

THE PRIME TIMES

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

MARCH 2026

DATE SAVER NOTICE

Monday, March 2, 2026

January and February
Birthday Celebration

10:00 a.m. Birthday BINGO

12:45 p.m.-Chuck Rissmiller

Thursday, March 5 & 19, 2026

6:00 p.m. BINGO Nite

Monday, March 17, 2026

St. Patrick's Day Celebration

10:00 a.m. St. Patrick's Day

Shenanigans

Wednesday, March 18, 2026

11 a.m.-Center Membership Mtg.

12:45 p.m. Ralph Noll

Friday, March 20, 2026

10:00 a.m. Rachel Nazaruk
"Out of Hibernation"

12:45 p.m. Gift Card BINGO

Monday, March 30, 2026

Birthday Party

12:45 p.m.-Dave & Brenda
Rehrig

Looking Ahead:

Annual Heath Fair-

Friday, May 22, 2026

10 a.m.- 12 p.m.

**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

Dear Center Friends,

As we step into March, we welcome the promise of warmer days, fresh beginnings, and opportunities to connect with one another. Whether you're joining us for engaging activities, educational programs, or simply a cup of coffee, a hot nutritious lunch, and good conversation, we are grateful to have you as part of our Center.

As always, our goal is to create a welcoming and supportive space for everyone. If you have suggestions or ideas for future programs, we'd love to hear from you! Let's continue making this a place where friendships grow and memories are made. Wishing you a wonderful March filled with joy and good health!

I am happy to announce that The Center will be offering haircuts starting on Thursday, March 19th from 1 p.m. – 2:30 p.m. The cost will be \$10 per person. The haircuts will be available every third Thursday of each month. A special thank you to Tina Giorgio, of Tina Giorgio's Salon, for making this happen! Call the Center 610-367-2313 to reserve your spot today!

What a winter we're having! So much snow has forced us to cancel the January and February birthday parties! We don't want to forget our special birthday members for those months, so Chuck Rissmiller will be coming on March 2nd at 12:45 p.m. to help us celebrate the missed birthday parties. Join us for the celebration by starting your day at 10:00 a.m. with Birthday BINGO.

I would like to say
THANK YOU to the Calendar
Girls for replacing our broken
refrigerator. BINGO Nite
wouldn't be the same without
it!



Another THANK YOU goes out to The Residence at Boyertown for sponsoring our Sweetheart Dance and making it such a success! A good time was had by all.

Once again, Dr. Szymanski, of KS Dental in Boyertown, has donated girl scout cookies for BINGO prizes! Every year this makes for some happy BINGO winners.

ACTIVITY SIGN UPS

All March activities and programs that require pre-registration will be available for sign-ups beginning Monday, March 2nd, unless otherwise noted in their description below!

* * * * *

JOIN OUR CENTER BOOK CLUB

Love to read and share your thoughts? Come be part of our Center Book Club! Each month, we dive into a new book and enjoy lively discussions with fellow book lovers.

Our Book Club meets the 2nd Tuesday of the month (March 10th) at 1:00 p.m. in the Library at the Center. This month we will be reading *Snow Flower & the Secret Fan* by Lisa See. This 2005 historical novel is about the lifelong friendship between two women in 19th-century China, Lily and Snow Flower, who communicate through a secret women's language called nu shu.

Whether you've read every page or just a few chapters, all are welcome to join the conversation! Come and connect, share, and discover great reads with us!

* * * * *

MARCH CRAFTS

Join Cindy & Pat in the craft room for 2 crafts in March. The first craft will be on March 12th at 10:00 a.m. for a St. Patrick's Day craft. There will be a \$2 charge for materials due on the day of the craft. The Easter craft will be on March 26th at 10:00 a.m. Sign-up sheets will be available beginning March 2nd.

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HISTORY REVISITED WITH DARIUS PUFF

This month on Wednesday, March 11th, at 12:45 p.m., Darius Puff, a local historian whose heritage includes Lenape and English, will speak about "The Capture of Quebec". The Capture of Quebec on September 13, 1759, was a pivotal British victory during the Seven Years' War (French and Indian War), where Major-General James Wolfe's forces defeated the French under the Marquis de Montcalm on the Plains of Abraham. This 15-minute battle secured British control over Canada, ending French rule.

* * * * *

SPRING CLEANING SWAP

One person's clutter is another person's sweet freebee! So, to help each of you clean out a little for springtime and swap your **lightly used**

expendables for another's, we will be setting up the Spring Swap Table in the Dining Room on Thursday, March 19th, open for "business" from 10:00 a.m. to 2:00 p.m. Each "donor" will be allowed to bring one or two items, thereby getting a chance to take one or two items home. At 2:00 p.m., we will box up what's left as donations to our Autumn Flea Market.

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19TH ANNUAL WELLNESS FAIR

Take charge of your health and well-being at the Wellness Council of Boyertown's 19th Annual Wellness Fair on Saturday, March 14th, from 10 a.m. to 1 p.m. at Boyertown Senior High School located at 120 Monroe Street. Explore valuable resources, meet local health experts, and enjoy wellness activities like Senior Walking Bingo at 10:30 a.m. designed with you in mind. This is a free event.

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APRIL PICK 3 EVENING LOTTERY FUNDRAISER – SUPPORT THE CENTER AND WIN MONEY

Try your luck and help us raise funds for our programs with the Pick 3 Evening Lottery fundraiser! It's easy to play and you could win multiple times!

How it works is you purchase a Pick 3 Evening Lottery ticket with 2 three-digit numbers for \$5 each. Then in April, if your number matches the Pick 3 Evening Lottery number for that day, you win \$50! Winners are announced daily.

All proceeds benefit programs and activities at The Center at Spring Street. The more you play, the more we can do for our Center! To purchase your tickets, please visit the Center Receptionist, Stacey Brennan today!

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SEWING CLUB DONATIONS NEEDED

The Busy Bees sewing group have been very busy working on many different projects! They have requested some materials needed to finish these projects.

- 1 yd or more of children's material
- 100% cotton material
- NEW dish towels
- 1-inch-wide Velcro

Any donations would be greatly appreciated!



Dear March - Come In
 Dear March - come in-
 How glad I am-
 I hoped for you before
 Put down your hat-
 You must have walked-
 How out of breath you are-
 Dear March, how are you, and the rest-
 Did you leave nature well-
 Oh March, Come right upstairs with me
 I have so much to tell-
Emily Dickinson



HAPPY BIRTHDAY TO OUR MARCH CELEBRANTS!!



- | | | | | |
|------------------------|-----------------------------|-----------------------|---------------------|---------------------|
| 01 Doug Hewton | 06 Doris Lowell | 12 Carole Kratz | 20 Diane Johnson | 27 Patricia Ruhl |
| 02 Rosalyn Dorazio | 06 Eugene Musser | 12 Mary Ulrich | 21 Dianne Landes | 28 Betty Schuler |
| 02 Richard Koehler | 06 Paul Willman | 13 Dianne Conrad | 21 Anita Ayres | 28 John Golowski |
| 02 David Wynn | 07 Yvonne Davis | 13 Barbara Houpp | 21 Marta Weller | 28 Kathleen Snavley |
| 03 Rose Kerr | 08 Peggy Heffner | 14 Richard Stonerook | 21 Linda Bechtel | 29 Jane Berry |
| 03 Linda Fronheiser | 08 David Richard | 14 Jackie Kemmerer | 22 Linda Fiorini | 29 Sydney Davidson |
| 04 Donald Evans | 08 Michael Grabko | 15 Anna Miller | 22 Sharee Kenna | 29 Theresa Kisch |
| 04 Barbara Harrington | 09 Mary Ellen Jacobs | 15 Cecile Spieler | 22 Richard Brown | 30 Patricia Stober |
| 04 Jean Hadden | 09 James Biri | 15 Lori Harvey | 23 Barb Novitski | 30 George Frymoyer |
| 04 Bonnie Novitski | 10 Miriam Sweinhart | 16 Charles Reiningger | 24 John Bernard | 30 Alice Moyer |
| 04 John Murray | 10 Lori Bernhard | 16 Lori Keen | 25 Janet Geraghty | 31 Robert Hyneckcal |
| 05 Linda Schubert | 10 Doris Wallace | 16 Arlene Bradley | 25 Melissa Kuser | 31 Peter Leomporra |
| 05 <u>Betsy Binder</u> | 11 Sherry Peterson | 17 Betty Moore | 25 Joan Smith | |
| 05 Janet Walther | 11 Susan Moser-Dixon | 17 Pat Petrauskas | 25 Cheryl Crozier | |
| 06 Brenda Danser | 11 Douglas Bauer | 20 Dorothy Hinnerstiz | 25 Jeffrey Schmoyer | |
| 06 Barry Weller | 12 Marie McCarter | 20 Kathleen Speck | 26 Mark Faithful | |



**THE CENTER AT SPRING STREET
 BULLETIN BOARD**



Please check your membership card for your renewal date!

GET WELLS:
 Ernest Moyer
 Elmer Hilbert

**OUR DEEPEST SYMPATHY TO
 THE FAMILY & FRIENDS OF:**
 Don Weil



March celebrants are invited to celebrate their birthday at the Center on Monday, March 30, 2026, from 10 A.M. to 2 P.M.
 Musical Entertainment: Dave & Brenda Rehrig at 12:45 p.m.
 R.S.V.P. (610) 367-2313, by Thursday, March 19, 2026.
 Please bring your current membership card to receive a complimentary meal.

WHAT'S COOKIN'?

March 2026

Kitchen "Jumble"- aya

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

1.	V	I	R	L	E				
	○	○							
2.	G	O	H	D	U				
	○				○				
3.	I	L	B	I	N				
	○		○		○				
4.	A	G	S	U	R				
		○			○				
5.	I	N	S	A	R	I			
				○		○			

"I'm glad we're serving Shepherd's Pie at the Center for St. Patrick's Day," said Sous Chef Karen, "but

' _____ ' we were in
 _____!"

Answers to February "Jumble"-aya:
 1. PORRIDGE 2. ONION 3. DECANTER
 4. TOMATO 5. BATTERS
 POTATOES should be RED

- ___ Boxy
- ___ Colcannon
- ___ Dublin Coddle
- ___ Potato Candy
- ___ Baileys
- ___ Irish Stew
- ___ Champ
- ___ Reuben
- ___ Bangers and Mash

March Word Search

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

The following words can be found in the puzzle above: bagpipes, beer, cabbage, cheers, corned beef, Dublin, green, Guinness, Irish, leprechaun, parade, potatoes, pot of gold, rainbow, rye, St. Patrick's Day, toast. Words can be forward, backward, up, down, or diagonal.

Irish Food Match-up

1. Creamy Irish alcohol
2. Stew with sausage and bacon
3. Potatoes with scallions and butter
4. Lamb, potatoes, onions, and carrots
5. Irish potato pancakes
6. Corned beef with sauerkraut and cheese
7. Pork sausage and mashed potatoes
8. Cream cheese confection
9. Mashed potatoes and green vegetable



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

WHAT'S COOKIN'?

March 2026

It has often been said that everyone is Irish on Saint Patrick's Day, and we hope that means that we will see you at the Center's celebration on March 17th to enjoy a hearty Irish meal of Beef Shepherd's Pie! Don your favorite green clothes, put on a smile, and take part in some of the "luck of the Irish"! Until then, "May your pockets be heavy and your heart be light. May good luck pursue you each morning and night." Hope to see you soon!

*Best regards,
Chefs Chris and Karen*

New Menu Survey

Our new menu started on February 2, and by the time you are reading this, we should be just about finishing up the five-week cycle of menu items. So far, we have gotten some good feedback and some suggestions about the new entrées we are serving.

We want an even clearer picture of what you like and dislike so we can use that information to help us put together the next menu for this summer. Therefore, the Center has a survey about the menu that we will be handing out soon to find out the specifics about which meals you like and those you do not. We will also be asking you to share your thoughts on previous menu items that you like/dislike and suggestions for other entrées that you would like us to consider for future menus. Please take the time to complete the survey so we can have a better understanding of your preferences.



Did You Know?

If you are trying to be healthier by eating more fruit, keep in mind that some fruits have more sugars than others.

Following is a breakdown for sugar content in fruits:

Higher sugar fruits: banana (12.2 g), mango (12.7 g), grapes (15.5 g), cherries (12.8 g), and figs (16.3 g)

Moderate sugar fruits: kiwi (9 g), plum (9.9 g), orange (9.4 g), peach (8.4 g), apple (10.4 g), pear (9.8 g), pineapple (9.9 g), and blueberries (10 g)

Low sugar fruits: avocado (0.7 g), papaya (5.9 g), watermelon (6.2 g), strawberries (4.9 g), raspberries (4.4 g), and blackberries (4.9 g)

If you are watching your sugar intake, try focusing on eating the low or moderate sugar fruits, while keeping the high sugar fruits as more of an occasional treat.

*"Lighten up, just enjoy life, smile more, laugh more,
and don't get so worked up about things."
- Kenneth Branagh*

AAA Driver Safety Courses at the Center at Spring Street

**Take the course.
Get the discount.**



484-987-7025
AAA.com
920 Van Reed Road
Wyomissing

2026 Schedule



Driving is a function of ability, not age. However, driving ability is affected by natural changes to our bodies over time. Learn how to remain safer longer behind the wheel. Receive a discount on your auto insurance. PENNDOT approved. Space is limited. Pre-registration is required by calling the Wyomissing AAA Office 484 987-7025, or online at AAA.com.

Many of you have been driving since sixteen, and the roads—and the challenges—have only grown. The Reading-Berks AAA Roadwise Driver

course helps drivers 55+ stay sharp, stay safe, and stay behind the wheel longer. It also earns you a PennDOT-approved insurance discount of at least 5%. **8-Hour Initial Course:**

For those who have not taken the AAA course before, or for those who last took it in 2022 or earlier and has expired.

At the Center at Spring Street
200 Spring Street, Boyertown, PA

Wednesday, April 15th
8:30 a.m. to 5:30 p.m.

Wednesdays, May 13th & 20th
9:00 a.m. to 1:00 p.m. both days

Wednesdays, June 17th & 24th
9:00 a.m. to 1:00 p.m. both days

Tuesday, July 28th & Wednesday, the 29th
9:00 a.m. to 1:00 p.m. both days

Wednesday, August 19th
8:30 a.m. to 5:30 p.m.

Wednesdays, September 16th & 23rd
9:00 a.m. to 1:00 p.m. both days

AAA Members: \$15 Non-Members: \$25
AAA Member Couples: \$25
(proof of memberships required)

4-Hour Refresher Course:

Must be completed in the same month you took it in 2023. For example, if you took the class in January, 2023, you must complete the 4-hour refresher by the end of January, 2026.

At the Center at Spring Street
200 Spring Street, Boyertown, PA

Monday, March 30th
from 9:00 a.m. to 1:00 p.m.

Wednesday, October 21st
from 9:00 a.m. to 1:00 p.m.

AAA Members: \$10 Non-Members: \$15
AAA Member Couples: \$15
(proof of memberships required)

Former Military: There is no charge to attend either the 8-hour or 4-hour classes to active/ discharged/retired military personnel. Spouses of military personnel will be asked to pay the appropriate AAA member or non-member fee.

Springtime Basket Raffle *to benefit the community work of the* *Boyertown Area Multi-Service*

As Staff, Volunteers and Members of the Center, we know the importance of the work of this organization.

Please help "BAMS" flourish into the future by helping with the Basket Raffle which will be Saturday, April 18th.

There are many ways to help:

- Ask a business, church or service club to contribute a basket.
- Donate a basket or items to add to a basket.
- Help assemble the donated items into baskets.
- Volunteer to help at the Keystone Fire House on the day of the Raffle.

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

March 30th through May 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



Wellness Council Of Boyertown
PRESENTS

The **19th Annual**

WELLNESS FAIR

Schedule of Events

9:00 AM COMMUNITY IMPACT WALK Outdoor Track
9:30 AM RUNNING OF THE BEARS Outdoor Track (weather permitting)
10:00 AM FAIR OPENS Bear Gym (Enter through athletic entrance)
10:30 AM SENIOR WALKING BINGO Indoor Concession Stand
11:00 AM KIDS CELEBRITY CHEF Cub Gym Celebrity Chef Winners will be announced at 12:30 PM in the center of the Bear Gym
10:00 AM - 12:30 PM KIDS ACTIVITIES Cub Gym

Saturday

March 14th
10 AM to 1 PM

BOYERTOWN HIGH SCHOOL

Enter and park at the rear athletic entrance
120 N. Monroe St, Boyertown, PA 19512

FREE TO ATTEND!

Selling and non-selling vendors, free healthy snack, kids activities, demos, & more



Sign up to be a vendor
by scanning here →



www.boyertownwellness.org