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www.BerksEncore.org
Editorial

FROM THE DESK OF . . .

LuAnn Oatman

Dear Reader –

How are you spending your summer vacation? Does summertime still have the same magic for you that it did when you were a child, thrilled to have some time off from school? I think summer always retains some magic, at least for me: the sounds of ice cream trucks and children playing; the beauty of long, sunny days and twinkling fireflies; the smells of barbecues and summer blooms. Yes, I can close my eyes and remember years of summer fun. And today, I relish those summer days and nights just as much: time with my family, relaxing evenings, and laughter with friends.

For me, this combination of fond memory and continued activity is what makes (gasp!) getting older so wonderful. The joys of tradition, of memories, of long friendships and relationships are part of what makes summer days so rich. We tell stories and relive those moments and build on our foundations of life and family.

Bringing those memories up in conversation is wonderful, but I have also started jotting many of them down—words that bring a smile to my face at a later date and ensure I don’t forget any detail about those episodes. I challenge you to write down some of your remembrances and fondest memories, whether it’s about the summertime or anything else. Reminiscing can be a great way to start a memoir or impart some wisdom to others. I can also find it to be therapeutic, and sharing those reminiscences with others can be a great way to connect with others as well—perhaps others have similar memories or a story about a location or event that you might enjoy.

There is no better time than summer to spend time with those you love—and meet new people as well. Share the tradition and memories of summer with someone new today, or bring back those memories with a child or grandchild.

As always, you can join us at any center for lunch, conversation, and other activities throughout the summer. We hope to see you soon—stay cool!

Sincerely,

LuAnn Oatman,
President/CEO
his year’s **SENIOR EXPO** will be held on Tuesday, October 24 at the DoubleTree by Hilton Hotel in Reading (701 Penn Street, across from the Santander Arena) from 9 a.m. to 3 p.m. Ensure, Glucerna, and Redner’s Warehouse Markets will return as Title Sponsor to present the products and health tips you want!

**NEW THIS YEAR!**

New convenient parking location announced! Avoid the Penn Street Bridge construction and ride the shuttle! Simply park at the **Reading Fightin’ Phils lot at FirstEnergy Stadium, 1900 Centre Ave, Reading.** Parking and shuttle rides are FREE and run continuously throughout the day. The Fightin Phils will also offer special perks for shuttle riders! Parking at the DoubleTree garage is for handicapped placards only.

**HEALTH FAIR RETURNS!**

The Reading Health System will return with its popular Health Fair with a variety of opportunities to learn more about your overall health—and how to improve it!

**NEW SPONSORS AND VENDORS**

2017 Event Sponsor UPMC for Life will be on hand to help you learn more about how to take control of your health benefits.

Council on Chemical Abuse will be on hand as a 2017 Event Sponsor with valuable information about wellness and addiction.

Stay tuned to future issues of *Berks Encore News* for more Expo details!

**LET’S PLAY BALL!**

**Annual Senior Day at the Reading Fightin Phils**

Join us on Monday, August 7 for the annual Berks Encore Senior Day game at the Reading Fightin Phils. The game starts at 9:35 a.m. The Tompkins VIST Financial Plaza will open its doors at 7 a.m.; seating opens at 8:35 a.m. The Fightins will take on the Akron RubberDucks.

Free tickets are now available at all Berks Encore centers. For ticket information, please contact your local center or email **ApplaudingLife@BerksEncore.org.**

Senior Day at the Fightin Phils is made possible by our generous sponsors: Assured Assistance, Paramount Living Aids, Garden Spot Village, Aetna, Green Hills Manor at the Heritage, HealthSouth Rehabilitation Hospital, Precision Hearing Aid Center, UPMC for Life, St. Anne’s Retirement Community and EnerSys.

**DID YOU KNOW...**Berks Heim provides an array of Short-Term Rehabilitation services, with the goal of returning the individual home or to prior level of highest functioning abilities in addition to our memory impairment unit and Skilled Nursing Facility services.
STAYING CONNECTED: Strengthening Your Social Network

By Sarah Hunter-Lascoskie, Editor

Remember when making friends was as easy as saying hi to the child next to you in school or on the playground? Many of us find that as we get older, it’s much more difficult to get develop friendships. While it’s more difficult to make those quick connections, research shows emotional experience improves as we get older. You might forgive transgressions more easily, or solve conflicts more effectively. Older adults are also more prone to see the silver linings.

Friendships and a strong family and social network are important for mental and physical health at any age, and as we get older, those benefits become especially important. Interacting with peers does, according to a wealth of studies, lead to a sharper mind. It also provides a variety of benefits that many healthy habits do: a potentially reduced risk for things like dementia or cardiovascular problems, as well as osteoporosis and rheumatoid arthritis.

Still, isolation is a large concern for each of us as we age. The baby boomer generation, which is quickly influencing the way we look at aging in major ways, is the most recent focus of studies about longevity, quality of life, and social patterns.

RELATIONSHIPS ARE CHANGING

For the boomer generation especially, how, where, and when we make friends is changing. Author George Monbiot penned an article calling today’s era “the Age of Loneliness.” Studies done by the Stanford Center on Longevity found that current groups of 55 to 64 year old boomers are less socially engaged than their predecessors were. They don’t participate in community or religious organizations like their counterparts did a few decades ago, don’t interact with their neighbors as much, and are less likely to be married.

Community and religious organizations have been a traditionally easy way to make connections; with fewer people utilizing these types of organizations, making likeminded friends can be difficult.

For some boomers, relocation has compounded this social isolation. A study done by Transamerica Center for Retirement Studies showed that feelings of isolation and loneliness were found most often in retirees who had moved recently.

If you’re a boomer, where you’re at in your life cycle can determine what type of friendships you might have with others. One 60-year-old person might be a retired empty nester, while another could be a caregiver, or helping raise grandchildren or even their own children. These factors can impact how much time and energy you can devote to a relationship.

Working longer, as many baby boomers have and still do, can also impact what types of social connection we need or receive. And the impact of increased interactions via social media and participation in global communities has yet to be studied.

Boomers too may be learning that life experiences will test them and their friends: whether it’s aging or sick parents or spouses, often more crises occur that require the support of a strong social network.

Simply put, the way we are interacting with each other continues to rapidly change. No matter what your life situation, however, staying social remains key to a healthy life.

REENGAGE

Some older adults may assume that their age puts them at a disadvantage to make friends. However, this is not the case: you can make friends in the old-fashioned ways you might recall, whether it’s a new neighbor or a person you strike a random conversation with at the supermarket or coffee shop. Pursuing your own interests and passions is the easiest way to access likeminded people.

Berks Encore offers a variety of ways you can reengage and reconnect with your peers: our six centers offer a variety of opportunities for lunch, exercise, educational programs, and more (visit berksencore.org/locations for information about centers). Volunteering can also introduce you to community-focused people like yourself (see our article in June’s issue for details on where to get started: http://berksencore.org/right-now/berks-encore-news/).

Other local businesses and organizations provide many opportunities to connect with others: local colleges and universities offer a variety of classes—from writing to art to social media—that can keep you engaged. Alvernia University’s Seniors College offers a variety of about 25 classes each semester for people age 55 and over. Courses include memoir writing, religion, politics, and many other topics. You can call 610-796-8357 or visit alvernia.edu/academics/seniorscollege/index.html for more information. Fitness centers also provide a good way both to stay active and meet others.

Additionally, Berks County has a wealth of social clubs for retirees. Club news and events from our 60 affiliated clubs are always listed in the second half of each issue of Berks Encore News. These clubs offer trips, entertainment, and a chance to meet a variety of new people. If you’re looking for a particular club location, call us at 610-374-3195, x228 for assistance.

Technology is, of course, changing the way we interact. But it can help in a few ways. If you have faraway friends or family, connect with them online: joining Facebook or another social network, or using services like Skype can help you stay connected. Berks Encore offers a variety of technology classes—see the center section of this issue for details.

So while you might not be on the playground anymore, and the way you make friends might be very different—remember that staying in touch is one of the best and easiest ways to stay healthy. Make friendships a priority.
Senior Farmers Market Nutrition Program (SFMNP)

NOW AT BERKS ENCORE CENTERS

Eligible participant must be:
- 60 years old or older or turning 60 by December 31, 2017
- be a resident of Berks County
- meet household income guidelines

Household income guidelines:
- 1 person household $22,311 ($1,859 per month)
- 2 person household $30,044 ($2,503 per month)
- 3 person household $37,777 ($3,148 per month)
- 4 person household $45,510 ($3,792 per month)
- 5 person household $53,243 ($4,436 per month)

Eligible seniors receive four $5 checks for a total SFMNP benefit of $20, one time during the program year, to purchase Pennsylvania grown fruits and vegetables.

DISTRIBUTION:
Reading Center: M-F, 9 a.m. to 3 p.m.
All other centers: M-F, 10 a.m. to 2 p.m.

Please call 610-374-3195 if you have any questions.

MAKE A CONNECTION WITH A LOCAL SENIOR:
Become A Friendly Visitor

In nearly every community, senior isolation is a hidden yet important issue: many seniors in our community are homebound and isolated. Why is senior isolation so harmful? It increases the risk of mortality, negatively affects physical and mental health, and contributes to cognitive decline, among many other factors.

You can help by volunteering your friendship: with an hour per week in a call and/or visit, you can become a Friendly Visitor with a local senior.

Berk's Encore’s Friendly Visitor Program connects homebound seniors with adult volunteers. Volunteers are thoroughly screened and must pass a Criminal History Background Check before being matched with a senior in their area. While location is the most important criterion considered in matching the volunteer with a senior, interests, hobbies, work history, family and pets are all considered before the first visit is scheduled.

The Friendly Visitor Program allows all participants—volunteers and the senior—to develop a new friendship. If you’d like to join this program, please contact us at ApplaudingLife@BerksEncore.org or 610-374-3195, x233.

NOTICE:
Reading Center Elevator Under Construction

From mid May to approximately mid August the Reading center’s elevator will be under construction as the entire elevator will be replaced. Please note that all visitors to the center will need to use the back stairwell to access the second floor or lower levels. If you are unable to use the stairs and need an APPRISE or other advocate service appointment, please contact us at 610-374-3195, x208 for accommodation at another center.

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Area Agency on Aging

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Berks ONLY Licensed Assisted Living!

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Edward B. Michalik, Psy. D., Executive Director

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✓ Home Delivered Meals
✓ Adult Daily Living Centers
✓ Senior Community Centers
✓ Ombudsman
✓ Nursing Home Transition
✓ Grandparents Raising Grandchildren
✓ Protective Services
✓ Senior Living Options
✓ Health Education Programs
✓ Resources on Aging & Disability Programs
✓ Information & Community Resources

Call 610-478-6500
www.berksaging.org

County Services Center 8th Floor — 633 Court Street — Reading, PA 19601
Togethe we can #SaveLunch for Seniors

Berks Encore has joined the nationwide #SaveLunch effort to urge Congress to protect and increase critical federal funding sources for Meals on Wheels programs.

Congress is in the midst of its annual debate to determine federal funding levels for the next Fiscal Year, which begins on October 1. The budget proposal put forth by the President in May includes decreases to the current funding levels for the Older Americans Act (OAA) Nutrition Program and the elimination of the Social Services, Community Services and Community Development Block Grants. Eight out of ten Meals on Wheels programs nationwide rely on some type of federal funding to serve seniors, and cuts of any kind will widen the existing gap between seniors served and those who desperately need this lifeline.

The OAA is the vital funding foundation for 5,000+ local Meals on Wheels programs nationwide like Berks Encore, enabling them to deliver nutritious meals, friendly visits and critical safety checks to vulnerable seniors. Meals on Wheels keeps seniors out of nursing homes, prevents unnecessary trips to the emergency room and reduces hospital admissions and readmissions, saving taxpayers billions of dollars each year. Decreased federal funding will force senior nutrition programs to cut back even further, while the number of seniors on waiting lists will continues to mount in every state.

#SaveLunch is an effort led by Meals on Wheels America, the oldest and largest national organization supporting the more than 5,000 community-based senior nutrition programs across the country that are dedicated to addressing senior hunger and isolation.

If you’re concerned about funding for programs like Meals on Wheels and other vital senior services, join us and use your voice to draw attention to this critical issue. To learn more about #SaveLunch and the ways you can take action, visit www.savelunch.org.

Learn more about Berks Encore’s impact and programmatic achievements in the 2016 annual report, available online at www.berksencore.org/annualreport.

You can request an email or hard copy by contacting Sarah Hunter-Lascoskie at 610-374-3195, x228 or shunter-lascoskie@berksencore.org.

Learn more about Ageless Harmony, Adult Senior Day Care near you.

A Geless Harmony
Adult Senior Day Care

Our low price may be partially funded by the Pennsylvania Department of Aging, Veterans Administration, or the Berks County Office of Aging.

For Information Call 610-621-4998
Monday thru Friday 7:30 am to 5pm
Extended Hours available at West Lawn Center 6:30AM to 5:30PM

3024 Penn Ave (next to Adelphia Seafood), West Lawn
3524 Kutztown Rd., Laureldale
2710 Grant St., Mt. Penn
www.agelessharmony.com

Join us for lunch, then board the bus to experience the uplifting and entertaining story of Jonah!

Must register to Eric at 610-898-0834 or Jill at 610-790-1707 with payment by August 17.

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Luau at Mifflin!

The Recording Industry’s

MUSIC PERFORMANCE TRUST FUND

Mifflin center visitors recently enjoyed a luau with festive sounds and treats. Thanks to the Music Performance Trust Fund of the American Federation of Musicians Local 135-211 for providing the fun!

Unveiling the NEWEST & Best

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Experience Rittenhouse Village At Muhlenberg’s all new multi-million dollar designer remodel. Our newly renovated community brings a refreshed look with a more inviting appeal for an even better way to dine, socialize and enjoy yourself. Rittenhouse Village is the place you can call home - now and for years to come.

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*Offers may vary. Use as part of a healthy diet and exercise plan.
SUPPORT BERKS ENCORE & SAVE:
Join the Subscription Discount Program

Become a supporter of Berks Encore through our subscription program! For just $14 per year, you can support our programs and the seniors of Berks County. Our subscription program offers perks like a monthly subscription to our newsletter, Berks Encore News, which contains the latest news and events about Berks Encore and older adults in our area; a yearly coupon book full of money-saving offers to local businesses; and a subscriber card for access to our discount program to many other local businesses.

YOUR YEARLY SUBSCRIPTION ENSURES OUR SERVICES REMAIN FREE FOR THOSE WHO NEED THEM.
Discount amounts, program details and participating locations vary and are subject to change. Please read Berks Encore News each month for the latest updates.

- **VÍVÁ Bistro & Lounge** – (610) 685-5299
  10% discount on Lunches, Monday through Saturday from 11 a.m. – 3 p.m.
  and Early Dinners, Monday through Saturday from 4 – 6 p.m.
  and purchase of Gift Cards

- **Hearing Aid Associates** – (610) 816-6024
  $500 off a pair of hearing aids and one year of free hearing aid batteries

- **Reading Renovations** – (1(800) 977-2358
  15% off any service (materials excluded)

- **Hitchcock Clean and Restore** – (610) 944-0433
  15% off carpet OR upholstery cleaning
  (minimum job of $250)
  PLUS free protection on that item
  OR $40 off duct cleaning
  Not to be combined with any other coupons or offers.

- **Advantage Home Care** – (610) 378-0491
  Free Lifeline Service installation (one per household)

- **Paramount Living Aids** - 1(800) 886-6364
  $200 off the purchase and installation of any new Stair Lift.

- **Lee Myles Transmissions & AutoCare** – (610) 775-3820
  10% off labor (up to $100 maximum discount, not combined with other offers)
  PLUS free local towing with major repair (limited)
  AND free engine light check and road test
  914 Fern Avenue, Reading, PA 19607
  (just off Lancaster Ave./New Holland Rd. near Dunkin’ Donuts)

- **Shillington Laundromat** – (610) 775-0149
  10% discount on your drop off and any dry cleaning orders
  Mon.-Fri. 8 a.m.-7 p.m.

- **PC Ninja, Computer Services and Repair** – (610) 816-5387
  10% off any service
  Valid for one computer, in-shop only
  Cannot be combined with any other offers.

- **Reading Fightin’ Phils** – (610) 370-BALL
  (must mention your Berks Encore subscription when calling)
  30% / $3 off yellow box seats on Tuesdays during the 2017 season. Thanks to White Star Tours and Travel Center, and Berks Encore!
  Not to be combined with any other offer, seating is limited

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  Mon.-Fri. 8 a.m.-7 p.m.
Berks Encore will be paying tribute to several longtime board members who have recently stepped down. This month we will spotlight:

Edward Barrett

Last month, a long-time board member and board chair of Berks Encore, Ed Barrett, stepped off Berks Encore’s board after a twelve-year tenure. He arrived on the board of directors in 2004, when the organization was still called the Berks County Senior Citizens Council. At that time, he was Chief Financial Officer at Tompkins VIST Bank. Ed was introduced to the organization by the then-head of operations at the bank, who already was on the board of BCSCC. Tompkins VIST sought to continue their traditional support of the organization, and, as Ed recalls, “I was asked to join—that’s the way it usually happens.”

Ed spent nine years on the Berks Encore board, and served as board chair for two of those years. After a one-year break, he served his most recent three-year term. Over the years, he’s seen the agency change and grow. Most notably for him, he was part of the undertaking to change the name of the organization to Berks Encore. “That was, for me, the most interesting thing I went through.”

For Ed, Berks Encore’s current success and growth made it a good time to step down. “Berks Encore is a stronger organization when I left than when I started, and that’s really the accomplishment of the board and management,” he explains. “As a financial guy, seeing the financial strengths improve and the organizational strength improve were great to see, as the organization fulfills its mission.”

Ed is stepping down from the Berks Encore board as he starts to reduce his commitments in his retirement. He will, however, stay active in a variety of ways, including staying on the boards of directors for the Highlands at Wyomissing, Tompkins VIST, and the Berkshire Country Club.

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Wills - Trusts - Power of Attorney -
Health Care Proxy - Living Will -
Guardianship - Nursing Home Issues -
Medicaid Planning - VA Benefits -
Special Needs Trusts - Probate -
Trust Administration

CALL us today at 610-406-5377 and ask how you can receive a FREE book, co-authored by Sean D. Curran, Esq.
Save Your Redner’s Tapes!

Each year, Berks Encore receives more than $1,500 in Redner’s Save-a-Tape program donations! Thank you to everyone who sends in their receipts to Berks Encore, and thank you to Redner’s Warehouse Markets for continuing to sponsor this great program.

Participating in the Save-A-Tape program is easy: Simply swipe your Redner’s Pump Perks card each time you shop and a Save-A-Tape total will print on the bottom of your receipt. You can drop off or send in your receipt to any one of our centers. Berks Encore then receives a percentage of the dollars collected.

Also, when you swipe your card you earn Pump Perks. For every $100 you spend, you will receive a 10¢ discount off of gas purchased at Redner’s Quick Shoppes and select Sunoco, Citgo, Shell and US Gas locations.

If you don’t already have a Pump Perks card, you can pick one up at any Redner’s location or at any one of our senior centers. For more information, please call Berks Encore at (610) 374-3195, ext. 228.

Start saving today!

Watch Us On BCTV

Appraising Life After 50 —
Second Friday of the Month -
LIVE @ 10:30 am
Replay: Sat., 9:30 PM; Sun., 10:30 AM; Tue., 1:30 PM
This month:
DEMENTIA CARE

STATE SENATOR
JUDY SCHWANK
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www.senatorschwank.com

Paid for with Pennsylvania taxpayer dollars.
Baldwin Hardware Raises $2,200 for Berks Encore!

Thanks to Baldwin Hardware in Wyomissing for hosting two fundraising events in June. These events raised an amazing $2,200 for Berks Encore and the Meals on Wheels program.

Baldwin employees planned a charity event, complete with food, raffles, and games at its Wyomissing office. Additionally, Baldwin staff held a pancake breakfast at the Wyomissing Applebee’s.

Once again, Berks Encore thanks the Baldwin Hardware staff for their investment in our community and their support of our county’s seniors. Without community partners like Baldwin, Berks Encore would not be able to serve the thousands of seniors and their families that we do each year.

Horizons
The Village at Maidencreek
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2 & 3 Bedroom Townhomes
- Maintenance Free, Gated
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Tues. 12–4pm & Thurs. to Sun.
10am–5pm, Closed: Wed.

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Subject to errors & omissions. Prices & incentives subject to change without notice. *Incentive pricing applies to select showcase models. Valid for buyers who go into contract prior to 8/31/2017. †Ask our Sales Representative for details.
Beach Scenes at Birdsboro!

Birdsboro center participants created beautiful beach scenes in a recent painting class. If you’re looking for a new creative outlet, join us today!

GETTING STARTED:
A Gift in Your Will

We hope you’ll consider including a gift to Berks Encore in your will or living trust. Called a charitable bequest, this type of gift offers these main benefits:

- **Simplicity.** Just a few sentences in your will or trust are all that is needed. The specific legal bequest language for Berks Encore is: “I, [name], of [city, state, ZIP], give, devise and bequeath to Berks Encore, [written amount or percentage of the estate or description of property] for its unrestricted use and purpose.”

If you’re interested in restricting a bequest, please contact Cameron Martin, Vice President of Development & Marketing at 610-374-3195, ext. 223.

- **Flexibility.** Because you are not actually making a gift until after your lifetime, you can change your mind at any time.

- **Versatility.** You can structure the bequest to leave a specific item or amount of money, make the gift contingent on certain events, or leave a percentage of your estate to us.

- **Tax Relief.** If your estate is subject to estate tax, your gift is entitled to an estate tax charitable deduction for the gift’s full value.

This information is provided by Everence Charitable Services. For more information or to speak with a Charitable Services Representative, please call (717) 653-6662.
What Can Berks Encore Do For You?

By Cameron Martin, Vice-President of Development & Marketing

One of the questions that I get all the time is, “What can Berks Encore do for me? What programs are available to me?” We are proud to say that over the years Berks Encore has grown, and with that growth comes the ability to expand our offerings for you. We take pride in the fact that we have become Berks County’s leader and trusted advisor in nonprofit services for senior citizens. Our services allow for the individuals we support to age with confidence. For over 50 years you have trusted us to help enable older adults—your parents, grandparents, and maybe even yourself—to achieve a better quality of life right here in your community of Berks County. Your support ensures this agency can provide over 600 meals each weekday to homebound seniors, help seniors save an average of $828 on their health insurance, operate six centers, and provide nearly 150 health & wellness programs to keep our older adults active, healthy, and independent.

One the easiest ways to keep up to date on what’s going on at Berks Encore is to become a subscriber. Being a subscriber offers you access and keeps you informed on a variety of free programs that are designed to help you live a happier, healthier, and independent life. For just $14 per year, you can support our programs and the seniors of Berks County. Our subscription program offers perks like:

- a monthly subscription to our newsletter, Berks Encore News, which contains the latest news and events about Berks Encore and older adults in our area;
- a yearly coupon book full of money-saving offers to local businesses;
- a subscriber card for access to our discount program to many other local businesses. Access the current list in each issue of Berks Encore News.

The greatest part about your subscription is that you’re helping support Berks Encore and ensure that these programs will be available to future generations. You can learn more about the Berks Encore Subscription program on our website at: http://berksencore.org/get-involved/subscription-program/.

As always, please do not hesitate to contact me at cmartin@berksencore.org or 610-374-3195 if you have any questions about the subscription program or if you would like information on serving as a volunteer. Thank you for helping to shape Berks Encore and for helping us to be the non-profit leader committed to helping you age with confidence.

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Join us during the month of August as we offer Free Community Screening Events:

**PARKINSON’S SCREENING**
**THURSDAY, August 3 • 3-4 PM**
Our team of therapists will screen candidates for participation in the LSVT LOUD Program which focuses on helping Parkinson’s patients achieve a louder voice and/or LSVT BIG Program which targets whole-body functional movements.

**VESTIBULAR / BALANCE SCREENING**
**WEDNESDAY, August 9 • 2-4 PM**
This screening is designed for individuals suffering from vertigo, dizziness or imbalance. Candidates are evaluated to determine if they will benefit from vestibular rehabilitation.

For more information or to RSVP please contact us at 610-796-6365

HealthSouth
Reading Rehabilitation Hospital
1623 Morgantown Rd., Reading PA 19607
Automated Speed Enforcement in Active Highway Work Zones

State Senator Judith L. Schwank • Senator – 11th District

When you think of dangerous jobs, I imagine you think of the men and women of the armed forces and police and fire departments. You should also consider the laborers, equipment operators and inspectors who work day in and day out to keep roads and bridges safe for drivers traveling Pennsylvania roadways.

But highway work zones are dangerous for workers and motorists alike. In 2015, there were 1,935 crashes in work zones, including 23 deaths, across the Commonwealth. This is why Sen. David G. Argall and I have introduced SB 172, which would increase safety in active work zones on highways across Pennsylvania by authorizing the use of automated speed enforcement, a process proven successful at lowering traffic speeds around the country and the world for decades.

SB 172, which the Senate recently approved and now is before the House of Representatives, is an opportunity to improve highway safety without putting more demands on taxpayers. It provides for a three-year pilot, or trial period, for PennDOT and the Turnpike Commission to use remotely operated speed-detection cameras to capture images of speeders in active work zones on limited access highways. Under SB 172, cameras would be triggered only by vehicles traveling 11 miles or more per hour above the speed limit.

Because the purpose of this program is to improve traffic safety in construction zones, the cameras would be active only when workers are physically present, and motorists also would be alerted to their use by warning signs leading into areas where cameras are employed. The system would be authorized only on interstate highways and the Turnpike and its extensions, with PennDOT and the Turnpike Commission required to identify the location of A.S.E.-monitored work areas on their websites.

Violations would prompt a $100 administrative fine, but because it is an administrative fine, violators would not also risk points on their driving records or possible insurance impacts. Revenue from the fines would cover the costs of the system, with any balance annually distributed to the state police, PennDOT, Pennsylvania Turnpike Commission and Motor License Fund.

If you find yourself approaching a work zone, please think of these PennDOT safety tips:

- Drive the posted work zone speed limit.
- Stay alert and pay close attention to signs and flaggers.
- Turn on your headlights if signs instruct you to do so.
- Maintain a safe distance around vehicles. Don’t tailgate.
- Use four-way flashers when stopped or traveling slowly.
- Avoid distractions and give your full attention to the road.
PA Produce Month Spotlights Economic, Social Benefits Of Local Food

By: State Rep. Thomas Caltagirone (D-Berks) • www.pahouse.com/Caltagirone

August 2017 is Pennsylvania Produce Month. I was proud to vote for the resolution recognizing the commonwealth’s vegetable growers, who continue to serve as national leaders in the production and processing of fruits and vegetables that feed families in Berks County and across the country.

Family farms across the state produce nearly 300,000 tons of vegetables a year from approximately 50,000 acres. A total of 96 farmer’s markets operate right here in Berks County. Late summer and early fall are a great time to pick tomatoes, zucchini, broccoli, cabbage and more.

A well-balanced diet that includes a healthy serving of fruits and vegetables is imperative to our physical well-being. According to the United State Department of Agriculture, eating a diet rich in fruits and vegetables may reduce the risk of heart disease and diabetes. The consumption of fruits and vegetables may protect against certain types of cancers, reduce the risk of developing kidney stones and help decrease bone loss.

The commonwealth has a great program in place to ensure you have access to fresh produce. It is the Senior Farmers Market Nutrition Program. SFNP provides low-income seniors assistance in purchasing Pennsylvania-grown fruits and vegetables using a combination of state and federal dollars. In 2015, SFNP distributed more than $3 million in vouchers to help up to 183,000 seniors statewide.

Please contact my office for help with the program.

And remember, when you buy local, fresh produce, you’re fueling our local economy and keeping our farmers in business. You can also visit is.gd/FarmMarketPA to search for a farmer’s market near you.
Donating Blood
State Representative Mark M. Gillen

I will be hosting my annual Blood Drive with Miller-Keystone Blood Center. The drive will be held on Thursday, September 21 from 2 to 7 p.m. at the Dairy Queen near Shillington (at the intersection of Routes 625 and 724). Everyone who donates will receive a free ice cream cake or a $20 Mustang Grill gift certificate. Please call my office at 610-775-5130 to schedule an appointment time.

Donating blood means saving a life. Every two seconds, someone in the United States requires a blood transfusion. 43,000 units of blood are used each day in the United States. 4.8 million Americans would die every year without lifesaving blood transfusions.

Anyone who is in good health, is 17 years or older, and weighs more than 110 pounds, may donate blood every 56 days. There are other eligibility requirements that need additional evaluation, such as if you recently got a tattoo or piercing, or if you have travelled outside the country.

The donation process is simple. Before you go for the donation, you should hydrate with water or non-caffeinated drinks and eat a hearty meal. You will need to register with proper identification, such as a driver’s license. This will be followed by a mini physical where they will check temperature, blood pressure, pulse, iron levels, and hemoglobin. You will be asked questions about your health history, travel, and lifestyle to make sure you are eligible to donate.

After you donate, you will be offered refreshments to replenish your body. When you are free to go, make sure you drink plenty of water and non-caffeinated drinks the rest of the day.

If you wish to donate, you can set up an appointment, walk in to a donation center, or find a blood drive with a local organization.
Berks Encore @ Nite:
CELEBRATING LIFE AFTER 50 ... AFTER DARK

Berks Encore @ Nite Series

On the second Thursday of each month, Berks Encore’s staff presents an evening program at Penn State Health St. Joseph Med Center, 2500 Bernville Rd – Franciscan Rooms A&B. The sessions begin at 6:30 p.m. and generally last until 8 p.m. Call (610) 374-3195, x208 to register for an upcoming session.

Brought to you by:

August 10:
**Paying for LTC & Protecting Your Assets** — Pros and Cons of various types of planning techniques to qualify for Governmental Financial Assistance to pay for long term care costs.
*William Blumer, CELA*

- September 14:
  **Life Care Contracts: Right For You?** — Discussion of a new option for long term care that can be received either in your own home or in a retirement community.
  *Panel Discussion*

- October 12:
  **Changes to Medicare 2017** — The basics of Medicare coverage, what will be changing in 2018, and the costs for supplemental coverage in 2018.
  *APPRISE Staff*

- November 9:
  **What You Need to Do Under a POA** — The duties of a Power of Attorney and how to choose who should be your POA.
  *William Blumer, CELA*

- December 14:
  **Paying for LTC-Federal Assistance** — Pros and Cons of various types of planning techniques in protecting your assets for long term care costs.
  *Vet Affairs, Area Agency Aging, SeniorLife*

A complete listing of Berks Encore @ Nite programs can be found on our website at [www.BerksEncore.org](http://www.BerksEncore.org).

If you are on Facebook, you are encouraged to join the Berks Encore @ Nite discussion.

**New Programs**

**Mifflin Center**

- **Massages are back!** Starting Monday, August 14 and will continue once a month. $10 for a 15 minute chair massage. Please call Kate at 610-777-5577 to make an appointment.

- **Healthy Eating** — Learn more about foods that provide essential nutrients, improve health and may even prevent disease. This six-week class will be offered at Berks Encore – Mifflin on Fridays from 9:30 – 11:30 a.m. beginning September 8 and will include a trip to a local grocery store to identify nutritious options. Please contact Kate Sweinhart at Berks Encore – Mifflin at 610-777-5577 to register.

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**DOUGLASS VILLAGE**

Open Tuesday through Sunday 11 am – 4 pm

**New Lots NOW Available**

**Active Adult Over 55+ Community**

New Construction • Priced from low $100’s*

**Over 55 Never Felt So Good!!**

Exciting New Floor Plans, 3 Car Garage NOW Available*

- 2 & 3 BR homes,
- 2 full baths,
- 1 car garage standard
- 13 appealing layouts
- Clubhouse with heated pool, large gathering room, library and fitness center

DIR: Rt. 422 W to Stowe Exit – L at 1st light onto W High St, to 2nd light (Broadmoor Blvd), R into Douglass Village to Sales center.

*Prices subject to change based on Model chosen

*on select models

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**KW REALTY GROUP**

KELLER WILLIAMS

Office 610-792-5900 • Sales Center 610-323-4583
[www.douglassvillage.com](http://www.douglassvillage.com)
### Berks Encore  Birdsong Center

Center Manager – Christine Loos  
201 E. Main Street, Berks (610) 582-1603

<table>
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<tr>
<th>Permanent Events</th>
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<td><strong>Every Tue.</strong></td>
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<th>SPECIAL EVENTS</th>
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<tr>
<td>1 @ 10 a.m.: Brunch with Theresa</td>
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<td>2 @ 10:30 a.m.: Bean Bag Baseball</td>
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<td>3 @ 10:30 a.m.: Seasonal Crafts</td>
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<td>4 @ 10:30 a.m.: National Chocolate Chip Cookie Day</td>
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<td>7 @ 10:30 a.m.: Movie Day</td>
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<td>9 @ 10:30 a.m.: HealthSouth Presentation</td>
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<td>10 @ 10:30 a.m.: Crafts with Stacie</td>
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<tr>
<td>14 @ After Lunch: National Creamsicle Day</td>
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<tr>
<td>15 @ 11 a.m.: Lunch Bunch at Exeter Diner</td>
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**APPRISE MEDICARE COUNSELING** – Call 610-374-3195, x208 for an appointment. — August 3

### Berks Encore  Fleetwood Center

Center Manager – Terry Becker  
109 W. Vine Street, Fleetwood (610) 944-9242

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<th>Permanent Events</th>
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<td><strong>Every Mon.</strong></td>
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Every Wednesday from July 26-August 30 from 9-11:30 a.m. join us for our class “Living Well with Diabetes or Pre-Diabetes.” Learn how to manage the disease, make healthier food choices and improve your quality of life. Call Terry to reserve your seat. No cost.

**Fitness Room:** Mon.-Fri. 8 a.m.-3 p.m.

Walking Club on Wednesdays at 9:30 a.m. followed by our Adult Coloring Class at 10 a.m. All supplies provided. Call Terry for more details!

<table>
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<tbody>
<tr>
<td>3 @ 1 p.m.: Facebook class – with tech specialist Emily Calaman. Please bring your tablet or smartphone. RSVP w/ Terry.</td>
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<tr>
<td>4 @ 1 p.m.: Pinterest class – with tech specialist Emily Calaman. Please bring your tablet or smartphone. RSVP w/ Terry.</td>
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<tr>
<td>14 @ 6:45 a.m.: Breakfast Club – at Airport Diner</td>
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<tr>
<td>15 @ 10 a.m.: Grocery Bingo – with Trish from Rittenhouse</td>
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**APPRISE MEDICARE COUNSELING** – Call 610-374-3195, x208 for an appointment. — August 9

### Berks Encore  Mifflin Center

Center Manager – Kate Sweinhart  
30 Liberty Street, Shillington (610) 777-5577

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**SPECIAL EVENTS**

| 2 @ 10:30 a.m.: Crafts – w/Senior Life |
| 3 @ 11 a.m.: No-Bake Desserts – w/Mifflin Court |
| 4 @ 10:30 a.m.: Line Dancing – w/Kathleen S2 |
| 10 @ 8:45 a.m.: Breakfast Club – w/Deluxe Diner |
| 11 @ 11:30 a.m.: Take Out-Pizza – Sign up with Kate |
| 14 @ 10:30 a.m.: Choose to be Happy Free Grocery Store Bingo |

**APPRISE MEDICARE COUNSELING** – Call 610-374-3195, x208 for an appointment. — August 17
Berks Encore offers many opportunities for seniors of all ages to enrich their lives, to nurture their talents, and to keep their minds active. The following classes and programs, sponsored by Berks Encore, will be offered during August. Classes are one hour unless otherwise noted. Please check dates and times, or call the Center listed for more information.

**On-Going Activities**

**Aerobics** – an active, energetic exercise class that strengthens heart and lung function.
- **MONDAYS** @ 9:15 a.m.

**Advanced Senior Barre**
Valhalla Health & Fitness Club
- **MONDAYS** @ 10:15 a.m., **THURSDAYS** @ 9 a.m., **FRIDAYS** @ 10 a.m.

**Corepose ‘n Sculpt**
BodyZone Sports & Wellness Complex
- Call 610-376-2100, ext 327
- **MONDAYS, WEDNESDAYS & FRIDAYS** @ 8:30 a.m. & 10:45 a.m.

**Senior Cardio Sculpt**
Body Works Health and Fitness Club, Temple
- **TUESDAYS** @ 9:45 a.m.
  - Berks Encore – Wernersville - $3.50 per class
- **TUESDAYS** @ 7:30 a.m.
  - Berks Encore – Fleetwood
- **WEDNESDAYS** @ 9 a.m.

**Total Body Tune Up**
BodyZone Sports & Wellness Complex
- Please call 610-376-2100, ext. 327
- **WEDNESDAYS** @ 8:45 a.m.

**Go Low**
L'S Fitness, 102 N. 3rd Street, Womelsdorf
- **610-589-5213**
- **WEDNESDAYS** @ 11 a.m.

**Senior Master Fit**
Valhalla Health & Fitness Club
- **MONDAYS** @ 2 p.m. and 5 p.m.

**Aquatic Fitness** –
a great warm-water workout.
- **MONDAYS, WEDNESDAYS & FRIDAYS** from 8 – 8:50 a.m.
  - Schumo Center – Albright College - Call 610-929-6715
- **MONDAYS THROUGH FRIDAYS** from 9 – 9:50 a.m.
  - Schumo Center – Albright College - Call 610-929-6715
- **MONDAYS, WEDNESDAYS & FRIDAYS** @ 2 p.m. and 5 p.m.

**Warm Water Wellness** –
Birdsboro Fitness & Splash, 320 W. Main Street
CALL 610.575.0888

**Art Club** –
Bring your own supplies and work in an media in a comfortable and supportive environment.
- **WEDNESDAYS** from 10 a.m. – 2 p.m.
  - Berks Encore – Reading

**Arthritis Class** –
TUESDAYS @ 10 a.m.
- Schumo Center – Albright College
  - Please call 610-929-6715

**Arts & Crafts** –
Create craft items for sale or to take home as gifts.
- **1ST & 3RD WEDNESDAY OF EVERY MONTH** @ 9:30 a.m.
  - Berks Encore – Wernersville
- **WEDNESDAYS** @ 10-11 a.m.
  - Berks Encore – Fleetwood
- **THURSDAYS** from 9:30 a.m. – 12:00 noon
  - Berks Encore – Reading - Everyone Welcome!

**Billiards** –
MONDAYS THROUGH FRIDAYS from 8 a.m. to 3 p.m.
- Berks Encore – Reading

**Bingo** –
- **MONDAYS** from 10:30 – 11:30 a.m.
  - Grocery Bingo
    - Berks Encore – Mifflin - Cost: $2.00
  - **TUESDAYS AND FRIDAYS** @ 10 a.m.
    - Berks Encore – Fleetwood - Cost: $1.00
  - **WEDNESDAYS** @ 12 p.m.
    - Berks Encore – Wernersville
  - **WEDNESDAYS AND FRIDAYS** @ 12:30 p.m.
    - Berks Encore – Reading - 3 cards for 25¢
  - **THURSDAYS** @ 1 p.m.
    - Dollar Bingo
      - Berks Encore – Mifflin - Cost: $1.00
  - **FRIDAYS** @ 10:15 a.m.
    - Berks Encore – Birdsboro

**Board Games** –
- **TUESDAYS** @ 10 a.m.
  - Berks Encore – Mifflin
- **WEDNESDAYS** from 10:30 a.m. – 1 p.m.
  - Berks Encore – Wernersville

**Bowling** –
join fellow active seniors for fun and exercise.
- **TUESDAYS** @ 12 p.m.
  - Berks-Colonial Lanes
- **FRIDAYS** @ 10 a.m.
  - Berks-Colonial Lanes
  - **THURSDAYS** @ 10 a.m.
  - Berks-Colonial Lanes

**Card Clubs** –
- **4TH THURSDAY** from 10:30 a.m. – 12:30 p.m.
  - *Pinhole, Bridge, and More!*
    - Muhlenberg Community Library
      - FREE
    - **EVERY MONDAY** @ 12:30 p.m.
      - Card Club
        - Berks Encore – Mifflin
    - **EVERY MONDAY** @ 1 p.m.
      - Pinochle
        - Berks Encore – Fleetwood
    - **EVERY TUESDAY** @ 12:30 – 3 p.m.
      - Cribbage
        - Berks Encore – Wernersville
    - **TUESDAYS** @ 1 p.m.
      - *Texas Hold-em*
        - Berks Encore – Fleetwood
    - **MONDAYS & THURSDAYS** @ 9 a.m.
      - *Pinochle*
        - Berks Encore – Fleetwood
    - **TUESDAY, WEDNESDAY, THURSDAYS** @ 1 p.m.
      - *Hausse/Pinochle*
        - Berks Encore – Straustown
    - **EVERY WEDNESDAY** @ 1 p.m.
      - *Pinochle*
        - Berks Encore – Birdsboro
    - **WEDNESDAYS** @ 9:30 a.m.
      - *Bridge*
        - Berks Encore – Wernersville
      - Please call 610-670-1372 to play!
    - **WEDNESDAYS** from 12:30 – 3 p.m.
      - *Hausse Cards*
        - Berks Encore – Wernersville
    - **WEDNESDAYS** @ 1 p.m.
      - *Hausse/Pinochle*
        - Berks Encore – Fleetwood
    - **THURSDAYS** @ 10 a.m.
      - *Polkero*
        - Berks Encore – Fleetwood

**Dance Fitness** –
- **MONDAYS** @ 1:15 p.m.
  - *Flow & Tone*
    - BodyZone Sports & Wellness Complex
      - Please call 610-376-2100, ext. 327
  - **TUESDAYS** @ 9 a.m.
  - *Dance Fitness with Lily*
    - BodyZone Sports & Wellness Complex
      - Please call 610-376-2100, ext. 327
  - **THURSDAYS** @ 9:15 a.m.
    - *Zumba* Gold
      - BodyZone Sports & Wellness Complex
      - Please call 610-376-2100, ext. 327

**Dance Club** –
- **EVERY MONDAY** @ 12:30 p.m.
  - *Dance Fitness with Lily*
    - BodyZone Sports & Wellness Complex
      - Please call 610-376-2100, ext. 327
  - **FRIDAYS** @ 11:30 a.m.
  - *Beginner Class*
    - Berks Encore – Wernersville
    - $20 PER QTR OR $2 PER CLASS

**Computer Classes** –
- **CALL TO REGISTER FOR 3 P.M. CLASS ON SEPTEMBER 8**
  - Berks Encore – Wernersville

**Healthy Steps in Motion** –
a program designed by the PA Dept. of Aging incorporating stretching, strength training and mild aerobics to improve balance, strength, coordination, and endurance.
- **MONDAYS** @ 9 a.m.
  - Village Library, Morgantown
- **MONDAYS** @ 1 p.m.
  - Zion Lutheran Church, Womelsdorf
  - **MONDAYS & THURSDAYS** @ 9 a.m.
  - Wyominging Church of the Brethren
    - 2200 STATE HILL RD, WYOMISSING
  - **MONDAYS & THURSDAYS** @ 9:30 a.m.
    - St. Mary's Catholic Church, Hamburg

**Line Dancing** –
whether you are a beginner or just want to learn the newest steps.
- **2ND & 4TH FRIDAY OF EVERY MONTH** @ 1 p.m.
  - Berks Encore – Fleetwood - $1.00 (per class)
  - **FRIDAYS** @ 11:30 a.m.
  - *Beginner Class*
    - Berks Encore – Wernersville
    - $20 PER QTR OR $2 PER CLASS

**Muscle Strengthening** –
- **MONDAYS** @ 1:30 p.m.
  - *Cardio/Strength & Stretch*
    - w/Tammy Hartman, Wernersville
  - **TUESDAYS** @ 10 a.m.
  - *Fit and Fabulous*
    - BodyZone Sports & Wellness Complex
      - Please call 610-376-2100, ext. 327
  - **WEDNESDAYS** @ 11 a.m.
  - *Fabs Class*
    - Berks Encore – Wernersville
  - **WEDNESDAYS** @ 1 p.m.
  - *Fabs Class*
    - Berks Encore – Mifflin
      - $3 • FREE for Healthways/Silver Sneakers/Flex
  - **FRIDAYS** @ 10 a.m.
  - *Dance ‘N Sculpt*
    - BodyZone Sports & Wellness Complex
      - Please call 610-376-2100, ext. 327
Music –
MONDAYS from 9:30 – 11 a.m.
Horizon Singers / Berks Encore Chorus
Berks Encore – Reading
TUESDAYS @ 1 p.m.
Senior Orchestra
Ringgold Band Hall, 3539 Freemont St A, Reading
WEDNESDAYS @ 10 a.m.
Ringgold New Horizons Band
Ringgold Band Hall, 3539 Freemont St A, Reading
Call 610.929.8525
THURSDAYS @ 11 a.m.
Kaoroe with Skip
Berks Encore – Wernersville

Pilates –
strengthen your core muscles with “Pill–ah–tays”
WEDNESDAYS @ 9:15 a.m.
Berks Encore – Mifflin $20.00 (per month)
FRIDAYS @ 9 a.m.
PiYo
Berks Encore – Wernersville $3.00 (per class)

Roller Skating (Adults Only) –
TUESDAYS & THURSDAYS @ 1 – 3 p.m.
Coffee Skate: coffee, soup, and fountain beverages $5.00 (per skater)
SUNDAYS @ 9-9 p.m.
Skate to live organ music.
$7.00 (per skater)

Shuffleboard –
Knock the opponent’s disk out of the 10 point space! 2 courts available.
THURSDAYS @ 1 p.m.
Berks Encore – Fleetwood
FRIDAYS @ 1 p.m.
Berks Encore – Mifflin Cost $1.00

Silver Sneakers –
MONDAYS @ 8:30 a.m.
Silver Sneakers Yoga
LJ’s Fitness, 102 N. 3rd Street, Womelsdorf
610-589-5213
MONDAYS @ 9 A.M.
Silver Sneakers Circuit
Body Zone Sports & Wellness Complex
CALL 610-376-2100, EXT 327
MONDAYS @ 10:30 a.m.
Silver Sneakers Circuit
Schumo Center – Albright College
PLEASE CALL 610-929-6715
MONDAYS & WEDNESDAYS @ 8 a.m.
Silver Sneakers Classic
LJ’s Fitness, 102 N. 3rd Street, Womelsdorf
610-589-5213
MONDAYS @ 9 a.m., WEDNESDAYS @ 10:05 a.m.
FRIDAYS @ 11 A.M.
Silver Sneakers Classic
Body Zone Sports & Wellness Complex
CALL 610-376-2100, EXT 327
MONDAYS & THURSDAYS @ 11 a.m.
Silver Sneakers Classic
Valhalla Health & Fitness Club
PLEASE CALL 610-779-6006
TUESDAYS @ 9:30 a.m.
Silver Sneakers Boom Move It & Muscle
Body Zone Sports & Wellness Complex
CALL 610-376-2100, EXT 327
TUESDAYS @ 11 a.m.
Silver Sneakers Circuit
Valhalla Health & Fitness Club
PLEASE CALL 610-779-6006
TUESDAYS & THURSDAYS @ 10 a.m.
Silver Sneakers Yoga Stretch
Valhalla Health & Fitness Club
PLEASE CALL 610-779-6006
TUESDAYS & THURSDAYS @ 10:15 a.m.
Berks Encore – Strausstown
TUESDAYS & THURSDAYS @ 10:15 a.m.
Silver Sneakers Circuit
LJ’s Fitness, 102 N. 3rd Street, Womelsdorf
610-589-5213
WEDNESDAYS @ 7:30 a.m.
Total Body Tune-Up
Body Zone Sports & Wellness Complex
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Senior Master Fit
Valhalla Health & Fitness Club
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Silver Sneakers Classic
Schumo Center – Albright College
PLEASE CALL 610-929-6715
THURSDAYS @ 10:30 a.m.
CardioFit
Body Zone Sports & Wellness Complex
CALL 610-376-2100, EXT 327

Sit and Get Fit –
good exercise at a slower pace – great for beginners!
MONDAYS & WEDNESDAYS @ 9:15 a.m.
Balance & Strength Training
Berks Encore – Wernersville • $1.00 (per class)
MONDAYS @ 10 a.m.
Berks Encore – Fleetwood (no fee)
TUESDAYS @ 10 a.m.
Berks Encore – Birdsboro
TUESDAYS @ 11 a.m.
Berks Encore – Mifflin (no fee)
WEDNESDAYS @ 9:45 a.m.
THURSDAYS @ 10:30 a.m.
Berks Encore – Straustown (no fee)
FRIDAYS @ 10 a.m.
Berks Encore – Reading • $3.00 (per class)

Strength / Weight Resistance Training –
Improve your posture, balance and endurance with these classes.
TUESDAYS & THURSDAYS @ 9 a.m.
“Fit at 50+” Circuit Training
Schumo Center – Albright College
PLEASE CALL 610-929-6715.
TUESDAYS @ 2 p.m.
Berks Encore – Birdsboro • $3.00 (per class)
TUESDAYS @ 8:30 a.m.
Tai Chi for Balance
Berks Encore – Wernersville
TUESDAYS @ 12 noon
Berks Encore – Birdsboro • $5.00 (per class)
WEDNESDAYS @ 11:10 a.m.
Asian Fusion (blend of tai chi, qi gong and yoga)
Body Zone Sports & Wellness Complex
Please call 610-376-2100, ext. 327
THURSDAYS @ 9 a.m.
Berks Encore – Wernersville • with Janet Ku
THURSDAYS @ 9 a.m.
Village Library in Morgantown • (fee paid to Library)
FRIDAYS @ 9 a.m.
Qi Gong with Jennifer V.
Body Zone Sports & Wellness Complex
Please call 610-376-2100, ext. 327

Walking Club –
Enjoy the beautiful, flat trails of the Wernersville State Hospital grounds.
MONDAYS & WEDNESDAYS @ 10 a.m.
Berks Encore – Straustown
WEDNESDAYS @ 9:30 a.m.
Berks Encore – Fleetwood
FRIDAYS @ 9 a.m.
Berks Encore – Wernersville

Wii –
DAILY @ 12 p.m.
Berks Encore – Birdsboro
MONDAYS @ 1 p.m.
Berks Encore – Straustown

Yoga –
strengthen your body and clear your mind
MONDAYS @ 9:15 a.m.
Berks Encore – Mifflin • $20.00 (per month)
MONDAYS @ 12:30 p.m.
Berks Encore – Wernersville • $4.00 (per class)
TUESDAYS & THURSDAYS @ 9:10 a.m.
Chair Yoga
Berks Encore – Straustown
TUESDAYS @ 11:05 a.m.
Chair Yoga
Berks Encore – Straustown

ON-GOING ACTIVITIES

Zumba Gold –
MONDAYS & TUESDAYS @ 10 a.m.
Body Zone Sports & Wellness Complex
PLEASE CALL 610-376-2100, EXT 327
TUESDAYS @ 11:30 a.m.
Berks Encore – Wernersville • $4.00 (per class)
WEDNESDAYS @ 9:15 a.m.
Schumo Center – Albright College for Fitness and Well-Being • PLEASE CALL 610-929-6715
WEDNESDAYS @ 11 a.m.
Berks Encore – Mifflin • $4.00 (per class)
WEDNESDAYS @ 11:45 a.m.
Valhalla Health & Fitness Club • Please call 610-779-6006
THURSDAYS @ 1:05 a.m.
Chair Yoga
Body Zone Sports & Wellness Complex
PLEASE CALL 610-376-2100, EXT 327

Table Tennis –
WEDNESDAYS @ 11 a.m.
Berks Encore – Mifflin
WEDNESDAYS @ 1 p.m.
Berks Encore – Straustown
THURSDAYS @ 7:30 p.m.
Berks Encore – Wernersville • $1.00

Tai Chi –
Improve your balance and coordination by learning the graceful moves of this Eastern form of exercise.
MONDAYS @ 11 a.m.
Berks Encore – Wernersville • $5.00 (per class)
MONDAYS @ 1 p.m.
Berks Encore – Mifflin • $5.00 (per class)
**Berks Encore Reading Center**
Center Manager – Lisa Lorah
FREE & PRIVATE PARKING at Ninth & Court Sts.
40 N. 9th Street, Reading (610) 374-3195, ext. 214

### Permanent Events

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>Computer Lab</td>
<td>10 a.m.-3 p.m.</td>
</tr>
<tr>
<td>Creative Artistry/Open Studio</td>
<td>11 a.m.</td>
</tr>
<tr>
<td>Craft Room</td>
<td>10 a.m.</td>
</tr>
<tr>
<td>Sit &amp; Get Fit ($)</td>
<td>10 a.m.</td>
</tr>
<tr>
<td>Karaoke!</td>
<td>11 a.m.</td>
</tr>
<tr>
<td>BINGO</td>
<td>12:30 p.m.</td>
</tr>
<tr>
<td>Grocery BINGO</td>
<td>11 a.m.</td>
</tr>
<tr>
<td>Sit &amp; Get Fit ($)</td>
<td>12:30 p.m.</td>
</tr>
</tbody>
</table>

**NEW!** Every Tuesday @ 12:30 p.m.: Movie Day!

### SPECIAL EVENTS

**2 & 16 @ 11 a.m.**
- BE Inspired! “Color Your World” Adult Coloring – Relieves stress, relaxing, fun! Presented by: Reading Public Library
- Have Fun – w/ SeniorLife
- Skin Cancer Prevention – w/ Martha
- Smiles all day! “Something to Smile About”

**30 @ 10:30 a.m.**
- **APPRISE MEDICARE COUNSELING**
  - Call 610-374-3195, x208 for an appointment.

### Permanent Events

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>Walking Club</td>
<td>10:30 a.m.</td>
</tr>
<tr>
<td>Chair Yoga, $5/class</td>
<td>9:10 a.m.</td>
</tr>
<tr>
<td>Sit &amp; Get Fit ($)</td>
<td>9 a.m.</td>
</tr>
<tr>
<td>Bean Bag Baseball</td>
<td>1 p.m.</td>
</tr>
<tr>
<td>Chair Yoga, $5/class</td>
<td>9:10 a.m.</td>
</tr>
<tr>
<td>Exercise</td>
<td>10:30 a.m.</td>
</tr>
</tbody>
</table>

We have exercise equipment including a Treadmill, Elliptical, and a Cardio Bike!

1st & 4th Mondays from 9 a.m.–12 p.m.: State Representative Barry Jozwiak (available to assist with many State Government Services, Forms & Applications)

Resistance Training Exercise Room is OPEN Mon. – Fri. from 8 a.m. – 3 p.m.:
- A computer w/ Internet and PRINTER is available for public use Monday-Friday between the hours of 8 a.m. - 3 p.m.
- **NEW** We are offering a one-on-one computer, tablet, and/or smartphone skills class. Contact Andrea to sign up!

**EVERY THURSDAY @ 10:30 a.m.:** Learn to Knit or Crochet w/ Liz – ALL are welcome!!

### SPECIAL EVENTS

**16 @ 12 p.m.**
- Everybody’s Birthday Party – celebrated after take out for lunch!

**17 @ 11:30 a.m.**
- Home Health Assessment Activity – with HealthSouth Reading Rehab

**22 @ 1:30 p.m.**
- **APPRISE MEDICARE COUNSELING**
  - Call 610-374-3195, x208 for an appointment.

**24 @ 11:45 a.m.**
- Ice Cream Social – bring a topping!

**31 @ 12:30 p.m.**

### Permanent Events

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>Tai Chi ($)</td>
<td>11 a.m.</td>
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<tr>
<td>Cardio/Strength/Stretch ($)</td>
<td>1:30 p.m.</td>
</tr>
<tr>
<td>Tai Chi ($)</td>
<td>9:15 a.m.</td>
</tr>
<tr>
<td>Yoga ($)</td>
<td>12:45 p.m.</td>
</tr>
<tr>
<td>Chair Yoga, $10</td>
<td>1:30 p.m.</td>
</tr>
<tr>
<td>Social Dancing</td>
<td>12:45 p.m.</td>
</tr>
<tr>
<td>Sit &amp; Get Fit ($)</td>
<td>9:30 a.m.</td>
</tr>
<tr>
<td>Bridge</td>
<td>12:30 p.m.</td>
</tr>
<tr>
<td>Asian Fusion Exercise ($)</td>
<td>9 a.m.</td>
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<tr>
<td>Karaoke</td>
<td>11 a.m.</td>
</tr>
<tr>
<td>Pilates Yoga ($)</td>
<td>9 a.m.</td>
</tr>
<tr>
<td>Beginning Line Dancing ($)</td>
<td>11:30 a.m.</td>
</tr>
</tbody>
</table>

### SPECIAL EVENTS

**8 @ 10 – 11 a.m.**
- **Computer Assistance/Therapeutic Adult Coloring** w/ Conrad Weiser Students.

**15 @ 12 p.m.**
- August Birthdays party – bring a friend w/Keth

**16 @ 11:30 a.m.**
- **APPRISE MEDICARE COUNSELING**
  - Call 610-374-3195, x208 for an appointment.

**18 @ 11:30 a.m.**
- Summer Concert – w/Jerry featuring Beach Boys and The Beatles music

**21 @ 11 am – 1 p.m.**
- HealthStep Screening – courtesy of Southeastern Home Care

**30 @ 10:30 a.m.**
- Blood Pressure Screening – courtesy of: Southeastern Home Care

### Permanent Events

<table>
<thead>
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<tbody>
<tr>
<td>Tai Chi ($)</td>
<td>11 a.m.</td>
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<tr>
<td>Aerobics ($)</td>
<td>9:45 a.m.</td>
</tr>
<tr>
<td>Zumba Gold ($)</td>
<td>12 p.m.</td>
</tr>
<tr>
<td>Zumba Gold ($)</td>
<td>11:30 a.m.</td>
</tr>
<tr>
<td>Bean Bag Baseball</td>
<td>12 p.m.</td>
</tr>
<tr>
<td>Chair Yoga, $20/mo.</td>
<td>12:30 p.m.</td>
</tr>
<tr>
<td>Social Dancing</td>
<td>9:30 a.m.</td>
</tr>
<tr>
<td>Crafts</td>
<td>12:30 p.m.</td>
</tr>
<tr>
<td>Bridge</td>
<td>12:30 p.m.</td>
</tr>
<tr>
<td>Bridge</td>
<td>12:15 p.m.</td>
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</tr>
</tbody>
</table>
**BERKS ALERT Program**

The Department of Emergency Services is pleased to announce the roll out of a new upgraded BerksAlert mass notification system.

During serious emergencies, public safety officials will release information by using the BERKS ALERT program. The message will then be delivered to the devices that are registered in the system. While the most important messaging, such as that related to disaster response actions, will be sent to any device registered, individuals participating in the system may also “opt-in” to certain other categories about which they desire notifications. These categories include severe weather watches, amber alerts, road closures, and general community news.

When an individual registers for this service, they will be prompted to enter their home address and the address of other locations of interest (such as a child’s day care center, school, or a place of business). Alerts that are appropriate to these locations of interest will then be sent to the subscriber’s registered device(s).

Get local alerts about emergencies, severe weather, and road closures on your cell or email. When situations arise in Berks County that may affect you and your family, Berks Alert lets local officials notify you quickly.

To register, go to berksdes.com, select register now and follow the subscriber registration instructions provided for you on the berks alert page.

Should you have any questions or need assistance registering, please contact the berks alert team at berksalert@countyofberks.com or by calling 610-374-4800.
Cancer starts when cells in the body begin to grow out of control. Cells in nearly any part of the body can become cancer cells, but skin cancer is by far the most common type of cancer.

There are three main types of cells in the top layer of the skin (called the epidermis):

- **Squamous cells:** These are flat cells in the outer part of the epidermis that are constantly shed as new ones form.
- **Basal cells:** These cells are in the lower part of the epidermis. They constantly divide to form new cells to replace the squamous cells that wear off the skin’s surface.
- **Melanocytes:** These cells make the brown pigment called melanin, which gives the skin its tan or brown color. Melanin acts as the body’s natural sunscreen, protecting the deeper layers of the skin from some of the harmful effects of the sun.

**TYPES OF SKIN CANCER**

**Basal cell carcinoma**

This is the most common type of skin cancer. About eight in ten skin cancers are basal cell carcinomas. These cancers usually develop on sun-exposed areas, especially the head and neck. These cancers tend to spread slowly and it is rare that they spread to other parts of the body. But if left untreated, it can grow into nearby areas and invade the bone or other tissues beneath the skin.

**Squamous cell carcinoma**

About two out of ten skin cancers are squamous cell carcinomas. These cancers commonly appear on sun-exposed areas of the body such as the face, ears, neck, lips and backs of the hands. Squamous cell cancers are more likely to grow into deeper layers of skin and spread...
WHAT YOU NEED TO KNOW:

**Skin Cancer**

By Martha Sitler

CONTINUED FROM PAGE 24

to other parts of the body than basal cell cancers, although this is still not common.

**Melanoma**

These cancers develop from melanocytes, the pigment-making cells of the skin. Melanocytes can also form benign (non-cancerous) growths called moles. Melanomas are much less common than basal and squamous cell cancers, but they are more likely to grow and spread if left untreated. Watch for changes in size, shape, color or texture of any moles you already have and see a dermatologist if you notice any changes.

There are also several pre-cancerous skin conditions that should be checked and monitored regularly by your physician or dermatologist.

**Actinic keratosis**

Also known as solar keratosis, this is a pre-cancerous skin condition caused by over exposure to the sun. AKs are usually small (less than ¼ inch across), rough or scaly spots that may be pink-red or flesh colored. Usually they start on the face, ears, backs of the hands and arms of middle-aged or older people with fair skin, although they can occur on other sun-exposed areas. AKs tend to grow slowly and usually do not cause any symptoms. Most do not turn into cancer, but should be checked regularly.

**Squamous cell carcinoma in situ (Bowen disease)**

This is the earliest form of squamous cell skin cancer. “In situ” means that the calls of these cancers are still only in the epidermis and have not invaded into deeper layers. Bowen disease appears as reddish patches, sometimes over ½ inch in diameter, redder, scaly and sometimes crusted. They may be itchy or sore and may progress to an invasive squamous cell cancer if not treated.

**Benign skin tumors**

Most skin tumors are non-cancerous. These may include:

- **most types of Moles**
- **Seborrheic Keratosis** — tan, brown of black raise spots with a waxy or scaly texture
- **Hemangiomas** — benign blood vessel growths, often called strawberry spots
- **Lipomas** — soft tumors made up of fat cells
- **Wart** — rough-surfaced growths caused by a virus

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- **Lipomas** — soft tumors made up of fat cells
- **Wart** — rough-surfaced growths caused by a virus

Information from the American Cancer Society, www.cancer.org

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**THE AUDIOLGY CENTER**
Diagnostic Audiology & Hearing Aid Services

**Audiologists:**
Kathleen D. Vivaldi, AuD, FAAA
Melanie A. Appler, AuD, FAAA
Matthew R. Bonsall, AuD, FAAA

Featuring new Signia primax™ technology.

Clinically proven to reduce listening effort in demanding environments.

Providing diagnostic and rehabilitative services for all types of hearing loss, for any age group.

985 Berkshire Blvd., Wyomissing
610-374-5599 • www.ent-hns.net

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**YOUR RETIREMENT, YOUR BENEFITS**

_Are You Turning 65 in 2017?_

Come and learn how and when to enroll in Medicare and Social Security, what Medicare covers and how to supplement the coverage, what it will cost and what financial assistance is available. All sessions start at 6:30 p.m. To register, please call (610) 374-3195, x208.

- **August 28** –
  **KEYSTONE VILLA**
  1180 Ben Franklin Hwy, Douglassville

APPRISE, a free health insurance counseling program for Pennsylvanians with Medicare, has counselors at Berks Encore available to help you understand your Medicare benefits.
A COMBAT VETERAN OF WWII REMEMBERS

Flag from the Revolutionary War

This is the story of a great flag from the Revolutionary War and an infantry division. Recently I was given a gift of a flag from the Revolutionary War. It was an image printed on cloth the size of a beach towel. The image was a coiled rattlesnake ready to strike. It had large letters reading, “Don’t tread on me.” This was one of many flags used by the colonies in their battles with the British. This all led to the “Fourth of July” – Our Independence Day! Our division – the 104th – didn’t have a fancy “Snake” flag. What we did have was a great slogan, “Nothing in hell can stop the Timberwolves.” That helped get us through 195 days on the front line from Holland through Germany. Now with the help of a snake and a slogan, we’ll blast out those birthday wishes on the 4th of July!

Submitted by

Bob Huber, CO G 415 REG, 104th Division
– A Proud Timberwolf

BLANDON SENIOR CITIZENS
Richard & Patricia Mackrella 53 Years
Melvin & Sandra Hartman 58 Years
David & Ruth Gehret 53 Years
Bobbie & Janet Miller 26 Years
Paul L. & Ruth E. Brown 51 Years
Uldis & Patricia Zemitis 21 Years
Justin & Marie Haux 56 Years
Lawrence & Megan Collis 47 Years
Ted & Linda Moore 52 Years
Fritz & Ruth Adam 71 Years

PRIME TIMERS OF ZION’S CHURCH
Dean & Rosanne Adam 40 Years
Daryl & Jean Brown 29 Years
Jeffrey & Marjorie Dreibelbis 37 Years
Lee & Linda Gougler 47 Years
Ronald & Susan Hartman 44 Years
Lloyd & Thelma Kehl 46 Years
James & Peggy Koller 9 Years
Arlan & Jane Krick 48 Years
Larry & Sarah Krick 58 Years
Glenn & Cheryl Lesher 36 Years
Kevin & Lori Ann Mengel 38 Years
John & Raelyn Mertz 53 Years
James & Addie Miller 24 Years
Jeffrey & Beth Miller 34 Years
Gene & Sandy Schappell 20 Years
Timothy & Pat Sell 36 Years
Steven & Darlene Smith 7 Years
Managing your medications has never been easier.

Organized by date and time
Securely sealed
Clearly labeled
Easy to open
Ideal for travel and everyday

NO EXTRA CHARGE FOR THIS SERVICE!

Your medications come organized by date and time, securely sealed in individual easy-open packages. So when it’s time to take your next dose you just tear the package off the roll and your pills are there.

That’s all there is to it.

GOOD SHEPHERD U.C.C. PEOPLE OVER 50

We certainly had a great time at our June meeting! Our entertainment was Drew and the Blue. Drew West sang and played the drums, while Taylor Lawrence played the guitar. There was a lot of singing along and dancing. If you missed hearing them, check out their Facebook page for other venues.

Our program committee is working on some wonderful entertainment for our meeting on August 23rd. As usual, this will be followed by a short business meeting, superb lunch and lots of socializing and fellowship among our members.

Openings are still available for our 2017 trips! Upcoming trips include Americana Journey Tour on the Colebrookdale Railroad on September 12th, One World Observatory and the 911 Memorial and Museum in NYC on October 5th and Dean, Frank and Sammy at the Sands at Penn’s Peak on October 17th. For more information or a complete list of remaining trips in 2017, please contact our Travel Committee: Pat Sinistri at 610-678-8654 or email at sinistri@comcast.net or Karen Dietrich at 610-939-9402 or email at karends805@gmail.com.

The monthly meetings of People Over 50 are held at Good Shepherd UCC, usually on the 4th Wednesday at noon. Annual dues is $5.00, with a $3.00 per meeting charge to defray expenses for lunch and entertainment. Before each meeting, we renew memberships, accept new members and make reservations for special meeting events and trips. Our membership continues to grow, so please join us!

Hope to see you!

Nancy Levin, Publicist

GOLDEN SENIORS OF SPIES LUTHERAN CHURCH

Well, the long hot summer has arrived!! Hope everyone is trying to keep cool. At the time I am writing this, we are planning for our picnic to be held in July. And on the opposite end of the planning we need to check on places for our Christmas Party!! Never too early to plan all the fun things!!

At our meeting this month we had a very informative presentation from Stitzel Funeral Home, lots of information. Seems funerals are really going modern; Baby Boomers are having a great new send off and celebration. Almost everything can be customized!! Even Elvis music can be played!!

Following all that, we had our regular meeting, with snacks and a goody basket was raffled off, Harold won that, he was quite happy with all those snacks.

We also may have some openings for the trip to the American Music Theater for the Christmas Show. Seems too soon to be talking about Christmas but it will be here before we know it!! Time flies more every year, there was a time when we were young and couldn’t wait to be older, not anymore!!

We still meet for breakfast at the Breakfast Hut the second Tuesday of the month at 9:30 a.m. Come join us, we’d like your company! Stay cool and stay well.

Ruth
On Wednesday June 7 we left bright and early, 6:30 a.m. and traveled to Cabela’s to pick up more guests for our day in New York City. After going through the 1.5-mile Lincoln Tunnel we arrived at our first stop, Madame Trousouers Wax Museum. Leaving there we walked up 42nd Street to our lunch at Buca Di Beppo’s and of course our dessert was New York Cheesecake.

Then it was time to go to Times Square and meet our bus to go to the 9/11 memorial and museum. We had time to sit in the shade, stroll the grounds, and buy souvenirs until it was time for our museum tour. The tour was mostly underground, and it was a humbling experience for all. On the way back to the bus we were amazed at how tall the buildings were, and the rose gardens with bike and jogging paths in the middle of them. After a brief rest stop on the way home for some supper we were glad to be away from the traffic and congestion of the “Big Apple.”

Upcoming trips with a few seats still available are:

- **September 12:** Wolf Sanctuary – lunch at Lititz Family Cupboard, shopping at Brickerville Shops  
  Cost is $68
- **October 4:** Mystery Trip – (Never know where we will go, but it’s always a lot of fun)  
  Cost is $89
- **November 7:** Mount Airy Casino – lunch, money for slots, tribute to Frankie Valli & the Four Seasons  
  Cost is $65
- **December 14:** Dutch Apple Dinner Theatre – Irving Berlin’s White Christmas  
  Cost is $78

If interested in any trips or to book a seat, call Marian Freet, 610-777-9741.

Meetings are second and fourth Wednesday at 10 a.m. in St. John’s Parish House in Mohnton.

Bingo lovers, bring a lunch and we play after the meeting. Guests are always welcome, come and check us out, we don’t sit still and rust, we get out and have fun, life is too short.

**Susan Messner, Secretary**

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**LEAGUE OF GOLDEN AGERS**

**COMMUNITY SENIORS OF MOHNTON**

We will start our meetings for 2017-18 on September 7. We meet at St. John’s Lutheran Church, at the Parish Hall on One Front St. Plaza, Mohnton. We meet every Thursday through May of 2018 from 10 a.m. to 12 p.m.

Some weeks we play bingo, have a flea market, a Christmas party, and entertainment. We also have trips which include:

- **Sept. 13:** Rainbow’s Comedy Playhouse – “Sex Please, We’re Sixty”
- **Oct. 11:** Doolan’s Shore Club – “Octoberfest,” Bavarian Band Comedian
- **Nov. 21:** Dutch Apple Theatre – “White Christmas Show”

We have just one scheduled for 2018 with more to come. The trip will be to Sight & Sound called “Jesus” in May 2018. You do not have to be a member to go on our trips. Call Janet at 610-777-4286.

Submitted by

**Joan H.**
Help make a difference in a child’s life! Volunteers are needed to tutor 2nd grade students who are struggling with reading in the following school districts - Antietam, Brandywine, Conrad Weiser, Daniel Boone, Governor Mifflin, Muhlenberg, Hamburg, Kutztown, Muhlenberg, Oley, and Reading. No previous teaching experience is required. This opportunity is for anyone interested in volunteering weekly for one hour. Current background clearances are required prior to assignment. Please contact Darby Wiekrykas at United Way 610-685-4574 or darbyw@uwberks.org.
The beautiful warm days of summer will soon be turning into the crisp, cool days of autumn. Enjoy the warm while it is still with us.

Our Club celebrated Appreciation Day on May 30. We enjoyed a pizza lunch provided by our Program Chairperson, Shirley Felix. Plaques were given to members who were selected by voting for their service to the Club. It was a very nice program.

**AUGUST BIRTHDAYS**

*Shoemakersville Senior Citizens*

<table>
<thead>
<tr>
<th>Name</th>
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<tbody>
<tr>
<td>Ann Dietrich</td>
<td>Joan Dutt</td>
<td>Mary Jane Quillman</td>
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<tr>
<td>Doris Fetterman</td>
<td>Barbara Reber</td>
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<td>Faye Henry</td>
<td>Douglas eiders</td>
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<tr>
<td>Lee Hummel</td>
<td>Betty Tinley</td>
<td>Ruth Van Pelt</td>
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<td>Joyce Kershner</td>
<td>Jacqueline Weiler</td>
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<tr>
<td>Richard Kurtz</td>
<td>Augusta Weiss</td>
<td>Bernice White</td>
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<td>Irwin Levan</td>
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<tr>
<td>Jane Markovich</td>
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Our club meets every Tuesday at 1 p.m. in the banquet hall of the Shoemakersville Fire Company. Come and join us, all are welcome.

Entertainment for the month of August is as follows:

- **8/8** Bring a friend to the meeting
- **8/22** Larry Bortz – Creating Memories – 3 Piece Band
- **8/29** Indoor Get-Together

The following casino trips have been planned by our Trip Coordinator, Marlene Kline. Please contact Marlene at 610-562-8364 for information and/or reservations.

- **8/2** Mohegan Sun Casino
- **8/24-8/25** Turning Stone Casino – Verona, NY
- **9/6** Harrah’s Casino – Chester
- **9/29** Resorts – Atlantic City

The following trip has been planned by Trip Coordinator, Betty Wolfe. Please contact Betty at 610-926-5821 for information and/or reservations.

- **9/17** The Waterfront – Silver Birches

Happy birthday and happy anniversary to all our members who will be celebrating these special days during the month of August. My apologies for any missed birthdays or anniversaries.

Janet Craley, Correspondence Secretary

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**Grocery Shopping Program**

Berks Encore’s Grocery Shopping Program, a partnership with Redner’s Warehouse Markets, offers a tremendous service to older adults. If you’re over 50 years of age and have difficulty getting to a grocery store or doing your own shopping, Berks Encore will try to find a volunteer to do your shopping and delivery groceries to your home on your regular basis. Grocery orders are taken by Berks Encore volunteers each week and volunteer shoppers purchase the groceries at a local Redner’s Warehouse Markets location. When groceries are delivered, the client pays for them with a check made out to Berks Encore, along with a $5 handling fee. Orders can be taken weekly or less frequently and are limited to 25 items.

It’s a wonderful program that can help older adults live independent lives. But we need your help to keep it running! Volunteers are needed to shop for a growing list of clients. It’s a small time commitment that makes a big impact on a senior’s daily life. Call us at 610-374-3195 to learn more about the program or find out how you can become a volunteer.

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**SHOEMAKERSVILLE SENIOR CITIZENS**

Our club meets every Tuesday at 1 p.m. in the banquet hall of the Shoemakersville Fire Company. Come and join us, all are welcome.

Entertainment for the month of August is as follows:

- **8/8** Bring a friend to the meeting
- **8/22** Larry Bortz – Creating Memories – 3 Piece Band
- **8/29** Indoor Get-Together

The following casino trips have been planned by our Trip Coordinator, Marlene Kline. Please contact Marlene at 610-562-8364 for information and/or reservations.

- **8/2** Mohegan Sun Casino
- **8/24-8/25** Turning Stone Casino – Verona, NY
- **9/6** Harrah’s Casino – Chester
- **9/29** Resorts – Atlantic City

The following trip has been planned by Trip Coordinator, Betty Wolfe. Please contact Betty at 610-926-5821 for information and/or reservations.

- **9/17** The Waterfront – Silver Birches

Happy birthday and happy anniversary to all our members who will be celebrating these special days during the month of August. My apologies for any missed birthdays or anniversaries.

Janet Craley, Correspondence Secretary
New neighbors. Old friends.

Our community offers a variety of retirement living options, including independent living, personal care, restorative care and specialized memory care—all in a vibrant campus filled with activities and social events that can involve the whole family. And often, our residents discover that new neighbors become old friends in no time.

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To learn more, call or visit us online. We’re here to help. CountryMeadows.com
YOUR COMMUNITY

TRIPS FOR 2017
Please make all checks payable to HGA Seniors Club

**September 20: Pippin – Dutch Apple Dinner Theatre –**
The show incorporates sassy choreography in the style of Bob Fosse and the exciting circus acrobatics. The enchanting story of Pippin brings to life the take the King Charlemagne’s son’s search for passion, adventure and the meaning of life. The big top set and high-flying acrobats add to the spectacle along with the knife throwing, hula hooping and gravity-defying acts. Winner of four Tony Awards in 2013.
Cost will be $90.00 Departs at 10:30 a.m.
For reservations call Arlene Kunstek at 610-921-1515.
All reservations and payment must be made by August 13.

**November 16: Miracle of Christmas – Sight and Sound –**
After a decade of crushing Roman rule, the Hebrew people are losing hope. When will the promised Messiah come? Into the midst of this turmoil young Mary is told she will bear God’s son, Angels in heaven proclaim his birth; humble shepherds and regal kings pay homage. Clearly this is no ordinary child. But who is he really? Is he the Messiah, our Savior? Who can even believe such a thing! Witness the story that is central to the season, brought to life with our awe-inspiring special effects and life animals. Rejoice as the true meaning of Christmas unfolds right before your eyes, Lunch before show at Shady Maple.
Cost $100.00. Departs at 10:00 a.m. Returns by 6:00 p.m.
For reservations call Arlene Kunstek at 610-921-1515.
All reservation must be made and paid for by October 20.

**Casino Trips 2017**

<table>
<thead>
<tr>
<th>Date</th>
<th>Location</th>
<th>Price</th>
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<tr>
<td>Tuesday, August 8</td>
<td>Harrahs</td>
<td>$29.00</td>
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<tr>
<td>Tuesday, September 12</td>
<td>Hollywood</td>
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<td>Tuesday, October 10</td>
<td>Mohegan Sun</td>
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<td>Tuesday, November 14</td>
<td>Harrahs</td>
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<tr>
<td>Tuesday, December 12</td>
<td>Sands</td>
<td>$29.00</td>
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Date/Time/Price Subject to Change. Bus Leaves 9:30 a.m. for all trips. Contact Joyce A. Kozlowski for updates and seating arrangements - Home 610-929-5362 • Cell 610-750-2007

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**HGA SENIORS CLUB**

**TUCKERTON NIFTY FIFTY CLUB**
Our Mystery Trip this year took us to York to Snyder’s of Hanover for a tour of the factory and a delicious lunch at the Roosevelt Tavern. After lunch we visited Bluett Brothers Violin with a Master Craftsman who demonstrated how he makes custom violins and string instruments. We also stopped at Stauffer’s to buy snacks. Last but not least, ice cream and a demonstration of how ice cream is made at Sweet William Creamery. A full but enjoyable day.

**Monday, July 10:**
Regular Club Meeting – We had a Lunch Catered by Wegmans. The entertainment was provided by Steve Walker.

**Wednesday, August 2:**
Travel to The Waterfront At Silver Birches – to see “JUKEBOX REWIND.”

**Monday, August 14:**
Regular Club Meeting and Annual Picnic – Our menu will be half a chicken and lots of side dishes and desserts. The entertainment will be Surran and Peg Keller.

**Wednesday, August 30:**
Going to the Rainbow Dinner Theatre – to see the top pick of 2017 season “SEX PLEASE, WE’RE 60”.

**Thursday, Friday, and Saturday, September 14-16:**
Three-day Train Trip to West Virginia.

Rose Ertz, Secretary

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These were supposed to be your golden years. Now addiction is making them darker.

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Caron’s family-focused addiction treatment program is uniquely designed to treat the complex medical and emotional needs of seniors who are struggling with addiction. Caron’s expert clinical team treats patients with the personal care, respect and dignity they deserve. Start by calling 855-712-4332 or visit caron.org/seniors to take the next step.

Partners in treatment with Berks County.
2017 Tour Preview*

**Mystery Trip!!**
- **August 23** — Come join the fun of the unknown. We’ll keep you guessing all day long. An adventure awaits you at every turn!

**Savor Gettysburg — Food Tour**
- **October 18** — Visit the brand new Gettysburg Heritage Center where the group will learn about the town of Gettysburg and it’s civilians before, during and after the war. We continue on the day as we make stops at various restaurants; Appalachian Brewing Company for samples of homemade brew (non-alcoholic option available), the Dobbin House for their famous King’s French Onion Soup, One Lincoln Food & Spirits for Maryland Blue Crab Mac & Cheese with side salad and finally on to Mr. G’s Homemade Ice Cream for the finest homemade ice cream in town.

**Dutch Apple Dinner Theatre—White Christmas — Lancaster, PA**
- **December 6** — Based on the beloved movie, veterans Bob and Phil are a successful song and dance team when they meet a sister duo and follow them to an inn in Vermont. They discover it’s owned by their old General who fell on hard times, so they decide to put on a show to save the inn and their General’s future. The Irving Berlin score features Blue Skies, Sisters, Count Your Blessings and favorite White Christmas. The dinner theatre experience that you now love! This includes our full salad bar, classic American favorite entrees, potato and vegetable side dished, and our delectable dessert buffet.

*All trips subject to change.
Additional flyers will be distributed for each trip.
All our trips are open to non-members.

**MEMBERS WANTED** — Any retiree of surviving spouse of a retiree from any First Energy Company is invited to join. We have six general meetings, several bus trips, two picnics, and two luncheons each year. Annual dues are only five dollars. Contact Sandy Myskowski by phone 610-678-9374 or by E-mail sandbillE@aol.com.

For additional information, contact
**Henry Robidoux**, Phone 610-929-4059 or E-mail: robidoux4@gmail.com

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**THE HILLTOPPERS OF GOUGLERSVILLE**

Greetings! We had our June picnic on June 1 and it was a beautiful day. The chicken barbeque dinners were excellent this year and the bountiful dessert table left everyone bursting at the seams. Our bingo game had lots of good prizes to be won and someone walked away with a nine-pound watermelon. Good guess!

This is our last month of summer break before we get back together in September. We have the following programs for everyone to enjoy:

**September 7 @ 1 p.m.: Betty Good, speaker** — Tickets also sold at this meeting for our anniversary dinner at Weaver’s.

**October 5 @ 1 p.m.: Dog Rescue, Golden Retriever Dogs** — Anniversary tickets also sold at this meeting.

**November 2 @ 12 p.m.: Anniversary Dinner at Weaver’s Banquet Room** — Family-style dinner served at 12 p.m. Doors open at 11:30 a.m. Entertainment by Karl Hausman.

**December 7 @ 12 p.m.: Covered Dish / Christmas Party** — We’ll have guessing games, singing, good food, and a lot of Christmas spirit to put you in the mood. Entertainment will be the Pretzel City Nuggets.

Guests and new members are always welcome to come to our programs. “Check us out once.” We are at the Wyomissing UCC here in Gouglersville every first Thursday of the month. More info, call 610-796-0269.

See you all soon!

**Barbara A. Notobartolo, Secretary**

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**Classic and Custom Car Show**

**Saturday, August 19**
10:00 am to 2:30 pm

**Grilled Burgers n’ Dogs**
Beverages • Giveaways • DJ

Jim Mosteller Memorial “People’s Choice” Award
FREE t-shirt for first 25 registered car owners
Complimentary lunch for all car owners!

**FREE registration starting at 9:00 am.**

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610-683-6220
Hello Everyone!

Well, here we are, in the hot hazy days, of summer!

**Thursday, June 1** – we headed out for Franklin County, PA, for a Barn-Dine-Around of which there were six barns in all, to visit! The first barn stop was in NorLo Park in Guilford Township. Next was Penn National Golf Club & Inn, where we were served a very good tomato vegetable soup, delicious!!! Then on to the barn and museum, in Waynesboro, PA, Renfrew Museum and Park, where we walked down to the house and saw the exhibit of country furnishings from the American Federal Period, including a tiger maple four-post bed and an early Pennsylvania blanket chest, which is part of the permanent Renfrew Collection. Renfrew is a house museum with a gallery of changing exhibits. Next on to Allison-Antrim Museum! Here we were served a delicious meal! So very good! Next it was on to the Green Grove Gardens. Here we were treated to some locally-made snacks! Very nice and pleasant place to enjoy a relaxing time! What an excellent tour this was.

**Wednesday, June 14** – we were back to our regular first of the month meeting. We had a total attendance of 64 at this meeting. Refreshments were provided by Bernard/Shirley Frazer, Arlene Smith/John Scalese and Rudi/Shirley Ziegler! Our program was Marjorie Shiner, owner of the Nosegay Florist, Bernville!

**June 15** – the seniors went on a day trip to Hunterdon Hills Playhouse in Hunterdon County, N.J., to see the show “Legends of Pop,” with music of the Mahony Brothers, World’s Greatest Impersonators, featuring Elvis Presley, The Beatles, Neil Diamond, The Bee Gees, The Eagles, Billy Joel and more! Delicious meal was had, with the famous unlimited dessert buffet, including over 30 freshly made desserts, cakes and pastry!

**June 1** – we boarded the coach and headed for American Music Theatre to see Las Vegas Headliner Terry Fator with a unique blend of singing, comedy and celebrity impressions.

**June 28 Meeting** – refreshments were provided by Anna Mae Kerschner, Ethel Rothermel, Pat Rohrbach and June Flatt! During the month of August, there will only be the August 9 picnic, which is held at Andrew Maier’s Grove, beginning at noon!

**ATTENTION TRAVELERS:** There are still seats available to **BRANSON, SEPT. 17 - 25!** A few seats available for **New York City Rockettes,(includes lunch and dinner) on December 6!** There are also seats available on other trips for the remainder of this year! Please check back on your April issue of the **BERKS ENCORE NEWS** for trip listing! We would love to have you travel along with the Blandon Seniors!!! Call Shirley Frazer @ 610-926-4312 if interested!

Respectfully submitted,

Shirley L. Readinger-Ziegler, Club Secretary

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The Bernville Young at Heart started their gathering at noon with strawberries, blueberries, cake, and toppings plus other snacks at the Bernville Grange Hall.

Sixty-three members were in attendance for a tremendous performance by Dave Reinwald and Lee.

There are still seats available for the Bus Trip to Silver Birches on August 17th. Contact Millie @ 610-488-6898.

Our meeting on Wednesday August 16 at the Bernville Grange Hall will start with desserts and snacks at noon. The program will focus on “Scams” and will be presented by Country Meadows.

Questions about the Bernville Young at Heart may be directed to (610) 488-1400.

Barbara A. Rausch

Our travels you need not be a member to enjoy these events

Tuesday, July 25:  Hunterdon Hills Playhouse – “The Land We Love”

Wednesday, August 9: Totem Pole Playhouse – “Million Dollar Quartet”

Tuesday, August 22:  Mohegan Sun

Wednesday, September 20: Dutch Apple Dinner Theatre – “Pippin”

Thursday, October 5:  Rainbow Comedy Playhouse – “Sex, Please, We’re Sixty”

Thursday, October 19:  Penn’s Peak – “Live at the Sands, Frank, Dean and Sammy”

Wednesday, November 8:  Sight and Sound Theatre – “Miracle of Christmas”

For more details on our bus trips, phone June Kunkelman at (610)-589-1924.

Are You Waiting for Aging Waiver Services?

Tired of waiting? Call Senior LIFE Reading today at 610-404-3200. Now Hiring. Go to QNSRecruiting.com for postings.
Birdsboro Center Celebrates July 4!

Birdsboro center visitors enjoyed a star-spangled party in celebration of the July 4 holiday. Check out the center section to find out what's going on at a center near you this month.
SENIOR CLUB OF LAURELDALE

June 7: Our trip to Chestertown, Md. Area – via Elite Coach, was attended by 51 passengers, with Patricia Schleicher as our group leader. This tour included narration of historic old churches and surrounding areas, a lunch, wine tasting, an ice cream treat, plus bingo games on the bus.

Bus Drawing Winners: Barbara Cafurello and Richard Heffner.

June 9: Past Meeting – Our annual indoor picnic was attended by 111 members, plus a few extra take-home meals for some absentees. A wide variety of foods was supplied by Doris Martin, caterer, and was very good. We had drawings for 10 X $5.00 winners. We played Bingo games and thank our callers: Sandra Fisher and Jean Strunk, and paymasters: Tom Strunk and Jay Fisher.

Regarding our Annual Service Project: this year for the benefit of St. Jude’s Children’s Hospital, collected in April $33.79, collected in May $201.00, collected in June $61.21 = Total $296.00. All of these monies have been sent to St. Jude’s, and we thank all of our members for their generous donations.

June 13: Berks Encore Quarterly Officers Meeting – Kim Kostival of Berkshire Commons welcomed and provided info about their services, and we thank them for hosting and providing a delicious lunch. Lisa Lorah, from Berks Encore, supplied info on upcoming Berks Encore events, and she handed out free tickets for the August 7 Senior Day at the Fightin Phibs ball game. Some topics discussed among the 12 attending officers from seven Senior Clubs was about Trips, Programs, Entertainment and also, difficulty getting members to volunteer for leadership Board and Committee positions. Representing our Club was Janet Bortz, Past President, and Patricia Schleicher, Secretary/Programs and Get-Away Trips.

August 11: Upcoming Meeting – Lunch refreshments will be hamburger barbecues, chips and beverages. Our program will be a Trivia Quiz, with dollar bill prizes for the concert answers. Patricia Sauder 484-855-3539 and Linda Weitzel will be taking sandwich orders for Sept. 8.

August 16: Bristol Riverside Dinner/Theatre – Bus leaves at 9:30 a.m.

August 29: Board Meeting – at the Church at 9:30 a.m.

Please contact Helen at 610-929-2412 for the following Casino trips:

Sep. 13: Mohegan Sun Casino Nov. 14: Sands Casino

Please contact Pat Schleicher 610-374-1675 or e-mail to pschleicher1813@gmail.com for the following Get-Away Trips:


All of our bus trips depart from the Temple area.

Helen Quade, P/R and Trips

PRIME TIMERS OF ZION’S CHURCH, HAMBURG

The Prime Timers of Zion’s Church, Hamburg, have two special events planned for August.

First - the very popular “Oldies Dance & Buffet” will be held at the Journey Café in Hamburg on Saturday, August 12 from 5 - 9 p.m. Tickets cost $12.50 and may be purchased by calling the church office at 610-562-2300.

Secondly - there will be bus trip to Rainbow Dinner Theatre on Thursday, August 31. The show is “Sex Please. We’re Sixty.” A 9:45 a.m. departure is planned.

The August Friendship Circle breakfast will be at the Perry Restaurant on August 5 at 9:00 a.m.

AUGUST BIRTHDAYS

Prime Timers of Zion’s Church

Harold Derr Kay Fritz Edith Geschwindt
James Adam Jane Knick
Carl Schroeder Beverly Reider
Rosanne Adam Glenn Roberts
Peggy Koller Esther Stitzel
Robert Moyer Hilda Zellers
Kevin Mengel Mary Burkert
Lee Kline Jean Reber-Hale
Vesta Porter Faye Weidenhammer

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OVERNIGHT TOURS

| Sept. 4-7 | DUNES MANOR | $524 |
| Sept. 4-8 | OLDE CAPE COD | $847 |
| Sept. 9-11 | FOXWOODS OR MYSTIC, CONNECTICUT | $349 |
| Sept. 18-23 | MACKINAC ISLAND | $1311 |
| Oct. 2-6 | MAINE TRAIN TOUR | $937 |
| Oct. 7-8 | PA GRAND CANYON | $428 |
| Oct. 15-18 | NIAGARA FALLS, TORONTO | $560 |
| Oct. 27-29 | SALEM HAUNTED HAPPENINGS | $620 |
| Nov. 27-29 | NEWPORT CHRISTMAS | $440 |
| Dec. 5-8 | SMOKY MOUNTAIN CHRISTMAS | $766 |
| Dec. 10-11 | CHRISTMAS ON THE POTOMAC, GAYLORD | $288 |

ONE DAY TOURS

| NYC FREETIME | Every 1st & 3rd Sat., 3rd Wed. | $53 |
| OCEAN CITY, NJ | Every Friday | $42 |
| STATUE OF LIBERTY / 911 MEMORIAL | 2nd Sunday | $57 |
| CAPE MAY, NJ | 2nd & 4th Sunday | $46 |
| CHESAPEAKE BALLOON & WINE FESTIVAL | Aug. 4 | $70 |
| STONE HARBOR CRAFT FESTIVAL | Aug. 5 | $56 |
| WICKED IN PHILADELPHIA | Aug. 12 | $170 |
| WASHINGTON, DC | Aug. 12 | $56 |
| BALTIMORE | Aug. 20 | $50 |
| JONAH – SIGHT & SOUND, Lancaster Tour | Aug. 22 | $101 |
| ATLANTIC CITY AIRSHOW | Aug. 23 | $42 |

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