



Enriching the Lives of Older Adults in Our Community

The Spirit of Giving Shines Bright

By: Wendy Smeltz, Center Manager

During the holiday season, the spirit of generosity shines brightly throughout the Upper Perk community. Each year, The Open Link is at the heart of this warmth and goodwill, as neighbors, families, businesses, and local organizations come together to make the season brighter for everyone. From donations to festive gatherings, the outpouring of kindness reminds us that the holidays are truly about caring about one another.

The Center depends on the generosity of its many volunteers who assist with programming every day, and the individuals, businesses, and organizations that host activities. The gatherings held at The Center lift spirits and strengthen bonds. Laughter, music, and the smell of fresh-baked cookies fill the air, creating lasting memories for those who attend. This month's activity calendar contains more than ten activities led by outside volunteers or hosts, allowing us to offer educational, enriching, and fun programming all month long!

The Open Link's spirit of generosity doesn't just shine at The Center. It shines brightly at the Penn Street office. Last month, when SNAP benefits were put on hold during the government shutdown, food pantry participation saw a great increase. The community responded with an outpouring of contributions. The simple act of giving a bag of groceries can make a tremendous difference for those facing hard times, and every can and box collected represents the generosity of a caring

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Members of our Sew Many Projects group enjoying time spent together in the Cozy (and wintry!) Corner in the newly renovated Lower Level. Visit downstairs to see the amazing makeover anytime the space is open or at our New Year's Eve gathering on 12/31 at 12:30 pm. See page 7 for details.



Holiday Hours

Wednesday, Dec. 24 - CLOSED

Thursday, Dec. 25 - CLOSED

Friday, Dec. 26 - CLOSED

Thursday, January 1 - CLOSED

Happy Holidays!

HOURS OF OPERATION:

Monday-Friday 8:00 AM to 4:00 PM

The main room is closed during scheduled activities.

See page 8 for Inclement Weather Procedures.

The Center offers opportunities to stay healthy, active, and connected! Programming focuses on nutrition, exercise, education, enrichment, and socialization, and is targeted to ages 60 and over, but many programs are open for adults of all ages.



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: 517 Jefferson Street, East Greenville, PA 18041

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 December

* = Space is Limited

^ = Lower Level

RSVP: Sign up in the Big Room, call or text 215.679.6550, or email center@theopenlink.org. See costs and RSVP dates below, if required.



HOLIDAY MINDFUL MONDAYS^ • Mon., Dec. 1 & 15, 2025 - 9:30 AM (1st & 3rd Mon)

Make 'elf-care' a new holiday tradition and make self-care a priority this holiday season, Start your week grounded and focused. *Bring your favorite cup for a soothing cup of tea!*

CHAIR VOLLEYBALL w/ The Residence at Boyertown • Tues., Dec. 2, 2025 - 1:00 PM



Serve, set, and spike from your seat! This is a great way to stay active and improve coordination while having fun with friends, old and new. **\$2. RSVP by 12/1.**

WEDNESDAY WORKOUT w/ Farryn • Wed., Dec. 3, 2025 - 12:45 pm

Monthly program with exercises you can easily incorporate into your everyday routine. All skill levels welcome! Farryn will help you adapt each exercise to fit your needs.



Sponsored by Phoenix P/T - No Cost. RSVP by 12/2.

TAX ISSUES IN RETIREMENT w/ Keystone Tax Service • Thurs., Dec. 4, 2025 - 12:45 PM

Retirement can result in special tax situations and benefits. Wendy Jones, owner of Keystone Tax Service, will review common tax issues that come up in retirement and will answer questions. **Sponsored by Keystone Tax Service - No Cost. RSVP by 12/3.**



COOKIES WITH THE CHOIR* • Fri., Dec. 5, 2025 - 1:00 PM Doors open at 12:30 PM



Featuring the Uptones, a select group of students in grades 9-12 from the Upper Perkiomen High School Choir, led by Dr. Mark Thomas. **Collection taken for the UPHS Music Dept. RSVP by 12/4. *Space is limited.**



STAMP COLLECTING^ • Mon., Dec. 8, 2025 - 10:00 AM

Show, share, and trade stamps. Second Monday of each month. **No RSVP Req'd.**

WORKSHOP: HOLIDAY TREATS for Meals on Wheels • Mon., Dec. 8, 2025 - 12:30 PM

Help us sign holiday greeting cards and create special treats for our neighbors who receive home-delivered meals! Supplies provided. **No Cost. RSVP by 12/7.**



FESTIVE FUN w/ FIJI the Therapy Dog • Tues., Dec. 9 - 12:30 PM

Monthly visit from Fiji, an official AKC Canine Good Citizen, and her owner Monica. Get your photo taken with Fiji, who will dress for the occasion! **No Cost. RSVP by 12/8.**

CHOCOLATE 101: A SENSORY JOURNEY* • Wed., Dec. 10, 2025 - 1:00 PM

Chocolate tasting session. Deliciously educational experience exploring the world of chocolate! Learn where chocolate comes from, how it's made, and what makes each type unique - bean to bar. **Hosted by Blommer Chocolate - No Cost. RSVP by 12/9.**



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CARDIO DRUMMING w/ Tribe Nutrition* • Thurs., Dec. 11, 2025 - 10:00 AM

Fun full-body workout! Music and movement using a ball, bucket, and drumsticks.

Class led by Instructor Janet, Tribe Nutrition. **\$2. RSVP by 12/10. *Space is limited.**



TRIVIA TIME: Holiday Music, Movies, & More! • Thurs., Dec. 11, 2025 - 1:00 PM

This special trivia will offer many opportunities to sing! **No Cost. RSVP by 12/10.**

COCOA & CAROLING w/ the UP BPW • Fri., Dec. 12, 2025 - 1:00 PM

Enjoy dessert and cocoa and sing along with the *Upper Perk BPW*! The BPW is a group of working and retired women from all walks of life and levels of employment; women

working together for pay equity, workplace equality, and self-sufficiency. **Sponsored by the Upper Perk Business & Professional Women-No Cost. RSVP by 12/11.**

GINGERBREAD HOUSE DEMO, TRIVIA & HISTORY • Mon., Dec. 15, 2025 - 1:00 PM

Christine Mihalek, *MedMinder* Community Outreach Associate, will host a demonstration which will include some history and trivia. Someone will win a gingerbread kit to make at home! **Sponsored by MedMinder - No Cost. RSVP by 12/14.**



CRAFT: Rustic Holiday Wall Hanging* • Tues., Dec. 16, 2025 - 1:00 PM

Tree branches become a holiday tree with twine and embellishments, inspired by decor seen in a gift shop! *Supplies provided.* **\$3. RSVP by 12/15. *Space is limited.**



FIRESIDE CHATS & CRAFTS w/ the UPV Chamber* • Wed., Dec. 17, 2025 - 12:30 PM

12:30 PM - Reading of 'Twas the Night Before Christmas, followed by a fun twist on the classic poem where someone will win a prize, then a Fireside Chat in the Lower Level.

1:30 PM - Craft: Pinecone Snowman & Tree led by staff from the *Upper Perkiomen Valley Chamber of Commerce*. The *UPV Chamber* is a dynamic member-driven organization dedicated to advocating for nearly 300 businesses in the community. **Sponsored by the UPV Chamber - No Cost. RSVP by 12/16. *Space is limited for the craft.**



SPECIAL LUNCH: Holiday Breakfast for Lunch & REINDEER GAMES* • Thurs., Dec. 18, 2025

11:30 AM - Doors open. Come enjoy some favorite childhood morning activities!

12:00 PM - Breakfast is Served. Menu: Pancakes, Fruit Parfaits, Sausage, Bacon, and More; Coffee, Tea, and 1% Milk always offered at lunch. **\$3. RSVP by 12/17.**

12:30 PM - The fun continues. Bring a **gift-wrapped box of your favorite cereal** for a fun gift exchange after lunch! (Wrapping paper is available at The Center.) ***Space is Limited.**



UGLY SWEATER BINGO w/ The Residence at Boyertown • Fri., Dec. 19, 2025 - 1:00 PM

Doors open at 12:30 PM for refreshments and a Get-to-Know-You Ugly Sweater Bingo! Prize for the best sweater. **\$1 to play the whole time. RSVP by 12/18.**





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

December 2025



Monday - Friday
Served at 12:00 PM
Doors open at 11:30 AM

\$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	Tuesday	Wednesday	Thursday	Friday
1 Hot Dog Sweet Corn Sauteed Cabbage	2 Crabcake w/ Mac & Cheese Scalloped Tomatoes Broccoli 	3 Salisbury Steak Mashed Potatoes Peas	4 Sliced Turkey w/ Apple Glaze Traditional Stuffing Glazed Carrots	5 BBQ Pork Collard Greens Corn 
8 Grilled Chicken Parm w/ Rotini Sauteed Spinach w/ Diced Carrots	9 Cheeseburger Meatloaf Potato Wedges Green Beans	10 Brown Sugar Chicken Sweet Potatoes, Brussels Sprouts	11 Sliced Beef w/ Peppers Green Beans Brown Rice	12 Cheese Omelet w/ Peps & Onions Hashbrowns Pear Crisp
15 Beef Stew Potatoes Peas	16 Baked Fish w/ Lemon & Capers Brown Rice Green Beans	17  Mushroom & Swiss Burger Mashed Potatoes Carrot Coins	18 <i>Special Lunch</i> Breakfast for Lunch Pancakes, Bacon, Sausage, Fruit & Yogurt Parfaits	19 Chicken Alfredo Spinach w/ Diced Carrots Penne Pasta
22  Lemon & Pepper Chicken Thighs Chateau Blend Cauliflower Brown Rice	23 <i>Holiday Meal</i> Roast Beef w/ Burgundy Gravy Green Beans, Red Bliss Mashed Potatoes, Dinner Roll, Dessert	24 25 26 		
29 Baked Chicken w/ Garlic Butter Mixed Veggies Buttered Parsley Potatoes	30 Crabcake w/ Mac & Cheese Scalloped Tomatoes Broccoli	31 <i>New Years Eve Meal</i> Salisbury Steak Mashed Potatoes Peas	Menus created by a registered dietitian meet 1/3 of the Recommended Dietary Allowances. *Substitutions available upon request. Limited number of alternate meals are available. Anonymous contributions are encouraged but not required and benefit Montgomery County Office of Aging Services (MCOAS). The Center's cost of each meal is \$4.90. 	



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

Email: center@theopenlink.org

See newsletter for details:
RSVP dates, costs, etc.

December 2025

RSVP **24 hours in advance** for most activities.
Space is limited for some programs.

ACTIVITY CALENDAR

Activities are targeted to adults aged 60+.

Many activities are open to adults of all ages.

Monday	Tuesday	Wednesday	Thursday	Friday
1 9:00 Walkercise 9:30 Mindful Mondays [^] 10:00 WOW 12:00 Lunch 12:30 Activities 	2 10:15 Tai Chi 12:00 Lunch 12:30 Billiards [^] 1:00 Chair Volleyball <i>w/ The Residence at Boyertown</i> 	3 9:00 Walkercise 10:00 WOW 10:00 Sew Many Projects [^] 12:00 Lunch 12:45 Wed. Workout <i>w/ Farryn</i> 	4 12:00 Lunch 12:45 Tax Issues in Retirement w/ <i>Keystone Tax Service</i> 	5 9:00 Chair Yoga: Joy 10:15 Tai Chi 12:00 Lunch 12:30 Billiards [^] 1:00 Cookies w/ the Choir - UPHS Uptones 
8 9:00 Walkercise 10:00 WOW 10:00 Stamp Collecting [^] 12:00 Lunch 12:30 Treats for MOW 12:30 Activities 	9 10:15 Tai Chi 12:00 Lunch 12:30 Festive Fun w/ Fiji 12:30-2:00 Billiards [^] 	10 9:00 Walkercise 10:00 WOW 10:00 Sew Many Projects [^] 12:00 Lunch 1:00 Chocolate Tasting [*] <i>w/ Blommer Chocolate</i> 	11 10:00 Cardio Drumming w/ <i>Tribe Nutrition</i> 12:00 Lunch 1:00 Trivia Time: Holiday Music, Movies, & More! 	12 9:00 Chair Yoga: Peace 10:15 Tai Chi 12:00 Lunch 12:30 Billiards [^] 1:00 Cocoa & Caroling w/ <i>the U.P. BPW</i> 
15 9:00 Walkercise 9:30 Mindful Mondays [^] 9:30 WOW 12:00 Lunch 12:30 Activities [^] 1:00 Gingerbread Demo 	16 10:15 Tai Chi 12:00 Lunch 12:30 Billiards [^] 1:00 Craft: Rustic Holiday Wall Hanging [*] 	17 9:00 Walkercise 10:00 WOW (LL) 10:00 Sew Many Projects [^] 12:00 Lunch 12:45 Fireside Chats 1:30 Craft w/ <i>the Chamber</i> 	18 12:00 Special Lunch & Reindeer Games <i>Holiday Breakfast for Lunch</i> <i>Doors open at 11:30</i> 	19 9:00 Chair Yoga: Light 10:15 Tai Chi 12:00 Lunch 12:30 Billiards [^] 1:00 Ugly Sweater Bingo w/ <i>The Residence at Boyertown</i> 
22 9:00 Walkercise 10:00 WOW 12:00 Lunch 12:30 Activities	23 10:15 Tai Chi 12:00 Holiday Meal 12:30 Billiards [^] 1:00 Holiday Performance by R.E.N.T. 	24 CLOSED	25 CLOSED	26 CLOSED
Happy Holidays				
29 9:00 Walkercise 10:00 Book Club [^] 10:00 WOW 12:00 Lunch 12:30 Activities 	30 10:15 Tai Chi 12:00 Lunch 12:30 Billiards [^] 12:45 Birthday Party 	31 9:00 Walkercise 10:00 WOW (LL) 12:00 Lunch 12:30 NYE Gathering [^] & Lower Level Name Reveal 	Blood Pressure Checks Most Thursdays. approx. 12:00 PM, courtesy of <i>Family Caregivers Network</i> 	Tech Support Available by Appt. Call, email, or see front desk. 

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

neighbor. Donations didn't stop rolling in after that. So far, the annual Scouting for Food Drive has collected 13,427 pounds of food donations, with a final total to be revealed soon! Items were donated by the community and collected by Scout Troops and Packs: Troop 108 East Greenville, Cub Scout Pack 244, Pack 170, Pack 79, Troop 79 Pennsburg, Troop 79 (All Girls!), Troop 90 Green Lane, and Troop 591.

Food isn't the only way members of our community give back to those in need. Via a generous donor, a \$2,500 matching gift is available to unlock for funds raised on Giving Tuesday, when our agency will raise money to help individuals and families with utility and rent expenses this winter. Giving Tuesday is a global generosity movement that takes place on the Tuesday after Thanksgiving, and is a day focused on giving back as a counterbalance to the shopping frenzy of Black Friday and Cyber Monday. This year, Giving Tuesday takes place on December 2nd if you are interested in participating!

To see the spirit of giving, one has to look no further than Operation Holiday Cheer, which takes over the Penn Street location at this time of year each year. Many families are facing hardships that make it increasingly difficult to make ends meet, especially around the holidays. This annual program helps parents and grandparents who need a little help making holiday wishes come true. See page 8 for more information about donating to this program, including wishlists for gift items and stocking stuffers, or how to book an appointment to visit the Present Room.

The spirit of the holidays shines bright at The Open Link and in the Upper Perkiomen Valley! The light shining over our agency and our community this holiday season reminds us that generosity isn't just about gifts or donations – it's about connection. Whether it's sharing a meal, volunteering time, or simply offering a smile, every act of kindness adds warmth to the season and makes people's lives better. Our community continues to show that when we come together, we can make the holidays brighter for everyone.

Happy Holidays from everyone at The Center!



EXERCISE CLASSES AT THE CENTER

Be active, stay healthy, make connections!



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. Strength training for mid-life and older women. Follow along with videos or participant-led resistance training, balance training, and flexibility exercises in a fun and upbeat class. “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 with a chair for support. This class follows the popular videos from the Happy Thought Tai Chi Program, developed by Master Instructor 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 techniques and meditations, enhance strength, flexibility, and balance – all with the support of a chair!

*Sarah will lead three special December Chair Yoga Classes: ***Joy*** ***Peace*** **LIGHT***
And on January 2nd, join for a Chair Yoga for the New Year!

- **Classes are targeted for ages 60+**, but open to all ages, unless otherwise specified.
- **Register for each class once**, 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.
- **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 for everyone.

Monthly Exercise Programs: Chair Volleyball, Cardio Drumming, and Workout Wednesday



CENTER ACTIVITIES in December

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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.

HOLIDAY MEAL, DESSERT, & PERFORMANCE* • Wed., Dec. 23, 2025



12:00 PM - Holiday Meal - Menu: Roast turkey with cornbread stuffing and gravy, mashed sweet potatoes, green beans almondine. **\$2 Sugg. Donation. RSVP by 12/22.**

1:00 PM - Holiday Performance by R.E.N.T.*



Rich, Beth, Nick, and Tom, who go by "R.E.N.T.," return to perform some of our favorite holiday tunes on bass fiddle, violin, guitar, and mandolin.

Donations Encouraged. RSVP by 12/22. *Space is limited.

BOOK CLUB^ • Mon, Dec. 29, 2025 - 10:00 AM

Malibu Rising by Taylor Jenkins Reid. A story about the Riva siblings, children of the famous singer Mick Riva, as they navigate the day of their annual end-of-summer party in August 1983. Books available at The Center; return date: 12/28. **No Cost or RSVP Req'd.**



BIRTHDAY PARTY • Tues., Dec. 30, 2025 - 12:45 PM

Is your birthday in December? We want to celebrate you! Everyone is welcome. Help us honor special guests. Sing 'Happy Birthday,' enjoy cake, and play a fun activity. Anyone with a birthday this month receives a small gift. **No Cost. RSVP by 12/29.**

NEW YEAR'S EVE GATHERING & TOAST^ • Wed., Dec. 31, 2025 - 12:30 PM

Spend the last afternoon of the year together in our renovated Lower Level with group activities: board games, card games, billiards, and more. The name of the Lower Level, voted on by participants, will be revealed! Light refreshments. **Donations welcome. RSVP by 12/30. *Use the stair lift or enter from Jefferson St (no stairs).**



TECH SUPPORT • One-on-one appointments. Call, email, or see front desk to schedule.

AFTERNOON ACTIVITIES • Most Mondays, 12:30-4:00 PM. *Join Mahjong or start an activity.*

BILLIARDS • Most Tuesdays & Fridays, 12:30-4:00 PM. All skill levels welcome. LL.

SEW MANY PROJECTS • Most Wednesdays, 10:00 AM-2:00 PM. *All crafters welcome!*



What activity would you like to see in 2026? Let us know now!



Thurs., Jan. 1 • Closed - Happy New Year!

Fri., Jan. 2 • Chair Yoga for the New Year w/ Instructor Sarah

Wed., Jan. 7 • Stay Active, Ease Arthritis w/ Upper Perk PT

Mon., Jan. 19 • Closed - Martin Luther King, Jr. Day

Thur., Jan. 22 • Special Lunch: Grilled Cheese & Tomato Soup

Thur., Jan. 29 • National Puzzle Day Activities



OPEN HOUSE - An open house for the community will be held in early 2026, celebrating a 'New Year, New Space'. Stay tuned for a date and details to invite your friends and loved ones! Let us know if you would like to help organize that event to show our community what we have to offer!

We look forward to seeing you in the New Year! Every person who walks through our doors brings something uniquely wonderful – your stories, your humor, your wisdom, your kindness. Together, you create a place filled with warmth, connection, and joy. Thank you for being an irreplaceable part of The Center – it wouldn't be the same without you.

EXTRA! EXTRA!

HOLIDAY CARDS ARE READY TO ORDER!

Thank you to all who participated in The Open Link's Holiday Card Design contest this year! We are thrilled to announce that Ray Bauer, Jr. of East Greenville, won this year's contest with his Peace in the Valley watercolor and acrylic paint pen design, featured in the box of cards available for purchase at The Center.

A box of 12 cards is \$15 and includes the winning card and designs from two runners-up. Proceeds from card sales support The Center.

We are also happy to announce that you can now give **Holiday Tribute Gifts** this holiday season! Instead of purchasing your loved one a gift this year, make a donation in their name to The Open Link.

With each donation, your recipient will receive one of the holiday cards in their honor.

Pictured from left to right: Winter Cardinals by Kathy Spall (Runner-Up), Lucy & Murphy by Karen Walker (Runner-Up), Peace in the Valley by Ray Bauer, Jr. (Winner)



CENTER UPDATES:

INCLEMENT WEATHER POLICY

Both of The Open Link's locations (Penn Street and The Center) follow the Upper Perk School District for guidance on winter weather closures.

UPSD Buildings Closed = Center Closed

If they close their buildings, we close ours.

That means a traditional snow day with no school or a Flexible Instruction Day/Virtual Day of doing schoolwork virtually at home.

UPSD 2-hour Delay = Center Opens at 10:00 AM

The activity schedule begins at 10:00 AM.

Anything before 10:00 AM is cancelled.

Check WFMZ or call The Center for snow closures. Our phone greeting is always updated for holidays and weather-related closures!

Meals on Wheels

Closed = NO Delivery

2-hr Delay = Deliveries on schedule

OPERATION HOLIDAY CHEER

This annual program helps parents and grandparents who need a little help making holiday wishes come true at The Open Link.

From now through Monday, December 22nd, The Open Link is collecting gifts, stocking stuffers, and gift cards. Wishlists are available at The Center or by visiting www.theopenlink.org/get-involved/our-wishlists.html.

There is also a new option this year to shop via Amazon or Walmart digital wishlists and ship items *directly* to our Penn Street location. Ask us how to shop online!

Interested participants who would like to select items from our Present Room for children or grandchildren should call 215-679-6550 or contact Laura at laurad@theopenlink.org.



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