



THE CENTER
at
THE OPEN LINK



Enriching the Lives of Older Adults in our Community

January 2025 Newsletter

Embracing Winter

By Wendy Smeltz, Center Manager

As winter blankets our neighborhoods in frost and we wonder when we will see the first substantial snowfall, it's common for many of us to feel the urge to hibernate indoors, wrapped in blankets with a warm drink in hand. For older adults, the temptation to stay home can be heightened due to the cold weather and shorter days, which can lead to feelings of isolation and sadness. It's crucial during these chilly months to combat those feelings, stay active, and maintain connections.

Have you heard of Seasonal Affective Disorder (SAD)? This is a type of depression that is related to the changes in seasons and begins and ends around the same time every year. SAD also goes by the name "winter depression" because symptoms are usually more apparent and more severe during the winter. With fewer daylight hours, our brains can undergo a chemical change; changes in light exposure can significantly impact the body's circadian rhythm, or internal clock. This can result in fatigue, tiredness, sleep problems, changes in appetite, irritability, and even physical aches.

It's during these winter months that staying healthy and active, physically, emotionally, and socially, is so important since it helps fight the winter blues or SAD. Engaging with others not only provides much-needed interaction but also creates opportunities for physical activity, creativity and fun.

Here at The Center, we strive to offer a variety of programs that meet many interests and abilities, making it easy to find something that's designed for seniors. The Center is a vibrant place where you can learn something new while staying active. Participating in these activities

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December was filled with holiday festivities - one our favorites was a special performance by RENT, Rich, Beth, Nick, and Tom, at our monthly birthday party on Dec. 18.

Holiday Hours
Wednesday, Jan. 1 - CLOSED
Happy New Year!
Monday, Jan. 20 - CLOSED
In honor of MLK, Jr. Day

Hours of Operation:
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.



The main office in Pennsburg provides community services to meet critical needs of individuals and families.

SPECIAL ACTIVITIES in January See pg. 7 for monthly activities

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.

RESOLUTIONS & DESSERT • Thurs., Jan. 2, 2025 - 12:30 pm

Sharing resolutions helps you stay motivated to achieve goals! Friends can offer support - or find someone with a similar resolution so you can motivate each other! Don't believe in making New Year's resolutions? Come share your reasons why! **Donations Welcome. RVSP encouraged.** *RVSP separately for our first Community Lunch of 2025, served at 12 pm.*



VISIT with FIJI THE THERAPY DOG • Thurs., Jan. 9, 2025 - 12:45 pm



Fiji, an official AKC Canine Good Citizen, will be here to show off her tricks and to share some warm and furry affection. Her owner Monica can answer questions about therapy dog training. You will be amazed by Fiji's ability to respond to commands, and her sweet disposition! **No Cost. RSVP not needed.**

FIRESIDE CHATS • Tues., Jan. 14, 2025 - 1:00 pm

Last month's Fireside Chat was shared discussion about holiday memories and traditions. We had such a wonderful time, let's continue it in the new year! January's chat: **Embracing Winter.** Share your favorite parts of winter and your woes, plus memories of sledding, ice skating, building snow forts, and more! **No Cost. RSVP encouraged.**



CRAFT: BUTTON ART • Wed., Jan. 15, 2025 - 1:00 pm

Using a canvas, buttons, and optional paint, create a wintry scene or another of our examples, including hearts, animals, starfish, and more, or your own creation. Supplies included. **\$2 suggested donation. RSVP by Mon., 1/13.**

MARTIN LUTHER KING, JR. DAY PEACE PROJECT • Tues., Jan 21, 2025 - 12:45 pm

Create paper doves to bring a message of love to The Center, your homes, or to gift to others. **Donations welcome. RSVP not required.** *Peace is not merely a distant goal we seek, but that it is a means by which we arrive at that goal. -MLK, Jr.*



When attending an activity, please consider also signing up for lunch at 12 pm. 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 Aging Services (MCOAS). Lunch is no cost for anyone 60 and over. Anonymous donations are encouraged but not required, and benefit MCOSS to help support programming for seniors, such as congregate lunch at The Center. (For anyone under 60, Community Lunch is \$4.83 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.



SPECIAL ACTIVITIES in January See pg. 7 for monthly activities

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.

SCHERENSCHNITTE DEMO w/ THE SCHWENKFELDER • Wed., Jan 22 - 1:00 pm

Meredith Reinhart, Education & Outreach Coordinator, will teach us about the intricate art of paper cutting. You can even try your hand at some simpler designs! Meredith is also bringing back a favorite activity: **“WHAT IS IT?”** She brings artifacts to display and pass around, and we guess what the items are! **No Cost. RSVP Encouraged.** This library and heritage center is dedicated to preserving and interpreting the history of the Schwenkfelders.



EXERCISE & BALANCE w/ PHOENIX P/T • Thurs., Jan. 23, 2025 - 1:00 pm

Come join us for an afternoon of fitness and fun! Farryn from Phoenix Physical Therapy will lead this exercise and balance class followed by light refreshments and an opportunity to ask questions. Great for all levels, can be done sitting or standing. **No cost. RSVP encouraged.**



Phoenix P/T helps patients recover, recharge, and rise, whether it's to treat an injury, recover from illness, or recuperate from surgery. They develop customized plans for each patient.

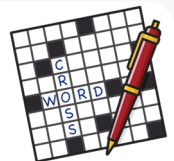
LEGO BUILDING • Tues., Jan. 28, 2025 - 12:45 pm



Let your creativity flow! For more than 70 years children and adults around the world have been building with Legos. Legos have come a long way since they were first introduced. Come see some examples of current sets. We can't wait to see what you will build on International Lego Day! **Donations welcome, RSVP encouraged.**

PUZZLE TIME & PUZZLE SWAP • Thurs., Jan 30, 2025 - 12:45 pm

Did you know puzzles can improve memory, lower stress and improve your mood? Come celebrate National Puzzle Day and challenge yourself with a selection of puzzles: crossword, jigsaw, Sudoku, and more! **Optional: Puzzle Swap** - Bring a jigsaw puzzle you've completed and pick one up to take home. The Center's selection of puzzles is also always available to borrow! **Donations welcome. RSVP encouraged.**



HOT COCOA BAR • Fri., Jan. 31, 2025 - 10:00 am to 2:00 pm

We never need an excuse to enjoy hot chocolate but we have one this month! On this date every year, *National Hot Chocolate Day* is observed. While you're at The Center for an activity, get a cup of hot chocolate with your choice of toppings, or stop by just to get a cup and say hello! **Donations welcome. RSVP not needed.**





517 Jefferson St., East Greenville
The Center: 215.679.6550

RSVP by 11:00 am
(earlier for special events)

JANUARY

M E N U



Mon-Fri, Served at 12 pm
RSVP by 11 am, Doors open 11:30

Monday	Tuesday	Wednesday	Thursday	Friday
<p>No cost for adults 60 & over, contributions are encouraged but not required. (Under 60=\$4.85 or see staff)</p> <p>Tasty and nutritious meal, side items, bread, 1% milk, coffee, tea</p>		<p>1</p>	<p>2</p> <p>Southwest Chicken Thigh Salsa Rice w/ Black Beans, Corn w/ Peppers 12:30 Dessert</p>	<p>3</p> <p>Sliced Turkey w/ Gravy & Onions Whipped Sweet Potatoes Brussels Sprouts</p>
<p>6</p> <p>Stuffed Chicken Breast w/ Gravy Garlic Mashed Potatoes String Beans Sweet Dessert</p>	<p>7</p> <p>Salsa Chicken Brown Rice Corn & Red Peppers</p>	<p>8</p> <p>Manicotti w/ Meat Sauce Broccoli Warm Pears w/ Oat Topping</p>	<p>9</p> <p>Baked Chicken w/ Chicken Gravy Traditional Stuffing Carrots & Peas</p>	<p>10</p> <p>Pepper & Onion Cheese Omelet Cran-Apple Compote Hash Browns</p>
<p>13</p> <p>Penne Pasta w/ Meatballs Broccoli Carrots</p>	<p>14</p> <p>Chicken BBQ Mixed Veggies Baked Beans</p>	<p>15</p> <p>French Onion Meatloaf Green Beans Mashed Potatoes</p>	<p>16</p> <p>Rosemary Roasted Turkey w/ Light Gravy Brussels Sprouts Corn Bread Stuffing</p>	<p>17</p> <p>Cheesy Omelet Sauteed Spinach & Carrots Warm Apples</p>
<p>20</p>	<p>21</p> <p>Chicken Marsala Buttery Herb Red Skinned Potatoes Green Beans</p>	<p>22</p> <p>Mild Chicken & Vegetable Curry Peas Brown Rice</p>	<p>23</p> <p>Sliced Beef Merlot Whipped Sweet Potatoes Roasted Beets</p>	<p>24</p> <p>Crab Cake w/ Mac & Cheese Stewed Tomatoes Broccoli & Cauliflower</p>
<p>27</p> <p>Asian Garlic Chicken Fried Brown Rice Stir Fry Veggies</p>	<p>28</p> <p>Baked Ziti Brussels Sprouts Spiced Peaches</p>	<p>29</p> <p>Maple Glazed Chicken Sugar Snap Peas Mashed Sweet Potatoes</p>	<p>30</p> <p>Italian Pulled Pork Mashed Potatoes Mixed Veggies</p>	<p>31</p> <p>Rice & Spinach Stuffed Fish w/ Dill Sauce Broccoli Herb Couscous</p>

Come for the meal. Stay for friends and fellowship.

Lunch donations benefit Montgomery County Office of Aging Services (MCOAS). See page 2 for details.



ACTIVITY CALENDAR

Check newsletter for RSVP dates and details.

Monday	Tuesday	Wednesday	Thursday	Friday
 Blood Pressure Checks Most Thursdays, approx. 12 pm, courtesy of <i>Family Caregivers Network</i>	Tech Support By Appointment 	1 	2 12:00 Community Lunch 12:30 Resolutions & Dessert 	3 9:00 Chair Yoga for the New Year 10:15 Tai Chi 12:00 Community Lunch 12:30 Billiards (LL)
6 9:00 Walkercise 10:00 WOW 12:00 Community Lunch 12:30 Afternoon Activities	7 10:15 Tai Chi 12:00 Community Lunch 12:30 Billiards (LL) 	8 9:00 Walkercise 10:00 WOW 10:00 Quilters (LL) 12:00 Community Lunch	9 12:00 Community Lunch 12:45 Visit with Fiji the Therapy Dog 	10 9:00 Chair Yoga 10:15 Tai Chi 12:00 Community Lunch 12:30 Billiards (LL) 1:00 Trivia Time
13 9:00 Walkercise 10:00 WOW 10:00 Stamp Club (LL) 12:00 Community Lunch No Afternoon Activities	14 10:15 Tai Chi 12:00 Community Lunch 12:30 Billiards (LL) 1:00 Fireside Chats: Embracing Winter	15 9:00 Walkercise 10:00 WOW 10:00 Quilters (LL) 12:00 Community Lunch 1:00 Craft: Button Art	16 10:00 Cardio Drumming w/ Tribe Nutrition* 12:00 Community Lunch 	17 9:00 Chair Yoga 10:15 Tai Chi 12:00 Community Lunch 12:30 Billiards (LL) 1:00 Bingo & Re-Gift Exchange Game
20 MARTIN LUTHER KING DAY	21 10:15 Tai Chi 12:00 Community Lunch 12:30 Billiards (LL) 12:45 Peace Project *also available all day	22 9:00 Walkercise 10:00 WOW 10:00 Quilters (LL) 12:00 Community Lunch 1:00 Scherenschnitte w/ The Schwenkfelder	23 12:00 Community Lunch 1:00 Exercise & Balance w/ Phoenix P/T 	24 9:00 Chair Yoga 10:15 Tai Chi 12:00 Community Lunch 12:30 Billiards (LL)
27 9:00 Walkercise 10:00 WOW 10:00 Book Club 12:00 Community Lunch 12:30 Afternoon Activities	28 10:15 Tai Chi 12:00 Community Lunch 12:30 Billiards (LL) 12:45 Lego Building 	29 9:00 Walkercise 10:00 WOW 10:00 Quilters (LL) 12:00 Community Lunch 12:30 Birthday Party	30 12:00 Community Lunch 12:45 Puzzle Time & Puzzle Swap 	31 9:00 Chair Yoga 10:15 Tai Chi 12:00 Community Lunch 12:30 Billiards 10:00-2:00 Hot Cocoa Bar

* Attendance requirements. Please refer to the newsletter for RSVP details. Programming in main room unless otherwise specified. LL=Lower Level

can help alleviate the physical symptoms of winter depression, helping to boost energy levels and improve mood.

This month, we have many opportunities to stay active and uplift your spirits. Look forward to a special visit with Fiji, the therapy dog. Get creative at a Scherenschnitte demo hosted by The Schwenkfelder (read page 3 to find out what that is) and a button art craft. Stay active with an exercise and balance class with Phoenix P/T. Challenge yourself with Lego building and puzzles. Spread peace with a Martin Luther King, Jr. Day Peace Project. We will hold our second Fireside Chat; the topic will be “Embracing Winter” - share about the joys and woes of the season. The last day of January is something that will surely warm your bellies and your hearts. Make sure to stop by our Hot Cocoa Bar!

Spending time at The Center is a chance to spend time with others, connecting with peers who understand and share similar experiences. It’s all too easy to feel isolated when you’re inside your home for long stretches during the winter season. Whether you engage in lively discussions, play games, or join group activities, the camaraderie that develops can provide comfort and companionship that are essential during the colder months.

The Center is a place where conversation and laughter thrive, which can be a welcome reprieve from the dreary winter days. As the temperature drops, we know there will be days some of us just don’t want to go outside and sometimes, staying at home is the safer choice, where one doesn’t have to worry about slips and falls on ice. But we do hope you’ll step outside your home often this winter and visit our Center! Embrace the winter months by discovering the activities and friendships waiting at The Center, and give yourself the best chance to keep winter blues at bay. Your mind and body will thank you!

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.

Friday, January 3th Sarah will host Chair Yoga for the New Year!

See page 7 for monthly Cardio Drumming class hosted by Tribe Nutrition.

Classes targeted for ages 60+. Open to ALL ages!

\$2 Suggested Donation per Class.

Your first class is always free!



ONGOING MONTHLY ACTIVITIES for January

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.

TRIVIA TIME • Fri, Jan. 10, 2025 - 1:00 pm

Theme: *As Time Goes By*. Question topics include history, science, pop culture, and more! Join a team and come up with answers together. **No Cost. RSVP encouraged.**



STAMP CLUB • Mon., Jan. 13, 2025 - 10:00 am (held in the Lower Level)

Stamp collectors meet the second Monday of each month to show, share, and trade stamps.

CARDIO DRUMMING w/ Tribe Nutrition • Thurs., Jan 16, 2025 - 10:00 am

Fun full body workout that combines music and movement using a fitness ball, bucket, and drumsticks (provided by The Center or bring your own). Can be done standing or sitting.

Donations encouraged. RSVP required by 1/15. *Space is limited.



BINGO & RE-GIFT EXCHANGE GAME • Fri, Jan. 17, 2025 - 1:00 pm



Did you receive Christmas gifts you won't use or have nice items that you don't need? Bring them wrapped for a fun White Elephant Re-Gift Exchange! Doors open at 12:30 pm. Light refreshments. **\$1 to play the whole time. RSVP encouraged.**

BOOK CLUB • Mon., Jan 27, 2025 - 10:00 am



News of the World by Paulette Jiles: Captain Kidd, an elderly Civil War veteran, transports Johanna, a young captive of the Kiowa tribe, back to her family in San Antonio. Joanna has mostly forgotten her white heritage and speaks little English. The two navigate dangerous terrain and forge an unlikely bond.. **No Cost. RSVP not required. Books available at The Center.**

BIRTHDAY PARTY • Wed, Jan. 29, 2025 - 12:30 pm



Everyone is invited for cake and fun activities. Help us sing Happy Birthday to our friends with January birthdays! **No Cost. RSVP encouraged by 1/28.** (Sign up for Lunch separately. Menu: Maple Glazed Chicken, Mashed Sweet Potatoes, Sugar Snap Peas)



NO NO
RIGHT

Can you solve these
brain teasers?

PAwalkRK

**blood
water**

read

CENTER UPDATES:

TECH SUPPORT

Did you receive a new technology gift for the holidays? We can help you with your smartphone, laptop, tablet, smartwatch, or other device! Meet one-on-one with a patient and knowledgeable Volunteer Tech Coach. Call, email, or see a staff person to complete a [Tech Support Request Form](#) to let us know what kind of help you need and what type of device you have, get a Tech Support F.A.Q. and reserve your time slot.

What kind of assistance is available?

- Basic device usage (getting apps, setting up voicemail, setting alarms, etc.)
- Social Media (Facebook, Instagram)
- GPS/Navigation & so much more!



MONDAY COMMUNITY MEAL

Monday, January 6 • 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

WINTER WEATHER POLICY



The Open Link (main office and The Center) follows the Upper Perkiomen School District for guidance on winter weather closures.

UPSD Buildings Closed = Center Closed

UPSD 2-Hr Delay = Center opens at 10 am

(The activity schedule would begin at 10 am.)



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.

EXTRA! EXTRA!

Stay updated. Check this section for news and information.

LOWER LEVEL REMODEL MAY DISRUPT CENTER ACTIVITIES

The highly anticipated updates to the lower level are finally underway! You may have read about it in past newsletters or heard it being discussed by staff - thanks to an award from the Pennsylvania Department of Aging Senior Community Center Grant program, The Center's lower level will undergo a period of reorganization and a refresh. This will allow us to better utilize the space for more activities and provide an area to gather, chat, relax, read, and more. The lower level is also used for agency staff and board meetings and by outside groups like Project Live, the Upper Perk Lions Club, and Alcoholics Anonymous.

We will try our best to schedule around existing Center programming, but to the groups that currently meet in this space like Stamp Collecting, Book Club, Sew Many Quilters, and Billiards, we apologize if renovations interrupt programming. We look forward to providing you all with a functional, cozy space!



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