



**THE CENTER**  
*at*  
**THE OPEN LINK**



*Enriching the Lives of Older Adults in our Community*

**November 2024 Newsletter**

**Community Support Enriches Programs at The Center**

*By Wendy Smeltz, Center Manager*

This year, Thanksgiving takes place on the latest date possible, November 28<sup>th</sup>, but Thanksgiving is about more than just one day. It's a season of gratitude to be celebrated all month long.

Here at The Center, we have many reasons to be thankful. One of those reasons is apparent in every newsletter. As you flip through its pages, please take notice at the amount of support given to our senior center. In any given month, you will find programming offered by individuals, local companies, non-profit organizations, performers, and our county's Office of Aging Services.

It is the generous contributions of their time, talents, and often resources, driven by a desire to give back to their community, that allows us to offer a diverse array of activities tailored to your unique needs and interests.

These program facilitators coordinate and lead presentations, classes, and activities. They bring diverse skills, knowledge, and experiences to our Center, introducing new, helpful information, or just good old-fashioned fun. The result is a broader range of options that cater to the varying interests and abilities of our participants, making it possible to remain engaged, healthy, and active at The Center.

This involvement fosters a sense of community not just within The Center, but in the greater Upper




We enjoyed our trip to The Thrifty Frog during October's Center outing. Store owner, Catherine, who gave roses to participants, is a shining example of the kindness and support shown to The Center and our community's seniors.



**The Center is CLOSED  
 Thursday, Nov. 28<sup>th</sup>  
 and  
 Friday, Nov 29<sup>th</sup>  
 for Thanksgiving.**

**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.

*Continued on page 6*

## SPECIAL ACTIVITIES in November

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

### STORIES OF OUR LIVES • Tuesdays at 1:00 pm, Oct. 29 to Dec. 3, 2024

This 6-week support group brings participants together in shared discussion about life's journey. Discover how joining together with others can be beneficial and comforting. Led by **The Center for Loss & Bereavement**. **No Cost. Register in advance.** Please check to verify that registration is still open. *\*This is not a drop-in group.*



### DISCOVERING DIWALI • Fri., Nov. 1, 2024 - 12:30 pm

Did you know that more than one billion people worldwide celebrate Diwali? This festival of lights symbolizes light over darkness and knowledge over ignorance. Let's take time to learn how this festival is celebrated culturally in religions throughout the world. **No Cost. RSVP encouraged.**

### CRAFT: ORNAMENTS for the PA CAPITOL • Wed., Nov. 6, 2024 - 1:00 pm



Every year, senior centers from around the state send handmade ornaments to decorate the Christmas tree in the Capitol Rotunda in Harrisburg. Help us create festive ornaments to send to spread holiday cheer. **Donations Welcome. RSVP by 11/5.**

### DONUTS & COFFEE FOR VETERANS • Thurs., Nov. 7, 2024 - 9:30 - 10:30 am

Stop by The Center for complimentary coffee, donuts, a light breakfast, and camaraderie with other veterans and their loved ones. Freedom is sweet thanks to you! All veterans, spouses, and widows are welcome. **No Cost. RSVP required by 11/6.**

*Please see page 8 for a special Veterans Photo Share.*



### SAFE DRIVING FOR SENIORS w/ MCOAS • Wed., Nov. 13, 2024 - 12:45 pm



Deborah Jankowski, Outreach Coordinator with Mont. Co. Office of Aging Services, will provide advice on how to continue to drive safely and longer. This presentation also includes indicators designed to gauge safe driving ability. **No Cost. RSVP encouraged.**

**Movember**  is month-long campaign that raises funds and awareness for men's health issues. The name is a combination of "mo" from the English word moustache, and "November". Movember raises funds for research and support programs that help men live longer, healthier lives and many men grow a mustache to raise awareness. The focus is on men's health issues such as prostate cancer, testicular cancer, mental health, and suicide prevention. Let's change the face of men's health!



== MEN'S HEALTH AWARENESS MONTH ==  
**MOVEMBER**

## SPECIAL ACTIVITIES in November

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

### FIGHT FRAUD w/ Senior Medicare Patrol • Thurs., Nov. 14, 2024 - 12:45 pm

Medicare loses nearly \$100 billion annually to fraud which impacts your premium costs and access to care. Join the SMP to fight back! Guest speaker Scott Kuhn hosts this special presenta-



tion on Medicare Fraud Awareness and Prevention. **No Cost. RSVP encouraged.** Senior Medicare Patrol (SMP) empowers and assists Medicare beneficiaries to prevent, detect, and report health care fraud, errors, and abuse.

### ESTATE PLANNING ESSENTIALS • Wed., Nov. 20, 2024 - 12:45 pm



Future planning, such as wills, powers of attorney, and trusts, presented by Bridget Monaghan Wible, Esquire, owner and supervisor of Monaghan Funeral Home in Red Hill and Monaghan Wible Law LLC. Bridget is experienced in estate planning and administration as well as preplanning end of life wishes to lessen the burden on our loved ones. **No Cost. RSVP encouraged.**

### FRIENDSGIVING Special Lunch • Thurs. Nov. 21, 2024 - 12:00 pm



Friendsgiving is a blend of “friend” and “Thanksgiving”. This gathering of friends is our version of a potluck - you provide the food, staff prepares the meal! (Health dept policies prohibit us from serving food prepared in people’s homes.) Menu: Burgers, baked potato bar, dessert. **\$3 suggested donation or bring an item.** To inquire about needed items and the deadline, call or see the sign-up book. **RSVP by 11/20.**

### THANKSGIVING LUNCH • Wed. Nov. 27, 2024 - 12:00 pm



Menu: Turkey and all the fixings, dessert. *Community Lunch is no cost for anyone over 60. Donations are encouraged. RSVP required by Tues., 11/26.*

*Please stay for birthday cake and activities at 12:30 pm! Our Thanksgiving Meal will be followed by our monthly birthday party (see pg 7). Those with birthdays around a holiday often have their special day overshadowed - we won't let that happen to November birthdays! Everyone is invited!*



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.







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



Monday - Friday  
 Served at 12 pm

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

**M E N U**

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

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



















Monday	Tuesday	Wednesday	Thursday	Friday
<p>*Menus are created by a registered dietician and meet 1/3 of Recommended Dietary Allowances.</p> <p><b>Substitutions available upon request</b>            Let staff know when you sign up if you need an alternative meal, and tell us what you do not eat. Alternate meal options are limited.</p>				<p>1  <b>Swiss &amp; Ham Omelet</b>            Sautéed Spinach w/ Carrots            Hashbrowns</p>
<p>4  <b>Chicken Florentine</b>            Bowtie Noodles            Peas &amp; Carrots</p>	<p>5  <b>Crab Cake w/ Mac &amp; Cheese</b>            Stewed Tomatoes            Broccoli &amp; Cauliflower</p>	<p>6  <b>Southwest Chicken Thigh</b>            Salsa Rice &amp; Black Beans            Corn w/ Peppers</p>	<p>7  <b>Rigatoni w/ Meat Sauce</b>            Peas            Warm Peaches</p>	<p>8  <b>Sliced Turkey w/ Roasted Garlic Gravy &amp; Onions</b>            Whipped Sweet Potatoes            Brussels Sprouts</p>
<p>11  <b>Sweet and Sour Chicken</b>            Broccoli &amp; Carrots            Brown Rice</p>	<p>12  <b>Lemon &amp; Capers Baked Fish</b>            Carrot Coins            Buttered Wide Noodles</p>	<p>13  <b>Cheddar Burger w/ Caramelized Onions</b>            Broccoli &amp; Corn            Red Bliss Potatoes</p>	<p>14  <b>Tortellini w/ Peas &amp; Garlic Butter Sauce</b>            Green Beans            Warm Sliced Peaches</p>	<p>15  <b>Sliced BBQ Beef</b>            Sweet Corn w/ Peppers            Collard Greens</p>
<p>18  <b>Stuffed Shells</b>            Brussels Sprouts w/ Diced Carrots            Warm Apples</p>	<p>19  <b>Garlic Dijon Chicken Thighs</b>            Collard Greens            Honey Whipped Sweet Potatoes</p>	<p>20  <b>Meatballs w/ Onion Gravy</b>            Cubed Potatoes            Green Beans</p>	<p>21  <b>Friendsgiving Special Lunch</b>            Burgers, Baked Potato Bar, Dessert            RSVP by 11/20</p>	<p>22  <b>Spanish Omelet</b>            Cinnamon Oatmeal            Warm Cranberry Pears</p>
<p>25  <b>Lemon Pepper Fish</b>            Brown Rice            Green Beans &amp; Carrots</p>	<p>26  <b>Salisbury Steak w/ Mushrooms</b>            Broccoli w/ Red Pepper            Roasted Potatoes</p>	<p>27  <b>Thanksgiving Meal</b>            Turkey &amp; all the fixin's            RSVP by Tues 11/26            Followed by the November Birthday Party</p>	<p>28    <b>HAPPY THANKSGIVING</b>            from The Center</p>	

Come for the meal. Stay for friends and fellowship.

# hello NOVEMBER 2024

## ACTIVITY CALENDAR

Check newsletter for  
RSVP dates and details.

Monday	Tuesday	Wednesday	Thursday	Friday
 <h3>NOVEMBER</h3> <p><i>Change the face of men's health</i></p> <p>What is November? See Page 2, and check our Message Board each time you visit this month for information on men's health issues and a fun contest.</p>		 <p><b>Tech Support</b> by appointment Tues. &amp; Wed. afternoons</p>	 <p><b>Blood Pressure Checks</b> Most Thursdays, approx. 12 pm, courtesy of <i>Family Caregivers Network</i></p>	<p>1</p>  <p>9:00 Chair Yoga 10:15 Tai Chi 12:00 Community Lunch 12:30 Billiards (LL) 12:30 Discover Diwali</p>
<p>4</p> <p>9:00 Walkercise 10:00 WOW 12:00 Community Lunch 12:30 Afternoon Activities</p>	<p>5</p> <p>10:15 Tai Chi 12:00 Community Lunch 12:30 Billiards (LL) 1:00 <b>Stories of Our Lives</b> <i>(pre-registration required)</i></p>	<p>6</p>  <p>9:00 Walkercise 10:00 WOW 10:00 Quilters (LL) 12:00 Community Lunch 1:00 <b>Craft: Ornaments</b> for the PA Capitol</p>	<p>7</p>  <p>9:30-10:30 <b>Donuts &amp; Coffee for Veterans</b> RSVP by 11/6 12:00 Community Lunch</p>	<p>8</p>  <p>9:00 Chair Yoga 10:15 Tai Chi 12:00 Community Lunch 12:30 Billiards (LL) 1:00 <b>Trivia Time</b> November Theme: Trees</p>
<p>11</p>  <p>9:00 Walkercise 10:00 WOW 10:00 <b>Stamp Club</b> (LL) 12:00 Community Lunch</p>  <p><i>Veteran's Day Display</i></p>	<p>12</p> <p>10:15 Tai Chi 12:00 Community Lunch 12:30-1:30 Billiards (LL) 1:00 <b>Stories of Our Lives</b></p>	<p>13</p>  <p>9:00 Walkercise 10:00 WOW 10:00 Quilters (LL) 12:00 Community Lunch 12:45 <b>Safe Driving</b> w/ MCOAS</p>	<p>14</p>  <p>10:00 <b>Cardio Drumming w/ Tribe Nutrition*</b> 12:00 Community Lunch 12:45 <b>Fight Fraud</b> w/ the Senior Medicare Patrol</p>	<p>15</p>  <p>9:00 Chair Yoga 10:15 Tai Chi 12:00 Community Lunch 12:30 Billiards (LL) 1:00 <b>Bingo</b> - Theme: Thanksgiving Food</p>
<p>18</p> <p>9:00 Walkercise 10:00 WOW 12:00 Community Lunch 12:30 Afternoon Activities</p>	<p>19</p>  <p>10:15 Tai Chi 12:00 Community Lunch 12:30 Billiards (LL) 1:00 <b>Stories of Our Lives</b></p>	<p>20</p>  <p>9:00 Walkercise 10:00 WOW 10:00 Quilters (LL) 12:00 Community Lunch 12:45 <b>Estate Planning</b> Monaghan Funeral Home</p>	<p>21</p>  <p>12:00 <b>Friendsgiving Special Lunch</b> RSVP by 11/20</p>	<p>22</p> <p>No Chair Yoga 10:15 Tai Chi 12:00 Community Lunch 12:30 Billiards (LL)</p>
<p>25</p>  <p>9:00 Walkercise 10:00 WOW 10:00 <b>Book Club</b> (LL) 12:00 Community Lunch 12:30 Afternoon Activities</p>	<p>26</p> <p>10:15 Tai Chi 12:00 Community Lunch 12:30-1:30 Billiards (LL) 1:00 <b>Stories of Our Lives</b></p>	<p>27</p>  <p>9:00 Walkercise 10:00 WOW 10:00 Quilters (LL) 12:00 <b>Thanksgiving Lunch</b> RSVP by 11/26 12:30 <b>Birthday Party</b></p>	<p>28</p>  <p><b>HAPPY THANKSGIVING</b> from The Center</p>	<p>29</p>

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

*The Center at The Open Link - Enriching the lives of older adults in our community.*

Perkiomen Valley, as many of these companies and organizations are local to our area. Their efforts also help bridge generational gaps with program hosts who are younger individuals. These interactions encourage mutual respect and understanding, strengthening our social fabric.

These individuals, organizations, and companies often volunteer their time. This reduces operational costs for our senior center, allowing us to allocate resources more efficiently. More importantly, it means we can offer activities to our community at little or no cost, which means an inability to pay never has to prevent someone from attending our center.

We are proud to offer a schedule of activities that covers many subjects, ranging from educational workshops to fitness classes to social events, but the reason we can do that is because of the generosity of our community. We are thankful for the many, many people involved in filling our activity calendar month after month. These programs play a pivotal role in enhancing the overall well-being of our senior center.

The Center's programming stands as a shining example of the impact that a community can have when they come together with a shared purpose. We thank the individuals, organizations, and businesses for the impact they have had at The Center and in our participant's lives. We are grateful for your support.

## 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.

*See page 7 for our 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 November

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



### TRIVIA TIME • Fri., Nov. 8, 2024 - 1:00 pm

Join a team, create a team name, and come up with answers together. Nov. Theme: Trees. Topics include history, literature, science, pop culture, and more! **No Cost. RSVP encouraged.**

### STAMP CLUB • Mon., Nov. 11, 2024 - 10:00 am



Stamp collectors meet the 2nd Mon. of each month to show, share, and trade stamps.

### CARDIO DRUMMING w/ Tribe Nutrition • Thurs., Nov. 14, 2024 - 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 req'd by 11/13. \*Space is limited.**



### THANKSGIVING FOOD BINGO • Fri., Nov. 15, 2024 - 1:00 pm

Doors open at 12:30 pm. Light refreshments. Small prizes, big fun! **\$1 to play the whole time. RSVP encouraged. Donations of new items always welcome for Bingo prizes.**



### BOOK CLUB • Mon., Nov. 25, 2024 - 10:00 am

**What Alice Forgot** by Liane Moriarty, is a moving, well-paced story about a woman who takes a serious tumble, hits her head, and loses ten years of memory. She must discover whether forgetting is a blessing or a curse, and whether it's possible to start over. **No Cost. RSVP not req'd.**

### BIRTHDAY PARTY • Wed., Nov. 27, 2024 - 12:30

Everyone is invited for cake and activities. Help us honor our guests who have November birthdays. **No Cost. RSVP encouraged by 11/26.** *This month's birthday party follows our Thanksgiving Lunch. Those with birthdays around the holiday often have their special day overshadowed - we won't let that happen to November birthdays. Everyone is invited! Please RSVP for Thanksgiving Lunch at 12 separately by Tues., 11/26.*



May this day  
be a beautiful  
reminder of  
the wonderful  
things in life.



from  
The Center.  
We are  
thankful for  
all of you!

## CENTER UPDATES:

### TECH SUPPORT

Do you need help learning about functions on your smartphone, laptop, tablet, 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, November 4 • 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) follow 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!

### VETERANS PHOTO SHARE:

#### HONORING OUR VETERANS, SHARING OUR MEMORIES

The Center is requesting photos and memories of those who answered the call to serve our country. These images and stories will be displayed on Veteran's Day, Monday, Nov. 11th, and throughout the remainder of the month.

If you have a photo of yourself or a loved one in uniform or from a time in service, we invite you to share it with us by Friday, Nov. 8th, 2024. Please drop off photos at The Center anytime Monday through Friday, 8 am to 4 pm. We will scan and return it to you. Or send photos and memories via email to [center@theopenlink.org](mailto:center@theopenlink.org). Thank you messages for the display are also encouraged.

Please include the following information about photos if you have it: names of people or places in the photo, date, location, and anything else we should know about the scene depicted.

Veterans, spouses, and widows - you are invited to **Donuts & Coffee for Veterans** Thursday, Nov. 7th (see page 2 for details). We'd love for you to bring your photos and memories then, and briefly share about them if you'd like!



[www.facebook.com/groups/centerattheopenlink.org](https://www.facebook.com/groups/centerattheopenlink.org)

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Montgomery County  
Office of Senior Services