



THE PRIMETIMES

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

OCTOBER 2026 DATE SAVER NOTICE

**Thursday, October 1, 2026
& Thursday, October 15, 2026**
6 p.m.- BINGO Nite

Wednesday, October 7, 2026
Bus Trip to Hunterdon Hills

Thursday, October 8, 2026
1:00 p.m. Gift Card Bingo by Christine
Mihalek of Med Minder

Tuesday, October 13, 2026
Bus Trip – Penns Peak
12:45 p.m. Changes to Medicare
Presentation
By Tim Hendel

Wednesday, October 14, 2026
10:00 a.m. Pretzels & Root Beer
12:45 p.m. Oktoberfest Celebration
Entertainment by Happy Dutchmen
German Band

Friday, October 23, 2026
1:00 p.m. Center Closing

Monday, October 26, 2026
Birthday Party
Bus Trip-Gettysburg
12:45 p.m.- Musical Entertainment by
Howard Guarini

Friday, October 30, 2026
Halloween Celebration
10:00 a.m. Photo & Parade
10:30 a.m. Best Decorated Pumpkin
Winner Announced

From Kim & Center Staff

Fall into fun at the Center at Spring Street! As the leaves turn and the air gets crisp, a brand-new season is officially underway. We have a packed calendar ahead and can't wait to welcome you back for an action-packed autumn full of community, energy, and exciting new activities.

Ready to share a piece of your history? Join your fellow members for our brand-new program: "Bring & Brag". When: Beginning Thursday, October 8th at 10:00 a.m. (held once a month) What: Dust off something from home that holds a special place in your heart and join us to tell a short story about it. Whether it's a vintage family photo, a unique travel souvenir, or a meaningful keepsake, we want to hear the tale behind it! It's the perfect opportunity to swap stories, laugh, and get to know your community even better. We can't wait to see what you bring! Get signed up today!

Next, new to the calendar is Chair Yoga with Melissa! Stretch, relax, and feel your best with our new Chair Yoga classes! These gentle, seated sessions are suitable for all mobility levels. Classes meet twice a month on Thursdays at 9:30 a.m., with upcoming sessions on October 15th and October 29th. Certified yoga instructor Melissa Novack Hamilton, formerly of Spirit Holistic Center in Boyertown, leads the classes, which are sponsored by Ennoble Care. Refreshments will be served following the class.

Friends Helping Friends is returning to Boscov's on Wednesday, October 21st only from 8 a.m.- 11 p.m.! The Center has 25% off shopping passes available for \$5 each. Please stop by to purchase your shopping pass, which can be used as many times as possible throughout the Friends Helping Friends Event. The Center at Spring Street keeps 100% of the money collected for the passes. Thank you!

Mark your November calendar for the Center's Annual Holiday Craft Fair and Flea Market on Saturday, November 7th from 8a.m.-2p.m.! FREE ADMISSION open to the public! Start your weekend with holiday shopping at the Center with many crafters, a flea market, door prizes and you can enjoy a light lunch and yummy baked goods! If you would like to donate a baked good, please sign up at The Center or call us at 610-367-2313 Ext.1!

The Center at
Spring Street
is a program of
Boyertown Area
Multi-Service, Inc.
* * * * *

Center Hours
9:00 a.m. to 4:00 p.m.
Monday thru Friday

ACTIVITY SIGN-UPS

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

* * * * *

PICK 3 EVENING LOTTERY

The Center is selling Pick 3 Evening Lottery tickets for November! Each ticket is \$5 and has two numbers. If the Pick 3 Evening number matches a number on your ticket, you win \$50. There will be a \$50 winner every day and you could win multiple times with the same number. Take a chance and support the Center in the process!

* * * * *

OKTOBERFEST

Come out and enjoy Oktoberfest at The Center on Wednesday, October 14th. At 10:00 a.m., soft pretzels from the Philly Pretzel Factory and root beer will be available. THANK YOU to Julie at Chestnut Knoll for donating the snacks! A delicious lunch will be served at 12 noon which will include: diced pears, beef shepherd's pie w/ gravy, peas, and ice cream. After lunch, The Happy Dutchmen will perform some upbeat Oktoberfest music beginning at 12:45 p.m. Don't miss out on the fun! Be sure to reserve your meal and spend the day celebrating Oktoberfest with us! To reserve your meal please call Stacey Brennan at 610-367-2313 Ext 1 or stop by the Center to register.

* * * * *

MOM'S CLUB VISIT

Get ready for Halloween fun! The Moms Club will be joining us at the Center for a special visit. Seniors and little ones will enjoy spending time together, making a fun Halloween craft, and listening to some festive stories. It's sure to be a wonderful day filled with smiles, creativity, and a little Halloween magic! Plan to be a part of the spooktacular Halloween happenings on Monday, October 12th from 9:30 a.m.-11:30 a.m.

* * * * *

MEDICARE 101

On Tuesday, October 13th at 12:45 p.m. Tim Hendel from Berks Encore will be here to present "Changes to Medicare". Medicare open enrollment will begin on October 15th and

run through December 7th. If you need help enrolling in Medicare during open enrollment, please call Berks Encore at 610-374-3195 Ext 209 to make an appointment. Be prepared for Medicare open enrollment by attending this valuable informational session. Please sign up by calling the Center at 610-367-2313, Ext 1 or in person at the Center.

* * * * *

HISTORY REVISITED WITH DARIUS PUFF

Join Darius Puff, a local Lenape historian whose heritage includes Lenape and English, when he speaks about "William Wells" on October 15th at 12:45 p.m. William Wells, also known as Apekonit ("Carrot Top") was the son-in-law of Chief Little Turtle of the Miami. He fought for the Miami in the Northwest Indian War. During the course of that war, he became a United States Army officer, and also served in the War of 1812. Mark your calendar, **NOTE THE DATE CHANGE**, and plan to attend this month's History Revisited to find out what happened.

* * * * *

HALLOWEEN CELEBRATION

Celebrate Halloween at the Center on Friday, October 30th. Come dressed in your costume to begin your day at the Center! Bring your funny, scary, imaginative selves for a fun group picture and a parade around Boyertown Area Multi-Service! Have your fill with Halloween goodness at lunch: diced mixed fruit, beef BBQ on a roll, peas, and dessert could be a trick, could be a treat. To reserve your meal, please sign up at the Center or call Stacey Brennan, at 610-367-2313 Ext. 1. Come if you **DARE!!!**

* * * * *

PUMPKIN DECORATING CONTEST

Show off your artistic skills! Whether you want to paint it, carve it, or dress it up, we want to see your masterpiece. Bring in your decorated pumpkin of any size by Monday, October 26th. All entries will be numbered and put on display for judging leading up to our Halloween Celebration. Special prizes will be given to the top 3 winners that will be announced at the celebration. Grab a pumpkin and start planning your design now! We can't wait to see your pumpkin creations. May the best pumpkin win!

THE CENTER AT SPRING STREET BUS DAY TRIPS – 2026

The Center at Spring Street bus trips are open to anyone age 20 and over; Center membership is not required.

All bus trips depart from **The Gilbertsville Shopping Center** unless specified otherwise.

A \$5 (five dollars) deposit will reserve your seat. Final payments must be made by designated date. We reserve the right to fill the reservation if final payment is not made on time. All trips are open for sign-up now.

Please make your check payable to:

The Center at Spring Street

Bus Trip Registration:

Mondays & Fridays

10:30 a.m. to 12 Noon – Dolores Cothran

You are also welcome to mail your deposit to:

The Center at Spring Street

Attn: Dolores Cothran

200 West Spring Street

Boyertown, PA 19512



Please make sure to include your name, address, and the trip for which you are sending payment.

Refunds for cancellations will be given on a **participant's** medical emergency only.

A doctor's excuse will be required within **5 (five) business days** of the trip date.

Any other cancellations will receive refunds only if the space can be refilled.

Tuesday, November 17, 2026 - Mystery Trip

Where will we go? What will we do? What will we eat? All will be revealed November 17th.

Final Payment Due: October 2, 2026

Cost: Paid members: \$174.00

General/Non-Paid Members: \$179.00

Tuesday, December 1, 2026 – The Shore Club

Plated Meal & Show "Christmas Show" with Open Bar for 1 hour prior to meal

Final Payment Due: October 16, 2026

Cost: Paid Members: \$142.00

General/Non-Paid Members: \$147.00

Thursday, December 10, 2026 – American Music Theatre

Show "Winter Wonderland" at 10:30 A.M. with Family Style lunch at Hometown Kitchen after show

Final Payment Due: October 16, 2026

Cost: Paid Members: \$148.00

General/Non-Paid Members: \$153.00

Tuesday, December 29, 2026 - Frozen the Musical at Walnut Street Theatre

Lunch at Spasso's Grille and Show "Frozen the Musical". This trip is open to grandchildren 9 and older, one grandchild per grandparent.

Final Payment Due: September 18, 2026

Cost: \$178.00

Wednesday, April 14, 2027 – Mount Hope Estates Murder Mystery
Lunch & Mystery Show, Murder at Mount Hope presented by Edgar Allen Poe
Final Payment Due: February 15, 2027
Cost: Paid Members: \$130.00 General/Non-Paid Members: \$135.00

Wednesday, April 28, 2027 – Dutch Apple Theatre
Buffet Lunch & Show "Grease"
Final Payment Due: March 12, 2027
Cost: Paid Members: \$142.00 General/Non-Members: \$147.00

Wednesday, May 12, 2027 – Penns Peak
Family Style Meal & Show "Neil Diamond Tribute"
Final Payment Due: March 19, 2027
Cost: Paid Members: \$129.00 General/Non-Paid Members: \$134.00

Thursday, June 10, 2027 Totem Pole
Family Style Lunch at Hickory Bridge Restaurant & Show "Steel Magnolias"
Final Payment Due: April 9, 2027
Cost: Paid Members: \$153.00 General/Non-Paid Members: \$158.00

Thursday, June 24, 2027 – Tropicana Resorts, Atlantic City
Slot Play - \$25.00, Lunch Buffet & Show "An Afternoon with Frankie Avalon"
Valid PA Driver's License or Photo ID Required
Final Payment: April 29, 2027
Cost: Paid Members: \$153.00 General/Non-Paid Members: \$158.00

Wednesday, July 7, 2027 – Fulton Theatre
Buffet Meal at Bird-In-Hand Restaurant & Show "Phantom"
Final Payment Due: April 23, 2027
Cost: Paid Members: \$167.00 General/Non-Paid Members: \$172.00

Wednesday, August 4, 2027 – Hickory Bridge Restaurant
Family Style Lunch & Murder Mystery Show "Dance with Death"
Final Payment Due: June 11, 2027
Cost: Paid Members: \$143.00 General/Non-Paid Members: \$148.00

Wednesday, September 8, 2027 – Sight & Sound Theatre
11:00 Show of "Jonah" & Family Style Meal at Hershey Farms Restaurant
Final Payment Due: July 2, 2027
Cost: Paid Members: \$182.00 General/Non-Paid Members: \$187.00

Saturday, November 6, 2027 – Totem Pole Playhouse
Family Style Lunch at Hickory Bridge Restaurant & Show "The Music of Motown"
Final Payment Due: September 3, 2027
Cost: Paid Members: \$156.00 General/Non-Paid Members: \$161.00

ADULTS AGE 20 AND OLDER INVITED TO JOIN US ON OUR BUS TRIPS!



I want all my days to feel
like October.
Autumn's cool breath
on cheekbones.
Yawning branches
swaying above blankets
of maroon and amber leaves.
Tangerine light peeking through
every window where every hour
feels like golden hour.
Like everything cozy
Is about to wrap its arms
Around my skin
By Raquel Franco



* * * * *

HAPPY BIRTHDAY TO OUR OCTOBER CELEBRANTS!!

01 Lloyd Zimmerman	09 Donald Losch	14 Bruce Houck	22 Becky Brunner	27 Paul Meyers
02 Debbie Latta	09 George Sibalic	15 Eugene Cames	22 Priscilla Byndas	27 Mary Reilley
02 William Harvey	09 William Ritchey	17 Arlene Coleman	22 Ron Nase	27 Dennis Yorgey
02 Barbara Dean	09 Susan Williams	17 Maria Atwood	22 Patricia Fosko	27 Tim Jones
04 Betty Meyers	09 Cindy Sheetz	18 Elizabeth Pascavage	23 Karen Parks	27 Judy Musselman
04 Arnie Schueck	09 Joe Vogel	18 Sharon Hildebrandt	23 Lyudmila Karvasarnaya	28 Linda Grace
04 Penny Delp	10 Dolores Cothran	18 Joanna Augustine	23 Wilma Rhodes	28 Mary Stouch
04 Ginger Lopez	10 Chris Emery	18 Patricia Reider	24 Jack Harvey	28 Deborah Seyler
04 Lynn Wassel	10 Rita Schott	19 Janet Conrad	24 Gloria Kidon	28 Mary Ann Dewald
05 Robert Ellis	10 Ronald Seasholtz	19 Anita Dombrowski	24 Nancy Budline	29 Joyce Lacy
05 Christine Feight	10 Kenneth Jacob Jr	20 Debra Brauner	24 Gary Fronheiser	29 Dale Watkins
06 Laura Boyd	10 Warren Kratz	21 Donald Frank	24 Sharon Levan	30 Marsha Schwenk
06 Mary Arndt	10 Donna Wetzel	21 Virginia Williams	25 Mary Stoudt	30 Susan Seltman
06 Rene Whary	11 Richard Freed	21 David Brown	26 Catherine Webb	31 Harry Pickup Jr
06 Deborah Develin	12 Christie Orr	21 Barbara Lord	27 Judith Kingsepp	
07 Patricia Reitnauer	12 Carol Eidle	21 Thomas Kenna	27 Anna Spencer	
08 Cecile Miller	13 Barbara Vinchofsky	22 Robin Ward	27 Monica Mathias	



THE CENTER AT SPRING STREET BULLETIN BOARD



MEMBERSHIP

Please check your
membership card for
your renewal date!

GET WELLS

Tom Lindauer
Tom Corliss
Ken Bachman

OUR DEEPEST SYMPATHY
TO THE
FAMILY AND FRIENDS OF
Nancy Stinley
William Rohrbach



"INVITATION"

October celebrants are invited to celebrate their birthday at the Center on
Monday, October 26, 2026, from 10 A.M. to 2 P.M.
Musical Entertainment by: Howard Guarini
R.S.V.P. (610) 367-2313, by Thursday, October 22nd

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

WHAT'S COOKIN'?

October 2026

As the air gets crisp and the trees erupt in a burst of color, we hope you will come in for lunch and activities at the Center. We also have meals available through our new Grab & Go program, if that works better for your schedule. Be sure to join us this month as we celebrate Oktoberfest on the 14th and Halloween on the 30th. We hope to see you soon!

*Best regards,
Chefs Chris and Karen*

Grab & Go Program Kicks Off

Grab & Go meals officially started on September 8, and we have received good feedback so far from the people who have been taking advantage of this new program. Grab & Go is a great alternative for people who would like to have a fresh, nutritious, and delicious meal, but do not have the time to come into the Center to stay for lunch.

Please help us spread the word that we now offer Grab & Go meals for adults ages 60 or older. Just like our dine-in meals, you call at least two days in advance to reserve your meal, and it will be ready and waiting for you on your reserved date.

We are pleased to have another way to provide nutritious meals to the community.

Thank You, Kitchen Crew

On September 10, Boyertown Area Multi-Service celebrated all of our volunteers at an appreciation dinner. It was a great night to mingle and enjoy each other's company outside of BAMS.

We are especially grateful to our Kitchen Crew, who prep, serve, clean, and help do whatever needs to be done to keep the Kitchen running smoothly. We have had several changes recently, including the end of preparing Meals on Wheels for Berks County and the beginning of the Grab & Go program, and we are so thankful to our volunteers who are navigating these changes with us. We couldn't have asked for a better group of people to work with day in and day out.

Thank you, Kitchen Crew, for your flexibility, dedication, and enthusiasm. We could not do what we do without you!



Some of our Kitchen Crew volunteers and chefs at the volunteer appreciation dinner.



*"There is something so special in the early leaves drifting from the trees – as if we are all to be allowed a chance to peel, to refresh, to start again."
– Ruth Ahmed*

WHAT'S COOKIN'?

October 2026

Kitchen "Jumble"-aya

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

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

Sous Chef Karen wanted the dessert at the Center's Halloween celebration to be

"_____".

Answers to September "Jumble"-aya:

1. CHICKORY 2. BAKING 3. DRESSING 4. WINERY 5. COLLARDS
CHICKEN CORDON "BLEW"

Thank you to our Kitchen Crew member Becky Rothenberger and the Ladies Auxiliary of the Friendship Hook & Ladder Company who again sponsored a pizza party on September 29 so the chefs could attend a food show in Hershey.

Thank you, ladies, for your support and generosity!

Word Search

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

The following words can be found in the puzzle above: apples, autumn, black cat, bones, boo, candy, costume, ghost, goblin, hay bale, leaves, monster, mums, party, pumpkin, scary, spooky, treat, trick, vampire, witch, and zombie. Words can be forward, backward, up, down, or diagonal.

- Lately, last-minute cancellations and no shows for lunch have been increasing. Please try to cancel as soon as possible so we are not producing unnecessary meals. If you are signed up and are not coming, please let us know. Thank you for your help with this concern.



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

Boyetown Area Multi Service

(Non-Profit Organization)



ONE DAY ONLY - WEDNESDAY, OCTOBER 21, 2026
SHOP 8AM - 11PM

DONATE \$5 AND ENJOY:

- **25% OFF DISCOUNT SHOPPING PASS***
- **REGISTER TO WIN A \$100 BOSCOV'S GIFT CARD**
One Winner at every Boscov's store

100% OF YOUR DONATION GOES TO OUR ORGANIZATION

For Shopping Passes or information, contact:

Stacey Brennan

610 - 367-2313

*Exclusions apply. For more details visit [boscovs.com/category/friends-helping-friends-event](https://www.boscovs.com/category/friends-helping-friends-event)

Get Your Ducks in a Row

Medicare Annual Open Enrollment Period
October 15 - December 7

Changes to Medicare Presentation

October 13th | 12:45 pm

Boyertown Multi-Service
200 W Spring St, Boyertown, PA 19512

Carefully Review any Changes to Your Benefits

Make sure you have insurance that will meet your health needs and budget. Check:

- ☒ If your plan will continue next year
- ☒ What you will pay in monthly premiums and annual deductibles
- ☒ What you will pay for doctor's visits (co-pays)
- ☒ If your doctors will continue to accept your plan
- ☒ Which extra benefits will be covered, if any

PA MEDI is a free, public program of the Pennsylvania Department of Aging. We are unbiased, and we are here to educate. We do not sell or endorse any insurance plans or products.

Not sure which Medicare plan is right for you?

PA MEDI Can Help

Medicare is confusing. Every year, plans can be different. If you are unsure about changes to your Medicare coverage, we can help you find peace of mind.

Call us today!

610-374-3195
Ext 209

We offer help over the phone or virtually.



Pennsylvania
Medicare Education
and Decision Insight



SHIP
State Health Insurance
Assistance Program

berksencore



This advertisement is funded by a grant award totaling \$1.8 Million 100% from the U.S. Department of Health and Human Services



GIANT
DIETITIANS

Boost Your Immune Health with Nutrition

Join GIANT Dietitian Jena Wood for an engaging presentation on nutrition and immune health. Learn which foods and nutrients support a healthy immune system and take home practical strategies for everyday wellness.

Snacks and giveaways provided.

Friday, October 16th at 10:30am

To Register:

- *Sign-up at the Center at Spring Street
or call the Center at 610-367-2313.*



Jena Wood, MS, RD, LDN

Soft Foods

Bite by Bite: Nutrition Education for Older Adults

Have you ever been told you should eat soft foods? Do you have teeth that hurt when you chew hard foods or have poorly fitting dentures making it impossible to chew solid foods? If so, wouldn't it be nice if soft foods tasted good or filled your stomach?

Many seniors eat soft foods that are easier to chew and swallow. Some seniors may have a loss of control of their mouth and throat muscles making solid foods difficult.

Who might want to choose soft foods?

Those with;

- Broken or injured teeth
- Dry mouth
- Recovering from surgery
- Difficulty swallowing
- Sensitive stomachs that may struggle to digest tough foods
- Other reasons



Quick Tips

Choose soft, moist foods

Chop, puree, or blend foods if you have difficulty swallowing

Add flavors by using herbs and seasonings

Avoid fried, crispy meats, tough jerky or meat sticks

Use broth, tomato sauce, gravy, milk or water to soften foods

Use milk to mash or cream vegetables and potatoes

Avoid foods that have hard rolls, taco shells, hard chips, dry breads and popcorn

Soften hard foods by dipping into milk, coffee, tea, or water

Extra chopping, mashing, sauteeing, pureeing may help

Try topping with gravy, or dipping in sauce or a broth.

Boyertown Area Multi-Service
200 Spring Street
Boyertown, PA 19512

NON-PROFIT
BULK RATE
U.S. POSTAGE PAID
BOYERTOWN, PA 19512
PERMIT #10033

VOLUNTEER HOURS

During the month of August 2026
our volunteers gave a total of

1,021 hours

of service for our Center!

Total for 2026: 9,613

THANK YOU VOLUNTEERS!

* * * * *

*"Volunteers do not necessarily have the
time; they just have the heart."*

-Elizabeth Andrew

MULTI-SERVICE STAFF

Executive Director: Bob Varga
Director of Development: Frank Buttaro, Jr.
Finance Director: Lauren Fearheller
Facility Operations/Safety
& Volunteer Coordinator: Robert Schellhamer
Director of Case Management: Diana Hamer
Case Manager: Julia Knowles
Meals on Wheels Coordinator: Carol Arnesman
Food Pantry Assistant: Jeff Leahy
Food Pantry Assistant: Paul Bauer
Receptionist/Executive Assistant: Kattrina Rhoads
Center Director: Kim Haas
Center Receptionist: Stacey Brennan
Program Coordinator/ PR: Reon Astheimer
Bus Driver: Charles Texter and Warren McKeon
Executive Chef: Christopher Mest
Sous Chef: Karen Parks
Bus Trip Volunteer Coordinator: Dolores Cothran
Editor: Stacey Brennan

OCTOBER 2026

Please make your reservation/cancellation two days in advance by calling 610-367-2313 Ext. 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MENU				
5 Mandarin Oranges Crab Cake Au Gratin Potatoes Peas Ice Cream *Grab & Go - Sweet Treat	6 Diced Peaches Oven Fried Chicken w/ Gravy Baked Potato 5-Way Mixed Vegetables Banana Nut Muffin	7 Diced Peas Ranch Salad w/ Chicken Corn Bread	1 Diced Peaches French Bread Pizza Peas Jello	2 Applesauce Chicken Cheddar Bacon Sandwich on a Roll Carrots
12 Macaroni Salad Stuffed Chicken Cordon Bleu w/Gravy Corn Diced Peaches	13 Mandarin Oranges Vegetable Lasagna w/ Spaghetti Sauce Broccoli Chocolate Chip Cookie	14 OKTOBERFEST Diced Peas Beef Shepherd's Pie w/ Gravy Peas Ice Cream *Grab & Go-Sweet Treat	8 Diced Pineapples Spaghetti & Meatballs w/ Spaghetti Sauce Cauliflower	9 Applesauce Hot Dog on Roll Baked Beans Nutty Bar Cookie
19 Diced Mixed Fruit Teriyaki Chicken Vegetable Fried Rice Yogurt	20 Coleslaw Cheeseburger on Roll Broccoli Chocolate Pudding	21 Diced Peas Chicken Tenders Macaroni & Cheese Cauliflower Vanilla Pudding	22 Whole Orange Hot Ham & Cheese on Pretzel Roll 5-Way Mixed Rolls Party Mix	23 Diced Peaches Pulled Pork w/ Gravy Mashed Potatoes Sauerkraut Sweet Potato Roll
26 BIRTHDAY PARTY Applesauce Italian Sausage Baked Potato 5-Way Mixed Vegetables Cake Cake donated by Chestnut Knoll	27 Diced Peaches Flounder Rice Pilaf Green Beans Jello	28 Caesar Salad Stuffed Shells w/ Meat Sauce Broccoli Diced Peas	29 Diced Pineapple Chicken and Dumplings Carrots Blueberry Muffin	30 HALLOWEEN CELEBRATION Diced Mixed Fruit Beef BBQ on Roll Peas Dessert-Could be a Trick or a Treat!

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
DAILY ACTIVITIES Cards and Games Shuffleboard Rummikub Billiards Book Swap Good Coffee & Great Company!				
9:15 a.m. Healthy Steps in Motion Class A 9:30 a.m. 9 Ball Pool Tournament 10:00 a.m. Bear Races w/ Residence @Btown 10:30 a.m. Healthy Steps in Motion Class B 12:00 p.m. Lunch* 1:00 p.m.- Busy Bees Sewing Group	5 9:15 a.m. Cardio Fusion w/ Natalie. 10:00 a.m. Halloween Craft w/ Cindy 12:00 p.m. Lunch* 12:45 p.m. Pinochle 1:00-3:00 p.m.- Swim Time at the YMCA 1:00 p.m.- Knit and Crochet Club 5:00 p.m.-Supper Club at Brookside Diner	6 BUS TRIP - Hunterdon Hills 9:00 a.m.- Sit and Get Fit 9:30 a.m. Blood Pressure & Weight Checks 10:00 a.m.- Mah-Jongg 10:00 a.m.-Chair Dancing 10:30 a.m.-Strength and Balance 12:00 p.m.-Lunch* 1:00 p.m. Vln Bowling	7 9:30 a.m.- Ladies Choice Mixed Doubles 10:00 a.m.- Bring & Brag w/ Kim 12:00 p.m. Lunch* 1:00 p.m. Gift Card BINGO by Med Minder w/ Christine Mihaliek 1:30 p.m. Healthy Heart Happy Heart 2:00 p.m. Songsters Rehearsal	8 9:15 a.m. Sit Strong, Live Long w/ Paul 9:30 a.m. Pool Individual Tournament 12:00 p.m. Lunch* 12:45 p.m. Friday Bingo sponsored by Stannah Strifits
9:15 a.m. Healthy Steps in Motion Class A 9:30 a.m. MOUS Club w/ Kids Reading 9:30 a.m. 9 Ball Tournament 10:30 a.m. Healthy Steps in Motion Class B 12:00 p.m. Lunch* 1:00 p.m.- Busy BeesSewing Group	12 BUS TRIP-Penns Peak 9:15 a.m. Cardio Fusion with Natalie 10:30 a.m. Hershey the Therapy Dog 12:00 p.m. Lunch* 12:45 p.m. Canasta Card Game 12:45 a.m.- "Changes to Medicare" by Tim Hendel 1:00-3:00 p.m.- Swim Time at the YMCA 1:00 p.m.- Knit and Crochet Club 1:00 p.m. Book Club "7 Rings" by Nora Roberts	13 OKTOBERFEST CELEBRATION 9:00 a.m.-Sit and Get Fit with Joanne 9:30 a.m. Painting w/ Deb Spleen 10:00 a.m.- Mah-Jongg 10:00 a.m.- Hearing Aid Cleaning 10:30 a.m. Root Beer & Soft Pretzels* 10:30 a.m. Strength & Balance 11:00 a.m.-Chair Dancing 12:00 p.m.-Lunch* 12:45p.m. The Happy Dutchmen 12:45 p.m. Golden Texas Hold Em * Sponsored by Chestnut Knoll	14 8:30 a.m. Breakfast Club @ the JukeBox Café 9:30 a.m. Chair Yoga w/ Melissa 10:00 a.m. Cornhole 12:00 p.m. Lunch* 12:45 p.m. History Revisited w/ Darius Puff 2:00 p.m. Songsters @Chestnut Knoll 6:00 p.m. Bingo Nite	15 9:30 a.m.- Pool Team Tournament 9:15 a.m. Sit Strong, Live Long w/ Paul 10:00 a.m. Boost Your Immune Health with Giant Dietician 12:00 p.m. Lunch* 12:45 p.m. Fall Friday Bingo sponsored by Beth Biehl
9:30 a.m. Healthy Steps in Motion Class A 9:30 a.m. 9 Ball Pool Tournament 10:00 a.m. Crafts w/ Sheena 10:30 a.m. Healthy Steps in Motion Class B 12:00 p.m. Lunch* 1:00 p.m. Busy Bees Sewing Group	19 9:15 a.m. Cardio Fusion with Natalie 10:00 a.m. Crap or Fact Game with Reon 12:00 p.m. Lunch* 12:45 p.m.- Hasenpfeffer Card Party 1:00-3:00 p.m.- Swim Time at the YMCA 1:00 p.m.- Knit and Crochet Club	20 9:00 a.m.- Sit and Get Fit w/Joanne 10:00 a.m.- Mah-Jongg 10:00 a.m. Chair Dancing 10:30 a.m. Strength and Balance 12:00 p.m. Lunch* 12:45 p.m. Bean Bag Baseball Tournament	21 9:30 a.m. Shuffleboard Tournament 10:00 a.m. Games with Kim 12:00 p.m. Lunch* 12:45 p.m. Bingo	22 9:15 a.m. Sit Strong, Live Long w/ Paul 9:30 a.m. Pool Individual Tournament 9:30 a.m. Blood Pressure and Weight Checks by Chestnut Knoll 10:45 p.m. Chat w/ Bob Varga 12:00 p.m. Lunch* 1:00 p.m. CENTER CLOSING
BIRTHDAY PARTY BUS TRIP - Gettysburg 9:15 a.m. Healthy Steps in Motion Class A 10:00 a.m. Birthday BINGO 10:30 a.m. Healthy Steps in Motion Class B 12:00 p.m. Lunch* 12:45 p.m.-Howard Guarini-50's & 60's Classics. Sinatra, Como, Darin et. 1:00 p.m.- Busy Bees Sewing Group	26 9:15 a.m. Cardio Drumming with Natalie 10:00 a.m. Table Hockey 12:00 p.m. Lunch* 12:45 p.m. Canasta Card Game 1:00-3:00 p.m.- Swim Time at the YMCA 1:00 p.m.- Knit and Crochet Club	27 9:00 a.m. Sit and Get Fit with Joanne 10:00 a.m. Mah-Jongg 10:00 a.m. Chair Dancing 10:30 a.m.-Strength and Balance 12:00 p.m. Lunch* 12:45 p.m. Golden Texas Hold Em	28 9:30 a.m. Chair Yoga w/ Melissa 9:30 a.m. Shuffleboard Bowling 12:00 p.m. Lunch* 1:00 p.m. Balloon Floor Hockey 2:00 p.m. Songsters @ Residence at Btown	29 HALLOWEEN CELEBRATION 9:15 a.m. Sit Strong, Live Long w/ Paul 10:00 Halloween Photo & Parade 10:30 p.m. Pumpkin Decorating Winners 12:00 p.m. Lunch* 12:45 p.m. Friday Bingo

Pumpkin Juggling all Week

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 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.