

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

August 2026 Activities/Programs

Every Mon: 9:00 am: **Board Games**

*10:00 am: **FREE Sit & Get Fit (\$1**)**

9:30 am: **Bridge**, Resumes after Labor Day

12:00 pm: **Hausenpfeffer**

Every Tues: 9:15 am: **Yoga (\$5)**

6:00 pm: **Zumba Gold (\$6)**, Resumes after Labor Day

Every Wed: 9:30 am: **Bridge**

12:00 pm: **Bingo**

*10:00 am: **FREE Sit & Get Fit (\$1**)**

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

Tuesday, August 4 @ 8:00 am: Quilters club

Thursday, August 6 @ 12:30 pm: Boombox Bingo

Friday, August 7 @ 12:30 pm: Grocery bingo with Alexis, Sense of Peace

Wednesday, August 12 @ 11:45: Ice Cream with Ann-Marie, Berks Heim

Tuesday, August 18 @ 1:00 pm: Grocery bingo with Sheena, Genesis HealthCare

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 12:00 pm. 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

