February is American Heart Month – Show Yourself the Love!

The Link Between Diabetes, Heart Disease & Stroke  Pgs. 4 & 5
FROM THE DESK OF . . . LuAnn Oatman

Dear Reader,

February is the month of the year in which we celebrate matters of the heart. We will hear much about the emotional state of the heart as well as the physical. Not surprisingly, research is telling us that there is a critical link between the two.

Did you know that our hearts are in a constant two-way dialogue with the brain? Our emotions change the signals the brain sends to the heart and the heart responds. This explains how the heart responds to emotional and mental reactions and why certain emotions stress the body and drain our energy. As we experience feelings like anger, frustration, anxiety and insecurity, our heart rhythm patterns become more erratic. These erratic patterns are sent to the emotional centers in the brain, which it recognizes as negative or stressful feelings. These signals create the actual feelings we experience in the heart area and the body.

Yet, when we experience heart-felt emotions like love, care, appreciation and compassion, the heart produces a very different rhythm. In this case it is a smooth pattern that looks like gently rolling hills. Harmonious heart rhythms, which reflect positive emotions, are considered to be indicators of cardiovascular efficiency and nervous system balance. This lets the brain know that the heart feels good and often creates a gentle warm feeling in the area of the heart. Learning to shift out of stressful emotional reactions to these heartfelt emotions can have profound positive effects on the cardiovascular system and on our overall health. It is easy to see how our heart and emotions are linked and how we can shift our heart into a more efficient state by monitoring its rhythms.

The feeling of appreciation is one of the most concrete and easiest positive emotions for individuals to self-generate and sustain for longer periods. Almost anyone can find something to genuinely appreciate. By simply recalling a time when you felt sincere appreciation and recreating that feeling, you can increase your heart rhythm coherence, reduce emotional stress and improve your health.

Diet and exercise will continue to be an important factor in keeping the heart healthy. However, there is increasing awareness of the importance of maintaining a healthy emotional state for positive heart health.

Sincerely,

LuAnn Oatman, President/CEO

berks encore news is published monthly by berks encore
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- **March 26**
  Keystone Villa Douglassville, 1180 Ben Franklin Hwy
- **April 23**
  Mifflin Court, 450 Philadelphia Ave, Shillington
- **May 21**
  Rittenhouse Senior Living, 2900 Lawn Terr., Reading

All Sessions start at 6:30 pm unless otherwise noted
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Monday, February 19

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Heart Disease & Diabetes

There’s a big link between DIABETES, HEART DISEASE, and STROKE

By Kathy Roberts, Berks Encore Health & Wellness Educator

FACT: People with diabetes have a higher-than-average risk of having a heart attack or stroke, also called cardiovascular disease. These strike people with diabetes nearly twice as often as people without diabetes.

FACT: Two out of three people with diabetes die from heart disease or stroke. Clogged blood vessels can lead to heart attack, stroke, and other problems. But there are treatments for heart disease, stroke, and blood vessel disease.

Why are people with diabetes at increased risk for heart disease?
Diabetes affects the blood vessels, contributes to high blood pressure and is linked with high cholesterol which significantly increases the risk of heart attacks, cardiovascular disease and stroke.

RISK FACTORS:
- High blood pressure (hypertension)- Studies report a positive association between hypertension and insulin resistance. When patients have both hypertension and diabetes, which is a common combination, their risk for cardiovascular disease doubles.
- Abnormal cholesterol and high triglycerides - Patients with diabetes often have unhealthy cholesterol levels including high LDL (“bad”) cholesterol, low HDL (“good”) cholesterol, and high triglycerides. This triad of poor lipid counts often occurs in patients with premature coronary heart disease.
- Obesity - Obesity is a major risk factor for cardiovascular disease and has been strongly associated with insulin resistance. Weight loss can improve cardiovascular risk, decrease insulin concentration and increase insulin sensitivity.
- Lack of physical activity - Exercising and losing weight can prevent or delay the onset of type 2 diabetes, reduce blood pressure and help reduce the risk for heart attack and stroke. It’s likely that any type of moderate and/or vigorous intensity, aerobic physical activity—whether sports, household work, gardening or work-related physical activity—is similarly beneficial.
- Poorly controlled blood sugars (too high) or out of normal range - Diabetes can cause blood sugar to rise to dangerous levels, which lead to Medications may be needed to manage blood sugar.
- Smoking - Smoking puts individuals, whether or not they have diabetes, at higher risk for heart disease and stroke.

ABC’s of Heart Health

A is for A1C. The A1C test gives you a picture of your average blood glucose (blood sugar) control for the past 2 to 3 months. The results give you a good idea of how well your diabetes treatment plan is working. In some ways, the A1C test is like a baseball player’s season batting average, it tells you about a person’s overall success. Neither a single day’s blood test results nor a single game’s batting record gives the same big picture. These are some ways the A1C test can help you manage your diabetes:
- Confirm self-testing results or blood test results by the doctor.
- Judge whether a treatment plan is working.
- Show you how healthy choices can make a difference in diabetes control.

B is for blood pressure. Nearly 1 in 3 American adults has high blood pressure and 2 in 3 people with diabetes report having high blood pressure or take prescription medications to lower their blood pressure. Your heart has to work harder when blood pressure is high, and your risk for heart disease, stroke and other problems goes up.

The lower your blood pressure, the better your chances of delaying or preventing a heart attack or a stroke.

When your blood moves through your vessels with too much force, you have high blood pressure or hypertension. Your heart has to work harder when blood pressure is high, and your risk for heart disease and diabetes goes up. High blood pressure raises your risk for heart attack, stroke, eye problems and kidney disease. High blood pressure is a problem that won’t go away without treatment and changes to your diet and lifestyle.

Here’s what the numbers mean:
- Healthy blood pressure: below 120/80
- Early high blood pressure: between 120/80 and 140/90
- High blood pressure: 140/90 or higher

C is for cholesterol. Your cholesterol numbers tell you about the amount of fat in your blood. Some kinds, like HDL cholesterol, help protect your heart. Others, like LDL cholesterol, can clog your arteries. High triglycerides raise your risk for a heart attack or a stroke.

It’s a good idea to have your cholesterol checked every 5 years, or more often if there’s a problem. Here are some steps you can take to improve your cholesterol:
- If you smoke, quit
- Lose weight if needed
- Exercise most days of the week (brisk walking for 30 minutes/day is a good goal)
- Eat a low-fat, low-cholesterol diet with plenty of fresh veggies, whole grains, and fruit
- Increase monounsaturated fats in your diet. Monounsaturated fats include canola oil, avocado oil, or olive oil
- Your doctor may also prescribe cholesterol-lowering medicine
Heart Disease & Diabetes

Manage Your Diabetes, Reduce Your Risk Of Heart Disease And Stroke!

Successful diabetes management is about more than just taking medication. It’s also important to understand the basics so that you can best manage your diabetes now and in the future. We are proud to offer a program to help you successfully manage your diabetes and lead a healthy and fulfilling life.

LIVING WELL WITH DIABETES is an evidence-based free program developed by Stanford University, that helps individuals with diabetes learn how to TAKE CHARGE in the management of their disease and overall health. Classes meet for 2½ hours for 6 consecutive weeks.

BENEFITS

• Develop a solid understanding about diabetes, blood sugar balance and monitoring, and complications
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• Understand factors influencing diabetes management such as illness, stress, smoking, medications, etc.
• Understand the relationship between exercise, physical activity and diabetes management
• Learn effective communication with health care providers, family and friends regarding diabetes
• Learn coping skills and relaxation techniques to deal with daily issues faced by someone living with diabetes
• Learn day-to-day strategies for managing and coping with the challenges of diabetes

IMPACT

• Practice healthier eating & meal planning
• Manage low blood sugar
• Improve foot care
• Increase physical activity, lead active lives
• Elevate mood
• Improve self-rated health
• Successful communication with healthcare providers
• Better quality of life

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BOYERTOWN SENIOR LIVING at WALNUT WOODS
Wednesdays, 1pm-3:30pm February 7th thru March 14th

Sources: American Diabetes Association, American Heart Association

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POETRY CONTEST WINNERS

Congratulations to Berks County’s Outstanding Senior Poets

On Friday afternoon, December 15, 2017, with the threat of wintry weather in the forecast, a small group of winners and contestants gathered in the Doubletree Hotel by Hilton in downtown Reading for the announcement & reading of the winning entries in the Berks Encore 2017 Senior Poetry Contest.

Initiated in 2000 by world traveler and poet Harold “Bill” DeLong, this contest continues to honor his legacy since his death in 2011. Good friend Andrey Aleksandrov from New York City, joined the group in support of his friend and the creative talents of the local writers.

The entries were political, humorous, raw with emotion and paintings with words. They told stories and shared memories of places and people. Overall, they are an impressive display of the talent and creativity of our Berks County seniors.

The winning entries are printed here for you to read and enjoy – so let’s find out a little bit about the winning authors.

The third place honor went to Catherine Rittenhouse Good for “It Was Heaven”. Catherine started writing after she retired and her poems often were lyrical pieces that described the flowers, farms and countryside of Lancaster County where she and her husband would ride bike. As a young girl, she often recited poems and would easily learn rhymes that she ended up teaching her older siblings.

She has entered the contest many times and found herself receiving awards over those years.

She even put a book together for her family of some of her favorite poems. “It Was Heaven”, was written when her daughter requested that she write in a poem what she wanted her children to remember about her. She’s not sure the poem turned out how her daughter expected but it impressed the judges and the group gathered at the Doubletree where she was able to attend and share it with us.

Catherine and her husband will both turn 89 in July of this year. They are not strangers to Berks Encore as they enjoy the Friday shuffleboard games at the Mifflin Center.

The second place award was a surprise for novice poet Elaine Wolf for her humorous poem “My Senior Years”. Her clever prose addresses her aging with a light heart. She was thrilled when she was notified her poem was a winner since she had never written poetry before. In fact, just a few days before she was set to retire she saw the notice about the contest entry deadline in the Berks Encore News that came in her Sunday Reading Eagle. She figured she would give it a try. After all she was creative, using her talents to create arts and crafts. But this was her first try at poetry. Elaine also received an honorable mention for a second entry into this year’s contest, “Cellphones”. Since she just recently retired she is looking forward to learning more about other programs offered by Berks Encore.

Our first place winner was a moving retrospective from author Lawrence Collis, “Johnny’s Elegy”. A past participant in the contest he has had some past winners but was especially happy to see this piece garner a prize. The poem is about his relationship with a cousin, born on the same day as he was. They headed off to Vietnam the same year. They came back different people. Lawrence says the poem was cathartic in its writing, since he carried a lot of guilt that he couldn’t help his cousin and always wished he could have done more. He said this piece was written and re-written and edited some more before he entered it.

It is a moving piece that was especially poignant as it referenced the spiral of drug & alcohol abuse. While Lawrence’s offers to help were rebuked by his cousin, today Lawrence lends a helping hand to others in need by delivering meals on wheels from the Fleetwood Center. He and his wife were delivering the day I contacted him for more information for this story.

Thank you to all the poets for sharing their talents, creativity and a piece of their heart with the poems that were entered into this year’s contest.

Honorable Mention Winners are featured on page 8.

First Place:

Johnny’s Elegy
By Lawrence M. Collis

I remember you skating across thin ice,
To extend a branch, as I struggled in winter water.
Safe then, once on shore, we laughed
At it all, and ran home.

Later when we received our greetings notices
We went off as on a lark. But came home soiled,
Maybe sinful too, and we drank too much,
But you were drowning.

There was mental illness in your family
Was it that? Or NAM? Or just an ugly you?
I pray it was not you.

I reached out to you, and you refused me.
But I should have kept reaching, until you
Gripped my hand, as I did yours, years before
Then we could have both,
Come home.
POETRY CONTEST WINNERS

Third Place:

It Was Heaven
By Catherine Rittenhouse Good

When my life fades, remember this of me
That it was heaven being here with you,
That life was more than just a chance to be,
But to become, to think, to love, to do.
I hope that you will remember that I tried
To build upon the gifts that were bestowed
Upon me, that I persevered – applied
My might and mind to give back what I owed.
Oh near and dear beloved of my heart
We all are better than we think we are,
We can exceed our dreams and so depart
Into the stardust beckoning afar.
When darkness falls the stars come into view;
Remember then my heaven was with you.

Second Place:

My Senior Years
By Elaine Wolf

Retirement years should be calm and carefree;
But all these intruders came looking for me.
Now take Arthur-itis, he showed up one day;
And although uninvited, decided to stay.
My eyesight was good, I could knit with precision,
Till Miss Cat-a-rack came and clouded my vision.
The pain in my bones is as sharp as a pin.
Osteo-perosis has just settled in.
U.T.I. came along and now my bladder’s infected.
He never said why it was me he selected.
And Mrs. Dementia stops by now and then,
But I have a problem remembering when.
There’s no time to worry if more will arrive,
I just count my blessings to know I’m alive.

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POETRY CONTEST WINNERS

Honorable Mention Awards

Appling
By Anna Marie Black
We stumble along the path
Between the trees, careful to avoid
The apples huddled on the ground,
Fallen from their branches;
Knocked down by strong winds
Or a young boy’s almost-reach.
Aromatic grass sponged by too ripe-fruit
Shelters bugs that creep along its tufts.
A worm escapes its earthen home
Toward a tasty apple lunch.
How many seeds from these forgotten fruits
Burrow beneath the earth to grow?
How long to make an apple tree?
How can we know?

AUTUMN
By Carol Batdorf
Slowly we slip into Autumn
When the air begins to chill,
As the hours of daylight dwindle
And the voices of birds grow still.
The summer flowers have faded.
The vegetable gardens are gleaned.
One day at dawn there is frost on the lawn,
Sparkling, white and clean.
Soon the leaves start turning, burning overhead,
A hundred shades of amber, a thousand shades of red.
The copper colored beeches are shining in the sun
While willows weep their golden tears,
And shed them one by one.
Too soon the wind blows branches bare.
The days grow brief and bleak.
Four seasons now have come and gone.
Each lovely and unique.

CELLPHONES
By Elaine Wolf
What if all cellphones went down for a day;
How would you function in such disarray?
With eyes on the road you’ll avoid some distractions;
Both hands on the wheel allows quicker reactions.
Confused and bewildered and somewhat perplexed;
‘Cause now you’re unable to send out that text.
Can’t order that gift that you wanted online;
Try walking the mall, most stores open by nine.
Can’t google that question adds to your confusion,
You’ll have to come up with another solution.
The meals that you share with your friends and relation,
Might have to go on with some good conversation.
The games that you play you can no longer find;
Try reading a book and improving your mind.
Now don’t fret and worry your cellphone’s alive;
But even without it I’m sure you’d survive.

A Happy Heart
By Gladys Losch
To look forward to starting the day,
This is enthusiasm.
To give a smile or a word of praise,
This is kindness.
To help someone in need,
This is compassion.
To care for your family & loved ones,
This is devotion.
To find the light side of troubles,
This is humor.
To put God above all else,
This is faith.
To do all of these things,
Is to have a life well -spent.

Musings on the Meaning of Failure
By Diane Buchanan
If not for that,
where would I be?
Drowning, going down
into the grief of
what could have been.
The bitter taste of hurt,
the memory of shame,
the sense of utter helplessness,
the fears I cannot name.
These all and together smelted,
forged a twisted stair,
leading me out of the pit,
leading me out of the snare.
Not every veil is black,
not every delay, long
The road ahead looks twisted,
but it does move on, move on.

No Castinets for Carmelita
By Esther Engel
You were born loved.
There was no prejudice from your loved ones.
You were embraced by all, eyes bluer than blue.
Olive skin completed your beauty!
Loving life as only a child could feel.
New discoveries arose as you grew up
Destroying innocence, depriving you of love as you once knew it.
Being of Jewish/Puerto Rican heritage
Ethnicity was an explosion of reality to endure!
“Bizets Carmen, plus Castinets was your Mothers dream!
You knew otherwise, you faced intolerance and indifferences.
I saw your despair and with it the reality of prejudice and injustice.
When I look up above, I see only love!
These were supposed to be your golden years. Now addiction is making them darker.

To hold on to that dream, you must finally let go.
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VOLUNTEER SPOTLIGHT:

Tuesday Morning at Mifflin Center

Each Tuesday morning at the Mifflin Center in St. Pauls UCC, you’ll find a familiar group of volunteers packaging the 125 meals needed for Meals on Wheels clients in the Shillington area.

There’s Marian who started helping out after retirement and has been with it 19 years. She is a regular at the center - also coming to play Bingo. She’s an active member of the church and so she knows her way around the building so others look to her for answers.

Sandra has been helping to package meals for 23 years since her retirement. She’s a breast cancer survivor of 20 years and she and her husband walk at the mall everyday. She doesn’t drive anymore because of macular degeneration but she likes keeping busy and this is something she can do to help others.

Judy was recruited by Marian, who she knew through the Mohnton League of Golden Agers Senior Club. Judy finished chemo treatments in June, but one of the side effects was COPD. She had worked for years as a hairdresser at Wanamaker’s before she retired. When she worked, she enjoyed walking in the mall and shopping. She still likes to shop but she gets winded and needs to take more rests than before. Even helping in the kitchen on Tuesday mornings, she needs to sit down every once in a while.

Sarah just joined the group in Oct. after retiring earlier in the year. Now she volunteers for Meals on Wheels 3 days a week. She helps at the center by packing, sometimes delivering meals or wherever else she may be needed.

Jeff comes in while the packing is already in progress and offers his help. He is a retired school teacher and has been a recovering alcoholic for 10 years. Now he is going back to school for his associates degree to help others that want to beat addiction. This morning he is helping out by sealing the meals as the trays are filled.

The group works together quickly and efficiently to get the job done this morning. Wherever there is a need for help, someone jumps in to lend a hand. After the meals are packaged and counted, the coolers are filled and ready for the drivers and runners who will deliver to the homebound seniors who count on the delivery of these meals.

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VOLUNTEER SPOTLIGHT:

Love Thy Neighbor

Bob & Elsie Shartle started their relationship with Meals on Wheels 27 years ago. At least, that’s when Elsie said yes to a friend in church who approached her about helping her to deliver meals on wheels. It started a love of giving that she enjoys today. Two years later, Bob became Elsie’s delivery partner when he retired and her friend had to give it up for health reasons. For the Shartles, it was a calling from God – to help their neighbor. They tell me they will continue their service as long as they are physically able to help. They enjoy talking with the people that get meals, recognizing that sometimes they are the only people the recipient of the meal may see all day. Bob is a veteran of the Korean war and so they are also active in the Womelsdorf VFW. They are God centered and feel blessed to be able to help their fellow seniors. They tell me that everyone can use a hand now and then and we need to take care of each other. They have lived for 20 years in the Westview Terrace community in Womelsdorf, an over 55 community. Here they have found a community that takes care of each other. This New Year’s Eve, a group of the residents got together to play bingo, sharing pizza and potluck to ring in another year. Berks Encore is blessed to have the Shartles as Meals on Wheels volunteers who share their faith and kindness with other seniors in their community.
February’s a month that brings us Valentine’s Day and the reminder to show love and appreciation for those important to us. I think love is best explained by John Steinbeck in a letter written to his son after he mentioned a new sweetheart in a note home. I feel it explains how to navigate the power of love and the richness of all of its experiences:

First—if you are in love—that’s a good thing—that’s about the best thing that can happen to anyone. Don’t let anyone make it small or light to you.

Second—There are several kinds of love. One is a selfish, mean, grasping, egotistical thing which uses love for self-importance. This is the ugly and crippling kind. The other is an outpouring of everything good in you—of kindness and consideration and respect—not only the social respect of manners but the greater respect which is recognition of another person as unique and valuable. The first kind can make you sick and small and weak but the second can release in you strength, and courage and goodness and even wisdom you didn’t know you had.

Steinbeck references the love that is an outpouring of kindness, consideration and respect. At Berks Encore, we strive to provide this kind of love to those in our community and to those that use our services. It is the love that we feel from our many donors and volunteers that helped us this year during the Share the Love campaign that ended in January.

During this past year, we felt the kindness, consideration, and respect from all of those that helped us to have one of the most successful years at Berks Encore. We were amazed at the amount of people that gave of their time, donated food or personal items, and gave financially to support those that needed some help to feel the spirit of the holiday season.

It’s this same spirit of love and giving that allows us to enter into 2018 with confidence that we will be able to reach our fundraising goals. Much like the many different programs we offer at Berks Encore, there are many different ways that you can help. All forms of support help us accomplish our goals. Many times the gifts are instant like cash or stocks and focus on supporting a specific program. Other times the gifts are planned, a charitable gift annuity that can provide security and generosity simultaneously. While the options to support Berks Encore are vast, there is one constant. You, the generous donor. You help to fulfill our mission and vision at Berks Encore to support the older adults in our community. We are thankful to the many donors that choose to support Berks Encore in its mission to enable older adults to achieve a better quality of life by engaging the community in providing a comprehensive program of services, referrals, education, and advocacy.

In 2018, we hope that we will earn your love and support for our programs to help our older adults. Please do not hesitate to contact me at cmartin@berksencore.org or 610-374-3195 if you would like more information on serving as a volunteer or if you would like make a gift. For your convenience, gifts can also be made online at berksencore.org/donate. Thank you for helping to shape Berks Encore and position it to provide the greatest impact for Berks County’s senior citizens as well as their family members and caregivers.
LAW AND ORDER

SPOTLIGHT ON SCAMS

As we socialize online, we are opening ourselves up to many great things; travel tips, fine dining reviews, fashion trends and more. Sometimes new friendships...It starts out as someone making a simple comment on social media, something complimentary or perhaps a kind remark that strikes your attention. After a short time, your new “friend” offers a photo of him or herself, and it’s just as you imagined, you start to share more photos and little facts about yourself. Before you know it, you have developed a virtual relationship, you have a strong connection and are hopeful that they feel the same. It is suggested that you should plan to meet, go out on the town and have a great time getting to know each other in person, what could go wrong?

And then it happens, your new found love needs your help, “could you possibly loan me $5,000, as I am out of the country and in need of emergency surgery”, or perhaps, “I am in the midst of a huge business deal abroad and I cannot access my account from here”. Whatever the reason, they are asking for your money. If you were to send this money, you can bet on being asked for more and more, some victims have reported losses upwards of $49,000.00.

Criminals create false identities, steal photos from other sources and groom victims by slowly learning bits of personal information, and then build that expectation of a future together, all the while actually preparing to steal your hard earned money.

According to the FBI’s Internet Crime Complaint Center (IC3), in 2016, almost 15,000 complaints categorized as romance scams or confidence fraud were reported and the losses exceeded $230 million. Pennsylvania ranks in the top 5 states with reported victims. The FBI reports 82% of romance scam victims are women and women over 50 are defrauded out of the most money.

While most victims fail to notify authorities due to embarrassment, we encourage you to report this criminal activity. Many of these scammers are operating outside the United States, this alone creates a greater challenge to investigate and prosecute these crimes. Keep in mind, not all of the scammers are from overseas, a recent complaint right here in Pennsylvania was allegedly perpetrated by a man living in California. Follow these tips below when anyone pushes you into a sweetheart scam scenario.

Be careful what you post, because scammers can use that information against you. If you develop a romantic relationship with someone you meet online, consider the following:

- Research the person’s photo and profile using online searches to see if the material has been used elsewhere on other websites.
- Beware if the individual seems too perfect or quickly asks you to leave a dating service or Facebook to go “offline.”
- Beware if the individual tells you to keep this a secret or requests inappropriate photos or financial information that could later be used to extort you.
- Beware if the individual promises to meet in person but then keeps putting it off.
- Never send money to anyone you don’t know personally.

If you suspect an online relationship is a scam, stop all contact immediately. Call local police and file a complaint with the FBI at www.ic3.gov, the Pennsylvania Attorney General by email: scams@attorneygeneral.gov or online at www.attorneygeneral.gov.

In cooperation with Crime Alert Berks County, this article has been written to provide basic information to warn the public about common fraud and scams by the Pennsylvania Crime Prevention Officers’ Association (PCPOA) a non-profit 501c(3). For more information please visit our website at www.PaCrimePrevention.org.

Spotlight on Scams is a new monthly feature presented by Crime Alert Berks County and the Pennsylvania Crime Prevention Officers’ Association.
Governor Wolf signs Cemetery Access Bill into Law

State Representative Mark M. Gillen

After hearing about a disturbing situation in our area, I introduced House Bill 1019, to provide reasonable access to cemeteries for cemetery visitation. The owners of the local Rock Church Cemetery, Caernarvon Township, were preventing family members from accessing their loved ones’ graves by posting NO TRESPASSING signs and denying burials in plots sold prior to their ownership in 2010.

Governor Wolf signed House Bill 1019 into law on December 21, 2017. The new Act 64 of 2017 creates procedures for the sale and purchase of a cemetery and establishes that, regardless of any transfer of ownership of a cemetery, visitors should be allowed reasonable access to a burial plot. Cemetery owners will be able to institute procedures for frequency, hours, and duration that the cemetery may be accessed. Appeals may be made to the Court of Common Pleas if visitors believe they are being unjustifiably restricted. The Office of Attorney General also may bring an enforcement action against the owner for violating Pennsylvania’s Unfair Trade Practices and Consumer Protection Law.

With the acquisition of a property with a cemetery, the new owner must honor all purchases of any burial plots made before the transfer of ownership and allow for the interment of any individual who can provide proof of purchase for a burial plot.

This was a moral issue, and we acted to correct something that was inherently wrong. I hope this law will ensure no one in Pennsylvania, including widows of war heroes and mothers of young children, will be prevented from visiting a loved one’s gravesite in the future.
CELEBRATING LIFE AFTER 50 … AFTERT 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 Medical 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: aetna®

February 8:
Making the Most of Your Doctor Appointments —
How to maximize the time you spend with your physician and continue to grow one of the most important relationships in your life.
Amanda Smith/BVNA

March 8:
What You Need to Know -
Powers of Attorney & Living Wills —
Current requirements in PA for POA and Living Will documents and the legal issues involving people who serve as an agent under a power of attorney.
William Blumer, CELA

• April 12:
Making Social Security a Part of Your Retirement Planning —
Stanley Fromouth

• May 10:
What You Should Know about Hospice Care —
Diane Lincoln/BVNA

• June 14:
Aging in Place with Confidence —
Financial & Legal Concerns —
Socrates Georgeidis, Esq. & Tom Williams, CPA, CFP

• July 12:
Aging in Place with Confidence —
Should You Stay at Home —
Dot Hartman, Lori Smith, Berks Encore

A complete listing of Berks Encore @ Nite programs can be found on our website at www.BerksEncore.org.

New Programs

Health and Wellness Classes

A Matter of Balance — an award-winning program designed to reduce the risk of falling and increase strength and balance. Classes are scheduled for Fridays beginning March 9 from 1:00 – 3:00 p.m. at Reading Rehabilitation at Wyomissing, 2802 Papermill Rd.
Program is FREE, but registration is required. For more information or to register, call Kathy Roberts 610-374-3195, ext. 230

Living Well with Diabetes — a six-week evidence-based class geared toward people with diabetes or prediabetes and their family members. The program helps participants to understand and to become active self-managers of their condition. There is no fee for the classes. Classes will be scheduled throughout the year in various locations. Current classes include:
- Fleetwood Library, 110 W. Arch Street, Fleetwood, PA 19522 – Wednesdays 9:00 – 11:30 a.m. January 31 – March 7.
- Good Shepherd UCC, 170 Tuckerton Road, Reading, PA 19605 – Thursdays 1:00 – 3:30 p.m. February 1 – March 8.
- Walnut Woods, 35 N. Walnut Street, Boyertown, PA 19512 – Wednesdays 1:00 – 3:30 p.m. February 7 – March 14.

Please call Kathy Roberts at 610-374-3195, ext. 230 for more information or to register for a class.

Living Well with a Chronic Condition — a six-week evidence-based class to help people manage their ongoing health conditions including heart failure, coronary heart disease, COPD, diabetes, arthritis and others. Classes are scheduled for Tuesdays 1-3:30 PM, February 20- March 27 at the Heritage of Green Hills, Tranquility Lane, Reading 19607. There is no fee for the classes.
Please call Kathy Roberts at 610-374-3195, ext. 230 for additional information or to register.
**Berks Encore Birdsboro Center**  
Center Manager – Christine Loos  
201 E. Main Street, Birdsboro  
(610) 582-1603

**Permanent Events**

| Every Tue. | 10 a.m.: Sit & Get Fit | 10:30 a.m.: Art Class | 12 p.m.: Tai Chi ($5) |
| Every Wed. | 11 a.m.: Pound Class |
| Every Thu. | 11 a.m.: Chair Yoga | 12 p.m.: Community Outreach |
| Every Fri. | 9:30 a.m.: Coloring Pages & Word Search | 10:30 a.m.: Grocery Bingo ($2) | 12 p.m.: Oldies Sing-a-long |

**SPECIAL EVENTS**

| 1 @ 9:30 a.m.: February Trivia | 12 @ 12 p.m.: Music Trivia | 21 @ 9:30-11 a.m.: Hopewell Love Inc. |
| 1 @ 10 a.m.: Seasonal Craft | 13 @ 9:30 a.m.: Fat Tuesday Trivia | 21 @ 12 a.m.: National Sticky Bun Day Trivia |
| 2 @ 10 a.m.: Bingo – W/Wheels Club | 14 @ 9:30 a.m.: Valentine’s Day Trivia | 22 @ 9:30 a.m.: National Chili Day Trivia |
| 5 @ 9:30 a.m.: Word Puzzles | 15 @ 10a.m.: Valentine’s Party | 23 @ 10:30 a.m.: Bingo – With Berkshire Commons |
| 5 @ 10:30 a.m.: Bean Bag Baseball | 16 @ 12 p.m.: Dancing Fun | 26 @ 9 a.m.: National Pita Day Baseball Trivia |
| 6 @ 9:30 a.m.: Brunch | 17 @ 10 a.m.: Knitting Demonstration | 26 @ 10 a.m.: Bean Bag Baseball Trivia |
| 7 @ 9:30-11 a.m.: Crafts – Hopewell Love Inc. | 16 @ 10:30 a.m.: Bingo – W/Rittenhouse | 26 @ 12:30 a.m.: Music Trivia |
| 7 @ 12 a.m.: Family Used | 19 @ 9:30 a.m.: President Day Trivia | 27 @ 9:30 a.m.: Word Puzzles |
| 8 @ 9:30 a.m.: Crafts – W/Store | 19 @ 10 a.m.: National Choc. Mint Day Cooking Class | 28 @ 9:30 a.m.: National Floral Design Day Class |
| 9 @ 10:30 a.m.: Bingo – W/Terry Becker | 19 @ 12 p.m.: Music Trivia | 28 @ 12 p.m.: Everybody’s Birthday Party – With Market Square |
| 12 @ 9:30 a.m.: Word Puzzles | 20 @ 9:30 a.m.: National Love Your Pet Day Picture Sharing |
| 12 @ 10:30 a.m.: Valentine’s Treats – With Hyers |

**APPRISE MEDICARE COUNSELING** – Call 610-374-3195, x208 for an appointment. — FEBRUARY 13

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**Berks Encore Fleetwood Center**  
109 W. Vine Street, Fleetwood  
(610) 944-9242

**Permanent Events**

| Every Mon. | 10 a.m.: Sit & Get Fit (2nd & 4th) Chair Yoga (1st & 3rd) / Adult Coloring | 12 p.m.: Pinocchio Club |
| Every Tue. | 10 a.m.: Dollar Bingo ($1) | 1 p.m.: Texas Hold’Em |
| Every Wed. | 10 a.m.: Adult Coloring / Art Class | 12 p.m.: Haussie/Pinocchio |
| Every Thu. | 10 a.m.: Pokeno (bring $3 in pennies) | 1 p.m.: Tai Chi (no fee) |
| Every Fri. | 10 a.m.: Dollar Bingo ($1) | 1 p.m.: Line Dancing ($1) |

**FITNESS ROOM:** Open Mon.-Fri. 8 a.m.-3 p.m.  
**WALKING CLUB:** Wednesdays @ 9:30 a.m., weather permitting  
**TEA TIME WITH TERRY:** Wednesdays @ 10 a.m. Tea bags provided or bring your own! Enjoy a cup of hot tea in our new reading area.

**LIKE TO CROCHET, KNIT, SEW OR DO ANY KIND OF NEEDLEWORK?** Join fellow “stitchers” on Wednesdays at 10 a.m. and bring your own project to work on here at the Center. Call Terry for more info.

**SPECIAL EVENTS**

| 6 & 20 @ 9:30 a.m.: Blood Pressure Clinic – w/Kathy Roberts | 20 @ 10 a.m.: Grocery Bingo – w/Trish from Rittenhouse |
| 12 @ 6:45 a.m.: Breakfast Club – at Airport Diner | 21 @ 10 a.m.: Dangers of Carbon Monoxide – w/Sandra Church, RNC, BSNC |
| 14 @ 10 a.m.: Valentine’s Casino Day – w/Senior Life | 23 from 10 a.m.-12 p.m.: Happy February Birthdays – w/ and Jackie Bingo |
| 15 from 10 a.m.-12 p.m.: Pokeno and Pink Floats | |
| 16 @ 12:30 p.m.: Lunch Bunch – at White Palm Tavern. Call Terry to reserve your seat. | |

**APPRISE MEDICARE COUNSELING** – Call 610-374-3195, x208 for an appointment. — FEBRUARY 16

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**Berks Encore Mifflin Center**  
30 Liberty Street, Shillington  
(610) 777-5577

**Permanent Events**

| Every Mon.: | 9:15 a.m.: Yoga ($20/mo.) | 10:30 a.m.: Grocery Store Bingo ($2) | 12:30 p.m.: Card Club |
| Every Tue.: | 1 p.m.: Tai Chi ($5) | | |
| Every Wed.: | 10 a.m.: Board Games | 10:30 a.m.: Adult Coloring | 11 a.m.: Sit & Get Fit |
| | 12 p.m.: Bowling at Berks Lanes | 1 p.m.: Basketball - Open Gym | |
| | 11:30 a.m.: Table Tennis | 1 p.m.: Zumba ($4) | |
| | 12 p.m.: Trivia Games w/Prizes | 1 p.m.: Flexibility, Aerobics, Balance and Strength Class ($3) | |
| | 9 a.m.: Bowling at Berks Lanes | 1 p.m.: Dollar Bingo ($1) | 1 p.m.: Shuffleboard ($1) |

**SPECIAL EVENTS**

| 2 @ 10 a.m.: Line Dancing – w/Kathleen ($2) | 14 @ 10 a.m.: Free Zentangle Class – w/Deb. Must sign up w/Kate. |
| 7 @ 10 a.m.: Cookie Decorating – w/Senior Life | 15 @ 11 a.m.: Valentine Craft & Snack – w/Spruce Manor |
| 8 @ 8:45 a.m.: Breakfast Club – w/Deluxe | 19 @ 10:30 a.m.: Grocery Bingo – sponsored by Senior Life ($2) |
| 8 @ 10 a.m.: Heart Health Game-Horse Race for a Healthy Heart – w/Martha Sider | 21 @ 10:30 a.m.: Top Ways to Make Home Accessible – w/Kristin from AmRamp |
| 12 @ 10 a.m.: Chair Massages – w/Lynnette – $10 for 15 minutes, sign up w/Kate | 22 @ 10 a.m.: Bladder Health Awareness – w/Berks Community Health Center |
| 12 @ 10 a.m.: Choose to be Happy Free Grocery Store Bingo | 23 @ 10 a.m.: Grief Support Group – w/Heartland |
| 14 @ 11:30 a.m.: Beans @ Deluxe | 26 @ 11:30 a.m.: Ice Cream Social – w/Fish from Rittenhouse |

**APPRISE MEDICARE COUNSELING** – Call 610-374-3195, x208 for an appointment. — FEBRUARY 27

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**February Calendars**

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**Community Announcements:**

**MONDAY, FEBRUARY 19**

All centers closed in observance of the President’s Day Holiday. There will be no Meals on Wheels deliveries.

**FREE EXERCISE CLASSES:** Adults 60 and Older February 1—June 30, 2018

**NEED MEDICARE COUNSELING?** Call 610-374-3195 x208 to schedule your appointment.

**JOIN US FOR LUNCH:** Served M-F at 12 p.m. Menu available. Must sign up 2 weekdays in advance. (60 years or older, $2.50 donation requested)

**VISIT THE ON-GOING ACTIVITIES SECTION** in the centerfold for more program information, days and times at our senior centers and participating locations.
On-Going Activities

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 February. Classes are one hour unless otherwise noted. Please check dates and times, or call the Center listed for more information.

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.

Core pole ‘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.
WEDNESDAYS @ 9 a.m.

Total Body Tune Up
Body Zone Sports & Wellness Complex
Call 610-376-2100, ext 327
WEDNESDAYS @ 8:45 a.m.

Go Low
LJ’s Fitness, 102 N. 3rd Street, Womelsdorf
610-589-5213
WEDNESDAYS @ 11 a.m.
Senior Master Fit
Valhalla Health & Fitness Club

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 @ 10-11 a.m.
Berks Encore – Fleetwood
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
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.
Billiards Club
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 25c.
THURSDAYS @ 11 a.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 @ 9 a.m.
Berks-Colonial Lanes

Card Clubs –
4TH THURSDAY from 10:30 a.m. – 12:30 p.m.
Pinochle, 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
EVERY TUESDAY @ 1 p.m.
Texas Hold-em
Berks Encore – Fleetwood
TUESDAY, WEDNESDAY, THURSDAYS @ 1 p.m.
Haussee/Pinochle
Berks Encore – Strausstown
EVERY WEDNESDAY @ 9:30 a.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.
Haussee Cards
Berks Encore – Wernersville
WEDNESDAYS @ 1 p.m.
Haussee/Pinochle
Berks Encore – Fleetwood
THURSDAYS @ 10 a.m.
Pokeno
Berks Encore – Fleetwood
THURSDAYS @ 12 p.m.
Pinochle
Berks Encore – Wernersville
THURSDAYS @ 6 p.m.
Pinochle
Keystone Villa at Fleetwood

Computer Classes – for Beginners
CALL TO REGISTER FOR 3 P.M. CLASS ON SEPTEMBER 8
Berks Encore – Wernersville - Taught by Conrad Weaver
High School Students • Call 610-670-1372 (no fee)

Healthy Steps in Motion –
a program designed by the PA Dept. of Aging incorporating stretching, strength training and mild aerobic exercises to improve balance, strength, coordination, and endurance.
MONDAYS @ 9 a.m.
Village Library, Morgantown
MONDAYS @ 1 p.m.
Zion Lutheran Church, Womelsdorff
MONDAYS & THURSDAYS @ 9 a.m.
Wyomissing 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.
THURSDAYS @ 10 a.m.
Allbright Schumo Center
FRIDAYS @ 11:30 a.m.
Beginner Class
Berks Encore – Wernersville
$20 PER QTR OR $2 PER CLASS
FRIDAYS @ 1 p.m.
Berks Encore – Fleetwood - $1.00 (per class)

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

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 Fremont St #A, Reading
WEDNESDAYS @ 10 a.m.
Ringgold New Horizons Band
Ringgold Band Hall, 3539 Fremont St #A, Reading
Call 610-929-8525
THURSDAYS from 10 a.m. – 12 p.m.
Greater Reading Encore Chorale
Berks Encore – Mifflin
THURSDAYS @ 11 a.m.
Karaoke 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) – Fantasy Skating,
200 George St., Muhlenberg • Call 610-929-3147
TUESDAYS & THURSDAYS @ 1–3 p.m.
Coffee Skate: coffee, soup, and fountain beverages $5.00 (per skater)
SUNDAYS @ 7-9 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
BodyZone Sports & Wellness Complex
CALL 610-376-2100, EXT 327
MONDAYS @ 10:30 a.m.
Silver Sneaker 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
BodyZone Sports & Wellness Complex
CALL 610-376-2100, EXT 327
MONDAYS @ 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 – Wernersville
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
BodyZone Sports & Wellness Complex
CALL 610-376-2100, EXT 327
WEDNESDAYS @ 11 a.m.
Senior Master Fit
Valhalla Health & Fitness Club
PLEASE CALL 610-779-6006
WEDNESDAYS @ 10:05 a.m.
FRIDAYS @ 11 A.M.

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.
CardioFit
BodyZone Sports & Wellness Complex
CALL 610-376-2100, EXT 327

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)

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

Tai Chi –

TUESDAYS @ 11 a.m.
Berks Encore – Wernersville • $5.00 (per class)
MONDAYS @ 1 p.m.
Berks Encore – Mifflin • $5.00 (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)
BodyZone 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)

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

Yoga –
strengthens your body and clears 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 – Strausstown
TUESDAYS @ 11:05 a.m.

Chair Yoga
BodyZone Sports & Wellness Complex
Please call 610-376-2100, ext. 327
TUESDAYS @ 12:35 p.m.
Chair Yoga
Berks Encore – Wernersville
WEDNESDAYS from 6-7:15 a.m.
Chair Yoga
Birdsboro Fitness & Splash, 320 W. Main Street
CALL 610.575.0888

THURSDAYS @ 10:05 a.m.
Chair Yoga
BodyZone Sports & Wellness Complex
Please call 610-376-2100, ext. 327

Zumba Gold –

MONDAYS & TUESDAYS @ 10 a.m.
BodyZone Sports & Wellness Complex
Please call 610-376-2100, ext. 327
TUESDAYS @ 11:30 a.m.
Berks Encore – Wernersville $4.00 (per class)
WEDNESDAYS @ 11 a.m.
Berks Encore – Mifflin $4.00 (per class)
WEDNESDAYS @ 11:45 a.m.
Berks Encore – Wernersville
THURSDAYS @ 9:15 a.m.
BodyZone Sports & Wellness Complex
Please call 610-376-2100, ext. 327
FRIDAYS @ 10:15 a.m.
Berks Encore – Wernersville
FRIDAYS @ 11 a.m.
Valhalla Health & Fitness Club • Please call 610-779-6006
February Calendars

Community Announcements:

MONDAY, FEBRUARY 19
ALL CENTERS CLOSED
IN OBSERVANCE OF THE PRESIDENT’S DAY HOLIDAY.
There will be no Meals on Wheels deliveries.

FREE EXERCISE CLASSES!:
Adults 60 and Older
February 1—June 30, 2018

NEED MEDICARE COUNSELING?
Call 610-374-3195 x208 to schedule your appointment.

JOIN US FOR LUNCH:
Served M-F at 12 p.m.
Menu available.
Must sign up 2 weekdays in advance. (60 years or older, $2.50 donation requested)

VISIT THE ON-GOING ACTIVITIES SECTION
in the centerfold for more program information, days and times at our senior centers and participating locations.

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Berks Encore Reading Center
FREE & PRIVATE PARKING
4 N. 9th Street, Reading
(610) 374-3195, ext. 214

Permanent Events

<table>
<thead>
<tr>
<th>Every Mon.:</th>
<th>10 a.m.-3 p.m.:</th>
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<tbody>
<tr>
<td>Computer Lab – Computer/internet, on your own. No instructor - (Free)</td>
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<tr>
<td>Computer Club</td>
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<tr>
<th>Every Tue.:</th>
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<tbody>
<tr>
<td>11 a.m.:</td>
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<tr>
<td>Karaoke!</td>
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<tr>
<td>12:30 p.m.:</td>
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<tr>
<td>Movie Day!</td>
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<tr>
<th>Every Wed.:</th>
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<tr>
<td>10 a.m.:</td>
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<tr>
<td>Creative Artistry/Open Studio</td>
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<tr>
<td>12:30 p.m.:</td>
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<tr>
<td>$ BINGO</td>
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<tr>
<th>Every Thu.:</th>
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<tr>
<td>10 a.m.:</td>
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<tr>
<td>Craft Room</td>
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<td>11 a.m.:</td>
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<tr>
<td>Grocery BINGO</td>
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<td>10 a.m.:</td>
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<tr>
<td>Sit &amp; Get Fit</td>
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<tr>
<td>12:30 p.m.:</td>
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<td>$ BINGO</td>
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NEW!! Shuffleboard Table – Enjoy Monday - Friday 8:30am-3:30pm!!!

SPECIAL EVENTS

2 @11 a.m.-12 p.m.: "Souper Bowl" Party – (Please sign-up)
2 @11 a.m.: “Have Fun” – w/SeniorLife
7 & 21 @11 a.m.: BE Inspired! “Color Your World” Adult Coloring – relieves stress, relaxing, fun! Presented by: Reading/Public Library
9 @10:30 a.m.: “Good Times” – w/Roxy/United HealthCare

14: Happy Valentine’s Day
12 @11 a.m.: “The Highway for Happiness” – (Please sign-up)
16 @11 a.m. -12 p.m.: Blood Pressure Screening – w/Kathy
23 @11 a.m.: Lunch Bunch – @ Chef Alan’s Restaurant

APPRISE MEDICARE COUNSELING – Call 610-374-3195, x208 for an appointment. — Every Day

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Berks Encore Strasstown Center
44 East Ave., PO Box 50, Strasstown
(610) 488-5770

Permanent Events

<table>
<thead>
<tr>
<th>Every Mon.:</th>
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<tbody>
<tr>
<td>9:30 a.m.:</td>
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<tr>
<td>Pound Class, $5/class</td>
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<th>Every Tue.:</th>
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<tr>
<td>9:10 a.m.:</td>
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<tr>
<td>Chair Yoga, $5/class</td>
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<tr>
<td>9 a.m.:</td>
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<th>Every Fri.:</th>
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<tr>
<td>10:30 a.m.:</td>
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<tr>
<td>Fitness Room Power Hour</td>
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Resistance Training Exercise Room is OPEN Mon. – Fri. from 8 a.m. – 3 p.m.
We have exercise equipment including a Treadmill, Elliptical, Exercise Bike 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)

A computer w/ INTERNET and PRINTER is available for public use Monday-Friday between the hours of 8 a.m. – 3 p.m.
One-on-one computer, tablet, and/or smartphone skills class. Contact Andrea to sign up! (610-488-5770)

30 & 26 @11:45 a.m.: Hot Lunch – 5/4 pp followed by Bingo (12:30 pm)
6 @10:30 a.m.: How to Downsize and Deducaten Your Home Program – w/ Heidi Coros (makeup date Feb 13)
7 @10:45 a.m.: Monthly Craft – w/Janet & Debbie of Frieders Lutheran
7 @12:30 p.m.: Presentation – w/Berks Community Health Center
8 & 22 @10:30 a.m.: Blood Pressure Screening – w/Penn State Health St. Joseph
9 @11:45 a.m.: LUNCH Bunch – Join us at Roseli in Bernville!
12 @11:45 a.m.: Breakfast for Lunch – waffles, eggs, home fries,

28 @1:30 p.m.: Ice Cream Social – w/Trish from Rittenhouse

APPRISE MEDICARE COUNSELING – Call 610-374-3195, x208 for an appointment. — FEBRUARY

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BERKS ENCORE Wernersville Center
Brenner Building #5, Wernersville State Hospital
610-670-1372

Permanent Events

<table>
<thead>
<tr>
<th>Every Mon.:</th>
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<tbody>
<tr>
<td>9:15 a.m.:</td>
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<tr>
<td>Sit &amp; Fit ($1)</td>
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<td>11 a.m.:</td>
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<tr>
<td>Tai Chi ($5)</td>
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<tr>
<td>12:30 p.m.:</td>
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<tr>
<td>Chair Yoga ($20/meal)</td>
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<tr>
<th>Every Tue.:</th>
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<tbody>
<tr>
<td>9:45 a.m.:</td>
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<tr>
<td>Aerobics ($3.50)</td>
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<tr>
<td>12 p.m.:</td>
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<tr>
<td>Bean Bag Baseball</td>
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<tr>
<td>12:45 p.m.:</td>
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<tr>
<td>Yoga ($5)</td>
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<tr>
<td>Sit &amp; Get Fit ($1)</td>
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<tr>
<td>9:30 a.m.:</td>
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<tr>
<td>Bridge</td>
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<tr>
<td>12 p.m.:</td>
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<tr>
<td>Bingo</td>
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<tr>
<th>Every Thu.:</th>
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<tbody>
<tr>
<td>9 a.m.:</td>
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<tr>
<td>Asian Fusion ($5)</td>
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<tr>
<td>12 p.m.:</td>
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<tr>
<td>NEW! Pinhole (2nd &amp; 4th Thurs.), Tournament ($1.25/8 games)</td>
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<table>
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<tr>
<th>Every Fri.:</th>
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<tbody>
<tr>
<td>9 a.m.:</td>
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<tr>
<td>Pilates Yoga ($3)</td>
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<tr>
<td>11:30 a.m.:</td>
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<tr>
<td>Beginning Line Dancing ($2)</td>
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<tr>
<td>12 p.m.:</td>
</tr>
<tr>
<td>Bean Bag Baseball</td>
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* No cost unless otherwise posted.

APPRISE MEDICARE COUNSELING – Call 610-374-3195, x208 for an appointment. — FEBRUARY
Join our Grocery Shopping Program

WHAT IT IS — Berks Encore and Redner’s Warehouse Markets are proud to offer the service of grocery home delivery. If you are over the age of 50 and have difficulty getting to a grocery store or doing your own shopping, Berks Encore will try to find a volunteer who will do your shopping and deliver the groceries to your home on a regular basis.

THE PROCESS

• Call into our office to place an order on a Monday (9 a.m. - 2 p.m.) to receive delivery some time Wednesday through Sunday.
• Your volunteer shopper will call you to schedule a delivery time.
• The volunteer will purchase the groceries at a local Redner’s Warehouse Markets using a Berks Encore charge card.
• When your groceries are delivered, you will need to pay for the groceries with a check made out to Berks Encore, along with a $5.00 handling fee. We are able to accept payment by the SNAP (food stamp) program. Just indicate that on the application when you sign up for the program.
• You can place an order weekly or less frequently.
• Each order will be limited to 25 items.

HOW TO REGISTER — To register, please complete the application form located on our website, berksencore.org/services/referrals/grocery-shopping-program/.

Email it to grocery1@berksencore.org or mail to Berks Encore, 40 N. 9th St, Reading PA 19601 or call Jackie at 610-374-3195 ext. 219 to apply. Once we are able to assign a volunteer in your area, they will either call or visit you to understand your shopping needs and discuss when they are available to shop and deliver your groceries.

Winters can be cold, lonely and unpredictable...
But They Don’t Have To Be!

EMBRACE AN ACTIVE & Worry-Free Winter!
Let us help you beat the Winter Blues...
Call today about our Winter move-in specials!

As the nation’s largest provider of specialists in living and rehabilitation, it’s our focus to make sure every day is one of dignity and vitality. From fresh, modern spaces to health specialists for every need, life can be lived as it should - to the fullest, free of guilt, knowing you’re doing all you can.

To find a Genesis center near you: 866-745-2273 | genesishcc.com
For My Neighbors At Oakshire
by Mary Ann Bitting, Oakshire Apts.

Twas a month before Christmas and all thru this place
There was Anticipation on everyone's face
There was Shirley and Shirley and Shirley and Stella
There was Tom and Teresa and there even was Bella
There are so many Marys, Mary H, D and P
It gets quite confusing especially to me
There is Angie and Angie and Adrienne too
Angelita, Juanita, Bailey, Charlie it’s true
They wrote all their wishes on notes on the wall
So that Santa would see them and give them a call
Like Barbara and Barbara and Betty and Bob
It took them so long, it was quite a job
It was Willie and Gigi and Ginny and Grace
Now Harriet's looking, give her some space
Make room for Betty and Helen and Gus
No need to get pushy or put up a fuss
While Fern, Russ and Rita and Rocco complete
Don't worry Russ, We’ll turn up the heat
There's Ruth, Ruth, and Ruth, Ernest, Ethel, Janina
Emma, Eleanor, Eva and there is Christine A
Word for this lady, it’s Omey, Chief Dipper
There's Phyllis and Patty and then is Chipper
June, Judy and Jane, Jeanette, Janice and Joyce
They’re happy and singing I hear every voice
There's George and there's Larry and then there is Denny
There's Gerry and Gerry and Del, Don, and Kenny
Nancy, Nancy, and Nancy, and Nancy Oh No!
But Jean and Joanna, Where did they go?
There's Pat and there's Pat there’s only those too
There's Jim, Laura, Anabel, Keri and Lou
Then there is a new one, her name is Kayann
And on the third floor you’ll find one named Dan
Here's ladybug, Ming, There's Lorenzo and Mae
There's Marion and Miriam to fill out the day
Don’t forget this sweet lady that is our mable
Or tradition of cookies and milk on the table
There's Carrol, and Carroll and Carolyn and Candy
But I know that for sure we don’t have a Sandy
There’s Matilda and Margie and also there’s Merlyn
There’s no snow outside but inside we swirlin
Dolores and Doris and Doris and VI
Make sure Marilyn and Marcia and Maggie get by
While Miaman and Celsa help Dorothy get done
And Mary Anne and Diane have some fun
If you think I forgot you just don’t be silly
Of course I remember our good friend that’s Millie
We’re asking dear Santa to Grant us some wishes
Like make all our meals and please wash the dishes
A Gazebo out front and a bridge in the back
So we can have donuts when we need a snack
Would be great if you could lower the rent
Cause before you know it our money is spent
Help with cleaning and changing the bed
Trips to the doctor are something to dread
Don’t get me wrong living here can’t be beat
Expecting for Russ who just needs more heat
We could go on forever just asking for more
And not be admitting our blessings galore
A roof over our heads and enough food to eat
When friends get together that’s surely a treat
So instead of us hoping what Santa will bring
Be thankful to god cause he gives everything
It’s time for good night so they all went to bed
Merry Christmas to all don’t forget what I said.
We Love Our Donors!

The following helped to provide Christmas gifts for Meals on Wheels recipients and center clients.

Blankets of Hope
First Priority Bank
Riverfront Credit Union - Kristen Wertman
Northeast Berks Chamber, Pres. Antanavage Farbiarz
GSM Industrial
Health Calls - Maria Radwanski
Reading Hospital – Tower Health, Susan
Rittenhouse - Trish Morris
Fleetwood Bank
Berks Heim
BCAP
Kiwanis Club
Renee Deitrich
Lori Rhoads
Martha Swartz
Ginger Van Steenvoort
Margaret D’Amico
Girl Scout Troop 1625 of Strausstown
Godiva

United Way of Berks County

Thank You!
A COMBAT VETERAN OF WWII REMEMBERS

Two “Scariest” Days of the 195 on Line

Going into action for first time in 10-22-44 was the worst. We hiked to meet up to replace a British Division by our Timberwolves. It was quite a daylight and then night event. It gave me time to think about what lay ahead. We were all trained in infantry tactics. Now the coming action would prove the value of our training. We were all thinking the same – would we measure up under fire and would I be there for my buddies. The worst part was wondering about my reaction to artillery fire. Then my reaction to seeing the wounded and dead. We were soon to find out and get on the job training. Fighting through the fear was part of that training. Later in Germany, our company G (2-23-45) had to cross that raging Roer River. We had reached the Roer early in December. However the “Bulge” happened 12-16-1944 we had to wait till that ended middle of January. But then the German’s blew-up the Roer dams and we waited for the roaring Roer to subside a bit. In time, the engineers delivered assault boats. We started out at 3:30 AM and very dark. Fear disappeared as us twelve in a boat paddled “upstream”. His action caused us to cross safely in a straight line to the other shore. Now the end of the war was near April 30, 1945.

Submitted by
Bob Huber, CO G 415 REG, 104th Division

Sudoko Puzzles

Intermediate Puzzle solution

1 3 7 8 5 4 2 9 6
4 2 5 9 7 6 1 8 3
9 8 6 1 2 3 7 4 5
8 9 4 2 1 5 6 3 7
2 5 3 4 6 7 9 1 8
7 6 1 3 9 8 4 5 2
3 1 8 6 4 2 5 7 9
5 4 2 7 3 9 8 1 6
6 7 9 5 8 1 3 2 4

Advanced Puzzle solution

2 8 1 4 7 5 6 3 9
7 9 3 2 6 8 1 4 5
5 4 6 1 9 3 2 8 7
1 2 8 5 3 6 9 7 4
4 5 7 9 8 2 3 1 6
3 6 9 7 4 1 5 2 8
8 3 5 6 2 7 4 9 1
6 7 4 3 1 9 8 5 2
9 1 2 8 5 4 7 6 3

Is Your Older Parent Still a Safe Driver?

Thursday, February 8 • 6:30pm
at Chestnut Knoll in Boyertown

Guest Speaker: Rebecca Sensenig, Occupational Therapist

If you have concerns about the driving ability of your aging parent, join us to learn more about the red flags to look out for, tips on how to approach sensitive conversations and the services available to help.

RSVP by calling 610-674-1215.
GOLDEN SENIORS OF ZION SPIES LUTHERAN CHURCH

Happy 2018 to all! We had our Christmas Party in December at the Breakfast Hut in Exeter Township. A good time was had by all, good food, good entertainment by Pastor Dave, we even helped out a bit, singing along with some of the carols, sounded good!! We had a gift exchange and Santa even showed up to pass out candy canes for everyone!!

Trips for 2018 are planned and reservations being accepted, anyone interested is to contact Bill Morgan @ (610) 670-5590, he is in charge of trips this year, Kathy has been doing a good job with our trips and now it’s time for her to sit back and enjoy the ride!!

Our trips are as follows:
March 21: Candlelight Theatre, “The Drowsy Chaperone”
April 30 to May 2: Williamsburg, Va. – Includes Jamestown, Yorktown, Golden Triangle
June 12: Hunterdon Hills Theater, “The House is Rockin”
July 11: Mystery Trip
August 15: Totem Pole Theater, “Momma Mia”
Sept. 24-28: Flight 93 Memorial, Pittsburgh, The Ark Encounter

We travel with Elite bus company, John Rutt is our very talented, sweet and helpful driver!! Our bus trips are enjoyable, take our bus, leave the driving to John!!

We still meet for breakfast 2nd Tuesday of the month at Breakfast Hut 9:30 and our meetings are at Spies Church 2nd Thursday of the month 1:00, come join us!!

Ruth Weidner
Hello Everyone & Happy Valentine’s Day!

**Wed., Dec. 6: New York City Trip** — Blandon Seniors and friends, boarded the Elite Coach, with our wonderful Driver, Ron, at 7:00am, and started out for New York City. First we arrived at “Ellen’s Stardust Diner”, which is not the usual Diner, and it was an enjoyable place to have your lunch! There was lots of singing, by the waiters and waitresses that were serving your orders. Everyone was having a “good” time! If ever you get to NYC, please be sure to eat at “Ellen’s Stardust Diner”, you won’t be disappointed, of course, you will have to wait, in line, outside the Diner, but it is worth the wait!!!

Then after our lunch we walked up to the “Radio City Music Hall”, where we enjoyed the terrific show “Christmas Spectacular Starring the Radio City Rockettes”, and believe me it was SPECTACULAR INDEED!

Following the show we were allowed time to walk to Rockefeller Center to view the Christmas tree and by 4:45pm meet our coach at 7th Avenue and 51st Street.

From there we traveled to the “Hometown Buffet” for Dinner in Madison, New Jersey! Then we traveled back to Blandon and arrived at 10:00pm! If you did not travel with us, then you missed an enjoyable day with the Blandon Senior Travelers!

**Wed., Dec. 13: Annual Christmas Dinner** — at the Fleetwood Grange with a total of 68 present. While we were eating, our meal, prepared by the Fleetwood Grange members, we were entertained, for about 15 minutes, of Christmas Carols, by 14 Instrumentalists, from the Fleetwood Middle School Band. “Thanks Students and Mr. Chris Nygard, for a job well done!”

At this time Martha Sitler, was called on, to install the Officers for 2018:

President — **PATRICIA ROHRBACH**

Vice President — **JACK HOLUBEC**

Secretary — **SHIRLEY L. READINGER-ZIEGLER**

Treasurer — **ANNA MAE KERSCHNER**

Following the installation we were entertained by “The Miller Brothers”: Lester, Richard, Russell, Neal(a neighbor to the Miller’s) and Bill! Singing songs, that they chose, from memories of the past, several jokes, a little very funny skit, and last but not least, a sing-a-long with the Blandon Seniors! Excellent entertainment!!! “Thanks Miller Bros.”! Everyone enjoyed the entertainment!

Here are the line-up of trips, starting with the month of July:

* **2018 SENIOR TRIPS** *

**Mon., July 23:** “Back Home Again, John Denver” — Dutch Apple Dinner Theater, Lancaster PA

**Tues., Aug. 7:** “Mamma Mia” — Totem Pole Playhouse, Fayetteville, PA

**Tues., Aug. 21:** “After the Lovin” — Brownstone, Paterson, NJ

**Tues., Sept. 25:** Fall Foilage Train Ride & The Joey Vincent Show — The Waterfront at Silver Birches, Hawley, Pa

**Thurs., Oct. 25:** Glenn Miller Orchestra — Penn’s Peak, Jim Thorpe, PA

**Thurs., Nov. 15:** “A Tribute to the Temptations” — Royal Manor, Garfield, NJ

**Fri., Nov. 30:** “A Playhouse Christmas” — Hunterdon Hills Playhouse, Hampton NJ

**Thurs., Dec. 13:** “The First Noel” — American Music Theater, Lancaster, PA

If interested, contact Shirley M. Frazer, 610-926-4312!

**Thurs., Dec. 14:** PA Dutch Cooking & Show — Well, the Blandon Seniors were on the road again. Travelers boarded the Elite Coach at 11:55am with Driver Andy, at the Maidencreek Church, in Blandon, and started out to head to the “Good’n Plenty Restaurant”, with that authentic PA Dutch cooking.

After we ate our “delicious” meal we again boarded the coach and headed for the “American Music Theater”, to see the show “Home for the Holidays”, what a beautiful and most enjoyable show it was. Well that’s about it for our traveling for 2017, but there will be much more traveling in 2018! Anyone is “Welcome” to join us then!

Respectfully submitted,

Shirley L. Readinger-Ziegler, Club Secretary
Trips
Apr. 11: “Jesus” – at Sight & Sound
May 9: “Songs of the Silver Screen” – at American Music Theatre
Jun. 7: “Getting Mamma Married” – at Rainbow Comedy Theatre

Reservations for trips must be made 45 days prior to the trips.

FEBRUARY BIRTHDAYS
Prime Timers of Zion
2: Donna Mengel
3: Nancy Garber
4: Sandy Schappell
5: Kenneth Mengel
6: Dorothy Miller
7: Steven Keppley
8: Linda Christman
9: Sherri Rymshaw
10: Ronald Zellers
11: Jodi Baver
12: Audrey Trostel
13: Betty Dreibelbis

Other Events
Feb. 12 @ 12 p.m.: Bingo – in the Fellowship Hall

FEBRUARY ANNIVERSARIES:
Raymond & Patricia Long 13th
Ralph & Jeri Sievert 14th
Francis & Linda Christman 18th
Earl & Dawn Christman 28th

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GOOD SHEPHERD U.C.C. • PEOPLE OVER 50

Hoping everyone had a wonderful Holiday! Our December meeting started with Rev. Boyd installing the 2018 officers. Our annual Christmas party continued with a delicious lunch catered by Dorie Martin followed by Berks Harmony entertaining us with favorite songs and Christmas carols. What a great way to usher in the Holiday season!

As the snowy cold weather approaches during February, we are looking forward to some lively games of bingo with prizes. As usual, this will be followed by lunch and lots of socializing among our club members. The fun and laughter will surely keep us warm!

Our 2018 trips are in full swing! A few upcoming trips include, “Showboat” at the Dutch Apple Dinner Theater on April 4, Ultimate Chocolate Tour in NorthEast, MD on May 8 and Songs of the Silver Screen at the American Music Theatre on June 13. Don’t miss your chance for a great day with great friends! For more information or a complete list of the 2018 trips, contact our Travel Committee: Pat Sinistri at 610-678-8654, email at sinistri@comcast.net or Karen Dietrich at 610-939-9402, 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 events and trips. Please join us!

Hope to see you!
Nancy Levin, Publicist

FRIEDENS’ YOUNG AT HEART

Let’s go for a walk! Not in a park, but rather on a Navajo Indian Reservation. Mary Ann Owens will be our guide. Mary Ann spent a year on a Navajo Indian Reservation at a Lutheran mission that is 1 hour drive from Four Corners. As a result of her experience there, she is well qualified to lead us down the right path. We will be like the Allstate Insurance commercial advertises: “In good hands.”

To learn what life is like on an Indian reservation, join us on Thursday, February 15th starting at 10 a.m. If you have any questions concerning this Presentation, please call Naomi or Ron Klein at 610-929-4898.

Friedens’ Young at Heart is located at 337 Main Street, Oley, PA 19547.

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HAMBURG SENIOR CITIZENS

February 14 - We will play some different games – Please bring along any favorite game you would like to share with the group.

February 28 - Russ Englehart – will do a slide show presentation from his trips out west.

Hamburg Senior Citizens Club Officers for 2018 (l to r)

Vice President – GLORIA KRAMER
Assistant Secretary – GLORIA HESS
Secretary – BERNICE WHITE

President – MARTHA BERTOLET
Treasurer – RUTH ANN HEIN
Assistant Treasurer – MARIAN MENGEL

Please remember if classes are cancelled due to inclement weather programs will be cancelled also.

Gloria Hess, Club Reporter

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Stud conducted at the University of Northern Colorado, 2015, examined the effectiveness of the new features of primax by collecting and analyzing ongoing EEG data while subjects performed speech testing. For both primax features SpeechMaster and EchoShield, the objective brain behavior measures revealed a significant reduction in listening effort when the feature was activated. Study conducted at the University of Northern Colorado, 2015, examined the effectiveness of the new features of primax by collecting and analyzing ongoing EEG data while subjects performed speech testing. For both primax features SpeechMaster and EchoShield, the objective brain behavior measures revealed a significant reduction in listening effort when the feature was activated. Copyright © 2016 Signia GmbH. All rights reserved. Sivantos, Inc. is a Trademark Licensee of Siemens AG. 6/16
2018 Tour Preview*

Dutch Apple Dinner Theatre – “Ring of Fire”
March 7, 2018 – From the opening chords of vintage country to rockabilly, rock ‘n’ roll, searing ballads, and gentle songs of love and deep faith, the music of the Man in Black ignites the stage in Ring of Fire. A delicious buffet lunch will be available prior to the show.

Road to Revolution, Philadelphia
April 20, 2018 – Get a 360 view from the top of One Liberty Observation Deck, a brand new beautiful skyscraper in Center City. The group will have a delicious Italian lunch followed by a visit to the New Museum of the American Revolution. The Museum tells the dramatic story of our nation’s founding through innovative, contemporary storytelling technologies.

Rails & Sails of Baltimore Overnight Trip
June 28-29, 2018 – We’ll explore the Baltimore & Ohio Railroad Museum, birthplace of American Railroading, featuring new and expanded exhibits and rare artifacts. Then we hit the seas aboard a narrated cruise. Enjoy delicious food. A Broadway hit show “Mamma Mia” at Toby’s Dinner Theatres. Tour the city with a professional guide and learn about the rich history and culture of Baltimore. You won’t just visit Baltimore you’ll Experience Baltimore!

Mystery Trip!!
July 25, 2018 – Come join the fun of the unknown. We’ll keep you guessing all day long. An adventure awaits you at every turn!

Doolan’s River Lady, New Jersey Overnight Trip
September 13-14, 2018 – Join us at Doolan’s Shore Club for an All Star Production., “Fiesta De San Gennaro”. Enjoy new and old side splitting music and comedic skills and impressions. We’ll be staying at Doolans Shore Club for one night. The next day, enjoy a historical lunch cruise on the River Lady, a 19th century Mississippi River Paddleboat. Your time in NJ also include a wine tasting tour, great food and fun!

A Playhouse Christmas – Hunterdon Hills Playhouse
December 6, 2018 – Celebrate Christmas with our original holiday song and dance extravaganza, A Playhouse Christmas. Featuring traditional carols, classic and contemporary Yuletide compositions, humorous skits and spectacular dance numbers, A Playhouse Christmas is one of our most beloved and popular shows of the year. With an ensemble cast of multi-talented performers all backed by a live onstage orchestra, this is one holiday show you don’t want to miss.

*All trips subject to change.

Additional flyers to be distributed for each trip destination.

Members Wanted! – Any retiree or 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. Phone: 610-678-9374 or Email: sandbille@aol.com.

For additional information & questions, Contact:
Henry Robidoux, Phone: 610-929-4059 or Email: robidoux4@gmail.com
Hi Everyone: Here’s the latest news from our Senior Club:

December 8: Past Meeting – We had 125 reservations for our Christmas dinner, but several members were absent due to illness, so some take home meals were sent to them. Dori Martin, caterer, supplied our full course Turkey and Roast Beef dinner. Also, we had drawings for 10 x $5.00 prizes, and our fun Bingo games program. Our Installation Ceremony was conducted by the Rev. Wayne Heintzelman, Calvary Lutheran Church for the following:

2018 Officers and Board Members:
- President – CASSANDRA L. MCWILLIAMS
- Vice President – KAREN L. SHAUB
- Secretary & Get Away Trips – PATRICIA A. SCHLEICHER
- Treasurer – JOAN G. LEE
- Membership – LINDA S. WEITZEL
- Programs – JANET L. BORTZ
- Refreshments – SANDRA G. FISTER
- Sunshine & Tickets – PATRICIA A. SAUDER
- Property – THOMAS L. STRUNK
- Chaplain – AVALION M. BOSSLER
- P/R + Casino Trips – HELEN J. QUADE

December 12: Our final trip in 2017 – included the Smorgabord lunch at the Bird-in-Hand dinner theatre. Our 51 passengers saw the show entitled “A Christmas Dinner”.

Bus Drawing Winners: Jan Stramaglia, Clark Bossler, Jerry Bogoniewski, Richard Heffner.

February 9: Upcoming Meeting – For lunch, we’ll have Meatball Sandwiches and hope we get to yell “Bingo” during our games. We’re still taking H-I-T Sandwich orders, to be served March 9.

Please contact: Pat Sauder at 484-855-3539.

February 14: HAPPY VALENTINE’S DAY!!

Please contact: Helen at 610-929-2412 to reserve for 2018 Casino trips:
- March 21: Hollywood
- May 16: Mohegan Sun
- June 12: Sands

Please contact Patricia Schleicher 610-374-1675 or e-mail to pschleicher1813@gmail.com to reserve for 2018 Get-Away trips:
- March 28: Mt. Hope Mystery D/T
- April 17: Sight & Sound, “Jesus”
- September 25: American Treasure Tour
- October 30: Penn’s Peak D/T
- December 18: American Music, “Christmas”

Our bus trips depart from Temple. Please try to carpool to the parking lot.

Bad Weather Cancellations – Please note that we have changed our policy. Whenever Muhlenberg Schools announce a delay or cancellation, our Sr. Club meeting is also cancelled.

Helen Quade, P/R and Trips
BERNVILLE YOUNG AT HEART

The Bernville Young at Heart held their Annual Christmas Banquet at the Bernville Grange Hall on December 20th. The family style meal was prepared and served by Kathryn's Catering. Eighty-two members and guests attended. The meal was preceded by a short business meeting at which time the Nominating Committee of Batrice Achey and Barbara Eisenbrown presented the following prospective slate: John Rausch, President; Eric Troutman, Vice President; Jerilyn Balthaser, Treasurer; Ruth Barnett, Secretary; Carol Troutman, Chaplain. The Entertainment was provided by Richard Pawling who spoke about and portrayed "The Belsnickel!"

The February 21, 2018 meeting will start at 12 Noon with desserts and snacks at the Bernville Grange Hall. The meeting is at 1 PM. Everyone over age 55 is welcome. Questions: Call 610-488-1400.

FEBRUARY ANNIVERSARIES:

Mary & Glenn Leymeister  8th  50 years
Corrine & Forrest Wagner  11th  57 years
Marian & Oscar Miller  21st  65 years
Barbara A. Rausch

FEBRUARY BIRTHDAYS
Bernville Young at Heart

3: Carol Troutman  14: Arthur Etchberger
4: Barbara Rausch  21: Malcolm Ogg
7: Allen Boltz  22: Sandy Balthaser
11: Marian Miller  26: Raymond Dreibelbis
G. Joan Mengel

LEAGUE OF GOLDEN AGERS,
MOHNTON, PA.

We finished our year of great trips with a visit to the Dutch Apple Dinner Theatre on December 14. The show was Irving Berlin's White Christmas and we had snow the night before, so this was a very great show to see.

Our trip schedules for 2018 are available at the meetings. Your 2018 dues can also be paid at this time if you haven’t already done so.

Our first trip in 2018 will be at the Silver Birches (formerly Ehrgood's) to see "Laugh Out Loud".

We hope everyone had a very nice holiday season and hopefully spring will be coming soon. Meetings are held the 2nd and 4th Wednesday of the month at St. John's Parish House in Mohnton, beginning at 10 am. We always have interesting and fun programs. Like to play bingo? Bring a lunch and join us after the meeting for some fun and socializing. Interested in booking a trip or need more information, contact Marian Freet at 610-777-9741.

Hope to see you at a meeting in the near future.

Susan Messner, Secretary

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FEBRUARY 2018 DATES

Monday, February 5
- League of Golden Agers, Mohnton, PA.
- Bernville Young at Heart, Bernville, PA

Friday, February 9
- Salt of the Earth, Gobblers Knob, PA

Monday, February 12
- Philadelphia Flower Show, Philadelphia, PA

Tuesday, February 20
- Spring Street Festival, Bethlehem, PA

Friday, February 23
- Philadelphia Flower Show, Philadelphia, PA

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Berksencore News - February 2018
ST. CATHARINE’S OF SIENA 50+ CLUB NEWS

Come join us for our monthly meetings, our meetings are held at 1:00 pm on the first Wednesday of every month at St. Catharine’s Social Hall on Route 562, 4975 Boyertown Pike in Exeter Township. Dues are $5.00 per year. Call Carol Buddell, President of 50+ Club at (610) 401-0600, with any questions or concerns. We always welcome new members.

MEETINGS

FEBRUARY 7: Valentine Day Celebration –
Cupcakes and coffee
Speaker: Pat White – 2018 trip schedule & pictures from our Vermont trip.

MARCH 7: St. Patrick Day Celebration – wear your Green.
Cake and coffee
Entertainment: Harold Graeff from Timeframe – 4 Men to sing for us, Will sing some Irish songs & other music

APRIL 4: SPECIAL EVENT – Everybody’s Birthday Celebration
Victor Emmanuel’s restaurant, more information to follow

2018 TRAVEL PLANS

Travel plans for 2018 from April to November will be discussed at the February meeting.

Carol Buddell, Publicist 610-401-0600

WEST LAWN SENIOR CLUB

Greetings From the West Lawn Seniors Club. Our 2018, membership campaign is kicked off; and in full swings, our dues are only $5.00/year. Club membership is open to all.

Our regular meeting will be Tuesday, February 6th. at 1:00p.m., with a program by Ryan Dreibeilus, with refreshments following the program. The social meeting in February 20th. Will start at 1:00 p.m. with Bingo and other activities, including refreshments. Our March entertainment will be John Paul II, bell choir.

We meet at the West Lawn Community Center of the West Lawn United Methodist Church, located at Woodside and Noble Streets in West Lawn. Come join our group today, and start a new fun time together. We are looking forward to seeing you. Happy St. Valentines Day.

Our trips are open to our members on a first come basis, and then the trips are open to the general public on a waiting list. Please note: All sign up times start @ 12:00pm, before 1:00pm Meeting!

The list of our trips for 2018 are as listed:

March 16: Sight & Sound, “Jesus” – Call for Availability!!
April 18: Mt. Airy Casino, “The Duprees” – Call for Availability!!
May 15: Doolans, “Legends in Music” – Call for Availability!!
June 28: Papermill playhouse, “Half Time” – Call for Availability!!
July 18: Fulton Theater, “Hunchback of Norte Dame” – Sign up @ Feb. 6th Meeting
Aug. 15: Totem Pole Theater, “Momma Mia” – Sign up @ Mar. 12th Meeting
Sept. 5: Dutch Apple Theater, “Swing Time” – Sign up @ April 3rd Meeting
Oct. 7: Mystery Trip – Sign up @ May 1st Meeting
Nov. 15... Hunterdon Hills Playhouse, “Christmas Show” – Sign up @ June 5th Meeting

We will be signing for the July 18th, 2018 Trip at our regular Feb. 6th. Meeting, come early, and pick up a full list of all the 2018 Trips!

For more information and details on trips, call Clara Koch @ 610-678-2123 or Barbara Messner @ 610-678-1961.

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**TUCKERTON NIFTY FIFTY CLUB**

**Monday, February 12** – Is Our Regular Club Meeting. The Program will be given by Michael Reist. Lunch will be prepared by J. Bucks, M. Keck, B Klee, G. Williams.

Our Members are currently signing up for our April Pot Luck Lunch. Everyone must bring One Item on the List. This Lunch is one of our most popular Lunches.

Our trips do not start until April when the Winter Weather is no longer an Issue (we can always hope).

**April 11** – Rainbow Comedy Playhouse. The show is “WHO’S WIFE IS IT ANYWAY”.

At our December Meeting our 2018 officers were inducted. Some of these positions are new and are as follows:

**The 2018 Club Officers are as Follows:**
- President – ROBERT DANIELS
- Vice President – ALAN WENRICH
- Secretary – ROSE ERTZ
- Treasurer – HELEN QUADE
- Trip Coordinator – MARILYN DANIELS
- Programs – CATHERINE WEISER and LEAH ECKENROTH
- Sunshine – NANCY LINDERMAN
- Hospitality – ALAN WENRICH
- Membership – JOAN BOHN, GOLDY WILLIAMS, LOUISE REASER

Rose Ertz, Secretary

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**PARISH-DANA RETIREES**

All Parish-Dana retirees (as well as all former employees) are encouraged to de-hibernate, brace themselves against the harsh winter temperatures, and attend our luncheon on Thursday, 1 February. Travel by snowshoes if necessary. However, remove them prior to entering, please. Our meeting falls the day before Groundhog Day, no less. Punxatawny Phil will not be there.

The rendezvous point: Wegman’s Restaurant, 4401 Pottsville Pike (Route 61) in Reading. Parking is easy. Rear entrance. Patty Pagoda will not be there either.

All are welcomed at 11 a.m. The hot buffet-style meal is available precisely at 12 noon. Our delectable delight for the shortest month will include: baked sassy sausage, smashed potatoes, lovely lima beans, smooth and silky applesauce, butter w/rolls. For dessert, ta-da…Groundhog Day special—chunky ice cream!

February is always dedicated as the month for our memorial service. We acknowledge Parish-Dana employees who have passed during the preceding year.

Retiree concerns may be directed to Larry Jambeau: parishretirees@comcast.net.

Why not show your appreciation and take a groundhog to lunch on his day?

**RICH KENNEDY**, groundhog aficionado

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**Berks Encore / BCTV Dances**

*A new partnership with BCTV’s Dance Parties!*

**Dance Party TELETHON**

**Saturday, March 3**

- Doors open at 3 p.m.
- Dancing 4-11 p.m.
- Goodwill Beneficial Assoc. Banquet Hall
  100 Madison Ave.
  Laureldale, PA
- DJs – Silent Auction – Food & Drinks for sale – Raffles
- PLUS TWO LIVE BANDS!
  Shake, Rattle & Soul and
  The Justice Brothers Band
- Fun for all, just $10 at the door

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**Calling all Elvis Lovers**

**Friday, February 9**

**3:00 pm**

You are invited to pick some sweet treats from our dessert bar and shake your hips to your favorite love songs performed by Jeff Krick!

RSVP by calling Heather or Jill at 610-624-1299.
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**Fun By The Numbers**

Like puzzles? Then you’ll love sudoku. This mind-bending puzzle will have you hooked from the moment you square off, so sharpen your pencil and put your sudoku savvy to the test!

**Level: Intermediate**

```
1 2 3 4 5 6 7 8 9
9 7 6 5 4 3 2 8 1
8 2 4 1 3 9 7 6 5
```

**Level: Advanced**

```
2 3 4 5 6 7 8 9 1
7 9 2 6 1 5 4 3 8
8 4 1 3 9 2 7 6 5
```

**Here’s How It Works:**

Sudoku puzzles are formatted as a 9x9 grid, broken down into nine 3x3 boxes. To solve a sudoku, the numbers 1 through 9 must fill each row, column and box. Each number can appear only once in each row, column and box. You can figure out the order in which the numbers will appear by using the numeric clues already provided in the boxes. The more numbers you name, the easier it gets to solve the puzzle!

**Puzzle solutions on page 24**

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