



THE CENTER
at
THE OPEN LINK



Enriching the Lives of Older Adults in our Community

August 2024 Newsletter

Make Your Health a Priority in the Summer Heat

By Wendy Smeltz, Center Manager

July brought days of muggy, sweltering conditions and broke temperature records. Weather forecasts seemed to play excessive heat warnings and advisories on repeat, with few rainstorms to cool things off.

As we enter the second half of summer, don't forget to take care of yourself! Heat waves can wreak havoc on our bodies, causing muscle cramps and rapid muscle breakdown, gut issues that allow toxins to enter the bloodstream, impaired kidney function, constricted blood flow, and our hearts have to work harder.

Some face greater risk, including older adults and those with chronic health conditions. Certain medications reduce sweating, increase the risk of heat-related illnesses, and cause skin sensitivity to the sun.

Take preventative measures to protect yourself. Wear lightweight, loose-fitting clothing in light colors. Sunscreen with a high SPF protects skin from the sun, and a wide-brimmed hat provides added protection. However, even with those safety measures, outdoor activities should be avoided during the hottest times of the day, typically between 10 a.m. and 4 p.m.

The heat of summer may make it necessary to take a slower pace. Lazy summer days can be the best kind of days! However, it's necessary to remain active. Outdoor chores or walks should be in the morning or evening, in the shade, and with regular breaks.

During the hottest parts of the day, spend time in

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If you miss seeing the garden when you visit The Center since its move, please stop by our main office to see the new and improved "Hope Grows Here Garden"!



The Center will be CLOSED Mon., Sept. 2nd, in honor of Labor 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 August

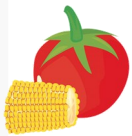
To RSVP: Sign-up in the big room, ask staff, call 215.679.6550, or email center@theopenlink.org. See costs and RSVP dates below, if required.

WATERMELON DAY w/ Family Caregivers • Fri., Aug. 2, 2024 - 12:30 pm

Complimentary watermelon and Hydration Presentation hosted by Family Caregivers Network. Learn valuable information about the importance of staying hydrated in this summer heat, plus refreshing and hydrating watermelon (which has a 92% water content) for everyone in attendance! **No Cost. RSVP by Thurs, 8/1.**



NUTRITION DEMO w/ Teri Wassel M.S., R.D. • Wed., Aug. 7, 2024 - 12:45 pm



Summer is here and so is the hot weather! Why not make a delicious tomato corn salad? Made with fresh or frozen corn, this easy side dish is irresistibly delicious. Led by Teri Wassel, Registered Dietician with the Montgomery County Health Dept. **No Cost.**

RSVP by Tues. 8/6 or until max number of 20 is reached. Sign up now, Teri's classes are popular!



Montgomery County
Department of
Health and Human Services

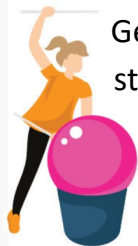
This project is funded by the PA Dept of Health's Preventative Health and Health Services Block Grant.

LEFT HANDED'S DAY CELEBRATION • Tues., Aug. 13, 2024 - 12:30 pm

Celebrate a day that honors lefties and take a look at the challenges they face in a world designed for right-handed people. Come try your (left) hand at some fun games and activities! Refreshments provided - try eating them left-handed! **No Cost. RSVP encouraged. Don't forget to sign up for lunch at 12 pm.**



CARDIO DRUMMING w/ Tribe Nutrition • Thurs., Aug. 15, 2024 - 1:00 pm



Get your heart pumping with this low-impact workout good for the heart rate, upper body strength, motor skills, and coordination. Fun for all skill levels, can be done sitting or standing. Bring a fitness ball and drumsticks if you have them - some will be available.

Donations encouraged to cover costs of supplies. RSVP required - space is limited!

Tribe Nutrition in Pennsburg offers protein shakes and hosts fun & fitness activities.

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.



SPECIAL ACTIVITIES in August

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.

THE POWER OF POSITIVITY w/ Humana • Tues., Aug. 20, 2024 - 12:45 pm



Humana representative Lisa Dasher hosts a program about how to stay positive when life gives you lemons, held on National Lemonade Day. Learn tips to make the best of what life throws at us. Complimentary lemony treats for attendees! **No Cost. RSVP encouraged.**

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

SENIOR CITIZENS DAY CELEBRATION • Wed., Aug 21, 2024 12:30 pm

We want to honor you and let you choose how we celebrate! Submit activity ideas and suggestions through the end of the day, Monday, Aug. 19th. Then come see what you and your friends chose! Light refreshments. **No Cost. RSVP encouraged.**



THE WILLIE NELSON TRIBUTE EXPERIENCE • Thurs., Aug. 22, 2024 - 1:00 pm



The Center is thrilled to host **Bill Ludlow** who has been singing and playing Willie Nelson songs since the age of 7. He has impersonated Willie among many other performers for over 25 years! **Donations welcome. RSVP required by Tues., 8/20 or until max is reached. Space is limited. Car pooling encouraged; Center parking is limited during larger events (see below).**

COOKIE SALE • Fri., Aug 23, 2024 - 10:00 am to 4:00 pm (or until sold out)

Back by popular demand! The Center is selling Danielle's Delicious Chocolate Chip and Sugar Cookies. **\$2 per big cookie. Orders are encouraged in advance (orders of 12 or more must be placed in advance).** Cartons of milk also available for 25¢.



SPECIAL LUNCH & END OF SUMMER LUAU • Thurs., Aug. 29, 2024 - 12:00 pm

Summer is coming to an end but the party doesn't have to stop! Hawaiian shirts encouraged.



Hawaiian inspired menu of BBQ Chicken Sandwiches, Coleslaw, Fried Rice, and Sesame Broccoli. **\$3 sugg. donation. Please RSVP by Wed., 8/28. Sign up early to help us plan!**

ARTHRITIS FOUNDATION EXERCISE PROGRAM • Every Tues & Thurs - 9:30 am Jul 9 - Aug 29, 2024 | Hosted by Montgomery County Office of Senior Services

**This class continues for participants already enrolled. (Tai Chi returns to Tues. & Fri. Sept 3rd.)*

Street parking is available on both sides of Jefferson Street while school is closed for summer. Please consider street parking if you are able to do so, so those with limited mobility can parking in the lot.





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)

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>*Menus are created by a registered dietician and meet 1/3 of Recommended Dietary Allowances.</p> <p>Substitutions available upon request <i>(alternate meal options are limited).</i></p>			<p>1</p> <p>Chicken Alfredo w/ Light Cream Sauce Broccoli, Cauliflower & Carrots Penne Pasta</p>	<p>2</p> <p>Spanish Omelet Cinnamon Oatmeal Warm Cranberry Pears</p> 
<p>5</p> <p>Lemon Pepper Fish Brown Rice Green Beans & Carrots</p>	<p>6</p> <p>Salisbury Steak w/ Mushrooms Broccoli w/ Red Pepper Roasted Potatoes</p>	<p>7</p> <p>Chicken Teriyaki Oriental Blend Veggies Fried Brown Rice</p>	<p>8</p> <p>Lasagna Rollup Peas Cauliflower</p>	<p>9</p> <p></p> <p>Swiss & Ham Omelet Sautéed Spinach w/ Carrots Hashbrowns</p>
<p>12</p> <p>Chicken Florentine Bowtie Noodles Peas & Carrots</p>	<p>13</p> <p>Crab Cake w/ Mac & Cheese Stewed Tomatoes Broccoli & Cauliflower</p>	<p>14</p> <p>Southwest Chicken Thigh Salsa Rice & Black Beans Corn w/ Peppers</p>	<p>15</p> <p>Picnic Lunch - Hot Dog Roasted Red Bliss Potatoes Sugar Snap Peas</p>	<p>16</p> <p></p> <p>Sliced Turkey w/ Roasted Garlic Gravy & Onions Whipped Sweet Potatoes Brussels Sprouts</p>
<p>19</p> <p>Sweet & Sour Chicken Broccoli & Carrots Brown Rice</p>	<p>20</p> <p></p> <p>Lemon & Capers Baked Fish Carrot Coins Buttered Wide Noodles</p>	<p>21</p> <p>Cheddar Burger w/ Caramelized Onions Broccoli & Corn Red Bliss Potatoes</p>	<p>22</p> <p></p> <p>Tortellini w/ Peas & Garlic Butter Sauce Green Beans Warm Sliced Peaches</p>	<p>23</p> <p>Sliced BBQ Beef Sweet Corn w/ Peppers Collard Greens</p> 
<p>26</p> <p>Stuffed Shells Brussels Sprouts w/ Diced Carrots Warm Apples</p>	<p>27</p> <p>Garlic Dijon Chicken Thighs Honey Whipped Sweet Potatoes Collard Greens</p>	<p>28</p> <p></p> <p>Meatballs w/ Onion Gravy Potato Cubes Green Beans</p>	<p>29</p> <p></p> <p>Special Lunch & Luau Hawaiian BBQ Chicken Coleslaw, Rice, Sesame Broccoli, & Dessert</p>	<p>30</p> <p>Spanish Omelet Cinnamon Oatmeal Warm Cranberry Pears</p>

Come for the meal. Stay for friends and fellowship.



2024

ACTIVITY CALENDAR

Check newsletter for RSVP dates and details.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Programming in main room unless otherwise specified. LL=Lower Level</i></p>		<p> Blood Pressure Checks Most Thursdays, approx. 12 pm, courtesy of Family Caregivers Network</p>	<p>1 9:30 Arthritis Program 12:00 Community Lunch</p>	<p>2 9:00 Chair Yoga 10:15 Tai Chi 12:00 Community Lunch 12:30 Watermelon Day 12:30 Billiards (LL)</p>
<p>5 9:00 Walkercise 10:00 WOW 12:00 Community Lunch 12:30 Afternoon Activities</p>	<p>6 9:30 Arthritis Program 12:00 Community Lunch 12:30 Billiards (LL)</p>	<p>7 9:00 Walkercise 10:00 WOW 10:00 Quilters (LL) 12:00 Community Lunch 12:45 Teri's Nutrition Presentation</p>	<p>8 9:30 Arthritis Program 12:00 Community Lunch 1:00 Outing: History of Model Trains, Schwenkfelder Heritage Center</p>	<p>9 9:00 Chair Yoga 10:15 Tai Chi 12:00 Community Lunch 12:30 Billiards (LL) 1:00 Trivia Time</p>
<p>12 9:00 Walkercise 10:00 Stamp Collecting 10:00 WOW 12:00 Community Lunch <i>No Afternoon Activities</i></p>	<p>13 LEFTIES ONLY 9:30 Arthritis Program 12:00 Community Lunch 12:30 Left Handers' Day Celebration 12:30-1:30 Billiards (LL)</p>	<p>14 9:00 Walkercise 10:00 WOW 10:00 Quilters (LL) 12:00 Community Lunch 1:00 Participant Mtg</p>	<p>15 9:30 Arthritis Program 12:00 Community Lunch 1:00 Cardio Drumming <i>Space is limited!</i> </p>	<p>16 9:00 Chair Yoga 10:15 Tai Chi 12:00 Community Lunch 12:30 Billiards (LL) 1:00 Bingo</p>
<p>19 9:00 Walkercise 10:00 WOW 12:00 Community Lunch 12:30 Afternoon Activities <i>Suggestions for Senior Citizens Day due today!</i></p>	<p>20 9:30 Arthritis Program 12:00 Community Lunch 12:45 The Power of Positivity w/ Humana 12:30 Billiards (LL) </p>	<p>21 9:00 Walkercise 10:00 WOW 10:00 Quilters (LL) 12:00 Community Lunch 12:30 Senior Citizens Day Celebration</p>	<p>22 9:30 Arthritis Program 12:00 Community Lunch 1:00 Bill Ludlow - Willie Nelson Tribute Show <i>RSVP by 8/20 or until max # reached</i> </p>	<p>23 10-4:00: Cookie Sale! <i>(or until sold out)</i> 9:00 Chair Yoga 10:15 Tai Chi 12:00 Community Lunch 12:30 Billiards (LL)</p>
<p>26 9:00 Walkercise 10:00 WOW 10:00 Book Club (LL) 12:00 Community Lunch</p>	<p>27 9:30 Arthritis Program 12:00 Community Lunch 12:30 Billiards (LL)</p>	<p>28 9:00 Walkercise 10:00 WOW 10:00 Quilters (LL) 12:00 Community Lunch 12:30 Birthday Party</p>	<p>29 9:30 Arthritis Program 12:00 Special Lunch & End of Summer Luau <i>RSVP by 8/28</i> </p>	<p>30 9:00 Chair Yoga 10:15 Tai Chi 12:00 Community Lunch 12:30 Billiards (LL)</p>

RSVP dates help us prepare and some programs have attendance requirements. Encouraged or required RSVP dates are to ensure there is enough food and supplies and or room setup.

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

air-conditioned spaces. There are great places to visit right here in Upper Perk! Catch a movie, stroll through a museum, browse a thrift shop, read a good book at the library, and The Center is a great place to stay cool!

We've all heard about the importance of staying hydrated, yet according to multiple studies, nearly half of adults do not drink enough water. Water does more than keep us hydrated. It aids in getting waste out of our bodies, maintains body temperature, and cushions joints.

On August 2, Family Caregivers Network hosts their "Watermelon Extravaganza", a hydration program with complimentary watermelon, held annually to help us all establish good habits. See page 2 for details.

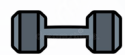
This summer, let's take care of ourselves, know the signs of heat-related illnesses, and listen to our bodies.

The National Weather Service describes a high probability for above normal temperatures through September for the east coast. If you don't trust weather forecasters (they've been known to get it wrong), The Farmers' Almanac 2024 summer forecast also called for a hot and humid summer.

This newsletter is filled with great ways to stay cool: exercise inside, make a summer salad, learn something new, be entertained, spend time with others on National Senior Citizens Day and every day, and have fun!

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.



From July 9 to August 29, Tuesday Tai Chi is on hold. We will see you on Fridays, and please consider signing up for the Arthritis Foundation Exercise Program!

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 August

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.

TRIVIA TIME • Fri., Aug. 9, 2024 - 1:00 pm

Join a team and come up with answers together. August Theme: Water. Questions cover history, geography, science, pop culture, and more! **No Cost. RSVP encouraged.**



STAMP COLLECTING • Mon., Aug. 12, 2024 - 10:00 am

Show, Share, and Trade Stamps. 2nd Monday of each month. **No Cost. RSVP not required.**

PARTICIPANT MEETING • Thurs., Aug. 14, 2024 - 1:00 pm

Quarterly meetings to improve the quality of activities, programming, and services at The Center. This meeting we'll discuss: Lower Level Renovations. **No Cost. RSVP not required.**



BINGO • Fri., Aug. 16, 2024 - 1:00 pm



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

BOOK CLUB • Mon., Aug. 26, 2024 - 10:00 am

The Personal Librarian by Marie Benedict and Victoria Christopher Murray: The story follows Belle, a white-passing Black woman and personal librarian to J.P. Morgan, and hides her racial identity to navigate the prejudice of the early 1900's. **No Cost. RSVP not required.**



BIRTHDAY PARTY • Wed., Aug. 28, 2024 - 12:30 pm



Monthly birthday party to celebrate guests with August birthdays, everyone is invited for cake and activities. **No Cost. RSVP encouraged by 8/27. Don't forget to sign-up for lunch at 12.**

COMMUNITY OUTING



SCHWENKFELDER LIBRARY
& HERITAGE CENTER

SCHWENKFELDER HERITAGE CENTER • Thurs., Aug. 8, 2024 - 1:00 pm

"Next Stop, Pennsburg: A History of Model Trains & More" is an exhibit that features model trains and accessories made by top American manufacturers. **No Cost. RSVP by 8/7.** Meet at the museum: **105 Seminary St, Pennsburg, PA.** *The Heritage Center has plenty of parking, including accessible parking by the entrance. All floors are accessible by elevator. A wheelchair is located inside the main entrance for visitor's comfort.*



CENTER UPDATES:

We Wish You Well in Retirement, Linda!

Please join us in wishing Linda Connell, The Open Link's Lead Counselor and Assistant Executive Director, well in her retirement. Linda joined The Open Link (previously The Open Line) in 1986, and has served as interim executive director two times. Linda is The Open Link's longest standing employee, dedicating 38 years to serving the Upper Perk community. Working at our main office, Linda assisted countless community members with housing and utility expenses, domestic violence support, transportation assistance, prescriptions, and much, much more. If you see her, please offer your congratulations and gratitude!



MONDAY COMMUNITY MEAL

Monday, August 5 • 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

We need your help sorting photos!

We are sorting and organizing photos from The Center (previously the Upper Perkiomen Senior Center) from the 1980's and 90's, and we need your help! It would be especial-



ly helpful to have help from anyone who may be able to identify the faces in the photos. *Let staff know if you're interested!*



EXTRA! EXTRA!

Are you eligible for the Property Tax/Rent Rebate Program?

The Property Tax/Rent Rebate Program supports homeowners and renters across the state. This program provides a rebate ranging from \$380 to \$1,000 to eligible older adults and people with disabilities age 18 and older. The deadline to apply is Dec. 31st.

Age Criteria: Pennsylvanians 65 and older, widows and widowers 50 and over, and people with disabilities 18 and over can apply.

Income Criteria: To qualify, your household income must be \$45,000 or less annually.

Assistance with applying for this rebate is available at the following locations:



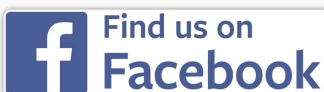
517 Jefferson St, E. Greenville
215-679-6550



452 Penn St, Pennsburg
215-679-4112



56 W 4th St, Floor 2, Red Hill
215-541-2388



www.facebook.com/groups/centerattheopenlink.org

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Montgomery County
Office of Senior Services