

# THE PRIME TIMES



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

## MAY 2026 DATE SAVER NOTICE

**Friday, May 1, 2026**

Kentucky Derby Day at 10:00 a.m.

**Monday, May 4, 2026**

Post Preston's Pantry Clean-Up  
**Center Closed**

**Friday, May 8, 2026**

Mother's Day Celebration  
12:45 p.m.-Musical Entertainment by  
Spring Street Songsters

**Tuesday, May 12, 2026**

"Price is Right" with  
Keystone Villa

**Thursdays, May 14 & 28, 2026**

6 p.m.- BINGO Nite

**Monday, May 18, 2026**

Birthday Party  
12:45 p.m.- Music with Sunset Skyz  
Musical Duo

**Wednesday, May 20, 2026**

11 a.m.-Center Membership Meeting  
12:45-Music by Mr. Mody

**Wednesday, May 20, 2026**

9 a.m.-1 p.m. – AAA Road Wise  
Driving Course

**Friday, May 22, 2026**

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

**Monday, May 25, 2026**

Memorial Day  
Center Closed

## From Kim and Center Staff,

As we approach the month of May, we welcome a season of renewal, warmth, and new beginnings. The days grow longer, the sun shines a little brighter, and the beauty of spring surrounds us in full bloom. It's a time when flowers open, trees regain their lush green leaves, and the world feels refreshed and full of possibility.

May invites us to slow down and appreciate the simple joys – fresh air, laughter shared with friends, and moments spent together as a community. It reminds us that growth takes time, and just like the season itself, we too can continue to blossom in meaningful and beautiful ways.

Here at the Center at Spring Street, May is a wonderful time to reconnect, to participate, and to celebrate all the small moments that bring us closer together. Whether it's through activities, conversations, or simply enjoying each other's company, this season encourages us to embrace positivity and togetherness.

*"May is the month of expectation, the month of wishes, the month of hope" Wishing everyone a Happy Mother's Day!*

A Mother's love is steady and true,  
In all she gives, in all she'll do.  
A quiet strength, a guiding light,  
A hand to hold through day and night.  
On this day, we pause to say,  
Thank you in every heartfelt way-  
For all the care, the time, the grace,  
That make the world a warmer place.

Join us on Friday, May 8<sup>th</sup> at 10:30 a.m. For a Mother's Day Tea as we honor the mothers, grandmothers, and special women who make our lives so meaningful. Then at noon, join us for a delicious hot lunch that will include coleslaw, roast turkey with gravy, potato filling, corn, and dessert DuJour. At 12:45 p.m., our Spring Street Songsters will be providing entertainment for us. So, whether you are celebrating someone special, or remembering someone special, we invite you to share in the love and joy of this beautiful day!

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 May activities and programs that require pre-registration will be available for sign-ups beginning Thursday, May 1<sup>st</sup> unless otherwise noted in their description below!

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### KENTUCKY DERBY DAY

Kentucky Derby Day at the senior center promises to be a lively and laughter-filled celebration! The morning kicks off at 10:00 with some fun Kentucky Derby trivia, where everyone can test their knowledge about famous horses, colorful hats, and Derby traditions. At 10:30, the excitement continues with our creative "Paper and Pony Races," where participants cheer on their "horses" in a spirited competition. With plenty of smiles, friendly rivalry, and festive energy, it's a wonderful way to celebrate this classic event together!

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### PRESTON'S PANTRY EVENT

Join us for the 8<sup>th</sup> Annual Preston's Pantry Program, held in honor of one little boy who had big ideas about helping to feed others. This heartwarming community day is all about giving back while enjoying time together with family and friends. Come out on Saturday, May 2, from 10:00 AM to 2:00 PM in the parking lot of the Boyertown Area Multi-Service Center for a fun-filled event featuring activities for all ages! Enjoy rock painting and crafts, mini golf, face painting, a petting zoo, meet & greet opportunities, a bounce house, and delicious food trucks. This is a free event, but we kindly ask that you bring a non-perishable food item to support Preston's Pantry and help continue his inspiring mission of caring for others. Bring your family, bring your friends, and be part of a day filled with kindness, community, and fun!

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### MONTHLY BOOK CLUB

Our Book Club meets the 2<sup>nd</sup> Tuesday of each month, May 12<sup>th</sup> at 1p.m. in the Center's Library. May's book will be *The Wedding People* by Alison Espach. This is a dark yet hopeful contemporary novel following Phoebe Stone, a recently divorced, depressed woman who checks into a luxurious Rhode Island hotel with plans to end her life. Her

plans are derailed when she is mistaken for a wedding guest and befriended by the bride.

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### HISTORY REVISITED WITH DARIUS PUFF

On Wednesday, May 13<sup>th</sup>, at 12:45 p.m., Darius Puff, a local Lenape historian, will talk about "Forbes moves against Fort Duquesne" Unlike Braddock, Forbes used a "slow and steady" approach, constructing a new road through Pennsylvania (the "Forbes Road") for secure supply lines and building fortifications along the way. Please join us! For more information or to register, please call the Center Receptionist, Stacey Brennan at 610-367-2313.

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### SENIOR WALKING BINGO AT THE BOYERTOWN COMMUNITY PARK

With the warmer weather finally here, we're excited to announce that Senior Walking Bingo is back at the park on Thursday, May 14<sup>th</sup> at 9:15 a.m. Join friends at the Boyertown Community Park for some fresh air, light exercise, and a fun twist on a classic game. Be sure to sign up at the center to reserve your spot. In case of inclement weather, the event will be canceled. Check with the center for updates. 610-367-2313

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### NEW EXERCISE CLASS- SIT STRONG & LIVE LONG

Get Ready to Move, Laugh, and Feel Great! We're excited to introduce a brand-new Senior Seated Fitness Class coming to the Center at Spring Street—led by our enthusiastic and experienced instructor, Paul Winterbottom! Paul brings years of hands-on experience working in community fitness and understands exactly how to help people stay active, strong, and confident—no matter their starting point. His approach is simple: keep it safe, keep it effective, and most importantly... keep it fun. This seated class is designed especially for seniors who want to improve their strength, flexibility, balance, and overall health from the comfort of a chair. Whether you're just getting started or have been active for years, this class meets you where you are and helps you move forward at your own pace. But this class is about more than just exercise. It's feeling better in your body boosting your energy throughout the day connecting with

others in a positive, welcoming environment and sharing a few laughs along the way! Paul's classes are known for their friendly atmosphere, encouragement, and a little bit of humor mixed in with the workout. You'll leave each session feeling accomplished, refreshed, and glad you came. So pull up a chair, bring a smile, and come see what it's all about. We can't wait to have you join us! Your journey to staying strong, active, and independent starts right here. Classes will be held Friday Mornings at 9:15 and will start on Friday May 1<sup>st</sup> so get signed up and enjoy the class!

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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 22<sup>nd</sup>, from 10 a.m. to 12 Noon. Enjoy free health screenings such as Blood Pressure, Vitals and Balance, Hearing, Healthy Snacks, 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 Thursday, May 21<sup>st</sup>! 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 cole slaw, hot dog on a roll, party mix, baked beans, and brownies. After lunch stay and play a fun game of Balloon Circles at 12:45 p.m. Please mark your calendar and join us in a spirit of pride and remembrance.

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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 5<sup>th</sup> 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. There will be a fee of \$12 per person due at time of reservations. Reservations will begin on Friday, May 1<sup>st</sup> for 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.

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**DID YOU KNOW....**

The center has its very own little library treasure waiting to be explored. You can browse and borrow books from all kinds of genres—whether you enjoy mysteries, romance, history, or a good memoir—and simply return them when you're done. It's like having a cozy neighborhood library right inside the center! And that's not all, there's also a puzzle cabinet filled with puzzles of all sizes, perfect for a relaxing challenge. Take one home, enjoy putting it together, and bring it back to share the fun with someone else. It's a wonderful way to keep minds active and the community connected!

\* \* \* \* \*

**SUPPER CLUB and BREAKFAST CLUB**

Our Supper Club and Breakfast Club are great ways to get out, socialize, and enjoy a delicious meal together. Each outing meets at a local restaurant, giving everyone a chance to relax, connect with friends, and try something new. Whether you prefer an evening dinner or a morning breakfast, there's something for everyone—come join us and share good food and great company! On Thursday, May 7<sup>th</sup>, and Wednesday, May 27<sup>th</sup>, everyone will meet at Brookside Family Diner in Pottstown at 5:00 p.m. for supper club. Tuesday, May 19<sup>th</sup>, breakfast club will be held



## “May Night”

It's soft and gentle  
 The first day of May  
 The crabapple branches  
 Wave in the breeze.  
 The dandelions fluoresce  
 In the spring sun.  
 The last of the tulips  
 Stand one more day  
 The quiet surrounds  
 The warmth hugs-  
 May Arrives  
*Patricia Walter*



\* \* \* \* \*

### HAPPY BIRTHDAY TO OUR MAY CELEBRANTS!!

- |                        |                     |                    |                     |                         |
|------------------------|---------------------|--------------------|---------------------|-------------------------|
| 01 Linda Bewley        | 07 Linda McCue      | 12 Vivian Baro     | 18 Matin Witte      | 26 Carolyn Johnson      |
| 01 Netta Forrest-Guzik | 07 Karen Cwalina    | 12 Elaine Moll     | 19 Bonnie Rothermel | 26 Lanette Welch        |
| 01 Donna Wunderlich    | 07 Jeff Evans       | 12 Kathleen Samsel | 19 Barbara Kautz    | 27 Nancy Bernhard       |
| 02 Madeline Cordier    | 08 Connie Bixler    | 13 Claudia Emery   | 20 Michael Sova     | 28 Helen Bunn           |
| 03 Robert Krauss       | 08 Janet Gibson     | 14 Anna Harrison   | 20 Barbara Cameron  | 28 Elaine Sullivan      |
| 03 Susan Oister        | 08 Michelle Goodsir | 14 Deb Turner      | 20 Lois Streett     | 29 Gloria McNeal        |
| 04 Walter Burkepale    | 08 Patricia Klauss  | 15 Eileen Murray   | 21 Florence West    | 29 Helen Faust          |
| 04 Joan Updegrove      | 09 Robert Drugac    | 15 Karen Seyler    | 21 Tom Drauschak    | 29 Michael Turner       |
| 04 Sam Schiavo         | 09 Barbara Dodridge | 15 Ann Taylor      | 22 Mary Sullivan    | 30 Shirley Stone        |
| 05 Jeffrey Schultz     | 09 Franklin Snyder  | 16 Joanne Bieber   | 23 Susan Cook       | 30 Linda Benner         |
| 05 Gordon Moser        | 09 Gene Henke       | 16 Sandra Moser    | 23 Kathleen Koresko | 31 Sallyanne Reidenhour |
| 06 Ellen Fronheiser    | 09 Kitty Trainer    | 16 Foreman Smith   | 23 Rita Latshaw     | 31 Kathy Steckel        |
| 06 Kay Barr            | 10 Joseph Toth      | 17 Lucy Hiland     | 23 Agnes Bastecki   |                         |
| 06 Nora Holland        | 10 Doris Weiser     | 18 Sandra Mutter   | 23 Theresa Wright   |                         |
| 07 John Michael        | 11 Mary Alatorre    | 18 Shirley Moyer   | 25 Robert Trainer   |                         |
| 07 Tracy Reigner       | 11 Sharon Wessner   | 18 Barbara Shutt   | 25 Janet Watt       |                         |
| 07 Annette Weller      | 11 Kathy Noll       | 18 Tammy Zimmerman | 26 William Kauffman |                         |
| 07 Susan Stouch        | 11 Jeanne Reitnauer | 18 Peg Stuart      | 26 Ralph Noll       |                         |

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### THE CENTER AT SPRING STREET BULLETIN BOARD



#### THOUGHTS AND PRAYERS TO: MEMBERSHIP

Arnie Schueck  
 Carol J Smith

#### 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 18, 2026, from 10 A.M. to 2 P.M.  
 Musical Entertainment: Sunset Skyz Music Duo at 12:45 P.M.  
 R.S.V.P. (610) 367-2313, by Thursday, May 14, 2026.  
 Please bring your current membership card to receive a complimentary meal.

Please check your  
 membership card for  
 your renewal date!

# WHAT'S COOKIN'?

May 2026

After April's weather of summer highs and winter lows, here's hoping that May evens out to a happy medium of warm sunshine and cool evenings. Soon there will be even more flowers blooming and gardens growing and we can enjoy this pre-summer time outdoors before our air conditioners are humming away on full blast. Happy May, everyone!

*Best regards,  
Chefs Chris and Karen*

## **Meal Satisfaction Survey Results for Future Menu Planning**

In March, Meal Satisfaction Surveys were handed out to Center members during lunch. The completed surveys have been tallied and we have the results. Following is a sneak peek about the new menu items that were most and least liked.

The Beef BBQ Sandwich, Stuffed Shells, and Spaghetti and Meatballs were rated highest. We also looked at the percentage of members who rated the entrées either "very good" or "excellent" and compared that to the members who rated them either "poor" or "fair." Beef BBQ had 58% versus 4%, respectively; Spaghetti and Meatballs was 55% versus 7%; and Stuffed Shells was 50% versus 8%. Due to these high ratings and low numbers of people who disliked the meals, we will be keeping all these items on the next menu as well.

The lowest rated entrées included Pancakes and Sausage, Pork Shepherd's Pie, and the Monte Cristo Sandwich. We will not be serving these entrées after this menu cycle ends in the summer. We have also decided that we will go back to serving our Pulled Pork entrée for this menu cycle and will not be serving the Pork Shepherd's Pie anymore.

We also asked members for entrées that they would like to see on future menus. Ham and Cheese on a Pretzel Roll and Hot Dogs were mentioned by several people and will be added to our new menu this summer.

Members also mentioned wanting to have more salads, which we are considering. Our hesitation with doing more salads is that the lettuce and any additional vegetables have a short shelf life so if fewer people come in for lunch than we purchased for, as has been happening lately, we end up with too much perishable product that must be used quickly. We can use some leftover salad for Meals on Wheels evening meals and share with the Pantry to give out to their clients, but this essentially ends up costing the Kitchen money because we are giving products away that were purchased to use in-house.

We are using the findings from the survey as we develop the next menu, which will debut in late summer. We also will be sharing more findings with you in the days to come. Thank you to everyone who took the time to complete the survey and share your opinions with us!

*"May is the month of expectation, the month of wishes, the month of hope."  
- Emily Brontë*

# WHAT'S COOKIN'?

May 2026

## Kitchen "Jumble"-aya

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

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

Sous Chef Karen was elated that she could plant her vegetable garden.

" \_\_\_\_\_ "!

Answers to April "Jumble"-aya:

1. GRATE 2. LETTUCE 3. GELATIN 4. STEWS 5. PLATE  
"EGGS"CELLENT

## Word Search

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

The following words can be found in the puzzle above: aroma, bees, bloom, breeze, candy, family, flowers, garden, green, grow, hat, honor, ladybug, mom, parade, pollen, service, sun, Sunday, and warm. Words can be forward, backward, up, down, or diagonal.

## THANK YOU, CALENDAR GIRLS!

The Kitchen staff and volunteers want to send a big thank you out to the Calendar Girls! Because of their generous donation, we were able to purchase clear containers for food storage that are required by the Health Code, as well as two beautiful stainless-steel tables (see picture to left) for our Meals on Wheels lunch production area. The new tables are more functional and look worlds better than what we had there before.

We really appreciate your kindness and generosity!



You can reach us at (610) 367-2313 ext. 3 or by email at [cmest@boyleftownareamulti-service.org](mailto:cmest@boyleftownareamulti-service.org) or [kparks@boyleftownareamulti-service.org](mailto:kparks@boyleftownareamulti-service.org)

# National High Blood Pressure Education Month

*Bite by Bite: Nutrition Education for Older Adults*



## What is High Blood Pressure?

High Blood Pressure - also called Hypertension is when the rate of blood pumping against your arteries too high. This makes your heart work harder to pump blood. High blood pressure is a risk factor for heart disease an other chronic disease - so it is important to take control of the numbers.



## High Blood Pressure Quick Facts

1. Half of Americans have high blood pressure
2. Many do not know they have it
3. Blood pressure typically gets higher as we get older
4. Maintaining a healthy weight and heart healthy diet can decrease the risk of high blood pressure and heart disease



## What Do My Numbers Mean?

- Measuring your blood pressure is the only way to know if you have high blood pressure.
- At home or in the doctors office.
- Numbers can be affected by stress, smoking, cold temperatures, a full stomach or bladder, caffeine
- Normal: 120/80
- Elevated 129/80
- Stage 1: 139/89
- Stage 2: higher than 140/90 but less than stage 3
- Severe/EMERGENCY: higher than 180/120

## Lifestyle changes to keep your heart healthy

- Exercise – do at least 150 minutes per week of moderate intensity exercise
- Limit or avoid alcohol
- Quit smoking, or don't start
- Take medications as prescribed and keep all medical appointments
- Eat a well balanced diet
- Manage stress
- Reach and maintain a healthy weight
- Work with your health care provider to find solutions to lower your blood pressure



## Can Food Help to Lower My Blood Pressure?

Long answer short – YES! Diet plays a major role in lowering blood pressure. Anyone can develop high blood pressure. Having an overall balanced diet can help to reduce the burden

Studies have shown that the following helps to reduce blood pressure in those with high blood pressure

### Increase

- Fiber
- Fruits and vegetables
- Whole grains
- Low-fat dairy products
- Skinless poultry and fish
- Nuts and legumes
- Non-tropical vegetable oils like olive, canola, vegetable oils

### Limit

- Saturated and trans fats
- Alcoholic beverages
- Sodium, or salt
- Fatty and processed meats
- Items with added sugar such as sugar-sweetened beverages

## High Blood Pressure Quick Tips

- Weight loss of about 5% in adults living with excess weight can help to support overall health and blood pressure reduction
- Eat plenty of fruits and vegetables – prioritize variety
- Following a DASH Diet can help to lower blood pressure – See “Bite by Bite: the DASH Diet” for more information
- Minimum daily dietary fiber for adults with hypertension should be
  - >28 g/day for women
  - >38 g/day for men
- Limit salt to 2,300 mg per day – 1 teaspoon

**To learn more about high blood pressure and National High Blood Pressure Education Month, please visit;**  
 American Heart Association | [www.heart.org/](http://www.heart.org/)  
 National Heart, Lung, and Blood Institute | [www.nhlbi.nih.gov/](http://www.nhlbi.nih.gov/)