



THE CENTER
at
THE OPEN LINK



Enriching the Lives of Older Adults in our Community

February 2025 Newsletter

**Celebrating the Big Game
 and the Power of Unity**

By Wendy Smeltz, Center Manager

Most people who know me know that I enjoy watching NFL football and am a big fan of the Philadelphia Eagles. What’s not to love? There’s the fast-paced action, strategies, the adrenaline rush of a big play, the tension of tight games, the rivalry, but there’s something else that has always stood out; it’s more than just a game - football has the ability to bring people together.

The NFL consists of 32 teams made up of diverse players from different corners of the world with distinct cultures, values, and norms, yet they learn to communicate and work together toward a common goal. The bonds formed in the locker room often extend beyond the stadium, proving that collaboration and respect can bridge any differences.

The camaraderie doesn’t stop at the players, it extends to the fans. Sunday football becomes a bonding experience for friends, families, and even strangers, when they proudly put on their team’s colors and gather to watch their favorite teams compete.

I can’t help but think that football is similar to what we experience at our senior center, where individuals of all walks of life gather for activities. Participants from many backgrounds, income levels, abilities, and beliefs, can come together and build a sense of community. We will have our own ‘Souper Bowl’ Party this month, which will prove that con-

Continued on page 6



We had such a sweet time at our first “Visit with Fiji the Therapy Dog”. Fiji and her owner, Monica, will be back in February on National Love Your Pet Day. (See page 2.)

**The Center
 will be CLOSED
 Monday,
 February 17, 2025**

President's Day

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.

SPECIAL ACTIVITIES in February See pg. 7 for monthly activities

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

SOUPER BOWL PARTY • Thur., Feb. 6, 2025 - 12:00 pm

Get ready for the big game with food and fun at this month's special lunch. Menu: Pizza, soup, and more game day foods. Raffle basket tickets \$1. Wear your favorite team's gear! Doors open at 11:30 am. **\$3 Suggested Donation. RSVP by Wed., 2/5.**



CRAFT: VALENTINE GNOMES • Wed., Feb. 12, 2025 - 1:00 pm

Create an adorable gnome, perfect for Valentine's Day, to brighten spirits on a cold winter day. Supplies provided, but you're welcome to bring embellishments, or a fun pair of valentine-themed socks. **\$3 Suggested Donation. RSVP by Tues. 2/11.**

COMMUNITY LUNCH: Valentine Meal • Thur., Feb. 13, 2025 - 12:00 pm

Menu: Spaghetti & Meatballs, Carrots, Broccoli, Dessert. See pg. 4 for details about Community Lunch.

THE IMPOSSIBLES BAND • Thur., Feb. 13, 2025 - 1:00 pm

"Old folks playing the old songs", this group is based out of the Upper Bucks Senior Center. Most of their songs are the old standards, a mix of oldies, show tunes, popular music, folk and polka. Join us for a toe-tapping good time! **Donations Welcome. RSVP by 2/12.**



PARTICIPANTS MEETING • Tues., Feb. 18, 2025 - 12:45 pm



This is your chance to let us know what you think. Quarterly meetings to help us plan programs and activities. This meeting's discussion will include the topic: **Lower Level Renovations**. Light Refreshments. **No Cost. RSVP Not Needed.**

LOVE YOUR PET ACTIVITY • Thur., Feb. 20, 2025 - 12:30 pm

Create a fun bandana for your favorite furry (or scaly) friend. Share stories while decorating bandanas for, or in memory of, a beloved companion. Keep reading for details about Fiji's visit during this activity. **Donations Welcome. RSVP encouraged.**



VISIT w/ FIJI THE THERAPY DOG • Thur., Feb. 20, 2025 - 12:45 pm

Love Your Pet Day Activities continue with another visit from Fiji and her owner, Monica. Last month they showed off Fiji's tricks. This month, come out to get to know Fiji some more and share some furry affection. **No Cost. RSVP encouraged.**

SPECIAL ACTIVITIES in February See pg. 7 for monthly activities

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BIRDFEEDER ACTIVITY • Tues., Feb 25, 2025 - 12:45 pm

February is National Bird Feeding Month. Our feathered friends often have a hard time finding food at this time of year so let's help them out! Refill your suet mug from last year's Center craft or make a new D-I-Y feeder! **\$2 Suggested Donation. RSVP by Mon. 2/24.**

OUTING: UPMS PLAY: *Into the Woods, Jr.* • Wed., Feb. 26, 2025 - 3:30 pm

Free Gold Card Show for seniors (cards not needed, see page 8 for details.) Meet at Upper Perkiomen Middle School: 901 Montgomery Ave., Pennsburg. Donations encouraged for the Middle School. RSVP not required, but **let us know by 2/21** if you plan to sit with our group. Participants responsible for their own transportation, car pooling encouraged.



Into the Woods, Jr. features all your favorite characters - Cinderella, Little Red Riding Hood, Jack and his beanstalk, and the Witch - in this retelling of classic Brothers Grimm.

MARDI GRAS MASQUERADE & DESSERT • Thurs., Feb. 27, 2025 - 12:30 pm

New Orleans' most rowdy day of the year had its origins in medieval Europe. Learn about the history and meaning of this holiday, plus activities, and a special dessert. **Donations welcome. RSVP encouraged.** Sign up separately for lunch at 12 pm: pork, mashed potatoes, veggies.



Here are a few of the things happening in March:

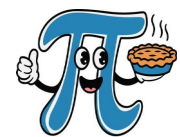
OUTING: UPHS Play ▪ Wed., Mar. 5 - 1:00 pm

NUTRITION DEMO w/ Teri ▪ Wed., Mar. 12 - 1:00 pm

PI DAY AND TRIVIA ▪ Fri., Mar. 14 - 1:00 pm

PHILLIES SPECIAL LUNCH ▪ Thur., Mar. 27 - 12:00 pm

KITCHEN HELPER BRIAN'S 10-YEAR WORK ANNIVERSARY



Look for materials at The Center all month as we strive to educate ourselves and celebrate!





517 Jefferson St., East Greenville
The Center: 215.679.6550

RSVP by 11 am (earlier for special events). Doors open 11:30.



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





Mon-Fri, Served at 12 pm
No Cost for ages 60+
Adults >60 = \$4.90 or see staff

Monday	Tuesday	Wednesday	Thursday	Friday
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Menus created by a registered dietician and meet 1/3 of Recommended Dietary Allowances.

*Substitutions available upon request - let staff know when you sign up, and let us know what you can not eat.

Anonymous lunch contributions are encouraged but not required, and benefit Montgomery County Office of Aging Services (MCOAS) to help support programming for seniors. 

<p>3</p> <p>Baked Fish w/ Italian Parsley Cream Sauce Italian Blend Veggies Orzo</p>	<p>4</p> <p>Salsa Chicken Brown Rice Corn & Red Peppers</p>	<p>5</p> <p>Manicotti w/ Meat Sauce Broccoli Warm Pears w/ Oat Topping</p>	<p>6</p> <p>Special Lunch: Souper Bowl Party Soup & Pizza <i>RSVP by 2/5</i></p> 	<p>7</p> <p>Pepper & Onion Cheese Omelet Cran-Apple Compote Hash Browns</p>
<p>10</p> <p>Penne Pasta w/ Meatballs Broccoli Carrots</p>	<p>11</p> <p>BBQ Chicken Thigh Mixed Veggies Baked Beans</p>	<p>12</p> <p>French Onion Meatloaf Green Beans Mashed Potatoes</p>	<p>13</p> <p>Spaghetti & Meatballs Sliced Carrots, Broccoli <i>12:30 Valentine Dessert</i> <i>Special Performance</i> <i>RSVP by 2/12</i></p>  	<p>14</p> <p>Cheesy Omelet Sauteed Spinach & Carrots Warm Apples</p> 
<p>17</p> <p>HAPPY PRESIDENT'S DAY</p> 	<p>18</p> <p>Chicken Marsala Buttery Herb Red-Skinned Potatoes Green Beans</p>	<p>19</p> <p>Mild Chicken & Vegetable Curry Peas Brown Rice</p>	<p>20</p> <p>Sliced Beef Merlot Whipped Sweet Potatoes Roasted Beets</p>	<p>21</p> <p>Crab Cake w/ Mac & Cheese Stewed Tomatoes Broccoli & Cauliflower <i>No One Eats Alone Day</i></p> 
<p>24</p> <p>Asian Garlic Chicken Fried Brown Rice Stir Fry Veggies</p>	<p>25</p> <p>Baked Ziti Brussels Sprouts Spiced Peaches</p>	<p>26</p> <p>Maple Glazed Chicken Sugar Snap Peas Mashed Sweet Potatoes <i>12:30 Birthday Party</i></p> 	<p>27</p> <p>Italian Pulled Pork Mashed Potatoes Mixed Veggies <i>12:30 Mardi Gras Masquerade & Dessert</i></p> 	<p>28</p> <p>Rice & Spinach Stuffed Fish w/ Dill Sauce Broccoli Herb Couscous</p>



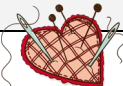






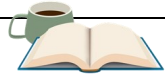

Come for the meal. Stay for friends and fellowship.

*The Center serves a monthly Special Lunch; dietary requirements may not be met; donations benefit The Center.

February 2025

ACTIVITY CALENDAR

Check newsletter for RSVP dates and details.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Tech Support by Appointment</p>  <p>Get help with your smartphone, laptop, tablet or smartwatch. Meet one-on-one with a patient and knowledgeable volunteer tech coach. Contact staff to complete a Tech Support Request Form and reserve your time slot.</p>			 <p>Blood Pressure Checks Most Thursdays, approx. 12 pm, courtesy of <i>Family Caregivers Network</i></p>	<p>Wear red Friday, Feb. 7th to show support and raise awareness about heart disease in women.</p>
<p>3</p> <p>9:00 Walkercise 10:00 WOW 12:00 Community Lunch 12:30 Afternoon Activities</p>	<p>4</p> <p>10:15 Tai Chi 12:00 Community Lunch 12:30 Billiards (LL)</p> 	<p>5</p>  <p>9:00 Walkercise 10:00 WOW 10:00 Quilters (LL) 12:00 Community Lunch</p>	<p>6</p> <p>12:00 Special Lunch: Souper Bowl Party RSVP by 2/5</p> 	<p>7</p> <p>9:00 Chair Yoga 10:15 Tai Chi 12:00 Community Lunch 12:30 Billiards (LL)</p> <p><i>National Wear Red Day</i></p> 
<p>10</p>  <p>9:00 Walkercise 10:00 WOW 10:00 Stamp Club (LL) 12:00 Community Lunch <i>No Afternoon Activities</i></p>	<p>11</p> <p>10:15 Tai Chi 12:00 Community Lunch 12:30 Billiards (LL)</p>	<p>12</p> <p>9:00 Walkercise 10:00 WOW 10:00 Quilters (LL) 12:00 Community Lunch 1:00 Craft: Valentine Gnomes</p>	<p>13</p>  <p>12:00 Community Lunch Valentine Meal 1:00 Performance by: The Impossibles Band</p> 	<p>14</p>  <p>9:00 Chair Yoga <i>Love & Kindness Yoga</i> 10:15 Tai Chi 12:00 Community Lunch 12:30 Billiards (LL) 1:00 Trivia Time</p>
<p>17</p>  <p>HAPPY PRESIDENT'S DAY</p>	<p>18</p>  <p>10:15 Tai Chi 12:00 Community Lunch 12:45 Participants Mtg. <i>No Billiards</i></p>	<p>19</p> <p>9:00 Walkercise 10:00 WOW 12:00 Community Lunch <i>No Quilting</i></p>	<p>20</p>  <p>10:00 Cardio Drumming w/ <i>Tribe Nutrition*</i> 12:00 Community Lunch 12:30 Love Your Pet Day Activity: DIY Bandanas 12:45 Visit w/ Fiji</p>	<p>21</p>  <p>9:00 Chair Yoga 10:15 Tai Chi 12:00 Community Lunch 12:30 Billiards (LL) 1:00 Bingo <i>No One Eats Alone Day</i></p>
<p>24</p>  <p>9:00 Walkercise 10:00 WOW 10:00 Book Club 12:00 Community Lunch 12:30 Afternoon Activities</p>	<p>25</p>  <p>10:15 Tai Chi 12:00 Community Lunch 12:30 Billiards (LL) 12:45 Bird Feeder Activity</p>	<p>26</p>  <p>9:00 Walkercise 10:00 WOW 10:00 Quilters (LL) 12:00 Community Lunch 12:30 Birthday Party 3:30 Outing: UPMS Play</p>	<p>27</p> <p>12:00 Community Lunch 12:30 Mardi Gras Masquerade & Dessert</p> 	<p>28</p> <p>9:00 Chair Yoga 10:15 Tai Chi 12:00 Community Lunch 12:30 Billiards</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.

nections can be made regardless of differences. An Eagles fan and a Cowboys fan can even sit next to each other to enjoy a meal, conversation, and laughter! Even The Center staff, with its many differences, works together despite being comprised of someone who doesn't like football (but will watch if there's nothing on TV, and he's a big Phillies fan so that counts for something!), someone who doesn't watch sporting events, Eagles fans, and an LA Rams fan. Differences lead to a richer experience and a vibrant dynamic!

As we watch the rest of this football season and the big game, in addition to enjoying the competition, gameday snacks, and halftime commercials, let's look for the learning moments that extend beyond the 100-yard field of the game. Embrace the powerful lessons the sport teaches on unity. A quick glance at any team or its fans reveals a mix of ages, appearances, and personalities - football is a reflection of society itself. The ability of players to unite, amidst differences, enriches a team. That ability can enrich communities!

Accept and appreciate differences and find commonalities and shared experiences. When we find common ground, which could be one shared interest, hobby, or opinion, it creates a foundation for connection. And the next time we cheer for our favorite team, let us also celebrate the power of unity, and what we can accomplish when we respect one another and work together.

While I respect and appreciate the team you root for (or no team at all), I will end with... Go Birds!

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. *Sarah will lead a special Love & Kindness Yoga on Fri., Feb. 14th.*

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 February

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

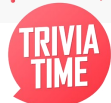


STAMP CLUB • Mon., Feb. 10, 2025 - 10:00 am *(held in the Lower Level)*

Stamp collectors meet the second Monday of each month to show, share, and trade.

TRIVIA TIME - Theme: **Heart & Soul** • Fri., Feb. 14, 2025 - 1:00 pm

Questions relate to the words “heart” and “soul” and will cover music, movies, medical terminology, phrases, and more, perfect for a celebration of love and of heart health. Form a team or join one that day, come up with answers together. **Dress for the occasion - prizes for the team with the most hearts on their attire and accessories. Bonus music round for real points (singing = bonus points!). Heart-y snacks. No Cost. RSVP encouraged.*



CARDIO DRUMMING w/ Tribe Nutrition • Thurs., Feb. 20, 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 2/19.**

**Space is limited. [Tribe Nutrition](#) offers a variety of protein shakes and hosts fun and fitness activities.*



BINGO Hosted by Genesis • Fri., Feb. 21, 2025 - 1:00 pm

Doors open at 12:30 pm. Light refreshments. **\$1 to play the whole time. RSVP encouraged.**

Genesis Genesis HealthCare is a provider of short-term post-acute, rehabilitation, skilled nursing and long-term care services with a wide variety of living options and professional clinical services.



BOOK CLUB • Mon., Feb. 24, 2025 - 10:00 am

Book *Woman of Troublesome Creek* by Kim Michele Richardson: 19 year old Cussy Carter, last of the Blue People ancestry, becomes a librarian for the Pack Horse Library Project in Kentucky.

No Cost. RSVP not req'd. Books available at The Center.

BIRTHDAY PARTY • Wed., Feb. 26, 2025 - 12:30 pm

Everyone is invited for cake and fun activities. Help us sing Happy Birthday to our special guests with February birthdays! **No Cost. RSVP encouraged by 2/25.**



SEW MANY QUILTERS • Wednesdays, 10 am to 2 pm *(held in the Lower Level)*



New and experienced quilters and other crafters welcome! Enjoy the company of others and work on your hobbies: scrapbooking, knitting, etc. *Call to make sure they're meeting.*

CENTER UPDATES:

Annual Updates = A Chance to Win \$25

Help us ensure that we have the correct information on file! Complete an annual update at The Center, so we can have the right address, phone number, emergency contact information, and more. Some of the questions allow us get to know our participants and determine if our nutrition programs are of value, and meet the needs of our community. By completing an annual update, you also help us be compliant with our senior center contract and maintain program funding. **Everyone who completes their update in**



February 2024 will be entered in a raffle for a \$25 gift card!

MONDAY COMMUNITY MEAL

Monday, February 3 • 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) follows 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!

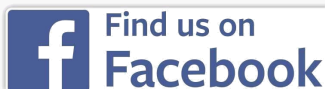


UPSD GOLD CARD MEMBERSHIP

Residents of the Upper Perk School District who are 65 or older are eligible. A Gold Card entitles its holder to free admission to most district-sponsored events (athletic events and plays designated Gold Card performances). See Front Desk at The Center to complete a membership form and show ID and verify age. We'll forward your application to UPSD who will mail your Gold Card to you. Or, pick up a Gold Card at the UPSD Education Center: 2229 E Buck Rd., Pennsburg, Mon-Fri 8 am to 4 pm. For up-to-date info about district events, visit www.upsd.org.

NO ONE EATS ALONE DAY - Fri., Feb. 21st

Created by an organization whose mission is "to inspire students nationwide to end social isolation and create cultures of belonging for everyone", the No One Eats Alone Day initiative helps students connect so no one feels invisible. This campaign's focus is on youth, but the importance of connection applies to all ages. On this day - and every day - we encourage you to **invite a friend, loved one, or neighbor to Community Lunch at The Center**, a place for nutrition *and* connection. *Come for the* **NO ONE eats alone™ meal, stay for friends and fellowship.**



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