

# Berks Encore-Wernersville Center

*Applauding life after 50!*

Wernersville State Hospital, 350 Sportsman Rd, Brenner Bldg #5, Wernersville, Pa 19565

**Center Manager: Melissa Ludwig 610-670-1372 / Mon.-Fri. 8:00-3:00**

## April 2026 Activities/Programs

**Every Mon:** 9:00 am: **Board Games** 9:30 am: **Bridge**  
\*10:00 am: **FREE Sit & Get Fit (\$1\*\*)** 12:00 pm: **Hausenpfeffer**

**Every Tues:** 9:15 am: **Yoga (\$5)** 6:00 pm: **Zumba Gold (\$6)**

**Every Wed:** 9:30 am: **Bridge** \*10:00 am: **FREE Sit & Get Fit (\$1\*\*)**  
12:00 pm: **Bingo**

**Every Thurs:** 9:30 am: **Duplicate Bridge** \*1:00 pm: **FREE Chair Yoga(\$5\*\*)**

**Every Fri:** 9:30 am: **Zumba Gold (\$5)** 12:00 pm: **Tai Chi (\$5)**

**No cost unless otherwise posted. \*\*Fee applies to participants age 50-59**

**\*Free classes are paid for by Berks County Area Agency on Aging**

**Free use of:** Pool Table, Shuffleboard, Exercise Bike and Treadmill.  
WiFi and Electronic Tablets

**Thursday, April 2 @ 12:30 pm:** Boombox Bingo

**Tuesday, April 7 @ 8:00 am:** Quilters club

**Wednesday, April 8 @ 11:45:** Ice Cream w/ AnnMarie, Berks Heim

**Friday, April 10 @ 10:00 am:** Charcuterie w/ PSU Extension; **\$5.00 due at signup w/ Melissa**

**Tuesday, April 21 @ 1:00 pm:** Grocery Bingo w/ Sheena

**Friday, April 24 @ 10:30 am:** Comfort Keepers, Oasis Sr. Advisors, Grane Hospice Care; Please sign up

**Tuesday, April 28 @ 10:30 am:** Drawing Class w/ Susan Wallace; \$5.00 due at signup w/ Melissa

**Thursdays @ 9:00am:** *Healthy Steps in Motion w/ Kathy Roberts; **Must Be Registered w/ Kathy Roberts @ (484)388-3196***

**Thursdays @ 10:30 am:** *Let's Get Started w/ Kathy Roberts; **Must be Registered w/ Kathy Roberts @ (484)388-3196***

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**\*Enjoy LUNCH!!\* Served Mon.-Fri. at 11:30 am. Menu available.  
Must sign up 2 weekdays in advance. (60 years or older, \$2.50 donation  
requested)**

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## **Berks Encore Virtual Exercise Classes**

*Virtual Classes are paid for by Berks County Area Agency on Aging*

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**Tuesday @ 10 am – Virtual Tai Chi I      &      Tuesday @ 11 am: - Virtual Tai Chi II**

Instructor: Jan Gyomber

Low impact exercise method involving slow movements and breath to improve balance and strengthen muscles.

**Tuesday @ 10:30 am – Virtual Zumba Toning**

Instructor: Victoria Milillo

**Wednesday @ 10:15 am– Virtual Chair Zumba**

Instructor: Victoria Milillo

Zumba Gold Chair classes are specifically designed for people with limited mobility, people with balance issues, and anyone who wants a great seated workout. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance!

**Friday @ 10:00 am – Virtual Zumba Toning**

Instructor: Victoria Milillo

Zumba Gold Chair classes are specifically designed for people with limited mobility, people with balance issues, and anyone who wants a great seated workout. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance!

These classes will be conducted virtually through Zoom. To register and find out more information, please contact Melissa Ludwig @ (610)670-1372 or [mludwig@berksencore.org](mailto:mludwig@berksencore.org)

Like us on Facebook at Wernersville Center - Berks Encore



