

THE PRIME TIMES

A publication of

The Center at *Spring Street*

MAY 2017

Phone: 610-367-2313 lbernhard@boyertownareamulti-service.org

DATE SAVER NOTICE

Friday, May 5, 2017

Basket Raffle

Door Open at 5 p.m.-Raffle 730 p.m.

Center Closing at 3 p.m.

Tuesday, May 9, 2017

10 a.m. to 12 noon

Health & Wellness Fair

Center Closed

Wednesday, May 10, 2017

Hunterdon Hills Bus Trip

9:15 a.m. - Departure

From Gilbertsville Shopping Ctr

Thursday, May 11, 2017

MOTHER'S DAY CELEBRATION

11:15 a.m. – Ctr. Membership Mtg.

1 p.m.-Musical Entertainment

“Musical Cousins”

Friday, May 12, 2017

XL Catlin Global Day of Giving

7:30-10:30 p.m.

Friday Nite Dance

“The Rehrig Brothers”

Friday, May 19, 2017

Parking Lot Repaving

Center Closed

Monday, May 29, 2017

Memorial Day

Center Closed

**The Center at Spring
Street**

**is a service of
Boyertown Area Multi-
Service, Inc.**

Center Hours

9:00 A.M. to 4:00 P.M.

Monday thru Friday

From Lori's Desk....

The Center at Spring Street is very excited about expanding its programming to the outdoors. The Center is interested in getting active older adults 55 and over together to bike on a trail at Green Lane or on the Perkiomen Trail. Meet at the Boyertown Park for a walk or at Green Lane for a hike. Play a round of golf at an area golf course or play tennis or volleyball. The Center is looking to help older adults stay active and promote wellness by providing activities they love. Whether you are already active or want to become active, you are invited to join us for one of two informational meetings on Monday, May 1, 2017 at 2 p.m. or 7 p.m. at The Center. For more information, please contact Center Director Lori Bernhard at 610-367-2313.

On Thursday, May 4th at 1 p.m., Diane Lambert from Boyertown Imaging and Rehabilitation, PMMC will offer a presentation on “Fall Prevention”. The focus will be on balance and fall prevention in mature adults. What is balance, why do mature adults still fall even though they are working out, and how does one prevent falls? Also learn some simple balance activities that can be utilized in order to decrease one's risk of falling.

The Center will be hosting its Health & Wellness Fair on Tuesday, May 9, from 10 a.m. to 12 noon. There will be over 30 vendors with important information regarding programs and services on wellness, health and beauty, home care, financial planning and more. Free testing and screening will include total ton-fasting Cholesterol screening, Glucose screening, sit to stand strength testing, Fall screening, stroke risk assessments, thermal scanning, vision screening, and Zyto scan. There will also be free giveaways and door prizes. The Health & Wellness Fair is free admission and open to the public. Don't miss this year's Health Fair!

Accomplished local artist, Julie Longacre will be back at The Center on Tuesday, May 9th, from 6-8 p.m. for another “Coloring with a Purpose with Julie Longacre”. This event is free and open to the public. Register at The Center or by calling The Center at 610-367-2313.

“EARLY BIRD” BREAKFAST PROGRAM



May 5, 2017

Croissant Sandwich
(Bacon, egg & cheese)

OR

Scrambled eggs, hash browns, bacon

May 12, 2017

Waffles & Bacon

OR

Vegetable Scrambled Eggs (peppers, onions, tomatoes),
Potatoes & Bacon

May 19, 2017

Croissant Sandwich
(Bacon, egg & cheese)

OR

Scrambled Eggs, Hash Browns & Bacon

May 26, 2016

French Toast & Sausage

OR

Scrambled Eggs, Potatoes & Sausage

Served with coffee, tea, juice, cereal, toast,
pastry or muffins, and fruit – Cost - \$3.00

Breakfast served promptly at 8:00 A.M.

Please sign-up 2 days in advance.

Menu is subject to change.

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MOTHER’S DAY CELEBRATION

The Center will be celebrating Mother’s Day on Thursday, May 11th. Our Mother’s Day Celebration will include a special favor for all of the ladies, delicious cheesecake with cherry topping for dessert and musical entertainment at 1 p.m. by “Musical Friends” performing music from the 1940’s, 50’s & 60’s. This group of musicians has a combined total of more than 220 years of professional music performance experience! Each musician has a unique background that ranges from playing back up for professionals such as Roger Williams and Taylor Swift, radio performances and even playing in the President’s own U.S. Marine Band. The group features lead, steel and rhythm guitars, sax and clarinet with vocals. You are guaranteed to want to sing and dance to your favorite songs!

HAPPY MOTHER’S DAY!

AARP SMART DRIVER RENEWAL COURSE

Cars have changed over the years and so have traffic rules, driving conditions and the roads you travel every day. An AARP Smart Driver course will teach you the current rules of the road, defensive driving techniques and how to operate your vehicle more safely in today’s increasingly challenging driving environment.

The Center will be hosting a 4 Hour Renewal Course on Wednesday, May 17th from 9:15 a.m. to 1:15 p.m. The cost is \$15 for AARP Members and \$20 for non-members. Please sign up at the Center or by calling the Center at 610-367-2313.

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ANDROID SMARTPHONE & TABLET INTERMEDIATE INSTRUCTION

On Wednesday, May 17, from 6:30-7:30 p.m., Joanne Hyndman, Software Engineer and teacher for Silver Smartphone Coaching will offer a one hour intermediate instruction for Android Smartphones & Tablets. Participants will learn about the most commonly used settings, connecting to your email, internet searching using Google, GPS, copy & paste, top 10 apps for seniors, Skype (video phone calling) and more. The course is not for **iPhone/iPad users**. The fee for this session is \$10 per person. Reservations must be made in advance at The Center and payment must be made at time of reservation. The deadline to register is Monday, May 15th.

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HISTORY REVISITED

Join us on Thursday, May 18th at 12:45 p.m. when Darius Puff, a local Lenape historian whose heritage includes Lenape and English, will take us back in history to “The Start of the French and Indian War in the New World”.

The French and Indian War was the North American conflict in a larger imperial war between Great Britain and France known as the Seven Years’ War. The French and Indian War began in 1754 and ended with the Treaty of Paris in 1763. The war provided Great Britain enormous territorial gains in North America, but disputes over subsequent frontier policy and paying the war’s expenses led to colonial discontent, and ultimately to the American Revolution.



We traded sleep for dark circles,
 salon cuts for ponytails,
 long baths for quick showers,
 late nights for early mornings,
 designer bags for school bags
 and I wouldn't change a thing!
 We call ourselves moms and
 we don't care about what we gave up
 and instead LOVE is what we get in return!
 That's what being a mom is all about!!!



Author Unknown

HAPPY MOTHER'S DAY



* * * * *
HAPPY BIRTHDAY TO OUR MAY CELEBRANTS!!



- | | | | | |
|---------------------------|-------------------------|----------------------|---------------------|-------------------------|
| 01 David Hetrick | 06 Carl Mullins | 12 Erma Rohrbach | 18 Susan Welsh | 25 Helen Fritz |
| 01 Martin Kauffman | 06 Gerald Kuser | 12 Leon Houp | 18 Elaine Kulp | 26 William Kauffman |
| 01 Theodore Reed | 06 Ellen Fronheiser | 12 John Novak | 19 Willard Koch | 26 Gerline Reider |
| 01 Leona Wysong | 06 Connie Sithens | 12 Phyllis Minner | 19 Jean Irene Stone | 27 Nancy Bernhard |
| 02 John Kane | 07 Tracy Delaney | 13 Mary Ann Galloway | 20 Dolores Funk | 28 Helen Bunn |
| 02 Eva Smith | 07 Annette Weller | 13 Larry Hartline | 20 Harry Stine | 29 Kathryn Isett |
| 02 Linda Mangiolaro | 07 Tom Drabick | 13 Mary Rhude | 20 Merle Harner | 29 Helen Faust |
| 02 Betty Miller | 07 Grace Spohn | 14 William Clement | 20 Michael Sova | 29 Janet Gallaher |
| 03 Barbara Furman | 09 Rosemarion Bolognese | 15 Peter Tsakonas | 21 Regina Kwapisz | 29 Gloria McNeal |
| 03 Judy Schuler | 11 Janice Gamler | 16 Annette Burns | 21 Rita Tomaselli | 29 Suzanne Mace |
| 04 Joyce DiPrinzio | 11 Rosemary Sorg | 16 Joanne Bieber | 21 Shirley Heydt | 29 Heather Hilbert |
| 04 Richard Townsley | 11 Sharon Wessner | 16 Karen Haas | 21 Florence West | 30 Dorothy Girton |
| 05 Russell Bouchat | 11 Mary Alatorre | 16 Virginia Hoffman | 22 Charles Jewell | 30 Barbara Elmo |
| 05 Caroline Hammel-Shaner | 11 Kathy Noll | 16 Joseph Rogers | 22 Lucy Trainer | 31 Barbara Schott |
| 05 Harry Rowan | 12 Colleen Spence | 16 Sandra Moser | 22 William Schlegel | 31 Liz Knapp |
| 06 Lois Frain | 12 Vivian Baro | 16 Foreman Smith | 23 Ellen Hauck | 31 Sallyanne Reidenhour |
| 06 June Seip | 12 Mae Gabel | 17 Tod Rickenbrode | 25 Lillian Ewing | |



**THE CENTER AT SPRING STREET
 BULLETIN BOARD**



MEMBERSHIP

Please check your membership card for your renewal date!

GET WELLS:

- Kay Behle
- Fran Ruoss
- Ray Langan

**OUR DEEPEST SYMPATHY
 TO THE FAMILY & FRIENDS OF:**

- Stanley Emery
- Madeline Cinciripino
- M. Lawrence Smith
- Mary Savage



"INVITATION"

May celebrants are invited to celebrate their birthday at the Center on Monday, May 22nd, 2017, from 10 A.M. to 2 P.M.
 Musical Entertainment by Glenn Miller
 R.S.V.P. (610) 367-2313, by Monday, May 15th.
 Please bring your current membership card to receive a complimentary meal.

The Center at Spring Street

Boyertown Area Multi-Service, Inc. is a member agency of the Boyertown Area United Way, and is also funded in part by the Pennsylvania Department of Aging through Berks County Area Agency on Aging, and the generosity of the individuals, churches and organizations of the Boyertown Area.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|--|---|
| 1 9 Cards and Games 9:15 Pilates w/Mary 10:05 Strengthen & Tone w/Mary 1 BINGO 2 Informational Meeting - "Expanding Center Programs" 7 Informational Meeting - "Expanding Center Programs" | 2 9 Cards and Games 9:15 Wacky Walking w/Mary 10:05 Strengthen & Tone w/Mary 12:45 Wii Bowling 1-3 Swim Time @ YMCA 1:30 Open Art Studio 6-9 BINGO Nite | 3 9 Cards and Games 9:10 Yoga w/Fran 10 Blood Pressure - Chestnut Knoll 10:30 Mah-Jongg 10:45 Fit & Strong w/Robin 12:45 Wii Bowling 1-4 "Golden" Texas Hold 'Em Songsters @ Walnut Woods 1 | 4 9 Cards and Games 9 Wii Bowling 10:30 Bean Bag Baseball Practice 1 "Fall Prevention" Diane Lambert NO Chorus Rehearsal | 5 8 Early Bird Breakfast 9 Cards and Games 9:45 Yoga w/Fran 10:30 Walk & Talk 11 Chair Yoga w/Fran 1 BINGO 3 CENTER CLOSURES 5 BASKET RAFFLE (doors open) Gilbertsville Fire Company |
| 8 9 Cards and Games 9:15 Pilates w/Mary 10:05 Strengthen & Tone w/Mary 2 CENTER CLOSURES 2 Set up for Health Fair | 9 HEALTH & WELLNESS FAIR  10 A.M. - NOON 6-8 "Coloring with a Purpose" | 10 BUS TRIP - Hunterdon Hills 9:10 Yoga w/Fran 10 "Managing Your Medications Safely" -Beth Hiriak 10:30 Mah-Jongg 10:45 Fit & Strong w/Robin 12:45 Bean Bag Baseball Practice 12:45 Wii Bowling 1 Bridge | 11 MOTHER'S DAY CELEBRATION 9 Cards and Games 9 Wii Bowling 11:15 Center Membership Mtg. by "Musical Friends" 1:30 Songsters @ Manatawny Manor | 12 XL CATLIN GLOBAL DAY OF GIVING 8 Early Bird Breakfast 9 Cards and Games 9:45 Yoga w/Fran 10:30 Walk & Talk 11 Chair Yoga w/Fran 1 BINGO 7:30-10:30 Friday Nite Dance "The Rehrig Brothers" |
| 15 9 Cards and Games 9:15 Pilates w/Mary 10:05 Strengthen & Tone w/Mary 1 Birthday BINGO | 16 9:15 Wacky Walking w/Mary 10 Multi-Service Tour 10:05 Strengthen & Tone w/Mary 12 Piano Tunes w/Kay Behle 12:45 Wii Bowling 1-3 Swim Time @ YMCA 1:30 Open Art Studio 1:30 Choralrama I @ Spring Valley 6-9 BINGO Nite | 17 9:15-1:15 AARP Smart Driver (4 hrs) 9:10 Yoga w/Fran 10:30 Mah-Jongg 10:45 Fit & Strong w/Robin 12:45 Wii Bowling 12:45 Bean Bag Baseball Tourn. "Golden" Texas Hold 'Em 1-4 6:30 Android Intermediate Instr. | 18 9 Cards and Games 9 Wii Bowling 10 BINGO Walking for Seniors-BASH Memorial Stadium Track 10 Blood Pressure - Bayada 12:45 History Revisited - "The Start of the French & Indian War in the New World - Darius Puff NO Chorus Rehearsal | 19 8 Early Bird Breakfast 9 Cards and Games 9:45 Yoga w/Fran 10:30 Walk & Talk 11 Chair Yoga w/Fran 1 BINGO Enjoy a "Weekend" Word Search! |
| 22 BIRTHDAY PARTY 9 Cards and Games 9:15 Pilates w/Mary 10:05 Strengthen & Tone w/Mary 1 Musical Entertainment by Glenn Miller *Birthday Cake provided by Chestnut Knoll | 23 HOMEMADE SWEETS & TREATS RAFFLE 9 Cards and Games 9:15 Wacky Walking w/Mary 10:45 Tuesday BINGO 12:45 Wii Bowling 1 Book Club 1-3 Swim Time @ YMCA 1:30 Open Art Studio 5:30 Supper Club @ Vincenzo's | 24 9 Cards and Games 9:10 Yoga w/Fran 10:30 Mah-Jongg 10:45 Fit & Strong w/Robin 12:45 Wii Bowling 12:45 Hasenpfeffer Card Party | 25 9 Cards and Games 9:45 Pick Teams for Wii Bowling Tourn. 10 Wii Bowling Tournament with Walnut Woods (at Center) 10:15 Movie Time: "The Way West" 12:45 Movie (resumes) 12:45 Pinochle Card Party NO Chorus Rehearsal | 26 MEMORIAL DAY OBSERVANCE 8 Early Bird Breakfast 9 Cards and Games 9:45 Yoga w/Fran 9:45 Pick teams for Shuffleboard Tourn. 10 Shuffleboard Tournament 10:30 Walk & Talk 11 Chair Yoga w/Fran 1 BINGO |
| 29  CENTER CLOSED | 30 9 Cards and Games 9:15 Wacky Walking w/Mary 10:05 Strengthen & Tone w/Mary 12:45 Wii Bowling 1-3 Swim Time @ YMCA 1:30 Songsters @ Frederick Living 1:30 Open Art Studio 6-9 BINGO Nite | 31 9 Cards and Games 9:10 Yoga w/Fran 10:30 Mah-Jongg 10:45 Fit & Strong w/Robin 12:45 Bean Bag Baseball Practice 12:45 Wii Bowling 1-4 "Golden" Texas Hold 'Em | <div style="display: flex; justify-content: space-between; align-items: center;"> <div style="text-align: center;"> <h1 style="color: purple;">MAY</h1> <h1 style="color: purple;">2017</h1> </div> <div style="text-align: right;">  200 West Spring Street Boyertown, PA 19512 610-367-2313 www.boyertownareamulti-service.org </div> </div> | |

THE CENTER AT SPRING STREET BUS TRIP SCHEDULE

The Center at Spring Street bus trips are open to anyone age 55 and over; Center membership is not required. All bus trips depart from **The Gilbertsville Shopping Center** unless specified otherwise.

A \$5 (five dollars) deposit will reserve your seat. Final payments must be made by designated date. We reserve the right to fill the reservation if final payment is not made on time.

All trips are open for sign-up now.

Please make your check payable to:

The Center at Spring Street



Bus Trip Registration:

Monday, Wednesday & Friday

10:30 a.m. to 12 noon – Esther & Carl Witzel

You are also welcome to mail your deposit to:

The Center at Spring Street

Attn: Esther & Carl Witzel

200 West Spring Street

Boyertown, PA 19512

Your receipt and agenda will be mailed to you. Please make sure to include your name, address, and the trip for which you are sending payment.

Refunds for cancellations will be given on a medical emergency only.

A doctor's excuse will be required within **5 (five) business days** of the trip date.

Any other cancellations will receive refunds only if the space can be refilled.

2017 BUS TRIP SCHEDULE

JUNE 21, 2017 – DUTCH APPLE DINNER THEATRE

Buffet Meal & Show – “Second Chances”

Register by: April 24, 2017

Cost: Member: \$85.00 Non-Member: \$87.00

JULY 26, 2017 – SIGHT & SOUND THEATRE

Show – “JONAH”

Lunch on own at Cracker Barrel

Register by: June 5, 2017

Cost: Member: \$83.00 Non-Member: \$85.00

AUGUST 23, 2017 – RAINBOW DINNER THEATRE

Buffet Meal & Show – “Sex Please We Are 60”

Register by July 3, 2017

Cost: Member: \$78 Non-Member: \$80

OCTOBER 3, 2017 – PENN'S PEAK

Plated Meal & Show – “Mike Albert & The Big E Band: A Tribute to Elvis”

Register by August 14, 2017

Cost: Member: \$82 Non-Member: \$84

NOVEMBER 7, 2017 – MT. AIRY CASINO

\$10 Slot Play – Lunch Buffet & Show

“Oh What a Night: Musical Tribute to Frankie Valli & the Four Seasons”

Register by September 1, 2017

Cost: Member: \$67 Non-Member: \$69

DECEMBER 13, 2017 – AMERICAN MUSIC THEATRE

SHOW: “HOME FOR THE HOLIDAYS”

Lunch on own at Cracker Barrel

Register by October 23, 2017

Cost: Member: \$71 Non Member: \$73

May 2017

Please make your reservation/cancellation two days in advance by calling 610-367-2313.

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|--|
| 1 Pineapple Tidbits Italian Sausage Macaroni & Cheese Stewed Tomatoes Fresh Apple | 2 Lettuce w/Hot Bacon Dressing Roast Turkey w/gravy Mashed Potatoes Peas & Carrots Fruited Jello | 3 Cole Slaw Hamburger w/ Roll French Fries Green Beans Peaches | 4 Mandarin Oranges Baked Chicken Oven Brown Potatoes 5-Mixed Vegetables Chocolate Pudding | 5 Fruit Cocktail Meatballs w/ Beef Gravy Rice Pilaf Broccoli Angel Food Cake |
| 8 Cottage Cheese / Apple Butter French Toast w/syrup Sausage Link Hash Brown Orange Juice | 9 HEALTH & WELLNESS FAIR CENTER CLOSED  | 10 Sweet/Sour Cucumber Salad Meatloaf Mashed Potatoes Broccoli Pineapple Tidbits | 11 Vegetable Soup BBQ Baked Chicken Leg Crispy Tater Tots Romano Medley Veg. Cheesecake w/Cherry Topping | 12 Tossed Salad w/dressing Crab Cake w/Tarter Sauce Green Beans Rice Pilaf Fresh Orange |
| 15 Sliced Pears Salisbury Steak w/gravy Oriental Blend Vegetables Mashed Potatoes Butterscotch Pudding | 16 Three Bean Salad Stuffed Pepper w/sauce Roasted Potatoes Carrots Fruit Cocktail | 17 Tomato Juice Oven Fried Chicken Whole White Potatoes Green Beans Applesauce | 18 SOUP AND SALAD | 19 Pineapple Ham Steak Candied Sweet Potato Brussel Sprouts Ice Cream |
| 22 Pineapple Tidbits Chicken Cordon Bleu Buttered Pasta California Blend Birthday Cake | 23 Applesauce Pork Roast w/gravy Mashed Potatoes Sauerkraut Peaches | 24 Tomato Cucumber Onion Salad Beef BBQ w/ Roll Tater Tots Broccoli Sliced Pears | 25 Garden Salad w/dressing Chicken Pot Pie 5-Mixed Vegetables Fresh Orange | 26 Fresh Apple Beef Lasagna Tomato Sauce Green Beans Pound Cake |
| 29 CENTER CLOSED  | 30 Tossed Salad w/dressing Hot Ham & Cheese Pretzel Roll Tater Tots Chopped Broccoli Applesauce | 31 Pickled Beets Shepherd's Pie Romano Medley Rice Pudding | MENU | |
| | | | | Diabetic desserts are available upon request. Menu is subject to change. |



200 West Spring Street • Boyertown, PA 19512

DATED MATERIAL

NON PROFIT
BULK RATE
BOYERTOWN, PA
U.S. POSTAGE PAID
PERMIT NO. 10033

THE CENTER AT SPRING STREET
OFFICERS
President: John Novak
Vice President: William Blatt
Secretary: Maria Armino
Assistant Secretary: Catherine Webb
Treasurer: Larry Solar
Assistant Treasurer: Starlu Gunn

VOLUNTEER HOURS

During the month of March, 2017
our volunteers gave a total of
2,981 hours
of service for our Center!
Total for 2017: 8,717 hours
THANK YOU, VOLUNTEERS!

* * * * *

Your life is your message to the world. Make sure it's inspiring.

MULTI-SERVICE STAFF
Executive Director: Karen Youse
Bookkeeper/Administrative Asst: Tracey Bilanin
Over 60 Case Manager: Ginny Cox
Under 60 Case Manager: Amy Davies
Meals on Wheels Case Manager: Diane Joyce
Food Pantry Coordinator: Michael Fisher
Receptionist/Transportation Coordinator:
Karen Trout
Volunteer Coordinator: Barbara Bernier
Development and PR: Tanna Wagner
Clerical Assistant: Mary Stevenson
Center Director: Lori Bernhard
Assistant Center Director: Patricia Petrauskas
Center Receptionist: Fran Doaty
Program Coordinator/ PR: Debra Brauner
Bus Drivers: Bob Eichert, Ken Ertman,
Sam Gaugler
Executive Chef: Christopher Mest
Prep Chef: Karen Parks
Facility Manager: Greg Rothenberger
Custodian: Russell Bouchat
Rental Staff Person: Edward Adamski
Sub Receptionist: Connie Shamus
Editor: Lori Bernhard