

# Berks Encore - Strausstown Center



Monday-Friday 8 am – 3 pm \* 44. E. Ave. Strausstown, PA \* 610-488-5770

Center Manager – Andrea Gebely – agebely@berksencore.org

## MARCH 2026 Activities/Programs

- EVERY DAY** 8 a.m. – 3 p.m. - Fitness Room @ the Center
- Every Monday:** 10 a.m. – Sit & Get Fit w/ Linda – FREE to anyone
- Every Tuesday:** 10:15 a.m. - Zumba Gold Toning – FREE\* to anyone 60+
- Every Wednesday:** 9:00 a.m. – Pickleball @ Strausstown Lion’s Park  
10:15 a.m. - Chair Zumba – FREE\* to anyone 60+
- Every Thursday:** 9:00 a.m. – Chair Yoga – FREE\* to anyone 60+
- Every Friday:** 9:00 a.m. – Pickleball @ Strausstown Lion’s Park  
10:15 a.m. - Zumba Gold Toning – FREE\* to anyone 60+

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### JOIN US FOR LUNCH. Mon.-Fri. 11:45 a.m. Menu Available

Reserve your meal, 2 working days in advance. \$2.50 donation suggested.

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- EVERY Monday @ 11 am:** Bingo & Lunch - \$4/person
- EVERY Tuesday @ 12:30 pm:** Pinochle – come join our card playing group!
- EVERY Wednesday @ 11:15 am:** Dominoes
- EVERY Wednesday @ 12:30 p.m.:** ‘Let’s Make Art’ Learn to Watercolor Painting Series
- Thursday March 5 @ 11 am:** Grocery Pokeno w/ Rita & Barry – please sign up!
- Tuesday March 10 @ 11:15 am:** Craft w/ Genesis HealthCare – please sign up!
- Tuesday March 10 @ 10 am – 1:30 pm:** Property Tax / Rent Rebate application assistance \*ask Andrea for an appt
- Thursday March 12 @ 10:30 am:** Craft w/ Peggy Allen – create a spring wreath- \$5/person
- Friday March 13 @ 12:30 pm:** Movie Matinee at the Strausstown Center – ‘Song Sung Blue’
- Tuesday March 17 @ 11:15 am:** Program & Refreshments w/ Ann Marie from Berks Heim – What You Need to Know about Choosing a Rehabilitation Provider
- Tuesday March 17 @ 9 am-12:30 pm:** Chair Massages \$10 for 15 minutes
- Thursday March 19 @ 11 am:** Educational Wildlife Program w/ Red Creek Wildlife & their wildlife ambassadors
- Friday March 20 @ Noon:** Lunch Bunch @ Plum Creek Creamery
- Wednesday March 25 @ 12:30 pm:** Candy Bingo w/ David
- Thursday March 26 @ 10:30 am:** Lunch & Learn w/ Berks History Center – Various Problems Encountered by the First Berks County Women Jurors
- Friday March 27 @ 11:45 am:** Lunch & a Show – Musical Entertainment w/ Miss Vyntage a classically-trained vocalist. Her show features all of your favorite songs to bring back family memories from the best of times.
- Monday March 30 @ 11 am:** JACKPOT BINGO - \$10 winner each game –\$4/person for lunch & bingo



← “Strausstown Center – Berks Encore”

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### Berks Encore Virtual Exercise Classes

- Tuesday @ 10 am – Virtual Tai Chi level I      Tuesday @ 11 am – Virtual Tai Chi level II
- Wednesday @ 10:15 am – Virtual Chair Zumba      Tuesday & Friday @ 10:15 a.m. - Zumba Gold Toning

These classes will be conducted virtually through Zoom. To register and find out more information, please contact Andrea Gebely at 610.488.5770 or [agebely@berksencore.org](mailto:agebely@berksencore.org)