



THE PRIME TIMES

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

JULY 2026 DATE SAVER NOTICE

Wednesday, July 1, 2026

9:30 am. T-shirt Painting w/
Deb Spleen

12:45 Patriotic Piano/Sing-along

Thursday, July 2, 2026

4th of July Celebration

10:30 a.m.-All about Fireworks

Bus Trip – Toms River

Friday, July 3, 2026

Center Closed in Observance
of July 4th.

Wednesday, July 8, 2026

12:45 p.m.-History Revisited w/ Darius
"Pontiac's Rebellion"

Thursday, July 9 and 23, 2026

6 p.m. – Bingo Nites

Monday, July 13, 2026

10:00 a.m. Tour of PA Counties
With Vivian Hartman

Wednesday, July 15, 2026

11:00 am. Membership Meeting
12:45 pm. Music by Michael Kropp

Thursday, July 16, 2026

9:30 am. Senior Walking Bingo
Bus Trip-Totem Pole Theatre

Thursday, July 23, 2026

10:00 a.m.- 1st Annual Gorgeous
Grandma & Grandpa Day!

Monday, July 27, 2026

BIRTHDAY PARTY

12:45 p.m.-Wahl Street

From Kim & The Center Staff...

Happy July! Summer is in full swing, and we're excited to celebrate all the sunshine, friendship, and fun that this season brings. This year, the Fourth of July is a historically massive milestone: it marks the **United States Semi quincentennial**, which is the **250th anniversary** of the signing of the Declaration of Independence.

While Independence Day always celebrates the birth of the nation in 1776, the 250th anniversary makes this year's celebration a once-in-a-generation event.

Join us as we celebrate the 4th of July with patriotic pride and plenty of fun. Starting Wednesday July 1st, join us at 9:30 a.m. for a Fourth of July T-shirt painting class with Deb Spleen! Sign up and bring your own T-shirt, then join us at 12:45 p.m. for a Patriotic Piano Performance and Sing - along with Lisa Jokiel.

Thursday July 2, at 10:30 a.m., come join us for an educational program "All About Fireworks" presented by Dr. Jann Huggins along with Patriotic Pandemonium fun at 12:45 pm!

And the celebration continues at the center Monday July 13, at 10:30 a.m. Come and take a tour of Pennsylvania counties with Vivian Hartman. It will be sightseeing from your seat with a tour of attractions in your county that will include Berks, Bucks, Chester, Delaware, Lancaster, Lehigh, Montgomery, Northampton, Schuylkill, and York counties! There will also be a narrated photo slideshow, county - themed trivia along with a door prize drawing. Come sit & dance, even sing along if you choose. Either way it will be a fun filled day. Bring a friend and sign them up. If they become a new member, you will both receive a \$10.00 gift card! Look for this special gift card giveaway in the near future along with information on our new "Grab and Go" Lunch Program that will be available here at the Center starting in September!

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



ACTIVITY SIGN-UPS

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

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4TH OF JULY PATRIOTIC PANDEMONIUM

Celebrate America's 250th birthday with an afternoon of fun, laughter, and friendly competition at our Fourth of July Patriotic Pandemonium! Test your knowledge with exciting 250th Anniversary Trivia, enjoy a lively game of Name That Tune Through the Decades, and join in the festive spirit as we celebrate with friends. We'll also take a virtual look at the spectacular New York City Fourth of July fireworks display. Wear your red, white, and blue and come ready for a star-spangled good time! Don't forget to sign up for the All American lunch two days in advance. We will enjoy cheeseburgers, potato salad, party mix and green beans. For dessert, enjoy a scrumptious brownie!

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HISTORY REVISITED WITH DARIUS PUFF

Join us on Wednesday, July 8, at 12:45 p.m. for an engaging presentation on Pontiac's Rebellion with historian Darius Puff. Learn about this important conflict that shaped early American history following the French and Indian War. Darius will bring this fascinating chapter of our nation's past to life through stories, insights, and historical context. Don't miss this opportunity to explore a pivotal moment in American history. Call the Center to sign up at 610-367-2313.

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BOOK CLUB

Join us for an engaging discussion of *The Rose Code* by Kate Quinn. Set during World War II, this captivating historical novel follows three remarkable women working as codebreakers at Bletchley Park, whose friendship is tested by secrets, betrayal, and courage. Whether you've finished the book or are just getting started, all readers are welcome to attend. Come share your thoughts and enjoy an afternoon of lively conversation and fellowship on Tuesday, July 14 at 1:00 PM. in the library.

* * * * *

GRAB AND GO RETURNS

A popular program that helped nourish our community during the COVID-19 pandemic is making a comeback! This fall, the Center will once again offer Grab and Go hot lunches as a convenient option to help meet the nutritional needs of our community members. We are excited to bring back this service and look forward to sharing more details soon. Be sure to watch for complete information, including dates, menus, and registration details in the August newsletter.

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BALLOON VOLLEYBALL LEAGUE WITH CHESTNUT KNOLL

We are teaming up with our friends and neighbors from Chestnut Knoll for exciting Balloon Volleyball League! Join us on Tuesday, July 14th at 1:30 p.m. at Chestnut Knoll and Tuesday, July 28th at 1:30 p.m. at the Center for some friendly competition, teamwork, and lots of laughs as we go head-to-head in this lighthearted and active game. It's a great way to stay active and build connections with our neighbors. Let's play, cheer each other on, and have a ball, literally! All are welcome and no experience is necessary. Help the Center keep the Volleyball League trophy! Please sign up at the Center or by calling 610-367-2313, Ext. 1.

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FROZEN THE MUSICAL

Make a magical memory with your grandchild this holiday season on December 29th! Join us for a special trip to see the beloved musical *Frozen* at The Walnut Street Theatre. This wonderful experience includes both a delicious meal and the live show. The cost is \$178 per person, whether you bring a grandchild or just yourself, (one grandchild per grandparent). Final payment due by September 18th. Tickets make a perfect Christmas gift and create memories that will last a lifetime. Reserve your seats early—this popular show is sure to fill quickly!

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Celebrating Our 1st Annual Gorgeous Grandma & Grandpa Day!

Did you know that July 23rd is officially Gorgeous Grandma Day? This fabulous day was created back in 1984 by an inspiring woman named Alice Solomon. After graduating from college at the age of 50, Solomon noticed that society often placed older women into a box, treating them as if they were no longer active, relevant, or stylish. To shatter the stereotype of the traditional, rocking-chair-bound "granny," she created this day to remind the world that older adults are vibrant, accomplished, and absolutely gorgeous!

This year, we are putting our own special spin on the tradition. We believe grandpas deserve some love, too! We are thrilled to announce our 1st Annual Gorgeous Grandma & Grandpa Day right here at the center on Thursday, July 23rd. This day is all about pampering our wonderful members, celebrating your style, and showing off just how gorgeous you all are, inside and out.

Schedule & Event Details

To make sure absolutely everyone has a chance to participate, we will be running the event in two sessions around our usual lunchtime:

- **Morning Session:** 10:00 AM – 11:30 AM
- *Break for Lunch*
- **Afternoon Session:** 12:45 PM – 2:00 PM

What to Expect

We are bringing in a wonderful collection of hats, scarves, gloves, and jewelry so you can dress to the nines! We will also have a makeup station set up to give you that extra bit of holiday sparkle. Once you are styled and feeling glamorous, you can step up to our beautiful custom backdrop for a professional-style photo op to commemorate the day.



Volunteers Needed!

An event this fabulous takes a village! We are looking for enthusiastic volunteers to help with makeup application, wardrobe styling, and operating the photo backdrop station. If you or a family member would like to help us make our first annual celebration a roaring success, please see Kim to sign up.



July
 Barbecues and picnics,
 Swimmers soaking up the rays,
 Bike rides in the country,
 Shady spots on sunny days...
 Summertime vacations,
 Lemonade on front-porch swings,
 Special thoughts and memories
 Of July's most favorite things.



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HAPPY BIRTHDAY TO OUR JULY CELEBRANTS!

01 Anna Fronheiser	07 Cathy Langendorf	12 Deborah Drager	19 Elmer Hilbert	27 Linda Moyer
01 Linda Ritter	07 Martha Powers	12 Cathy Hardaker	19 Catherine Yoder	27 Randy Peterson
01 Ginny Jackson	07 Linda Thees	13 Sarah Rutkowski	19 Deborah Emes	27 Kathee Rhode
02 Janice Amole	08 Carl Stofflet	13 Marlene Mauger	19 Shirley Bruns	28 Joyce West
02 Lori Lanahan	08 Elaine Vardjan	13 Carmel Gill	19 Judy Keyser	28 Stephen Walker
02 Paul Ryder	08 Irvin Yerger	13 Maryanne Meehan	20 Jennifer Fasig	29 Marie Bower
03 Betty Mealey	08 William Rohrbach	15 Otto Nuss	21 Hannah Heybach	29 Robert McElwee
03 Diane Meyers	09 Jane Hopple	15 Eugene Nuss	21 Doris Arnold	29 Sallie Wright
03 Nancy Heck	09 Shirley Lupold	15 Joseph Miller	21 Marlene Shaner	29 John Crozier Jr
04 Linda Mohr	09 Robert Haines	15 Stan Smith	21 Martin Fasig	30 Larry Boyer
04 Sandra Sheptock	09 Robin Evans	16 Joan Leister	22 Ronald Moyer	30 John Dubas
04 Bonnie Blatt	10 Alan Langendorf	16 Miriam Bartow	23 Donald Kerr	30 Rita Myers
04 Elizabeth Weinhold	10 Diane Bilardo	16 Martha Rutledge	23 Craig Douglass	30 Tina Campbell
05 John Boysen	10 Jeffrey Brumbach	17 Dolores Frey	23 Janie Gresh	31 Emilene Diamond
05 Judy Conrad	11 Mary Shafer	17 Rose Himes	24 Diane Baus	31 Lonnie Carnes
06 Karl Hess	11 Lenoir Lahr	17 Patricia Smith	25 Charlotte Konnick	
07 Nancy Horn	12 Patricia Cackovic	18 Barbara Gormley	26 Anthony Marchesano	
07 Dennis Rooney	12 Katie Reehl	18 Lois Rau	26 Wayne Williams Sr	



THE CENTER AT SPRING STREET BULLETIN BOARD



MEMBERSHIP

Please check your
membership card for
your renewal date!

GET WELLS

Gary Fronheiser

OUR DEEPEST SYMPATHY TO THE FAMILY & FRIENDS OF:

Peter Schnore



"INVITATION"

July celebrants are invited to celebrate their birthday at the Center on

Monday, July 27, 2026, from 10 A.M. to 2 P.M.

Musical Entertainment: Wahl Street

R.S.V.P. (610) 367-2313 by Thursday, July 23rd

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

WHAT'S COOKIN'?

July 2026

Before my vacation, we finished putting together the new menu (it is actually harder to do than you might think), and Chef Chris has since sent it off to the dietician to ensure we are meeting nutritional guidelines. We kept some popular items from the current menu, brought back some old favorites, and added some new meals as well. We should know soon if any changes need to be made, and we'll be one step closer to introducing the new menu later in the summer. We hope to see you soon at the Center where you can enjoy the cool air conditioning, fun activities, and great meals. Happy July, everyone!

*Best regards,
Chefs Chris and Karen*

Kitchen "Jumble"- aya

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

1.	S	L	O	R	B	E	T	
	○		○				○	
2.	S	L	M	A	C			
	○		○					
3.	O	T	T	U	R			
	○				○			
4.	S	E	R	O	T	Y		
		○			○			
5.	L	I	B	O	R			
	○			○	○			

When Chef Karen came back to work after her beach vacation, she warned Chef Chris that she might be a

Answers to June "Jumble"-aya:

1. SPOON 2. DINNER 3. LITER 4. WASHER 5. SALSA -- "SAND"SATIONAL

Word Search

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

The following words can be found in the puzzle above: bay, books, breezes, cocktail, family, fudge, fun, happy hour, music, oceanfront, pool, relaxing, sailing, seafood, shell, sunset, suntan, swim. Words can be forward, backward, up, down, or diagonal.



*"Let us live like flowers - wild and beautiful and drenched in sun."
- Ellen Everett*

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

Nutrition Assistance Programs

Bite by Bite

Nutrition Education for Older Adults

Eating well can be challenging, especially when living on a low or fixed income. Meals can be unpredictable and this may make life stressful. This handout will go through a few nutrition assistance programs that may be available to help you supplement the meals you are already having. Keep in mind, these programs are supplemental. They will not provide you with all of the food you need, but are a great starting point for nutritious meals.



Supplemental Nutrition Assistance Program (SNAP)

This program provides families monthly funds to supplement their grocery budget to be able to afford nutritious food. Money is in the form of an EBT card that can be used at grocery stores. Many seniors qualify and do not realize it! Qualification is based on income.

Senior Farmers Market Nutrition Program (SFMNP)

This program provides eligible seniors with 5 \$5 checks to purchase fresh fruits, vegetables and edible herbs at participating farmers markets or roadside stands. Fund from June 1st – November 30th. Qualification is based on income and must be 60 years or older.

Commodity Supplemental Food Program (CSFP)

This program provides monthly boxes of nutritious, USDA foods to supplement meals, not provide a complete diet. Qualification is based on income and must be 60 years or older.

For more information, please visit;

Pennsylvania Department of Human Services | www.PA.gov
United States Department of Agriculture | www.USA.gov

Frequently Asked Questions

Why should I apply?

If you are looking to stretch your monthly budget and make a dollar last longer, these nutrition assistance programs may be for you. With the increased cost of living and cost of food going up, these programs can help you budget your money and gain access to fresh, nutritious food every month. There is no time like the present. Call today and get started on the applications.

Where can I apply?

There are online resources to apply on your own. These resources are listed at the bottom of this page. The Boyertown Area Multi-Service Center has a great case management team that can help you in filling out applications for these programs. Call your local Agency on Aging to guide you through applications. Visit your local SNAP office or visit your state agency's website

Local resources to call/visit to apply

Apply for Commodity Supplemental Food Program PA Online: <https://www.pa.gov/agencies/pda/food/food-assistance/senior-food-box-program>

Apply for SNAP PA Online: <https://www.pa.gov/services/dhs/apply-for-the-supplemental-nutrition-assistance-program-snap>

Bureau of Food Assistance
Phone Number: 800-468-2433
Email: RA-Fooddist@pa.gov

Boyertown Area Multi-Service
200 W Spring Street
Boyertown, PA 19512
Phone Number: 610-367-6957

To find food pantries: feedingpa.org

USDA National Hunger Hotline
Operates from 7:00 am – 10:00 pm EST
Phone Number: 1-866-3-HUNGRY

Helping Harvest Berks County
117 Morgan Drive
Reading, PA 19608
Phone Number: 610-926-5802
Email: marketing@helpingharvest.org

Berks County Area Agency on Aging
Area Agency on Aging
400 E. Wyomissing Ave.
Mohnton, PA 19540
Phone Number: 610-478-6500
Website: <https://www.berkspa.gov/departments/aging>





STOP! IT IS A SCAM

- If someone requests payment by gift card.
- If you must make a payment to receive a prize.
- If your online sweetheart asks for money.
- If a phone number pops up on your computer for tech support.
- If someone you have never met contacts you on social media and wants to start a relationship.
- If someone says they are from Social Security, Medicare, or another government entity and demands payment.
- If the caller says they are a family member in trouble and need money immediately.



SCAMMERS WILL:

- Pressure you to take immediate action.
- Pretend to be from an organization you know.
- Call from a phone number that appears to be local.
- Tell you there is a problem or a prize.
- Use free dating sites to meet people.
- Tell you they love you and need money to visit you or for a family emergency.
- Require payment by gift card, wire transfer, payment app, or cryptocurrency.



PROTECT YOURSELF:

- Create a family “code” word to make sure you know who you are talking to. Artificial Intelligence allows scammers to clone voices, so it might sound like your loved one and still be a scam.
- Don’t talk longer than necessary, they could be recording your voice.
- Don’t answer calls or text messages from phone numbers you do not know.
- Don’t give your personal or financial information to anyone over the phone.
- Don’t click on links in emails, even from a company you do business with. Go directly to their website or look up their phone number.
- Resist the pressure to act immediately.

**Hang Up Immediately AND Call Someone You Trust!
Once Your Money Is Gone, You Will Never Get It Back!**

**The Mercury's 32nd Annual
READERS' CHOICE CONTEST
has chosen the CENTER at SPRING
STREET as one of the three "Best
Senior Fitness Programs" in the
newspaper's circulation area!**

You can vote online

(and we can help you if needed)

**by pointing your phone's camera at the
QR Code below and entering your email
address to register. This will take you to a
site where you can vote**

from July 1st thru July 19th!

You can vote once EVERY DAY!

**VOTE EARLY
AND VOTE
OFTEN!!**



Best Senior
Center Voting

