

THE PRIME TIMES



The Center at Spring Street
A program of Boyertown Area Multi-Service
610-367-2313 Ext.1

August 2024 DATE SAVER NOTICE

Thursday, August 1, 2024
Thursday, August 15, 2024
Thursday, August 29, 2024
6 p.m.- BINGO Nite

Friday, August 2, 2024
Grandchildren's Day at Pottstown
Carousel

Friday, August 9, 2024
7-10 p.m.-Friday Nite Dance
The Chasband

Wednesday, August 21, 2024
11 a.m.-Center Membership Mtg.
1 p.m.- Price Is Right sponsored by
Keystone Villa at Douglassville

Thursday, August 22, 2024
12:45 p.m.- Classical Guitarist
Rinny Petrillo w/ Crossroads
Guitars and Art

Monday, August 26, 2024
BIRTHDAY PARTY
1 p.m.- Chuck Rissmiller

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

**Center Hours
9 a.m. to 4 p.m.
Monday thru Friday**

From Lori & The Center Staff...

Summer is in full swing, and the Dog Days of Summer are just around the corner! Beat the heat and look no further if you are looking for something fun to do! In August, The Center offers fun activities, great fellowship, and wonderful entertainment.

Grandchildren's Day is on Friday, August 2nd from 9 a.m. to 2 p.m. at the Carousel in Pottstown (sponsored by Berks County Area Agency on Aging). The day will include unlimited rides on the carousel, a visit from the Fightin Phils Screwball (sponsored by Reading Fightin Phils), a kid friendly meal of chicken fingers, French fries, and cookies (sponsored by Ladies Auxiliary of Friendship Hook & Ladder Co.). Arcade games are available at your own expense. An Ice Cream Truck (sponsored by Keystone Villa at Douglassville) will be on site from 12 p.m.- 1 p.m. Ice Cream options are from \$2-\$4.50 with \$2 off each option. Everyone in attendance will receive a beach ball favor (sponsored by Tri-County Area Federal Credit Union). Registration is closed for this event as it is filled.

Looking ahead September is an exciting month for Boyertown Area Multi-Service and The Center at Spring Street. BAMS is celebrating its 50th Anniversary with a Gala in September and the Center will be holding its 49th Anniversary Celebration on Thursday, September 5th. Boyertown Area Multi-Service was founded in 1973 by Jo Guerre-Chaley, the initial goal of Boyertown Area Multi-Service was to provide social services of its own in addition to providing area residents with information and referral services to other social service agencies serving the Boyertown Area. The Senior Neighborhood Center of Boyertown Area Multi-Service began in 1975. In 2004, it was renamed "The Center at Spring Street".

The Center at Spring Street's 49th Anniversary Celebration will be A Sock Hop of a celebration where we invite members to dress from the 50's and bring in a record of your favorite songs to play throughout the day on the record player available! Enjoy a blast from the past with fun décor and Root beer Floats at 10:00 a.m. Before lunch join in on the fun of Trivia of the 50's as you can test your knowledge with fun trivia questions from the poodle skirts and sock hop era!

ACTIVITY SIGN UPS

All August activities and programs that require pre-registration will be available for sign-ups beginning Thursday, August 1st unless otherwise noted in their description below!

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BINGO NITE

Come out to The Center for BINGO Nite on Thursday, August 1st, 15th and Thursday, August 29th from 6 to 9 p.m. The doors open at 4 p.m. with food and BINGO cards available for purchase at 4:30 p.m. Food available for purchase includes soup, hamburgers, cheeseburgers, hot dogs, hoagies, snacks, candy, ice cream and desserts. Admission is \$6 for four BINGO cards with each additional card available for \$.25 cents each. BINGO Prizes include meat prizes provided by Burts Farms and grocery prizes. There are three special money games which include 50/50, U Pick Em and Either/Or with cash prizes. BINGO Nite is open to the public for ages 10 and up. Participants need to be 18 or older to win cash prizes!

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BALLOON VOLLEYBALL LEAUGE

Please join us on Tuesday, August 6th at 1:30 p.m. at Chestnut Knoll for our next Balloon Volleyball game. The second Balloon Volleyball League will be on Tuesday, August 20th at 1:30 p.m. at The Center! Our team has been awesome, and I am looking forward to continuing our winning streak. If you are interested in joining our team (no experience necessary), please sign up at the Center or by call Stacey Brennan at the Center at 610-367-2313, Ext. 1.

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FRIDAY NITE DANCE

Friday Nite Dance will be held on Friday, August 9th from 7 to 10 p.m. The doors will open at 6 p.m. The Chasband will be providing the dance music for the night. Hot dogs and soda/bottled water will be available for purchase and complimentary chips and pretzels will be available throughout the evening. There will also be 50/50's as well as a door prize. Admission is \$15 for Center members (Center membership cards will be required) and \$20 for non-members. See you at the Friday Nite Dance!!

PAINTING WITH DENNIS SPAAR

Please join Dennis on Tuesday, August 13th at 9:30 a.m. as he leads a Mickey Mouse Painting on canvas! All supplies and paint will be supplied. Pre-registration is required and there is a fee of \$5.00 per person, space is limited. Please sign up at The Center or call Stacey Brennan at The Center at 610-367-2313, Ext. 1

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HISTORY REVISITED WITH DARIUS PUFF

Join local Lenape historian, Darius Puff, whose heritage includes Lenape and English, on Wednesday, August 14th at 12:45 when he speaks about "The Braddock Expedition". For more information or to register, please call the Center Receptionist, Stacey Brennan at 610-367-2313.

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BUTTERFLY HOUSE WITH PEGGY ALLEN-GUESSAMAN

Join Peggy Allen-Gessaman from Heritage Art and Craft Studio to create a Butterfly House on Monday, August 19th at 9:30 a.m. A fee of \$5.00 per participant will be due at registration. This is being partially sponsored by Berks County Area Agency on Aging. Seating is limited and registration is required by seeing Stacey Brennan to register!

Thank you to the Pennsylvania Department of Aging and Berks County Area Agency on Aging for partially sponsoring the craft classes by Peggy Allen-Gessaman!

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THE PRICE IS RIGHT SPONSORED BY KEYSTONE VILLA AT DOUGLASSVILLE

Keystone Villa Douglassville will be at the Center on Wednesday, August 21st at 1 p.m. to play "The Price is Right". Come and test your knowledge of prices of everyday items at the grocery store and win prizes.



Dog Days



The dog days of summer
 Bring heat so very hot
 The sidewalks seem so scorching,
 I could fry an egg without a pot!
 The heat comes on so quickly
 But will leave so very soon
 And fall will come with its cool, cold air
 So enjoy this dog day afternoon!



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HAPPY BIRTHDAY TO OUR AUGUST CELEBRANTS!!!

- | | | | | |
|---------------------|------------------------|-------------------------|----------------------|----------------------|
| 01 Fay Slonaker | 04 Katherine Schaeffer | 10 Cindy Dreyer | 16 Diane Moseley | 25 Roberta Lucarelli |
| 01 Naomi Lawhorm | 04 Betty Von Hohen | 10 Margaret Lancina | 17 Sarah Schonely | 25 Jane Starr |
| 01 Lillian McIlhone | 05 Sandra Smith | 10 Cathy Lorah | 17 Madeline Warnecke | 25 Glenn Moser |
| 01 Linda Wild | 05 Margie Rambo | 10 Debra Swank | 18 Peter Schnore | 25 Betty Thais |
| 01 David Angstadt | 05 Frederick Fidler | 11 Pat Urban | 19 Donald Weil | 26 Kevin Shelton |
| 02 Joyce Helmick | 06 Carol Rothermel | 12 Susan Haines | 19 Ruth Wade | 26 Ellen Kanaley |
| 02 Patricia Dyson | 06 Harry Kappenstein | 13 Darlene Raysor | 20 Sonia Ladisch | 28 Elsie Boerner |
| 02 Robert Dixon | 07 Douglas Kent | 13 Janet Rochowicz | 20 Anita Lastoskie | 28 Jean Hegeman |
| 02 Edward Swagzdis | 07 Becky Rothenberger | 14 Jo Anne Hoey | 20 Donald Taylor | 28 Walt Desiderio |
| 03 Virga Brown | 07 Dolores Dunn | 14 Linda Hilbert | 21 Janice I Gamler | 28 Kathy Stufflet |
| 03 Robert Barboni | 07 Jerry Leister | 14 Linda Manwiller | 22 Merle Freese | 29 Edward Reese |
| 03 Gene Gabel | 07 Jean Allen | 14 Marion Nakonecznyj | 22 Eric Mohn | 29 Diane Kappenstein |
| 03 Anna Kercher | 07 Patricia Alexander | 15 Donald Conrad | 22 Joan Stofflet | 30 Kathy Babb |
| 04 Henrietta Everts | 08 Diane Boysen | 15 Michele Duncan | 23 Stephanie Alexy | 31 Edna Graber |
| 04 Eleanor Houck | 08 Monica Yerk | 16 Anita White-Gillyard | 24 E. Diane Yerk | |
| 04 Bud Bachman | 09 Thomas Sullivan | 16 Sandra Richard | 24 Marlene Zohe | |
| 04 Richard Dodridge | 09 Marisue Good | 16 Geraldine Pachik | 24 Rita Miskiewicz | |

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THE CENTER AT SPRING STREET BULLETIN BOARD

MEMBERSHIP

Please check your membership card for your renewal date!

GET WELLS

Jane Starr
 Bill Johannessen

OUR DEEPEST SYMPATHY TO FAMILY AND FRIENDS OF

Martin Sherwood
 Charles Moyer
 Rita Hobbs



"INVITATION"

July celebrants are invited to celebrate their birthday at the Center on Monday, August 26, 2024, from 10 A.M. to 2 P.M.

Musical Entertainment: Chuck Rissmiller

R.S.V.P. (610) 367-2313, by Thursday, August 22nd

Please bring your current membership card to receive a complimentary meal.



The Classic Guitar

It's Music thru the
Centuries

*With Rinny Petrillo
From The Crossroads
Guitars & Art*

Thursday, August 22, 2024

At 12:45 p.m.

Join Rinny Petrillo for a dive into the history of the classic guitar - the Renaissance, Baroque, Classical, Romantic, and Modern-Day eras. Through each period, the advances in the writing and printing of music that affected how we hear and play music, as well as the evolution of the shape and sound of the guitar, will be discussed.

The musical portion of our time features Rinny Petrillo performing pieces that reflect the evolution of the classic guitar.

Rinny earned a BA in Music with a concentration in classical guitar from Lebanon Valley College, where she studied under Professor John Arnold. She performed for four years with the LVC Guitar Ensemble and in a guitar trio alongside Professor John Arnold and Dr. Warren Gramm. While at LVC, Rinny discovered her love for classical guitar technique and history. She now teaches guitar at The Crossroads Guitars & Art in Gilbertsville, PA

WHAT'S COOKIN'?

August 2024

Normally August is the time of year when everything gets hot, hot, hot, however this year we've been having August heatwaves since June! If you need to cool down from the heat, come to the Center on any weekday and take part in an activity, play a game, do a puzzle, and definitely stay for lunch with all the lemonade and ice tea you can drink! We hope you will stop in soon, cool off, and say hello!

*Best regards,
Chris and Karen*

WHY CANCELS ARE NOT FILLED

We've heard through the grapevine that some members are upset that the Center is no longer allowing people to fill cancelled spots for lunch.

Boyertown Area Multi-Service, of which the Center is a part, receives funding from several agencies including the Berks County Area Agency on Aging, and therefore we need to follow their guidelines in order to receive the monies they give to us. One of their guidelines is that reservations need to be made two days in advance, which means same day reservations should not be accepted.

We hope you can understand how important it is for us as a non-profit to receive these much-needed funds, which is only possible if we follow the rules we are given from the agencies supporting us.



The Kitchen Crew recently lost one of our long-time volunteers, George Harig. George was an integral part of the Crew who made work fun with his warm smile, friendly attitude, and strong work ethic. He will be sorely missed, and we send our heartfelt sympathy to his family and friends.



After two years of not being able to use our broken roll-in refrigerator in the Kitchen, a new one was finally delivered and installed in early June. Kitchen staff and volunteers will now be able to keep a portion of our refrigerated products in the Kitchen, which will mean fewer trips running back and forth between the Kitchen and the walk-in refrigerator, which is in the hallway we share with Preston's Pantry.

Thank you again to Al Letchak, who recently became a Boyertown Area Multi-Service Board member and the anonymous donor who made purchasing this new refrigerator possible. We are extremely grateful!

*"Live in the sunshine. Swim in the sea. Drink in the wild air."
- Ralph Waldo Emerson*

WHAT'S COOKIN'?

August 2024

Kitchen "Jumble"- aya

Unscramble the words below, then use the circled letters to solve the message.

| | | | | | | | |
|----|---|---|---|---|---|---|---|
| 1. | E | J | I | C | U | | |
| | ○ | | | | ○ | | |
| | | | | | | | |
| 2. | M | U | M | U | S | H | |
| | ○ | | | | ○ | | |
| | | | | | | | |
| 3. | Y | R | C | E | R | H | |
| | ○ | | | | | ○ | |
| | | | | | | | |
| 4. | T | W | R | S | A | | |
| | ○ | | | ○ | | | |
| | | | | | | | |
| 5. | O | N | P | O | T | I | R |
| | ○ | | | ○ | | | |

Chef Chris shared a summer pie recipe with Sous Chef Karen that she thought was

_____.

Answers to July "Jumble"-aya:

1. **WHISK**, 2. **GRILL**, 3. **BURNER**, 4. **DINNER**, 5. **UTENSIL**
red, white, and blue berries

Did You Know?

According to the National Institute on Aging, eating nourishing foods and remaining active are keys to healthy aging. Following are some tips:

- Enjoy foods from each food group that have little to no added sugar, saturated fats, and sodium.
- Get enough protein throughout the day by adding seafood, dairy, soy products, beans, peas, and lentils to your meals.
- Add sliced and chopped fruits and vegetables to meals and snacks. (Grocery stores carry pre-cut varieties if slicing and chopping are difficult for you.)
- Try foods, like cereals, that are fortified with vitamin B12 or talk to your doctor about taking a B12 supplement.
- Season foods with herbs and citrus instead of adding salt.
- Drink plenty of water throughout the day which helps hydration and aids in digestion.



Recently we have received several suggestions to package and sell take-home meals. Unfortunately, we are unable to do so at the present time. We appreciate the interest in having take-home meals for sale, and if circumstances change and we can offer them, we will let everyone know.

Thanks for your understanding!

You can reach us at (610) 367-2313 ext. 3 or by email at cmest@boyertownareamulti-service.org or kparks@boyertownareamulti-service.org



Do you have concerns about falling?

Many older adults experience concerns about falling and restrict their activities. **A MATTER OF BALANCE** is an award-winning program designed to manage falls and increase activity levels.



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS



berksencore

applauding life after 50

Facilitated by our licensed and certified instructors

This program emphasizes practical strategies to manage falls.

YOU WILL LEARN TO:

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

WHO SHOULD ATTEND?

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns

| | |
|--------------|--|
| WHEN | MONDAYS, 9:30am to 11:30am August 19 th through October 7 th |
| WHERE | Center at Spring Street, a program of the Boyertown Area Multi-Service 200 Spring Street, Boyertown, PA 19512 |
| INFO | Program is FREE, but requires Registration. Contact Berks Encore Kate Sweinhart 610-582-1603 Email: ksweinhart@berksencore.org |



Berks-Mont Business Association



Sangria Stroll



WINE WALK

Stroll thru Boyertown's shops and businesses enjoying a variety of summer Sangrias.



AUGUST 23, 2024

**5:30 to 8:00
Boyertown, PA**

TICKETS \$15 @ BMBA.BIZ



Fundraiser for Boyertown Area Multi Service
+ Berks-Mont Business Association



AGING STRONG



**SEPTEMBER 19, 2024
9:00 AM TO 1:30 PM**

Fall Prevention Fair

FREE LUNCH, SCREENINGS, INDOOR TRACK AND MORE

**ATTENDANCE IS FREE
REGISTRATION IS ENCOURAGED**



COALITION PARTNERS: READING HOSPITAL, ALVERNIA UNIVERSITY, BERKS COUNTY AREA AGENCY ON AGING, BERKS ENCORE, REHAB1, BERKS COMMUNITY HEALTH CENTER, TOWER DIRECT, ENCOMPASS HEALTH, READING HOSPITAL REHABILITATION AT WYOMISSING AND UPMC HEALTH PLAN.

HOW DO YOU AGE STRONG?

COME AND JOIN THE FUN!

Where:

Alvernia University Tom and Helen Flynn PLEX
465 Saint Bernardine Street, Reading, Pa 19607

What you can expect:

Registration

9:00 am to 9:30 am

Welcome message

9:40 am to 10:00 am

Screenings: balance, hearing, vision, grip strength, circulation and more

10:00 am to 1:00 pm

Presentation - Nutrition Rm 115

10:10am to 10:40 am

Presentation- Balance Exercises and Tips

11:15 am to 11:45 am Rm TBD

Fall Prevention Bingo- Rm 115

12:00 pm to 1:00 pm

Fall Free Prevention Screening raffle winners announced

1:00 pm to 1:30 pm





VACCINE CLINIC

FRIDAY
OCTOBER 18, 2024
9am to 12pm

**The Center at
Spring Street at
Boyertown Area
Multi-Service**

200 West Spring St,
Boyertown, PA 19512

Vaccines Available

- COVID-19 (Pfizer & Moderna)
- Flu
- RSV

***PLEASE BRING YOUR MEDICARE
AND PHARMACY INSURANCE
CARDS**

GIANT
PHARMACY

