

Center Activities - AUGUST

*** 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****

EVERY	10:30 am:	Grocery Bingo - \$3 fee
Monday	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 with Linda Fry - \$1 donation
	2:30-3:00 pm:	Advanced Country Line Dancing

EVERY	9:00 am:	Healthy Steps in Motion with Kate Sweinhart*
Tuesday		(8-wk cycle starts 9/1 – 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*
NEW DAY	1:30 pm:	SHUFFLEBOARD! (Floor and Tabletop)

EVERY	9:00 am:	Bagels & Brew (New York Bagelry-West Lawn & Coffee)
Wednesday	9:30 am:	Pound Class with Kathy Gaul - \$2 fee
	10:30 am:	FABS (Flexibility Aerobics Balance Strength) with Kathy Gaul*
	11:15-11:45 am:	The Circuits (Circuit Training) with Kathy Gaul - \$2 fee
	12:30-1:30 pm:	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:	Diabetes Prevention Program with Kate Sweinhart* (No class 8/12)
		(Class is a year-long commitment. Class at this location is full.)
		(For information, call 610-582-1603)
	1:30-3:00 pm:	DANCE PARTY with DJ Ted (8/5 & 8/19)

EVERY	8:30-9:30 am:	Small Group Training - using our exercise equipment
Thursday		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*
	11:00 am:	Chair YoChi with Elizabeth Bentz - \$2 fee
	12:30 pm:	Crochet with May! (sign up required)

EVERY	10:00 am:	Dynamic Stretch with Helen Heath - \$2 fee
Friday	12:30 pm:	ZUMBA Gold -with Jen DeBlase* (8/7 & 8/28)
		with Kathy Gaul (8/14 & 8/21)
	1:30 pm:	Seated Tap Dancing with Michele Schartel - \$5 fee

Additional Activities:

Tuesday, 8/4	12:15 pm:	Celebrate August Birthdays with Berks Heim.
	12:30 pm:	Bingo! by Sense of Peace (sign up required)
Monday, 8/10	4:30 pm:	FREE Community Meal served by Grace Lutheran Church (donations appreciated)
Tuesday, 8/11	12:30 pm:	Bingo! with Niki & Yaz (sign up required)
Wednesday 8/12	12:30 pm:	BoomBox Bingo! \$2 fee (sign up required)
Tuesday, 8/18	12:30 pm:	Candy Bingo! with “Candy Man” David (sign up required)
Tuesday, 8/25	9:30 am:	“Healthy Hydration” Nutrition Education with Penn State Health Tips and samples to promote good hydration (sign up required)
	12:30 pm:	Prize Bingo by The Residence at Village Greens (sign up required)
Wednesday 8/26	10:00 am:	Let’s Create with PA Health & Wellness (sign up required)
Thursday, 8/27	12:30 pm:	*SPECIAL* ENVIROSCAPE presented by Berks Nature A fun, hands-on experience with the Enviroscape mini model! Small groups will get their own landscape to explore and “pollute” using everyday food items. As the activity unfolds, you’ll see how pollution travels through a watershed and impacts water quality. This interactive lesson turns learning into a shared, memorable experience—perfect for adults who enjoy rolling up their sleeves, collaborating, and discovering something new together. (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