



THE CENTER
at
THE OPEN LINK



Enriching the Lives of Older Adults in our Community

April 2025 Newsletter

Why Are We So Resistant to Change?

By Wendy Smeltz, Center Manager

As we navigate through life, we often find ourselves resisting change. This inclination tends to intensify among older adults. It’s easy to say that someone is just “set in their ways”, but the truth is, it is not simply stubbornness.

Adjusting to new ideas or methods can be hard. It can require us to learn something new, or at the least, take us out of our comfort zones. We worry that we won’t be able to adapt and that we’ll make mistakes, and making mistakes can cause frustration and embarrassment.

Familiarity brings comfort in a world where so many things are out of our control. Routines provide a feeling of control and safety. Habits are not just a preference; they’re connected to our sense of well-being.

As older adults, you have experienced countless transitions and seen many historical and cultural shifts. This can lead you to value tradition and stability, want to protect what you know and love, and avoid change.

Social factors can also influence resistance. Seniors often have friends and family who feel similarly about change. Being around like-minded people can make it harder to embrace new ideas.

It is natural to worry that change will be disruptive and have negative outcomes, but accepting change can open doors to new experiences, connections, and joys. Encouraging a mindset of flexibility, curiosity, and life-long learning can make a big difference.

The Center is here to help you embrace change and offer understanding and support. For example, we know

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The winners of March Trivia was Team Wise Crackers. The theme was Myths and Legends in honor of St. Patty’s Day with bonus pi and pie questions for Pi Day. Trivia is always a load of laughs! See page 7 for April details.



The Center will be closed **Friday, April 18, 2025.**

Meals on Wheels will not be Delivered.

Important Update to Community Lunch Starting Apr. 1st. Details on page 8.

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 April (Monthly Activities - page 7)

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.



APRIL FOOLS FUN • Tues., Apr. 1, 2025 - 12:30 pm

Last year was a hit with ax throwing and alligator wrestling. What's planned this year? Skydiving! Parachuting! Car show in the lobby - win a sportscar! Special tournament: vacuum races, window washing contest, more! Light refreshments. **Donations welcome. RSVP encouraged.**

HAPPY THOUGHT TAI CHI* w/ Mark Cashatt • Tues., Apr. 8, 2025 - 10:00 am



A 45-minute class led by Master Instructor Mark Cashatt who developed this relaxing exercise program that helps increase strength, flexibility, and balance. **Cost \$5. RSVP Required by 4/7. *Space is limited.** 'Enjoy the Peace the Happy Thought Program Offers.'

STRENGTH & BALANCE w/ Phoenix PT • Wed., Apr. 9, 2025 - 1:00 pm

Farryn from Phoenix Physical Therapy returns to lead us in strengthening exercises that can help you improve your balance. All skill levels welcome! **No Cost. RSVP encouraged.**



Phoenix Physical Therapy 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 and are conveniently located.

EASTER EGG DYING* • Thurs., April 10, 2025 - 1:00 pm

As an Easter tradition, decorative eggs date back as far as the 13th century and many cul-



tures have their own traditions involving egg decorations. Before packets of color tablets were available from grocery stores, dyes from plants were used. Join us to paint eggs using modern methods, and learn about some of the old-fashioned techniques you can still do today! **Donations welcome. *RSVP required by 4/9.**

Say hi to our favorite therapy dog Fiji and her owner Monica at 12:45 pm! Details on pg 7.



SMARTPHONE INFO SESSION* • Tues., April 15, 2025 - 12:45 pm

Golden Tech Care Presents: **Practical Passwords, Privacy, & Security** by Randy Bapst, who will offer tips to manage and recover passwords, understand ways to sign in to websites, use the internet securely while protecting our privacy online and more. **No Cost. *RSVP req'd by 4/14.**

Randy will provide refreshments and free paper password organizers (while supplies last).



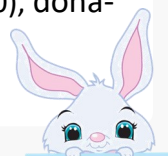
Golden Tech Care is inspired by the warmth and approachability of Golden Retrievers, which Randy aspires to bring to his customers. Helping seniors use tech safely in their Golden Years is his specialty.



COMMUNITY LUNCH: Easter Meal* • Thurs., Apr. 17, 2025 - 12:00 pm

Menu: Turkey Ham, Sides, Dessert. Community Lunch is no cost for ages 60+ (<60 \$4.90), donations are encouraged and benefit MCOAS. **RSVP is required 24 hours in advance.**

12:30 pm • Easter Eggstravaganza: Dessert & Activities *RSVP by 4/16.

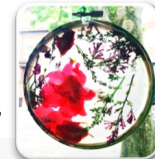


SPECIAL ACTIVITIES in April (Monthly Activities - page 7)

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.

EARTH DAY ACTIVITY: PRESSED FLOWERS* • Tues., Apr. 22, 2025 - 12:45 pm

Celebrate Earth Day and bring some beauty from the outside in. Create pressed flower suncatchers with the help of one of our favorite crafters, Nancy, and learn things we can do to help preserve our environment. **\$2 Sugg. Donation. *RSVP required by 4/21.**



STAYCATION to PANTANAL, BRAZIL • Wed., Apr. 23, 2025 - 12:30 pm

A travel experience without having to leave The Center! Visit Brazil, a country of South America that occupies half the continent's landmass. Enjoy Brazil-themed refreshments and activities,



followed by a **1:00 pm Presentation: PANTANEL, BRAZIL by Deb Ellinger**, world traveler and photographer. Deb will share stories and photos of the wildlife wonders that live in the Pantanal region, the largest tropical wetland in the world, like jaguars, capybaras, giant anteaters, and giant river otters. **No Cost. RSVP encouraged.**



BAGGED LUNCH* • Thurs., Apr. 24, 2025 - 12:00 pm Monthly Special Meal

Stay at The Center to eat or take lunch with you! If the weather cooperates, plan a gathering with friends to enjoy this meal together at a park! Menu: Chicken Salad, Wheat Bread, Pasta Salad, Fruit, Juice, 1% Milk, Dessert. **Cost \$2. *RSVP Req'd by Wed. 4/23.**



There will be no other Center activities that day as we take time for Spring Cleaning.



If you are interested in helping make The Center sparkle, please let us know!

MEET & GREET w/ BABY GOATS • Tues., Apr., 29, 2025 - 1:00 pm



Get ready for the cutest activity in the WHOLE world! Melissa from *Screaming Goat Farm* will visit with baby goats to meet and snuggle. The visit will take place outside beside the covered driveway with chairs available so you can snuggle in comfort!

Rain Date: 5/1. **Donations accepted for Screaming Goat Farm. RSVP encouraged.**

Screaming Goat Farm is a small family farm established in 2019 with a passion and vision to grow, forage, rescue animals, and grow fresh produce. They offer farm visits, goat yoga, baby goat snuggles, and more!



Special Lunch: Cinco de Mayo ▪ Mon, 5/5 - 12:00 pm

Mother's Day Tea ▪ Thurs, 5/15 - 1:00 pm

Fraud Presentation with TCAFCU ▪ Tues, 5/20 - 1:00 pm

AARP Driver's Safety Refresher ▪ Fri, 5/23 - 9:30 am to 2:00 pm

Elvis Tribute Show w/ Jeff Krick Jr. ▪ Thurs, 5/29 - 1:00 pm

Gardening 101 w/ Montgomery County ▪ Fri, 5/30 - 1:00 pm



517 Jefferson St., East Greenville
 Call 215.679.6550 or email
 center@theopenlink.org
 No Cost for ages 60+
 Adults <60 = \$4.90 or see staff.















Monday - Friday
 Served at 12 pm
 Doors open at 11:30 am.

RSVP required **24 hours** in advance.
 Sign up by 12 pm the weekday before.

Monday	Tuesday	Wednesday	Thursday	Friday
Menus created by a registered dietician. *Substitutions available upon request.	1 Salsa Chicken w/ Tomato, Pepper & Onion Sauce Brown Rice Corn & Red Peppers	2 Manicotti w/ Meat Sauce Broccoli Warm Pears w/ Oat Topping	3 Baked Chicken w/ Chicken Gravy Traditional Stuffing Carrots & Peas	4 Pepper & Onion Cheese Omelet Cran-Apple Compote Hash Browns
7 Penne Pasta w/ Meatballs Broccoli Carrots	8 BBQ Chicken Thigh Mixed Veggies Baked Beans	9 French Onion Meatloaf Green Beans Mashed Potatoes	10 Rosemary Roasted Turkey Brussels Sprouts Corn Bread Stuffing	11 Cheesy Omelet Sauteed Spinach & Carrots Warm Apples
14 Chicken Marsala Buttery Herb Red Skinned Potatoes Green Beans	15 Ground Beef & Bean Chili Carrots, Cauliflower, Broccoli Sweet Corn	16 Chicken & Veggies w/ Mild Tomato Curry Sauce Peas Brown Rice	17 Community Lunch: Easter Meal Glazed Turkey Ham w/ Fruit Sauce Sides & Dessert	18  <i>Good Friday</i>
21 Crabcake w/ Mac & Cheese Scalloped Tomatoes Broccoli	22 Baked Ziti Brussels Sprouts Spiced Peaches	23 Maple Glazed Chicken Sugar Snap Peas Mashed Sweet Potatoes	24  Special Lunch: Grab 'n Go Meal - Eat at The Center or take it with you! Chicken Salad Pasta Salad	25 Rice & Spinach Stuffed Fish w/ Dill Sauce Broccoli Herb Couscous
28 Baked Fish w/ Italian Parsley Cream Sauce Italian Blend Veggies Orzo	29 Salsa Chicken w/ Tomato, Pepper & Onion Sauce Brown Rice Corn & Red Peppers	30 Manicotti w/ Meat Sauce Broccoli Warm Pears w/ Oats 12:30 Birthday Party	Anonymous lunch contributions are encouraged but not required, and benefit Montgomery County Office of Aging Services (MCOAS) to help support programming for seniors.  DONATE	



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.

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Tech Support by Appt.</p> <p>See page 8</p>	<p>1</p> <p>10:15 Tai Chi 12:00 Community Lunch 12:30 April Fool's Fun 12:30 Billiards (LL)</p>	<p>2</p> <p>9:00 Walkercise 10:00 WOW 10:00 Quilters (LL) 12:00 Community Lunch</p>	<p>3</p> <p>12:00 Community Lunch</p>	<p>4</p> <p>9:00 Chair Yoga 10:15 Tai Chi 12:00 Community Lunch 12:30 Billiards (LL)</p>
<p>7</p>  <p>9:00 Walkercise 10:00 WOW 10:00 Stamp Club (LL) 12:00 Community Lunch 12:30 Afternoon Activities</p>	<p>8</p>  <p>10:00 Tai Chi w/ Master Instructor Mark Cashatt * 12:00 Community Lunch 12:30 Billiards (LL)</p>	<p>9</p>  <p>9:00 Walkercise 10:00 WOW 10:00 Quilters (LL) 12:00 Community Lunch 1:00 Phoenix P/T: Strength & Balance</p>	<p>10</p> <p>10:00 Cardio Drumming * w/ Tribe Nutrition 12:00 Community Lunch 12:45 Visit w/ Fiji the Therapy Dog 1:00 Egg Dying *</p>	<p>11</p>  <p>9:00 Chair Yoga 10:15 Tai Chi 12:00 Community Lunch 1:00 Trivia Time 12:30 Billiards (LL)</p>
<p>14</p> <p>9:00 Walkercise 10:00 WOW 12:00 Community Lunch <u>No</u> Afternoon Activities</p>	<p>15</p> <p>10:15 Tai Chi 12:00 Community Lunch 12:30 Billiards (LL) 12:45 Smartphone Info Session *</p>	<p>16</p> <p>9:00 Walkercise 10:00 WOW 10:00 Quilters (LL) 12:00 Community Lunch <i>Big Room Closed at 1 pm for Agency Event</i></p>	<p>17</p> <p>12:00 Community Lunch: Easter Meal * 12:30 Easter Dessert & Activities*</p> 	<p>18</p>  <p><i>Good Friday</i></p>
<p>21</p> <p>9:00 Walkercise 10:00 WOW 12:00 Community Lunch 12:30 Afternoon Activities</p>	<p>22</p> <p>10:15 Tai Chi 12:00 Community Lunch 12:30 Billiards (LL) 12:45 Earth Day Activity: Pressed Flowers *</p>	<p>23</p> <p>9:00 Walkercise 10:00 WOW 10:00 Quilters (LL) 12:00 Community Lunch 12:30 Staycation to Pantanel, Brazil</p>	<p>24</p>  <p>12:00 Special Meal: Bagged Lunch * Eat at The Center or take it with you!</p> <p><i>All Day Spring Cleaning</i></p>	<p>25</p>  <p>9:00 Chair Yoga 10:15 Tai Chi 12:00 Community Lunch 12:30 Billiards (LL) 1:00 Spring Cleaning Bingo</p>
<p>28</p>  <p>9:00 Walkercise 10:00 WOW 10:00 Book Club 12:00 Community Lunch 12:30 Afternoon Activities</p>	<p>29</p> <p>10:15 Tai Chi 12:00 Community Lunch 12:30 Billiards (LL) 1:00 Meet & Greet w/ Baby Goats (outside)</p>	<p>30</p>  <p>9:00 Walkercise 10:00 WOW 10:00 Quilters (LL) 12:00 Community Lunch 12:30 Birthday Party</p>	 <div style="border: 1px solid black; padding: 5px;"> <p>Blood Pressure Checks</p> <p>Most Thursdays, approx. 12 pm, courtesy of Family Caregivers Network</p> </div>	

Sign up for Community Lunch and activities separately. Call, email, or use the Sign-up Book in the Big Room. Some activities have required RSVPs. Programming in main room unless otherwise specified. LL=Lower Level

Enriching the lives of older adults in our community.

the increased use of technology in our world can be scary. You didn't grow up with smartphones or the internet. Checking in to a doctor's office or for lab work did not used to require using technology like it often does now. And switching to a smartphone can feel like learning a new language! These changes enable things to run efficiently, and a new phone can help you stay in touch with loved ones and more. To help you become comfortable with technology, The Center can connect you to a patient and knowledgeable volunteer tech coach, and this month we'll hold an informative smartphone info session hosted by Golden Tech Carers. We hope you'll take advantage of these programs and will look to The Center to help you navigate many of the changes life brings.

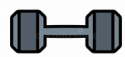
We realize that changes at The Center can sometimes be cause for frustration. Temporary changes, like moving the lunch and activity signup book or billiards table, canceling an exercise class, or the big room closing early, are all annoyances. Over the years, many big changes have taken place too - relocation of supplies, changes to staff, and then there was an entire year the building closed for a pandemic, and all the changes that came with reopening! This month, a change is being made to the RSVP process for Community Lunch. This will take some getting used to for all of us! Like most changes, as time goes on, the easier it becomes, and eventually we'll forget that it used to be done differently!

Changes that we encounter at The Center, especially due to adjustments needed for increased attendance, can be challenging for staff and volunteers to adapt to as well, and sometimes updates are needed to help operations run smoothly. Participants continue to offer support and appreciation for what we do, and we want you to know how much we appreciate your kind words.

Let's make an effort to embrace change together and the new experiences and connections it can bring.

HEALTH & WELLNESS CLASSES 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.

*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 April

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 CLUB • Mon., Apr. 7, 2025 - 10:00 am *(held in the Lower Level)*



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



CARDIO DRUMMING w/ Tribe Nutrition* • Thurs., Apr. 10, 2025 - 10 am

Fun full body workout that combines music and movement using a fitness ball, bucket, and drumsticks. Can be done standing or sitting. **Donations encouraged. RSVP req'd by 4/9.**

***Space is limited.** Tribe Nutrition offers a variety of protein shakes and hosts fun and fitness activities.

VISIT w/ FIJI THE THERAPY DOG • Thur., Apr. 10, 2025 - 12:45 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 encouraged.**



TRIVIA TIME - Theme: At the Zoo • Fri., Apr. 11, 2025 - 1:00 pm



Questions will cover music, movies, folk tales, phrases, and more. April is going to the dogs, goats, and wildlife, test your knowledge on all things animal to get ready! Come up with answers together, join a team that day. **No Cost. RSVP encouraged.**

SPRING CLEANING BINGO • Fri., Apr. 25, 2025 - 1:00 pm

Compete to win spring cleaning items - cleaning and everyday household supplies! Doors open at 12:30 pm for light refreshments and fellowship. Small prizes, big fun. **\$1 to play the whole time. RSVP encouraged.** *(4th Friday in April; Center closed 3rd Friday for Easter weekend.)*



BOOK CLUB • Mon., Apr. 28, 2025 - 10:00 am

The Vanishing Half by Brit Bennett. Identical twins choose to live in two very different worlds, one black and one white; one sister lives with her black daughter in the town she once ran away from. The other passes for white, and her white husband knows nothing of her past. Separated by many miles and just as many lies, their fates remain intertwined. **RSVP not required.**

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

Celebrate special April birthday guests with cake and activities. **RSVP encouraged by 4/29.**



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

BILLIARDS • Tuesdays & Fridays, 12:30 pm. *All skill levels are welcome.*

SEW MANY QUILTERS • Wednesdays, 10 am to 2 pm. *Other crafters welcome!*



CENTER UPDATES:

Tech Support Available

Do you need help learning to use your smartphone, laptop, tablet, or other device? Contact front desk to reserve a one-hour time slot and complete a Tech Support Request Form which asks about your device and the questions you have. This helps us connect you to the right Tech Coach. Volunteers Alicia and Monica have assisted with retrieving lost passwords, using smartwatches, social media, GPS navigation, and much more!



And don't miss the smartphone info session on April 15, *Golden Tech Care Presents: Practical Passwords, Privacy, and Security.*

MONDAY COMMUNITY MEAL

Monday, Apr. 7 • 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



IMPORTANT UPDATE

Lunch RSVPs are now required 24 hours in advance.

We are happy to see so many new faces at The Center! Higher attendance has caused same-day signups to become increasingly difficult.

Lunch signups will now be required: by 12 noon the weekday before.

This change will help The Center run efficiently and be able to serve you better!

More details are available at The Center.

EXTRA! EXTRA!

Help us thank our volunteers!

Held in April every year, National Volunteer Month is a time to celebrate and recognize the contributions of volunteers. Every month, 40 to 50 volunteers contribute over 250 hours which help make senior center lunch and activities and the Meals on Wheels program possible.



The next time you see a volunteer, please express your gratitude, and help us honor those who give their time and energy. To our volunteers, we appreciate you!

Help us name the space!

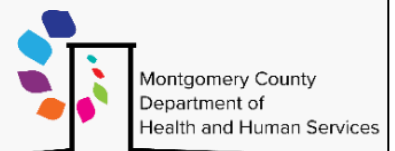
If you've seen the progress of the Lower Level renovation, you know how great it's looking! Plans are underway for cabinetry, a cozy sitting area, coffee counter, and finishing touches. The area has mostly remained open while work is being done, but we still want to hold a grand re-opening! As we prepare for an Open House, we're considering how to refer to the space. It's typically been called the 'Lower Level' or simply 'the basement', and maybe that's fine, or perhaps there is a better idea! We want your input and possible name ideas. A survey is available at The Center now.



Find us on
Facebook

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