



# Center Activities - APRIL

Monday - Thursday 7:00 AM - 2:30 PM

Friday 7:00 AM - 2:00 PM

Dana Ziegler, Dir. of Center Operations  
Brooke Ulle, Center Assistant

dziegler@berksencore.org  
bulle@berksencore.org

## MIFFLIN CENTER

30 Liberty Street  
Shillington, PA  
610-777-5577

Find activity schedules for all six centers @ [berksencore.org/center-activities](http://berksencore.org/center-activities)  
Join the Mifflin Center group on Facebook @ [facebook.com/Mifflincenterberksencore](https://facebook.com/Mifflincenterberksencore)

**\*\*All Classes & Activities are FREE unless noted\*\***

## FRIDAY, APRIL 3<sup>rd</sup> - CENTER CLOSED

### INTRODUCING

# THE GOLDEN FOCUS PROJECT: A PORTRAIT EXPERIENCE

Presented by Rachel Conrad, owner of Grey Girl Photography

“As the years pass, it becomes rare to have updated, professional photographs of ourselves.

This project ensures that stories, faces, and lives are remembered, honored and preserved.”

**APRIL 27<sup>TH</sup> & 28<sup>TH</sup> 8:00am-2:00pm MUST RESERVE TIME SLOT – VERY LIMITED**

**\$15 per person – 90-minute ultra-pampered experience – hair, makeup, attire – receive a 5x7 print**

Additional photo packages offered at a discount

More info is available on Facebook or at the center

**EVERY Monday**  
10:30 AM: Grocery Bingo - **\$3 fee**  
12:00 PM: Tai-Chi with Jan Gyomber\*  
12:00 PM: Card Club – Pinocle (2 hrs) **(No session 4/27)**  
12:15-12:50 PM: Back to Basics - Country Line Dancing for Beginners  
1:00-2:00 PM: Country Line Dancing - **\$1 donation**  
2:00-2:30 PM: Advanced Country Line Dancing

**EVERY Tuesday**  
9:00 AM: Healthy Steps in Motion **(Class Full – Next 8-wk cycle starts 5/26)**  
9:30 AM: Breakfast Club (Panera & Coffee)  
10:30 AM: Sit and Get Fit with Amy Schade\*  
11:00 AM: Chair Yoga with Amy Schade\*

**EVERY Wednesday**  
9:30 AM: Bagels & Brew (New York Bagelry-West Lawn & Coffee)  
9:30 AM: Pound Class – with Kathy Graul - **\$2 fee**  
10:30 AM: FABS (Flexibility Aerobics Balance Strength) with Amy Schade\*  
11:15-11:45 AM: The Circuits (Circuit Training) with Amy Schade - **\$2 fee**  
1:15-2:45 PM: DANCE PARTY with DJ Ted **(4/1 and 4/15 only)**

**EVERY Thursday**  
9:30 AM: Chit Chat & Coffee  
10:30 AM: Sit and Get Fit with Elizabeth Bentz\*  
11:00 AM: Chair YoChi with Elizabeth Bentz - **\$2 fee**  
11:30 AM: Crochet with May! **(sign up required)**  
12:00 PM: Dollar Bingo - **\$3 fee**  
12:30 PM: Coloring Club with Dayspring

**EVERY** 10:00 AM: Dynamic Stretch with Amy Schade - **\$2 fee**  
**Friday** 10:00 AM: Crafts with Donna (**sign up required**) (4/10 & 4/24 only)  
4/10 Butterfly Wind Chimes  
4/24 Dreamcatcher  
11:30 AM: ZUMBA Gold with Jen DeBlase\* (**No class 4/24**)

\*\*\*\*\*

**Additional Activities:**

Wednesday, 4/1 12:00 PM: Navigating the Realities of Aging- seminar by Comfort Keepers, Oasis, & Grane  
Tuesday, 4/7 11:30 AM: Celebrate April Birthdays! Cupcakes for all!  
11:30 AM: Resources for Choosing Rehabilitation Programs – seminar by Berks Heim  
Wednesday 4/8 12:30 PM: BoomBox Bingo!\* **\$2 fee (sign up required)**  
Monday, 4/13 4:30 PM: **FREE** Community Meal served by Grace Lutheran Church  
Tuesday, 4/14 12:30 PM: Bingo! with Niki & Yaz  
Wednesday, 4/15 10:30 AM: Clay on Main: Gel Painting Technique (**sign up required**)  
12:00 PM: Bingo! by Sense of Peace (**sign up required**)  
Tuesday, 4/21 12:30 PM: Candy Bingo! with David “The Candy Man” (**sign up required**)  
Wednesday 4/22 10:00 AM: Paint & Sip with PA Health & Wellness (**sign up required**)  
12:00 PM: Let’s Create! with Brooke – Spring Arrangement **\$5 fee (sign up required)**  
Monday, 4/27 8 AM-2:00 PM: The Golden Focus Project\* **\$15 fee (Reserved times – limited space)**  
Tuesday, 4/28 8 AM-2:00 PM: The Golden Focus Project\* **\$15 fee (Reserved times – limited space)**  
12:00 PM: Prize Bingo! by The Residence at Village Green (**sign up required**)  
Wednesday 4/29 12:00 PM: ApotheKerry presents Potpourri Sachets **\$5 fee (sign up required)**

\*\*\*\*\*

“Tech Time” Currently on hold. We are seeking volunteers from area colleges.

**AVAILABLE EVERYDAY:**

Cardio Equipment, Puzzles, Tabletop Shuffleboard, Adult Coloring, Lending Library,  
Playing Cards, Board Games and Computer/Internet Access.

\*\*\*\*\*

*\*Classes and programs marked with an (\*) are courtesy of funding from*



**GRAB-N-GO Lunches available**

or

**DINE IN WITH FRIENDS AT THE CENTER!**

Monday - Friday **11:30 AM-12:30 PM**

Menu Available

**\$2.50 donation suggested**

**Reserve your meal 2 working days in advance by 9:00 AM**

**COMING IN MAY/JUNE:**

**“BUGS & BLOOMS”**

Gardening Tips, Plant Sale, Award-Winning Caterpillar Documentary, Insect Expert,  
plus, all regular classes get a bug OR bloom makeover

Rummage Sale Raffle Baskets the return of SHUFFLEBOARD