

Center Activities - JULY

* **NEW HOURS*** Monday - Friday 8:00am - 3:00pm

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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****

FRIDAY, JULY 3RD - CENTER CLOSED

So, what's new? Well...GET READY...here we go!

NEW center hours! NEW start times for some of your favorites!
NEW Lunch Bunch, dine-in with friends, Mon-Fri 11:45am-12:30pm!
NEW meal provider, Helping Harvest!
NEW exercise classes and social programs!

SAME commitment to make EVERY visit fun and fulfilling!

EVERY Monday

10:30 am:	Grocery Bingo - \$3 fee
12:30 pm:	Tai-Chi with Jan Gyomber*
12:30 pm:	Card Club – Pinocle (2 hrs)
12:30-1:15 pm:	Back to Basics - Country Line Dancing for Beginners
1:30-2:30 pm:	Country Line Dancing - \$1 donation
2:30-3:00 pm:	Advanced Country Line Dancing

EVERY Tuesday

9:00 am:	Healthy Steps in Motion with Kate Sweinhart*
	(8-wk cycle starts 7/7 – Registration required)
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

9:00 am:	Bagels & Brew (New York Bagelry-West Lawn & Coffee)
9:30 am:	Pound Class – with Kathy Gaul - \$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
12:30-1:30 pm:	NEW The Grooove Line with Michele Schartel \$1 fee
	Fun line dances and freestyle favorites – Motown, Soul, Funk, Disco, and Pop. See you out on the dance floor!
1:00 pm:	NEW Diabetes Prevention Program with Kate Sweinhart*
	(To register, call 610-582-1603)
1:30-3:00 pm:	DANCE PARTY with DJ Ted (7/1 & 7/15)

EVERY Thursday 8:30-9:30 am: **NEW** Small Group Training - using our exercise equipment
Set goals! Track your progress! All at your pace w/ no pressure.
15 min to 30 min sessions monitored by Michele Pearson

9:30 am: Chit Chat & Coffee

10:30 am: Sit and Get Fit with Elizabeth Bentz* **(No class 7/30)**

11:00 am: Chair YoChi with Elizabeth Bentz - **\$2 fee (No class 7/30)**

12:30 pm: Crochet with May! **(sign up required)**

EVERY Friday 10:00 am: Dynamic Stretch with Amy Schade - **\$2 fee (No class 7/3)**

10:00 am: Crafts with Donna **(sign up required)(7/10 & 7/24)**

12:30 pm: ZUMBA Gold with Jen DeBlase* **(No class 7/3)**

1:30 pm: **NEW** Seated Tap Dancing with Michele Schartel **\$5 fee – First class 7/24**
Registration cut-off 7/6

1:30 pm: SHUFFLEBOARD - Try it. **(No session 7/3)**

Additional Activities:

Tuesday, 7/7 12:15 pm: Celebrate July Birthdays! Cake for all at the end of lunch service.

12:30 pm: Bingo! with Niki & Yaz

Monday, 7/13 4:30 pm: **FREE** Community Meal served by Grace Lutheran Church (Donations accepted)

Wednesday 7/8 12:30 pm: BoomBox Bingo! **\$2 fee (sign up required)**

Wednesday, 7/15 12:30 pm: Bingo! by Sense of Peace **(sign up required)**

Thursday, 7/16 7:00 pm: **SPECIAL** – Summer Drum Circle led by Michael Clipman
presented by Grace Lutheran Church **(sign up required)**

Tuesday, 7/21 12:30 pm: Candy Bingo! with “Candy Man” David **(sign up required)**

Wednesday 7/22 10:00 am: Let's Create with PA Health & Wellness **(sign up required)**

Tuesday, 7/28 12:30 pm: Prize Bingo by The Residence at Village Greens **(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, Complimentary Greeting Cards, and Computer/Internet Access.

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



JOIN THE LUNCH BUNCH

DINE-IN WITH FRIENDS AT THE CENTER

Monday-Friday 11:45 am-12:30 pm

Menu Available

\$2.50 suggested donation

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