

Berks Encore - Strausstown Center

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

Center Manager – Brooke Ulle BUlle@BerksEncore.org



Berks County
Area Agency on Aging

Building Partnerships
Strengthening Communities
Enhancing Quality of Life

OCTOBER 2026 Activities/Programs

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

Thursday October 1 @ 10:30 am: Kinusaiga Workshop - \$5/person, must sign up - **CLASS IS FULL**

Tuesday October 6 @ 11:15 am: Lunch & Learn w/ Peggy & Greg Allen – Colonial Herbs: A Seminar on Culinary Applications and Craft

Thursday October 8 @ 12:30 pm: Halloween Surprise Package Bingo w/ Rita & Barry - \$3/person must sign up

Friday October 9 @ 11:15 am: Lunch & Learn – Changes to Medicare for 2027

Tuesday October 13 @ 11:15 am: Craft w/ Genesis HealthCare – please sign up!

Wednesday October 14 @ 12:30 pm: Milkshake Party – FREE but please sign up

Thursday October 15 @ 10:30 am: Kinusaiga Workshop - \$5/person, must sign up

Thursday October 22 @ 12:30 pm: Movie Matinee at the Center – 'Young Washington'

Friday October 23 @ Noon: Lunch Bunch @ Blue Mountain Family Restaurant

Monday October 26 @ 11 am: JACKPOT BINGO - \$10 winner each game –\$4/person for lunch & bingo

Wednesday October 28 @ 12:30 pm: Candy Bingo w/ David

Thursday October 29 @ 11 am: Lunch & Learn: Early Detection Saves Lives w/ Fox Chase Cancer Center – explore risk factors, symptoms, and screening options during Breast Cancer Awareness Month



← "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