



The Center

Enriching the Lives of Older Adults in Our Community

About Us

We are The Open Link's senior center location!

We promote socialization, volunteerism, leadership, healthy lifestyles, and lifelong learning.

Programming focuses on nutrition, education, and enrichment and is targeted to adults 60+. Many programs are open to adults of all ages.

Why Choose The Center?

- ✓ Community Lunch for ages 60+
- ✓ Adaptive Exercise Classes
- ✓ Educational Opportunities
- ✓ Social and Recreational Programs
- ✓ No Membership Fee
- ✓ & more!



517 Jefferson Street, East Greenville



215-679-6550



center@theopenlink.org



theopenlink.org



Read our monthly newsletter!



The Center at The Open Link



COMMUNITY LUNCH

COMMUNITY LUNCH for ages 60+

Come for the meal, stay for friends and fun!

- Monday-Friday, Doors open 11:30 AM, Lunch served 12:00 PM
- Menus created by a registered dietician
- Monthly special meal/holiday event
- \$2 anonymous suggested donation
- RSVP required 24 hours in advance
 - Call or text [215-679-6550](tel:215-679-6550) or email center@theopenlink.org



ADAPTIVE EXERCISE CLASSES

CLASSES AVAILABLE

Stay active and healthy!

Weekly & Biweekly Classes

- Chair Yoga led by a certified instructor
- Walkercise
- Women on Weights (WOW)
- Tai Chi

Monthly Classes - Space is Limited

- Chair Volleyball
- Cardio Drumming w/ Tribe Nutrition
- Workouts with Farryn w/ Phoenix P/T

IMPORTANT INFO

- Classes targeted for ages 60+, but open to adults of all ages (unless otherwise specified)
- Register for weekly classes one time, then come as your schedule allows
- \$2 anonymous suggested donation per class
- More classes led by Montgomery County Office of Aging Services 2x/year



SOCIAL AND RECREATIONAL PROGRAMS

SAMPLE PROGRAMS

Socialize, make friends, and stay active!

- Crafts
- Trivia
- Bingo
- Entertainment/Musical Performances
- Group Activities like Book Club, Stamp Collecting, Billiards, and Sew Many Projects



EDUCATIONAL OPPORTUNITIES

SAMPLE PRESENTATIONS AND CLASSES

Keep your mind sharp!

- Gardening 101
- Herb & Spice Tasting
- Cooking Demos
- AARP Driver Courses
- Smartphone & Social Media Sessions
- Tech Assistance by Appointment

IMPORTANT INFO: RSVP and cost varies per activity - see our monthly newsletter for a detailed menu and schedule each month!

