



THE PRIME TIMES

Boyertown Area Senior Center
A Program of Boyertown Area Multi-Service
610-367-2313 Ext.1

JANUARY 2026 DATE SAVER NOTICE

Wednesday, December 31, 2025

CENTER CLOSED
New Year's Eve

Thursday, January 1, 2026

CENTER CLOSED
Happy New Year!

Friday, January 2, 2026

CENTER CLOSED
Happy New Year!

**Thursday, January 8, &
January 22, 2026**

6 p.m. - BINGO Nite

Friday, January 9, 2026

10:00 a.m. Hot Cocoa & Cookie
Social, Sponsored by Pottstown
Nursing and Rehab

Monday, January 19, 2026

CENTER CLOSED
Martin Luther King, Jr. Day

Wednesday January 21, 2026

11:00 a.m. Membership Meeting
12:45 p.m. Boombox Bingo

Monday January 26, 2026

Birthday Celebration
10:00 a.m. Birthday Bingo
12:45 Musical Entertainment by
Ralph Noll

From Kim & Center Staff....

As we approach 2026, I would like to share with you that I am looking forward to starting and sharing a New Year together with all of you here at The Center at Spring Street, it will be going into my 3rd month since taking on the position as the Center Director and it has been a true pleasure getting to know and spend time with each one of you, the Members and the Staff everyone is so nice and has made me feel so welcome, it truly is heartwarming! Also, I am looking forward to what 2026 has in store for all of us, new programming, new adventures, and making new memories for us to look back on for many years to come...

We also are very excited about going into 2026 with having our New Executive Director: Robert Varga and our New Finance Director: Lauren Fearheller in place here at The Center!

At the December Center Membership Meeting, it was officially announced that the 2025 Center Membership Officers listed below are going to continue serving for the New Year 2026

President: William Blatt
Vice President: Tracy Lacy
Secretary: Concetta Buchle
Assistant Secretary: Pamela Vargo

Thank you to all of you that helped purchase items, made a monetary donation to make Breakfast Bags for Meals on Wheels recipients! With all your donations we were able to make 120 Breakfast Bags! Thank you to the volunteers who helped put the bags together, we greatly appreciated your help!

Thank you to all Members who helped decorate and donate items for the Center's Christmas tree themed "A Pinch of Joy, A Dash of Cheer" for the 19th Annual Festival of Trees Event on Friday, December 5th, and Saturday, December 6th, 2025! Our Sincere Thanks to The Festival of Trees' Title Sponsor: The Residence of Boyertown. Also, thank you to all that came out to our event and enjoyed the beautifully decorated Christmas Trees.

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

ACTIVITY SIGN UPS

All January activities and programs that require pre-registration will be available for sign-ups beginning Monday, January 5th unless otherwise noted in their description below!

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Bingo Nite

The Center is excited to bring BINGO Nite back to The Center for the New Year. Thursday, January 8th doors will open at 4 p.m. The Program has changed, we Added an Extra Money Game and two Extra new meats. Food will be available to purchase at 4:30 p.m. Bringing outside food into BINGO night is prohibited. Prizes include grocery items and meat items. There will also be 50/50, U Pick-Um, and Either/Or Special Games, including the new money game Bonanza! BINGO night will be held every other Thursday evening and will start PROMPTLY at 6:00 p.m. Admission will be \$6 for four BINGO cards and \$.50 cents for each additional BINGO card. Volunteers along with Donations of soup and/or dessert items for food menu are appreciated. We hope to see you at BINGO Nite!!!

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Boyertown Bear Races Return Monthly

The Boyertown Bear Races with The Residence at Boyertown will be returning Monday January 5th at 10 a.m. for some more fun race time! So come roll the dice and see if your bear can take 1st place to the finish line! Vicki and Nicole will return on January 14th at 10:30 a.m. for a Discovery Event!

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New Member Welcome Week

Monday January 5th – Friday January 9th welcoming all new members! Those who are new to the Center as of December 1st 2025 - thru-January 9th 2026 you will receive a ticket to fill out for a drawing on Friday January 9th at 11 a.m. and will have the chance to introduce themselves and any member who has brought in a new member/membership during the same time frame, December 1st 2025 – January 9th 2026 will get a thank you gift!

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Coffee and Conversation

On Friday, January 16th at 11:00 a.m. we will be having Coffee and Conversation with our New Executive Director: Robert Varga!

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Dietetic Internship- Cedar Crest College

We are looking forward to meeting Caroline Giovinazzo a student from Cedar Crest College, on Tuesday January 13th. Caroline will be here at The Center for her Dietetic Internship with us. She will focus on nutrition and wellness and will implement a wellness project for us. The dates Caroline will be with us are January 13th – February 13th and returning March 23rd – May 1st we are happy to have her internship here at The Center!

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Winter Safety Presentation

Eric Parrish, with the Integrated Medical Group in Fleetwood, is a physical therapist and good friend of the Center. He will be coming here to present “A Wintertime Perspective of the Well-being of our Knees and Backs” on Tuesday, January 27th, at 10:00 a.m. Plan to be here for his easy-to-understand program on a topic that is so important in the winter months.

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A Special Thank You goes out to the following, Our State Representative Donna Scheuren for providing The Center at Spring Street the U.S. Pennsylvania State Flag and Thanks goes out to Flag Zone in Gilbertsville for donating to us the indoor flag set and the mounting of the Pennsylvania State Flag, it has made a nice addition in the Center and is displayed next to the American Flag.

Just a reminder in the event of inclement weather check 69 News Storm Center (WFMZ-TV) for Center closings and Meals on Wheels cancellations. The Center’s Main answering machine will also give you the correct information, the number to call is (610) 367-6957. Public updates will be posted on the organization’s website and Facebook page promptly.

Sending the warmest of wishes for a Happy and Healthy New Year from us to you!

Kim, Stacey, and Russ. 😊



When Winter's Here

I think the months of winter are
 The finest of the year.
 Snowy days, blowy days-
 Aren't you glad they're here?
 Sleds go coasting down the hills.
 Snowmen stand and stare.
 The pond is fine for skating,
 And snow is everywhere.
 Snowy days, snowy days,
 Come when winter's here.
 Whitest days are brightest days,
 Of the whole long year.



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HAPPY BIRTHDAY TO OUR JANUARY CELEBRANTS!!



- | | | | | |
|----------------------|-------------------------|----------------------|----------------------|----------------------|
| 01 Brian Blasic | 06 David Schaeffer | 13 Doris Moyer | 21 Karen Dilliplane | 27 Sally Mohr |
| 01 Richard Houck | 07 James Denton | 13 Joseph Powers | 21 Joanne Miller | 28 Susan Stauffer |
| 01 Gail Tomaszewski | 07 George Knapp Jr | 14 Barbara Robbins | 22 Joseph Kijak | 28 Anna Mae Rinehart |
| 01 Elizabeth Howells | 07 Robert Schoch | 14 Natalie Corliss | 22 Marigrace Miele | 28 Sandra Seasholtz |
| 01 Robert Lare01 | 07 Dawn Noll | 15 Sharon Johnson | 22 Starlu Gunn | 28 Sharon Koehlr |
| Donna Whittaker | 08 Paul Hartman | 15 Patricia Rohrbach | 22 Adam Kellerman Jr | 28 Judy Bonetz |
| 02 Mary Ann Reinert | 08 Eileen Fisher | 15 John Henschel | 23 Leroy Ackerman | 28 Phyllis Kehm |
| 02 Paul Groff | 09 Judy Hugo | 15 Susan Snyder | 23 Faith Geiger | 29 Joan Fidler |
| 03 Phyllis Bangs | 09 Tracy Lacy | 15 Robin Umstead | 23 Gail Koch | 29 Karen Parke |
| 03 William Lanyon | 10 Sandra Griesemer | 16 Mary Fineran | 23 Linda Linsey | 29 Ronald Peck |
| 03 Anne McCanty | 10 M.Charlotte Henschel | 16 Edwin Rittle | 23 Joseph Barnyock | 30 Dorothy Wagner |
| 03 Marlene Marks | 10 Deborah Moore | 16 Suzette I. Rosen | 23 Kenneth Melton | 30 David Bala |
| 03 Nina Rizzetto | 11 Antoinette Mack | 17 Henry Rush | 23 Judith Meyers | 31 Barbara Browning |
| 03 Melissa Deery | 11 Sharon Hartman | 17 Ruth Weaver | 24 Concetta Buchle | 31 Earl Geiger |
| 04 Pamela Vargo | 11 Christopher Wolff | 18 Kenneth Baus | 24 Ruth Carnes | 31 Lois Reinert |
| 04 Cathy Fad | 11 Edythe Gable | 18 Marvin Fick | 24 Lenore Gates | 31 James Werner |
| 05 Lois Oister | 11 Lynn Spohn | 18 Dana Smith | 25 Linda Schutt | 31 Randolph Ravel |
| 05 Nile Selagy | 11 Christopher Wolff | 19 Joan Albitz | 25 Sheila Berghold | 31 Allan Schroeder |
| 05 Paul Hartman | 12 Melanie Alting | 19 Jamie Holt | 26 Sue Spleen | 31 Kim Sterling |
| 05 Cheryl D'Aiello | 12 Joanne Giotti | 19 Grace Stull | 26 Virginia Angstadt | |
| 05 Lorraine Haney | 12 Susan Leomporra | 20 Berdine Freese | 26 Ann McLain | |
| 06 William Harrison | 13 Veronica Knepp | 20 Helen Thomas | 26 Norma Smith | |

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THE CENTER AT SPRING STREET BULLETIN BOARD

MEMBERSHIP

Please check your membership card for your renewal date.

GET WELLS

- Elmer Hilbert
- Betty Schuler
- Dot Ashworth
- Rose Bolognese
- Cheryl Summerfelt

OUR DEEPEST SYMPATHY TO THE FAMILY & FRIENDS OF:

Susan Haines

"INVITATION"

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

Musical Entertainment: Ralph Noll at 12:45 P.M.

R.S.V.P. (610) 367-2313, by Thursday, January 22, 2024.

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

WHAT'S COOKIN'?

January 2026

As we embark on a new year, we often look to the change as a chance to improve, start fresh, and make our lives better. Here at Multi-Service we are starting 2026 with Kim Haas, our new Center Director and Bob Varga, our new Executive Director. We are looking forward to a great 2026 under their leadership. We are also hoping that our lunch program will keep you coming back to enjoy the meals, fellowship, and all the activities the Center has to offer. Happy new year!

*Best regards,
Chefs Chris and Karen*

Menu Update

As mentioned in a previous newsletter, our new menu was given to a nutritionist to ensure that we are meeting daily and weekly nutritional guidelines.

The nutritionist recently sent back a revised menu with some of the vegetables changed, ingredients in the entrees tweaked, and some of the desserts taken out. Most of her changes are fine with us, however, we are now working with her to see about other potential options for desserts, since we are one of the few active adult centers that offer appetizers and desserts. We expect to have the menu completed within the next few weeks – too late to start in January, but hopefully by February we will have everything in place to start serving.

Also of note, starting in 2026 we will have one menu for half of the year, and then change to another menu for the other half. We hope this will be an added benefit to our lunch program that will keep everyone interested in coming back for a variety of delicious, house made meals.



Did You Know?

Vinson Hall, a retirement community in Virginia, offers the following suggestions for seniors to ensure proper nutrition during the winter months:

Stay Strong – Chances of falls increase during the winter, so they recommend eating foods with protein like meats, vegetables, eggs, and almonds to help maintain strength.

Shorter Days – Since the days are shorter and there is less opportunity for sun exposure and natural Vitamin D, eat foods like salmon, egg yolks, red meat, and oranges to help.

Higher Calories Needed – Since your body works harder to stay warm in winter you tend to burn more calories, so eating foods like olive oil, granola, nuts, and peanut butter can help meet calorie requirements.

Include Seasonal Foods – Generally some of the seasonal foods that are healthy to incorporate into a winter diet are Brussels sprouts, beets, cauliflower, kale, parsnips, pumpkins, apples, cranberries, grapefruit, squash, cabbage, carrots, onions, leeks, fennel, and radicchio.

"January, the first month of the year. A perfect time to start all over again. Changing energies and deserting old moods. New beginnings, new attitudes."

- Charmaine J. Forde

WHAT'S COOKIN'?

January 2026

Kitchen "Jumble"- aya

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

1.	R	E	W	Y	N	I		
	○					○		
2.	D	O	G	R	U	N		
		○			○			
3.	O	A	V	C	O	D	A	
	○				○			
4.	D	A	B	K	E			
				○	○			
5.	S	E	M	E	A	S		
	○					○		

Chef Chris planned to eat corn on the cob on January 1st in celebration of

_____ " _____ "

Answers to December "Jumble"-aya:

1. SNACK
 2. YOGURT
 3. HOMINY
 4. WHIPPED
 5. POWER
- WE "WHISK" YOU A

THANK YOU, BUSY BEES!

The Center's Busy Bees Sewing Group received a donation of holiday themed fabric, and they graciously decided to make aprons for the Kitchen Crew to use during the Christmas season. Thank you so much for thinking of us and helping to make the season festive in the Kitchen!

New Year Word Search

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

The following words can be found in the puzzle above: ball drop, champagne, cheers, confetti, countdown, goals, herring, holiday, kiss, midnight, new year, party, pork, sauerkraut, toast. Words can be forward, backward, up, down, or diagonal.



Pictured above from left to right are Tuesday Kitchen Crew volunteers Carol R., Kathy B., Barb B., and Diane B. wearing our new Christmas aprons.

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