



Center Activities - MAY

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

Friday 7:00 AM - 2:00 PM

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MIFFLIN CENTER
30 Liberty Street
Shillington, PA
610-777-5577

Find activity schedules for all six centers @ berksencore.org/center-activities
Join the Mifflin Center group on Facebook @ facebook.com/Mifflincenterberksencore

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

MONDAY, MAY 25th - CENTER CLOSED

"BUGS & BLOOMS" WEEK

WED 5/27 - FRI 5/29

(Yes, we know it's not a full week. Stop counting and smell the roses!)

- Wednesday, 5/27
 - 12:00 PM: EDIBLE FLOWERS by Penn State Extension: Food, Family & Community Unit
 - 12:45 PM: RE-POTTING and SMALL CONTAINER GARDENING
by Penn State Extension: Master Gardener Program
 - 1:30 PM: LADYBUG CUPCAKES Baking & Decorating with Brooke
Decorators will take one home and decorate others to be served the next day at...
- Thursday, 5/28
 - 12:00 PM: THE EXTRAORDINARY CATERPILLAR award-winning documentary
- Friday, 5/29
 - 12:30 PM: "GO SUCK A ROSE!" Rose Petal Jelly by Dana
 - 1:00 PM: "STOMP! SQUISH! REPEAT!" Lantern Flies by Penn State Master Gardener
(sign up required for each activity)

Also, our first PLANT SALE

Indoor & Outdoor varieties – all started and grown by your fellow Mifflin friends
Wednesday 5/27 – Friday 5/29 10:00 AM – 1:00 PM, while supplies last

Plus, regular Wed-Fri classes "will bloom or get a lil' buggy!"
(Uh-oh! What are those two planning?!)

- 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)
 - 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 (No class 5/20)**
 - 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 (**5/6 and 5/20 only**)

EVERY	9:30 AM:	Chit Chat & Coffee
Thursday	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) (No class 5/28)
	12:00 PM:	Dollar Bingo - \$3 fee (No bingo 5/28)
	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) (5/8 & 5/22 only)
	11:30 AM:	ZUMBA Gold with Jen DeBlase* (No class 5/1)
	12:30 PM:	SHUFFLEBOARD is BACK! Try it. You'll like-LOVE it! (5/8, 5/15, 5/22)

Additional Activities:

Tuesday, 5/5	11:30 AM:	Celebrate May Birthdays! Cake for all!
Wednesday, 5/6	9:30 AM:	*NEW* Penn State Health – Nutrition Education Topics: “Eat the Rainbow”, budget-friendly choices: fresh or frozen, and Simple Smoothies (sign up required)
Monday, 5/11	4:30 PM:	FREE Community Meal served by Grace Lutheran Church (Donations accepted)
Tuesday, 5/12	12:30 PM:	Bingo! with Niki & Yaz
Wednesday 5/13	12:00 PM:	BoomBox Bingo!* \$2 fee (sign up required)(NOTE TIME CHANGE – May only)
	1:00 PM:	National Diabetes Prevention Program – Information Session w/ Kate Sweinhart Meet ‘n’ Greet for those registered and those who aren’t and want to learn more! To register, call 610-582-1603 (sign up required)
Wednesday, 5/20	10:30 AM:	Clay on Main: Impressionism in Pastels (sign up required)
	12:00 PM:	Bingo! by Sense of Peace (sign up required)
Tuesday, 5/26	12:00 PM:	Prize Bingo by The Residence at Village Greens (sign up required)
Wednesday 5/27	10:00 AM:	Let’s Create with PA Health & Wellness (sign up required)

“Tech Time” Currently 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!

Please note: Mifflin does not break for lunch. We keep things movin’!
However, you can have lunch anytime, **Monday-Friday 11:00AM-1:00PM**
Menu Available

\$2.50 donation suggested

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