THE CENTER at THE OPEN LINK

The Open Link's Senior Center location in East Greenville

November 2026 NEWSLETTER



Enriching the Lives of Older Adults in Our Community

THE OPEN LINK PROVIDES HOLIDAY ASSISTANCE FOR UPV RESIDENTS



Thanksgiving meal distribution begins November 3, 2026. If you would like to contribute meal items, a wish list is available. $20 gift cards to purchase a turkey or ham are also needed (Redner's or Weis preferred).

Operation Holiday Cheer is also right around the corner! This no-cost toy and coat room allows parents and grandparents who are facing financial hardship to shop for holiday gifts, stocking stuffers, and coats. Community members can contribute by donating new toys, stocking stuffers, gift cards, and gift wrap supplies, or purchase items through the Operation Holiday Cheer Wishlist, available soon.



Interested in receiving a Thanksgiving Meal or participating in Operation Holiday Cheer? Please contact The Open Link's Penn Street location, or talk to a staff person at The Center for more information.

HONORING OUR VETERANS

The Center invites you to share photos, memorabilia, and stories of those who answered the call to serve our country. These special memories will be displayed throughout the week of Veterans Day as we recognize and honor the brave men and women who have served and hold a week-long salute to the Armed Forces.

If you have a photo of yourself, a family member, or a loved one in uniform or during their time in service, we would be honored to include it in our display. Please share your photos with us by **Friday, Nov. 6, 2026.**

Photos may be dropped off at The Center Monday through Friday, 8:00 AM-4:00 PM. We will scan your photos and return the originals to you. You may also email photos and memories to center@theopenlink.org. Written messages of thanks and appreciation for our veterans are welcome and encouraged, too!

Help us tell their stories! If possible, please include details about your photos, such as the names of the people pictured, places, dates, locations, or other information about the moment captured. Every photo and story helps us preserve these important memories and honor the service and sacrifice of our veterans.

Veterans, spouses, and widows are also invited to join us for a special dessert on Veterans Day. Please see page 2 for details. We also invite you to share photos and memories with us at the gathering, if you wish.

We extend our heartfelt gratitude to all who have served our country. Thank you for your courage, your sacrifice, and your dedication to protecting the freedoms we cherish. We remember you, we honor you, and we are forever grateful for your service.



Helpful Reminders:

- **RSVPs are required at least 24 hours in advance** for lunch and most activities. Many ongoing programs, like exercise classes, do 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 signage for openings.

Check the Activity Calendar on page 5 for the schedule of:

- **Exercise classes**
- **Ongoing activities**
- **Lower Level Hours**

Interested in learning more? Please ask a staff member!

Newsletter Contents:

Page 2 & 3 - Nov. Activities
Page 4 - Lunch Menu
Page 5 - Activity Calendar
Page 6 - Newsletter Layout Changes, LIHEAP, Code Blue

THE OPEN LINK 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 November

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

MINDFUL MONDAYS* • Mon., Nov. 2 & 16, 2026 - 9:30 AM, *No Cost. Registration is Closed.*
Start your week grounded and focused. On Mon., 11/16, volunteer Ann Marie will lead a special session on gratitude and thankfulness to reflect the season. (Class is at its maximum capacity.)

DINERS CLUB MEETING • Mon., Nov. 2, 2026 - 12:45 PM, *No Cost.*
Review info gathered by our restaurant researchers and finalize future Diner's Club destinations.

PEOPLE'S CHOICE ELECTION • Tues., Nov. 3, 2026 - 11:30 AM, *No Cost.*
No politics - just fun! Fun mock election to debate and vote on our favorite desserts, beverages, pets, music, and more. Cast your ballot, share some laughs, and make your voice heard!

CHAIR VOLLEYBALL* w/ *Residence at Boyertown* • Tues., Nov. 3, 2026 - 1:00 PM, *$2.*
Serve and spike from your seat! Stay active, improve coordination, and have fun with friends.

WORKOUT WEDNESDAY *w/ Farryn* • Wed., Nov. 4, 2026 - 12:45 PM, *No Cost.*
Hosted by Phoenix Physical Therapy. Farryn leads easy exercises adaptable to your needs.

HOLIDAY ORNAMENTS WORKSHOP • Thurs., Nov. 5, 2026 - 12:45 PM, *$1.*
Help us spread some Upper Perk cheer to decorate the tree in the Capitol Rotunda in Harrisburg. Make an adorable mini rolling pin ornament for the Capitol, and one for your own tree at home!

FUN WITH PHOTOS & FRAMES w/ Golden Tech Care • Fri., Nov. 6, 2026 - 12:45 PM, *No Cost.*
Discover how to preserve, restore, and organize photos, explore digital frames, and learn how Randy can help with technology. Everyone attending will be entered to win a digital frame!

STAMP COLLECTING^ • Mon., Nov. 9, 2026 - 10:00 AM, *No Cost. No RSVP Required.*

UNO & SKIP-BO • Mon., Nov. 9, 2026 - 12:30 PM, *No Cost.*

DRIVERS SAFETY • Tues. & Thurs., Nov. 10 & 12 (attend both) - 10:00 AM-2:00 PM, *$25.*
Refresh your driving skills and learn about current rules of the road. **Check with your agent for possible insurance discounts. Bring your driver's license, membership card, and check payable to AARP.*

STAYCATION: VEGAS! • Tues., Nov. 10, 2026 - 12:45 PM, *No Cost.*
Join Wendy for a trip to Las Vegas without leaving The Center. Stroll the famous strip, experience a concert, see the *Wizard of Oz* like never before, and explore hiking and kayaking excursions.

VETERANS DAY DESSERT • Wed., Nov. 11, 2026 - 12:30 PM, *No Cost.*
Join us for a special dessert as we honor our veterans, spouses, and widows/widowers, celebrate their service, and share in fellowship and gratitude together. The Center will hold a week-long **Salute to the Armed Forces** week Nov. 9-Nov. 13. Photos and memorabilia are being collected (see page 1).

BUNCO • Thurs., Nov. 12, 2026 - 12:45 PM, *No Cost.*
Easy to play, and with no strategy required. It's the perfect social dice game!

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See details and suggested donation amounts below.

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Regular, Ongoing Activities Pg. 7



WORLD KINDNESS DAY TRIVIA • Fri., Nov. 13, 2026 - 1:00 PM, *Donations Encouraged.*
Join a team and put your heads together to answer questions about kindness, plus *anything* that contains the word "kind", and test our knowledge on *many* subjects by asking "What kind of...".



CRAFT: Thanksgiving Pie Garland* • Tues., Nov 17, 2026 - 1:00 PM, *$3.*
Get creative this season by making a cute garland featuring your favorite Thanksgiving pie flavors! It's the perfect way to add a little homemade charm to your holiday decor.



BIRTHDAY PARTY • Wed., Nov 18, 2026 - 12:45 PM, *No Cost.*
Everyone is welcome to help us honor guests with a November birthday with cake and an activity.



CARDIO DRUMMING w/ Tribe Nutrition* • Thurs., Nov. 19, 2026 - 10:00 AM, *$2.*
Our instructor, Janet, leads this fun, full-body workout set to music we all know and love!



VEGGIE TASTINGS • Thurs., Nov. 19, 2026 - 11:30 AM, *Donations Welcome.*
Enjoy a sampling of fresh veggies with flavorful pairings before lunch! Pick up some simple ideas to add tasty and healthy options to your snacks and meals, perfect for the upcoming holidays. You don't have to sacrifice flavor to eat well!



LET'S TALK ABOUT IT: Thanksgiving Traditions • Thurs., Nov. 19, 2026 - 11:30 AM, *No Cost.*
Monthly discussion to get to know each other, taking place over lunchtime.



DINER'S CLUB: Chino's Place • Thurs., Nov. 19, 2026 - 12:00 PM, *Costs Vary,*RSVP by 11/12.*
Meet at the restaurant, 7567 Chestnut St., Zionsville, located in the Zionsville Antique Mall (do some browsing after the meal!). Reservations will be made in advance for our group. Participants are responsible for their own cost, tip, and transportation. Car pooling encouraged. Chino's prides themselves on serving home-cooked meals that make you feel right at home!



BINGO* • Fri., Nov. 20, 2026 - 1:00 PM (doors open at 12:30 PM), *$1.*
Bingo, just $1 to play the whole time, is always a fun-filled time with small prizes and big fun!



CORNHOLE & BOCCE • Mon., Nov. 23, 2026 - 12:30 PM, *No Cost.*



PRACTICE CHAIR VOLLEYBALL • Tues., Nov. 24, 2026 - 1:00 PM, *Donations Encouraged.*
Participant-led with all of the fun of chair volleyball, but none of the pressure to score points!



SPECIAL LUNCH: Thanksgiving Meal* • Wed., Nov. 25, 2026 - 12:00 PM, *$3.*
Celebrate the season of gratitude and the joy of community! Join us to give thanks, share good food, and enjoy time together with friends. Menu: Sliced Turkey with all the fixings and dessert.



BOOK CLUB^ • Mon., Nov. 30, 2026 - 10:00 AM, *Borrow a book from The Center at no cost.*
My Brilliant Friend by Elena Ferrante is the first in a four-part series that follows the lives of two friends growing up in an at-risk Naples neighborhood after WWII. The novel explores friendship, family, education, and the challenges of escaping the circumstances into which they were born.

THE CENTER at THE OPEN LINK

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

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

November menu

RSVP: 24 hours required.
Sign up by 12:00 PM the weekday before.

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 **Sliced Turkey** w/ Citrus Thyme Gravy Mashed Potatoes Green Beans	3 **Philly Cheeseburger** Green Beans Potatoes	4 **Scrambled Egg** w/ Tomato & Spinach Herb Roasted Potatoes Zucchini, Corn, Onions	5 **Ravioli w/ Roasted Red Pepper Sauce** Spinach w/ Diced Carrots Warm Apples	6 **Grilled Chicken & Bacon Mac & Cheese** Stewed Tomatoes Green Beans
9 **Roast Beef w/ Mushroom Gravy** Roasted Potatoes Broccoli, Cauliflower, Carrots	10 **Sweet & Sour Chicken** w/Pineapple Sauce Brown Rice Oriental Blend Veggies	11 **Roast Pork Loin** w/ French Onion Gravy Roasted Potatoes Green Beans	12 **Sweet Tomato Glazed Meatloaf** Mashed Potatoes Peas	13 **Turkey Alfredo** w/ Wide Noodles Mixed Veggies Warm Spiced Pears
16 **Crispy Cheese & Potato Crusted Cod** Sweet Potato Cubes Island Blend Veggies	17 **Cheese Lasagna** Garlic Spinach w/ Carrots Corn & Zucchini	18 **Orange Glazed Chicken** Roasted Potatoes Brussels Sprouts	19 **Salisbury Steak** Green Beans Whipped Potatoes	20 **Crabcake** w/ Mac & Cheese Scalloped Tomatoes Broccoli, Carrots, & Cauliflower
23 **Korean Beef BBQ** Brown Rice Oriental Blend Veggies	24 **Country Beef Ragout** w/ Buttered Noodles Peas Carrots	25 **Thanksgiving Meal** Sliced Turkey, Gravy, Mashed Potatoes, Green Beans, & More Dessert	26 CLOSED	27 CLOSED
30 **Shrimp Scampi** Broccoli & Carrots Mixed Vegetables				





Substitutions available upon request.
Alternate meal options are limited.

Meals meet 1/3 of the recommended dietary allowances.

**Menu Subject to Change*

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.

THE CENTER at THE OPEN LINK

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

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

November

RSVP **24 hrs notice** in advance.
✱ = Space is limited.

ACTIVITY CALENDAR

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

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:00 Walkercise 9:30 **Mindful Monday*^** 9:45 Open Fitness Hour 12:45 **Diner's Club Mtg** 12:30 Mahjong^	3 *Election Day* 10:15 Tai Chi 11:30 **People's Choice Election** 12:45 Billiards 1:00 **Chair Volleyball*** ^Open	4 9:00 Walkercise 9:45 Open Fitness Hour 10:00 Sew Many Projects^ 12:45 **Workout Wed. w/ Farryn**	5 10:00 Beginner Mahjong^ 12:45 **Holiday Ornament Workshop** ^Open	6 9:00 Coffee Bar^ 9:00 Chair Yoga 10:15 Tai Chi 12:45 **Fun with Photos & Frames** *w/ Randy* 12:45 Billiards ^Open
9 9:00 Walkercise 9:45 Open Fitness Hour 10:00 **Stamp Collecting** 12:30 **Uno & Skip-Bo**	10 10-2:00 **AARP Driver Safety^** 10:15 Tai Chi 12:30 Billiards 12:45 **Staycation: Vegas!**	11 9:00 Walkercise 9:45 Open Fitness Hour 10:00 Sew Many Projects^ 12:30 **Veterans Day Dessert**	12 10-2:00 **AARP Driver Safety^** 12:45 **Bunco**	13 9:00 Coffee Bar^ 9:00 **Yoga for Thanksgiving** 10:15 Tai Chi 12:45 Billiards 1:00 **World Kindness Day Trivia** ^Open
	Salute to the Armed Forces Tribute Week			
16 9:00 Walkercise 9:30 **Mindful Monday*^ w/ Ann Marie** 9:45 Open Fitness Hour 12:30 Mahjong^	17 10:15 Tai Chi 12:45 Billiards 1:00 **Craft: Pie Garland*** ^Open	18 9:00 Walkercise 9:45 Open Fitness Hour 10:00 Sew Many Projects^ 12:45 **Birthday Party**	19 10:00 **Cardio Drumming*** 10:00 Beginner Mahjong^ 11:30 **Veggie Tastings** 11:30 Let's Talk About It 12:00 **Diner's Club*: Chino's Place** ^Open	20 *No Chair Yoga* 10:15 Tai Chi 12:45 Billiards 1:00 **Bingo*** ^Open at 10 am
23 9:00 Walkercise 9:45 Open Fitness Hour 12:30 **Cornhole & Bocce** 12:30 Mahjong^	24 10:15 Tai Chi 12:45 Billiards 1:00 **Practice Chair Volleyball** ^Open	25 9:00 Walkercise *No Open Fitness Hour* 10:00 Sew Many Projects^ 12:00 **Special Lunch:** Thanksgiving Meal*	26 CLOSED	27 CLOSED
30 9:00 Walkercise 9:45 Open Fitness Hour 10:00 **Book Club^** 12:30 Mahjong^	**Community Lunch** Mon-Fri, 12 PM Doors open at 11:30 AM Ages 60+, $2 Sugg. Don.	^ = Lower Level Activity The Lower Level is reserved for scheduled programs and unavailable for other activities. **^Open** = Open for Drop-In Activities: Enjoy the Coffee Bar, Cozy Corner, billiards, ping pong, and more!	**Weekly Check-Ins** courtesy of *Family Caregivers Network* *Most Thursdays* *11:30 AM - 12:30 PM* *Drop-Ins Welcome*	**Tech Support** Get help with a tablet, smartphone, email, and more! Call, email, or see front desk for info.

Costs - Most costs are anonymous, suggested donations. Some programming may have required costs or advanced payment. Cost should not be a barrier, and an inability to pay does not prevent someone from attending.
Exercise Classes & Ongoing Programs - Register for each class one time, then come as your schedule allows.

Enriching the lives of older adults in our community.

EXTRA! EXTRA!

FIRST MONDAY MEAL

Monday, Nov. 2 • 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

WE'VE MADE A LITTLE CHANGE

Have you noticed something different about this month's newsletter? It's two pages shorter! We've streamlined the newsletter to save paper and make it easier to navigate. What's missing? The main thing is the pages with details about our exercise classes and ongoing programs.

If you're a regular at The Center, you probably know the details of many of these activities, but if you're new to The Center or considering joining us for the first time, we want to make sure you have the information you need! Please call, email, or stop by front desk to speak with staff about these programs.

Ongoing Center Activities

The Center offers a variety of recreational activities that take place regularly. You'll find these programs listed on the activity calendar on page 5. Drop-ins are usually welcome and RSVPs are not typically required.

Exercise Classes at The Center

Our exercise classes, like most Center programming, are geared toward adults ages 60+, but are open to adults of all ages unless otherwise noted. Register for each class just once, then attend when your schedule allows! Classes are offered for a suggested donation of $2 per class. No membership fee required, and your first class is always free! Look out for special classes, like this month's **Yoga for Thanksgiving** on Nov. 13th. Instructor Sarah Thayer will help us feel grateful and grounded.

Please note that some activities may be affected by other Center programs or agency meetings. Check the activity calendar for schedules, call to confirm or get details, or stop by front desk if you'd like to learn more about any Center activity! We're always happy to help you find activities to *be active, stay healthy, and make connections.*

THE LIHEAP SEASON IS UNDERWAY!

The Low-Income Home Energy Assistance Program helps individuals and families keep their homes warm and safe during the coldest months of the year. You do not need an unpaid bill to qualify, and you can rent or own your home. Grants help cover heating bills and emergencies, such as broken heating equipment or leaking lines. Cash grants range from $200 to $1,000. This year's application opening date is Monday, Nov. 2, 2026.

Eligibility is based on household size and total annual income. The maximum income is $23,940 for one person, $32,460 for two people, and an additional $8,520 for each additional household member.

Applications are available at The Center, or apply online at www.compass.state.pa.us. **Staff at The Open Link is also available to help you apply at no cost! Call 215.679.4112 or email receptionist@theopenlink.org to learn more.**

CODE BLUE RETURNS FOR ITS THIRD SEASON

The Code Blue emergency shelter, operated by The Open Link and located at Pennsburg U.C.C., provides life-saving warmth, meals, and shelter to our unhoused Valley neighbors during freezing temperatures.

The 2026-27 season starts on Sunday, Nov. 1. The shelter opens on nights when temperatures drop to 32 degrees or below during county-wide Code Blue declarations in Montgomery County. A warm indoor sleeping space and bed, a home-cooked meal, a hot shower, and opportunities to access other important resources are available to each shelter guest.

How can you help? Each evening the shelter is open, volunteers are needed to greet guests, serve dinner, oversee the shelter during the rest period, clean up, and interact with shelter guests. Monetary donations are also needed to keep the shelter operational. Ask staff how to sign up to volunteer, to donate, and/or how to purchase items off the Code Blue Wishlist on Amazon.

Find us on: facebook

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