

# Berks Encore-Wernersville Center

*Applauding life after 50!*

Wernersville State Hospital, Brenner Bldg #5, Wernersville, Pa 19565  
Center Manager: Melissa Ludwig 610-670-1372 / Mon.-Fri. 8am-3pm

## December 2017 Activities/Programs

**Every Mon:** 9:15 am: Sit & Get Fit (\$1) 12:30 pm: Chair Yoga (\$20/month)  
11:00 am: Tai Chi (\$5)

**Every Tue:** 9:45 am: Aerobics (\$3.50) 12:00 pm: Bean Bag Baseball  
11:30 am: Zumba Gold (\$4) 12:45 pm: Yoga (\$5)  
1:30 pm: Social Dancing

**Every Wed:** 9:15 am: Sit & Get Fit (\$1) 12:00 pm: Bingo  
9:30 am: Bridge 12:30 pm: Hasenpfeffer  
9:30 am: Crafts  
11:00 am: Flex/Aerobics/Balance (\$3)

**Every Thurs:** 9:00 am: Asian Fusion (\$5) 12:15 pm: Bridge  
11:00 am: Karaoke 12:30 pm: Pinochle

**Every Friday:** 9:00 am: Pilates Yoga (\$3) 12:00 pm: Bean Bag Baseball  
9:00 am: Bridge  
10:15 am: Zumba Gold (\$4)  
11:30 am: Beginning Line Dance (\$2)

No cost unless otherwise posted.

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**\*Enjoy LUNCH!!\*** Served Mon.-Fri. at 11:30 am. Menu available.

Must sign up 2 week days in advance. (60 years or older, \$2.50 donation requested)

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Monday, Dec. 4 @ 10:00: "Memory Loss, Dementia, & Alzheimer's Disease" w/ Kellie Butsack

Thurs. Dec 14 @ 3:00 p.m. – 4:00 p.m.: "Computer Assistance w/ Conrad Weiser Students". Register@  
610-670-1372.

Wed. Dec 20 @ 11:30 am: "Ice Cream Party" w/ Trish, Rittenhouse Senior Living

Tuesday Dec. 19 @ 11:30 am: "Blood Pressure Screenings" with Kathy