



*Enriching the Lives of Older Adults in Our Community*

## Staying Safe in Unpredictable Weather

By: Wendy Smeltz, Center Manager

Can you believe it's the middle of summer? Before we know it, the leaves will be changing color! We want to talk about something that's not always sunny - being prepared for whatever Mother Nature brings. During summer months, we typically share tips for summer safety and surviving the heat. However, our weather patterns lately are taking us on quite a rollercoaster ride. With heavy rains, more hurricane warnings each year, straight-line winds, and even tornado alerts popping up, we want to ensure that you and your loved ones are well-prepared.

First things first: keeping an eye on the weather. Make it a habit to check the forecast regularly, as it can change quickly during thunderstorm season. News stations provide updates, but did you know that weather apps provide hour-by-hour forecasts and even a MinuteCast that will tell you when rain is expected to start or end? Let us know if you'd like help finding that on your phone! You may even want to invest in a weather radio to continue to be informed even during power outages.


Preparation is key! Local weather and the news of weather-related disasters remind us of the need for an emergency kit. Include items like bottled water, non-perishable food, essential medications, a flashlight, extra batteries, and a first aid kit. Don't forget about personal hygiene items, necessary medical supplies, and medical devices. Create a list of important contacts - friends, family, and your doctor's numbers. Most of us store those numbers in our phones, but a list may be helpful in an emergency. A checklist of supplies for a survival kit and other helpful resources are available at The Center.

When severe storms hit or tornado or hurricane warnings are issued, it's best to stay indoors. Find a safe room away from windows to ride out the storm. Depend-

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At this year's Ice Cream Social, each participant got a picture of a movie, TV, or cartoon character who was part of a duo, like Batman and Robin or Laverne and Shirley. Everyone had fun finding their matching "friend!" And, of course, the ice cream was delicious!

 Most costs at The Center are anonymous, suggested donations. Some programming may incur required costs or advance payments. Cost should not be a barrier to attending and an inability to pay does not prevent someone from attending.

### Hours of Operation:

Monday - Friday 8:00 AM to 4:00 PM

The main room is closed during scheduled activities.

The Center offers opportunities to stay healthy, active, and connected! Programming focuses on nutrition, exercise, education, enrichment, and socialization, and is targeted to ages 60 and over, but most programs are open for adults of all ages.



Penn Street provides services to meet the critical needs of individuals and families through a food pantry, education, education, employment, housing and homelessness services, financial assistance, and more!

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

*Call or Text: 215-679-6550 | Email: [center@theopenlink.org](mailto:center@theopenlink.org)*

*Penn Street: 452 Penn St., Pennsburg, PA 18073 • 215-679-4112 • [www.theopenlink.org](http://www.theopenlink.org)*

# CENTER ACTIVITIES in August

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

## SOCIAL MEDIA 101 - Hosted by Sam • Fri., Aug. 1, 2025 - 12:45 PM

Learn the basics of the social media platforms. Our intern, Sam, will show you the popular websites and apps: Facebook, TikTok, and Instagram. You'll even make a video to post on The Open Link's TikTok! **No Cost. RSVP by 7/31.**



## WATERMELON DAY • Mon., Aug. 4, 2025 - 12:45 PM

**11:30 AM - Seed Spitting Contest** outside under the driveway.

**12:45 PM - Hydration Presentation by Family Caregivers.** Enjoy refreshing watermelon while Bryan shares valuable information about staying hydrated in the summer heat. **Everyone will receive a ticket for a raffle basket. No Cost. RSVP by 8/1.**



## CHAIR VOLLEYBALL\* • Tues., Aug. 5, 2025 - 1:00 PM

Serve, set, and spike from your seat! (The rules do include 'no spiking', and a 'one-cheek rule'). This is a great way to stay active and improve coordination while having fun with friends, old and new. **\$2. RSVP by 8/4. \*Space is Limited.**



## WEDNESDAY WORKOUT WITH FARRYN • Wed., Aug. 6, 2025 - 12:45 PM

Hosted monthly by Phoenix Physical Therapy. Practice exercises you can incorporate into your everyday routines. All skill levels welcome! Farryn can adapt each exercise to fit your needs. *Sponsored by Phoenix P/T - No Cost. RSVP by 8/5.*

**Phoenix P/T**, conveniently located right here in the Valley, helps patients recover, recharge, and rise, whether it's to treat an injury, recover from illness, or recuperate from surgery.



## HEALTHY STEPS IN MOTION w/ MCOAS continues through Sept 11th - 1:00 PM

A falls prevention exercise program for adults age 60+ of all fitness levels. Build strength, increase flexibility, and improve balance. 1-hour sessions. 8 weeks. Taught by a trained, certified instructor. *Please see staff if interested in signing up. Lower Level.*



Montgomery County  
Department of  
Health and Human Services

**MCOAS** offers a variety of **FREE** evidence-based programs and presentations designed to empower older adults to take control of their health so they can continue to lead independent lifestyles.

## FAREWELL TO OUR INTERN SAM • Fri., Aug. 8, 2025 - 12:30 PM

Help us thank Sam for her contributions to The Open Link and wish her luck as she returns to school to reach her goal of a Master's Degree in social work. **RSVP by 8/7.**



# CENTER ACTIVITIES in August

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



## TRIVIA TIME - Theme: 'The Printed Page' • Fri., Aug. 8, 2025 - 1:00 PM

Questions span a wide range of subjects: music, movies, folktales, phrases, and more.

Fun bonus rounds! Bonus points for singing! Create teams of 5 or 6 players, choose a team name, and come up with answers together. **Donations Welcome. RSVP by 8/7.**



## STAMP CLUB • Mon., Aug. 11, 2025 - 10:00 AM (Lower Level)

Held on the second Monday of each month. Show, share, and trade stamps.



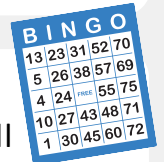
## CRAFT: SEASHELL DISH\* • Wed., Aug. 13, 2025 - 1:00 PM

Keep summer alive! Create a lovely decorative seashell dish. Perfect for holding a pair of earrings or loose change at the end of the day. **\$3. RSVP by 8/13. \*Space is limited.**



## CARDIO DRUMMING w/ Tribe Nutrition\* • Thurs., Aug. 14, 2025 - 10:00 AM

Fun full-body workout that combines music and movement using a fitness ball, bucket, and drumsticks. Can be done standing or sitting. Supplies provided or bring your own. **Donations encouraged. RSVP by 8/13. \*Space is limited. Tribe Nutrition**, located in Pennsburg, offers a variety of protein shakes and hosts many fun and fitness activities.



## BINGO w/ Special Guest Hosts • Fri., Aug. 15, 2025 - 1:00 PM

Our hosts, the **Upper Perk Democratic Club** and **Team UP for Education**, will call bingo and bring dessert and prizes. Doors open at 12:30 PM for light refreshments and fellowship. Small prizes, big fun. See the numbers on the screen. **\$1 to play the whole time! RSVP by 8/14.** Donations of small, new items are always welcome to use as prizes!

## PARTICIPANT MEETING • Tues., Aug. 19, 2025 - 1:00 PM



Help us plan an outing outside of the Upper Perkiomen Valley! Where should we go? How should we get there? We'll discuss options for a meal and entertainment, and methods of transportation. Light Refreshments served. **RSVP by 8/18.**

## OUTDOOR GAMES w/ Young Volunteers • Wed., Aug. 20, 2025 - 12:45 PM

Get moving after lunch - cornhole, horseshoes, mini golf, more! Games will be inside where it's cool, with some outdoor activities if weather cooperates. **RSVP by 8/19.**





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

# August 2025










Monday - Friday  
 Served at 12:00 PM  
 Doors open at 11:30 AM

**\$2 Sugg. Donation for 60+**

Adults <60 = \$4.90

**RSVP** required **24 hours** in advance.

Sign up by 12:00 PM the weekday before.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Menus created by a registered dietician.          Limited substitutions available upon request.          *Menu subject to change.</p> <p>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.</p> 				<p>1</p> <p><b>Chicken Alfredo</b>          Spinach w/          Diced Carrots          Penne</p>
<p>4 </p> <p><b>Lemon Pepper Chicken Thighs</b>          Veggie Blend          Brown Rice</p>	<p>5</p> <p><b>Bowties w/ Bolognese Sauce</b>          Green Beans          Carrots</p>	<p>6</p> <p><b>Dijon Chicken</b>          Brussels Sprouts          Roasted Red Peppers</p>	<p>7</p> <p><b>Hot Dog</b>          Sweet Corn          Sauteed Cabbage</p> 	<p>8</p> <p><b>Swedish Meatballs</b>          Peas &amp; Carrots          Wide Noodles</p>
<p>11</p> <p><b>Baked Chicken</b>          w/ Buttered Parsley Potatoes          Mixed Veggies</p>	<p>12</p> <p><b>Crabcake w/ Mac &amp; Cheese</b>          Scalloped Tomatoes          Broccoli</p> 	<p>13</p> <p><b>Salisbury Steak</b>          Mashed Potatoes          Peas</p>	<p>14</p> <p><b>Hot Dog</b>          Roasted Red Bliss Potatoes          Sugar Snap Peas</p>	<p>15</p> <p><b>Pork BBQ</b>          Collard Greens          Corn</p> 
<p>18</p> <p><b>Grilled Chicken Parm</b>          Rotini          Sauteed Spinach</p>	<p>19</p> <p><b>Cheeseburger Meatloaf</b>          Potato Wedges          Green Beans</p>	<p>20</p> <p><b>Brown Sugar Chicken</b>          Sweet Potatoes          Brussels Sprouts</p>	<p>21</p> <p><b>Sesame Beef</b>          w/ Peppers          Green Beans          Brown Rice</p>	<p>22</p> <p><b>Cheese Omelet</b>          Peppers &amp; Onions          Hashbrowns          Pear Crisp</p>
<p>25</p> <p><b>Beef Stew</b>          Potatoes          Peas</p>	<p>26</p> <p><b>Baked Fish</b>          w/ Lemon &amp; Capers          Brown Rice          Green Beans</p>	<p>27 </p> <p><b>Mushroom Swiss Burger</b>          Mashed Potatoes          Carrot Coins</p>	<p>28</p> <p><b>Special Lunch</b></p> 	<p>29</p> <p><b>Chicken Alfredo</b>          Spinach w/ Diced Carrots          Penne</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.*





# August

## 2025



## ACTIVITY CALENDAR

Activities are targeted to adults aged 60+.  
Many activities are open to adults of all ages.

RSVP **24 hours in advance** for most activities.  
Space is limited for some programs.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Tech Support</b> by Appt See page 8. 		 <b>Blood Pressure Checks</b> Most Thursdays. approx. 12:00 PM, courtesy of <i>Family Caregivers Network, Inc.</i> <i>"We ensure the safe living of loved one."</i>		<b>1</b> 9:00 Chair Yoga 10:15 Tai Chi 12:00 Lunch 12:30 Billiards <b>12:45 Social Media 101</b>
<b>4</b> 9:00 Walkercise 10:00 WOW 12:00 Lunch <b>11:30 Seed Spitting</b> <b>12:45 Hydration Presentation w/ FCN</b>	<b>5</b> 10:15 Tai Chi 12:00 Lunch 12:30 Billiards <b>1:00 Chair Volleyball</b>	<b>6</b> 9:00 Walkercise 10:00 WOW 10:00 Sew Many Projects 12:00 Lunch <b>12:45 Workout w/ Farryn</b>	<b>7</b> 12:00 Lunch <b>1:00 Healthy Steps in Motion, MCOAS</b> 	<b>8</b> 9:00 Chair Yoga 10:15 Tai Chi 12:00 Lunch <b>12:30 Farewell Sam</b> 12:30 Billiards <b>1:00 Trivia Time</b>
<b>11</b> 9:00 Walkercise <b>10:00 Stamp Club</b> 10:00 WOW 12:00 Lunch <i>No Afternoon Activities</i>	<b>12</b> 10:15 Tai Chi 12:00 Lunch 12:30 Billiards	<b>13</b> 9:00 Walkercise 10:00 WOW 10:00 Sew Many Projects 12:00 Lunch <b>1:00 Craft: Seashell Dishes</b>	<b>14</b> <b>10:00 Tribe Nutrition: Cardio Drumming</b> 12:00 Lunch <b>1:00 Healthy Steps in Motion, MCOAS</b>	<b>15</b> 9:00 Chair Yoga 10:15 Tai Chi 12:00 Lunch 12:30 Billiards <b>1:00 Bingo w/ Guest Hosts</b>
<b>18</b> 9:00 Walkercise 10:00 WOW 12:00 Lunch 12:30 Activities	<b>19</b> 10:15 Tai Chi 12:00 Lunch 12:30 Billiards <b>1:00 Participant Mtg Outings Discussion</b>	<b>20</b> 9:00 Walkercise 10:00 WOW 10:00 Sew Many Projects 12:00 Lunch <b>12:45 Outdoor Games w/ Young Volunteers</b>	<b>21</b> 12:00 Lunch <b>1:00 Healthy Steps in Motion, MCOAS</b>	<b>22</b> 9:00 Chair Yoga 10:15 Tai Chi 12:00 Lunch 12:30 Billiards <b>12:30 Visit w/ Fiji</b>
<b>25</b> 9:00 Walkercise 10:00 WOW <b>10:00 Book Club</b> 12:00 Lunch 12:30 Activities	<b>26</b> 10:15 Tai Chi 12:00 Lunch 12:30 Billiards	<b>27</b> 9:00 Walkercise 10:00 WOW 10:00 Sew Many Projects 12:00 Lunch <b>12:45 Beach Birthday Party</b>	<b>28</b> <b>12:00 Special Lunch: Carnival</b> <b>1:00 Healthy Steps in Motion, MCOAS</b>	<b>29</b> 9:00 Chair Yoga 10:15 Tai Chi 12:00 Lunch 12:30 Billiards <b>12:45 Bocce</b>



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ing on where you live, you may want to seek secure shelter with friends or family who have a more fortified home. Safety is your top priority, and it's important to act quickly.

In case of flooding, it's crucial to be mindful of where you live and how it might affect you. If you live in a flood-prone area, know the nearest safe routes to higher ground. Create and practice an evacuation plan. Have a plan for pets, too!

Don't forget about your emotional well-being. Storms can bring anxiety, especially if you have endured past damaging ones. Connect with loved ones for support; a simple phone call can help lighten the mood! Consider indoor hobbies or activities, like reading or crafting, to keep your mind occupied during weather hiccups.

Lastly, after the storm has passed, remember to check in on your neighbors, especially those who may be alone or require assistance. Being part of a community means looking out for one another, and together, we can weather any storm that comes our way!

Summer doesn't have to be a season of stress. By staying aware, preparing ahead, and supporting each other, we can navigate the unpredictable weather safely. So grab that umbrella, keep your emergency kit stocked, and enjoy everything that summer has to offer – there's still plenty of sunshine and warm days ahead!

## EXERCISE CLASSES AT THE CENTER

*Be active, stay healthy, make connections!*



### Ongoing Classes at The Center

**Walkercise** – Mon. & Wed., 9:00–9:30 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., 10:00–11:30 AM. Strength training for mid-life and older women. Follow along with videos or participant-led resistance and balance training, and flexibility exercises in a fun and upbeat class. “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 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 and meditations, enhance strength, flexibility, and balance – all with the support of a chair!

- **Classes targeted for ages 60+**, 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!



# CENTER ACTIVITIES in August

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## VISIT w/ FIJI THE THERAPY DOG • Fri., Aug. 22, 2025 - 12:30 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 or RSVP req'd.**



## BOOK CLUB • Mon., Aug. 25, 2025 - 10:00 AM

**The Book of Lost Names** by Kristin Hammel. An epic and heart wrenching tale inspired by an astonishing true story from WWII. A young woman with a talent for forgery helps hundreds of Jewish children flee the Nazis. **Borrow a book from The Center.**

## BIRTHDAY PARTY • Wed., Aug. 27, 2025 - 12:45 PM

Is your birthday in August? We want to celebrate you! Everyone is welcome. Help us honor special guests with cake and a group activity. **No Cost. RSVP by 8/26.**



## SPECIAL LUNCH: CARNIVAL • Thurs., Aug. 28, 2025 - 12:00 PM

Food! Games! Rides! Face Painting! All in the comfort of The Center. Visit the concession stand for burgers, fries, popcorn, and lemonade. Play games and win tickets for prizes. Play all your favorite carnival games - bring dimes for the dime toss. Dare to go on the tallest, fastest ride. **\$3. RSVP 24 hrs in advance.**



## BOCCE • Fri., Aug. 29, 2025 - 12:45 PM

A fun opportunity to get moving, led by our volunteer Elijah. If you're not familiar with bocce, come learn how to play! Roll your team's bocce balls closer to the pallino - the smaller target ball - than the other team's bocce balls. **RSVP by 8/28.**



**AFTERNOON ACTIVITIES** • Most Mondays, 12:30-4:00 PM. *Join Mahjong or start an activity.*

**BILLIARDS** • Tuesdays & Fridays, 12:30 PM. All skill levels welcome. Lower Level

**SEW MANY PROJECTS** • Wednesdays, 10:00 AM-2:00 PM. *All crafters welcome!*



*As we near the completion of Lower Level renovations, please let us know if there is a group activity you would like to see on the calendar!*



*Save  
the  
Date*

**Wed., Sept. 10: 9:00 AM-12:00 PM • CarFit event w/ MCHHS** - enhance your comfort, safety, and fit within your vehicle.

**Wed., Sept. 11 • Last Day of Healthy Steps in Motion**

**Thurs., Sept 17, 12:45 PM • Fall Prevention with Good Shepherd**



## EXTRA! EXTRA!

### Summer Tips to Stay Cool & Safe



Know your meds.  
Some cause sun  
sensitivity!



Drink water and  
eat fresh fruits  
and veggies.



Use a fan or A/C  
and a cool  
washcloth.



Avoid using the  
stove and oven  
on hot days.



Avoid beverages  
with alcohol and  
caffeine.



Stay out of the  
direct sun during  
peak times (10-4).

Spend hot and humid days at The Center, where  
the temperature is always in the low 70's!

### FIRST MONDAY COMMUNITY MEAL

Monday, August 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

The deadline to file for the state Property Tax  
Rent/Rebate Program has been extended to Dec.  
31, 2025, allowing more time to apply for rebates  
on property taxes and rent paid.

The maximum eligible income is \$46,520, and  
rebates range from \$380 to \$1,000, depending on  
the income level of the homeowner or renter. Ask  
us for age and income qualifications!

Assistance with applying is also  
available at The Open Link's  
Penn Street location.



## CENTER UPDATES:

### The New Sign-up Process is Working Great!

Last month, with very little explanation or instruction, we rolled out a new format for lunch and activity sign-up sheets. We expected the process to require a period of adjustment for everyone and to need some tweaks to the format until we got it right. Instead, everyone seems to like it! It makes signing up easier for participants, and it is helpful for staff to know who plans to attend each activity during the day for room set-up, preparing food and other materials, etc.

If you have not been here lately, or if you have questions, let us explain the process:

There is now a **signup sheet for each day** that includes that day's **lunch** and **activity** (instead of activity signups on separate sheets in a separate section of the Signup Book).

- Write your name if you want to come that day.
- If you will be having lunch, check the Lunch box.
- If you plan to attend the activity, check the Activity box.

*There are some exceptions - if space is limited for an activity (crafts, some exercise programs, etc.), a **separate signup** sheet will be on the back or on the next page. This will be noted clearly at the top of that day's signup! Thank you all for your cooperation and adaptability!*

Friday, Aug. 15, 2025			
Lunch: BBQ Pork			
Activity: Bingo at 1:00 pm, \$1			
Check ✓ or X what you plan to attend.	Lunch	Activity	Check ✓ or X what you plan to attend.
Name			Name
Jane Doe	✓	✓	46.
John Doe	✓		47.

Example



[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.*



Montgomery County  
Department of  
Health and Human Services