

Center Activities - OCTOBER

Monday - Friday 8:00am - 3:00pm

Dana Ziegler, Dir. of Center Operations

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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	NEW DAY	10:30 am:	Dynamic Stretch w/ Amy Schade - \$2 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

EVERY		9:30-11:00 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*
			(Class at this location is full and closed to new participants)
		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) (10/6 & 10/20 ONLY)

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 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 (10/7 & 10/21)

EVERY		8:30-10:00 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
		10:30 am:	Sit and Get Fit with Elizabeth Bentz*
			with Amy Schade* (10/1 only)
		11:00 am:	Chair YoChi with Elizabeth Bentz - \$2 fee
			Chair Yoga w/ Amy Schade Demo Class (10/8 only)
		12:30 pm:	Crochet with May! (sign up required)

EVERY	NEW DAY	10:00 am:	Grocery Bingo - \$3 fee + \$1 to play 50/50 round (optional)
Friday		11:00 -11:45 am:	Card Club: Kings in the Corner (No card club 10/9)
		12:30 pm:	ZUMBA Gold -with Jen DeBlase*
		1:30 pm:	Seated Tap Dancing with Michele Schartel - \$5 fee

ADDITIONAL ACTIVITIES:

Tuesday, 10/6	12:00 pm:	Celebrate October Birthdays – Ice Cream Sundaes & Trivia presented by Berks Heim
	12:30 pm:	Bingo! by Sense of Peace (sign up required)
FRIDAY, 10/9	11:00 am:	CHANGES TO MEDICARE PRESENTATION with Rosa Velez Director, PA MEDI Stick around for lunch! Call the center - make a lunch reservation! New to the center? Sign up that day to receive lunch. Brief tour and review of what we offer provided. LAST DAY TO ORDER LUNCH: TUE 10/7
Monday, 10/12	4:30 pm:	FREE Community Meal served by Grace Lutheran Church (donations appreciated)
Wednesday 10/14	12:30 pm:	BoomBox Bingo! \$2 fee (sign up required)
Friday, 10/16	9:30 am:	Crafts w/ Fran! "Mophead the Friendly Ghost" (sign up required)
Tuesday, 10/20	12:30 pm:	Candy Bingo! with "Candy Man" David (sign up required)
Tuesday, 10/27	12:30 pm:	Prize Bingo by The Residence at Village Greens (sign up required)
Wednesday 10/28	10:00 am:	Let's Create with PA Health & Wellness (sign up required)
FRIDAY, 10/30	8:30-10:00am:	*SPECIAL* CRAFT SESSION – ORNAMENTS for the STATE HOUSE We are creating ornaments for the Christmas trees in Harrisburg! Two types of ornaments. Each participant will make one ornament. Participants will <u>NOT</u> be making one to take home.

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

On select days, enjoy Lunch Bunch events including seminars, games, conversation starters, center select movies and more!
Schedule for lunch activities available in the Mifflin office

PLEASE NOTE

TUESDAY, OCTOBER 13th

Center will close at **NOON**, to allow the staff to attend the
Volunteer Appreciation Event

EARLY LUNCH SERVICE 11:00am-11:45am

GRAB & GO ONLY, NO DINE-IN