



Enriching the Lives of Older Adults in Our Community

July 2025 Newsletter

Catching Fireflies: Holding Light in Fleeting Moments

By: Kelly Busedu, Activity Coordinator,
and Wendy Smeltz, Center Manager

There's something magical about a summer night, the hum of crickets and the smell of freshly cut grass in the air; the world feels just a little more alive under the stars. And then, there are fireflies, tiny flickers of light that appear just after dusk, blinking in and out of the twilight like nature's own Morse code.

If you've ever chased them - barefoot in the backyard, jar in hand, laughter spilling out into the warm night air - you know that fireflies are more than just insects. They're memories made visible. They're the magic of childhood, the wonder of small things, the way time slows for a moment and lets you feel weightless.

Like most beautiful things, they don't stay long.

Catching fireflies is a ritual in holding on, not trapping, but treasuring. You cup them gently in your palms, feel the tickle of their tiny legs, see the faint glow through your fingers, and then, hopefully, you let them go. That's the part we often forget: the letting go. The best things in life ask to be held lightly. Joy. Time. People. Moments.

There's a quiet kind of wisdom in those evenings spent chasing light—that nothing lasts forever—and that's what makes it beautiful. You may have noticed Center staff has been a little off, a bit distracted lately. Our small agency has been blindsided by the loss of our dear friend and colleague, Kelly Chandler. You can read a fleeting record of her life in the obituary on display at The Center. Much like a firefly, her bright light blinked off in what feels like an instant. She leaves behind a young family and many friends and loved ones, reminding us to remember fondly what was, but also

Continued on page 6



Some of our young volunteers served ice-cold lemonade on the first day of summer. Read about this month's Lemonade Stand, held on Christmas in July, on page 6.



The Center will be Closed
Friday, July 4th, 2025.
Have a safe and happy
Independence Day!

**Important Updates: Exercise Classes - see
page 6. Call to Action - 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.

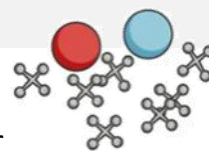
The Center: 517 Jefferson St., East Greenville, PA 18041 • 215.679.6550
Main Office: 452 Penn St., Pennsburg, PA 18073 • 215.679.4112 • www.theopenlink.org

CENTER ACTIVITIES in July (Monthly Activities - page 7)

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. LL=Lower Level

BE A KID AGAIN DAY • Tues., July 8, 2025 - 12:45 pm

It's National Be a Kid Again Day! Let go of stress, embrace silliness, and rediscover the simple joys of being a child with coloring, cartoons, and games. **No Cost.**



STRENGTH & BALANCE w/ PHOENIX PT • Wed., July 9, 2025 - 12:45 pm

Farryn from Phoenix Physical therapy leads us in exercises we can incorporate into our everyday routines. All skill levels welcome! **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 are conveniently located right here in the Upper Perk Valley.

CARDIO DRUMMING w/ Tribe Nutrition* • Thurs., July 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 7/9. *Space is limited.** Tribe Nutrition offers a variety of protein shakes and hosts fun and fitness activities.



JOKE DAY & OPEN MIC • Thurs., July 10, 2025 - 12:45 pm



Exercise your funny bone with our volunteer and local funny man, Gregg Foster! 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.**

TRIVIA TIME - Theme: **ALL AMERICAN** • Fri., July 11, 2025 - 1:00 pm



Questions span a wide range of subjects: music, movies, folktales, phrases, and more. Fun bonus rounds! Bonus points for singing! Create teams of 5 to 6 players, choose a team name, and work together to come up with answers. **No Cost. RSVP encouraged.**



STAMP CLUB • Mon., July 14, 2025 - 10:00 am (LL)

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

STAYCATION TO ALASKA w/ Marianne, E.D. • Tues., July 15, 2025 - 1:00 pm

Travel without leaving The Center! Special guest host Marianne Lynch, TOL Executive Director, will share stories and photos of Alaska's stunning scenery. Have you traveled to Alaska? Let us know and share your photos/souvenirs. **\$2. RSVP encouraged.**



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CHAIR VOLLEYBALL* • Wed., July 16, 2025 – 1:00 pm

Serve, set, and spike from your seat! This adapted version of volleyball is played from your chair and is a great way to stay active, improve coordination, and have fun with friends! A popular activity at senior centers around the country, chair volleyball will hopefully become a monthly program at our Center. **\$2. RSVP by 7/15. *Space is limited.**



ICE CREAM SOCIAL • Thurs., July 17, 2025 - 1:00 pm

Bring yourself and your sweet tooth—we'll provide the ice cream and toppings. Join us for a delightful afternoon of ice cream, laughter, and good company! **\$2. RSVP req'd by 7/16.**

BINGO • Fri., July 18, 2025 - 1:00 pm

Doors open at 12:30 pm for light refreshments and fellowship. Small prizes, big fun. Win things like décor, household items, & snacks. **\$1 to play the whole time. RSVP encouraged.**



CRAFT: Decoupage Summer Décor* • Tues., July 22, 2025 - 1:00 pm

Create a wall hanging using a napkin, wood circle, and ribbon. Choose from watermelon, lemon, or lime. Supplies provided, but you're welcome to bring ribbon and embellishments to personalize your project! **\$3. RSVP by 7/21. *Space is limited.**

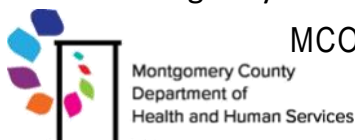
GOOD SHEPHERD PHYSICAL THERAPY • Wed., July 23, 2025 - 1:00 pm

Good Shepherd will bring a new piece of technology for you to try. See how your body moves and where you could use help, right on a computer screen! This advanced light-based technology captures movements in a matter of seconds to identify areas that need better alignment, strength, and mobility. Using their clinical judgement, they tailor a plan to meet your needs to put you on the road to recovery and living life injury-free! **No Cost. RSVP by 7/22.**



HEALTHY STEPS IN MOTION* • Thursday Starting July 24, 2025 - 1:00 pm (LL)

HSIM is a falls prevention exercise program for adults age 60 and older of all fitness levels. Build strength, increase flexibility, improve balance. 1-hour sessions. 8 weeks. Held in the Lower Level. Taught by a trained, certified instructor. **No Cost. RSVP by 7/23. *Space is limited.**



MCOAS offers a variety of FREE evidence-based programs and presentations designed to empower older adults to take control of their health so they can continue to lead independent lifestyles.

More Activities Continued on page 6 →



517 Jefferson St., East Greenville

Call/Text: 215.679.6550

Email: center@theopenlink.org

\$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 - Friday
Served at 12:00 pm
Doors open at 11:30 am.

Monday	Tuesday	Wednesday	Thursday	Friday
Menus created by a registered dietician. Substitutions available upon request. Menu subject to change.	1  Baked Fish w/ Lemon and Capers Brown Rice w/ Peas & Carrots Green Beans	2 Mushroom & Swiss Burger Mashed Potatoes Carrot Coins 	3 4th of July Meal Chicken Fingers Seasoned Potato Wedges Roasted Carrots	4 HAPPY 4th of July  <i>Center Closed</i>
7 Chicken Alfredo Spinach w/ Diced Carrots Penne	8 Bowties w/ Bolognese Sauce Green Beans Carrots	9 Dijon Chicken Brussels Sprouts Rosemary Roasted Red Potatoes	10 Hot Dog Sweet Corn Sauteed Cabbage 	11 Swedish Meatballs Peas & Carrots Wide Noodles 
14 Baked Chicken w/ Garlic Butter Sauce Parsley Potatoes Mixed Veggies	15 Crabcake w/ Mac & Cheese Scalloped Tomatoes Broccoli	16 Salisbury Steak Mashed Potatoes Peas	17 Sliced Turkey w/ Apple Glaze Traditional Stuffing Cranberry Glazed Carrots	18 BBQ Pork Collard Greens Corn
21 Grilled Chicken Parm Rotini Noodles Sauteed Spinach w/ Diced Carrots	22  Cheeseburger Meatloaf w/ Onion Brown Rice Corn & Red Peppers	23 Brown Sugar Chicken Apple Glazed Sweet Potatoes Brussel Sprouts	24 Sesame Beef w/ Peppers Green Beans Brown Rice	25 Cheese Omelet w/ Peppers & Onions Hash Browns Pear Crisp 
28 Beef Stew Potatoes Peas 	29 Baked Fish w/ Lemon and Capers Brown Rice w/ peas & Carrots Green Beans	30 Mushroom & Swiss Burger Mashed Potatoes Carrot Coins	31 Special Lunch: 	Please see an important notice about lunch donations on page 8. 



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.



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

* = Space is Limited

Lunch RSVP - 24 hour notice



ACTIVITY CALENDAR

Most activities are
targeted to ages 60+, but
open to adults of all ages!

See newsletter for costs, RSVP dates, etc.

Monday	Tuesday	Wednesday	Thursday	Friday
Tech Support by Appt. See page 8 	1 10:15 Tai Chi 12:00 Community Lunch 12:30 Billiards 	2 9:00 Walkercise 10:00 WOW 10:00 Sew Many Projects 12:00 Community Lunch 	3 12:00 Community Lunch: 4th of July Meal* 12:30 Dessert & Cornhole* 	4 HAPPY 4th of July Center Closed
7 9:00 Walkercise 10:00 WOW 12:00 Community Lunch 12:30 Afternoon Activities	8 10:15 Tai Chi 12:00 Community Lunch 12:30 Billiards 12:45 Be a Kid Again Day 	9 9:00 Walkercise 10:00 WOW 10:00 Sew Many Projects 12:00 Community Lunch 12:45 Phoenix P/T Strength & Balance 	10 10:00 Cardio Drumming* w/ Tribe Nutrition 12:00 Community Lunch 12:45 Joke Day & Open Mic 	11 9:00 Chair Yoga 10:15 Tai Chi 12:00 Community Lunch 12:30 Billiards 1:00 Trivia Time
14 9:00 Walkercise 10:00 WOW 10:00 Stamp Club 12:00 Community Lunch No Afternoon Activities 	15 10:15 Tai Chi 12:00 Community Lunch 12:30 Billiards (LL) 1:00 Staycation to Alaska w/ Marianne 	16 9:00 Walkercise 10:00 WOW 10:00 Sew Many Projects 12:00 Community Lunch 1:00 Chair Volleyball* 	17 12:00 Community Lunch 1:00 Ice Cream Social* 	18 9:00 Chair Yoga 10:15 Tai Chi 12:00 Community Lunch 12:30 Billiards 1:00 Bingo
21 9:00 Walkercise 10:00 WOW 12:00 Community Lunch 12:30 Afternoon Activities	22 10:15 Tai Chi 12:00 Community Lunch 12:30 Billiards 1:00 Craft: Decoupage Summer Décor* 	23 9:00 Walkercise 10:00 WOW 10:00 Sew Many Projects 12:00 Community Lunch 1:00 Good Shepherd Physical Therapy 	24 12:00 Community Lunch 1:00 Healthy Steps in Motion* (8 weeks) 	25 9:00 Chair Yoga 10-2 Lemonade Stand 10:15 Tai Chi 12:00 Community Lunch 12:30 Billiards 12:45 Singalong
28 9:00 Walkercise 10:00 WOW 10:00 Book Club 12:00 Community Lunch 12:30 Afternoon Activities 	29 10:15 Tai Chi 12:00 Community Lunch 12:30 Billiards 1:00 Visit w/ Fiji 	30 9:00 Walkercise 10:00 WOW 10:00 Sew Many Projects 12:00 Community Lunch 12:45 Birthday Party & Friendship Day 	31 12:00 Special Lunch: Summer Salad Bar 1:00 Healthy Steps in Motion* (8 weeks) 	 Blood Pressure Checks Most Thursdays, approx. 12:00 pm, courtesy of Family Caregivers Network

Most costs at The Center are anonymous, suggested donations. Some programming may incur required costs or advance 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.

CENTER MONTHLY ACTIVITIES for July



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. LL=Lower Level

LEMONADE STAND • Fri., July 25, 2025 - 10:00 am to 2:00 pm

Cool off with some ice cold Christmas in July lemonade served by some of our young volunteers. **Donations encouraged. RSVP not required.**



CHRISTMAS IN JULY SINGALONG • Fri., July 25, 2025 - 12:45 pm

 We'll sing our favorite holiday songs. Don't forget to dress for the occasion. Some of our young volunteers might even join us! **Donations encouraged. RSVP encouraged.** 

BOOK CLUB • Mon., July 28, 2025 - 10:00 am (LL)





The Women, a historical fiction novel by Kristin Hannah, explores the realities of war, the challenges of returning home, and the enduring strength of female friendship. Frances "Frankie" McGrath is a young woman who joins the Army Nurse Corps during the Vietnam War to serve her country and earn her family's respect. **Borrow a book from The Center! RSVP not req'd.**



VISIT w/ FIJI THE THERAPY DOG • Tues., July 29, 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.**

JULY BIRTHDAY PARTY • Wed., July 30, 2025 - 12:45 pm

 Is your birthday in July? We want to celebrate you! Everyone is welcome to help us honor special guests with cake and a fun group activity. **Birthday guests receive a small gift. No Cost. RSVP by 7/29. It's International Friendship Day- Bring a friend!** 

SPECIAL LUNCH: SUMMER SALAD BAR • Thurs., July 31, 2025 - 12:00 pm

Who wants to cook with Summer heating up? Build your own salad with fresh greens, veggies, proteins, and toppings. **\$3. RSVP by 7/30 (24 hours in advance).**



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

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



SEW MANY PROJECTS • Wednesdays, 10:00 am to 2:00 pm. *Crafters welcome!*



Healthy Steps in Motion continues for those signed up

Watermelon Day • Monday, 8/4 - 12:45 pm

Chair Volleyball • Thursday, 8/14 - 1:00 pm

Special Lunch: Carnival • Thursday, 8/28 - 12:00 pm

teaching us to live more fully now. To stop scrolling, step outside, and look up. To grab the hand of someone we love and run barefoot through the grass before the summer fades away.

Have you seen claims circulating on social media that people alive now might be the last generation to witness the glowing displays of fireflies? Scientists say that firefly populations are rapidly declining across the globe. However, there is a bright spot of hope for firefly conservation. These tiny beacons of light are thriving in places where protections are in place. Fireflies will hopefully be around for generations to come, and it is a good lesson that you should not believe everything you read on the internet, but many of us notice that there is truth to the statement that they are not as abundant as in years past or the days of our youth.

So maybe the fireflies are telling us something. Not just about memory or magic or even light, but about presence, about savoring the now. Because right now, the world is blinking softly. And if we don't pause to notice, we might miss it.

We will hold on to the memory of our friend and be reminded to hold on, gently, to what we have while we have it.

During these summer months, venture outside to look for the flickering light of a firefly, or lightning bug or glow-worm, if that's how you know them, and reflect on the best things in life, past and present - joy, time, people, and moments.



Kelly Chandler 1977 - 2025

EXERCISE CLASSES AT THE CENTER

Be active, stay healthy, make connections!



Ongoing Classes at The Center



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. A strength training program designed for mid-life and older women. Follow along with videos or participant led resistance and 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, 9:00-10:00 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.

***Participants are now asked to gather and set up supplies/equipment for this class.**

Monthly Classes: Page 2 - Exercise Class by **Phoenix Physical Therapy**, Cardio Drumming w/ **Tribe Nutrition**, Page 3 - **Chair Volleyball**, **MCOAS Healthy Steps in Motion**.

- **Classes targeted for ages 60+**, but open to all ages (unless otherwise specified).
- **Register for each class one time**, 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, including necessary lunch setup.
- **Saving seats is not permitted.** Please claim your space at arrival and avoid setting aside multiple spots for others. Help us create an environment that is welcoming to everyone.



CENTER UPDATES:

Call to Action: Embrace Hospitality & Inclusivity

Help us make sure that everyone feels welcome, valued, and included, and create an environment that fosters connection. **Reserving seats is discouraged.** Seats are available on a first-come, first-served basis, which promotes an atmosphere of fairness and accessibility, and prevents feelings of exclusion. **Avoid disruptive behavior** like talking during programs, which can detract from the experience for others who are eager to engage. **Remember to RSVP or cancel**, which aids facilitators and helps programs run smoothly without disrupting flow for others. Everyone at The Center has a shared purpose: to enhance physical and mental well-being and to connect with others. Let's all do our parts to nurture a sense of community!

MONDAY COMMUNITY MEAL

Monday, June 2 • 6:00 pm

Different hosts every month. There is no cost for this meal.

Pennsburg UCC - Sit-down meal

New Goshenhoppen UCC - Take-out meal

Tech Support Available!

Contact the front desk to reserve your one-hour time slot with a patient and knowledgeable Volunteer Tech Coach. Volunteers have assisted with retrieving lost passwords, using smartwatches, social media, GPS navigation/maps, photo album storage, and more. They can help you too!



EXTRA! EXTRA!



Senior Farmer's Market Vouchers

The Senior Farmers' Market Nutrition Program provides eligible seniors with locally grown fruits, vegetables, honey, and herbs and supports farmers markets and roadside stands. Eligible seniors receive 5 \$5 vouchers. A list of participating locations is provided with the checks. Available until supplies last.

Eligibility: 60+ yrs old, Montgomery County resident, household income less than \$28,953 for one person or \$39,128 for two people.

Voucher Pick-up Times at The Center:

Wednesdays, 9:00 - 11:30 am or 1:00 to 4:00 pm

To pick up vouchers at The Center or main office during other hours, please call for availability.

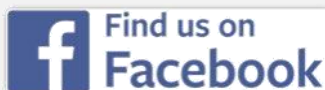
This institution is an equal opportunity provider.

Annual Notice from MCOAS

Partial funding for the Community Lunch program comes from federal funds that are passed to the states, then onto counties. Montgomery County Office of Aging Services (MCOAS) contracts with senior centers, including The Open Link, who follow guidelines put in place by the PA Department of Aging, including food safety protocols.

For anyone over 60, Community Lunch is a \$2 anonymous and suggested donation. No senior will ever be denied a meal for not making a donation. Community Lunch donations benefit MCOAS and are recycled back into programs that benefit seniors in Montgomery County.

The Center is partially funded by MCOAS. The Center's current cost of each meal is \$4.90. (For anyone under 60, the cost of the meal is \$4.90 paid to The Center.) The full MCOAS notice is available at The Center.



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