

# OCTOBER 2026

The Center at Spring Street is a program of Boyertown Area Multi-Service, Inc. Boyertown Area Multi-Service, Inc. is a member agency of Boyertown United Way, and the United Way of Berks County, and is also funded by the Pennsylvania Department of Aging through Berks County Area Agency on Aging and Adult Services of Montgomery County.

| MONDAY                                                                                                                                                                                                                                                                                       | TUESDAY                                                                                                                                                                                                                                                   | WEDNESDAY                                                                                                                                                                                                                                                                                                                                      | THURSDAY                                                                                                                                                                                                                                                                | FRIDAY                                                                                                                                                                                                                                                                     |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>DAILY ACTIVITIES</b><br>Cards and Games<br>Shuffleboard<br>Rummikub<br>Billiards<br>Book Swap<br>Good Coffee & Great Company!                                                                                                                                                             |                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                | 1 9:30 a.m. Shuffleboard Bowling<br>12:00 p.m.-Lunch*<br>1:30 p.m.-Healthy Heart - Happy Heart<br>2:00 p.m. Songsters Rehearsal<br>6:00 p.m. BINGO Nite                                                                                                                 | 2 9:15 a.m. Sit Strong, Live Long w/ Paul<br>9:30 a.m.- Pool Team Tournament<br>10:30 How to create & prepare wealth by Howard Blanck<br>12:00 p.m.-Lunch*<br>12:45 p.m.-Friday BINGO                                                                                      |
| 5                                                                                                                                                                                                                                                                                            | 6                                                                                                                                                                                                                                                         | BUS TRIP - Hunterdon Hills                                                                                                                                                                                                                                                                                                                     | 7                                                                                                                                                                                                                                                                       | 8                                                                                                                                                                                                                                                                          |
| 9:15 a.m. - Healthy Steps in Motion Class A<br>9:30 a.m.- Nine Ball Pool Tournament<br>10:00 a.m.-Bear Races w/ the Res @ Byrtwn<br>10:30 a.m. - Healthy Steps in Motion Class B<br>12:00 p.m. Lunch*<br>1:00 p.m.- Busy Bees Sewing Group                                                   | 9:15 a.m. Cardio Fusion w/ Natalie.<br>10:00 a.m. Halloween Craft with Cindy<br>12:00 p.m. Lunch*<br>12:45 p.m. Pinochle<br>1:00 p.m.- Knit and Crochet Club<br>1:00-3:00 p.m.- Swim Time at the YMCA<br>5:00 p.m.-Supper Club Brookside Pottstown        | 9:30 a.m. Blood Pressure and Weight<br>9:00 a.m.- Sit and Get Fit<br>10:00 a.m.- Mah-Jongg<br>10:00 a.m.-Chair Dancing<br>10:30 a.m. Strength and Balance<br>12:00 p.m.-Lunch*<br>1:00 p.m.-Wii Bowling                                                                                                                                        | 9:30 a.m.-Ladies Choice Mixed Doubles<br>10:00 a.m.-Bring & Brag with Kim<br>12:00 p.m. Lunch*<br>1:00 p.m.-Gift Card BINGO by Christine Mihalek of Med Minder<br>1:30 p.m.-Healthy Heart - Happy Heart<br>2:00 p.m. Songsters Rehearsal                                | 9:15 a.m. Sit Strong, Live Long w/ Paul<br>9:30 a.m. Pool Individual Tournament<br>12:00 p.m.-Lunch*<br>12:45 p.m.-Friday BINGO sponsored by Stannah Stairlifts                                                                                                            |
| 12                                                                                                                                                                                                                                                                                           | BUS TRIP - Penns Peak                                                                                                                                                                                                                                     | 13                                                                                                                                                                                                                                                                                                                                             | OKTOBERFEST CELEBRATION                                                                                                                                                                                                                                                 | 14                                                                                                                                                                                                                                                                         |
| 9:15 a.m. - Healthy Steps in Motion A<br>9:30 a.m. Moms Club W/ Kids Reading<br>9:30 a.m.- Nine Ball Pool Tournament<br>10:30 a.m. - Healthy Steps in Motion B<br>12:00 p.m. Lunch*<br>1:00 p.m. - Busy BeesSewing Group                                                                     | 9:15 a.m. Cardio Fusion with Natalie<br>10:30 a.m. Hershey Therapy Dog<br>12:00 p.m. Lunch*<br>12:45 p.m. Canasta Card Game<br>1:00 p.m.- Knit and Crochet Club<br>1:00 p.m. Book Club "7 Rings" by Nora Roberts<br>1:00-3:00 p.m.- Swim Time at the YMCA | 9:00 a.m.-Sit and Get Fit with Joanne<br>9:30 a.m.-Painting with Deb Spleen<br>10:00 a.m.- Hearing Aid Cleaning<br>10:00 a.m.-Mah-Jongg<br>10:30 a.m. Pretzels & Root Beer<br>10:30 a.m. Strength and Balance<br>11:00 a.m.-Chair Dancing<br>12:00 p.m.-Lunch*<br>12:45 p.m.-Golden Texas Hold Em<br>12:45 p.m.-Happy Dutchman - Entertainment | 8:30 a.m.-Breakfast Club -Juke Box Café<br>9:30 a.m. Chair Yoga w/ Melissa<br>10:00 a.m. Corn Hole<br>12:00 p.m. Lunch*<br>12:45 p.m.- History Revisited w/ Darius Puff<br>1:00 p.m. Haircuts with Tina<br>2:00 p.m. Songsters (Chestnut Knoll)<br>6:00 p.m. BINGO Nite | 9:30 a.m.- Pool Team Tournament<br>9:15 a.m. Sit Strong, Live Long w/ Paul<br>10:30 a.m. Boost your Immune Health with a Giant Dietician<br>12:00 p.m. Lunch*<br>12:45 p.m. Fall Friday BINGO - sponsored by Beth Biehl                                                    |
| 19                                                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                           | 20                                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                         | 21                                                                                                                                                                                                                                                                         |
| 9:15 a.m. - Healthy Steps in Motion A<br>9:30 a.m.- Nine Ball Pool Tournament<br>10:00 a.m. Crafts with Sheena<br>10:30 a.m. - Healthy Steps in Motion B<br>12:00 p.m. Lunch*<br>1:00 p.m. Busy Bees Sewing Group                                                                            | 9:15 a.m. Cardio Fusion with Natalie<br>10:00 a.m.- Game - Crap or Fact with Reon<br>12:00 p.m. Lunch*<br>12:45 p.m.- Hasenpfeffer Card Game<br>1:00 p.m.- Knit and Crochet Club<br>1:00-3:00 p.m.- Swim Time at the YMCA                                 | 9:00 a.m.- Sit and Get Fit w/Joanne<br>10:00 a.m.- Mah-Jongg<br>10:00 a.m. Chair Dancing<br>10:30 a.m. Strength and Balance<br>12:00 p.m. Lunch*<br>12:45 p.m.- Bean Bag Baseball<br>5:00 p.m.-Supper Club Brookside Pottstown                                                                                                                 | 9:30 a.m.-Shuffleboard Tournament<br>10:00 Game with Kim<br>12:00 p.m. Lunch*<br>12:45 p.m. Bingo                                                                                                                                                                       | 9:15 a.m. Sit Strong, Live Long w/ Paul<br>9:30 a.m. Blood Pressure and Weight<br>9:30 a.m.- Pool Individual Tournament<br>10:45 a.m. Chat w/ Bob Varga<br>12:00 p.m. Lunch*<br>1:00 p.m. CENTER CLOSING<br>Bring in your decorated pumpkins MONDAY for Judging next week! |
| BIRTHDAY PARTY                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                           | 27                                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                                         | 28                                                                                                                                                                                                                                                                         |
| BUS TRIP - Day in Gettysburg<br>9:15 a.m. - Healthy Steps in Motion A<br>10:00 a.m. Birthday BINGO<br>10:30 a.m. - Healthy Steps in Motion B<br>12:00 p.m. Lunch*<br>12:45 p.m. Music by Howard Guarini<br>1:00 p.m.- Busy Bees Sewing Group<br><br>Birthday Cake provided by Chestnut Knoll | 9:15 a.m. Cardio Drumming with Natalie<br>10:00 a.m. Table hockey<br>12:00 p.m. Lunch*<br>12:45 p.m. Canasta Card Game<br>1:00 p.m.- Knit and Crochet Club<br>1:00-3:00 p.m.- Swim Time at the YMCA                                                       | 9:00 a.m. Sit and Get Fit with Joanne<br>10:00 a.m. Mah-Jongg<br>10:00 a.m. Chair Dancing<br>10:30 a.m.-Strength and Balance<br>12:00 p.m. Lunch*<br>12:45 p.m. Hasenpfeffer Card Party<br>12:45 p.m. Golden Texas Hold Em                                                                                                                     | 9:30 Chair Yoga with Melissa<br>9:30 a.m. Shuffleboard Bowling<br>12:00 p.m. Lunch*<br>1:00 p.m. Ballon Floor Hockey<br>2:00 p.m. Songsters (at Residence at Boyertown)                                                                                                 | 29 HALLOWEEN CELEBRATION 30 9:15 a.m. Sit Strong, Live Long w/ Paul<br>10:00 Halloween Photo & Parade<br>10:30 Pumpkin Decorating Contest<br>12:00 Lunch*<br>12:45 p.m. Friday BINGO                                                                                       |
| Judging all week for Best Decorated Pumpkin                                                                                                                                                                                                                                                  |                                                                                                                                                                                                                                                           |                                                                                                                                                                                                                                                                                                                                                |                                                                                                                                                                                                                                                                         |                                                                                                                                                                                                                                                                            |

Thank you to the Pennsylvania Department of Aging and Berks County Area Agency on Aging for sponsoring the following wellness classes: Chair Dancing, Strength & Balance, and Cardio Fusion/Drumming.  
\* Lunch-Either Dining In or Grab & Go, please reserve or cancel your meal 2 days in advance, and if you have a meal scheduled, please be at The Center by 11:15 am. Thank you to Berks County Area Agency on Aging for sponsoring the meals. All meals are suggested donation of \$2.50 per meal - actual meal cost is \$6.45