



*Enriching the Lives of Older Adults in Our Community*

## Celebrating 250 Years of America: Looking Back, Moving Forward

by Wendy Smeltz, Center Manager

As our nation celebrates the Semiquincentennial, we reflect on 250 years of history: challenges overcome, traditions preserved, and progress that has transformed everyday life. This milestone invites us to reflect on our own personal history and the story of The Center, as well as the friendships and memories made here.

You may have fond memories of America's Bicentennial in 1976. The parades, commemorative keepsakes, family gatherings, and an incredible sense of national pride filled communities. It was a time when people came together to celebrate not only our country's roots, but the bright promise of the future.

Around that same period, our senior center was beginning its own journey. In 1976, The Center was officially incorporated as a non-profit. To understand how it all began, it helps to look at the history of The Open Link, which you can read on page 6. While much of the nation was throwing a massive 200th birthday bash, the Valley community was quietly building a place of friendship, support, and belonging for so many.

They say a lady never shares her age, but in this case, it feels fitting to make an exception! I was born in 1976, just over a month after the 200th Independence Day celebration. Born in the spirit of '76, both this senior center and I have spent nearly 50 years growing alongside our community.

Just think about how much has changed since 1976. Rotary phones were the norm, televisions had only a handful of channels, and photos took days to develop. There were no smartphones, social media, or GPS maps guiding us along the way. Families connected differently, news traveled differently, and daily life moved at a gentler pace. Looking back reminds us how far we've come in technology, medicine, accessibility, and how we stay connected to one another.

As America celebrates 250 years, we have been given a special opportunity to reflect on our country's grand history and our own personal stories. The generations who lived through these decades carry memories and wisdom that no history book could ever capture. In many ways, we are living history. As we mark this historic milestone, may we take pride in how far we've come, cherish the memories that shaped us, and look to the future with hope. Just as generations before us built strong communities, may we continue to offer friendship, support, and a sense of belonging to one another at The Center, in the Upper Perkiomen Valley, and to our fellow Americans.

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*Happy Birthday, America!*



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 July

**RSVP 24 hours in advance** for most activities. Space may be limited.  
See details and suggested donation amounts below.

\* = Space is Limited  
^ = Lower Level  
\*Regular, Ongoing Activities Pg. 7

**USA's 250<sup>th</sup> BIRTHDAY CELEBRATION • Thurs., July 2, 2026 - Doors open at 11:30 AM**

**12:00 PM - SPECIAL LUNCH\***, \$3 - Join us for some classic American fare: Hot Dogs, Baked Beans, Cold Salads, a Patriotic Dessert, & More. Wear your red, white, and blue attire. Small prize awarded to the most patriotic outfit!



**12:30 PM - PATRIOTIC SINGALONG**, No Cost - Come sing along to a collection of songs that capture the spirit of our great country! Lyrics will be provided.



**CHAIR VOLLEYBALL w/ The Residence at Boyertown • Tues., July 7, 2026, - 1:00 PM, \$2.**

Serve, set, and spike from your seat on the first Tuesday of each month. Stay active and improve coordination while having fun with friends.

**SPECIAL READING & PLEDGE OF ALLEGIENCE • Wed., July 8, 2026 - 11:45 AM, No Cost.**

The first public reading of the Declaration of Independence took place at 12:00 PM on July 8, 1776 in Philadelphia, following the ringing of the bells. We will honor our country's anniversary with a special reading and reciting the Pledge of Allegiance before lunch.



**WORKOUT WEDNESDAY w/ Farryn • Wed., July 8, 2026 - 1:00 PM, No Cost.**

Hosted by **Phoenix Physical Therapy**. Easy exercises to incorporate into your everyday routine. All skill levels welcome! Farryn can help you adapt exercises to fit your needs.

**CARDIO DRUMMING w/ Tribe Nutrition\* • Thurs., July 9, 2026 - 10:00 AM, \$2.**

Fun full-body workout set to music we know and love, led by energetic instructor Janet.



**BABY GOAT VISIT w/ Screaming Goat Farm • Thurs., July 9, 2026 - 1:00 PM, No Cost.**

Meet and snuggle with baby goats born in June. These adorable babies will bounce their way right into your heart! *Donations accepted for Screaming Goat Farm.*

**TRIVIA: Test Your Red, White, and Blue IQ • Fri., July 10, 2026 - 1:00 PM, \$1.**

US history and Americana: objects, folklore, and traditions that are characteristic of the USA. Will your team pass the Citizenship Bonus Round? **The team wearing the most stars wins a prize!**



**STAMP COLLECTING^ • Mon., July 13, 2026 - 10:00 AM, No Cost. No RSVP Required.**

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

**TRAVELING EXHIBIT: Upper Hanover Township Building • Tues., July 14, 2026 - 1:00 PM, No Cost.**

Curated by the Schwenkfelder, this exhibit explores "Who lived in the Perkiomen Region in the 1700s?" Meet at the Upper Hanover Township Building, 1704 Pillsbury Road, East Greenville.

**LET'S TALK ABOUT IT: 1976 • Thurs., July 16, 2026 - 11:30 PM, No Cost.**

In 1976, America was celebrating its Bicentennial. What memories do you have from that celebration and from that time frame? **Bring any vintage items from the 70s era for a show and tell!**




**BUNCO • Thurs., July 16, 2026 - 12:45 PM, No Cost.**

Easy-to-play game based on luck, not strategy. Switch tables for a fun way to meet others!



**OUTING: CHRISTMAS IN JULY at UPV SHIPPING • Thurs., July 16 - 2:00 PM, No Cost.**

Tour the building and browse the General Store for local goods, American classics, handmade... 


# CENTER ACTIVITIES in July

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(from page 2)...crafts, and unique gifts. **Free Sample Thursday** - try their Peppermint Mocha! **The Marketplace at The Square** is "Pennsburg's best kept secret," located at the Old Farmer's Bank, offering a UPS drop-off, faxing, custom engraving, greeting cards, and more! Meet at UPV Shipping, **405 Main Street, Pennsburg**. Car pooling is encouraged.



 **BINGO • Fri., July 17, 2026 - 1:00 PM, \$1.** Doors open at 12:30 PM for light refreshments. \$1 to play the whole time. Small prizes, big fun!

**POP-UP FARMERS MARKET VOUCHER DISTRIBUTION w/ SHARE • Tues., July 21 - 1:00-3:00 PM** Eligible seniors (see qualifications on page 8) will receive their vouchers, distributed by **SHARE Food Program**, and even have an opportunity to shop on the spot with **Max the Mobile Farmer!**




 **SWEATIN' TO THE OLDIES • Tues., July 21 -12:45 PM, Donations Encouraged.** The positivity, entertainment, and nostalgia of Richard Simmons is perfect for all abilities!

**OUTING: Schwenkfelder Library and Heritage Center • Wed., July 22 - 2:00 PM, No Cost.** This visit includes three **USA 250 exhibits: Stories of the Revolution in the Perkiomen Region, Revolutionary Fraktur**, a selection of manuscript folk art from 1763-1787, and **Southeastern PA Longrifles**. Meet at the museum: 105 Seminary Street, Pennsburg.

**SUNSET SKYZ MUSIC DUO\* • Thurs., July 23 - 1:00 PM, Donations for the Band.** Husband-and-wife duo Michael and Tina will perform your favorite classic rock, pop, and country classics from the 50s-70s. Space is limited. This will be a popular event, so sign up now! Michael and Tina are kindly sharing their time and talent to perform at The Center. **If you are able, a contribution to support them is sincerely appreciated.**




 **LIFE vs. STUFF: Downsizing w/ Karen Fretz • Fri., July 24 - 12:45 PM, No Cost.** Karen, owner of A Thoughtful Transition LLC, who you may have met at a recent visit, will share tips to help navigate the emotional and logistical aspects of downsizing and relocation.

**BOOK CLUB^ • Mon., July 27 - 10:00 AM, No Cost.** (Books available to borrow; due 7/27) **The Searcher** by Tana French follows Cal Hooper, a retired Chicago detective who moves to a remote Irish village to escape his past, but is pulled into a dangerous web of secrets.



**WELCOME TO THE CENTER • Tues., July 28 - 2:00 PM, No Cost.** Tour The Center, meet staff, ask questions. New visitors and participants receive a welcome bag!

 **BIRTHDAY PARTY • Wed., July 29 - 12:45 PM, Donations Encouraged.** Is your birthday in July? We want to celebrate you! Everyone is welcome to help us honor guests with a July birthday! Enjoy cake and a fun activity.

**ICE CREAM SOCIAL & SHOE DRIVE FUNDRAISER\* • Thurs., July 30 - 1:00 PM, \$2.** This annual event provides an afternoon of laughter and good company. **Receive a raffle ticket for every pair of new or gently worn shoes you bring for the Shoe Drive Fundraiser** (details on page 8). Win an Ice Cream Gift Basket or a gift certificate to a local ice cream shop. Donations will also be accepted for the fundraiser if you would like to contribute, but aren't bringing shoes.





517 Jefferson St., East Greenville

Call/Text: 215-679-6550

**\$2 Suggested, Anonymous Donation for Ages 60+**

Adults <60 = \$5.09

# JULY


## 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>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 <b>Chicken Cordon Bleu</b> Rosemary Roasted Red Bliss Potatoes Brussels Sprouts</p>	<p>2 <b>USA's 250<sup>th</sup> Birthday Celebration</b> <b>Special Lunch:</b> Hot Dogs, Baked Beans, Cold Salads, Dessert</p>	<p>3 <b>Center CLOSED</b> <b>HAPPY 4<sup>th</sup> of July</b></p>
<p>6 <b>Crabcake</b> w/ Mac &amp; Cheese Stewed Tomatoes Spinach w/ Carrots</p>	<p>7 <b>Lemon-Caper Chicken Piccata</b> Confetti Brown Rice Honey Glazed Beets</p>	<p>8 <b>Country Beef Ragout</b> Buttered Egg Noodles Peas &amp; Carrots (*Lunch will be delayed as we honor our country at 12:00 pm. Details on pg. 2.)</p>	<p>9 <b>Shrimp Scampi</b> Penne Pasta Broccoli &amp; Carrots Mixed Veggies</p>	<p>10 <b>Eggplant Parmesan</b> Rotini Pasta w/ Sauce Brussels Sprouts</p>
<p>13 <b>Turkey w/ Citrus Thyme Gravy</b> Mashed Potatoes Green Beans</p>	<p>14 <b>Philly Cheeseburger</b> Provolone, Peppers, &amp; Onions Potatoes Green Beans</p>	<p>15 <b>Tuscan Scrambled Egg</b> w/ Sundried Tomatoes, Mozzarella &amp; Spinach Herb Roasted Potatoes Zucchini, Corn, &amp; Onions</p>	<p>16 <b>Ricotta Ravioli</b> w/ Roasted Red Pepper Sauce Spinach w/ Diced Carrots Warm Apples</p>	<p>17 <b>Grilled Chicken &amp; Bacon Rotini Mac &amp; Cheese</b> Stewed Tomatoes Green Beans</p>
<p>20 <b>Roast Beef</b> w/ Mushroom Gravy Roasted Potatoes Broccoli, Cauliflower, &amp; Carrots</p>	<p>21 <b>Sweet &amp; Sour Chicken</b> Brown Rice Oriental Blend Veggies</p>	<p>22 <b>Roast Pork Loin</b> w/ French Onion Gravy Roasted Potatoes Green Beans</p>	<p>23 <b>Sweet Tomato Glazed Meatloaf</b> Mashed Potatoes Peas</p>	<p>24 <b>Turkey Alfredo</b> w/ Wide Noodles Mixed Veggies Warm Spiced Pears</p>
<p>27 <b>Crispy Cheese &amp; Potato Crusted Cod</b> Sweet Potato Cubes Island Blend Veggies</p>	<p>28 <b>Cheese Lasagna</b> Garlic Spinach w/ Carrots Corn &amp; Zucchini</p>	<p>29 <b>Orange Glazed Chicken</b> Roasted Potatoes Brussels Sprouts</p>	<p>30 <b>Salisbury Steak</b> Green Beans Whipped Potatoes</p>	<p>31 <b>Crabcake</b> w/ Mac &amp; Cheese Scalloped Tomatoes Broccoli, Carrots, &amp; Cauliflower</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 and donations benefit The Center.

\*Menu Subject to Change

*Come for the meal. Stay for friends and fellowship.*

Monday	Tuesday	Wednesday	Thursday	Friday
 <b>Community Lunch</b> Mon-Fri, 12:00 PM Doors open at 11:30 AM for <i>Coffee &amp; Connections</i>	 <b>Tech Support Available!</b>  See the <b>Community Outings Book</b> at The Center!	1 9:00 Walkercise 9:30 <b>Wednesday Walks</b> 9:45 Zumba 10:00 Sew Many Projects^	2 10:00 Joints in Motion^ <b>USA's 250th Birthday</b> 12:00 <b>Special Lunch*</b> 12:30 <b>Patriotic Singalong</b> 12:30 Games & Gather	3 <b>Center Closed</b> 
6 9:00 Walkercise 9:30 <b>Mindful Monday</b> ^ 9:45 WOW 12:30 Mahjong^	 7 10:15 Tai Chi 12:30 Billiards^ 1:00 <b>Chair Volleyball</b> 	 8 9:00 Walkercise 9:30 <b>Wednesday Walks</b> 9:45 Zumba 10:00 Sew Many Projects^ 11:45 <b>Reading &amp; Pledge</b> 1:00 <b>Workout Wednesday</b>	 9 10:00 Joints In Motion^ 10:00 <b>Cardio Drumming*</b> 12:30 Game & Gather^ 1:00 <b>Baby Goat Visit w/ Screaming Goat Farm</b>	10 9:00 Coffee Bar^ 9:00 Chair Yoga 10:15 Tai Chi 12:30 Billiards^ 1:00 <b>Trivia: Test Your Red White &amp; Blue IQ</b>
13 9:00 Walkercise 10:00 <b>Stamp Collecting</b> ^ 9:45 WOW 	14 10:15 Tai Chi 12:30-1:30 Billiards^ 1:00 <b>Traveling Perkiomen Region Exhibit</b>	 15 9:00 Walkercise 9:30 <b>Wednesday Walks</b> 9:45 Zumba 10:00 Sew Many Projects^	 16 10:00 Joints in Motion^ 12:30 Game & Gather^ 11:30 <b>Let's Talk About It: 1976</b> 12:45 <b>Bunco</b> 2:00 <b>X-mas in July Outing</b>	17 9:00 Coffee Bar^ 9:00 Chair Yoga 10:15 Tai Chi 12:30 Billiards^ 1:00 <b>Bingo</b> 
20 9:00 Walkercise 9:30 <b>Mindful Monday</b> ^ 9:45 WOW 12:30 Mahjong^ 	21 10:15 Tai Chi 12:30 Billiards^ 1:00-3:00 <b>Farm Vouchers: Pop-Up Distribution</b> 	22 9:00 Walkercise 9:30 <b>Wednesday Walks</b> 9:45 Zumba 10:00 Sew Many Projects^ 12:45 <b>Sweatin' to the Oldies</b> 2:00 <b>Outing: USA 250</b>	23 10:00 Joints In Motion^ 12:45 Game & Gather^ 1:00 <b>Sunset Skyz Music Duo*</b> 	24 9:00 Coffee Bar^ 9:00 Chair Yoga 10:15 Tai Chi 12:30 Billiards^ 12:45 <b>Life vs. Stuff: Downsizing</b> 
27 9:00 Walkercise 9:45 WOW 10:00 <b>Book Club</b> ^ 12:30 Mahjong^ 	28 10:15 Tai Chi 12:30 Billiards^ 2:00 <b>Welcome to The Center</b>	 29 9:00 Walkercise 9:30 <b>Wednesday Walks</b> 9:45 Zumba 10:00 Sew Many Projects^ 12:45 <b>Birthday Party</b>	30 10:00 Joints in Motion^ 1:00 <b>Ice Cream Social &amp; Fundraiser: Shoe Drive*</b> 	31 9:00 Coffee Bar^ 9:00 Chair Yoga 10:15 Tai Chi 12:30 Billiards^ 

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

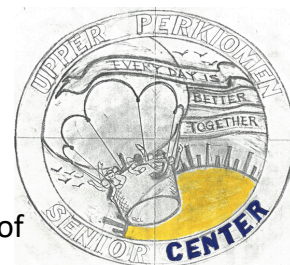
**HISTORY OF THE OPEN LINK** - In 2013, the Upper Perkiomen Senior Center (UPSC) was linked with The Open Line (TOL) to create The Open Link. However, our history goes back much further than the 2000s. The Upper Perkiomen Senior Center (The Center) was established in 1972 by the local Upper Perkiomen Valley Community Council (UPVCC) and the Upper Perk Ministerium to meet the needs of Valley seniors. It initially started as an idea in 1969, and in 1971, a few seniors were meeting informally. A singing group even



The UPSC and TOL sharing a parade float in the 1980s.

formed! A home was found in 1972 at the Church of the Nazarene at 5<sup>th</sup> and Penn Streets in Pennsburg, which became the Unami Friends Meeting House in 1974. The Center continued to share the building and was open one day per week. In June 1976, The Center was officially incorporated as a nonprofit. In 1980, it moved to its current location, formerly an Assemblies of God Church. The Center added the Meals on Wheels program in 1990. Read more about the origins of The Open Line and see photos from over the years on display at The Center throughout July!

*A sketch of what would become the UPSC logo.*



## EXERCISE CLASSES



*Be Active, Stay Healthy, Make Connections!*



Register for each class once, then come as your schedule allows.

\$2 anonymous suggested donation per class. Your first class is always free!

**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.

**UPDATE** **Wednesday Walks w/ Wendy** - Wed., 9:30 AM, Camelot Park. Enjoy a 1-mile loop in the sun and fresh air. Other distances welcome! Build a healthy habit with accountability buddies. Meet at the middle of the park's upper parking lot. **No Cost.** ☀️ **New time! Beat the summer heat!**

**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.

**NEW!** **Joints in Motion^** - Thur., 10:00 AM. Low-impact exercises. Reduce joint pain, improve range of motion and endurance. Class will follow videos created by the Arthritis Foundation.

**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.
- **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 - Details can be found on pages 2 and 3.

# ONGOING ACTIVITIES in July

\* = Space is Limited

^ = Lower Level

RSVP: Sign up in the Big Room, call/text 215.679.6550, or email center@theopenlink.org. Donations are 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 front desk so we can match you up with a tech coach to fit your needs.



No RSVP is required for these activities and drop-ins are welcome. However, programming can be affected by other Center activities and agency meetings. Please check the calendar on page 5 or call ahead to see if an activity is being held.



**MINDFUL MONDAYS^** • 1st & 3rd Monday, 9:30 AM. Start your week grounded and focused. Varied activities include meditation, breathing exercises, and more.

**MAHJONG^** • Most 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-3:00 PM. Quilters, scrapbookers, crocheters, and other handiworkers 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!

**GAME & GATHER^** • Thursdays, 12:30 PM - 4:00 PM. Join friends in the Gathering Place for friendly competition! Card tables are set up for a game of your choice: cards, dominoes, or board games. The coffee bar and Cozy Corner are also available during this time.



**COFFEE BAR^** • Open Fridays, 9:00 AM to 12:00 PM. The Center is bustling with activity on Fridays with well-attended exercise classes, higher lunch attendance, and popular afternoon programs. Stop in for a cup of joe before or after an activity or use the space to gather with friends when the Big Room is closed for other activities.



**Mahjong for Beginners** • Tues., Aug. 4 & 11

**Chair Volleyball w/ Finland Mennonite Church Teen Volunteers** • Tues., Aug. 4

**National Root Beer Float Day w/ TCAFCU** • Thurs., Aug. 6

**Growing Old Is NOT for Sissies** • Tues., Aug. 11

SAVE  
-THE-  
DATE-

Hosted by Gerhart, Hartman & Ritner; including experts in insurance, Medicare, real estate, elder law, funeral planning, and aging resources



**Painting & Soap Demo w/ Screaming Goat Farm** • Wed., Aug. 19

**Special Lunch: Picnic at Camelot Park** • Thurs., Aug. 27

## EXTRA! EXTRA!



### DONATE YOUR NEW AND GENTLY USED SHOES!

Have you seen the collection box in The Center's lobby? Donated new and gently used shoes benefit The Open Link's Summer Kids Meal Program (SKMP). This program provides up to 8 free meals a week for all Valley kids 18 and under throughout the summer. SKMP, which began in 2017, outgrew the space at The Open Link's Penn Street office, so this year it is being facilitated out of Pennsburg U.C.C. This fundraiser supports renovations that make this program possible!

The Center is just one of several collection sites in the community, including The Open Link's Penn Street office, Pennsburg U.C.C., Tribe Nutrition, and Falk Funeral Homes, all in Pennsburg.

Shoes are being collected in bags of 25 pairs. The goal is to collect 100 bags, which will raise \$1,000! Read about the Ice Cream Social on page 3 to find out how your shoes could make you a winner!

## FIRST MONDAY COMMUNITY MEAL

Monday, July 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

### CONNECT WITH OTHER CENTER PARTICIPANTS

Have you joined our Facebook group? Find out about upcoming Center activities, see photos from activities, and connect with others!



Open your phone's camera, point it at the QR code, and tap the link that pops up on your screen! You do not need to take a picture or download any apps.

**Check out the Community Events Book** at The Center to find out about things happening in the Upper Perkiomen Valley and beyond. Find out who else may be interested in an event and plan a day out with friends, or meet someone new!



### SENIOR FARMERS MARKET VOUCHERS - Eligible seniors receive \$25 in vouchers!

SFMNP provides eligible seniors with vouchers to purchase locally grown fruits, vegetables, and herbs at authorized farmers' markets and produce stands. This year, the SHARE Food Program is distributing vouchers by mail and at pop-up events across Montgomery County.

**Get Vouchers - and shop - on the Spot!** Attend a **Pop-Up Distribution at The Center** with representatives from SHARE Food Program on **Tuesday, July 21, from 1:00-3:00 PM**. You'll even have an opportunity to shop for produce with **Max the Mobile Farmer**.

**How to Qualify:** Seniors must be 60 years of age or older by the end of the 2026 calendar year, be residents of Montgomery County (ask us for a referral if you're in another county), and meet income requirements: 1 person-\$29,526, 2 people-\$40,034, each additional person-\$10,508.

**Not Able to Attend the Pop-Up?** Pick up an application at The Center, and mail completed forms to SHARE. To have an application mailed to you, **contact SHARE Food Program**. Call their Montco team at 215-223-2220, ext. 138, or email [infomhs@sharefoodprogram.org](mailto:infomhs@sharefoodprogram.org). Information on how to submit your application by mail or email will be on the form. Vouchers will be mailed to you by SHARE Food Program. Please contact The Center with any questions: 215-679-6550.



[www.facebook.com/groups/centerattheopenlink.org](http://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.*



Office of Aging Services