

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3) 9-11 PICKLEBALL 9-2 Pool/Game Lounge 9-2 Fitness Room *10:30 CHAIR YOGA/Patti *11:15 POUND II / Kathy Graul	4) 9-11 PICKLEBALL 9-2 Pool/Game Lounge 9-2 Fitness Room *10am TAI CHI INTRO/Jan *11am TAI CHI ADV/Jan *11:30 CHAIR YOGAII/Patti	5)9-11 PICKLEBALL 9-2 Pool/Game Room 9-2Fitness Room *10:30 SIT & GET FIT 11am BINGO with Pottstown Nursing & Rehab	6)9-11 PICKLEBALL 9-2 Pool/Game Lounge 9-2 Fitness Room *10:30 POUND with Kathy Graul 10:30 Mexican Train Dominoes 9am HEALTHY STEPS IN MOTION/Kate	7) 9-11 PICKLEBALL 9-2 Pool/Game Room 9-2 Fitness Room *10:15 LINE DANCING/ Jean & Linda 10:30 MEXICAN TRAIN DOMINOES 12pm Piano with Aaron
10) 9-11 PICKLEBALL 9-2 Pool/Game Lounge 9-2 Fitness Room *10:30 CHAIR YOGA/Patti 11am BINGO with A Sense of Peace Home Care *11:15 POUND II/ Kathy Patti	11) 9-11 PICKLEBALL 9-2 Pool/Game Lounge 9-2 Fitness Room *10am TAI CHI Intro/Jan *11am TAI CHI Adv/Jan *11:30 CHAIR YOGA II/ Patti	12) 9-11 PICKLEBALL 9-2 Pool/Game Lounge 9-2 Fitness Room *10:30 SIT & GET FIT/Patti 11am BINGO with David 1pm BOOK CLUB	13) 9-11 PICKLEBALL 9-2 Pool/Game Lounge 9-2 Fitness Room *10:30 POUND with Kathy Graul *11am FAMILY FEUD/ TGB Entertainment/Rich 9am Healthy Steps in Motion/Kate	14) 9-11 PICKLEBALL 9-2 Pool/Game Lounge 9-2 Fitness Room 11am BINGO with All American Home Care
17)9-11 PICKLEBALL 9-2 Pool/Game Lounge 9-2 Fitness Room *10:30 CHAIR YOGA/ Patti *11:15 POUND II/Kathy Graul	18) 9-11 PICKLEBALL 9-2 Pool/Game Lounge 9-2 Fitness Room *10am TAI CHI Intro/Jan *11am TAI CHI Adv/Jan *11:30 CHAIR YOGA II/ Patti	19) 9-11 PICKLEBALL 9-2 Pool/Game Lounge 9-2 Fitness Room *10:30 SIT & GET FIT/Patti *11am REJUVENATE with Kaleidoscope Angels	20) 9-11 PICKLEBALL 9-2 Pool/Game Lounge 9-2 Fitness Room *10:30 POUND/Kathy 10:30 MEXICAN TRAIN DOMINOES 9am Healthy Steps in Motion /Kate	21) 9-11 PICKLEBALL 9-2 Pool/Game Lounge 9-2 Fitness Room 10:30 MEXICAN TRAIN DOMINOES 12pm Piano with Aaron
24) 9-11 PICKLEBALL 9-2 Pool/Game Lounge 9-2 Fitness Room *10:30 CHAIR YOGA *11am CRAFT/Beth *11:15 POUND II/Kathy Graul	25)9-11 PICKLEBALL 9-2 Pool/Game Room 9-2 Fitness Room *10am TAI CHI Intro/Jan *11am TAI CHI Adv/Jan *11:30 CHAIR YOGA II/ Patti	26) 9-11 PICKLEBALL 9-2 Pool/Game Lounge 9-2 Fitness Room *10:30 SIT & GET FIT/Patti *11am BOOMBOX BINGO/ TGB Entertainment/Rich	27) 9-11 PICKLEBALL 9-2 Pool/Game Lounge 9-2 Fitness Room *10:30 POUND/KathyGraul 10:30MEXICAN TRAIN DOMINOES 9am Healthy Steps in Motion/ Kate	28) 9-11 PICKLEBALL 9-2 Fitness Room *10:15 LINE DANCING w/Jean & Linda 10:30 MEXICAN TRAIN DOMINOES 12pm Piano with Aaron
31)8:15-10:45 PICKLEBALL 9-2 Pool/Game Lounge *10:30 CHAIR YOGA/ Patti *11:15 POUND II/Kathy	*FUNDING PROVIDED BY BERKS COUNTY AREA AGENCY ON AGING			

**Berks Encore
Douglassville**

2144 Weavertown
Rd.
Douglassville, PA
19518

610-582-1603
M-F 8am-3pm

AUGUST

2026

**Dine-in or
to-go Lunches**

**Monday—
Friday**

Reserve 2 days in
advance.

\$2.50 Suggested
Donation