

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

September 2026 Activities/Programs

Every Mon: 9:00 am: **Board Games** 9:30 am: **Bridge**
! *10:00 am: **FREE Movement is Medicine (\$1**)** 12:00 pm: **Hausenpfeffer**

Every Tues: 9:15 am: **Yoga (\$5)** 6:00 pm: **Zumba Gold (\$6)**

Every Wed: 9:30 am: **Bridge** ! *10:00 am: **FREE Movement is Medicine (\$1**)**
12:00 pm: **Bingo**

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**

! Formerly known as Sit and Get Fit !

Free use of: Pool Table, Shuffleboard, Exercise Bike and Treadmill.
WiFi and Electronic Tablets

Tuesday, September 1 @ 8:00 am: Quilters club

Tuesday, September 1 @ 9:30 am: St. Joe's Nutrition Program: Hydration

Thursday, September 3 @ 12:30 pm: Boombox Bingo

Friday, September 4 @ 12:30 pm: Grocery bingo with Alexis, Sense of Peace

Monday, September 7: CLOSED Labor Day

Tuesday, September 15 @ 1:00 pm: Grocery Bingo w/ Sheena, Genesis

Tuesday, September 22 @ 10:30 am: Craft w/ Cayla, The Rustic Rose; \$5.00 prepay due at sign-up w/ Melissa

Tuesday, September 29 @ 12:30 pm: Bingo w/ Christine MedMinder

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. @ 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

