

THE PRIME TIMES



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

MAY 2025 **DATE SAVER NOTICE**

Monday, May 5, 2025

Post Preston's Pantry Clean-Up
Center Closed

Thursday, May 8, 2025

1 p.m.-Gift Card BINGO

Thursdays, May 1, 15 & 29, 2025

6 p.m.- BINGO Nite

Friday, May 9, 2025

Mother's Day Celebration
12:45 p.m.-Musical Entertainment by
Ralph Noll

Monday, May 19, 2025

Birthday Party
12:45 p.m.- Music with Michael Kropp

Wednesday, May 21, 2025

11 a.m.-Center Membership Meeting
12:45-Music by Keith Brintzenhoff

Wednesday, May 21, 2025

8:30 a.m.-5 p.m. – AAA 8-Hour First
Timers Road Wise Driving Course

Thursday, May 22, 2025

Center Close for Health Fair
Health Fair 10 a.m. to 12 p.m.

Monday, May 26, 2025

Memorial Day
Center Closed

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 Center Friends,

As we welcome the month of May, we embrace the warmth of spring and the joy of longer, sunnier days. This month brings opportunities to connect, celebrate and stay active together. With Mother's Day, Memorial Day, and plenty of exciting programs on our calendar, there's something for everyone to enjoy.

We encourage you to take advantage of our activities, whether it's joining us for a hot, nutritious lunch, an exercise class, attending a social gathering, or simply stopping by for good conversation and companionship. Your presence makes our Center a special place, and we look forward to sharing another wonderful month with you. Wishing you a happy and healthy May!

Giddy up for Kentucky Derby Day! Join us for an exciting day at The Center as we celebrate the Run for the Roses in true Derby style. On Friday, May 2nd, we'll enjoy festive hats, Kentucky Derby Table Air Races at 10:30 a.m., a delicious lunch which will include diced peaches, salisbury steak with gravy, mashed potatoes, broccoli, and pecan pie for dessert. After lunch at 12:45 p.m. we'll play Bingo! Don't forget to wear your favorite hat or bowtie – there'll be prizes for the most creative hat or bowtie. Let's gather for good fun, friendly conversation, and a little horse race excitement!

Students from the Alliance Christian School will be spending the morning at The Center on Wednesday, May 7th. They will visit with our members from 9 to 10 a.m. At 10 a.m., they will join our members in a fun game of balloon volleyball. They will join us for lunch and after lunch will return to their classroom.

Join us on Friday, May 9th as we honor the mothers, grandmothers, and special women who make our lives so meaningful. We are asking all the ladies to bring in a baby or childhood picture of themselves by Tuesday, May 6th for a fun game of "Who's That Baby". At 10 a.m. we will have a Mother's Day Family Feud Game, a delicious lunch which will include coleslaw, roast turkey with gravy, potato filling, corn, and dessert DuJour. At 12:45 p.m., our good friend Ralph Knoll will be providing musical entertainment. All the ladies in attendance for lunch will receive a beautiful flower to plant compliments of The Center. Whether you're a mom, remembering one, or celebrating someone special, we invite you to share in the love and joy of this beautiful day.

ACTIVITY SIGN UPS

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

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CASH PRIZE SUMMER RAFFLE

Get ready for some summer excitement with our Cash Prize Summer Raffle! Tickets go on sale on May 1st and every \$5 ticket is a chance to win cold, hard cash while supporting the programs at The Center.

Cash prizes include:

- 1st Place - \$250
- 2nd Place - \$100
- 3rd Place - \$75
- 4th Place - \$50
- 5th Place - \$25

The winners will be drawn at the Annual Summer Picnic on Friday, June 6, 2025, just in time for summer fun! You do not need to be present to win. Don't miss your chance to win and support The Center at the same time. Stop by The Center to purchase your tickets. For more information, please call Stacey Brennan at The Center at 610-367-2313, Ext. 1.

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MAY'S FOOD FOR THOUGHT

On May 6th at 10 a.m. Natalie Turbett, Wellness Director of the Boyertown YMCA, will be here to teach us how to read nutritional labels. She will have some activities to do and also share some handouts. There is no fee for this program.

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PROPERTY TRANSITION

For all of us, the need for living space and accommodations change as the years go by – fewer family members sharing our home, greater proximity to support systems and people and requirements for more accessible interior design to mention a few. **Brain Food guest, Dianne Beck, of KW Realty, will be here on Wednesday, May 7th, at 12:45 p.m., to offer information about “Property Transitions.”** Plan to come and share questions and comments with Dianne and other members.

MONTHLY BOOK CLUB*

Our Book Club meets the 2nd Tuesday of each month, May 13th at 1p.m. in the Center's Library. May's book will be The Women by Kristin Hannah. This historical fiction follows Frances “Frankie” McGrath, a young Army nurse, serving during the Vietnam War. During her research, the author interviewed nurses who served in Vietnam Nam and who now find it difficult to adjust to civilian life. This book promises to be a interesting and informative read!

Even if you read only a few chapters, we welcome you to join in the conversation.

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HISTORY REVISITED WITH DARIUS PUFF

Did you know Union General William Tecumseh Sherman was named after a fierce Shawnee warrior and chief? On Wednesday, May 14th, at 12:45 p.m., Darius Puff, a local Lenape historian, will talk about Chief Tecumseh who fought to unify the tribes before falling in the Battle of the Thames. Join us! For more information or to register, please call the Center Receptionist, Stacey Brennan at 610-367-2313.

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AAA 8-HOUR ROADWISE DRIVING COURSE

Driving skills should be continually improved to get the best out of your vehicle, meanwhile reducing risks to you, your passengers and others on the road.

The 8-hour First Timers course will be hosted by The Center at Spring Street and presented by AAA on Wednesday, May 21st from 8:30 a.m. to 5 p.m. with lunch available at 12 Noon by calling The Center at 610367-2313, Ext. 1. The fee for the course is \$15 for AAA members, \$25 for non-members, \$25 for couples (both must be AAA members) and no charge to Veterans. For more information or to register, please call AAA Reading-Berks at 484-987-7025.

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ANNUAL HEALTH FAIR

Stay informed and take charge of your well-being at our upcoming Health Fair at The Center on Thursday, May 22nd, from 10 a.m. to 12 Noon. Enjoy free health screenings such as Blood Pressure, Vitals and Balance, Hearing, Pre Diabetes and

Diabetes Risk Assessments, Spinal and Digital Foot Screenings, wellness resources, expert advice and giveaways. Meet local health professionals, explore services tailored for seniors, and learn tips for staying active and healthy. Don't miss this opportunity to connect, learn, and prioritize your health! For more information call 610-367-2313.

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RED, WHITE, & BLUE DAY

Join us at The Center as we celebrate Red, White, & Blue Day on Friday, May 23rd! Show your patriotic spirit by wearing your favorite red, white, and blue outfits as we honor the heroes who have served our country. Enjoy a delicious lunch which includes potato salad, double hot dogs on roll, party mix, baked beans, and dessert DuJour. After lunch at 12:45 p.m. the Spring Street Songsters will provide musical entertainment. Please mark your calendar and join us in a spirit of pride and remembrance.

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BLACK & WHITE TV TRIVIA

Join us for a fun-filled afternoon of classic television trivia on Wednesday, May 28th at 12:45 p.m. with Jenn Huggens of Crazy Trivia. Test your memory and relive the golden age of TV with questions about your favorite black and white shows, stars, and unforgettable moments. Whether you're a trivia whiz or just love a good laugh, there's something for everyone. Pre-registration is strongly suggested by signing up at The Center or by calling Stacey Brennan at 610-367-2313, Ext. 1. Don't miss out – bring your friends and your best TV memories!

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ANNUAL SUMMER PICNIC

Sunshine, Smiles & Good Times! Mark your calendars for our favorite warm weather tradition – the Annual Summer Picnic on Friday, June 6th from 9 a.m. to 2 p.m. at New Hanover Lutheran Church Picnic Grove located at 2941 Lutheran Road in Gilbertsville. Join us outdoors for a fun game of Gift Card Bingo sponsored by Chestnut Knoll, a delicious hamburger and hot dog picnic lunch with potato and macaroni salad, chips, pickles and

olives provided by Moyer's Catering, plenty of laughter with friends, and Jeff Krick's Elvis Tribute at 1 p.m. sponsored by Berks County Area Agency on Aging. There will be a fee of \$10 per person due at time of reservations. Reservations will begin on Monday, April 21st for paid Center members and Thursday, May 1st for General members. Be sure to sign up early as space is limited. It's the perfect way to celebrate summer and enjoy the great company of our Center friends!

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CONGRATULATIONS TO OUR PICK 3 LOTTERY WINNERS

A big thank you to everyone who supported The Center's Pick 3 Evening Lottery fundraiser in April and a special congratulations to our lucky winners! Your generosity helps us continue offering great programs and activities for our community. The Center could not do the things we do without your support.

PICK 3 EVENING LOTTERY WINNERS:

- 4/1/25 - #445 – Jeff Delp
- 4/2/25 - #716 – Karen Vivian
- 4/3/25 - #293 – No Winner
- 4/4/25 - #216 – Michelle Goodsir
- 4/5/25 - #005 – Betty Schuler
- 4/6/25 - #462 – Kathy Stufflet
- 4/7/25 - #496 – Dot Hamm
- 4/8/25 - #153 – Chuck Texter
- 4/9/25 - #720 – Peg Horne
- 4/10/25 - #612 – Alma Hutchinson
- 4/11/25 - #463 – Kathy Stufflet
- 4/12/25 - #086 – Beth Biehl
- 4/13/25 - #558 – Linda Fiorini
- 4/14/25 - #151 – Betty Mealey
- 4/15/25 - #720 – Peg Horne
- 4/16/25 - #462 – Kathy Stufflet
- 4/17/25 - #955 – No Winner
- 4/18/25 - #781 – Betty Mealey
- 4/19/25 - #437 – No Winner
- 4/20/25 - #103 – Mary Bieber
- 4/21/25 - #387 – Anna Mae Rinehart

Congratulations to our winners and thank you all for supporting The Center at Spring Street.

“May Night”

The spring is fresh and fearless
 And every leaf is new,
 The world is brimmed with moonlight
 The lilac brimmed with dew.
 Here in the moving shadows
 I catch my breath and sing-
 My heart is fresh and fearless
 And over-brimmed with spring.

Sara Teasdale



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HAPPY BIRTHDAY TO OUR MAY CELEBRANTS!!

- | | | | | |
|---------------------------------|-------------------------|---------------------|----------------------|-------------------------|
| 01 Linda Bewley | 07 John Michael | 10 Doris Weiser | 18 Shirley Moyer | 24 Dolores Mauger |
| 01 Diane Bender | 07 Tracy Reigner | 10 Donna Williams | 18 Barbara Shutt | 25 Robert Trainer |
| 01 Marie DiLauro | 07 Annette Weller | 11 Mary Alatorre | 18 John Yeager | 25 Janet Watt |
| 01 Netta Forrest-Guzik | 07 Susan Stouch | 11 Rosemary Sorg | 18 Tammy Zimmerman | 25 Carl Robertson |
| 01 Charles Griesemer | 07 Kathleen Balsavage | 11 Sharon Wessner | 19 Bonnie Rothermel | 26 William Kauffman |
| 01 Donna Wunderlich | 07 Roy Hoffman | 11 Kathy Noll | 20 Michael Sova | 26 Ralph Noll |
| 02 Gloria Beidler | 07 Linda McCue | 12 Colleen Spence | 20 Barbara Cameron | 26 Carolyn Johnson |
| 02 Howard Cashatt | 07 Stanley Nedzia | 12 Vivian Baro | 20 Maria Novak | 26 Lanette Welch |
| 02 Madeline Cordier | 08 Linda Murray | 12 Mae Gabel | 20 Carole Rossi | 27 Nancy Bernhard |
| 02 Alan Kugler | 08 Connie Bixler | 12 Elaine Moll | 20 Ruth Sacks | 28 Helen Bunn |
| 02 Joseph Wallace | 08 Janet Gibson | 13 Lee Heffner | 20 Lois Streett | 28 Elaine Sullivan |
| 03 Robert Krauss | 08 Michelle Goodsir | 13 Claudia Emery | 21 Florence West | 28 Sharon Solt |
| 03 Patricia Reinert | 08 Patricia Klauss | 14 Anna Harrison | 21 Tom Drauschak | 29 Gloria McNeal |
| 03 Lauren Lisowski | 09 Rosemarion Bolognese | 15 Gretel Witkowski | 22 Mary Sullivan | 29 Helen Faust |
| 04 Walter Burkepile | 09 Robert Drugac | 15 Eileen Murray | 22 Lucy Trainer | 30 Barbara Elmo |
| 04 Joan Updegrove | 09 Barbara Dodridge | 15 Karen Seyler | 23 Joan Weiser | 30 Shirley Stone |
| 04 Judy Manfredi | 09 Franklin Snyder | 15 Ann Taylor | 23 Susan Cook | 31 Diana Steinberg |
| 05 Gordon Moser | 09 Gene Henke | 16 Joanne Bieber | 23 Kathleen Koresko | 31 Sallyanne Reidenhour |
| 05 Jeanette Nazaryk | 09 Kitty Trainer | 16 Sandra Moser | 23 Marcie Mammarella | 31 Kathy Steckel |
| 05 Jeffrey Schultz | 09 Cynthia Brown | 16 Foreman Smith | 23 John Pichelman Sr | |
| 06 Ellen Fronheiser | 10 Rosetta Schankweiler | 17 Cecelia Harbison | 23 Rita Latshaw | |
| 06 Thomas Christman | 10 Joseph Toth | 18 Sandra Mutter | 24 Iris Corcino | |
| | 10 Christine Gaspari | | | |

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THE CENTER AT SPRING STREET BULLETIN BOARD

MEMBERSHIP

Please check your membership card for your renewal date!

THOUGHTS AND PRAYERS TO:

Larry Solar

OUR DEEPEST SYMPATHY TO THE FAMILY & FRIENDS OF:

Thankfully there are no sympathies this month.

“INVITATION”

April celebrants are invited to celebrate their birthday at the Center on Monday, May 19, 2025, from 10 A.M. to 2 P.M.
 Musical Entertainment: Michael Kropp at 12:45 P.M.
 R.S.V.P. (610) 367-2313, by Thursday, May 15, 2024.
 Please bring your current membership card to receive a complimentary meal.

BRAIN FOOD

May Menu



Property Transitions

Wednesday, May 7th

With Dianne Beck, of K/W Realty



History Revisited: Tecumseh

Wednesday, May 14th

Darius Puff, Lenape Native American

Storyteller, Presenter

Sponsored by Berks County Area Agency on Aging



Membership Meeting: 11:00 a.m.

In the Dining Room

Wednesday, May 21st

Followed by Lunch &

Keith Brintzenhoff, Folk Music and "Corn!"



Black & White TV Trivia

Wednesday, May 28th

Crazy Trivia Presentations

with Jann Huggens

All Brain Food programs will begin at 12:45 p.m. and be held in the Center's Exercise/Classroom upstairs, unless otherwise indicated.

3D SCREENING MAMMOGRAMS



Helping People, Strengthening Communities

The Center at Spring Street

****200 West Spring Street****

Boyertown, PA 19512

****With GPS, use "200 Spring Street"****

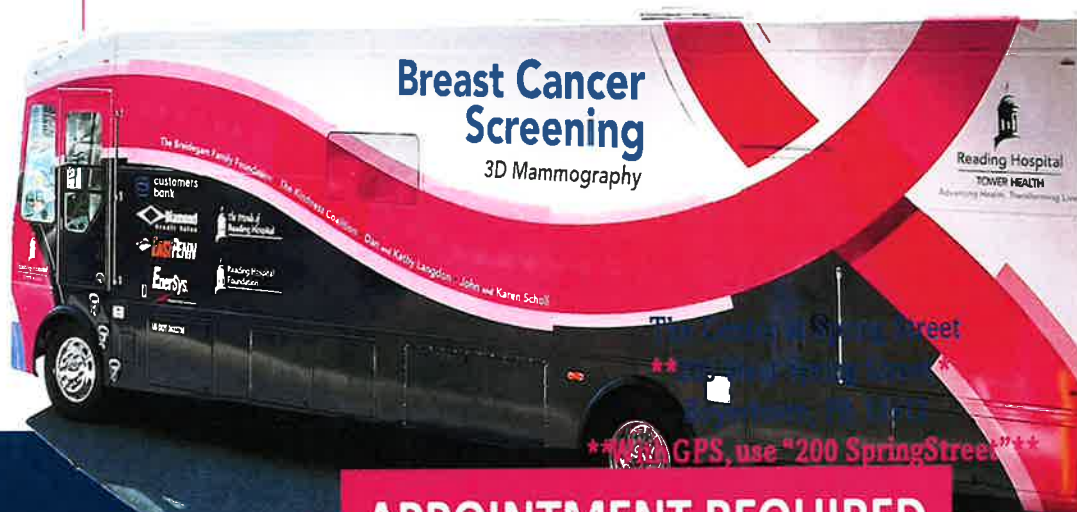
Reading Hospital Mobile Mammography Coach

The Center at Spring Street

A Program of Boyertown Area Multi-Service

- **June 20th**
 - **October 24th**
- 8 a.m. to 4 p.m.**

This program is sponsored by the Reading Hospital Foundation.



THE CENTER at SPRING STREET'S ANNUAL

HEALTH FAIR



Stay Informed! Stay Healthy!

Visit the Center at Spring Street's Annual Health Fair and access products and services that can improve your quality of life. Come to connect with local healthcare providers and learn about nutrition, fitness and preventive care.

The Health Fair is open to the public, and free of charge. The vendors, presenters and services will highlight healthy living for active older adults.

The Health Fair will welcome you with Door Prizes, and healthy free giveaways!

For more information, or if you are interested in being a vendor, please contact Center Director Lori Bernhard, at 610 367-2313, Ext. 6, or at: lbernhard@boyertownareamulti-service.org

**Thursday, May 22, 2025
10:00 a.m. to 12:00 p.m.
The Center at Spring Street
200 West Spring Street
Boyertown, PA
610 367-2313 Ext. 1**

WHAT'S COOKIN'?

May 2025

After a long winter that dragged its cold feet into April, we finally get to enjoy the warmth and blooms of May. As you relish the sun beaming down and our gardens and yards springing to life, we hope you will find time to come in and enjoy lunch at the Center at Spring Street. We hope you will also take time to appreciate moms on Mother's Day and our fallen heroes on Memorial Day. Cheers to the start of summer!

*Best regards,
Chris and Karen*

Chef Field Trip



On March 22, Chefs Chris and Karen joined other community members to serve as judges for the 2025 Kids Celebrity Chef Contest during the Wellness Council's Health Fair. Entries from the 6 participants included Broccoli Bites, Ellie's Broccoli Topped Smashed Potatoes, Em's Berry Pie Oats, Mushroom Marinade, Owen's Super Superbowl Veggie Chili, and Zucchini Pizza Bites. At the end of the day, Emma Balasa was picked as the judge's choice for her Em's Berry Pie Oats, and Cameron Miller was chosen as the public's first place winner for her Mushroom Marinade. All the children did a fantastic job of creating and presenting delicious treats!



Did You Know?

Galleria Woods, a senior living community, has the following good sense gardening tips for seniors on their website.

- **Limber up first:** Stretching before gardening can help reduce any aches and pains after.
- **Be safety conscious:** Keep water on hand to hydrate, wear gloves and closed-toed shoes to protect hands and feet, and don a hat to shield you from the sun's UV rays.
- **Plant more conveniently:** Use raised beds or containers to combat some of the bending and kneeling when gardening.
- **Use appropriate tools:** Tools should be lightweight, have handles with good grips, and be long enough to reduce some of the bending required in gardening.
- **Add a garden bench:** Benches can add to the aesthetic you create in your garden, while also providing a place to take a break while working in the garden.
- **Choose low-maintenance plants:** Perennials need only be planted once to come up year after year and can be much less work than planting annuals every year.
- **Ask for help:** Reach out to family, friends, or neighbors to help with the more difficult or strenuous tasks.

*"The beautiful spring came; and when nature resumes her loveliness,
the human soul is apt to revive also."*

- Harriet Ann Jacobs

WHAT'S COOKIN'?

May 2025

Kitchen "Jumble"- aya

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

1.	S	E	R	D	T	E	S
	○			○			
2.	A	P	T	E	L		
	○				○		
3.	N	I	F	K	E		
		○	○				
4.	A	N	P	U	C		
	○	○					
5.	P	U	S	Y	O		
	○		○		○		

Because it was a beautiful day in May, Executive Chef Chris cooked his breakfast

Answers to April "Jumble"-aya:

1. CRUNCH 2. BLEND 3. RADISH 4. HOMINY 5. GRATER
'BERRY' MUCH

Some of our Wednesday Kitchen Crew volunteers (from left, Jane H., Janet G., Carole S., and Sharee K.) recently posed for the Center pin-up calendar. The photo shoot was filled with a ton of laughs and fun. Thanks, ladies, for stepping up and helping support the Center! We can't wait to see the final picture!



The Mother's Day meal on Friday, May 9 will include Coleslaw, Roast Turkey and Gravy, Potato Filling, Corn, and a Special Dessert.

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

May Word Search

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

The following words can be found in the puzzle above: birds, bees, blooms, dandelion, herbs, hose, flowers, garden, green, hope, Memorial Day, mom, mow, plants, renewal, seeds, spring, sunshine, and warmth. Words can be forward, backward, up, down, or diagonal.

OOH LA LA, LADIES!

Healthy Steps in Motion!



EXERCISE PROGRAM FOR BETTER LIVING

Developed by the PA. Department of Aging, as part of Pennsylvania's Fall Prevention Initiative, this exercise program is designed to build body strength, increase flexibility and improve balance.



Designed for people of all fitness levels, the exercises are taught and led by a certified instructor and meets for one hour sessions for eight weeks. Each session starts with a warm-up, followed by strength & balance exercises and ends with cool-down stretches.



Mondays

9:15-10:15am: Class A

10:30-11:30am: Class B

June 23rd through August 18th



**Center at
Spring Street
200 W Spring Street
Boyertown**

TESTIMONIALS:

"Greatest improvements were in overall strength and balance; less depression and healthier eating."

"I started this class with a walker and now I'm walking without one."

"My doctor stated that my health issues have improved across the board."



FREE, but requires registration!

Call Kate Sweinhart: 610-582-1603

Email: ksweinhart@berksencore.org