

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|--|--|
| 2) 9-11 PICKLEBALL 9-2 Pool/Game Lounge 9-2 Fitness Room *10:30 CHAIR YOGA- Patti 11am Ovarian Cancer with Fox Chase | 3) 9-11 PICKLEBALL 9-2 Pool/Game Lounge *10am TAI CHI/Intro *11am TAI CHI Adv | 4) 9-11 PICKLEBALL 9-2 Pool/Game Lounge 9-2 Fitness Room *10:30 SIT & GET FIT- Patti 11am BINGO with Pottstown Nursing & Rehab | 5) 9-11 PICKLEBALL 9-2 Pool/Game Lounge 9-2 Fitness Room *10:30 POUND/Kathy 10:30 MEXICAN TRAIN DOMINOES 9am Healthy Steps in Motion/Kate | 6) 9-11 PICKLEBALL 9-2 Pool/Game Lounge 9-2 Fitness Room *10:15 LINE DANCING/ with Jean & Linda 10:30 MEXICAN TRAIN DOMINOES |
| 9) 9-11 PICKLEBALL 9-2 Pool/Game Lounge 9-2 Fitness Room *10:30 CHAIR YOGA/ Patti 11am BINGO with A Sense of Peace Home Care | 10) 9-11 PICKLEBALL 9-2 Pool/Game Lounge *10am TAI CHI Intro/Jan *11am TAI CHI Adv/Jan | 11) 9-11 PICKLEBALL 9-2 Pool/Game Lounge 9-2 Fitness Room *10:30 SIT & GET FIT/ Patti 11am BINGO with David 1pm BOOK CLUB | 12) 9-11 PICKLEBALL 9-2 Pool/Game Lounge 9-2 Fitness Room 10:30 MEXICAN TRAIN DOMINOES *10:30 POUND/ /Kathy 9am Healthy Steps in Motion/Kate | 13) 9-11 PICKLEBALL 9-2 Pool/Game Lounge 9-2 Fitness Room 11am TRIVIA with Berks Heim |
| 16) 9-11 PICKLEBALL 9-2 Pool/Game Room 9-2 Fitness Room *10:30 CHAIR YOGA/ Patti *11am CRAFT with Beth | 17) 9-11 PICKLEBALL 9-2 Pool/Game Lounge *10am TAI CHI Intro/Jan *11am TAI CHI Adv/Jan Happy Saint Patrick's Day! | 18) 9-11 PICKLEBALL 9-2 Pool/Game Lounge 9-2 Fitness Room *10:30 SIT&GET FIT/Patti *11am REJUVENATE with Kaleidoscope Angels | 19) 9-11 PICKLEBALL 9-2 Pool/ Game Lounge 9-2 Fitness Room 10:30 MEXICAN TRAIN DOMINOES *10:30 POUND/Kathy 9am Healthy Steps in Motion/Kate | 20) 9-11 PICKLEBALL 9-2 Pool /Game Lounge 9-2 Fitness Room 10:30 MEXICAIN TRAIN DOMINOES |
| 23) 9-11 PICKLEBALL 9-2 Pool/Game Lounge *10:30 CHAIR YOGA *10am LET'S COOK Mediterranean Dishes w/ Penn State (limited space and must sign up) | 24) 9-11 PICKLEBALL 9-2 Pool/Game Room *10am TAI CHI Into/Jan *11am TAI CHI Adv/Jan | 25) 9-11 PICKLEBALL 9-2 Pool /Game Lounge 9-2 Fitness Room *10:30 SIT & GET FIT/Patti *11am BOOMBOX BINGO with TGB Entertainment/Rich | 26) 9-11 PICKLEBALL 9-2 Pool/Game Lounge 9-2 Fitness Room 10:30 MEXICAN TRAIN DOMINOES *10:30 POUND/Kathy 9am Healthy Steps in Motion/ Kate | 27) 9-11 PICKLEBALL 9-2 Pool/Game Lounge 9-2 Fitness Room *10:15 LINE DANCING w/Jean & Linda 10:30 MEXICAN TRAIN DOMINOES |
| 30)9-11 PICKLEBALL *10:30 CHAIR YOGA *11 Oldies but Goodies Guitar Melodies/Rinny | 31) 9-11 PICKLEBALL 9-2 Pool/Game Lounge *10am TAI CHI Intro/Jan *11am TAI CHI Adv/Jan | | *FUNDED BY BERKS COUNTY AREA ON AGING | |

**Berks Encore
Douglassville**

2144 Weavertown
Rd.
Douglassville, PA
19518

610-582-1603
M-F 8am-3pm

**March
2026**

**Dine-in or
to-go Lunches**

Monday-

Friday

Reserve 2 days in

advance.

\$2.50 Suggested

Donation