

THE PRIME TIMES

Boyertown Area Senior Center
A Service of Boyertown Area Multi-Service
610-367-2313

FEBRUARY 2025

DATE SAVER NOTICE

Thursday, February 5, 2026

Thursday, February 19, 2026

6-9 p.m.-BINGO Nite

Friday, February 6th, 2026

Souper Bowl Friday

12:45 p.m.-Souper Bowl Bingo

Friday, February 13, 2026

VALENTINE'S DAY CELEBRATION

10:30 a.m.-Game – "So You Think You Know Me?"

12:45 p.m.-Sweet Treat BINGO

6:30 p.m.- 9:30 p.m.

The Sweetheart Dance

Monday, February 16, 2026

President's Day

CENTER CLOSED

Tuesday, February 17, 2026

Mardi Gras- Fat Tuesday

10:00 a.m.-Fasnacht Donuts

12:45 p.m. Music by Glenn Miller

Wednesday, February 18, 2026

11 a.m.-Center Membership Mtg.

12:45 p.m. Gift Card Bingo

Thursday February 19, 2026

10 a.m. Heart Healthy Program

With Chris Yokum

Monday, February 23, 2026

BIRTHDAY PARTY

12:45 p.m. Chuck Rismiller

Birthday Cake provided

By Chestnut Knoll

From Kim and Center Staff....

Welcome February!

February may be the shortest month of the year, but it's full of heart. It's a time to celebrate friendship, kindness, and the simple joy of spending time together. As we settle into winter, we're grateful for the warmth of our center family and all the moments we share that make each day special.

Kick off Super Bowl weekend with us on Friday, February 6th for Souper Bowl Friday! Show your team spirit and support a great cause by bringing canned soup donations for our Preston's Pantry. Wear your team's gear and help us tackle hunger together! Join us for lunch which will include potato salad, flounder, macaroni and cheese, stewed tomatoes, and fruited Jello. After lunch at 12:45 p.m. take a chance at winning a can of soup during Friday Bingo! Stop by The Center at Spring Street on February 6th – let's score big for our community!!!

Celebrate the season of love this Valentine's Day at The Center at Spring Street. Whether you're celebrating with your special someone or friends, we have activities and surprises for everyone. On Friday February 13th at 10:30 a.m. we will play a fun game that is a spinoff of "The Newlywed Game" called "So You Think You Know Me" and will be played with partners. One will leave the room, and the other will be asked questions about the first person. The first person will come back into the room and will be asked the same questions, and we will see if the answers match. The duo having the most correct answers will win a small prize. Lunch will be served at 12 noon and will include Crab Cakes, rice pilaf, carrots, diced peaches, , and dessert DuJour! After lunch, we will play Sweet Treat Bingo. Don't miss out on the fun – let's make this Valentine's Day truly unforgettable. If you will be joining us for lunch, please be at the Center by 11:15 a.m. To end our special day we will be hosting our Valentine Sweetheart Dance from 6:30 p.m. to 9:30 p.m. More information about the dance is listed on the next page under Friday Nite Dance.

Interested in starting a Bridge Club? We are looking for players to start a bridge club. If anyone is interested, please let Kim, Stacey or Russ know and we will add your name to our list. We would need at least four players to start up the game. Please see our Activity Calendar for all other card games and all activities we offer including some upcoming **new crafts** that

**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**

Please see our Activity Calendar for all other card games and all activities we offer including some upcoming **new crafts** that are being held in our craft room and offered by our members **Cindy Dreyer and Pat McVey** who has started up a Craft Club offering craft activities to all members! They will be making centerpieces for different holidays for the Center's dining tables along with offering new and fun crafts, so be on the lookout for our upcoming craft sign-up sheets to come out and get yourself signed up! Our next craft will be a Valentine Craft held on Thursday February 5th @ 12:45 p.m. with Cindy and Pat along with a Mardi Gras Craft the following Thursday the 12th at 12:45 p.m. And make sure you get signed up for a special craft project **with Sheena from Pottstown Skilled Nursing & Rehab** on Friday February 6th at 10:00 a.m. Thank You Ladies for making these crafts possible, we appreciate all that you do!

If interested in donating any supplies to the craft club, please see Cindy or Pat for a list of items that they are looking for. Thank You!

* * * * *

BINGO NITE

Join us for a fun filled Bingo Nite fundraiser at The Center at Spring Street on Thursday, February 5th and 19th, from 6 to 9 p.m. Enjoy an exciting evening of games, prizes, and community spirit, all while supporting a great cause. Bring your friends and neighbors and don't miss the chance to win big! 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 \$.50 cents each. BINGO Prizes include meat prizes provided by Burts Farms and grocery prizes. There are four special money games which include Bonanza, 50/50, U Pick Em and Either/Or with cash prizes. BINGO Nite is open to the public. Proceeds will go toward The Center at Spring Street's Activity Fund. Mark your calendars for February 5th and February 20th at 6 p.m. and help make a difference! Hope to see you there!

FRIDAY NITE DANCE

The Sweetheart Dance – Lets Celebrate Love & Friendship! Join us for our Valentine's Dance, a fun-filled evening of music, laughter, and togetherness -our **first dance of the New Year!** When: Friday February 13th from 6:30 to 9:30 p.m. Admission: \$ 10.00 per person \$8.00 per paid center member. Music by D.J. Vybe.

Whether you come with a partner, a friend, or just your dancing shoes, this is sure to be a wonderful time for everyone!

A Special Thank You to Our Sponsor

We extend a heartfelt Thank you to Vicki Kriczky, and Nicole Groff from The Residence at Boyertown for generously sponsoring our Sweetheart Dance. Your support helps make events like this possible and brings joy to so many of our members. We truly appreciate your kindness and commitment to our center- thank you for helping us kick off our 2026 dance in such a special way!

* * * * *

We would also like to give a Special Thank You to Beth Biehl for sponsoring the Fasnacht Donuts for Mardi Gras! Chestnut Knoll for sponsoring our Monthly Birthday Party Birthday Cake!

* * * * *

AAA ROADWISE DRIVING COURSE

Refine your driving skills and maintain your independence! Learn how to hone your driving skills and learn about new vehicle technology and driving tips for today's drivers.

Driving is a skill that can and should be continually improved. **AAA's Road wise Driver™** is a course to help senior drivers keep driving knowledge fresh and get the most out of your vehicle, while reducing risk to you, your passengers and others on the road. The course covers topics like:

- Extending Your Safe Driving Career
- Distractions, Drowsiness, Aggressive Driving & Road Rage
- Managing Visibility, Time & Space
- Alcohol & Medications
- Comfort & Safety Tips

As a group, senior drivers are at a higher risk of having a serious collision per mile

driven than any other age group except for those under age 25. Drivers in their late 70s have about the same number of injury-involved crashes per mile driven as drivers in their early 20s. And driver's age 85 and older are injured or killed in crashes at a higher rate than any other age group. This is due primarily to increased fragility that comes with age. Older senior drivers are generally less able to withstand the forces of a crash, so they are more likely to become injured, compared with younger, stronger and fitter individuals. Older adults also don't typically recover from injuries as quickly as they once did.

Classroom driver improvement courses are taught by AAA-certified instructors trained to make your experience educational and engaging – and to make you a better driver. In this environment, you can ask the instructor questions, learn from others in a group setting and gain hands-on experiences in real world situations.

Classroom driver improvement courses are taught by AAA-certified instructors trained to make your experience educational and engaging – and to make you a better driver. In this environment, you can ask the instructor questions, learn from others in a group setting and gain hands-on experiences in real world situations.

The Center at Spring Street will be hosting a AAA 4-hour Road Wise refresher drivers' course on Monday, March 30th from 9 a.m. to 1 p.m. For Cost of classes and list of monthly dates or to register for upcoming classes that start in March thru October, please call AAA Reading-Berks at 484-987-7025.

* * * * *

Winter surely has made an appearance!

With safety in mind on days where snow is on the horizon, frigid temperatures or uncertainty of weather conditions, please look for updates on delayed openings or closures for The Center at Spring Street, at the following: WFMZ Channel 69 Storm Center or call The Center at 610-367-2313 Ext.1. All schedule changes, cancellations and closings will be on our phone message by 7 a.m. You can also check our Facebook page (The Center at Spring Street) for any announcements. Enjoy the snow, stay safe and keep warm! Spring is almost here!

* * * * *

Just a reminder that we will continue to collect Save -A-Tape / Redner's Receipts.

Last year they raised \$ 667.13 for The Center, Thank You to all who helped achieve this amount by saving and bringing in your receipts for us!

* * * * *



Thank you to our dietetic intern, Caroline Giovinazzo, for creating our new Nutrition Board. Come and check it out in person. Since February is the month of love, the board is all about eating to "love your heart". The nutrition board will continue to share nutrition education throughout the rest of the year.



February Tale
 Above the Earth, it's mitten cold,
 and children scurry, rubber soled
 Their icy breath curls in the air,
 And every tree is twig -thin bare...
 Oh, February
 Yet far beneath the frozen crust,
 An eager bud begins to thrust.
 Another season's written there,
 Another story winter's heir...
 Ah, February!



HAPPY BIRTHDAY TO OUR FEBRUARY CELEBRANTS!!

- | | | | | |
|---------------------|--------------------|----------------------|--------------------|---------------------|
| 01 Elizabeth Biehl | 07 Faye Swavely | 11 Eileen Heffner | 18 Roy Schantz | 23 Donna Russell |
| 01 Leonard Good | 07 Norman Wilkie | 12 David Angstadt | 19 Karen Dezura | 25 Sharon Toth |
| 01 Mildred Bregovi | 07 Ralph Bradley | 12 Theresa Ellis | 19 Maddy Cameron | 26 Gerald Reitnauer |
| 01 George Lupold | 07 Bobbi Golowski | 12 Joanne Wentling | 19 Danielle Wade | 26 Debra Haas |
| 01 Sharon Weaver | 07 Beatrice Siever | 12 Dennis Pogany | 20 Barry Stichter | 26 Shirley Miller |
| 01 Mary Fronheiser | 08 Denise Knapp | 13 Trudy Prutzman | 20 Pat McVey | 26 Carol Bachman |
| 02 Karen Wolff | 08 Kenneth Moyer | 15 Beth Reese | 21 Susan Laubach | 26 Paul Madsen |
| 02 Joanne Rissell | 08 Andrew Roach | 15 Kathleen Benning | 21 Ted Hoey | 27 Ruth Fuchs |
| 03 Marie Adamski | 09 Joan Prussack | 15 Lorraine Rigg | 21 Margaret Houser | 27 Neil Brunner |
| 03 Rose Marie Fratz | 09 Matt Santangelo | 16 Kevin Kirkpatrick | 21 Peg Horne | 27 Randall Houck |
| 03 Sandra Gilbert | 09 William Truitt | 16 Gene Ludwig | 22 Linda Brunner | 27 Patricianne Hart |
| 04 Lawrence Bandura | 09 Pamela Pascal | 16 Stephanie Strobel | 22 Constance Sebio | 27 Donna Yeager |
| 04 Kathryn Eckard | 09 Wendy Chapman | 17 Dennis Bolonski | 22 Katie Cleaver | 28 Carol Haynes |
| 04 Rita Heintz | 10 Elaine Stout | 17 Barbara Yerger | 22 Esther Gabel | 29 Joan Rissell |
| 05 Patricia Kujat | 10 Jean Esbensen | 17 Denise Miller | 23 Ruth Bower | |
| 05 Joan Mensch | 10 James Watkins | 17 Veronica LaBua | 23 Marlene Smale | |
| 05 Linda Feig | 11 Terry Messner | 18 Sandra Hoffman | 23 Winifred Scogna | |



**THE CENTER AT SPRING STREET
 BULLETIN BOARD**



MEMBERSHIP

Please check your membership card for renewal date!

GET WELLS

Betty Schuler
 Elmer Hilbert
 Mary Stouch

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

Kathy Irwin
 Millie Bregovi

"INVITATION"

January celebrants are invited to celebrate their birthday at the Center on Monday, February 23, 2026, from 10 A.M. to 2 P.M.

Musical Entertainment: Chuck Rismiller, (Neil Diamond)
 R.S.V.P. (610) 367-2313, by Thursday, February 19, 2025.

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

WHAT'S COOKIN'?

February 2026

With Valentine's Day falling on the 14th of the month, February is seen as the month of love, but love need not be romantic. Many of our friendships and endeavors can fall into the category of love as well. We in the Kitchen hope that you will find love, of any kind, in your life, whether it be with people, activities, or life itself. Please consider coming into the Center for a great meal, as well as fellowship, friends, and fun. Happy Valentine's Day, and we hope to see you soon.

*Best regards,
Chefs Chris and Karen*

New Menu Starting!

This month, we are unveiling our new menu!

We have added new entrées and moved many of your old favorites to different days with new appetizers, sides, and desserts. We also brought back some meals that we have not served in years, but we thought now would be a good time to offer them again. We hope you like the changes and look forward to your feedback via suggestions in the Voice Box.

In 2026, we are also moving to a two-menu per year format, so if you are not happy or are extremely happy with something, let us know so we can take that into consideration for the next menu, which we will begin serving in the summer.

We hope you will come in to try everything and stick around for the activities and entertainment the Center offers!

Did You Know?

Valentine's Day is a holiday that everyone should be able to celebrate, whether as a couple or just with each other. Following are several ideas to enjoy the holiday with the people you care about.

Card Exchange: Host a get-together, as in a casual potluck or coffee social, and ask people to bring cards for a festive exchange.

Just Be There: Spend time with people you care about by just being present and enjoying the time together.

Memory Lane: Either alone or with family and friends, enjoy an afternoon reminiscing by looking at old photos, watching old movies, and sharing experiences.

Galentine's Day: Get your girlfriends together and go out or stay in and enjoy each other's company.

Favorite Things Party: Each person brings enough of one of their favorite things for everyone attending (as in cookies, beverages, or small trinkets). This could also be White Elephant style where each person brings a wrapped gift and everyone takes turns unwrapping a present.

HAPPY
Valentine's Day

*"Love all, trust a few, do wrong to none."
- William Shakespeare*

WHAT'S COOKIN'?

February 2026

Kitchen "Jumble"-aya

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

1.	R	E	D	G	I	P	R	O
	○		○					○
2.	N	O	N	I	O			
	○							
3.	T	A	C	E	R	E	N	D
	○							○
4.	M	O	T	T	O	A		
		○			○			
5.	T	A	B	R	E	S	T	
		○		○			○	

As Valentine's Day approached, Sous Chef Karen told Executive Chef Chris, "I know they are usually Idaho, but this month the

should be _____."

Answers to January "Jumble"-aya:

1. WINERY 2. GROUND 3. AVOCADO 4. BAKED 5. SESAME
NEW "EARS" DAY

Valentine Word Search

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

The following words can be found in the puzzle above: angel, arrow, candy, cherish, connection, cupid, date, dessert, dinner, flowers, friends, heart, joy, kiss, love, red, sweets, support, together. Words can be forward, backward, up, down, or diagonal.



In late December, the Kitchen had our yearly inspection by the Pennsylvania Department of Agriculture and we again passed. However, in an effort for full disclosure, we were cited for the first time in more than 10 years for having two minor violations. We had two dented soup cans and we were using (unbeknownst to us) unsuitable containers for our gravy and sauces. We immediately removed the cans from storage, and soon after purchased acceptable containers. We were pleased to have passed, but disappointed that there were violations since we strive for cleanliness and compliancy with all the safety rules. We tell you every year how we fare with our inspection, and despite it not being perfect this time, we wanted you to know. We will continue to work on following all guidelines and will try harder in 2026 to ensure our inspection later this year will be violation-free.

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

4 tips for eating healthy in 2026



Eat well

- Meals should consist of fruits, vegetables, whole grains, dairy, and protein to help reduce the risk of developing high blood pressure, diabetes, and heart disease.

Tip - Make half your plate fruits and vegetables for each meal. Move to low fat or fat free dairy products like milk or cheese.



Limit saturated fats

- Saturated fats can build up and increase your risk of heart disease weight gain.

Tip - Make healthy swaps!

For example - swap whole milk for 1% milk, swap canola oil for olive oil, swap red meats for lean meats like chicken or pork



Eat plenty of lean protein

- Protein needs increase with age to prevent loss of muscle and aid in healing.

Tip - eat protein at every meal!

Lean protein sources - eggs, chicken, pork, nuts, beans, lentils, and fish.



Be aware of salt

- Salt contributes to high blood pressure, heart disease, and other chronic disease.

Tip - try to limit processed foods as these have very high amount of salt, rinse canned vegetables before using.

Happy February! My name is Caroline and I am a dietetic intern who is studying nutrition at Cedar Crest College. Your lovely center has allowed me to come in, uproot everything, be in the way and take your dessert away. I am just kidding! There might be a dessert thief who comes around and steals your dessert! (it's me!) Here's some more about me! I received my bachelor's degree at Ursinus College, then I went to do my master's degree at Drexel University. Now, I am at Cedar Crest College doing my internship and hopefully, I will be a Registered Dietitian 12 months from now. I love to bake, spend time with my family and friends and my two dogs named Sunny and Marco.

So, what made me decide that I wanted to go into nutrition? I have a passion for helping people and an even stronger love for food. One day, my mom gave me the best advice I have ever received. She said, "Why don't you become a dietitian?". I mean that's a good question, why don't I? About 3 years later and here I am. With all of you, doing the (almost) final step to becoming a dietitian.

I am here from January 13th - February 13th and then again from March 21st - April 24th. If you would like to come talk at any point while I am here, I would be honored. We can talk about anything from fruit and vegetables to TV shows or games you like to play. I am planning on doing some presentations and making some nutrition education materials so if anyone is interested, keep a look out for that!

A huge thank you to everyone here at The Center at Spring Street for allowing me to do part of my internship here. You will all have such a major impact on my education, and I am so thankful for you!

c.giovinazzo958@cedarcrest.edu

Support Local Seniors

All items

Fundraiser Clearance Sale

Suggested donation of

\$5

All proceed support
The Center at Spring
Street's Activity Fund

8 GREETING CARDS
1 CALENDAR, Lg or Sm.





**The Center
at Spring Street
Presents
The Sweetheart Dance**

**Friday, February 13th
from 6:30 p.m. to 9:30 p.m.
Music provided by**

DJ Vybe

**Admission: \$10.00 per person
\$8.00 per paid Center Member
Tickets may be purchased now at the Center
or at the Door**

**Hot Dog Bar and Munchies for purchase
*(Please, no outside food or drinks)***

Sponsored by The Residence at Boyertown