BERKS ENCORE - MIFFLIN

Monday – Friday 8:00 AM to 3:00 PM
30 Liberty Street, Shillington, PA 19607 Phone: 610-777-5577

Director of Center Operations: Dana Ziegler, DZiegler@BerksEncore.org
Center Assistant: Donna Pannebecker, DPannebecker@BerksEncore.org

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NOVEMBER 2026 Activities & Programs

CENTER CLOSED - Thursday, 11/26 & Friday, 11/27

JOIN US FOR LUNCH: Monday – Friday 11:45 AM to 12:30 PM
or sign up for a **GRAB-N-GO LUNCH** and take it with you
Monthly menus are available at the center. Reserve your meal 2 weekdays in advance. **$2.50 suggested donation.**

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

Classes & programs marked with an (*) are courtesy of funding from Berks County Area Agency on Aging
****No cost unless otherwise posted****

EVERY Monday **********

10:30 AM:	Dynamic Stretch with Amy Schade **($2 fee)**
12:30 PM:	Tai Chi with Jan Gyomber*
12:30 PM:	Card Club – Pinochle (2 hours)
12:30 PM – 1:05 PM:	Back to Basics – Country Line Dancing for Beginners
1:15 PM – 2:15 PM:	Country Line Dancing with Linda Fry **($1 donation)**
2:15 PM – 3:00 PM:	Advanced Country Line Dancing

EVERY Tuesday **********

9:30 AM – 11:00 AM:	Small Group Strength Training with Michele Pearson
9:00 AM:	Healthy Steps in Motion with Kate Sweinhart* (Class is full and closed to new participants)
9:30 AM:	Breakfast Club (Panera and 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)

EVERY Wednesday **********

9:00 AM	Bagels & Brew (New York Bagelry – West Lawn & coffee)
9:30 AM:	POUND Class with Kathy Graul **($2 fee)**
10:30 AM:	FABS (Flexibility Aerobics Balance Strength) with Amy Schade*
11:15 AM – 11:45 AM:	The Circuits (Circuit Training) with Amy Schade **($2 fee)**
12:30 PM:	The Grooove Line with Michele Schartel **($1 fee)**
1:00 PM:	Diabetes Prevention Program with Kate Sweinhart* **(Class is full)(11/4 & 11/18 only)**
1:30 PM – 3:00 PM:	DANCE PARTY with DJ Ted **(11/4 & 11/18 only)**

EVERY Thursday **********

8:30 AM – 10:00 AM:	Small Group Training with Michele Pearson
10:30 AM:	Sit and Get Fit with Elizabeth Bentz*
11:00 AM:	Chair YoChi with Elizabeth Bentz **($2 fee)**
12:30 PM:	Crochet with May!

EVERY Friday **********

10:00 AM:	Grocery Bingo **($3 fee + $1 to play optional 50/50 round)(No Bingo 11/13)**
11:00 AM – 11:45 AM:	Card Club: Kings in the Corner **(No cards 11/13)**
12:30 PM:	ZUMBA Gold with Jen DeBlase*
1:30 PM:	Seated Tap Dancing with Michele Schartel **(11/13 class moved to Wed. 11/11)**
	(Taps available and slip-on over sneakers - $5 fee // If you have tap shoes - $2 fee)

ADDITIONAL Activities **********

Tuesday, 11/3	12:00 PM:	Celebrate November Birthdays – Cake after lunch service
	12:30 PM:	Bingo! by Oak Street Health (sign up required)
Monday, 11/9	4:30 PM:	**FREE** Community Meal served by Grace Lutheran Church (donations appreciated)
Tuesday, 11/10	12:30 PM:	Bingo! with Niki and Yaz
Wednesday, 11/11	12:30 PM:	BoomBox Bingo! **($2 fee)** (sign up required)
Friday, 11/13	***SPECIAL EVENT***	**DON'T FALL THIS FALL…OR AT ALL!**
		Games, Seminars, Screenings, Lunch, Zumba and a Slipper Giveaway all focused on keeping you on your feet!
		presented by The Berks Falls Free Coalition (sign up required)
	10:00 AM:	**Balanced Bingo!**
	11:00 AM:	**No Slips, Trips, Stumbles or Falls – prevention tips seminar and screening**
	11:45 AM:	**Lunch for attendees provided by Berks County Area Agency on Aging**
	12:00 PM:	**Slipper Giveaway (for those attending the full-day event)**
	12:30 PM:	**ZUMBA – put those prevention tips into practice**
Tuesday, 11/17	12:30 PM:	Candy Bingo! with "Candy Man" David (sign up required)
Friday, 11/20	9:00 AM:	Crafts w/ Fran! "Holiday Wreath" **(**sign up required)
Tuesday, 11/24	12:30 PM:	Prize Bingo by The Residence at Village Greens (sign up required)
Wednesday 11/25	10:00 AM:	Let's Create with PA Health & Wellness (sign up required)

Berks Encore Virtual Exercise Classes

*** Classes generously funded by Berks County Area Agency on Aging***

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TUESDAYS	10:00 AM:	Virtual Tai Chi Level 1
	10:15 AM:	Zumba Gold Toning
	11:00 AM:	Virtual Tai Chi Level 2
WEDNESDAYS	10:15 AM:	Virtual Chair Zumba
FRIDAYS	10:15 AM:	Zumba Gold Toning

Classes conducted virtually through Zoom. For more information or to register, please contact Dana Ziegler at 610-777-5577 or DZiegler@BerksEncore.org

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Disclaimer: We make every effort to include all activities and avoid grammatical errors and typos. Mistakes still occur. Please make your center manager aware if corrections are needed for future calendars. Late notice schedule changes or activity cancellations may happen and beyond our control. We appreciate your patience and understanding in those situations. Thanks!