

THE PRIME TIMES

A publication of

The Center at *Spring Street*

SEPTEMBER 2016

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

DATE SAVER NOTICE

Thursday, September 1, 2016

1 p.m. – Fall Prevention
By Family Caregivers

Monday, September 5, 2016
LABOR DAY – Center Closed

Wednesday, September 7, 2016

1 p.m. – “Standing Guard–Protect
What You’ve Worked For”
By Bonnie Thompson

Friday, September 9, 2016

7:30 to 10:30 p.m.
Friday Nite Dance
“The Rehrig Brothers”

Tuesday, September 13, 2016

Tuesday, September 27, 2016
6-9 P.M. – BINGO Nite

Wednesday, September 14, 2016

9:15 a.m. to 1:15 p.m.
4 Hour AAA Driver
Improvement Course

Friday, September 16, 2016

1 p.m. – Grocery BINGO

Monday, September 26, 2016

Birthday Party
1 p.m. Musical Entertainment
By Eric Kearns

Tuesday, September 27, 2016

Homemade Sweets & Treats Raffle
10:45 a.m. – Tuesday BINGO

From Lori’s Desk....

September is National Senior Center Month and this year’s theme is - Find Balance at Your Center. The Center at Spring Street will be celebrating National Senior Center Week the month of September 12th with informative programming, favors every day, and great entertainment! During this week, we encourage you to bring a friend, relative, or neighbor that has never been to the Center before and they will receive a free meal ticket. Please be sure to sign them up two days in advance. Come join us as we celebrate National Senior Center Month at the Center!!

September is also Fall Prevention Month. Did you know that one out of three people age 65 and older fall each year? Falls are the leading cause of injuries among older adults. While falls are common, many can be prevented. On Thursday, September 1st at 1 p.m., Family Caregivers of Pennsburg will be here to offer some simple suggestions on steps you can take to reduce your risk of falling and maintain your independence longer. Find your balance at The Center at Spring Street!!

Starting in September, the Center will be offering a new exercise class on Tuesdays at 9:30 a.m. Wacky Walking with Mary is a FUN class that can be done standing and moving or using a chair. Bring your creativity and let’s get WACKY!!

Driving is a skill that can and should be continually improved. A driver improvement course is packed with up-to-date safe driving techniques and can help sharpen your skills. The Center will be hosting a 4 Hour “Renewal” AAA Driver Improvement Course on Wednesday, September 14th, from 9:15 a.m. to 1:15 p.m. The cost is \$10 for AAA members and \$15 for non-members and couples when both are AAA members, and no cost to veterans. In many states, AAA driver improvement courses enable you to receive a discount on your insurance premiums. Please sign up by calling AAA Reading Berks at 610-374-4531.

Dance to the tunes played by “The Rehrig Brothers” at the Center’s Friday Nite Dance on Friday, September 9th from 7:30-10:30 p.m. Admission is \$5 for Center members with Center membership card and \$6 for non-members.

**The Center at Spring Street
is a service of
Boyertown Area
Multi-Service, Inc.**

**Center Hours
9:00 AM to 4:00 PM
Monday thru Friday**

“EARLY BIRD” BREAKFAST PROGRAM



SEPTEMBER 2, 2016

Croissant Sandwich
(bacon, egg, cheese)

OR

Scrambled Eggs, Hash Browns, Bacon

SEPTEMBER 9, 2016

French Toast and Sausage

OR

Morning Mix Up
(eggs, ham, potatoes, cheese, onions)

SEPTEMBER 16, 2016

Creamed Dry Beef on Toast

OR

Scrambled Eggs, Hash Browns, Sausage

SEPTEMBER 23, 2016

Croissant Sandwich
(bacon, egg, cheese)

OR

Golden Oven Omelet and Bacon

SEPTEMBER 30, 2016

French Toast and Bacon

OR

Vegetable Scrambled Eggs and Bacon
(tomatoes, onions, peppers)

Served with fruit, muffins or pastry, toast,
coffee, tea, juice, cereal – 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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SPRING STREET SONGSTERS

The Spring Street Songsters are a lively group of senior citizens who perform familiar music from the 20’s to the 50’s. The chorus is now in their 12th season of providing entertainment for retirement homes, senior centers and church groups. Rehearsals are on (most) Thursday afternoons from 2-3 p.m. at the Center beginning September 22nd. Newcomers are always welcome and appreciated! Music reading is helpful, but not necessary. For more information, please contact Choral Director, Robin Ward at 610-367-8276.



COMPUTER CLASSES

Beginning Tuesday, September 6th from 1-4 p.m. the Center will be holding a Basic Computer Class for six weeks.

Beginning Wednesday, September 7th from 1-4 p.m., the Center will be holding an Intermediate Computer Class for six weeks. The cost for computer classes is \$45 for Center members and \$47 for non-members. If interested, please register at the Center or by calling the Center at 610-367-2313.

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STANDING GUARD: PROTECT WHAT YOU’VE WORKED FOR

Protect the financial resources you’ve created for you and your family. On Wednesday, September 7th at 1 p.m., financial advisor, Bonnie Thompson of Edward Jones will share proactive ways to address key risks you may encounter and strategies to help prepare for the unexpected. Please sign up at the Center or by calling the Center at 610-367-2313.

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COLORING CLUB

Adults everywhere are rediscovering the relaxation and stress reduction that accompanies the favorite childhood pastime of coloring. Add a little companionship around the tables and you have a perfect activity. The Coloring Club will meet on Thursday, September 22nd at 10 a.m. in the Craft Room. Coloring pages and pencils will be available for use, or you are welcome to bring your own. Come enjoy a time of coloring and conversation with friends!

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HEAR BETTER, LIVE BETTER!

Tara L. Fogel of Advanced Hearing Care will be at the Center on Thursday, September 22nd at 1 p.m. to offer a presentation on “Hear Better, Live Better!”. This presentation will include information about how we hear, types of hearing loss, conditions of the ear that can cause hearing loss, and what to do about it. Can you hear me now?



There is still no cure for the common birthday!

- John Glenn

*The secret to staying young is to live honestly,
eat slowly, and lie about your age.*

- Lucille Ball



Happy National Senior Center Month!

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HAPPY BIRTHDAY TO OUR SEPTEMBER CELEBRANTS!!

- | | | | | |
|-----------------------|---------------------------|----------------------|----------------------|-----------------------|
| 01 Pat Miller | 08 Rainelle Pail | 15 Doris Mitchell | 21 Ellen Trimbur | 27 Sandra Hartman |
| 02 Nancy Kuser | 09 Dorothy Kehler | 15 Eugene Rohrbach | 21 Kathryn Tribbett | 27 Stanley Emery, Jr. |
| 02 Walter Fiorini | 09 Glenda Delozier | 15 M. Lawrence Smith | 22 Emil Schultheisz | 28 Edie Shirey |
| 03 Beverly Schultz | 09 Janice Moyer | 17 Joan Millard | 22 Harold Strunk | 28 Helen Weissman |
| 03 Ingrid Dressler | 10 Elizabeth Miller | 17 Patricia Ehst | 22 Randy Kehl | 28 Joan Knoeller |
| 03 Norman Scherer | 10 Helen Detwiler | 17 Thomas Burns | 23 Sandi Theisen | 28 Joseph Ford |
| 04 Evelyn Blauser | 10 Patsy Bechtel | 17 Thomas Yocom | 24 Frank Dutcher | 28 Suzanne Weller |
| 05 Helen Krawchuk | 10 Twila Miller | 18 Angela Kenney | 24 Judy Grabowicz | 29 Barbara Schenkel |
| 05 Judy Sabo | 11 Beverly Smale | 18 Faye Gilliland | 24 Shannon Delp | 29 Donna Kandrick |
| 06 Audrey Schultheisz | 11 Esther Sheaffer Witzel | 18 Kathy Little | 25 Joan Miller | 29 Herbert Schubert |
| 06 John Galloway | 11 Helen Dubas | 18 Merle Ramsey | 25 Michael Quicksell | 30 Bob Mauger |
| 06 Marie Pirigy | 11 Jim Rightley | 19 Lori Eckert | 25 Phyllis Bauman | 30 Chester Heydt |
| 06 Richard Frey | 11 Melvin Scheidt | 19 Marlene Driscoll | 26 Faye Barnett | 30 Doris Reidel |
| 07 Eleanor Gehris | 12 Arlene McCaffrey | 19 Sandra Ott | 26 Jim Torrens | 30 George Bartow |
| 07 Elizabeth Myers | 13 Charles Yarrison | 19 Shirley Burns | 26 Karen Youse | 30 Gertrude Leh |
| 07 Ronald Whitesell | 13 Donna Garber | 19 Thomas Kelly | 27 Irene Melton | 30 Gloria Schubert |
| 07 Ursula Wieland | 14 Larue Fox | 20 Arlene Eck | 27 Marianne Miller | 30 Lillian Fisher |
| 08 Eileen Ward | 14 Mary McKenrick | 20 Ernestine Reinert | 27 Melvin Miller | |
| 08 Pearl Valentine | 15 Doris Madaras | 20 Larry Danser | 27 Richard Groff | |

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THE CENTER AT SPRING STREET BULLETIN BOARD

MEMBERSHIP

Please check your membership card for your renewal date!

GET WELLS

Lois Frain
Sharon Johnson
Janet Moyer
Sandy Kleckner

OUR DEEPEST SYMPATHY TO THE FAMILY & FRIENDS OF:

Joseph Martinez
Mary Novak
Shirley Brown

“INVITATION”

September celebrants are invited to celebrate their birthday at the Center on Monday, September 26, 2016, from 10 a.m. to 2 p.m.

Entertainment by: Eric Kearns

R.S.V.P. (610) 367-2313, by Monday, September 19, 2016

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
DAILY ACTIVITIES... Pinochle & Other Card Games Quilting Shuffleboard Rummikub & Other Games Billiards Book Swap Good Coffee & Great Company!	 <h1 style="font-size: 4em; color: green; margin: 0;">SEPTEMBER</h1> <h1 style="font-size: 4em; color: green; margin: 0;">2016</h1> 		9 Cards and Games 9 Wii Bowling 10:30 Bean Bag Baseball Practice 1 "Fall Prevention" by Family Caregivers	8 Early Bird Breakfast 9 Cards and Games 9 Wii Bowling 10:30 Walk & Talk 11 Chair Yoga w/Fran 1 BINGO
 <p style="text-align: center; font-size: 1.5em; font-weight: bold;">CENTER CLOSED</p> <p style="text-align: center; font-weight: bold;">Labor Day</p>	9 Cards and Games 9:30 Wacky Walking w/Mary 10:30 Strengthen & Tone w/Mary 12:45 Sit & Get Fit w/Fran 1 Computer Class - Basic 1-3 Swim Time @ YMCA 1:30 Open Art Studio	9:10 Yoga w/Fran 10 Blood Pressure and Weight by Chestnut Knoll 10:30 Mah-Jongg 10:45 Fit & Strong w/Robin 1 Computer Class - Intermediate 1 "Standing Guard-Protect What You've Worked For" by Bonnie Thompson 1-4 "Golden" Texas Hold 'Em	9 Cards and Games 9 Wii Bowling 10 Coupons for a Cause 10:30 Exec. Comm. Meeting 11:15 Center Membership Mtg. 1 Musical Entertainment by Glenn Miller	8 Early Bird Breakfast 9 Cards and Games 9 Wii Bowling 10:30 Walk & Talk 11 Chair Yoga w/Fran 1 BINGO 7:30-10:30 Friday Nite Dance "The Rehrig Brothers"
SENIOR CENTER WEEK	9:30 Wacky Walking w/Mary 10 Multi-Service Tour 10:30 Strengthen & Tone w/Mary 12 Piano Tunes w/Kay Behle 12:45 Sit & Get Fit w/Fran 1 Computer Class - Basic 1-3 Swim Time @ YMCA 1:30 Open Art Studio 6-9 BINGO Nite	BUS TRIP - Hunterdon Hills Playhouse 9:10 Yoga w/Fran 9:15-1:15 AAA Driver Improvement (4hrs) 10 "Sharing Family Memories" by Beth Hiriak, SE Home Health 10:30 Mah-Jongg 10:45 Fit & Strong w/Robin 12:45 Wii Bowling 1 Bridge 1 Computer Class - Intermediate	9 Cards and Games 9 Wii Bowling 10 BINGO Walking for Seniors BASH Memorial Stadium Track 10 Blood Pressure and Weight by Bayada Nurses 12:45 History Revisited - "We Shall Remain- America Through Native Eyes" - by Darius Puff	8 Early Bird Breakfast 9 Cards and Games 9 Wii Bowling 10 Food Facts - "Sodium in Your Diet" 10:30 Walk & Talk 11 Chair Yoga w/Fran 1 Grocery BINGO Enjoy a "Weekend" Word Search
9 Cards and Games 9:30 Light & Lively w/Mary 10:30 Strengthen & Tone w/Mary 1 Birthday BINGO	9 Cards and Games 9:30 Wacky Walking w/Mary 10:30 Strengthen & Tone w/Mary 12:45 Sit & Get Fit w/Fran 1 Computer Class - Basic 1-3 Swim Time @ YMCA 1:30 Open Art Studio	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 Bean Bag Baseball Tourn. 1 Computer Class - Intermediate 1-4 "Golden" Texas Hold 'Em	9 Cards and Games 9 Wii Bowling 10 Coloring Club 10:30 Bean Bag Toss 1 "Hear Better, Live Better!" by Tara Fogel, Advanced Hearing Care 2 Chorus Rehearsal	8 Early Bird Breakfast 9 Cards and Games 9 Wii Bowling 10:30 Walk & Talk 11 Chair Yoga w/Fran 1 BINGO Enjoy a "Weekend" Word Search
BIRTHDAY PARTY 9 Cards and Games 9:30 Light & Lively w/Mary 10:30 Strengthen & Tone w/Mary 1 Musical Entertainment by Eric Kearns	HOMEMADE SWEETS & TREATS RAFFLE 9:30 Wacky Walking w/Mary 10:45 Tuesday BINGO 12:45 Sit & Get Fit w/Fran 1-3 Swim Time @ YMCA 1 Book Club 1 Computer Class - Basic 1:30 Open Art Studio 6-9 BINGO Nite	9 Cards and Games 9:15 Yoga w/Fran 10:30 Mah-Jongg 10:45 Fit & Strong w/Robin 12:45 Wii Bowling 1 Computer Class - Intermediate 1 Hasenpfeffer Card Party 5:30 Supper Club @ Giovanni's, Pottstown	9 Cards and Games 9 Wii Bowling 10:30 Bean Bag Baseball Practice 1 Pinochle Card Party 2 Chorus Rehearsal	8 Early Bird Breakfast 9 Cards and Games 9 Wii Bowling 9:45 Pick Teams - Shuffleboard Tourn. 10 Shuffleboard Tournament 10:30 Walk & Talk 11 Chair Yoga w/Fran 1 BINGO Enjoy a "Weekend" Word Search

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.

2016 BUS TRIP SCHEDULE

OCTOBER 19, 2016 – SIGHT & SOUND

SHOW – "SAMSON"

Lunch on own at Cracker Barrel

Register by: September 9, 2016

Cost: Member: \$77.00 Non Member: \$79.00

NOVEMBER 16, 2016 – HOLLYWOOD CASINO

Slot Play - TBA

Register by: September 21, 2016

Cost: Member: \$30.00 Non Member: \$32.00

DECEMBER 7, 2016 – AMERICAN MUSIC THEATRE

SHOW: "THE CHRISTMAS SHOW"

Lunch on own at Cracker Barrel

Register by: October 10, 2016

Cost: Members: \$64.00 Non Members: \$66.00

September 2016

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MENU	Menu is subject to change!	Diabetic desserts are available upon request.	Mandarin Oranges Baked Chicken Oven Brown Potatoes 5-Mixed Vegetables Chocolate Pudding	Fruit Cocktail Spaghetti w/Meatballs Broccoli Angel Food Cake
Closed for Labor Day	Applesauce Hunter's Chicken w/Gravy Mashed Potatoes California Mixed Vegetables Vanilla Pudding	Sweet/Sour Cucumber Salad Meatloaf Red Potato Broccoli Pineapple Tidbits	Mandarin Oranges BBQ Baked Chicken Leg Crispy Tater Tots Yellow Corn Jello	Tomato Soup Grilled Cheese Sandwich Green Beans Baked Potato Chips Ice Cream
Pears Salisbury Steak w/Gravy Peas Mashed Potatoes Butterscotch Pudding	Three Bean Salad Stuffed Peppers w/Tomato Sauce Roasted Potatoes Harvard Beets Fruit Cocktail	Pasta Salad Hot Dog on Roll Baked Beans French Fries Popsicle	SOUP AND SALAD	Pineapple Ham Steak Candied Sweet Potato Brussels Sprouts Ice Cream
Diced Peaches Chicken Cordon Bleu Buttered Pasta California Blend Vegetables Tapioca Pudding	Applesauce Pork Roast w/Gravy Mashed Potatoes Sauerkraut Pineapple Tidbits	Tomato, Cucumber & Onion Salad Beef BBQ Tater Tots Broccoli Pound Cake	Garden Salad w/Dressing Chicken Pot Pie 5-Mixed Vegetables Fresh Orange	Sliced Pears Stuffed Cabbage w/Tomato Sauce Mashed Potatoes Green Beans Fresh Apple
Mandarin Oranges Oven Fried Chicken Scalloped Potatoes Winter Mix Birthday Cake	Applesauce Hot Ham & Cheese Pretzel Roll Tater Tots Chopped Broccoli Jello	Pickled Beets Shepherd's Pie Corn & Carrots Chocolate Pudding	Caesar Salad Baked Ravioli Casserole Green Beans Fresh Orange	Fruit Juice Roast Beef w/Gravy Pierogies 5-Mixed Vegetables Sliced Pears



200 West Spring Street • Boyertown, PA 19512

DATED MATERIAL

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THE CENTER AT SPRING STREET

OFFICERS

President: William Zollers
Vice President: John Novak
Secretary: Maria Armino
Assistant Secretary: Eugene Rohrbach
Treasurer: Janet Geraghty
Assistant Treasurer: Jane Hopple

VOLUNTEER HOURS

During the month of July, 2016
our volunteers gave a total of

3,176 hours

of service for our Center!

Total for 2016: 20,496 hours
THANK YOU, VOLUNTEERS!

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“LIFE is not MEASURED by the number of
breaths we take but by the number of
MOMENTS that take our breath away.”

Author: Unknown

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 Program Manager: Nancy Kremm
Receptionist/Transportation Coordinator:
Karen Trout
Energy Case Manager: Barbara Bernier
Development and Public Relations:
Tanna Wagner
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: Ursula Wieland
Facility Manager: Greg Rothenberger
Custodian: Russell Bouchat
Rental Staff Person: Edward Adamski
Editor: Lori Bernhard
Typist: Tracey Bilanin