

THE PRIME TIMES

A publication of

The Center at *Spring Street*

JUNE 2017

Phone: 610-367-2313

A Service of Boyertown Area Multi-Service
lbernhard@boyertownareamulti-service.org

DATE SAVER NOTICE

Thursday, June 1, 2017

1 p.m.-"Veterans Benefits" by
Robert Melson-Berks Co VA

Friday, June 2, 2017

Parking Lot Repaving

Center Closed

Thursday, June 8, 2017

11:15 a.m.-Ctr. Membership Mtg.

1 p.m.-Choroalrama II

Thursday, June 15, 2017

Father's Day Celebration

1 p.m.-Musical Entertainment by
"One More Time"

Monday, June 19, 2017

6:30 p.m.-Create a Beaded
Bracelet with Sue Spleen

Wednesday, June 21, 2017

2 p.m.-Bean Bag Baseball Tourn.
at Walnut Woods

Monday, June 26, 2017

Birthday Party

Musical Entertainment by
"Jam Strait"

Tuesday, June 27, 2017

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

**The Center at Spring
Street**

**is a program 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 Boyertown Area Multi-Service Basket Raffle on Friday, May 5, 2017, was a huge success, and I would like to thank all of the you that contributed to the Center's "Pennsylvania Dutch" themed basket. It was an awesome basket and Assistant Center Director, Pat Petrauskas, did a great job purchasing the basket items and putting it all together. I would also like to thank all of our bakers that baked and donated items for the bake sale. The bake sale table looked amazing!!!

The Center will kick off June with a "Veterans Benefits" informational presentation on Thursday, June 1st at 1 p.m. Robert Melson, a Representative from the Berks County Department of Veterans Affairs will speak about three categories of benefits that may be available to veterans and/or survivors.

- Healthcare
- Disability Compensation
- Death and Burial

This Veterans Benefits presentation is open to all veterans aged 55 and older, their family members and caregivers.

On Wednesday, June 7th, TriCounty Community Network will present "Transitional Care Options" panel discussion at The Center on Wednesday, June 7th, with light refreshments being available from 6 to 6:30 p.m. and the program beginning at 6:30 p.m. Panelists will provide information on adult day services, medical and non-medical home care, skilled nursing, personal care, continuing care retirement communities and paying for services. There will be time after the program to meet with individual presenters. Please register by June 2nd by emailing info@tcnetwork.

The Center will hold its Friday Nite Dance on Friday, June 9th from 7:30-10:30 p.m. with "Dance Time Trio" providing the dance music for the evening. The doors open at 6:30 p.m. and light refreshments are available to purchase and complimentary chips and pretzels are served throughout the evening. Admission is \$5 for Center members with Center membership card and \$6 for non members. Plan to join us for our Friday Nite Dance!

“EARLY BIRD” BREAKFAST PROGRAM



June 2, 2017

Pancakes and Bacon

OR

Croissant Sandwich
(Egg, bacon, & cheese)

June 9, 2017

Creamed Dry Beef on Toast

OR

Scrambled Eggs, Hash Browns, Sausage

June 16, 2017

Croissant Sandwich
(Egg, bacon, & cheese)

OR

Scrambled Eggs, Hash Browns, Bacon

June 23, 2017

Waffles and Sausage

OR

Scrambled Eggs, Potatoes, Sausage

June 30, 2017

French Toast and Bacon

OR

Croissant Sandwich
(Egg, bacon, & cheese)

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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A WOMAN’S HEALTH WORKSHOP – PROMOTING BOWEL & BLADDER HEALTH

Do you sneeze or cough and leak urine? Do you suffer from constipation? Do you feel like your pelvic organs are dropping and you want to avoid a pelvic mesh sling surgery? Or are you curious about the muscles in the pelvic floor and want to avoid the above conditions? Then join us for a discussion with Stacey M. Gayer, Orthopedic Physical Therapist from PMMC on Monday, June 12th at 1 p.m. about how to keep your pelvic floor muscles strong and healthy. First you will learn what the pelvic floor is. She will also discuss healthy bladder and bowel functions and how to prevent and treat incontinence and pelvic pain. Please come with questions.

FATHER’S DAY CELEBRATION

The Center will be honoring all or the fathers at our Father’s Day Celebration on Thursday, June 15th. The celebration will include favors for all the men in attendance, delicious apple pie for dessert, and musical entertainment by One More Time at 1 p.m.. Larry and Melissa Beahm happily bring back the 1920’s to 1970’s through light-hearted comedy in the stylings of Vaudeville, Broadway, and Branson! Please plan to join us as we honor some very special men!

* * * * *

PAIN AWAY – CREATE A MAGNETIC BEAD BRACELET WITH SUE SPLEEN

Ancient civilizations have long touted the properties of magnets to help alleviate chronic pain and promote calmness and overall well being. Please join us on Monday, June 19th at 6:30 p.m. as Sue Spleen instructs us on how to create a magnetic bead bracelet. We can’t promise your pain will go away, but we can promise that you will create a beautiful bracelet to wear and enjoy. Cost is \$10 per person and advance registration is required by Monday, June 12th. Space is limited - so please register early at The Center or by calling The Center at 610-367-2313.

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EXPANDING OUR PROGRAMS TO THE OUTDOORS INFORMATIONAL MEETINGS

If you were not able to make our first set of informational meetings for our outdoor programs, you are in luck. The Center will be holding an informational meeting on Monday, June 26th at 2 p.m. and again at 6 p.m. The meeting will be to talk about the Center’s plans for expanding its programs to include activities such as biking, hiking, golfing, tennis, volleyball, and more. We would like to also hear your ideas on what programs you would like The Center to offer. If this interests you, please plan to attend one of these meeting and bring your questions and ideas.

For more information or to register for either meeting, please contact Center Director, Lori Bernhard at 610-367-2313 or email her at lbernhard@bovertownareamulti-service.org. What a wonderful way to stay active or become active with a great group of people!



A father is neither an anchor to hold us back,
 Nor a sail to take us there,
 But a guiding light whose
 Love shows us the way.



HAPPY FATHER'S DAY!

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HAPPY BIRTHDAY TO OUR JUNE CELEBRANTS! ! !



- | | | | | |
|------------------------|----------------------|----------------------|-----------------------|---------------------|
| 01 Catherine Greway | 05 Geraldine Smith | 11 Rebecca Yescavage | 16 Renee Jock | 21 Thomas Troutman |
| 01 Gerald Koch | 05 Glenn Hull | 11 June Hoeschele | 16 David Reppert | 22 Larry Solar |
| 01 Sonja Lynch | 05 Barry Miller | 12 June Hankins | 17 Thelma Mack | 22 Gloria Swavely |
| 01 Deborah Wunder | 05 Betty Ritter | 12 Gene Robinson | 17 Dolores Yost | 23 Charles Downer |
| 01 Joyce Yergey | 05 Erika Henson | 12 Ernest Seyler | 17 Helen Hager | 24 Bill Yanalavage |
| 02 John Everts | 05 Beverly Mudd | 12 Doris Osman | 17 Kenneth Sharp | 25 David Kerr |
| 02 Stephen Fegan | 05 Angela Smith | 12 Fred Fisher, Jr. | 17 Grace Stauffer | 26 Kay Behle |
| 02 Darline Mauger | 06 Larry Vanderslice | 13 Judy Kinckiner | 17 Dianne Kehoe | 26 June Paulik |
| 03 Mildred Berger | 07 Linwood Moyer | 13 Mary Moyer | 18 James Baker | 26 John Burns |
| 03 Harold Schoenly | 07 Norman Romig | 13 William Zollers | 18 Dory Rodriguez | 26 Tammy Ream |
| 03 Joan Stein | 08 Robert Morrell | 14 Carol Casey | 19 Anthony Aquilante | 26 Joan Rose |
| 04 Kathy Murphy | 09 Annette Bechtel | 14 John Bechtel | 19 Ray Funk | 27 Virginia Ruffing |
| 04 Gloria Christman | 09 Edna Brandel | 14 William Blatt | 19 Mary Beth Krawchuk | 27 Mary Schoenly |
| 04 Ronald Girton | 09 Donald Cook | 15 Vernon Bailey | 19 Virginia Kulp | 28 Linda Chubb |
| 04 Ethel Sterling | 09 Barbara Norman | 16 Diane Andre | 19 Julia Reppert | 29 Margaret Holzer |
| 04 Barbara Vanderslice | 10 Eugene Heydt | 16 Dennis Burns | 20 Kathleen Troisi | 29 Hilde Mullen |
| 05 James Carragher | 10 Joan Moser | 16 Helen Kulp | 20 Jane Hunsberger | 29 Nancy Kirschner |
| 05 Douglas Cartwright | 11 Barbara Antonio | 16 Deanna Ream | 20 Mary Nye | 30 Janice Hull |
| 05 Delores DeLong | 11 Donald Frantz | 16 Karl Rohe, Jr. | 21 Peg Guss | |

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**THE CENTER AT SPRING STREET
 BULLETIN BOARD**

MEMBERSHIP

Please check your membership card for your renewal date!

GET WELLS

- | | |
|---------------------|---------------|
| Frances Doaty | Shirley Stahl |
| Eugene Rohrbach | Esther Witzel |
| Charline Milbourne | Lisa Timmons |
| Florence Leszkowicz | |

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

- | |
|---------------------|
| Lillian Chmielewski |
| Barbara Blazes |
| Harold Gennaria |
| Jean Mauger |



"INVITATION"

June celebrants are invited to celebrate their birthday at the Center on Monday, June 26th, 2017, from 10 A.M. to 2 P.M.



Entertainment by: "Jam Strait"

R.S.V.P. (610) 367-2313, by Monday, June 19th.

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
 <h1 style="font-size: 48px; color: yellow; text-decoration: underline;">JUNE</h1> <h1 style="font-size: 48px; color: yellow; text-decoration: underline;">2017</h1> 		DAILY ACTIVITIES... Pinochle & Other Card Games Quilting Shuffleboard Rummikub & Other Games Billiards & Table Tennis Book Swap Good Coffee & Great Company!	9 Cards and Games 9 Wii Bowling 10:30 Bean Bag Baseball Practice 1 "Veterans Benefits" by Robert Melson, Berks Co. VA NO Chorus Rehearsal	 CENTER CLOSED
9 Cards and Games 9:15 Pilates w/Mary 10:05 Strengthen & Tone w/Mary 1 BINGO	9 Cards and Games 9:15 Wacky Walking w/Mary 10:05 Strengthen & Tone w/Mary 12:30 Songsters @ Good Shepherd 12:45 Wii Bowling 1 "Lower Back Pain - Causes & Prevention" by Dr. John Mishock 1-3 Swim Time @ YMCA 1:30 Open Art Studio - Session 2	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 Bean Bag Baseball Practice 12:45 Wii Bowling 1-4 "Golden Texas Hold 'Em" 6-8 "Transitional Care Options"-TCN	9 Cards and Games 9 Wii Bowling 10:30 Exec. Comm. Meeting 11:00 Center Membership Mtg. 1 Musical Entertainment Choralrama II	8 Early Bird Breakfast 9 Cards and Games 9:45 Yoga w/Fran 10:30 Walk & Talk w/Fran 11 Chair Yoga w/Fran 1 BINGO 7:30-10:30 Friday Nite Dance "Dance Time"
9 Cards and Games 9:15 Pilates w/Mary 10:05 Strengthen & Tone w/Mary 1 "A Woman's Health Workshop" Stacey Gayer, PMMC	9 Cards and Games 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 - Session 3 6-9 BINGO Nite	9 Cards and Games 9:10 Yoga w/Fran 10 "Summer Safety Tips" by Beth Hiriak, SE Home Health 10:30 Mah-Jongg 10:45 Fit & Strong w/Robin 12:45 Bean Bag Baseball Practice 12:45 Wii Bowling 1 Bridge	FATHER'S DAY CELEBRATION 9 Cards and Games 9 Wii Bowling 10 BINGO Walking for Seniors BASH Memorial Stadium Track 10 Blood Pressure and Weight by Bayada Hospice 1 Musical Entertainment by "One More Time"	8 Early Bird Breakfast 9 Cards and Games 9:45 Yoga w/Fran 10:30 Walk & Talk w/Fran 11 Chair Yoga w/Fran 1 Grocery BINGO Enjoy a "Weekend" Word Search
9 Cards and Games 9:15 Pilates w/Fran 10:05 Strengthen & Tone w/Fran 1 Birthday BINGO 6:30 "Pain Away - Create a Magnetic Beaded Bracelet" with Sue Spleen	9 Cards and Games 9:15 Wacky Walking 10:05 Strengthen & Tone 12:45 Wii Bowling 1-3 Swim Time @ YMCA 1:30 Open Art Studio - Session 4 5:30 Supper Club @ Mamma Maria's	BUS TRIP-DUTCH APPLE DINNER THTR 9 Cards and Games 9:10 Yoga w/Fran 10:30 Mah-Jongg 10:45 Fit & Strong w/Robin 12:45 Wii Bowling 1-4 "Golden Texas Hold 'Em" 2 Bean Bag Baseball Tourn. @ Walnut Woods	9 Cards and Games 9 Wii Bowling 10 Video - "Dedication of the Boyertown State Theatre" 12:45 History Revisited - "Captives of the Indians (18th Century)" by Darius Puff	8 Early Bird Breakfast 9 Cards and Games 9:45 Yoga w/Fran 10:30 Walk & Talk w/Fran 11 Chair Yoga w/Fran 1 BINGO
BIRTHDAY PARTY 9:15 Pilates w/Fran 10:05 Strengthen & Tone w/Fran 1 Musical Entertainment by "Jam Strait" 2 Informational Meeting - "Expanding Center Programs" 6 Informational Meeting - "Expanding Center Programs" *Birthday Cake provided by Chestnut Knoll	HOMEMADE SWEETS & TREATS RAFFLE 9 Cards and Games 9:15 Wacky Walking w/Robin 10:45 Tuesday BINGO 12:45 Wii Bowling 1 Book Club 1-3 Swim Time @ YMCA 1:30 Open Art Studio - Session 5 6-9 BINGO Nite	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	9 Cards and Games 9 Wii Bowling 10:30 Bean Bag Baseball Practice 12:45 Pinochle Card Party	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 w/Fran 11 Chair Yoga w/Fran 1 BINGO

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

June 2017

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Diabetic desserts are available upon request.	MENU	Menu is subject to change!	Caesar Salad Chicken Parmesan Spaghetti / Tomato Sauce Green Beans Mandarin Oranges	 CENTER CLOSED
Fruit Cocktail Meatballs w/beef gravy Rice Pilaf Broccoli Angel Food Cake	Mandarin Oranges Baked Chicken Oven Brown Potatoes 5-Mixed Vegetables Chocolate Pudding	Cole Slaw Hamburger w/roll French Fries Green Beans Peaches	Lettuce w/Hot Bacon Dressing Roast Turkey w/gravy Mashed Potatoes Peas & Carrots Fruited Jello	Tossed Salad/Dressing Italian Sausage Macaroni & Cheese Peppers, Onions, Mushrooms Fresh Apple
Cottage Cheese / Applebutter French Toast w/syrup Sausage Link Hash Brown Orange Juice	Vegetable Soup BBQ Baked Chicken Leg Crispy Tater Tots Romano Medley Mandarian Oranges	Macaroni Salad Meatloaf Mashed Potatoes Broccoli Pineapple Tidbits	FATHER'S DAY CELEBRATION Applesauce Chicken Marsala w/gravy Roasted Potatoes California Mixed Apple Pie	Tossed Salad/Dressing Crab Cake w/Tartar Sauce Green Beans Buttered Pasta Fresh Orange
Sliced Pears Salsibury Steak w/gravy Mashed Potatoes Oriental Blend Butterscotch Pudding	Orange Juice Oven Fried Chicken Perogies Green Beans Applesauce	Chow Chow Mac & Beef Tomato Sauce Sugar Snap Peas Jello	SOUP AND SALAD	Pineapple Ham Steak Candied Sweet Potato Brussels Sprouts Ice Cream
Fresh Apple Beef Lasagna Tomato Sauce Green Beans Birthday Cake	Garden Salad/Dressing Chicken Croquette w/gravy 5-Mixed Vegetables Fresh Orange	Tomato, Cucumber & Onion Salad Breaded Fish Sandwich/Roll Tater Tots Broccoli Sliced Pears	Applesauce Pork Roast w/gravy Mashed Potatoes Sauerkraut Diced Peaches	Mandarin Oranges Chicken Cordon Bleu Au Gratin Potatoes California Blend Tapioca Pudding



200 West Spring Street • Boyertown, PA 19512

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

DATED MATERIAL

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 April, 2017
 our volunteers gave a total of
 2,707 hours
 of service for our Center!
Total for 2017: 11,424 hours
THANK YOU, VOLUNTEERS!

* * * * *

Dad: A son's first hero, a daughter's first love.

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 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