

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

May 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

Friday, May 1 @ 12:30 pm: Grocery bingo w/ Brittany, Sense of Peace

Tuesday, May 5 @ 8:00 am: Quilters club

Thursday, May 7 @ 12:30 pm: Boombox Bingo

Friday, May 8 @ 10:30 am: Aromatherapy with Sarah; **\$5.00 due at signup w/ Melissa**

Tuesday, May 12 @ 12:30 pm: Aspire Hospice w/ Greta

Friday, May 15 @ 9:30 am & 11:00 am: Wernersville State Hospital Museum Tour; Must be Registered

Tuesday, May 19th @ 12:30: Larry DiSilvi(The Duprees) concert; **Free, must be signed up by May 14th**; Lunch will be served @ 11:30

Wednesdays @ 1:00 pm: Pound w/ Kathy Roberts; **Must Be registered w/ Kathy Roberts @ (484)388-3196**

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**

***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)

Berks Encore Virtual Exercise Classes

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

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

Like us on Facebook at Wernersville Center - Berks Encore

