

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

MAY 2026 Activities/Programs

The Center will be CLOSED Monday May 25 in observance of Memorial Day

- 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
1:15 p.m. – Pilates Mat Sculpt – FREE to anyone 60+
- 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+

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

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

- 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
- Wednesdays from 9-11 am:** Matter of Balance Evidence based class - *class is full*
- Tuesday May 5 @ 11:15 a.m.:** AnnMarie from Berks Heim – Choosing the right Rehab Facility
- Wednesday May 6 @ 12:30 pm:** “Day at the Races” with David the Candyman
- Thursday May 7 @ 11 am:** Grocery Pokeno w/ Rita & Barry – FREE but please sign up
- Tuesday May 12 @ 11:15 am:** Craft w/ Genesis HealthCare – please sign up!
- Thursday May 14 @ 10:30 am:** Craft w/ Peggy Allen – Stencil Butterflies - \$5/person must sign up/lottery in effect
- Monday May 18 @ 11 am:** JACKPOT BINGO - \$10 winner each game –\$4/person for lunch & bingo
- Thursday May 21 @ Noon:** 3rd Annual High Tea – where your fanciest hat and join friends for a lovely afternoon - \$3/person must sign up
- Tuesday May 26 @ 9:30 am:** Nutrition Education w/ Penn State Health Clinical Dietitian Angelina Sickora – Smoothie Recipe, Demonstration, and Tasting and ‘Eating the Rainbow’
- Wednesday May 27 @ 12:30 pm:** Candy Bingo w/ David
- Thursday May 28 @ 12:30 pm:** Movie Matinee at the Center – ‘Remarkably Bright Creatures’
- Friday May 29 @ Noon:** Lunch Bunch @ C&C Pizza in Strausstown



← “Strausstown Center – Berks Encore”

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