



The Open Link's Senior Center  
location in East Greenville

# March

2026

NEWSLETTER



*Enriching the Lives of Older Adults in Our Community*

## The Center Isn't All Fun and Games... But Sometimes, It Is!

At The Center, we believe in lifelong learning and are committed to offering a wide range of educational classes, programs, workshops, and presentations that focus on health, physical fitness, technology, and more. These subjects are essential and remain a priority for our staff, but we also recognize that laughter, enjoyment, and social connection are just as vital to our well-being.

Witnessing the joy and the connections formed at The Center inspires staff to create even more opportunities for participants to engage, connect, and have fun. This year, we've made it a goal to expand group activities, which last year's lower level refurbishment makes possible. More games and interactive programs on our calendar offer benefits beyond having fun. We are adding activities based on a recent vote where the most popular games, in order, were: Yahtzee, UNO, Monopoly, Mexican Train Dominoes, and Pinochle.

These activities help keep minds sharp and curiosity alive, encouraging continued learning and exploration at any age. Whether it's bingo, trivia, or games featured at special events, these programs do more than spark friendly competition. They support mental health, social engagement, and overall well-being by exercising memory, improving decision-making, strengthening hand-eye coordination, and keeping the brain active in enjoyable ways. Most importantly, games bring people together. A shared laugh over a tricky puzzle or a winning hand helps build friendships and fosters a strong sense of community. At The Center, we know that staying active is just as important as staying connected. So join us - learn something new, challenge your mind, and don't forget to have a little fun along the way.

*Lifelong learning and laughter truly go hand in hand.*



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 in East Greenville offers opportunities for older adults (ages 60+) to stay healthy, active, and connected! Programming is focused on nutrition, exercise, education, enrichment, and socialization. Many programs are open for adults of all ages.

**The Center:** 517 Jefferson Street, East Greenville, PA 18041

**Hours:** Mon-Fri 8:00 AM to 4:00 PM

**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 March

\* = 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.



## **CHAIR VOLLEYBALL w/ The Residence at Boyertown • Tues., Mar. 3, 2026 - 1:00 PM**

Serve, set, and spike from your seat. First Tuesday of each month. Stay active and improve coordination while having fun with friends. **\$2. RSVP by 3/2.**



## **New! LET'S TALK ABOUT IT • Monthly! Starts Thurs., Mar. 5, 2026 - 12:30 PM**

Get to know someone new and learn something new about old friends! To start things off, we'll go back to the beginning and ask: *Where Are You From?* New topic on the first Thursday of each month. **No Cost. RSVP by 3/4.**

**New! WEEKLY MATCHUP^ • Thursdays. Starts Mar. 5. See pg. 7 for details.**



**New! SOCIAL HOUR^ • Fridays. Starts Mar. 6. See pg. 7 for details.**

## **STAMP COLLECTING^ • Mon., Mar. 9, 2026 - 10:00 AM**

Show, share, and trade stamps. Second Monday of each month. **RSVP not required.**



## **VISIT w/ FIJI • Tues., Mar. 10, 2026 - 12:30 PM**

Monthly visit from Monica with her dog Fiji, an official AKC Canine Good Citizen.

## **OUTING: ADDAMS FAMILY MUSICAL at U.P.H.S. • Wed., Mar. 11, 2026 - 1:00 PM**

Free Gold Show Card for seniors (cards not needed). Meet at Upper Perk High School: 2 Walt Rd, Pennsburg. Donations encouraged for U.P.H.S. Drama Club. RSVP not required, but **let us know by Mar. 4 if you plan to sit with our group.** Carpooling encouraged.



## **CARDIO DRUMMING • Thurs., Mar. 12, 2026 - 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 3/11.** \*Space is limited.

## **TRIVIA TIME: Legends, Lore, and Luck • Fri., Mar., 13, 2026 - 1:00 PM**

Test your knowledge and see if you can stay safe Friday the 13th! Bonus Round:



**Green** Things! Come up with answers as a team. **Donations welcome. RSVP by 3/12.**



## **WORKOUT WEDNESDAY w/ Farryn • Wed., Mar. 18, 2026 - 12:45 PM**

Hosted by **Phoenix Physical Therapy**. Exercises you can easily incorporate into your everyday routine that Farryn helps you adapt to fit *your* needs. All skill levels welcome! **No Cost. RSVP by 3/17.** Phoenix P/T, helping patients recover, recharge, and rise.

# CENTER ACTIVITIES in March

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.

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\*Regular, Ongoing Activities Pg. 7

## WEDNESDAY WORKOUT COOLDOWN • Wed., Mar. 18, 2026 - 1:30 PM

An effective cooldown is 5 to 10+ mins, gradually lowering the heart rate, blood pressure, and body temp. Get your body back to pre-exercise levels and catch up with friends!



## CRAFT: Easter Wreath\* • Thurs., Mar. 19, 2026 - 1:00 PM

Create a charming and rustic wreath to hang on your door. Supplies provided, or bring springtime embellishments for your creation. **\$3. RSVP by 3/18. \*Space is Limited.**

## FIRST DAY OF SPRING BINGO • Fri., Mar. 20, 2026 - 1:00 PM

Doors open at 12:30 PM for refreshments and fun, and some springtime surprises. **\$1 to play the whole time. RSVP by 3/19.**



## PREVENTING FRAUDS & SCAMS w/ TCAFCU • Tues., Mar. 24, 2026 - 12:45 pm

Beth Biehl from Tri County Area Federal Credit Union will provide tools and strategies to help protect yourself from financial fraud. **No Cost. RSVP by 3/23.**

## BIRTHDAY PARTY • Wed., Mar. 25, 2026 - 12:45 PM

Is your birthday in March? We want to celebrate you! Everyone is welcome. Help us honor special guests with cake and a fun game or activity. **No Cost. RSVP by 3/24.**



## PHILLIES OPENING DAY! • Thurs., Mar. 26, 2026 - \$3. RSVP by 3/25.



**12:00 PM SPECIAL LUNCH: Ballpark Concessions** - Celebrate with hot dogs, baked beans, cold salads, and more! Wear your Phillies gear - or favorite team colors of your choice! **12:30 PM Opening Day Festivities** - fun and games. \$1 raffle tickets.

## EGG DYING • Fri, Mar. 27, 2026 - 1:00 PM

Invoke nostalgic memories and get in some fine motor skill practice! **\$1. RSVP by 3/26.**



## BOOK CLUB^ • Mon, Mar. 30, 2026 - 10:00 AM

**The Sentence** by Louise Erdrich follows an Indigenous woman after a ten-year incarceration she survived by reading. Set in 2020, this novel is set amid the pandemic, social justice protests, and a haunted bookstore, and blends history, grief, humor, and resilience. **No Cost. RSVP not req'd. Borrow a book from The Center!**



## BOOK READING: BENJAMIN THE BOUNCY GOAT • Tues, Mar. 31, 2026 - 12:45 PM

Meet the star of the children's book **Benjamin the Bouncy Goat** and celebrate his birthday. Enjoy a live reading by author Melissa Meacham, the creator, caretaker, and heart behind *Screaming Goat Farm*, with an opportunity to purchase the book. One lucky attendee will win a copy, the perfect gift for a child in your life! **No Cost. RSVP by 3/30.**





517 Jefferson St., East Greenville  
Call/Text: 215.679.6550

**\$2 Suggested, Anonymous Donation for Ages 60+**  
Adults <60 = \$5.09

# MARCH 2026

**RSVP: 24 hours** required.

Sign up by 12:00 PM the weekday before.



Mon-Fri, 12:00 PM  
Doors open at 11:30 for  
*Coffee & Connections*

Monday	Tuesday	Wednesday	Thursday	Friday
2 <b>Stuffed Shells w/</b> Creamy White Wine & Mushroom Sauce Green Beans Beets	3 <b>Sliced Turkey</b> w/ Stuffing & Gravy Corn Brussels Sprouts	4 <b>Penne Pasta w/</b> <b>Sauce &amp; Meatballs</b> Broccoli, Carrots, & Cauliflower	5 <b>Creamy Paprika Chicken</b> Cauliflower Brown Rice w/ Peas	6 <b>Stuffed Baked Fish</b> Garlic Spinach & Carrots Herbed Roasted Potatoes
9 <b>Salisbury Steak w/</b> Tomato Beef Gravy Carrots Whipped Potatoes	10 <b>BBQ Pork Ribette</b> Mashed Sweet Potatoes Island Blend Veggies	11 <b>Chicken Cordon Bleu</b> Brussels Sprouts Rosemary Roasted Red Bliss Potatoes	12 <b>Egg &amp; Turkey Sausage</b> Home Fries Scalloped Apples	13 <b>Crabcake w/</b> Mac & Cheese Stewed Tomatoes Spinach w/ Carrots
16 <b>Cheeseburger</b> Broccoli & Carrots Potato Wedges	17 <b>Creamy Herb Chicken</b> <b>&amp; Broccoli</b> Rotini Noodles Island Blend Veggies	18 <b>Cheese Omelet &amp;</b> <b>French Toast</b> Sweet Carrots Apple, Pear, & Raisin Compote	19 <b>Chicken Cacciatore</b> Sautéed Spinach w/ Carrots Mashed Potatoes	20 <b>Baked Tilapia w/</b> Mustard Cream Sauce Oriental Blend Veggies Rice Pilaf
23 <b>Sunday Roasted Chicken</b> Green Beans Mashed Sweet Potatoes	24 <b>Sliced Beef Au Jus</b> Parslied Potatoes Island Blend Veggies	25 <b>Breaded Chicken Strips</b> Potato Wedges Fire Roasted Veggie Mix	26  <i>Phillies Opening Day</i> <b>Special Lunch:</b> Hot Dogs, Baked Beans, Cold Salads, & More!	27 <b>Baked Rigatoni</b> w/ Spinach Broccoli & Cauliflower Carrots
30 <b>Stuffed Shells w/</b> Creamy White Wine & Mushroom Sauce Green Beans Roasted Beets	31 <b>Sliced Turkey w/</b> Stuffing & Gravy Corn Brussels Sprouts	<p>Menus are created by a registered dietitian and meet 1/3 of the Recommended Dietary Allowances.</p> <p>Contributions are anonymous and encouraged, but not required and benefit Montgomery County Office of Aging Services (MCOAS). The Center's cost of each meal is \$5.09. </p> <p><i>*Substitutions available upon request. Alternate meal options are limited.</i></p>		



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>2</p> <p>9:00 Walkercise </p> <p>9:30 <b>Mindful Mondays</b><sup>^</sup></p> <p>9:45 WOW</p> <p>12:30 Mahjong<sup>^</sup></p>	<p>3</p> <p>10:15 Tai Chi</p> <p>12:30-4:00 Billiards<sup>^</sup></p> <p>1:00 <b>Chair Volleyball</b> <i>w/ The Residence at Boyertown</i></p> 	<p>4</p> <p>9:00 Walkercise</p> <p>9:45 Zumba </p> <p>10:00 Sew Many Projects<sup>^</sup></p>	<p>5</p> <p>11:30 Check-In w/ FCN</p> <p>12:30 <b>Let's Talk About It:</b> Where Are You From?</p> <p>12:45 <b>Weekly Matchup:</b> <b>Classic Card Games</b><sup>^</sup></p> 	<p>6</p> <p>9:00 Chair Yoga </p> <p>10:15 Tai Chi</p> <p>10:30 <b>Social Hour</b><sup>^</sup></p> <p>12:30-4:00 Billiards<sup>^</sup></p>	
<p>9</p> <p>9:00 Walkercise </p> <p>9:45 WOW</p> <p>10:00 <b>Stamp Collecting</b><sup>^</sup></p>	<p>10</p> <p>10:15 Tai Chi</p> <p>12:30 <b>Visit w/ Fiji</b></p> <p>12:30-4:00 Billiards<sup>^</sup></p> 	<p>11</p> <p>9:00 Walkercise</p> <p>9:45 Zumba</p> <p>10:00 Sew Many Projects<sup>^</sup></p> <p>1:00 <b>Outing: Addams Family Musical, UPSD</b></p> 	<p>12</p> <p>10:00 <b>Cardio Drumming</b> <i>w/ Tribe Nutrition</i></p> <p>11:30 Check-In w/ FCN</p> <p>12:45 <b>Monthly Matchup:</b> <b>Bunco!</b><sup>^</sup></p>  	<p>13</p> <p>9:00 Chair Yoga </p> <p>10:15 Tai Chi</p> <p>10:30 <b>Social Hour</b><sup>^</sup></p> <p>12:30-4:00 Billiards<sup>^</sup></p> <p>1:00 <b>Trivia Time</b></p> 	
<p>16</p> <p>9:00 Walkercise</p> <p>9:30 <b>Mindful Mondays</b><sup>^</sup></p> <p>9:45 WOW</p> <p>12:30 Mahjong<sup>^</sup></p> 	<p>17</p> <p>10:15 Tai Chi</p> <p>12:30-2:00 Billiards<sup>^</sup></p>	<p>18</p> <p>9:00 Walkercise </p> <p>9:45 Zumba</p> <p>12:45 <b>Workout Wed.</b> <i>w/ Farryn, Phoenix P/T</i></p> <p>1:30 <b>W.W. Cooldown</b> <i>Sew Many Projects not meeting</i></p>	<p>19</p> <p>11:30 Check-In w/ FCN</p> <p>12:45 <b>Weekly Matchup:</b> <b>Darts</b><sup>^</sup></p> <p>1:00 <b>Craft: Easter Wreath</b></p>  	<p>20</p> <p>9:00 Chair Yoga: <i>Spring</i></p> <p>10:15 Tai Chi</p> <p>10:30 <b>Social Hour</b><sup>^</sup></p> <p>12:30-4:00 Billiards<sup>^</sup></p> <p>1:00 <b>Spring Bingo</b></p> 	
<p>23</p> <p>9:00 Walkercise</p> <p>9:45 WOW</p> <p>12:30 Mahjong<sup>^</sup></p> 	<p>24</p> <p>10:15 Tai Chi</p> <p>12:30-4:00 Billiards<sup>^</sup></p> <p>12:45 <b>Preventing Frauds &amp; Scams</b> <i>w/ TCAFCU</i></p> 	<p>25</p> <p>9:00 Walkercise</p> <p>9:45 Zumba</p> <p>10:00 Sew Many Projects<sup>^</sup></p> <p>12:45 <b>Birthday Party</b></p> 	<p>26</p> <p><i>Phillies Opening Day</i></p> <p>11:30 Check-In w/ FCN</p> <p>12:00 <b>Special Lunch:</b> Ballpark Concessions</p> <p>12:30 <b>Opening Day Festivities</b></p> 	<p>27</p> <p>9:00 Chair Yoga</p> <p>10:15 Tai Chi</p> <p>10:30 <b>Social Hour</b><sup>^</sup></p> <p>12:30-4:00 Billiards<sup>^</sup></p> <p>1:00 <b>Egg Dying</b></p> 	
<p>30</p> <p>9:00 Walkercise</p> <p>9:45 WOW</p> <p>10:00 <b>Book Club</b><sup>^</sup></p> <p>12:30 Mahjong<sup>^</sup></p> 	<p>31</p> <p>10:15 Tai Chi</p> <p>12:30-2:00 Billiards<sup>^</sup></p> <p>12:45 <b>Book Reading: Benjamin the Bouncy Goat</b><sup>^</sup></p> 	<p><b>One-on-One Tech Support</b> by Appointment</p> 		<p></p> <p><b>Weekly Check-Ins</b> courtesy of Family Caregivers Network Most Thursdays 11:30 AM - 12:30 PM Drop-Ins Welcome.</p>	<p></p> <p><b>Community Lunch</b></p> <p>Mon-Fri, 12:00 PM Doors open at 11:30 for Coffee &amp; Connections</p>

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.

<sup>^</sup> = Lower Level

*Enriching the lives of older adults in our community.*

\* = Space is Limited

# Arthritis Foundation Exercise Program

*There is no cost for this class.*

Low-impact includes warm-up, stretching, strengthening, cardiovascular endurance, balance, coordination, and cool down, plus an educational component. Breathing and relaxation techniques are also included. This class is tailored to varying abilities, including seated options.



## ***This class will help improve:***

- ✓ Functional ability
- ✓ Self-confidence
- ✓ Self-care
- ✓ Mobility
- ✓ Muscle strength
- ✓ Coordination

## ***And reduce:***

- ✓ Fatigue
- ✓ Pain
- ✓ Stiffness

**Thursdays, 10:00-11:00 AM, Starting April 2, 2026**  
**April 2, 9, 16, 23, 30, May 7, 14, 21, 28, June 4, 11**

*This is not a drop-in class. Participation is expected for all (most) classes. Space is limited. Sign up now!*

*Program developed by The Arthritis Foundation.*



*Hosted by:*

Montgomery County  
Department of  
Health and Human Services

Office of Aging Services



## EXERCISE CLASSES AT THE CENTER



*Be active, stay healthy, make connections!*

**Walkercise** - Mon. & Wed., 9:00-9:30 AM. Stretch those morning muscles and get your heart pumping! Follow a 30-minute video and enjoy good conversation while moving your feet.

**WOW (Women on Weights)** - Mon., 9:45 AM. Follow along to videos of strength and resistance training, plus balance and flexibility exercises, in a fun and upbeat class.

**ZUMBA** - Wed., 9:45 AM. Low-impact, fun, Latin-inspired dance workout modified for older adults. Easy-to-follow video with gentle movements like step touches, hip swings, and arm exercises. Boosts cognitive function, flexibility, and overall mobility. Can be done seated.

**Tai Chi** - Tues. & Fri., 10:15-11:15 AM. Gentle physical exercises and stretches. Accessible for everyone and 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, relaxing meditations, and exercises to enhance strength, flexibility, and balance - all with the support of a chair!

**Celebrate the first day of Spring on Friday, March 20<sup>th</sup> with a special Chair Yoga for Spring!**

- **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



# ONGOING ACTIVITIES in March

\* = Space is Limited

^ = Lower Level

RSVP: Sign up in the Big Room, call/text 215.679.6550, or email center@theopenlink.org. See RSVP dates below, if required. No Cost. Donations always welcome!

**TECH SUPPORT - 1:1 Appointments** • Meet with a patient, knowledgeable volunteer tech coach. Get help with your smartphone, tablet, laptop, GPS navigation, and more!  Please call, email, or visit the front desk to tell us about the assistance you need so we can match you up with a tech coach and schedule an appointment.

The following activities take place regularly (bi-weekly, weekly, bi-monthly). No RSVP is required - drop-ins are welcome! Calling ahead is always a good idea to make sure they are meeting; the schedule can be affected by other Center programming or agency meetings.

 **MINDFUL MONDAYS^** • 1st & 3rd Mondays, 3/2 & 3/26, 2026 - 9:30 AM. Start your week grounded and focused. Varied activities such as breathing exercises and coloring for stress release. Bring your favorite cup for a soothing cup of tea!

**MAHJONG^** • Mondays, 12:30-4:00 PM. All skill levels welcome. Experienced players are happy to teach new players how to play this game based on skill, strategy and luck! 

 **BILLIARDS^** • Tuesdays & Fridays, 12:30-4:00 PM. All skill levels welcome. Enjoy the social, laid-back, and low-stakes nature of the game, rather than technical skills.

**SEW MANY PROJECTS^** • Wednesdays, 10:00 AM-1:00 PM. Quilters, scrapbookers, crocheters, and other handiworkes of all kinds are welcome to bring their projects! 

 **WEEKLY CHECK-IN w/ Family Caregivers Network** • Thursdays, 11:30 AM-12:30 PM. Blood pressure and health checks. Build healthy habits and keep lifestyle goals on target!

**WEEKLY MATCHUP^** • Thursdays, 12:45 PM. Join us for some friendly competition! A different game or activity every week. Check the Activity Calendar for the schedule. 

 **SOCIAL HOUR^** • Fridays, 10:30-11:30 AM. Many of you are ready for a cup of coffee and to catch up with friends sooner than 11:30 AM, when doors open for lunch, especially if you're out and about after appointments and errands. We've got the place for you!

Arthritis Foundation Exercise Program w/ MCOAS • Thursdays, Apr. 2 to Jun. 11 - 10:00 AM  
12-week program. Space is limited. Sign up now! \*See page 6 for details.

Center CLOSED for Good Friday • Fri., Apr. 3, 2026

Get Summer Ready w/ MCOAS • Tues., 4/21 - 12:45 PM

AARP Smart Driver 8-hour Course • Mon. 4/27 & Tues 4/28 2026



## CENTER UPDATES:

### STILL COLLECTING ANNUAL UPDATES

Over 50 annual updates have been collected as of mid-February! Thank you to everyone who has completed theirs! This helps us ensure that we have the correct information on file: phone number, address, email address, emergency contact information, and more. We currently have over 300 active participants (you must have attended in the past year to be active), so we have a ways to go! If we still need yours, we may give you a call.

Updates are required to keep your registration active. Submissions by Feb. 28th will be entered to win a \$25 gift card, but they will be accepted beyond that date.

## EXTRA! EXTRA!

**National Nutrition Month®** is an annual campaign established in 1973 by the Academy of Nutrition and Dietetics. This month, learn about making informed food choices and developing healthy eating and physical activity habits. This year's theme is "Discover the Power of Nutrition." Nutrition has the power to help individuals and communities thrive. Discover how food and beverage choices can help power your day. Build healthy habits into your day to help you feel great now and in the future, which you can do right here at The Center by attending exercise classes and programs, Community Lunch, and nutrition education, like last month's Winter Salad Demo by registered dietician Teri Wassel.

Did you know Teri's programs are done in partnership with the Health Department and are part of The Center's contract with the Office of Aging? That contract ensures that menus are created by a registered dietitian to meet the needs of older adults, including serving sizes and dietetic and low-sodium menus, that food is prepared safely in a kitchen with a food service license, and by staff with current, valid CFSM (Certified Food Sanitation Manager) certification. Center procedures meet safety standards and include taking temperatures at delivery and before service, calibrating thermometers, following proper cleaning and sanitation requirements, and more. We are committed to providing safe, healthy meals.

If you haven't tried Community Lunch, we hope you'll join us! Doors open at 11:30 AM for coffee and conversation, then a sit-down meal together at 12:00 PM. Check page 6 of the newsletter for the results of a recent lunch survey to see what participants like most about lunch. Read the menu to find out what we're serving and details like age requirements, cost, and more. There's a seat for you at our table!



### FIRST MONDAY COMMUNITY MEAL

Monday, March 2 • 6:00 PM

*Different local organizations and companies host these meals every month at cost.*

**Pennsburg UCC** - Sit-down meal

**New Goshenhoppen UCC** - Take-out meal

### NO MEAT FRIDAYS, ALTERNATE MEALS

We are happy to offer a meat-free menu for those observing Lent and try to accommodate dietary needs and preferences. Alternate meals at Community Lunch can be requested when you cannot eat the *main menu item*, not a side item or vegetable. Ex: We can substitute Fish or Omelet, but not sides like rice or peas. Please let us know when signing up for lunch that you need an alternate meal and what food(s) you cannot eat. Alternate meals are limited.



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

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Montgomery County  
Department of  
Health and Human Services