



Enriching the Lives of Older Adults in our Community

## June 2025 Newsletter

### Stuck In a Rut? Break Free From Monotony!

By: Wendy Smeltz, Center Manager

Another month, another newsletter! Center staff strives to provide you with a valuable experience, and that includes the monthly newsletter. We enjoy knowing you look forward to each new edition, but while creating this month's newsletter, I felt uninspired and stuck in a rut.

As I searched my mind for an article topic, I came up empty. Any ideas I had felt like they'd already been done, either in previous newsletters or by other sources, and it felt mundane and unappealing - both to you the reader, and to myself as the writer. So, I decided to talk about something we as staff often experience while creating a newsletter, and a topic that applies to all of us at some point in our lives: when we feel like we're repeating the same tasks, part of a never-ending cycle, stuck in a rut.

There is almost never a time that staff is *not* working on a newsletter. As one gets finalized, we begin to prepare the next, gathering details like dates and times, compiling photos and images, resources and Center updates to share, and writing the article. Details are assembled and finalized, the newsletter goes to print, and we begin again!

You have probably felt caught in a loop at some point in your life. Perhaps it is something you struggle with now. Maybe you wake up, have the same breakfast, trek the same route, tackle the same daily tasks, then do it all again the next day. The repetitive grind and familiar script of our daily lives can feel stale and monotonous. It's easy to live life on autopilot and forget that life is meant to be vibrant and fulfilling. So how can we shake things up?

First, let's recognize that we are creatures of habit. Routines and patterns make things predictable and less stressful. Our preference for familiarity can be a source of comfort. It is important to keep the routines and traditions that are important to us. However, clinging too tightly to

*Continued on page 6*



This year's Mother's Day Tea was a lovely affair with hors d'oeuvres and prizes. Thank you to everyone who contributed to making paper peonies so guests could each receive a bunch. Our guests were so pretty in their hats, flowers, even white gloves!



Upcoming Closures:

**Mon, 6/9** - Staff In-Service

**Thurs, 6/19** - Juneteenth

**Important Update to Community Lunch.**  
Details and a [Thank You](#) 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](mailto: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](http://www.theopenlink.org)**

## SPECIAL ACTIVITIES in June (Monthly Activities - page 7)

RSVP: Sign up in the big room, call/text 215.679.6550, email center@theopenlink.org. See costs and RSVP dates below, if required. LL=Lower Level

### GARDENING 101 w/ Montco • Thurs., June 5, 2025 - 1:00 pm

Gardening is good exercise, can reduce stress, and improve your diet when you eat what you grow. Shanita Fields, Community Health Educator from Montgomery County Office of Public Health will help us get started, from choosing a site to companion planting and crop rotation, she will give us info to grow our own vegetables! **No Cost. RSVP encouraged.**



### DONUT DAY • Fri., June 6, 2025 - 12:45 pm



Celebrated on the first Friday of every June, Donut Day honors the Salvation Army Ladies who served donuts to the soldiers during WWI. That's a great excuse for a donut dessert and activities after lunch if we ever heard one! **\$1. RSVP by 6/5.**

### HERB AND SPICE TASTING • Tues., June 10, 2025 - 1:00 pm

Herbs and spices are a healthy way to add flavor to your meals. Celebrate National Herbs and Spices Day and engage your sense of taste and smell with fresh and dried herbs and spices. Learn what you can grow at home and how to enhance your cooking. **\$2. RSVP by 6/9.**



### CARDIO & STRENGTH w/ PHOENIX PT • Wed., June 11, 2025 - 12:45 pm

Farryn from Phoenix Physical therapy leads us in cardio and strength 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.*

### FATHERS DAY FLOATS\* • Thurs., June 12, 2025 - 12:45 pm

Help us honor the dads! At last month's Mother's Day Tea, many of us wore pearls, hats, flowers, and even white gloves - now it's time for the men to wear *their* favorite accessories. Men, put on your favorite hat, tie, cowboy boots, or other favorite attire! All the fathers in attendance will be entered in a raffle for a snack basket. **\$1. RSVP by 6/11.**



### CRAFT: FLOWER POT LADY\* • Tues., June 17, 2025 - 1:00 pm

Create a sassy flower pot friend to brighten up your day or to give as a gift! Supplies will be provided. Donated embellishments are always welcome. Bring a pair of old scratched sunglasses or readers! **\$3. RSVP by 6/16. \*Space is limited.**

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.

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### CHAIR VOLLEYBALL • Wed., June 18, 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 6/17.**

### LEMONADE STAND • Fri., June 20, 2025 - 10:00 am to 2 pm



Stop by to visit some of our young volunteers who will be serving ice cold, refreshing lemonade to celebrate the first day of summer! For a small donation, enter into one of our raffles for lemon-themed items. **Donations encouraged. RSVP not required.**

### HYDRATION STATION • Mon., June 23, 2025 - 10:00 am to 2 pm

June 23rd is National Hydration Day! Hydration plays a vital role in maintaining our health and safety, especially during hot summer months. Sample some hydrating drinks and get tips to stay hydrated this summer. **Donations encouraged. RSVP not required.**



### COOKING DEMO w/ Montco: SUMMER VEGGIES • Thur., June 26, 2025 - 1 pm



Join Community Health Educator Shanita Fields for a fun and interactive demo with no cooking required! She'll show you how to create a quick and healthy dish using fresh produce that can be grown in your own backyard. **No Cost. RSVP encouraged.**

### COMMUNITY CONNECTIONS INFO SESSION • Fri., June 27, 2025 - 12:45 pm

Community Connections Navigates are experienced professionals who can connect you to resources and services in Montgomery County. Caitlin Hoover, who oversees their outreach efforts, will share about services, including Person Centered Counseling, a program where the Navicate works with a consumer to develop an action plan. **No Cost. RSVP encouraged.**



Montgomery County  
Department of  
Health and Human Services

**What is a Navicate?** Navigates serve as both a Navigator of the human service system and as an Advocate for consumers throughout the process.



**Fourth of July** ▪ Center CLOSED, Friday, 7/4

**Ice Cream Social** ▪ Thursday, 7/17 - 1:00 pm

**Healthy Steps in Motion** ▪ Thursdays, 7/24 to 9/11 - 1:00 pm

**Special Lunch** ▪ Thursday, 7/31 - 12:00 pm





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

**\$2 Sugg. Donation for 60+**  
Adults <60 = \$4.90 or see staff.



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



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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> <b>Penne w/ Meatballs</b> Broccoli Carrots	<b>3</b> <b>BBQ Chicken Thigh</b> Mixed Veggies Baked Beans	<b>4</b> <b>French Onion Meatloaf</b> Green Beans Mashed Potatoes	<b>5</b> <b>Rosemary Roasted Turkey</b> w/ Light Turkey Gravy Corn Bread Stuffing Brussels Sprouts	<b>6</b> <b>Cheesy Omelet</b> Sauteed Spinach & Carrots Warm Apples
<b>9</b>  <i>Center Closed for Staff In-Service</i>	<b>10</b> <b>Chicken Marsala</b> Red Skinned Potatoes Green Beans	<b>11</b> <b>Chicken &amp; Veggies</b> w/ Mild Tomato Curry Sauce Peas Brown Rice	<b>12</b> <i>Special Lunch</i> <b>Father's Day Lunch</b> Baked Chicken, Hot Dog Macaroni & Cheese Veggies	<b>13</b> <b>Crabcake &amp; Mac &amp; Cheese</b> Scalloped Tomatoes Broccoli
<b>16</b> <b>Asian Garlic Chicken</b> Fried Brown Rice Stir Fry Veggies	<b>17</b> <b>Baked Ziti</b> Brussels Sprouts Spiced Peaches	<b>18</b> <b>Maple Glazed Chicken</b> Sugar Snap Peas Mashed Sweet Potatoes	<b>19</b>  <i>Center Closed</i>	<b>20</b> <b>Italian Pulled Pork</b> Broccoli Herb Couscous
<b>23</b> <b>Baked Fish</b> w/ Italian Parsley Cream Sauce Italian Blend Veggies Orzo	<b>24</b> <b>Salsa Chicken</b> Brown Rice Corn & Red Peppers	<b>25</b> <b>Manicotti w/ Meat Sauce</b> Broccoli Pears w/ Oat Topping	<b>26</b> <b>Baked Chicken w/ Gravy</b> Traditional Stuffing Carrots & Peas	<b>27</b> <b>Pepper &amp; Onion Cheese Omelet</b> w/ Dill Sauce Broccoli Herb Couscous
<b>30</b> <b>Chicken Marsala</b> Buttery Herb Red Skinned Potatoes Green Beans	Menus created by a registered dietician. *Substitutions available upon request.			

Anonymous lunch 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.*



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center@theopenlink.org





\* = RSVP Requirements



See newsletter for details  
(Costs, RSVP dates, etc.)

# ACTIVITY CALENDAR

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

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> 9:00 Walkercise 10:00 WOW 12:00 Community Lunch 12:30 Afternoon Activities	<b>3</b> 10:15 Tai Chi 12:00 Community Lunch 12:30 Billiards	<b>4</b> 9:00 Walkercise 10:00 WOW 10:00 Sew Many Projects 12:00 Community Lunch	<b>5</b> 12:00 Community Lunch 1:00 Gardening 101 w/ Montco	<b>6</b> 9:00 Chair Yoga 10:15 Tai Chi 12:00 Community Lunch 12:45 Donut Day! 12:30 Billiards
<b>9</b>  Center Closed for Staff In-Service	<b>10</b> 10:15 Tai Chi 12:00 Community Lunch 12:30 Billiards 1:00 Herb and Spice Tasting	<b>11</b> 9:00 Walkercise 10:00 WOW 10:00 Sew Many Projects 12:00 Community Lunch 12:45 Phoenix P/T Cardio & Strength	<b>12</b> 12:00 Community Lunch 12:45 Father's Day Root Beer Floats*	<b>13</b> 9:00 Chair Yoga 10:15 Tai Chi 12:00 Community Lunch 12:30 Billiards 1:00 Trivia Time
<b>16</b> 9:00 Walkercise 10:00 WOW 10:00 Stamp Club 12:00 Community Lunch 12:30 Afternoon Activities	<b>17</b> 10:15 Tai Chi 12:00 Community Lunch 12:30 Billiards (LL) 1:00 Craft: Flower Pot Lady*	<b>18</b> 9:00 Walkercise 10:00 WOW 10:00 Sew Many Projects 12:00 Community Lunch 1:00 Chair Volleyball	<b>19</b>  Center Closed	<b>20</b> 9:00 Chair Yoga 10-2 Lemonade Stand 10:15 Tai Chi 12:00 Community Lunch 12:30 Billiards 1:00 Bingo
<b>23</b> 9:00 Walkercise 10:00 WOW 10-2 Hydration Station 12:00 Community Lunch 12:30 Afternoon Activities 12:45 Visit with Fiji	<b>24</b> 10:15 Tai Chi 12:00 Community Lunch 12:30 Billiards	<b>25</b> 9:00 Walkercise 10:00 WOW 10:00 Sew Many Projects 12:00 Community Lunch 12:45 Birthday Party	<b>26</b> 10:00 Cardio Drumming* w/ Tribe Nutrition 12:00 Community Lunch 1:00 Veggie Cooking Demo w/ Montco	<b>27</b> 9:00 Chair Yoga 10:15 Tai Chi 12:00 Community Lunch 12:30 Billiards 12:45 Info Session: Community Connections
<b>30</b> 9:00 Walkercise 10:00 WOW 10:00 Book Club 12:00 Community Lunch 12:30 Afternoon Activities	<div> <div> <b>Tech Support</b>            by Appt.            See page 8            </div> <div> <b>Blood Pressure Checks</b>            Most Thursdays,            approx. 12 pm,            courtesy of Family            Caregivers Network            </div> </div>			

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

familiarity prevents us from stepping outside our comfort zones, causing each day to blur into the next and go through the motions without enthusiasm and joy. Whether due to our own habits or the repetition of required tasks, sometimes we need to refresh and re-energize.

I studied ways to find motivation when feeling stuck and found useful suggestions for when you need inspiration creatively, you're bored with a specific task, or with navigating daily life. The following small changes can make a big impact! **Change your environment.** Take a break or sit outside while accomplishing tasks or enjoying hobbies, walk a different path, or turn down a road you've never traveled. A change of scenery can awaken the senses and stimulate your mind. **Seek inspiration.** Read a book, watch a movie or documentary, listen to music or a podcast - they can expose you to new ideas, new rhythms, new approaches, new people and cultures, and change your perspective. **Explore other tasks.** Break up duties that aren't your favorite into pieces. **Do something you enjoy.** Identify your interests and passions and make time for yourself. **Try a new hobby.** Have you considered gardening, book club, an exercise class, or billiards? Try these activities and more at The Center! Hobbies are a great way to meet new friends. **Seek interaction.** Being in isolation contributes to a feeling of monotony. Tackle tasks with someone else, brainstorm fresh approaches, or just share some laughs. **Practice self-reflection.** Think about the significance of your tasks, your work, your life, and what you want to achieve. **Consider your goals.** Sometimes we get caught up in to-do lists and lose sight of the big picture. Assess what is important to you and align your actions with these goals. **Accept the situation.** Being stuck in a rut is a common experience we all share - have compassion for yourself and focus your energy on moving forward!

By utilizing simple strategies, we can break free from the mundane, find joy in everyday tasks, and ensure that we remain focused on what matters. This month I felt uninspired by the repetitive tasks involved in creating another newsletter, but it's important that you can count on us to provide details and information in an accurate, organized, and visually appealing manner. Knowing that you eagerly await each issue became my motivation. Thank you for your continued support of The Center and all that we do. We're off to start the next newsletter!

## 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. 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.

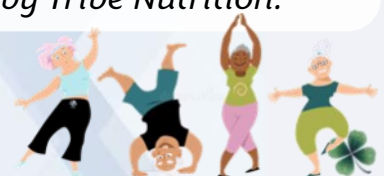
**Chair Yoga** - Fri, 9-10:00 AM. Certified instructor Sarah Thayer has a passion for making yoga accessible for everyone! Explore breathing exercises and relaxing meditations, enhance strength, flexibility, and balance - all with the support of a chair.

*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 June

RSVP: Sign up in the big room, call/text 215.679.6550, email center@theopenlink.org.  
See costs and RSVP dates below, if required. LL=Lower Level

### TRIVIA TIME - Theme: **COLORS** • Fri., June 13, 2025 - 1:00 pm



Questions will cover music, movies, folktales, phrases, and more. Fun bonus rounds! June's theme is **COLORS**. Join a team that day, create a team name, and work together to come up with answers. **No Cost. RSVP encouraged.**



### STAMP CLUB • Mon., June 16, 2025 - 10:00 am (LL)

This month the third Monday (normally the second). Show, share, and trade stamps.

### BINGO • Fri., June 20, 2025 - 1:00 pm



Doors open at 12:30 pm for light refreshments and fellowship. Small prizes, big fun. **\$1 to play the whole time. RSVP encouraged. Don't forget to stop by the Lemonade Stand!**



### VISIT w/ FIJI THE THERAPY DOG • Mon., June 23, 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.**

### JUNE BIRTHDAY PARTY • Wed., June 25, 2025 - 12:45 pm



Is your birthday in June? We want to celebrate you! Everyone is welcome to help us honor special guests with cake and a fun group activity. **No Cost. RSVP encouraged by 6/24.**



### CARDIO DRUMMING w/ Tribe Nutrition\* • Thurs., June 26, 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 6/25.**

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

### BOOK CLUB • Mon., June 30, 2025 - 10:00 am (LL)

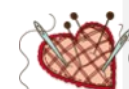


***The Silent Patient*** by Alex Michaelides is a psychological thriller that follows a case of a woman who becomes mute after being accused of murdering her husband - and of the therapist obsessed with uncovering her motive. **Borrow a book from The Center! RSVP not required.**

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

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

**SEW MANY PROJECTS** • Wednesdays, 10 am to 2 pm. *Crafters welcome! (LL)*



## CENTER UPDATES:

### Introducing Sam, Intern at The Open Link

You may have already met Sam but we'd like to make a formal introduction. Samantha is interning at The Open Link this summer and will spend time at both locations. She grew up in the Upper Perkiomen Valley and is currently a student at Mansfield University working toward her social work degree, with an interest in working with the aging population. She played soccer at Upper Perk and Mansfield. At The Center, Sam will assist with Center activities and get to know participants, and help with Meals on Wheels. Please help us make her feel welcome!



### MONDAY COMMUNITY MEAL

Monday, June 2 • 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

### Tech Support Available!

Contact 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.

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 - 11:30 am or 1 to 4 pm**

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

Main Office in Pennsburg: 215-679-4112  
The Center in East Greenville: 215-679-6550

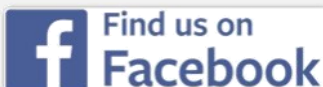
### Make Music Upper Perk

We encourage you to participate in this all-day celebration of music with over 20 locations throughout the Upper Perk Valley. Rain or shine. *Always June 21st. Always free. Always open to the public.* \*This event is held on a Saturday this year and will not take place at The Center.



### PA Property Tax/Rent Rebate

The deadline to apply has been extended until December 31, 2025. Adults aged 60+ and people with disabilities 18 and up may be eligible to receive up to \$1,000 in rebates. See front desk for an application or to request assistance. Qualification: household income of \$46,520 or less annually.



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



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