



THE CENTER
at
THE OPEN LINK

Enriching the Lives of Older Adults in our Community



July 2024

Could This Really be the Best Kind of Medicine?

By Wendy Smeltz, Center Manager

Have you ever seen or heard something that really tickled your funny bone? It can make your whole day!

The idea that laughter is the best medicine has been ingrained into our consciousness for centuries, and for good reason. It has many physical and emotional benefits. Laughter can reduce stress and anxiety, boost the immune system, and improve our quality of life. It is even linked to improved heart health, increasing the blood flow and lowering blood pressure.

Those are welcomed benefits here at The Center where our mission is to offer opportunities for older adults to stay healthy, active, and connected. And what better way to connect with others than through a good laugh?

Even bad “dad jokes” can do the trick!

Laughter has a way of bringing people together. Whether it’s sharing a joke or laughing at a situation, laughter creates a sense of camaraderie and a bonding over a shared experience.

Having many types of personalities in one place can make it seem difficult to find common ground. Participants at The Center come from different backgrounds, lifestyles, careers, family dynamics, incomes, and abilities. All these parts of who we are create different cultures, beliefs, and values.

Continued on page 6



Did you see all the colorful yarn art outside The Center for Make Music Upper Perk? This crew did a great job decorating! Thanks to everyone who contributed their creations!



The Center will be **CLOSED** **Thurs., July 4th**
See page 2 for details for a celebration lunch.

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 July

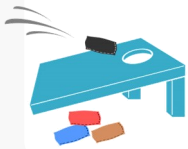
To RSVP: Sign-up in the big room, ask staff, call 215.679.6550, or email center@theopenlink.org. See costs and RSVP dates below, if required.

INTERNATIONAL JOKE DAY & OPEN MIC • Mon., July 1, 2024 - 12:30 pm



Exercise your funny bone with our volunteer and local funny man, Gregg Foster, as we celebrate International Joke Day! Gregg will share some of his best side splitting one-liners followed by a comedy open mic. Bring your best jokes to share with the crowd! **No Cost. RSVP encouraged.**

4TH OF JULY CELEBRATION • Wed., July 3, 2024 - 12:00 & 12:30 pm



12:00 pm - Picnic Lunch: Enjoy a menu of hot dogs, baked beans, and corn

12:30 pm - 4th of July Fun: Patriotic music, fireworks, cornhole, and other activities.

RSVP by 11 am; Earlier RSVPs encouraged to help us prepare! Sign up for one or both.

BE A KID AGAIN DAY • Mon., July 8, 2024 - 11:30 am - 1:00 pm



Coloring, cartoons, and crafts. Let's spend time leaving our adult responsibilities behind!

12:30 pm - Water Gun Fight inside and outside The Center. **No Cost. RSVP encouraged.**

ICE CREAM SOCIAL • Thurs., July 18, 2024 - 1:00 pm



What's better than ice cream with friends? We'll have your favorite toppings plus fun and games. **\$2 suggested donation. RSVP encouraged. Don't forget to sign up for lunch at 12pm, but attending lunch is not required for the Ice Cream Social.**

SPECIAL NEEDS FINANCIAL PLANNING • Tues., July 23, 2024 - 12:45 pm

AJ Mares, founder of Special Needs Financial Solutions, will help educate families and friends on how to financially plan for their loved ones with special needs. AJ, whose journey into this field began because of personal experience, has a lifelong passion to understand the complexities of financial planning and to help others navigate challenges, and secure a stable, secure, financial future for their loved ones. **No Cost. RSVP encouraged.**



COWBOY DAY – POPCORN & A WESTERN • Wed., July 24, 2024 - 12:30 pm

Put on your Stetson and boots and help us celebrate! National Day of the Cowboy (actually celebrated the fourth Saturday every July) recognizes the stoic, hardworking symbol of the

American West. The era of the cowboy began after the Civil War in the heart of Texas. Lasso contest before the movie! **No Cost. RSVP encouraged.**



SPECIAL ACTIVITIES in July

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.

SPECIAL LUNCH: CHRISTMAS IN JULY MEAL • Thurs., July 25, 2024 - 12:00 pm



Celebrate with a holiday ham dinner with all the fixings and a festive dessert. Dig that holiday attire out of your closet! Plan to stay after for some festive fun (keep reading for details). **\$3 Suggested Donation. RSVP early!** Please sign up by **Wed., July 24** to help us prepare.

CHRISTMAS IN JULY FUN & GIFT EXCHANGE • Thurs., July 25, 2024 - 12:30 pm

Celebrate with Reindeer Games, Christmas Carols, and an optional gift exchange—bring a wrapped gift of any kind - useful, decorative, or funny (under \$5). Christmas attire welcome! **No Cost. RSVP encouraged.** (Sign up early for the Christmas meal at 12 pm / attending lunch is not required to attend festivities.)



BOCCE with Hunter • Fri., July 26, 2024 - 12:45 pm



Hunter Landis, Center Volunteer and Upper Perk High School Bocce team member, will teach us the basics and lead a few games. Bocce, a sport for all generations, is a centuries-old game that involves strategy and skill. It's played by teams or individuals, and is similar to bowling and horseshoes. **No Cost. RSVP encouraged.**

ARTHRITIS FOUNDATION EXERCISE PROGRAM • Every Tues & Thurs - 9:30 am Jul 9 - Aug 29, 2024 | Hosted by Montgomery County Office of Senior Services

Classes consist of activities that include warm-up, stretching, strengthening, cardiovascular endurance, balance, coordination, and cool-down, plus breathing and relaxation techniques.

No Cost. RSVP closed when class is full.
Space is limited, sign-up now!



Classes include an educational component. Please plan to attend as many classes as possible, this is not a drop-in program.



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 Senior Services (MCOSS). 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.





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

For adults 60 years old & over, Contributions are encouraged, but not required. (Under 60=\$4.85 or see staff)









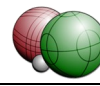



Tasty and nutritious meal, side items, bread, 1% milk, coffee, tea



Monday - Friday
 Served at 12 pm

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




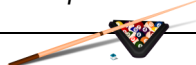












Monday	Tuesday	Wednesday	Thursday	Friday
1 Stuffed Shells Brussels Sprouts w/ Diced Carrots Warm Apples 	2 Garlic Dijon Chicken Thighs Honey Whipped Sweet Potatoes Collard Greens	3 Picnic Lunch: Hot Dog Baked Beans Corn	4 	5 Chicken Fingers Seasoned Potato Wedges Roasted Carrots
8 Lemon Pepper Fish Brown Rice Green Beans & Carrots 	9 Salisbury Steak w/ Mushrooms Broccoli w/ Red Pepper Roasted Potatoes	10 Teriyaki Pork Oriental Blend Veggies Fried Brown Rice	11 Lasagna Rollup Peas Cauliflower	12  Swiss & Ham Omelet Sautéed Spinach w/ Carrots Hashbrowns
15 Chicken Florentine Bowties Peas & Carrots	16 Crab Cake w/ Mac & Cheese Carrots & Peas Cauliflower	17 Southwest Chicken Thigh Salsa Rice & Black Beans Corn w/ Peppers	18  Rigatoni w/ Meat Sauce Peas Warm Spiced Peaches	19  Sliced Turkey w/ Roasted Garlic Gravy & Onions Whipped Sweet Potatoes Brussels Sprouts
22 Sweet & Sour Chicken Broccoli & Carrots Brown Rice	 23 Lemon & Capers Baked Fish Carrot Coins Buttered Wide Noodles	 24 Pesto Grilled Chicken Garlic Spinach & Carrots Rotini Pasta	25 Special Lunch Christmas in July Baked Ham w/ all the fixin's	26 Sliced BBQ Beef Sweet Corn w/ Peppers Collard Greens 
29 Stuffed Shells Brussels Sprouts w/ Diced Carrots Warm Apples	30 Garlic Dijon Chicken Thighs Honey Whipped Sweet Potatoes Collard Greens	 31 Meatballs w/ Onion Gravy Potato Cubes Green Beans	*Menus are created by a registered dietician and meet 1/3 of Recommended Dietary Allowances. Substitutions available upon request Let staff know when you sign up if you need an alternative meal, and tell us what you can <u>not</u> eat. Alternate meal options are limited.	

Come for the meal. Stay for friends and fellowship.

July 2024

ACTIVITY CALENDAR

Check newsletter for
RSVP dates and details.

Monday	Tuesday	Wednesday	Thursday	Friday
1  9:00 Walkercise 10:00 WOW 12:00 Community Lunch 12:30 International Joke Day, Open Mic 1:30 Afternoon Activities	2 10:15 Tai Chi 12:00 Community Lunch 12:30 Billiards (LL) <i>*Last Tuesday Tai Chi until Sept. 3</i>	3 9:00 Walkercise 10:00 WOW 10:00 Quilters (LL) 12:00 Picnic Lunch 12:30 4th of July Fun	4 	5 9:00 Chair Yoga 10:15 Tai Chi 12:00 Community Lunch 12:30 Billiards (LL)
8  9:00 Walkercise 10:00 WOW 10:00 Stamp Collecting 12:00 Community Lunch 11:30-1:00 Be a Kid Day 12:30 Water Gun Fight	9  9:30 Arthritis Exercise Program w/ MCOSS 12:00 Community Lunch 12:30 Billiards (LL)	10 9:00 Walkercise 10:00 WOW 10:00 Quilters (LL) 12:00 Community Lunch	11 9:30 Arthritis Exercise Program w/ MCOSS 12:00 Community Lunch	12  9:00 Chair Yoga 10:15 Tai Chi 12:00 Community Lunch 12:30 Billiards (LL) 1:00 Trivia Time
15  9:00 Walkercise 10:00 WOW 12:00 Community Lunch 12:30 Afternoon Activities	16  9:30 Arthritis Exercise Program w/ MCOSS 12:00 Community Lunch 12:30-1:30 Billiards (LL)	17 9:00 Walkercise 10:00 WOW 10:00 Quilters (LL) 12:00 Community Lunch	18  9:30 Arthritis Exercise Program w/ MCOSS 12:00 Community Lunch 1:00 Ice Cream Social	19  9:00 Chair Yoga 10:15 Tai Chi 12:00 Community Lunch 12:30 Billiards (LL) 1:00 Bingo
22 9:00 Walkercise 10:00 WOW 12:00 Community Lunch 12:30 Afternoon Activities	23  9:30 Arthritis Exercise Program w/ MCOSS 12:00 Community Lunch 12:45 Special Needs Financial Planning 12:30 Billiards (LL)	24  9:00 Walkercise 10:00 WOW 10:00 Quilters (LL) 12:00 Community Lunch 12:30 Cowboy Day Popcorn & a Western	25 9:30 Arthritis Exercise Program w/ MCOSS 12:00 Christmas Lunch 12:30 Christmas in July Fun & Gift Exchange	26  9:00 Chair Yoga 10:30 Outing: YMCA 10:15 Tai Chi 12:00 Community Lunch 12:30 Billiards (LL) 12:45 Bocce w/ Hunter
29  9:00 Walkercise 10:00 WOW 10:00 Book Club (LL) 12:00 Community Lunch 12:30 Afternoon Activities	30 9:30 Arthritis Exercise Program w/ MCOSS 12:00 Community Lunch 12:30 Billiards (LL) 2:00 Welcome to The Center	31  9:00 Walkercise 10:00 WOW 10:00 Quilters (LL) 12:00 Community Lunch 12:30 Birthday Party	 <div style="border: 1px solid black; padding: 5px;"> Blood Pressure Checks Most Thursdays, approx. 12 pm, courtesy of <i>Family Caregivers Network</i> </div>	 <i>Programming in main room unless otherwise specified. LL=Lower Level</i>

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.

We strive to serve older adults from all walks of life at various places in their journeys, and provide programming that meets their needs and interests. The same topics don't interest everyone, and while some prefer to remain composed and subdued, others enjoy playful games and activities. We recognize that differences should not just be respected, but embraced. How boring would it be if we were all the same! It is a joy to look around The Center and see the many personalities, enjoying an activity together and laughing.

We encourage you to let your guard down and embrace the gift of laughter, a powerful tool that can bring people together, here at The Center, and in life. Look for opportunities to laugh with others. You may even be surprised to find something in common with someone that you didn't expect. Humor can create a sense of belonging and community as it transcends barriers, challenges prejudices and creates empathy. In a world where divisions grow stronger by the day, it has the power to bring people together.

See page 2 for details for National Joke Day on July 1st. Bring your favorite jokes for an open mic! We will gather to laugh together, and the bonds we form will help us navigate life's challenges with friends by our side, and smiles on our faces!

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.



From July 9 to August 29, Tuesday Tai Chi is on hold. We will see you on Fridays, and please consider signing up for the Arthritis Foundation Exercise Program!

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 July

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., July 8, 2024 - 10:00 am



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

TRIVIA TIME • Fri., July 12, 2024 - 1:00 pm



* Join a team, create a team name, and work together to come up with answers. Questions are read and are on the big screen TV. Theme: Wild West. Bonus points are awarded for teams who sing a song related to the answer! **No Cost. RSVP encouraged.**



BINGO • Fri., July 19, 2024 - 1:00 pm

Doors open at 12:30 pm. Light refreshments. Small prizes, big fun! **Cost \$1 to play the whole time. RSVP encouraged.**

BOOK CLUB • Mon., July 29, 2024 - 10:00 am

The Handmaid's Tale by Margaret Atwood: A dystopian novel about a woman's struggles in a totalitarian society where her identity, fertility and freedoms are suppressed. This book highlights the dangers of extremist beliefs and the importance of individual resistance. **No Cost. RSVP not required. Limited number of books available at The Center.**



BIRTHDAY PARTY • Wed., July 31, 2024 - 12:30 pm

Monthly birthday party to celebrate guests with July birthdays, everyone is invited for cake and activities. **No Cost. RSVP encouraged by 7/30. Don't forget to sign-up for lunch at 12.**



COMMUNITY OUTING

Upper Perkiomen Valley YMCA • Fri, July 26, 2024

10:30-11:15 am - Tour the Facility

11:30-12:00 pm - Sample Water Exercise Class (or Walk the Track)

Last month we learned what the Y has to offer. This month they are welcoming us for a tour of their 72,000 sq ft facility followed by a sample Water Exercise Class! If swimsuits aren't your thing you can walk their indoor track. Meet at Upper Perk Y, 1399 Quakertown Rd, Pennsburg, 18073.

RSVP encouraged by Mon., 7/22. Car pooling encouraged, but parking is plentiful at the Y.



Everyone who attends will get a free pass to use anytime!

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 July and August. If interested, please talk to a staff member for details, dates, and more information about the Center for Loss & Bereavement.



Tuesday, July 30th
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, July 1 • 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

SAVE THE DATE

We have some exciting programs happening in early August - mark your calendars now!



Friday, Aug. 2 - 12:30 pm

National Watermelon Day - Celebrate with a tasty treat and info about staying hydrated.

Wednesday, Aug 7 - 1:00 pm



Montgomery County Health Department Nutrition Program with Teri Wassel

EXTRA! EXTRA!

FARMERS MARKET VOUCHERS ARE HERE!

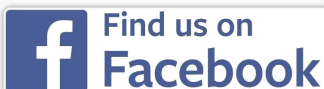


The Seniors Farmers Market Nutrition Program (SFMNP) is designed to provide low-income seniors with access to locally grown fruits, vegetables, honey, and herbs and support domestic farmers markets and roadside stands.

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

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 are 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.

