THE PRIME TIMES

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

DECEMBER 2025

DATE SAVER NOTICE

Thursday, December 4, 2025
Center Closed for Festival of Trees Set Up

Friday, December 5, 2025
CENTER CLOSED
Festival of Trees- 4 p.m.- 8 p.m.

Saturday, December 6, 2025
Festival of Trees- 10 a.m.- 1 p.m.

Tuesday, December 9, 2025
10:00 a.m. Residence at Boyertown "Bear Race"

Tuesday, December 16, 2025
Holiday/Ugly Sweater Christmas Celebration
10:00 a.m. The Amazing Magi Magic Show
12:45 p.m.- Mr. Mody Musical Entertainment

Wednesday, December 17, 2025
11 a.m.-Ctr. Membership Mtg.
1:00 p.m. Gift Card BINGO

Monday, December 22, 2025
Birthday Celebration
12:45 p.m. Musical Entertainment by Wahl Street

Wednesday, December 24, 2025

Thursday, December 25, 2025

Friday, December 26, 2025
CENTER CLOSED
Merry Christmas

Tuesday, December 30, 2025
New Year's Celebration
12:45 p.m. Howard Guarini

Wednesday, December 31, 2025
CENTER CLOSED
Happy New Year

The Center at Spring Street is a program of Boyertown Area Multi-Service, Inc.
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Center Hours
9 a.m. to 4 p.m.
Monday thru Friday

From Kim & Center Staff....

As December approaches, there's something *Magical* in the air – soft lights, warm gatherings, and a gentle reminder of the Joy this season brings.

To kick off the month, the Center will be transformed into a wonderful winter wonderland during our annual 2025 Festival of Trees on Friday December 5th from 4 p.m. to 8 p.m. and Saturday December 6th from 10 a.m. to 1 p.m. Please come out and enjoy the beautifully decorated trees, including the Center at Spring Street's tree. This year's theme is "A Pinch of Joy - A Dash of Cheer". You will have the opportunity to purchase tickets to win one of the beautifully decorated trees. Admission is free and it's open to the public. Be sure to check it out!!

We would like to thank our friends at The Residence at Boyertown for being this year's Festival of Trees' title sponsor and for hosting and sponsoring a "Boyertown Bear Race Game" that will be held on Tuesday December 9th at 10 a.m. so, get ready to place your bets not on a horse but instead on a bear! Also remember to sign up, you won't want to miss out on that one!

The Center's Holiday Craft Show and Flea Market was a huge success! Thank you to all our vendors as well as everyone that donated to our flea market and bake sale. Thank you to the many volunteers that helped to make our event run smoothly. It simply was a success because of all of you!

CELEBRATING CHRISTMAS

Get into the holiday spirit with friends, fun and festive cheer! Starting on December 1st at 12:45 p.m. we will be playing a Holiday Game called "Christmas Jingo" it is played like Bingo! Then on December 8th at 10 a.m. TRAAC will be here to have a Christmas sing along with everyone!

Please plan to partake in our **Christmas Celebration** on Tuesday December 16th. Wear your favorite holiday sweater- or go all out with your ugly Christmas sweater for extra laughs and joy! We have a special magic show at 10:00 a.m. -"The Amazing Magi". After the show stay for a delicious Christmas lunch followed by new entertainment by Mr. Mody or maybe even entertainment by **Santa**? Remember, anything is possible when you **Believe**!

As the month continues, we invite you to join us for a BASH Show Choir Concert, Thursday December 18th at 12:45 p.m.

ACTIVITY SIGN UPS

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

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MEMBERSHIPS FOR 2026

Memberships for The Center at Spring Street need to be renewed every year. The membership offers benefits in the community and discounts on some Center programs! The Center offers two types of memberships. Option 1 is a paid membership of $25 per person per year and includes receiving a monthly newsletter by mail, discounts for various center programs, and early pre-registration to select center celebrations and events. Option 2 is a general membership - which is a free membership and an opportunity to continue to participate at the Center. Both memberships require a NAT-E to be completed annually. There is a NAT-E form included in this newsletter. Stop by the receptionist's office if you need more than one. For more information about Center memberships, or to check when you are due to renew, please contact the Center at 610-367-2313 Ext.1.

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BLUE CHRISTMAS CIRCLE OF REMEMBRANCE

On Wednesday, December 17th at 10:00 a.m., the Center will hold its "Longest Night Observance". All participants will receive a glass ornament in honor of or in memory of a loved one that has passed or who is going through a difficult time. This program will be held in the Quilt Room. Please sign up at 610-367-2313 Ext 1.

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BIRTHDAY CELEBRATION

Our Birthday Celebration will be held on Monday December 22nd. The celebration will begin with Birthday Bingo at 10:00 a.m. and continue with new musical entertainment by Wahl Street at 12:45 p.m.

The Center will be closed the following six dates in December,
December 4th and 5th
December 24TH 25TH 26TH
December 31st

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TAX TIME

Tax season is right around the corner! Get your taxes done for free at Boyertown Area Multi-Service through the AARP Foundation Tax-Aide program. This program is open to all ages and AARP membership is not required. Appointments are available beginning February and continuing into April. AARP's tax prep volunteers are trained and IRS-certified every year. To schedule your appointment, please call 610-367-6957 Ext. 240

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NEW YEARS CELEBRATION

The Center will be ringing in the new year at its New Year Celebration on Tuesday, December 30th with a delicious pulled pork and sauerkraut meal, a Countdown to 12 Noon with a sparkling juice toast, and musical entertainment with Howard Guarini at 12:45 p.m. Please sign up early, (space is limited) by calling Stacey Brennan at the Center at 610-367-2313, Ext. 1.

From all of us at the senior center, we wish you a warm and joyful holiday season filled with peace and connection. Your presence, stories, and kindness brighten our days and remind us why this community is so special. May the weeks ahead bring comfort, laughter, and the promise of a hopeful New Year.

Year-Round Joy

Christmas is full of shiny things
That sparkle, gleam and glow.
These holiday pleasures dazzle us,
And yet, deep down, we know...
That Christmas has its special gifts,
But our year-round joy depends
On the cherished people in our lives,
Our family and friends.

Joanna Fuchs

HAPPY BIRTHDAY TO OUR DECEMBER CELEBRANTS!!

01 Daniel Hildebrandt
01 Donald Kuszyk
01 Allen Clymer
01 Dorothy Fick
02 Sandra Kleckner
02 Kenneth Mathias
02 Barb Burke
02 Shirley Ciaciak
02 Elizabeth Hosgood
02 Joanne Lewis
02 William McCanty
02 Shirley Davis
02 Christopher Mest
03 Donna Fagley
03 Gail Brennan
03 Kathleen Wydrzynski
04 Bettie Pelfrey
05 Joseph Curerra
06 Todd Reinert
05 Eleanor Ritter
06 Leroy Marks, Jr
07 Robert Bernhard
07 Pam Shultz
07 Nancy Houck
07 Roxanne Reimert
07 Nancy Stinley
07 Nancy Dunning
07 Josee Ruckenbrod
08 Gemma Altomari
09 Mazie Herb
09 John Varady
09 Thomas Wade
10 Betty Lou Hess
10 Karen Ryder
11 Patricia Muldrew
12 Elaine Clauss
12 Joyce Gilbert
12 Margarita Ofner
12 Theresa Delp
13 June Russell
13 James Rogers
14 Valeria Horne
14 Charles Rightnour
14 Larry Kershner
14 Pauline Reinert
15 Gerri Haberacker
16 Gene Kline
16 Jo-Ann Kulp
16 Paula Shaner
17 Richard Eck
17 George Bieber, Sr.
17 Penny Zerr
17 Katherine Bogus
18 Shirley Morey
18 Randi Kremer
18 Donna Hillbish
19 Mary Ann Lindauer
19 Barbara Toms
19 David Kerns
19 Jackie Dundon
19 Susan Hunsberger
20 Lois Heinly
20 Dennis Sheptock
20 Kathy Kijak
20 Denise Lee-McMaster
21 Kathleen Boysen
21 Mary Ellen Leidy
21 Laura Sweinhart
21 Virginia Williams
21 William Johannessen
22 William D'Andrea
22 Patricia Tascione
22 Russ Foss
23 Karen Essig
23 Bridget Lewis
24 Henry Sands
25 Barbara Bernard
25 Harold Frey
25 Tina Brustle
25 Gary Liesner
25 Nadine Blair
26 Edna Bergey
26 Carole Soffa
27 Robert Jamison
28 Jeffrey Delp
28 John Techman
28 Donna Haas
28 Martha Bentley
28 Sharon Harvey
28 Cynthia Severson
28 Ann Walker
29 Ronald Schott
29 Sandra Ebert
29 Mary Bieber
29 Mary Weil
29 Joe Shainline
30 Dennis Spaar
30 Carol Palladino
30 Barbara Vroman
31 Faye Cutting
31 Lynn Czap
31 Madelyn Ahner
31 Kathy McCarthy
31 Shari Lynn
31 Patricia Mahoney
31 Virginia Althouse
31 Louise Knoeller

Please check your membership card for your renewal date!

THE CENTER AT SPRING STREET GET WELLS:

Don Weil
Elmer Hilbert
Richard Hilbert

OUR DEEPEST SYMPATHY TO THE FAMILY & FRIENDS OF:

Pat Moyer
Marian Lombardo

"INVITATION"

December celebrants are invited to celebrate their birthday at the Center on
Monday, December 22, 2025, from 10 A.M. to 2 P.M.
Musical Entertainment: Wahl Street at 12:45 p.m.
R.S.V.P. (610) 367-2313, by Thursday, December 18, 2025.
Please bring your current membership card to receive a complimentary meal.

CHRISTMAS IS A TIME FOR GIVING

EACH YEAR WE PROVIDE OUR MEALS ON WHEELS RECIPIENTS WITH BREAKFAST BAGS AND HERE ARE THE ITEMS WE NEED TO FILL THEM.
IF YOU WOULD LIKE TO DONATE THESE ITEMS, PLEASE BRING THEM TO THE CENTER BY WEDNESDAY, DECMBER 10, 2025

(PLEASE GIVE TO A STAFF MEMBER)

INSTANT OATMEAL / CREAM OF WHEAT

WRAPPED TEA BAGS
SINGLE SERVING COFFEE

INSTANT HOT CHOCOLATE

SNACK PACKS OF COOKIES / CRACKERS

SMALL JUICE BOXES

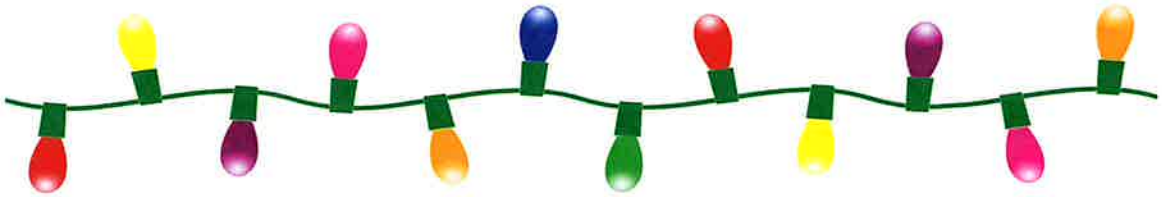
RAISINS / ASSORTED DRY FRUIT

INDIVIDUAL SERVINGS FRUIT

BREAKFAST BARS / SNACK BARS

MONETARY DONATIONS ARE WELCOME

THANK YOU!



WHAT'S COOKIN'?

December 2025

This season has often been called "the most wonderful time of the year," and it is, but it is also one of the busiest, most expensive, and often most stressful. We hope that you will find time to take a break from the planning, shopping, and cooking, and stop by the Center for lunch and some fun activities. We will be here and we hope you will be too. Merry Christmas!

Best regards,
Chefs Chris and Karen

Recently, one of our Kitchen Crew volunteers who packs Meals on Wheels donated several insulated bags and new ice packs for the coolers. She was concerned that on the longer routes the coolers sometimes do not completely shut, so she purchased three insulated bags to use when needed. She also noticed that there are just enough ice packs for the number of coolers we have, so she purchased several more to replace any that break or leak. Although she would rather remain anonymous for her donation, we want to say a big THANK YOU for being so conscientious and concerned about the delivery of meals to our Meals on Wheels clients.

Lunch Reminders

The Kitchen has just a few reminders for Center members coming for lunch:

1. Please be at your seat or have your name card out by 11:30 a.m., so our volunteers can serve milk, appetizers, and dessert.

2. Please do not take away the name cards until everything has been served.

3. We prefer you call 1-2 days in advance if you will not be attending lunch, but if it is the day of, you should still call to say you will not be there.

4. When you are done eating, please bring your plate and utensils up and put them in the dishpan, and not on the Kitchen ledge.

Did You Know?

According to AARP, focusing on personal health and safety is especially important during the holiday season. Following are some helpful hints for a happy, healthy, injury-free holiday.

Nourish Your Body – Eat until you are satisfied, instead of full. Moderation is key.

Hydrate – Staying hydrated sustains energy, increases alertness, helps with digestion, and protects brain health. If drinking alcohol, drink water before, during, and after.

Stay Active – Plan time for whatever exercise works for you. Bundle up during cold weather and avoid falls on icy paths through wearing good footwear and using aids like canes and walkers.

Rest – Decrease stress by scheduling downtime and practicing relaxation techniques like deep breathing, meditation, and listening to music.

Protect Yourself – The holiday season is also cold and flu season. Keep healthy through diligent hand washing, getting necessary vaccinations, staying home when sick, and keeping a healthy distance from others to avoid germs and the spread of infections.

Overall, AARP recommends balancing fun and self-care in order to thoroughly enjoy the holidays.

"It's not how much we give but how much love we put into giving."
- Mother Teresa

WHAT'S COOKIN'?

December 2025

Kitchen "Jumble"- aya

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

1.	K	A	N	S	C			
	◯		◯		◯			
2.	R	Y	G	O	U	T		
	◯			◯				
3.	M	I	Y	H	O	N		
	◯	◯						
4.	P	E	W	D	I	P	H	
	◯		◯					
5.	W	R	O	P	E			
			◯	◯				

From all of us in the Kitchen,

___ ___ "___ ___ ___ ___ ___"

___ ___ ___ ___

Merry Christmas

Christmas Word Search

O	R	N	A	M	E	N	T	S	D
Q	C	W	Y	O	K	P	A	E	X
T	H	N	T	V	P	N	C	I	F
I	U	E	I	J	T	O	Y	K	H
N	R	M	V	A	R	W	M	O	V
S	C	E	I	A	V	U	D	O	G
E	H	S	T	F	I	G	M	C	A
L	P	I	A	Z	S	H	A	L	R
U	O	W	N	T	A	N	G	E	L
N	M	X	H	H	D	B	P	I	A
J	K	G	D	Y	T	Q	V	K	N
S	I	V	C	I	E	A	S	O	D
L	H	A	V	P	W	E	E	U	J
L	N	O	Z	O	B	F	R	R	X
E	S	G	N	I	K	C	O	T	W
B	W	S	Q	M	A	N	G	E	R

The following words can be found in the puzzle above: angel, bells, candy cane, church, cookies, decoration, garland, gift, lights, manger, Nativity, ornament, Santa, snow, stockings, tinsel, tree, wise men, wreath. Words can be forward, backward, up, down, or diagonal.

Answers to November "Jumble"-aya:
1. KETTLE 2. BROIL 3. MELTING 4. PEANUT 5. TASTY TURKEY TO ME

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

NAT-E: Boyertown Area Multi-Service
Berks County Area Agency on Aging

Date: _____ Last Name: _____ First Name: _____ MI: ____

DOB: _____ SS# N/A Medicare # N/A Medicaid # N/A

County: _____ Address: _____ City: _____

State: PA Zip: _____ Municipality: _____ Phone: _____

E-mail _____ Primary Language: _____ Race: _____

Please circle the answer that best represents your situation:

Ethnicity: Hispanic or Latino / Not Hispanic or Latino

Do you live in Rural Area? Yes / No

Do you live alone? Yes / No

Marital Status: Single / Married / Widowed / Divorced

Are you a Veteran? Yes / No

Are you in Poverty (see reverse for guidelines)? Yes / No

Voter Registration: I am already registered / I am not registered and would like to / I am not registered and do not want to

Gender: Female / Male / Non-Binary / Transgender (F) / Transgender (M) / Choose not to Disclose

Emergency Contact: _____ Relationship: _____ Phone: _____

Emergency Contact: _____ Relationship: _____ Phone: _____

Doctor: _____ Phone: _____ Diet: _____ Preferred Hospital: _____

Medications: _____

_____

Allergies: _____

_____

***Please attach another sheet if additional room is needed for medications and allergies

Nutritional Health Assessment

Circle the number in the "Yes" column for those that apply. For each "Yes", add the numbers to get the total to determine nutritional risk

	Yes
I have had a change in lifelong eating habits because of health problems?	2
I eat fewer than 2 meals per day.	3
I eat fewer than 2 servings of dairy products (such as milk, yogurt, or cheese) every day?	1
I eat fewer than 5 servings (1/2cup each) of fruits or vegetables every day?	1
I have 3 or more drinks of beer, liquor, or wine almost every day.	2
I have trouble eating due to problems with chewing/swallowing.	2
I don't always have enough money to buy the food I need.	4
I eat alone most of the time.	1
I take 3 or more different prescribed or over-the-counter drugs a day.	1
Without wanting to, I have lost or gained 10 pounds in the last 6 months.	2
I am not always physically able to shop, cook and/or feed myself.	2
TOTAL	

Total your nutritional score. If it's:

0-2 Good! Recheck in 6 months.

3-5 Moderate Nutritional Risk: See what can be done to improve eating habits and lifestyle. Your local Area Agency on Aging, senior nutrition program, senior center, or health department can help. Recheck in 3 months.

6+ High Nutritional Risk: Take a copy of this checklist to your doctor, dietitian, or other qualified health or social service professional. Talk with them about any problems you may have and ask for help on improving your nutritional health.

(The above materials were developed by the Nutrition Screening initiative, Washington D.C. It is a project of the American Academy of Family Physicians, The American Dietetic Association, and the National Council on Aging, Inc.)

_____ I decline having my doctor notified of the results of the nutrition assessment.

Signature _____ Date _____

2025 Poverty Guidelines*	
Persons in Family/Household	**Annual Income Poverty Guideline**
1	$15,560
2	$21,150
3	$26,650
4	$32,150
5	$37,650
6	$43,150
7	$48,650
8	$54,150
Families/households with more than 8 persons, add $5,500 for each additional person	

*If your monthly income is less than the corresponding Family/Household number, this qualifies you as "in poverty" and you should circle "Y".