

THE PRIME TIMES



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

JUNE 2026

DATE SAVER NOTICE

Friday, June 5, 2026

9 a.m.-2 p.m.-Summer Picnic at
New Hanover Lutheran Church
Picnic Grove

Wednesday, June 10, 2026

Bus Trip-Sight & Sound
Be at Weis Parking Lot by 8:15 a.m.

Friday, June 12 and June 19, 2026

The Center will be CLOSED

Thursday, June 11, 2026

AXA-XL "Global Day of Giving"
Gift Card BINGO at 12:45 p.m.

Tuesday, June 16, 2026

GLP1, Rx Nutrition with
Giant Pharmacy at 10:00 a.m.

Wednesday, June 17, 2026

Membership Meeting at 11:00 a.m.

Monday, June 22-June 25, 2026

Bus Trip-Cape Cod
Be at YMCA overflow lot by 6:30 a.m.

Monday, June 29, 2026

BIRTHDAY PARTY
12:45 p.m.-Ken Pierson

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

From Kim and Center Staff....

June at the Center

June is a month of sunshine,
Warm smiles and skies so blue,
A season filled with laughter
And cherished moments too.

It's a time to honor Father's,
Grandfather's proud and true,
Great-Grandfathers, Stepfathers,
And all the dads we knew.

We celebrate the men who guide us,
With wisdom, strength, and care.
Who share their love so freely
Every day they're there.

For every helping hand and hug,
For lessons through the years,
For stories, jokes, and gentle hearts
That comfort us through tears.

So during this beautiful month of June,
As summer days begin,
We celebrate the fathers in our lives
And the love they carry within.

Happy Father's Day
To all the wonderful dads, grandfathers, great-
grandfathers, uncles, brothers, and father
figures who make our Center family so
special each and every day.

Celebrate Father's Day with us on Thursday,
June 18th the fun begins at 10:00 a.m. and at
12 noon a delicious meal which will include
Cole slaw, roast beef with gravy, potato filling,
corn, and dessert dujour, after lunch at 12:45
we will continue our celebration to all the
men who have made a difference in our lives.

All are welcome!

ACTIVITY SIGN UPS

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

* * * * *

SENIOR FARMERS MARKET NUTRITION PROGRAM

The Boyertown Area Multi Service will once again be supporting this program by supplying you with the application for the checks starting June 1st. The 2026 Eligibility guidelines are as follows:

BERKS COUNTY

- o Reside in Berks County
- o Be 60 or Over
- o Paper Application Only/ Pick Up here and Mail to Berks County

MONTGOMERY COUNTY

- o Reside in Montgomery County
- o Be 60 or Over
- o Paper Application Available Here
- o In Person Apply or Mail form to Montgomery County

NEW THIS YEAR!!

My Mobile Market will be here at Boyertown Area Multi Service every Wednesday from 9:30 a.m.–11:30 a.m. from June through August. You will be able to use your Farmers Checks to purchase fresh fruits and fresh vegetables homegrown locally. The Mobile Market accepts cash, card, EBT/SNAP and WIC & Senior Farmers Checks. Everyone is welcome to purchase produce.

Montgomery County will also be here on Wednesday, 6/3 and Wednesday, 6/24 from 9:30 a.m.-11:30 a.m. Montgomery County residents can apply in person and get your checks immediately.

Any questions can be directed to Center Staff by calling 610-367-2313.

* * * * *

BINGO WALKING FOR SENIORS

Get moving and have fun with Bingo Walking for Seniors at the Boyertown Community Park located on South Madison Street in Boyertown on Thursday, June 4th at 9:30 a.m. Join the Center for this creative twist on staying active – walk at your own pace and mark off bingo squares as you go. It's a great

way to combine light exercise, social time, and a chance to win a small prize. Comfortable shoes and smiles encouraged! Please register at The Center or by calling Stacey Brennan at 610-367-2313 Ext. 1.

* * * * *

HISTORY REVISITED WITH DARIUS PUFF

This month on Wednesday, June 10th, at 12:45 p.m., Darius Puff, a local Lenape historian whose heritage includes Lenape and English, will speak about the history of "Pontiac's Rebellion". For more information or to register, please call the Center Receptionist, Stacey Brennan at 610-367-2313.

* * * * *

GIFT CARD BINGO

Don't miss your chance to win gift cards and enjoy a fun afternoon with friends. The Center will hold a Gift Card Bingo on Thursday, June 11th sponsored by AXA XL. For just \$5 a person, you'll play 17 games with paper cards and dabbers. The main prize will be a \$10 gift card with a \$25 gift card for a full card on the last game! Please mark your calendars and set your alarms so you don't miss this month's Gift Card Bingo!

* * * * *

FATHER'S DAY CELEBRATION

Join us this Father's Day as we celebrate all the wonderful men in our senior center community with an afternoon of laughter, friendship, and classic fun! We'll be showing the hilarious movie Grumpy Old Men while everyone enjoys delicious soft pretzels and ice-cold root beer. Whether you're a father, grandfather, uncle, brother, or friend, this special gathering is our way of honoring the men who bring wisdom, humor, and heart to our lives. Come relax, enjoy the movie, and share a great time together with friends old and new!

* * * * *

JUNE EXECRCISE TIME CHANGE

Since the Center is closed for 2 Fridays in June, Joanne is changing the date for her Friday Exercise class, Strength and Balance. It will be held on Thursday, June 4, and 11th at 12:45 p.m. The rest of the summer will be on Fridays at 11:30 a.m. until September.



JUNE
 Far up in the deep blue sky
 Great white clouds are floating by;
 All the world is dressed in green;
 Many happy birds are seen,
 Roses bright and sunshine clear
 Show that lovely June is here.
F.G. Sanders



* * * * *

HAPPY BIRTHDAY TO OUR JUNE CELEBRANTS! ! !

- | | | | | |
|-----------------------------|------------------------|--------------------|---------------------|-----------------------|
| 01 Gerald Koch | 06 Mary Beth Michael | 15 Elmo Dorazio | 21 Nancy Jaspersen | 26 Trudy Shainline |
| 01 Joyce Yergey | 06 Ruth Hite | 15 Deborah Lupold | 22 Larry Solar | 27 Ken Fagley |
| 03 Mildred Berger | 07 Barbara Bartholomew | 15 Susan Yerger | 22 Gloria Swavely | 27 Bea Miller |
| 03 Marilyn Stull | 07 Carol Hansen | 16 Scot Griesemer | 22 Colleen Schulze | 28 Karen Bolli |
| 04 Patricia Burkepile | 09 Donald Cook | 16 Richard Moore | 23 Charles Downer | 28 Roseanne Montanaro |
| 04 Faye Kline | 09 Barbara Norman | 17 Theodore Hoey | 23 Faith Houck | 28 Douglas Samsel |
| 04 Patricia Ohl | 09 Brenda Moser | 17 Karen Whiston | 23 Eileen Schlecht | 28 Barb Willman |
| 04 Darlene Haring | 10 Tyler Dean | 17 Mark Knepp | 24 Carmella Dwornik | 29 Kathryn Kulp |
| 04 Robin Garner | 12 Irene Ritchey | 18 Carol Smith | 24 Margaret Dero | 29 Barbara Nuss |
| 04 Rita Pechy | 12 Richard Hilbert | 18 Joan Mathias | 24 William Spade | 30 Arthur Schmuck |
| 05 Jill Houck | 13 Darlene Melody | 19 Richard Eidle | 25 Doris Angstadt | 30 Thomas Develin |
| 05 Geraldine Smith | 13 Barb Secco | 20 Mary Nye | 25 Judie Fegan | |
| 05 Angela Smith | 14 William Blatt | 20 Helen Skelton | 26 Kay Behle | |
| 05 Delores Delong | 14 Joan Fern | 20 Kathleen Troisi | 26 Joan Rose | |
| 05 Barbara Sims-
Hancock | 14 Linda Frymoyer | 21 Thomas Troutman | 26 Jerome Treichler | |
| | 15 Ronald Buchle | 21 Dennis Raysor | 26 Rapp Toni | |

* * * * *

**THE CENTER AT SPRING STREET
 BULLETIN BOARD**

MEMBERSHIP

Please check your membership card for your renewal date!

**THOUGHTS AND PRAYERS AND
 GET WELL WISHES TO:**

Peter Schnore
 Alma Hutchinson

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

Barbara Bernard Dan Oister
 Betty Schuler Arlene Melcher
 Joyce Yergey



"INVITATION"

June celebrants are invited to celebrate their birthday at the Center on Monday, June 29th, 2024, from 10 A.M. to 2 P.M.

Musical Entertainment: Ken Pierson

R.S.V.P. (610) 367-2313, by Thursday, June 25th

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

WHAT'S COOKIN'?

June 2026

Ah, wonderful June, the start of summer vacations, bright sunshine, gardens flourishing, and celebrations for Dads and grads. We hope that as the summer starts up, you will still make time to come into the Center for lunch, fellowship, and activities. No matter what day, we will have a hearty, nutritious meal waiting for you. Hope to see you soon!

*Best regards,
Chefs Chris and Karen*

Additional Survey Findings

In last month's newsletter, food-related survey results were shared. This month, we will focus on the popularity of different Center programs.

The majority of members who come in for lunch also participate in other activities, while fewer than 10% come in for meals only.

Following is a breakdown of what members are participating in before and after lunch:

76%	Bingo
72%	Entertainment
44%	Activities/Programs
34%	Cards
32%	Speakers
28%	Crafts
20%	Exercise

Bingo and entertainment are the most popular activities among members who come for lunch. Exercise has the lowest participation rate, but that is most likely low because people are not as interested in a filling hot meal after working out.

Less than half of members who dine with us participate in activities/programs, cards, speakers, or crafts, and Center staff are continually looking for new ways to make the Center a destination, where you can have fun, learn, and grow both before and after lunch.

If you have ideas for programs you would like to participate in, please share them with Center staff or put them in the suggestion box. We want the Center to be all that it can be for you, so please take the time to share and help us to make the Center the place to be in Boyertown!

Most members (72%) come to the Center for lunch at least three times per week. Of the 28% who come in once or twice a week, most have other activities and appointments which keep them from visiting more frequently.

Nearly one-third of members (28%) are local and travel less than one mile to get to the Center. Additionally, another 56% travel up to 10 miles, and a smaller percentage (16%) come from 11 or more miles away.

So, while most members who join us for lunch live in the immediate Boyertown area, there are also people travelling from a greater distance to come in.

*"June is the time for being in the world in new ways, for
throwing off the cold and dark spots of life"*
- Joan D. Chittister

WHAT'S COOKIN'?

June 2026

Kitchen "Jumble"- aya

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

1.	O	P	S	O	N				
	○			○					
2.	R	I	N	D	E	N			
	○		○	○					
3.	T	R	I	L	E				
		○	○						
4.	S	H	E	W	A	R			
		○	○						
5.	A	L	A	S	S				
		○	○		○				

Sous Chef Karen was excited to go to the beach. She knew the trip would be

"-----"!

Answers to May "Jumble"-aya:

1. SPATULA 2. FROTH 3. METAL 4. SPROUT 5. KITCHEN
I'M SO HAP'PEA'!



Word Search

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

The following words can be found in the puzzle above: bay, beach, blanket, boat, dock, dune, fish, float, gulls, jetty, ocean, picnic, pier, rocks, sand, sandals, shells, shore, sun, relax, umbrella, and wave. Words can be forward, backward, up, down, or diagonal.

Please call the Center to let us know if you will not be coming in for a lunch you signed up for. We prefer you call two days in advance, but if you are not able, please at least call on the day of. We have been having more no-shows than usual, which leads to the Kitchen preparing meals that are not needed. We would really appreciate your help with this, so please be sure to call if you will not be coming in for a lunch that you signed up for. Thank you!

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

NATIONAL FRESH FRUIT & VEGETABLE MONTH

Eat more produce

June is National Fresh Fruit and Vegetable Month

Some people celebrate in June, other celebrate in September! Why can't we celebrate both! Fruits and vegetables have important nutrients including fiber, natural sugars and carbohydrates, and vitamins and minerals that keep you healthy and independent.

Seasonal Produce & Benefits

There are so many wonderful benefits of choosing locally grown, seasonal produce. Including,

- Affordability
- Quality
- Supporting local farmers, community and environment
- And more



Vegetable ASPARAGUS

Choose odorless stalks with dry tips

Store in fridge for up to 4 days and wrap ends of stalks in wet paper towel in a plastic bag

Has a sweet, grassy taste

In season from April until June

Saturated Fat Free

Fat Free

Cholesterol Free

Good Source of Vitamin C to support wound healing and immune function

Low in Calories

SIMPLE COOKING METHOD!

Roast in oven at 425 degrees F trimmed and toss in 1 tablespoon of olive oil, sprinkle seasoning and spread out on baking sheet. Roast for 10-12 minutes or until slightly golden brown.



Vegetable CARROT

Choose well-shaped, smooth and crisp carrots with deep orange color and green tops.

Refrigerate in plastic bags with tops removed. Good for two weeks.

Low in calories

In season from July to November

Fat free

Cholesterol Free

Sodium Free

Good source of vitamin A for healthy eyes

High in antioxidants to help prevent chronic disease

SIMPLE EATING METHOD!

Eat plain
or
Dip raw into Greek yogurt ranch dressing
or
Boil in water to soften



Fruit DATES

Choose shiny, uniform color and not broken. Choose pitted dates for easier consumption

Store at room temperature in airtight container. Good for up to 6 months in fridge

Fat free

In season between August and October

Ideal for a quick energy boost due to its natural sugars

Sodium Free

Cholesterol Free

Good source of fiber for a healthy heart and digestive system!

Not too low in calories - consume in moderation

SIMPLE EATING METHOD!

First, rinse off with cold water, then remove the pit.
Fill with a small scoop of goat cheese or almond butter!
Or
Chop up dates and throw in a salad!



Vegetable BEETS

Choose beets with firm, smooth skin and non-wilted leaves

Remove leaves and leave about 1 inch of stems. Store red part in plastic bag in fridge for up to 3 weeks. Wash before cooking.

Fat Free

Saturated fat free

Low in Sodium

In season all year except August and September

Cholesterol Free

Low in calories

Good source of copper for healthy blood, immune system and energy!

Good source of manganese that is essential for many cell processes in our bodies, processing of nutrients and blood clotting.

SIMPLE EATING METHOD!

Buy pre-cooked beets in the produce department for easy access.
Cut up and toss in salads for a nutrient boost!





GIANT.
DIETITIANS

GIANT.
PHARMACY

Snack & Learn: GLP-1 Medications & Diet

Join GIANT pharmacist and dietitian for an engaging session on GLP-1 medications and relevant nutrition considerations. We'll explore how these medications work, common dietary challenges, and practical strategies to support wellbeing while on GLP-1s.

Small snack and giveaways provided.

Tuesday, June 16th at 10am



Emily Beardsley, PharmD, RPh



Jena Wood, MS, RD, LDN



**MY MOBILE
MARKET**

**Your Pottstown
Area Farmers**

**Market On Wheels
June 3 - August 21 2026**

Wednesdays

9:30 a.m. to 11:30 a.m.

The Center at Spring Street

Boyertown Area Multi-Service's Active Adult Center