



*Enriching the Lives of Older Adults in our Community*

## October 2024 Newsletter

### The Center Gets a Facelift!

*By Wendy Smeltz, Center Manager*

Thanks to a recent award from the Pennsylvania Department of Aging Senior Community Center Grant program, The Center’s lower level will undergo a remodel in late autumn. Yes, you read that correctly. (You might have heard Center staff talk about revitalizing the lower level once or twice—or twenty times!)

As The Center gets busier with more programming on the schedule and more guests, we knew that better utilizing this space would open opportunities for additional activities and an area for people to gather; we just weren’t sure how we’d make it happen, until now.

The lower level is not currently unused, or unusable, in fact, it sees activity on a regular basis. The Sew Many Quilters group gathers downstairs most Wednesdays, bringing materials and supplies for projects. Stamp Collecting takes place the second Monday of each month and Book Club the last Monday. On Tuesday and Friday afternoons, you’ll find participants playing pool. Classes and presentations held in the lower level, like our AARP driver’s safety classes, allow for regular programming on the main level.

Something you may not realize that happens at The Center are the number of meetings that take place behind the scenes. Members of The Open Link board of directors and committee members meet downstairs, as well as volunteer orientations and meetings, job interviews, meetings with other organizations, and more!

Did you know, it’s not just *our* agency that uses our building? We are pleased to share the lower level with some organizations, like Lions Clubs, to hold

*Continued on page 6*



Everyone’s pumpkin centerpieces came out wonderfully last month! Check out the October fall craft on page 2.

**CLOSED Monday, October 14<sup>th</sup>.**  
This U.S. federal holiday, **Columbus Day**, which celebrates the European exploration of the Americas, has become known as **Indigenous Peoples’ Day**, honoring our diverse history and the lives of Native Americans, who inhabited this land long before Columbus arrived.  
*Let us use this day to reflect upon our history.*

**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 October

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



### COMPLIMENTARY COFFEE • Tues., Oct. 1 - 9:00 to 4:00 pm

Stop by The Center to pick up a cup of coffee, hot or iced! We don't need a special occasion to drink coffee, but International Coffee Day lets us share our love of the beverage with one another and support the farmers whose livelihoods depend on the aromatic crop. **Donations welcome.**

### MEDICARE 101 with HUMANA • Thurs., Oct. 3, 2024 - 12:45 pm



Medicare's Open Enrollment runs Oct. 15-Dec. 7. This seminar will better explain Medicare complexities. 2025 will come with many changes. For over 60 years, Humana has helped seniors make wise choices. Light Refreshments. **No Cost. RSVP encouraged.**

**Humana** - a health insurance provider that offers personalized care from people who care.

### AUTUMN BROOM CRAFT • Wed., Oct. 9, 2024 - 1:00 pm

Create cute fall décor that can be an autumn broom or a witch's broom. Switch out the bow to use it for both! You won't believe what we'll use to create this craft! **Sugg. donation: \$3-\$5 to offset cost. RSVP req'd by 10/8. \*Space is limited.**



### FIRE DRILL, DESSERT & DISCUSSION • Thurs., Oct. 10, 2024 - 12:45 pm



Do you know where The Center's meeting place is in an emergency? Join us after lunch for a fire drill, followed by dessert and a raffle\*. **No Cost. RSVP encouraged.**

### SCHWENKFELDER HISTORY & "WHAT IS IT?" • Wed., Oct. 16, 2024 - 12:45 pm

Special guest hosts from the **Schwenkfelder Library & Heritage Museum**, Meredith Reinhart, Education and Outreach Coordinator and Candace Perry, Curator will give a brief history of the Schwenkfelders and lead us in a "What is it?" where we will guess the purpose of some artifacts from the museum. **No Cost. RSVP encouraged.**



### FIRE SAFETY FOR SENIORS • Tues., Oct. 22, 2024 - 12:45 pm

The **Montgomery County Office of Senior Services** will help us plan for emergencies and utilize fire safety techniques, with topics: developing a safety plan, responding to a fire, home safety (cooking, appliance and electrical safety, etc.), and a raffle\*. **No Cost. RSVP encouraged.**

*Fire Prevention Week Oct 6 - 12 reminds us to protect our homes. Cooking and heating are the leading causes of home fires and injuries, and the winter months are peak time for fires.*

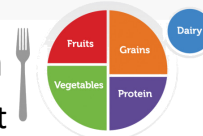
*\*Fire Prevention Program Raffles - everyone in attendance is entered to win a fire safety product!*

## SPECIAL ACTIVITIES in October

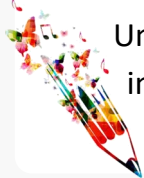
To RSVP: Sign-up in the big room, ask staff, call 215.679.6550, or email center@theopenlink.org. See costs and RSVP dates below, if required.

### HEALTHY EATING PRESENTATION • Tues. Oct. 23, 2024 - 12:30 pm

Healthy eating is important at every age! Learn tips and tricks to make the most out of meals and get the nutrition you need. **No Cost. RSVP encouraged.** Discussion led by MyPlate.gov Center staff; Materials provided by Teri Wassel, Registered Dietician/Office of Public Health.



### ARTISTIC HOUR • Tues. Oct. 25, 2024 - 12:45 pm



Unleash your inner artist! Celebrate International Artist Day (and Pablo Picasso's birthday) in some artistic and creative ways! Our activities will prove that everyone can enjoy art, no matter your skill level. **No Cost. RSVP encouraged.**

### STORIES OF OUR LIVES • Tuesdays at 1:00 pm, Oct. 29 to Dec. 3, 2024

This six-week support group brings participants together in shared discussion about life's journey. Discover how joining together with others can be beneficial and comforting. Led by **The Center for Loss & Bereavement. No Cost. Must register in advance.** \*This is not a drop-in group, expect the same participants each week.



**1-on-1 GRIEF THERAPY** also begins in October - See Page 8




# Harvest




## Thursday, Oct. 31, 2024 - 12:00 pm

**Special Lunch** - Menu: Italian or Turkey Hoagie, Chili Bar, dessert.

Raffle Baskets & 50/50 Tickets available starting October 1st—Winner announced at event.

Raffle Baskets will be on display ALL month. Costumes welcome, but not required.

**\*RSVP required by 10/29. When you RSVP, choose Italian or Turkey Hoagie.**

**LUNCH** 🍷 **GAMES** 🍷 **RAFFLES** 🍷 **50/50**




When attending an activity, please consider also signing up for lunch at 12 pm. Menus are prepared by a registered dietician and meals meet 1/3 of Recommended Dietary Allowances for older adults. Community Lunch is made possible in part by the Montgomery County Office of Senior Services (MCOSS). Lunch is no cost for anyone 60 and over. Anonymous donations are encouraged but not required, and benefit MCOSS to help support programming for seniors, such as congregate lunch at The Center. (For anyone under 60, Community Lunch is \$4.83 paid to The Center, or talk to staff about a reduced fee.) \*The Center also serves a monthly special meal; dietary requirements are not necessarily met and donations benefit The Center at The Open Link.





517 Jefferson St., East Greenville  
 The Center: 215.679.6550  
 Main Office: 215.679.4112



**Monday - Friday  
 Served at 12 pm**

For adults 60 years old & over, Contributions are encouraged, but not required. (Under 60=\$4.85 or see staff)

**M E N U**

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

RSVP by 11 am, Doors open 11:30 (Earlier RSVPs for special meals)

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Substitutions available upon request.</i></p>	<p><b>1</b></p> <p><b>Salisbury Steak w/ Mushrooms</b>            Broccoli w/ Red Pepper            Roasted Potatoes</p>	<p><b>2</b></p> <p><b>Chicken Teriyaki</b>            Oriental Blend Veggies            Fried Brown Rice</p>	<p><b>3</b></p> <p><b>Lasagna Rollup</b>            Peas            Cauliflower</p>	<p><b>4</b></p> <p><b>Swiss &amp; Ham Omelet</b>            Sautéed Spinach w/ Carrots            Hashbrowns</p>
<p><b>7</b></p> <p><b>Chicken Florentine</b>            Bowtie Noodles            Peas &amp; Carrots</p>	<p><b>8</b></p> <p><b>Crab Cake w/ Mac &amp; Cheese</b>            Stewed Tomatoes            Broccoli &amp; Cauliflower</p>	<p><b>9</b></p> <p><b>Southwest Chicken Thigh</b>            Salsa Rice &amp; Black Beans            Corn w/ Peppers</p>	<p><b>10</b></p> <p><b>Rigatoni w/ Meat Sauce</b>            Peas            Warm Peaches</p>	<p><b>11</b></p> <p><b>Sliced Turkey w/ Roasted Garlic Gravy &amp; Onions</b>            Whipped Sweet Potatoes            Brussels Sprouts</p>
<p><b>14</b></p> <p><i>Columbus Day</i></p>	<p><b>15</b></p> <p><b>Sweet and Sour Chicken</b>            Broccoli &amp; Carrots            Brown Rice</p>	<p><b>16</b></p> <p><b>Cheddar Burger w/ Caramelized Onions</b>            Broccoli &amp; Corn            Red Bliss Potatoes</p>	<p><b>17</b></p> <p><b>Tortellini w/ Peas &amp; Garlic Butter Sauce</b>            Green Beans            Warm Sliced Peaches</p>	<p><b>18</b></p> <p><b>Sliced BBQ Beef</b>            Sweet Corn w/ Peppers            Collard Greens</p>
<p><b>21</b></p> <p><b>Stuffed Shells</b>            Brussels Sprouts w/ Diced Carrots            Warm Apples</p>	<p><b>22</b></p> <p><b>Garlic Dijon Chicken Thighs</b>            Collard Greens            Honey Whipped Sweet Potatoes</p>	<p><b>23</b></p> <p><b>Meatballs w/ Onion Gravy</b>            Cubed Potatoes            Green Beans</p>	<p><b>24</b></p> <p><b>Chicken Alfredo w/ Light Cream Sauce</b>            Broccoli, Cauliflower &amp; Carrot            Penne Pasta</p>	<p><b>25</b></p> <p><b>Spanish Omelet</b>            Cinnamon Oatmeal            Warm Cranberry Pears</p>
<p><b>28</b></p> <p><b>Lemon Pepper Fish</b>            Brown Rice            Green Beans &amp; Carrots</p>	<p><b>29</b></p> <p><b>Salisbury Steak w/ Mushrooms</b>            Broccoli w/ Red Pepper            Roasted Potatoes</p>	<p><b>30</b></p> <p><b>Chicken Teriyaki</b>            Oriental Blend Veggies            Fried Brown Rice</p>	<p><b>31</b></p> <p><b>Harvest Festival &amp; Special Lunch</b>            *RSVP by 10/29</p>	<p><i>Lunch donations benefit the Montgomery County Office of Senior Services (MCOSS).</i></p>













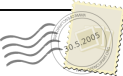








*Come for the meal. Stay for friends and fellowship.*

# OCTOBER

## 2024

# ACTIVITY CALENDAR

Check newsletter for  
RSVP dates and details.

Monday	Tuesday	Wednesday	Thursday	Friday
 <b>Tech Support</b> by Appointment 	<b>1</b> 10:15 Tai Chi 12:00 Community Lunch 12:30 Billiards (LL) <b>Coffee Bar 9 am - 4 pm</b>	<b>2</b> 9:00 Walkercise 10:00 WOW 10:00 Quilters (LL) 12:00 Community Lunch	<b>3</b> 12:00 Community Lunch 12:45 Medicare 101 w/ <b>Humana.</b> 	<b>4</b> 9:00 Chair Yoga 10:15 Tai Chi 12:00 Community Lunch 12:30 Billiards (LL)
<b>7</b> 9:00 Walkercise 10:00 WOW 12:00 Community Lunch 12:30 Afternoon Activities	<b>8</b> 10:15 Tai Chi 12:00 Community Lunch 12:30 Billiards (LL) 	<b>9</b> 9:00 Walkercise 10:00 WOW 10:00 Quilters (LL) 12:00 Community Lunch 1:00 Autumn Broom <b>Craft*</b> 	<b>10</b> 12:00 Community Lunch 12:45 Fire Drill, Dessert, <b>&amp; Discussion</b> 	<b>11</b> 9:00 Chair Yoga 10:15 Tai Chi 12:00 Community Lunch 12:30 Billiards (LL) 1:00 Trivia Time Theme: Snake & Spiders  
<b>14</b>  <b>INDIGENOUS PEOPLES DAY</b>	<b>15</b> 10:15 Tai Chi 12:00 Community Lunch 12:30-1:30 Billiards (LL) 1-on-1 Grief <b>Counseling Begins</b>	<b>16</b> 9:00 Walkercise 10:00 WOW 10:00 Quilters (LL) 12:00 Community Lunch 12:45 Schwenkfelder <b>Library Program</b> 	<b>17</b> 12:00 Community Lunch 1:00 Outing: The <b>Thrifty Frog</b>  National Wear <b>Something Gaudy Day!</b>	<b>18</b> 9:00 Chair Yoga 10:15 Tai Chi 12:00 Community Lunch 12:30 Billiards (LL) 1:00 Bingo Hosted <b>by Humana.</b> 
<b>21</b> 9:00 Walkercise 10:00 WOW 10:00 Stamp Collecting 12:00 Community Lunch 12:30 Afternoon Activities 	<b>22</b> 10:15 Tai Chi 12:00 Community Lunch 12:30 Billiards (LL) 12:45 Fire Safety <b>w/ MCOSS</b> 	<b>23</b> 9:00 Walkercise 10:00 WOW 10:00 Quilters (LL) 12:00 Community Lunch 12:30 Healthy Eating <b>Presentation</b> 	<b>24</b> 10:00 Cardio Drumming <b>w/ Tribe Nutrition*</b> 12:00 Community Lunch 	<b>25</b> 9:00 Chair Yoga 10:15 Tai Chi 12:00 Community Lunch 12:30 Billiards (LL) 12:45 Artistic Hour <b>International Artist Day</b> 
<b>28</b> 9:00 Walkercise 10:00 WOW 10:00 Book Club (LL) 12:00 Community Lunch 12:30 Afternoon Activities 	<b>29</b> 10:15 Tai Chi 12:00 Community Lunch 12:30-1:30 Billiards (LL) 1:00 Stories of Our <b>Lives* (6 wks)</b>	<b>30</b> 9:00 Walkercise 10:00 WOW 10:00 Quilters (LL) 12:00 Community Lunch 12:30 Birthday Party 	<b>31</b> 12:00 Harvest Festival <b>&amp; Special Lunch</b> *RSVP by 10/29 	 <b>Blood Pressure Checks</b> Most Thursdays, approx. 12 pm, courtesy of Family <b>Caregivers Network</b>

\* Attendance requirements (minimums or maximums). RSVPs help us prepare for room setup, food, and supplies. Please refer to the full newsletter for RSVP details.

*The Center at The Open Link - Enriching the lives of older adults in our community.*

meetings. It is also a place that allows organizations to bring healing and support to our community - AA meetings are held every Sunday at 11 am and 7 pm and each Tuesday at 7 pm Project Live holds 'Recovery is Possible', a support group for those in recovery.

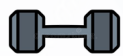
Everyone currently using the lower level makes the space work for them and being downstairs does have its benefits, such as having the area to themselves away from the distractions and commotion that can take place upstairs. However, we would like to provide them with something better and make storage for the various activities more accessible to participants, Center staff, volunteers and community groups. This space being utilized for so many different reasons means that how it is arranged is very important, and that a multitude of items for many purposes need to be stored. We have struggled to make this space work and keep it organized. This renovation will help us make it not only function properly, but also be a cozy, warm atmosphere for anyone spending time there.

Hopes can now become reality, and staff and The Open Link's building committee are hard at work finalizing plans, which include new flooring, custom storage, a comfortable seating area, and a coffee bar. If you have ideas, now is the time to let us know - give us a call or email, or drop them in the suggestion box.

Stay tuned for progress reports and an open house when completed!

## 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.

Classes targeted for ages 60+. Open to ALL ages!

\$2 Suggested Donation per Class.

Your first class is always free!



## ONGOING MONTHLY ACTIVITIES for October

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

### TRIVIA TIME • Fri., Oct. 11, 2024 - 1:00 pm

Join a team and come up with answers together. October Theme: Snakes and Spiders. Topics include history, literature, science, pop culture, and more! **No Cost. RSVP encouraged.**



### STAMP COLLECTING • Mon., Oct. 21, 2024 - 10:00 am



Show, share, and trade stamps. 3rd Monday this month! **No Cost. RSVP not required.**

### BINGO - Hosted by Humana • Fri., Oct. 18, 2024 - 1:00 pm

Doors open at 12:30 pm. Light refreshments. Small prizes, big fun! **\$1 to play the whole time. RSVP encouraged. Donations of new items always welcome for Bingo prizes.**



### CARDIO DRUMMING w/ Tribe Nutrition • Thurs., Oct. 24, 2024 - 10:00 am



Fun, low-impact, full body workout good for the heart rate, upper body strength, motor skills, and coordination. Can be done standing or sitting. Supplies provided (or bring your own). **Donations encouraged. RSVP req'd by 10/23. \*Space is limited.**

### BOOK CLUB • Mon., Oct. 28, 2024 - 10:00 am



**Little Fires Everywhere** by Celeste Ng takes place in Shaker Heights, Ohio, where Ng grew up. It's the story of two very different families in a wealthy, planned community in the 1990s whose lives become intertwined through their children and break apart. **No Cost. RSVP not required.**

### BIRTHDAY PARTY • Wed., Oct. 30, 2024 - 12:30 pm



Everyone is invited for cake and activities. Help us honor our guests who have October birthdays. **No Cost. RSVP encouraged by 10/29. Sign-up for lunch at 12 separately.**

## COMMUNITY OUTING

### THE THRIFTY FROG • Thurs., Oct. 17, 2024 - 1:00 pm

Have you been to this new thrift shop in our community? Did you know that every Thursday is Senior Citizen Day at Thrifty Frog? Enjoy a 20% discount on everything in the store! Meet at the store: **575 Main St, East Greenville** (at the old St. Philip Neri School). Car pooling is encouraged, but parking is plentiful and next to the store entrance, or walk from The Center!

*Oct. 17 is National Wear Something Gaudy Day - celebrate flashy and loud attire and accessories!*



## CENTER UPDATES:

### 1-ON-1 GRIEF COUNSELING

The Center at The Open Link has partnered with The Center for Loss & Bereavement to offer counseling sessions here at The Center on a short-term basis at no cost. Participants are able to attend 4 sessions with a therapist starting October 15th. If interested, please talk to a staff member for details and registration form.



A non-profit resource of specialized knowledge and professional support that provides meaningful connection and restorative guidance for those impacted by grief.

[bereavementcenter.org](http://bereavementcenter.org)

## MONDAY COMMUNITY MEAL

Monday, October 7 • 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

## TECH SUPPORT

Do you need help learning about functions on your smartphone, laptop, tablet, or other device? Get one-on-one assistance from a knowledgeable and patient Volunteer Tech Coach. Call, email, or see a staff person to complete a Tech Support Request Form to let us know what kind of help you need, get a Tech Support F.A.Q. and reserve a 1-hour time slot.



## EXTRA! EXTRA!

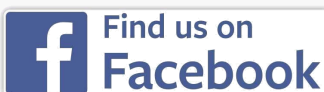
### “HELLO, MY NAME IS...”

We can all forget someone's name within seconds of hearing it! And with so many different faces at The Center, who can remember them all? Someone suggested we wear name tags, to help us learn each others names and to share our names with someone new. We thought it was a fantastic idea, so at September's National Senior Citizens Day Celebration, we created a name tag station complete with markers and stickers for decorating. This can now be found right inside the main room entrance.



Have you created your name tag yet? If not, create yours next time you're at The Center! Name tags are stored in the box in alphabetical order by first name. Put on your name tag every time you arrive, and put it back on your way out so it's there for next time. Wearing name tags is completely optional, but many of us, staff included, find it helpful!

If you notice staff or volunteers have forgotten to wear their name tags, please remind us!



[www.facebook.com/groups/centerattheopenlink.org](http://www.facebook.com/groups/centerattheopenlink.org)

*The Center at The Open Link is partially funded by Montgomery County Senior Services. Additional funding comes from grants, foundations, community sponsorship, and generous community members.*



Montgomery County  
Office of Senior Services