

Berks Encore - Strausstown Center

Monday-Friday 8 am – 3 pm * 44. E. Ave. Strausstown, PA * 610-488-5770

Center Manager – Andrea Gebely – agebely@berksencore.org



SEPTEMBER 2026 Activities/Programs

The Center will be closed Monday September 7 in observance of Labor Day

EVERY DAY 8 a.m. – 3 p.m. - Fitness Room @ the Center
Every Monday: 10 a.m. – Sit & Get Fit w/ Linda – FREE to anyone
1:15 p.m. – Pilates Mat Sculpt – FREE to anyone 60+
Every Tuesday: 10:15 a.m. - Zumba Gold Toning – FREE* to anyone 60+
Every Wednesday: 9:00 a.m. – Pickleball @ Strausstown Lion's Park
10:15 a.m. - Chair Zumba – FREE* to anyone 60+
Every Thursday: 9:00 a.m. – Chair Yoga – FREE* to anyone 60+
Every Friday: 9:00 a.m. – Pickleball @ Strausstown Lion's Park
10:15 a.m. - Zumba Gold Toning – FREE* to anyone 60+

***** JOIN US FOR LUNCH. Mon.-Fri. 11:45 a.m. Menu Available

Reserve your meal, 2 working days in advance. \$2.50 donation suggested.

EVERY Monday @ 11 am: Bingo & Lunch - \$4/person
EVERY Tuesday @ 12:30 pm: Pinochle – come join our card playing group!
EVERY Wednesday @ 11:15 am: Dominoes
EVERY Wednesday @ 12:00 p.m.: 'Let's Make Art' Learn to Watercolor Painting Series
Tuesday September 1 @ 11:15 am: Trivia w/ AnnMarie from Berks Heim
Wednesday September 2 @ 9:30 am: All about Hydration - Nutrition Education w/ Penn State Health
Thursday September 3 @ 11:15 am: Kinusaiga Workshop - \$5/person, must sign up
Tuesday September 8 @ 11:15 am: Craft w/ Genesis HealthCare – please sign up!
Thursday September 10 @ 10:30 am: Craft w/ Peggy Allen – Harvest Wreath - \$10/person – must sign up/lottery
Tuesday September 15 @ Noon: Pizza Party – FREE but must sign up
Thursday September 17 @ 11 am: Grocery Pokeno w/ Rita & Barry
Wednesday September 23 @ 12:30 pm: Candy Bingo w/ David
Thursday September 24 @ 12:30 pm: Movie Matinee at the Center – 'A Walk in the Woods'
Friday September 25 @ Noon: Lunch Bunch @ Rosa's in Bernville
Monday September 28 @ 11 am: JACKPOT BINGO - \$10 winner each game –\$4/person for lunch & bingo



← "Strausstown Center – Berks Encore"

***** Berks Encore Virtual Exercise Classes

Tuesday @ 10 am – Virtual Tai Chi level I Tuesday @ 11 am – Virtual Tai Chi level II
Wednesday @ 10:15 am – Virtual Chair Zumba Tuesday & Friday @ 10:15 a.m. - Zumba Gold Toning

These classes will be conducted virtually through Zoom. To register and find out more information, please contact Andrea Gebely at 610.488.5770 or agebely@berksencore.org