

THE PRIMETIMES



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

APRIL 2026

DATE SAVER NOTICE

Wednesday April 1, 2026

12:45- April "Wowers" by Dr. Jann Huggens

Thursday, April 2, 2026

Thursday, April 16, 2026

Thursday, April 30, 2026

6 p.m.- Bingo Nite

Thursday, April 2, 2026

10:30 a.m. Easter Celebration, Visit & Photos with the Easter Bunny

Friday, April 3, 2026

Good Friday – Center Closed

Wednesday, April 8, 2026

12:45 p.m. History Revisited- Forbes Moves Against Ft. Duquesne

Wednesday, April 15, 2026

12:45 p.m. I'll Knock a Homer for You Program Funded by BCAAA

8:30 a.m.- 5:30 p.m. AAA Road Wise Driver Course

Wednesday, April 16, 2026

1:00- 2:30 p.m. Hair Cuts by Tina

Wednesday, April 22, 2026

11 a.m.-Center Membership Meeting

Wednesday, April 27, 2026

Birthday Party

12:45 p.m. Wahl Street

Dear Center Friends,

"Hands That Give"

In quiet ways and smiling hearts,
You show up, play your vital parts.
With helping hands and spirits bright,
You bring our days a warmer light.
No task too small, no job too great,
You give your time, you never hesitate.
A listening ear, a gentle cheer,
You lift us up just by being near.
You plant the seeds of kindness here,
Through every laugh, through every tear.
And though you may not seek the praise,
You make a difference in countless ways.
So during this month, we pause to say,
Thank You for all you give each day.
Our Center shines because of you—
With grateful hearts, we honor you.

April is National Volunteer Month, and we want to take a moment to recognize the incredible individuals who give their time, energy and hearts to our senior center. From Kitchen work and serving meals, leading bingo games to lending a helping hand, our volunteers make a difference every day. Your kindness, dedication, and generosity help create a warm and welcoming community for all. Thank you for all that you do – we truly couldn't do it without you!

Janet Geraghty, a cherished volunteer at the center for nearly 13 years, generously dedicates her time and talents to making delicious Easter candy each year. Her creations have not only brought joy to countless supporters but have also helped raise meaningful funds, with all proceeds going directly back to the center. This year is especially remarkable, as Janet recently celebrated her 94th birthday- a testament to her enduring spirit, kindness, and commitment to giving back.



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

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HISTORY REVISITED WITH DARIUS PUFF

This month on Wednesday, April 8th, at 12:45 p.m., Darius Puff, a local Lenape historian whose heritage includes Lenape and English, will speak about "Forbes Moves Against Ft Duquesne". For more information or to register, please call Center Receptionist, Stacey Brennan at 610-367-2313.

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TAKE ME OUT TO THE BALLGAME!

On Wednesday, April 15th, you'll think that's where you are. Come and celebrate the beginning of the 2026 Major League Baseball season with Bean Bag Baseball, Cracker Jacks, a lunch of hot dogs, baked beans, chips and ice cream. At 12:45, we will be told the amazing story of Johnny Sylvester and the Babe: 11-year-old Johnny was diagnosed with a terminal disease and Babe Ruth visited him in a New York hospital. The "Bambino" promised him, "I'll knock a homer for you," and that's just what he did... several of them. Their friendship grew, Johnny recovered and the Babe kept in touch with him for the rest of his life. This true story will be presented by Andrew Lilley, the great-nephew of Johnny Sylvester, and will include his 52-minute documentary, Babe Ruth memorabilia, little known facts about him and time for questions and answers. Our thanks to BCAA and Chestnut Knoll for sponsoring this special day.

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NEW ACTIVITIES AT THE CENTER

Another new game brought to us by our program coordinator Russ—Balloon Floor Hockey! Our first session was a huge success, and we're excited to bring it back! Join us again on Tuesday, April 6th at 12:45 p.m. for more fun and action. Don't miss it!

A huge THANK YOU to the Calendar Girls for their generous gift to the Center! Because of you, we now have personalized cornhole boards, and we're so excited to start bringing cornhole tournaments

to our programs! This is such a fun and meaningful addition, and it's all made possible by your support. We can't wait to see everyone enjoying this new activity—let the games begin! Join us on Thursday, April 23rd at 9:30 a.m.



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REDNER'S SAVE-A-TAPE PROGRAM

Did you know The Center at Spring Street participates in the Redner's Save-A-Tape Program? This program was designed to help non-profit organizations earn much needed funds for its programs. All you must do is use your Redner's Rewards/1% Save-A-Tape card anytime you purchase items from Redner's Warehouse Market. Your receipt will then be designated as a 1% Save-A-Tape customer receipt. You can drop your receipt off at the Center for processing. **Please be sure you submit the whole receipt.**

Thank you to everyone that has been continuing to hand in Redner's Save-A-Tape receipts.

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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 Friday, May 22nd, from 10 a.m. to 12 Noon. Enjoy free health 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.



Blooming Spring
 The tulips are budding.
 The daffodils are bursting.
 The robins are building a nest.
 The sky is bright blue,
 And the apple tree's blooming.
 Oh, I love springtime the best!



Denise Rodgers

* * * * *

HAPPY BIRTHDAY TO OUR APRIL CELEBRANTS!!

- | | | | | |
|----------------------|---------------------|---------------------|--------------------------------|-----------------------|
| 01 Grant Reinert | 08 Henry Borneman | 14 Sharon D'Andrea | 20 Kathy Reinert | 27 Phyllis Gable |
| 01 Mary Duckworth | 09 Theresa Currera | 14 Jeanette Hicks | 20 Kathleen Webster-
Wengel | 27 Edward Adamski |
| 01 Barbara Hoffman | 09 Charles Campbell | 15 Dennis Dawson | 22 Carol Whiteneck | 27 Florence Youse |
| 02 Daniel Ritter | 09 Margaret Bauer | 15 William Rose | 22 Fern Yeager | 27 Denise Smith |
| 03 Barbara Bowen | 10 Ronald Murray | 15 Catherine Suglia | 22 Beverly Greason | 27 Roy Phillips |
| 03 Susan Conway | 10 Linda Swagzdis | 15 Gretel Witkowski | 22 Stephen Berta | 28 Patricia Stonerook |
| 03 Ruth Bauer | 11 Jim Houck | 15 Annslie Shipley | 22 Walter Pickell Jr | 28 Theresa Brumwell |
| 04 Sharon Sova | 11 Esther Garcia | 16 John Welker | 22 Ty Zimmerman | 28 Thomas Moore |
| 04 Dianne Boyer | 11 Luella Spaar | 17 Susan Levengood | 23 Mary Anne Bealer | 28 Roger Lahr |
| 04 Kevin Stober | 12 Diane Eckhart | 17 Harold Myers | 23 Debbie Spleen | 28 Anna Discher |
| 04 Kerry Leister | 12 Oscar Smith IV | 18 Gerry Good | 23 Betty Fisher | 29 Marsha Wisler |
| 04 Craig Houseknecht | 12 Don Hipszer | 18 Ralph Fisher | 24 Ed Halbe | 29 Virginia Fetterman |
| 05 Ruth Mest | 12 Anthony Welch | 18 Tom Wojton | 24 Kathleen Varady | 30 Judith Fick |
| 06 Joanne Staub | 12 Susan Prutzman | 18 Charles Meehan | 25 Larue Greth | 30 Margaret McCloskey |
| 07 Carolyn Via | 13 Bill Ehrie | 19 Bonnie Hess | 26 Kenneth Bachman | |
| 07 Barbara Cole | 13 Peggy Taggart | 19 Denise Sozda | 26 Walter Kozak | |
| 08 Joyce Rush | 13 Sarah Scheifley | 20 Mary Mohn | 26 Patricia Liesner | |

MEMBERSHIP

Please check your membership card for renewal date!

GET WELLS

Roy Schantz
 Linda Fiorini

**OUR DEEPEST SYMPATHY
 TO THE FAMILY OF**

"INVITATION"
 April celebrants are invited to celebrate their birthday at the Center on Monday, April 27, 2026, from 10 A.M. to 2 P.M.
 Musical Entertainment: Wahl Street
 R.S.V.P. (610) 367-2313, by Thursday, April 23, 2026.
 Please bring your current membership card to receive a complimentary meal.

WHAT'S COOKIN'?

April 2026

After the winter we just had, even hardcore fans of cold and snow are ready for a break. Well, hello spring! The weather is warming up, the garden stands and stores are beginning to display flowers to plant, and we can finally spend time outdoors without layers of outerwear. In between early plantings and winter cleanup, we hope you will make time to stop in for lunch and some fun at the Center.

*Best regards,
Chefs Chris and Karen*

On Saturday, March 14, Executive Chef Chris and Sous Chef Karen participated in the 19th Annual Wellness Fair as judges for the Kid's Celebrity Chef contest. The six finalists from each of the area's elementary schools prepared healthy food items including Date Energy Bars, Pasta Salad, Lentil Chili, Breakfast Sushi, Sourdough Breakfast Bars, and Vegan Potato Soup.

While all the dishes they prepared were delicious, the eight judges rated each item on presentation and taste. The judges' award went to Porter Smith for his Sourdough Breakfast Bars. The peoples' choice awards went to Hailey Simpson for her 1st place Date Energy Bars, Porter Smith for his 2nd place Sourdough Breakfast Bars, and Elliana Bradley for her 3rd place Vegan Potato Soup.

We look forward to attending next year to see what new healthy creations our area's youth can come up with.

Did You Know?

Adventist Health, a west coast nonprofit health system, has some tips for creating several healthy dishes using hard boiled eggs, which is particularly helpful at Easter for using up leftover dyed eggs.

Add "Salad" to Egg Salad:

Lighten the calories of egg salad by using less mayonnaise and adding low-fat ingredients like mustard, apple cider vinegar, fresh herbs, diced peppers, and chopped fresh spinach.

Make a Colorful Salad:

Add peeled and sliced hard boiled eggs to greens with red tomatoes, purple cabbage, and orange peppers.

Lighten Deviled Eggs:

Instead of using mayonnaise, try Greek yogurt and add a little mustard to taste, then top with chopped fresh herbs for even more flavor.



*"April is a moment of joy for those who have survived the winter."
- Samuel Johnson*

WHAT'S COOKIN'?

April 2026

Kitchen "Jumble"- aya

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

1.	A	R	G	E	T			
	○				○			
2.	E	C	U	L	T	E	T	
			○			○		
3.	T	A	G	L	E	N	I	
	○		○				○	
4.	W	E	S	T	S			
	○		○					
5.	L	A	P	E	T			
		○			○			

Executive Chef Chris was looking forward to
brunch on Easter. He knew it would be

"_____"

Answers to March "Jumble"-aya:

1. LIVER 2. DOUGH 3. BLINI 4. SUGAR 5. RAISIN
'IRISH' we were in DUBLIN



Easter Word Search

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

The following words can be found in the puzzle above: basket, bonnet, brunch, bunny, candy, carrot, chicks, chocolate, cottontail, dye, eggs, family, flowers, ham, holiday, hop, hot cross buns, jellybeans, lily, Peeps, pink, and Sunday. Words can be forward, backward, up, down, or diagonal.

If you have not already completed the Center survey about our food service program, please see Kim to get a copy to fill out. We will be using findings from this survey to better understand what you like on our current menu and what we should consider for future menus.

Thank you to everyone for taking the time to complete the survey and give us your feedback. We truly appreciate your help!

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

Bite by Bite: Nutrition Education for Older Adults



Happy April!



I am so excited to show you all the things I have been working on behind the scenes. Welcome to the first edition of Bite by Bite: Nutrition Education for Older Adults! Every month, there will be fun games and quizzes within the newsletter that you can submit to Kim and be entered into a raffle to win fun prizes! I'm really looking forward to your participation and I hope you have fun with it!

Caroline

What is Bite by Bite?

Bite by Bite: Nutrition Education for Older Adults is a new monthly program here at the Center designed to help support healthy aging through simple, practical nutrition tips. Each month, you'll receive easy-to-understand information on topics like heart health, protein needs, hydration, and more—along with simple recipes and small changes you can try at home. This program will be ongoing, for at least the next 12 months, and longer if you like it!!

You can find materials in your newsletter and at the Nutrition Corner, where you'll also have the chance to participate in fun activities, share what you've learned, and be entered to win a small prize. Our goal is to help you build nutrition knowledge and confidence—one **bite** at a time!

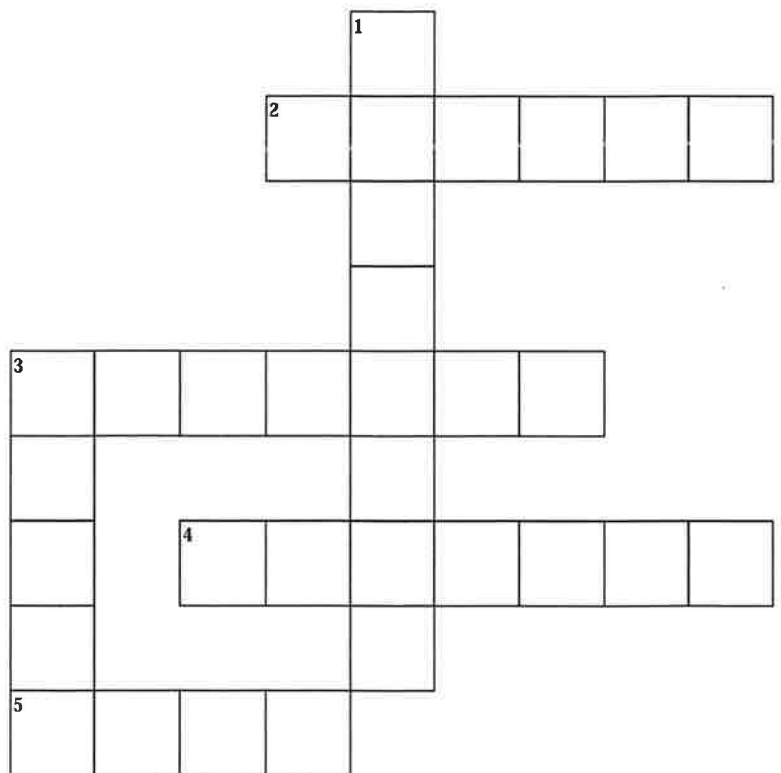
The Power of Protein

Across

- [2] Eating protein gives your body _____.
- [3] This nutrient is found in steak, eggs and chicken
- [4] Protein helps our _____ grow and stay strong.
- [5] Tofu is a type of protein food. True or False.

Down

- [1] Protein needs _____ as we age.
- [3] Vegetables like edamame, lentils and chickpeas are called _____ based protein



To be entered into the raffle this month, please cut this crossword puzzle out (or ask for a separate sheet) and hand into a staff member at the Center by

Friday, April 17nd

Two winners will be chosen Monday, April 20th

THE POWER OF PROTEIN

Bite by Bite: Nutrition Education for Older Adults

Protein needs may increase as we age due to certain aging processes. It is important to meet these goals to keep your bones and muscles strong and healthy. This guide is meant to make eating protein fun and simple. A few small changes each day can help you to stay strong, active, energized and well-nourished!

WHY MAY PROTEIN NEEDS INCREASE?

- Preserve muscle mass
- Help keep us full for longer
- Prevents loss of lean body mass
- Combats unintended weight loss
- Gives your body energy
- Helps with wound healing and healthy blood

WHO MAY NEED MORE PROTEIN?

Those with

- Chronic Kidney Disease (CKD) on dialysis
- Chronic Obstructive Pulmonary Disease (COPD)
- Current skin conditions or pressure ulcers

Those experiencing

- Unintended weight loss
- Muscle or bone issues like muscle loss or osteoporosis
- Lack of hunger or eating less food

WHO DOES NOT NEED MORE PROTEIN?

Those with Chronic Kidney Disease (CKD) not on dialysis

For more information, please visit;

American Heart Association. www.heart.org
American Diabetes Association. www.diabetes.org
Nutrition and Aging Resource Center. www.acl.gov

HOW MUCH PROTEIN DO I NEED?

The recommended dietary allowance for protein in those over the age of 51 years old is

- At least 56 grams every day for men
- At least 46 grams every day for women



I CAN'T CHEW WELL, WHAT SHOULD I DO?

Try softer proteins

Examples of proteins that are softer are

- low sodium canned tuna
- beans, chickpeas and lentils
- salmon or other soft fish
- low-fat or fat-free Greek yogurt
- eggs
- tofu
- cottage cheese

Always consult with your Registered Dietitian Nutritionist (RDN) or health care provider for protein recommendations specific to your needs

THE POWER OF PROTEIN

Bite by Bite: Nutrition Education for Older Adults

It's hard to eat the amount of protein that you should, especially when you may not be as hungry as you used to be.

Choose lean proteins over medium-fat or high-fat proteins to limit calorie and saturated fat intake. Saturated fats can increase the risk for heart disease and other chronic diseases.

Each serving listed below contains **7 grams** of protein.

Men should aim for at least 8 servings each day and women should aim for at least 7 servings each day.

PLANT-BASED PROTEINS

Beans (black, garbanzo, kidney, lima, navy, pinto, white), rinsed and drained	½ cup
Edamame	½ cup
Falafel	3 small patties
Hummus	½ cup
Lentils, rinsed and drained	½ cup
Nut spreads (almond, cashew, peanut butter)	1 Tbsp
Tofu	½ cup
Tempeh, plain, unflavored	1 ½ oz

MEDIUM-FAT PROTEINS

Beef, trimmed with visible fat: ground (85% lean or lower), corned beef, meatloaf, short ribs, rib roast	1 oz
Cheese (feta, mozzarella, reduced fat cheese)	1 oz
Egg	1 oz
Fish: fried	1 oz
Lamb: ground, rib roast	1 oz
Pork: cutlet, ground	1 oz
Poultry with skin (chicken, turkey, fried chicken)	1 oz
Sausage with 4-7g fat per oz	1 oz

LEAN PROTEINS

1 oz	Beef: ground (90% lean), roast, steak, tenderloin
1 oz	Cheese with 3g fat or less
¼ cup	Cottage cheese or Ricotta cheese (low-fat)
2 pc	Egg whites
1 oz	Fish (catfish, cod, flounder, haddock, halibut, tilapia, trout)
1 oz	Salmon
2 small	Sardines
1 oz	Tuna
1 oz	Lean pork (canadian bacon, ham, rib or loin chop/roast, tenderloin)
1 oz	Poultry, without skin (chicken, turkey)
1 oz	Shellfish
1 oz	Veal cutlet, loin chop or roast

HIGH-FAT PROTEINS

2 slice	Pork bacon
3 slice	Turkey bacon
1 oz	Regular cheese (american, brie, cheddar, parmesan)
1 pc	Hot dog
1 oz	Pork: sausage
1 oz	Processed sandwich meats (bologna, hard salami, pastrami)
1 oz	Sausage (italian, knockwurst, polish, smoked, summer)

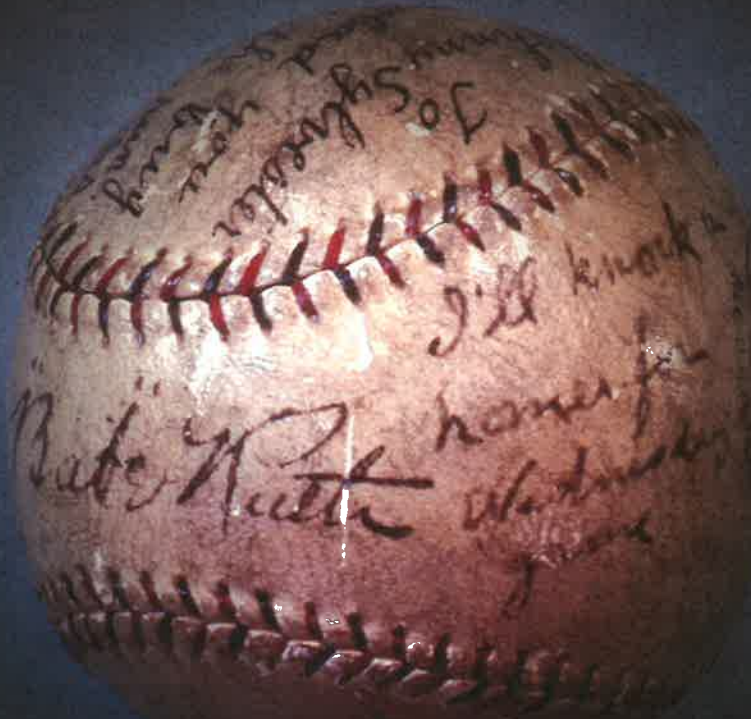


OFFICIAL SELECTION
GARDEN STATE FILM FESTIVAL
2013

WINNER BEST HOME-GROWN DOCUMENTARY
GARDEN STATE FILM FESTIVAL
2013

BASEBALL
FILM FESTIVAL
2014

I'll Knock a Homer for You: The Timeless Story of Johnny Sylvester and Babe Ruth



The Promise that Became a Legend

LOOSE GRAVEL FILMS PRESENTS A FILM PRODUCED AND DIRECTED BY ANDREW LILLEY DIRECTOR OF PHOTOGRAPHY RAY CHIN
CINEMATOGRAPHY BY IAN DUDLEY NARRATED BY BILL PAINTER VISUAL EFFECTS BY CHRIS SEBES MUSIC BY TOM PHILLIPS

Please visit www.LooseGravelFilms.com



CURED! BY
HOME RUNS



Babe Ruth made good. Now Johnny Sylvester is getting well. "I'll knock a homer for you, Johnny." Babe Ruth.
That message, scribbled on a baseball, reached Johnny's bedside



Take me out to the ball game!

On Wednesday, April 15th, you'll think that's where you are. Come and celebrate the beginning of the 2026 Major League Baseball season with Bean Bag Baseball, Cracker Jacks, a lunch of hot dogs, baked beans, chips and ice cream. At 12:45, we will be told the amazing story of Johnny Sylvester and the Babe: 11-year-old Johnny was diagnosed with a terminal disease and Babe Ruth visited him in a New York hospital. The "Bambino" promised him, "I'll knock a homer for you," and that's just what he did... several of them. Their friendship grew, Johnny recovered and the Babe kept in touch with him for the rest of his life. This true story will be presented by Andrew Lilley, the great-nephew of Johnny Sylvester, and will include his 52-minute documentary, Babe Ruth memorabilia, little known facts about him and time for questions and answers. Our thanks to BCAA and Chestnut Knoll for sponsoring this special day.