



Berks Encore ~ Mifflin Center
August Activities and Programs

Monday thru Friday 10:00am to 2:00pm ~ 30 Liberty Street, Shillington, PA ~ 610-777-5577
 Center Manager ~ Jackie Grauel

Every Monday-----	10:30am	Grocery Bingo -\$2.00
	12-2pm	Card Club
Starting August 2	12-12:45	Tai Chi with Jan Gyomber
Every Tuesday-----	10:30am	Sit and Get Fit- FREE
		with Darcy McLean
Every Wednesday-----	10:30am	F.A.B.S. Exercise Program-FREE
		with Darcy McLean
July 21 through August 25th	12:30-3pm	Healthy Heart, Happy Heart
		with Kathy Roberts
Every Thursday -----	10:30am	Sit and Get Fit – FREE
		with Darcy McClean
	12:00pm	Dollar Bingo - \$2.00
Every Friday-----	10:00am	Arts and Crafts Hour – FREE

GRAB-N-GO Lunches ~ Monday through Friday OR
Join us for Lunch ~ Tuesday through Friday at 11:30am
Menu Available
Reserve your meal, 2 working days in advance.
\$2.50 donation suggested