

# Center Activities - SEPTEMBER

**\* 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](http://berksencore.org/center-activities)  
Join the Mifflin Center group on Facebook @ [facebook.com/Mifflincenterberksencore](https://facebook.com/Mifflincenterberksencore)

**\*\*All Classes & Activities are FREE unless noted\*\***

## **\*\* MONDAY, 9/7 – CENTER CLOSED \*\***

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**EVERY** 10:30 am: Grocery Bingo - **\$3 fee**  
**Monday** 12:30 pm: Tai-Chi with Jan Gyomber\*  
12:30 pm: Card Club – Pinochle (2 hrs)  
12:30-1:05 pm: Back to Basics - Country Line Dancing for Beginners  
1:15-2:15 pm: Country Line Dancing with Linda Fry - **\$1 donation**  
2:15-3:00 pm: Advanced Country Line Dancing  
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**EVERY NEW 8:30-10:00 am:** **Small Group Strength Training** - using our exercise equipment  
**Tuesday** Set goals! Track your progress! All at your pace w/ no pressure.  
15 min to 30 min sessions monitored by Michele Pearson  
9:00 am: Healthy Steps in Motion with Kate Sweinhart\*  
(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\*  
1:30 pm: Shuffleboard! (Floor and Tabletop)  
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**EVERY** 9:00 am: Bagels & Brew (New York Bagelry-West Lawn & Coffee)  
**Wednesday** 9:30 am: Pound Class with Kathy Gaul - **\$2 fee (No Pound on 9/9)**  
**\*SPECIAL\*** Zumba Gold w/ Jen DeBlase – **Demo Class (9/9 only)**  
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: 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\*  
(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 (9/2 & 9/16)  
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**EVERY** 8:00-9:30 am: Small Group Training - using our exercise equipment (**No session 9/24**)  
**Thursday** Set goals! Track your progress! All at your pace w/ no pressure.  
15 min to 30 min sessions monitored by Michele Pearson  
**\*NEW 10:00 am:** **“Pick-a-Craft” & Chit Chat w/ Donna**  
No set craft, wide selection of craft projects and YOU pick  
This class will continue every week while pick-a-craft supplies last  
10:30 am: Sit and Get Fit with Elizabeth Bentz\*  
with Darcy McLean\* (9/17 only)  
11:00 am: Chair YoChi with Elizabeth Bentz - **\$2 fee**  
**\*SPECIAL\*** Chair Yoga w/ Darcy McLean **Demo Class (9/17 only)**  
12:30 pm: Crochet with May! (sign up required)

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|---------------|-----------------------------|-----------------------------------------------------------------------|
| <b>EVERY</b>  | 9:30-10:30 am:              | Crafts w/ Donna – Metal Bird <b>(9/18 only)(sign up required)</b>     |
| <b>Friday</b> | <b>NEW TIME</b> 10:30 am:   | Dynamic Stretch with Amy Schade - <b>\$2 fee</b>                      |
|               | <b>NEW 11:00 -11:45 am:</b> | <b>Kings in the Corner play cards w/ Sue while you wait for lunch</b> |
|               | 12:30 pm:                   | ZUMBA Gold -with Jen DeBlase*                                         |
|               | 1:30 pm:                    | Seated Tap Dancing with Michele Schartel - <b>\$5 fee</b>             |

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**Additional Activities:**

|                 |           |                                                                                                                                                                                                                                                                                                                           |
|-----------------|-----------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Tuesday, 9/1    | 12:15 pm: | Celebrate September Birthdays during lunch – Ice Cream Sundaes.                                                                                                                                                                                                                                                           |
|                 | 12:30 pm: | Bingo! by Sense of Peace <b>(sign up required)</b>                                                                                                                                                                                                                                                                        |
| Tuesday, 9/8    | 12:30 pm: | Bingo! with Niki and Yaz <b>(sign up required)</b>                                                                                                                                                                                                                                                                        |
| Wednesday 9/9   | 12:30 pm: | BoomBox Bingo! <b>\$2 fee (sign up required)</b>                                                                                                                                                                                                                                                                          |
| Thursday, 9/10  | 11:30 am: | <b>Fighting Fraud: Strategies for Scam Prevention</b><br>In-depth information on how scammers and fraudsters are trying many new and unexpected ways to take your money (and identity) and RUN!<br>Presenters include representatives from Fleetwood Bank and Berks County Area Agency on Aging <b>(sign up required)</b> |
| Friday, 9/11    | 10:00 am: | Berks Encore Ambassadors' Meeting                                                                                                                                                                                                                                                                                         |
| Monday, 9/14    | 4:30 pm:  | <b>FREE</b> Community Meal served by Grace Lutheran Church (donations appreciated)                                                                                                                                                                                                                                        |
| Tuesday, 9/15   | 12:30 pm: | Candy Bingo! with "Candy Man" David <b>(sign up required)</b>                                                                                                                                                                                                                                                             |
| Wednesday, 9/16 | 12:00 pm: | Lunch 'n' Learn: Seniors' Future Planning presented by Oasis and their partners                                                                                                                                                                                                                                           |
| Tuesday, 9/22   | 12:30 pm: | Prize Bingo by The Residence at Village Greens <b>(sign up required)</b>                                                                                                                                                                                                                                                  |
| Wednesday 9/23  | 10:00 am: | Let's Create with PA Health & Wellness <b>(sign up required)</b>                                                                                                                                                                                                                                                          |

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**LOOK! THERE...RUNNING THIS WAY! TECH TUTORS TO THE RESCUE!**



**VOLUNTEERS COMING TO RESOLVE TECH QUESTIONS AS PART OF  
UNITED DAY OF CARING – SEPT 16<sup>TH</sup>**

9:00 am – 1:00 pm 15- OR 30-MINUTE SCHEDULED APPOINTMENTS  
**RESERVE YOUR TIME TODAY – SIGN UP AT THE CENTER OR CALL US**

**AVAILABLE EVERYDAY:**

Cardio Equipment, Puzzles, Tabletop Shuffleboard, Adult Coloring, Lending Library,  
Playing Cards, Board Games, Complimentary Greeting Cards, and Computer/Internet Access.

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

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**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**

Starting this month...Lunch Bunch events including seminars, games, conversation starters, center select movies and more!

Schedule for lunch activities available in the Mifflin office