berksencore delivers

MEALS ON WHEELS BERKS COUNTY

Berks Encore - Strausstown

Berks County AREA AGENCY ON AGING

Monday – Friday 8:00 AM to 3:00 PM
44 East Avenue, Strausstown, PA 19559 Phone: 610-488-5770
Center Manager: Brooke Ulle - bulle@berksencore.org

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NOVEMBER 2026 Activities & Programs

JOIN US FOR LUNCH: Monday – Friday at 12:00 pm
GRAB-N-GO LUNCH is also available
Monthly menus are available. Reserve your meal 2 weekdays in advance $2.50 suggested donation.

AVAILABLE EVERY DAY
Fitness Room

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

CENTER CLOSED: NOVEMBER 26 and NOVEMBER 27

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EVERY Monday:
10:00 AM: Sit & Get Fit w/ Linda* – FREE to anyone 60+
11:00 AM: Bingo & Lunch – $4/person
1:15 PM: Pilates Mat Sculpt* – FREE to anyone 60+

EVERY Tuesday:
10:15 AM: Zumba Gold Toning* – FREE to anyone 60+
12:30 PM: Pinochle – come join our card playing group!

EVERY Wednesday:
9:00 AM: Pickleball at Strausstown Lion's Park
10:15 AM: Chair Zumba* – FREE to anyone 60+
11:15 AM: Dominoes
12:30 PM: 'Let's Make Art' Learn to Watercolor Painting Series*

EVERY Thursday:
9:00 AM: Chair Yoga* – FREE to anyone 60+

EVERY Friday:
9:00 AM: Pickleball at Strausstown Lion's Park
10:15 AM: Zumba Gold Toning* – FREE to anyone 60+

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Additional Activities:

Thursday, 11/5 @ 10:15 am: Santa Theorem Workshop w/ Peggy Allen - $35/person ***CLASS FULL***

Thursday, 11/5 @ 11:15 am: Grocery Pokeno w/ Rita and Barry

Friday, 11/6 @ 10:30 am: Deck the Halls for the PA Department of Aging – Ornament Decorating – **please sign up!**

Tuesday, 11/10 @ 11:15 am: Craft and Create w/ Genesis Healthcare – **please sign up!**

Thursday, 11/12 @ 11:30 am: Bring a Dish, Share a Feast! Thanksgiving Potluck – **please sign up!**

Friday, 11/13 @ 12:00 pm: Pottery Workshop w/ Jo Pilston – Tree Luminary - $50/person

Tuesday, 11/17 @ 11:30 am: Lunch & Learn w/ Brian Engelhardt: Berks County History – Two Historic Train Wrecks

Thursday, 11/19 @ 10:30 am: Snowman Button Art w/ Peggy Allen – $5/person

Thursday, 11/19 @ 12:30 pm: Mahjong for Beginners – A chance to learn the basics of American Mahjong!

Friday, 11/20 @ 12:00 pm: Lunch Bunch! @ Blue Marsh Italian Restaurant and Pizzeria

Tuesday, 11/24 @ 12:30 pm: Movie Matinee at the Center! – "The Dink"

Wednesday, 11/25 @ 12:30 pm: Candy Bingo w/ David "The Candy Man!"

Monday, 11/30 @ 11:00 am: JACKPOT BINGO - $10 winner each game - $4/person for lunch & bingo

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

These classes will be conducted virtually through Zoom. To register and find our more information, please contact Brooke Ulle at 610-488-5770 or bulle@berksencore.org

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Monthly calendar disclaimer: We do our best to include all activities and avoid grammatical errors and typos. But, mistakes still occur, so please be patient and feel free to let your center manager know if anything should be corrected in future calendars. Thanks!