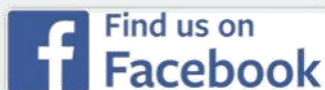
UPSD Buildings Closed = Center Closed
UPSD 2-hour Delay = Center opens at 10:00 AM

(The activity schedule would begin at 10:00 AM; anything before 10:00 AM would be cancelled.)

Virtual School Day = Buildings Closed = Center Closed

In the event of a closure or delay, you can always call for updates. Our phone greeting is updated for holidays and weather-related closures.

If The Center is closed, Meals on Wheels is not delivered. If there is a 2-hour delay, Meals on Wheels will be delivered, but may be delayed.



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