

## *Enriching the Lives of Older Adults in our Community*

The Open Link's senior center location promotes healthy lifestyles, socialization, and volunteerism through programming focused on nutrition, exercise, education, and enrichment.

*Offering opportunities to stay healthy, active and connected!*



### Frequently Asked Questions:

**How do I register?** Simply complete a registration form. This helps us get to know you, include you in updates and communication, track attendance, and fulfill state and county requirements.

**Is there a membership cost?** No, there is no cost to register at The Center. Some activities have a small cost, many are complimentary and made possible by organizations and companies who host programs.

**Who can attend The Center?** Participants come from a wide variety of backgrounds, experiences, income levels, and abilities. Programming is aimed at the interests and needs of older adults.

**Can I attend if I'm under 60?** Yes, adults of any age are welcome! Many programs appeal to a younger audience who can also benefit from opportunities to connect with like-minded individuals. Some programs do have age requirements, such as Community Lunch (60+) due to funding agency regulations.

**Do I have to RSVP?** Pre-registration is needed for most activities, usually 24-hour advance notice. The amount of time can vary and space is limited for some programs. Check the newsletter for details.

**Sign up for our newsletter and stay informed about the latest news and programming!**



Call or Text: 215.679.6550



Email: [center@theopenlink.org](mailto:center@theopenlink.org)



517 Jefferson Street, East Greenville, PA 18041

The Open Link Main Office: 215.679.4112



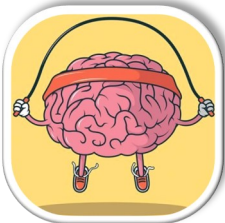
Website: [www.theopenlink.org](http://www.theopenlink.org)

# Offering Opportunities for Education, Enrichment, Nutrition & Socialization for Older Adults in the Greater Upper Perkiomen Valley

**Be Healthy.** Keep your mind and body active. Find something that interests you!

**Have Fun.** Play games and activities, try something new, and have a good laugh.

**Stay Connected.** Interact with other participants, volunteers and Center staff.



**Stay Active.  
Stay Healthy.**  
Exercise  
your body  
and  
your mind.

Try an exercise class like Chair Yoga or Women on Weights, learn something new at a presentation or class, or test your knowledge at monthly Trivia. We encourage you to share a hobby or interest of your own with others! Talk to a staff member today.

Come to an activity such as Bingo or a Monthly Birthday Party (where everyone is invited to celebrate guests with a birthday that month), or celebrate special events and holidays with tasty treats and games. It's always a great time with friends, new and old.

**Have fun.  
Socialize.**  
Attend with  
a friend  
or make a  
new one.



**Eat Healthy.  
Be Well.**  
Come for the  
meal. Stay for  
friends and fun.

Mon.-Fri., Served at 12 pm, RSVP 24 hours in advance (weekday before). Tasty, nutritious meal for adults 60+. \$2 Suggested Donation. Donations benefit Montgomery County Office of Aging Services. Coffee, conversation, & more! \*Cost/RSVP may differ for special lunches.



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The Center in East Greenville is the senior center location of The Open Link, a non-profit organization serving our neighbors in the Upper Perkiomen Valley. The Open Link's Home Delivered Meals Program is facilitated out of The Center, which provides nutritious meals and friendly visits to older adults in our community. The main office in Pennsburg provides social services to meet critical needs of individuals and families, including: financial counseling and assistance with utilities and housing costs, food and other basic necessities at the food pantry, domestic violence support, a high school equivalency program, employment counseling and assistance, and transportation assistance to medical appointments.

*Opening Doors, Linking Communities, Helping Neighbors Flourish*



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