



Enriching the Lives of Older Adults in Our Community

September is National Senior Center Month - a time to celebrate all the ways senior centers help older adults stay connected, active, healthy, and engaged. The Center is a place to enjoy a healthy meal, gather with friends, keep your body and mind active, try something new, and simply enjoy being part of a welcoming community. Here are just a few ways we did that at The Center last month!



Volunteer Alicia leading Mahjongg for Beginners



Sharing a meal (and dessert!)



Finland Mennonite Senior Youth guest-hosted Chair Volleyball, keeping us active and having fun!



Healthy minds and bodies with Chair Yoga



Helpful resources from a panel of experts



Helpful Reminders:

- ✓ **RSVPs are required at least 24 hours in advance** for lunch and most activities. Only ongoing programs, like regular exercise classes, may not require an RSVP.
- ✓ **How to sign up:** Call, text, email, stop at the front desk, or use the signup book (be sure to check the appropriate boxes).
- ✓ **Sign only yourself up** to keep guest lists fair and accurate, as well as to not hold spots for those who may not attend.
- ✓ **Not sure if you signed up?** Give us a call to check. We may be able to add you last minute, but it's not guaranteed.
- ✓ **The Main Room and Lower Level are closed** during activities. Check the calendar and the sign at the stairway.



Newsletter Contents:

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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 September

RSVP 24 hrs. in advance for activities. Space may be limited.
See details and suggested donation amounts below.

* = Space is Limited

^ = Lower Level

Regular, Ongoing
Activities Pg. 7

DINERS CLUB begins soon! See page 8 for details and check with The Center for more info!

CHAIR VOLLEYBALL* w/ *Residence at Boyertown* • **Tues., Sept. 1, 2026 - 1:00 PM, \$2.**



Serve and spike from your seat! Stay active, improve coordination, and have fun with friends!



WEDNESDAY WALKS w/ Wendy return to 2:00 PM for the fall. See page 6 for details.

MINDBENDERS w/ *MedMinder* • **Thurs., Sept. 3, 2026 - 12:45 PM, No Cost.**

Christine from MedMinder will be here to lead us in a fun trivia game celebrating Pennsylvania history and Labor Day traditions, along with a tasty treat.



BUNCO • **Fri., Sept. 4, 2026 - 12:45 PM, No Cost.**



Easy to play, and with no strategy required, it's the perfect social dice game! Roll 3 dice and match the target number of the round to score points.

WORKOUT WEDNESDAY w/ *Farryn* • **Wed., Sept. 9, 2026 - 12:45 PM, No Cost.**



Hosted by Phoenix Physical Therapy. Easy exercises that Farryn can help you adapt for your needs!

CARDIO DRUMMING* w/ *Tribe Nutrition* • **Thurs., Sept. 10, 2026 - 10:00 AM, \$2.**

Our instructor Janet leads this fun, full-body workout set to music we all know and love!



HAND & WRIST HEALTH w/ *Good Shepherd* • **Thurs., Sept. 10, 2026 - 12:45 PM, No Cost.**

Join Stephen Rossi, Occupational Therapist at Good Shepherd, to learn about common wrist and hand problems and how they affect grip strength and dexterity. Learn simple strategies to keep your hands functional. They'll also have some giveaways to share with attendees!

REMEMBERING 9/11 TOGETHER • **Fri., Sept. 11, 2026, No Cost.**



9:00 AM-11:30 AM - Remember 9/11^. Our Lower Level will be open to watch live coverage of special ceremonies, programming, and documentaries. **12:00 PM - Moment of Reflection.** Pause for a moment of silence before lunch is served, then recite the Pledge of Allegiance.



TRIVIA - Theme: Huddles & Hoagies • **Fri., Sept. 11, 2026- 1:00 PM, Donations Encouraged.**

Kick off the start of the NFL season! Questions will cover sports, food, game day culture, and everything Philadelphia: the Eagles and Phillies, cheesesteaks, Wawa, the Liberty Bell, and more!

STAMP COLLECTING^ • **On Hold for September.** Next month: Monday, Oct. 19, at 10:00 AM.

VISIT w/ FIJI THE THERAPY DOG • **Tues., Sept. 15, 2026 - 12:30 PM, No Cost.**



Fiji, an official AKC Canine Good Citizen, and her owner, Monica, are back after a well-deserved summer break! They'll show off some tricks and share their summer adventures.

PLAY-DOH FUN & FLEX for National Play-Doh Day • **Wed., Sept. 16, 2026 - 12:45 PM, \$2.**

Play-doh isn't just for kids! It can help build hand strength, improve dexterity, ease stiff joints, and spark creativity. Bring back memories of childhood or time spent with our children!

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*Regular, Ongoing
Activities Pg. 7*

MAHJONG FOR BEGINNERS: 2-Part Class^ • Thurs., Sept. 17 & 24, 2026 - 9:00 AM-11:00 AM, No Cost.



Learn how to play this tile-based game and spend time with friends. Center Volunteer Alicia will help you master the rules of play. *Please plan to attend both sessions.

LET'S TALK ABOUT IT: Your Claim to Fame • Thurs., Sept. 17, 2026 - 11:30 AM, No Cost.

At this month's discussion, we'll talk about our most memorable experiences. Share photos or mementos if you have them. Bring photos in advance to be shared on the TV.



R.E.N.T. PERFORMANCE • Thurs. Sept. 17, 2026 - 1:00 PM, Donations Appreciated.



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

BINGO • Fri., Sept. 18, 2026 - 1:00 PM, \$1 to play the whole time. Small prizes, big fun!



'MOVE MORE' DEMO & BALANCE ASSESSMENT • Tues., Sept. 22, 2026 - 1:00 PM, No Cost.

Move More LLC is a mobile physical therapy practice serving Montgomery, Bucks, and Berks counties. They will share about their one-on-one in-home services and demonstrate some exercises they do with patients. Receive a free balance assessment. Light refreshments included, courtesy of Move More.

NEEDLE FELTING WORKSHOP • Wed., Sept 23, 2026 - 12:45 PM, \$12 due at sign-up.



Sue Pummer returns to lead us in a fun fiber art technique. Sculpt wool into a charming three-dimensional pumpkin with acorns. This is a relaxing, beginner-friendly craft. *If fees are a concern, see Center staff; cost should never prevent you from attending The Center.*

SPECIAL LUNCH: PASTA FEST • Thurs., Sept. 24, 2026 - 12:00 PM, \$3.



Celebrate the start of a new season with a warm and cozy special meal. Build your perfect plate at our delicious pasta bar with plenty of tasty toppings and fixings to choose from. After lunch, stick around for some pasta-themed fun, activities, and prizes.

OUTING: JUST ONE MORE PAGE BOOKSTORE • Fri., Sept. 25, 2026 - 1:00 PM, No Cost.

This new bookstore in East Greenville features fantasy, romance, sci-fi, thriller, young adult, and children's books and sells unique gifts, puzzles, and games. Meet at the shop: 218 Main St., East Greenville. (Street parking; carpooling from The Center is encouraged. A few steps into the store.)



BOOK CLUB^ • Mon., Sept. 28, 2026 - 10:00 AM, Borrow a book from The Center at no cost.

Dinner at the Homesick Restaurant by Anne Tyler follows the lives of three siblings raised by their mother after the family is deserted by their father.

CRAFT: COFFEE BEAN CANVAS • Tues., Sept 29 - 1:00 PM, \$3.



A great activity for National Coffee Day! Create the perfect accent for your kitchen wall or gift for the coffee lover in your life. We will use real coffee beans to create a rustic, charming canvas.



BIRTHDAY PARTY • Wed., Sept. 30 - 12:45 PM, No Cost.

Everyone is welcome to help us honor guests with a September birthday with cake and an activity.



517 Jefferson St., East Greenville

Call/Text: 215.679.6550

**\$2 Suggested, Anonymous
Donation for Ages 60+**

Adults <60 = \$5.09

September

Menu

RSVP: 24 hours required.

Sign up by 12:00 PM the weekday before.



Mon-Fri, 12:00 PM

Doors open at 11:30 AM
for *Coffee & Connections*

Monday	Tuesday	Wednesday	Thursday	Friday
Substitutions available upon request. Alternate meal options are limited. Meals meet 1/3 of the recommended dietary allowances.	1 Lemon-Caper Chicken Piccata Honey Glazed Beets Confetti Brown Rice	2 Country Beef Ragout w/ Buttered Noodles Peas Carrots	3 BBQ Chicken Fiesta Corn Winter Blend Vegetables	4 Eggplant Parmesan Brussels Sprouts Rotini Pasta w/ Sauce
7 Center Closed LABOR DAY	8 Sliced Turkey w/ Citrus Thyme Gravy Mashed Potatoes Green Beans	9 Scrambled Egg w/ Tomato & Spinach Herb Roasted Potatoes Zucchini, Corn, Onions	10 Ravioli w/ Roasted Red Pepper Sauce Spinach w/ Diced Carrots Warm Apples	11 Grilled Chicken & Bacon Mac & Cheese Stewed Tomatoes Green Beans
14 Sliced Roast Beef w/ Mushroom Gravy Mashed Sweet Potatoes Green Beans	15 Sweet & Sour Chicken w/ Pineapple Sauce Brown Rice Oriental Blend Veggies	16 Roast Pork Loin w/ French Onion Gravy Roasted Potatoes Green Beans	17 Sweet Tomato Glazed Meatloaf Mashed Potatoes Peas	18 Turkey Alfredo w/ Wide Noodles Mixed Veggies Warm Spiced Pears
21 Crispy Cheese & Potato Crusted Cod Sweet Potato Cubes Island Blend Veggies	22 Cheese Lasagna Garlic Spinach w/ Carrots Corn & Zucchini	23 Orange Glazed Chicken Roasted Potatoes Brussels Sprouts	24 Special Lunch Pasta Fest 	25 Crabcake w/ Mac & Cheese Scalloped Tomatoes Broccoli, Carrots, & Cauliflower
28 Korean Beef BBQ Brown Rice Oriental Blend Veggies (Broccoli, Onion, Mushroom, Peppers)	29 Lemon-Caper Chicken Piccata Honey Glazed Beets Confetti Brown Rice	30 Country Beef Ragout w/ Buttered Noodles Peas Carrots	<i>*Menu Subject to Change</i> 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. 	



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

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



RSVP **24 hrs notice** in advance.
Space is limited for some programs.

ACTIVITY CALENDAR

Activities are targeted to
adults aged 60+, many
open to adults of all ages.

Monday	Tuesday	Wednesday	Thursday	Friday
Community Lunch Mon-Fri, 12:00 PM Doors open at 11:30 AM for <i>Coffee & Connections</i>	1 10:15 Tai Chi 12:30 Billiards^ 1:00 Chair Volleyball* w/ Residence at Boyertown	2 9:00 Walkercise 10:00 Sew Many Projects^ 10:15 Sweatin' to the Oldies 2:00 Wednesday Walks 	3 12:30 Game & Gather^ 12:45 MindBenders w/ MedMinder 	4 9:00 Coffee Bar^ 9:00 Chair Yoga 10:15 Tai Chi 12:30 Billiards^ 12:45 Bunco
7 Center Closed LABOR DAY	8 10:15 Tai Chi 12:30 Billiards^ 	9 9:00 Walkercise 10:00 Sew Many Projects^ 10:15 Sweatin' to the Oldies 12:45 Workout Wed. w/ Farryn 2:00 Wednesday Walks	10 10:00 Cardio Drumming* 12:30 Game & Gather^ 12:45 Hand & Wrist Health w/ Good Shepherd 	11 9:00 Remember 9/11^ 9:00 Chair Yoga 10:15 Tai Chi 12:00 Moment of Reflection 12:30 Billiards^ 1:00 Trivia
14 9:00 Walkercise 9:45 WOW 10:00 No Stamp Collecting this month 	15 10:15 Tai Chi 12:30-1:30 Billiards^ 12:30 Visit w/ Fiji 	16 <i>National Play-Doh Day</i> 9:00 Walkercise 10:00 Sew Many Projects^ 10:15 Sweatin' to the Oldies 12:45 Play-Doh Fun & Flex 2:00 Wednesday Walks	17 9:00-11:00 Mahjong for Beginners Session 1^ 11:30 Let's Talk About It: Your Claim to Fame 12:30 Game & Gather^ 1:00 R.E.N.T. Performance* 	18 9:00 Coffee Bar^ 9:00 Chair Yoga 10:15 Tai Chi 12:30 Billiards^ 1:00 Bingo*
21 9:00 Walkercise 9:30 Mindful Monday^ 9:45 WOW 12:30 Mahjong^	22 10:15 Tai Chi 12:30 Billiards^ 1:00 Demo w/ Move More Physical Therapy	23 9:00 Walkercise 10:00 Sew Many Projects^ 10:15 Sweatin' to the Oldies 12:45 Needle Felting Workshop 2:00 Wednesday Walks	24 9:00-11:00 Mahjong for Beginners Session 2^ 12:00 Special Lunch: Pasta Fest* 12:45 Game & Gather^ 	25 9:00 Coffee Bar^ 9:00 Chair Yoga, Special Class: Yoga for Autumn 10:15 Tai Chi 12:30 Billiards^ 1:00 Outing: Bookstore
28 9:00 Walkercise 9:45 WOW 10:00 Book Club^ 12:30 Mahjong^ 	29 <i>National Coffee Day</i> 10:15 Tai Chi 12:30 Billiards^ 1:00 Craft: Coffee Bean Canvas 	30 9:00 Walkercise 10:00 Sew Many Projects^ 10:15 Sweatin' to the Oldies 12:45 Birthday Party 2:00 Wednesday Walks 	Tech Support Available! Get help with a smartphone, tablet, GPS, and more! Call, email, or see front desk. See the Community Events Book at The Center	

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.

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Peach Salad with Lemon Honey Dressing

Did you know that a late spring freeze earlier this year damaged fruit crops across the state, including peaches? It may be harder to find peaches this year, but they're just as sweet and delicious! Teri Wassel, Registered Dietician with the Health Dept., demonstrated this tasty recipe during last month's Nutrition Demo at The Center.

Ingredients: (6 servings)

- 3 c cooked quinoa or 1 c lettuce greens
- 3 ripe peaches, thinly sliced
- 1 cucumber, diced
- 1 c cherry tomatoes, halved
- ¼ cup red onion, finely sliced
- ¼ cup fresh basil, chopped

Lemon Honey Dressing:

- 3 tbsp olive oil
- 2 tbsp lemon juice
- 1 tbsp honey
- 1 tsp Dijon mustard
- ¼ tsp salt, ¼ tsp black pepper

Topping:

- 8 ounces burrata (2 balls) or small mozzarella balls
- ¼ cup toasted pecans or pistachios

Directions: Combine quinoa or greens (lettuce, spinach, arugula) with the veggies and basil. Whisk together the ingredients for the dressing. Pour dressing over salad and toss gently; add topping. Chill for 15-30 mins for the best flavor.

Nutrition Highlights

- ✓ Whole-grain quinoa provides fiber and plant protein.
- ✓ Peaches add vitamin C, potassium, and natural sweetness.
- ✓ Olive oil and nuts provide heart-healthy fats.
- ✓ Colorful fruits and vegetables contribute antioxidants.

EXERCISE CLASSES AT THE CENTER

Be active, stay healthy, make connections!

Register for each class once, then come as your schedule allows.

\$2 anonymous suggested donation per class. Your first class is always free!

Walkercise - Mon. & Wed., 9:00 AM-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.

Sweatin' to the Oldies - Wed., 10:15 AM. Our Richard Simmons workouts are now weekly! Enjoy upbeat, dance-based exercise designed for all abilities, along with plenty of fun and nostalgia. We may occasionally try other videos, but the music and movement will stay lively.

Wednesday Walks w/ Wendy - Returns to 2:00 PM, Camelot Park. Enjoy a 1-mile loop in the sun and fresh air. Other paces/distances welcome. Walking benefits our bones, joints, blood sugar, balance, heart health, and more. Build a healthy habit with accountability buddies. (No Cost.)

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.

Joints In Motion^ - Thur., 10:00 AM. Low-impact exercises to improve range of motion, increase endurance, and reduce joint pain. Supplies provided. Class follows Arthritis Foundation videos.

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!

Special Class: Yoga for Autumn held Friday, Sept., 25, 2026

- Classes are targeted for ages 60+, but open to all ages unless otherwise specified.
- 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.
- Please do not save seats. Help us create an environment that is welcoming to everyone.

Monthly Exercise Programs - Details can be found on pages 2 and 3.

ONGOING ACTIVITIES in September

* = Space is Limited

^ = Lower Level

RSVP: Sign up in the Big Room, call/text 215.679.6550, or email center@theopenlink.org. Donations are 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 so we can match you up with a tech coach to fit your needs.

No RSVP is required for these activities, and drop-ins are welcome. However, programming can be affected by other Center activities and agency meetings. Please check the calendar on page 5 or call ahead to verify if an activity is being held.



MINDFUL MONDAYS^ • 1st and 3rd Mondays, 9:30 AM. Start your week grounded and focused. Varied activities include meditation, breathing exercises, and more. Volunteer Ann Marie, who has a passion for yoga and meditation, leads Mindful Minday on the 3rd Monday of each month. She is unavailable this month, but will return next month. **Mark your calendar for Monday, Oct. 21 when Ann Marie** will be here.



MAHJONG^ • Most Mondays, 12:30-4:00 PM. A game based on skill, strategy and luck!



BILLIARDS^ • Tuesdays & Fridays, 12:30 PM-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-3:00 PM. Quilters, scrapbookers, crocheters, and handiworkers of all kinds are welcome. Bring your projects to craft together!



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!



GAME & GATHER^ • Thursdays, 12:30 PM-4:00 PM. Join friends in the Gathering Place for friendly competition! Card tables are set up for a game of your choice: cards, dominoes, or board games. The Coffee Bar, Cozy Corner, and Billiards are also open during this time.

COFFEE BAR^ • Fridays, 9:00 AM-12:00 PM. The Center is bustling with activity on Fridays with well-attended exercise classes, higher lunch attendance, and popular afternoon programs. Stop in for a cup of joe before or after an activity or use the space to gather with friends when the Big Room is closed for other activities.



Fire Prevention Week • Oct. 4 - 10
Singalong w/ Sunshine Singers • Wed., Oct. 7
Cardio Drumming w/ Tribe Nutrition • Thurs., Oct. 8
Program & Evacuation Drill • Thurs., Oct. 8
Center CLOSED for Columbus Day • Mon., Oct. 12
Fall Craft • Wed., Oct. 21
Special Meal: Halloween Party • Thurs., Oct. 29
Apple Picking - Date and details coming soon!



Celebrate 'Red October' with a pep rally if the Phillies make the playoffs!



EXTRA! EXTRA!



INTRODUCING: DINER'S CLUB

We are excited to kick off our new **Diner's Club**, a fun way to explore local spots to eat, enjoy a meal out, and spend time with others!

Since Diner's Club was first announced in the August newsletter, we've received a great deal of interest and questions about the club. Details are being finalized with a discussion on Aug. 25 at the Participant Meeting, so final plans weren't ready to be announced when this newsletter went to print. Stay tuned for next month's newsletter for details, or check with The Center; more info may be available sooner!

In the meantime, participants are encouraged to suggest restaurants they'd like to try. Locations may be chosen at random or based on restaurants that receive the most interest.

We hope you'll consider joining other participants at a Diner's Club outing. Good food is even better with good company!

FIRST MONDAY MEAL (2nd Mon in Sept)

Monday, Sept. 14 • 6:00 PM

Different local organizations and companies host these meals every month at no cost.

Pennsburg UCC - Sit-down meal

New Goshenhoppen UCC - Take-out meal

UPPER PERK'S ANNUAL COMMUNITY DAY

The Open Link will be tabling at Community Day and sharing about services offered at our Penn Street location, programming available at The Center, and volunteer opportunities. Games, prizes, and crafts will be available! Games are \$1 to play and all proceeds support The Open Link.

Community Day is held annually. This year, it is on **Saturday, Sept. 12th, 10:00 AM-3:00 PM, Main Street in East Greenville and Pennsburg.** Rain Date: Sunday, Sept. 13th. Live music, food, pick-a-prize auction, and more!



ATTENTION LOCAL ARTISTS & PHOTOGRAPHERS

Your art and talent could be featured by the UPV Chamber!

Help them decorate the **NEW** Upper Perkiomen Valley Chamber Office!

Be Featured

Your artwork/image will be proudly displayed in the UPV Chamber office.

6 Months of Exposure

Your artwork/image will be featured for six months, then they'll change it out with more local art.

Showcase Our Community

Fill their space with local creativity and make the Chamber a place that reflects our amazing community.

Submit Today

Send your artwork/image to:
info@upvchamber.org
Or drop it off at the UPV office:
2771 Geryville Pike, Pennsburg



Upper Perkiomen Valley

Chamber of Commerce



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, PA
DEPARTMENT OF
HEALTH & HUMAN SERVICES

Office of Aging Services