



berks**encore**

SM

# news

January 2022

Volume 23

Issue 1

Helping Berks County Seniors Age with Confidence

[www.BerksEncore.org](http://www.BerksEncore.org)



# MAKE 2022 THE YEAR OF YOU

**Be Strong**  
*pages 4-5*

**Be Social**  
*pages 12-13*

**Be Involved**  
*page 8*

## FROM THE DESK OF . . .

# LUANN OATMAN

Dear Reader,

Happy New Year! Hard to believe we are now in 2022! It's that time for fresh starts, resolutions, goal setting, and a positive look at what may lie ahead! Yet, so often we find that by mid-February, we have lost our momentum in attaining those goals. I know that this is the case year after year for me and so many others.

In doing some reading on the topic, I discovered that the reason may lie in the fact that my resolutions and goals are not specific enough. Jonathan Alpert, author of "Be Fearless: Change Your Life in 28 Days", broke it down this way. Set a goal that is specific and detailed with a specific achievement in mind. This makes it harder to walk away from the goal when things get tough. Another suggestion included that we frame our goals positively. Instead of using negative language, use positive and affirming language to state your goal. And finally, make the goal about YOU. Have your goal reflect specifically and positively what you want to achieve.

So, let's make our resolution together. To make 2022 the year of "YOU". What do YOU want to achieve? Perhaps your goal is to "get more involved"

in the community, or to give back. A positive way to reframe that might be by volunteering for meals on wheels. The time you personally invest will reap positive benefits for you socially and emotionally, all while having a positive impact on the lives of others. You will be amazed at what the simple act of giving of your time can do for you.

Sincerely

**LuAnn Oatman,**  
President/CEO, Berks Encore



*LuAnn Oatman,  
President*

# Happy New Year!

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**Chairperson, Board of Directors** John Perate  
**President** LuAnn Oatman  
**Editor** Lori Gerhart



Berks County

**Area Agency on Aging**



United Way of Berks County

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The mission of berksencore is to develop aging-confident individuals to enhance their ability to live well later in life.

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## VOLUNTEER SPOTLIGHT: AMBASSADORS

# Berks Encore Ambassadors Recruit for Health & Wellness

By Editor, *Lori Gerhart*

This past Fall, Kathy Roberts, Berks Encore Health & Wellness Director, recognized an opportunity to recruit new participants to the Health & Wellness programs during two separate events - the Falls Prevention Event at the Alvernia FlynnPlex and EXPO at the Ballpark. With many of the classes getting glowing reviews from her participants, she decided to ask her loyal class members to help her reach out to new recruits. By talking to the visitors at these events and sharing how the programs have benefited them, she was sure they could enlist a whole new group of participants.

Kathy had no problem signing up a team volunteers to be the first Berks Encore Health & Wellness Ambassadors. Maybe it was the cool red T-shirt they got? Seriously, everyone that I talk to enjoys the classes. The instructors make them fun. And the most important reason they keep coming back - they work!

### THE AMBASSADORS

For Stephanie Wilson it started with a diabetes class that she signed up for 4 years ago after reading about it in Berks Encore News. That introduction to Berks Encore health & wellness classes led her to Healthy Steps in Motion, which she has taken several times! About a year ago, she and her husband started volunteering for a Meals on Wheels route at Douglassville. Recently she enjoyed one of the history hiking events led by Martha Sitrler. The exercise classes keep her active and strong and it has introduced her to other programs and people at Berks Encore. She was happy to share that and help to bring new people to Berks Encore.

Meriam Tideman and Maryann Care both live in the Exeter area. Almost 3 years ago, Maryann and her husband signed up for a Matter of Balance class at Exeter Penn State Health and encouraged Meriam to join them. After that class, Meriam took a Diabetes class where she learned how important staying active is for dealing with Diabetes. Following the Matter of Balance class,

Maryann and her husband took a Healthy Steps in Motion class and even participated when it was virtual during COVID. Kathy keeps the workout fun and these two ladies agree that it has helped their balance and strength. Maryann's daughter accompanied her to a recent doctor appointment and the doctor was very impressed with her improvement since taking the classes. He wants her to keep doing what she is doing and Maryann intends to do just that. Both of these ladies have seen positive results and they are happy to share that with others.

Sharon and Barry Browne also found their way to the exercise classes through Living Well with Diabetes. They both deal with Type 2 diabetes and found the educational program a very enjoyable experience. Sharon tells us that she was grateful for the class because "Barry took the initiative to stay fully involved and his health has benefited from the information he put into practice."

Over the past few years, the Brownes have taken four Healthy Steps in Motion exercise classes. They attribute their continued balance and strength to the program. They are grateful to Berks Encore for the programs that are available to all residents of Berks County - and for free!

Sharon and Barry enjoy talking to new people and as Ambassadors are happy to answer questions and encourage others to participate. At the Falls Prevention Event in September, the Brownes met a couple who they encouraged to take a class with Kathy and they would be there to welcome them.

At Berks Encore, our health & wellness team knows how important exercise and fitness are for dealing with many of the chronic conditions that older adults face. Sometimes the best advertising is word of mouth, and coming from these Ambassadors who have seen the benefits of the programs for themselves, makes us feel good that they are living healthier, but we are also encouraged that we can help even more!

Make 2022 the year of YOU and take the first step to doing better at your health and wellness.



Check out the class schedule on page 14. Then call us to get involved. Kathy Roberts will be happy to answer your questions at 484-388-3196 or email [kroberts@berksencore.org](mailto:kroberts@berksencore.org). Or she can put you in touch with one of our Ambassadors so you can hear for yourself!

## HEALTH & WELLNESS

# New Faces, New Friends, New Programs!

Your Health & Wellness team, Martha, Kate and Kathy, are proud to report that we came out swinging in 2021 despite staff changes, the continuing uncertainty and shutdown due to Covid. By April, we knew we needed to help reverse the negative effects of Covid: isolation, physical deconditioning and poor nutrition. So we fought back with a healthy combination of virtual and in-person programs. Our goal was to get people up and moving, out of the house and interacting so they could heal both physically and mentally, while gaining strength, better health and confidence.

New in 2021! When Covid shut the door on in-person classes, we opened a window by creating diverse programs to keep our participants active and socially engaged. We continue our innovation, developing new programs to meet the needs of the new face of aging.

### STEPPING INTO HISTORY

Seasonal walking program, that infuses nature hikes with history lessons. You'll experience the beauty of the season in its peak while learning the history of Berks County. All levels of experience are welcome. Four-week program with One-hour nature walks during Spring and Fall.

### STRETCH & STROLL (VIRTUAL)

Wake up your muscles and joints, while energizing your mind and spirit for a positive start to your day. 30-minute morning program.

### FIT & FUN (VIRTUAL AND IN-PERSON)

Stretching, balance and strength exercises, including a seated cardio-slide routine to increase stamina, strength and flexibility to improve your balance and mobility. One-hour exercise program.

### POWER HOUR (VIRTUAL AND IN-PERSON)

Using hand weights, resistance bands, and cardio-boxing exercises, this program challenges your muscles, builds your core and lower body strength, taking your fitness to the next level. One-hour advanced exercise program.

### DANCE YOUR WAY TO BETTER HEALTH

"Shake, rattle and roll" down memory lane doing your favorite dances! Dancing is one of the best low impact aerobic activities for older adults. Research from the Albert Einstein College of Medicine found that older adults who participated in ballroom dancing lowered their risk of developing dementia by 76%! One-hour exercise program.

### HEALTHY COOKING = HEALTHY EATING (LIVE)

Your health & wellness team cook for you, demonstrating unique healthy meal options. You'll learn how to make home cooked meals



healthy, how to swap out for healthier ingredients and how to adapt for special diets. We'll show you that healthy eating doesn't mean bland and boring! One-hour live cooking program.

### ACTIVE LIVING- FALL PREVENTION

Active Living is a way of life for older adults that integrates physical activity into daily routines, which improves overall health, vitality, maintains independence and fosters social interaction. Active Living is Aging in Style!

### MATTER OF BALANCE

In this evidence-based fall prevention program, participants set goals for increasing activity, make home modifications, learn low impact exercises targeted to increase balance and strength. The program is strongly supported by our health care community including: Tower Health Rehab, Penn State Health St. Joseph, Alvernia University Health Sciences, Rehab1, and Encompass Health Rehab.

"The class has impacted my life by bringing awareness about fall hazards in my home; I've made the changes necessary to stay in my home as long as possible." ~ Nancy S.

### HEALTHY STEPS IN MOTION

Developed by the Pennsylvania Department of Aging, this evidence-based program is designed to build body strength, increase flexibility, and improve balance. Each session starts with a warm-up, followed by strength and balance exercises and ends with cool-down stretches.

"I feel so much stronger on my feet. I'm back to playing golf and can walk the course instead of driving the cart." ~ Tom W.

### WALK WITH EASE

Developed by the Arthritis Foundation, this progressive walking program teaches safe walking strategies, while providing a social forum for exercise to reduce pain, improve stamina and strength, and overall health.

"What a blessing this class has been. My legs are stronger, I've lost 14 pounds and lowered my blood pressure." ~ Doris T.



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## HEALTHY LIVING- DISEASE MANAGEMENT

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### HEALTHY HEART, HAPPY HEART

This evidence-based program begins with comprehensive instruction by cardiopulmonary health experts. The program addresses the physical and psychological effects of chronic disease, including fatigue, pain, depression, and frustration. Participants learn strategies to apply exercise, proper nutrition, and medication usage to build confidence in managing their health.

“This program was well-balanced. I learned how to eat healthier, communicate better with my doctor, manage my fatigue, and make treatment decisions. I feel confident to manage my condition.” ~ Elizabeth M.

Join our February class now! See ad on page 7.

### LIVING WELL WITH DIABETES

Endorsed by the American Diabetes Association, this evidence-based program teaches participants strategies to TAKE CHARGE in the management of their disease and overall health. Pre-diabetics, diabetics and their loved ones gain a solid understanding about diabetes, blood sugar balance, healthy food choices and meal planning.

“I’ve changed my eating and have increased exercising. My blood sugar is down. I feel confident in managing my diabetes!” ~ Edward N.

### POSITIVE LIVING WITH CHRONIC PAIN

A highly successful evidence-based program where participants learn techniques to manage pain and fatigue, gain more energy, deal with isolation and poor sleep in order to lead active and fulfilling lives. Stay in the comfort of your home, no computer needed. Through telephone conference and the Pain Management Tool-Kit, this class requires one hour a week for 6 weeks to improve your quality of life.

“This class taught me ways to manage my pain: daily exercising and stretching, using distraction, and getting the right amount of sleep, which allows me to continue living my life.” ~ Marianne W.

Join our January class now! See ad on page 7.

To quote Bill Gates, “The only way to be truly satisfied is to do what you believe is great work. And the only way to do great work is to love what you do.” We are blessed to believe in and love what we do. We are committed to creating new programs and enabling others to learn about and become a partner in their own health and wellness.

Thank you to our class participants for the privilege to guide your wellness journey, for the memories and miracles and the gift of your friendship. We look forward to seeing you again at one or more of our 2022 classes and the opportunity to make new friends!

**Kathy Roberts**, *Health & Wellness Director*

**Kate Sweinhart**, *Health & Wellness Educator*

**Martha Sitler**, *volunteer, former VP of Education*

## Dear Care Manager,

As the year is drawing to a close, I am scrambling to track down all of the tax documents needed for my parents to file their taxes. I am their power of attorney, but I had no idea just how much of a mess this has become. My father used to be very good about keeping all important documents together in one designated spot for the tax preparer, but now it seems that things are missing, or scattered all over the house. I know it's too late to fix things for this tax season, but do you have any suggestions for how to manage this better moving forward?

*-Taxed to the max*

Dear Taxed to the max,

Tax season can be frustrating and stressful for all involved. It sounds like your parents may need you to step in and take on a more active role as their power of attorney. If they are having trouble managing their mail, you could help them create a designated bin or spot in the house where all mail needs to be set for you to review. You can also set up a P.O. box where their mail can be forwarded for you to pick up. As their power of attorney, you can also be added to their statements and arrange for copies of important documents to be forwarded to your home address as well. Many companies now let you access tax documents online, so you could set up online accounts to view digital copies of their tax forms. I would also suggest making a list of the documents which are required this tax season, that way you have a checklist next year to make sure all accounts, income, and assets are accounted for.

Organization is key, and the more things you can put in place ahead of time to help, the easier it will be to manage over time.

*-Aging Life Care Manager*

*Berks Encore Care+ professionals have the expertise and experience to help you by assessing the situation and providing recommendations in a personalized care plan. Our Aging Life Care managers are here to support you every step of the way. For more information call 484-577-4243 or [becareplus@berksencore.org](mailto:becareplus@berksencore.org)*



*Katie Rex  
Aging Life  
Care Manager*

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email: [kr Roberts@berksencore.org](mailto:kr Roberts@berksencore.org)



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## DEVELOPMENT UPDATE

# Looking to Make a Difference in the Lives of Berks County Seniors?

By JoAnn Gruber, Director of Development



JoAnn Gruber

Many of you continue to ask what you can do to help us help our older, vulnerable adults during these challenging times, and we cannot thank you enough for wanting to help! Without your genuine concern for their wellbeing, we would not be able to continue the programs and services that make such an impact on their lives. Below are just a few ways you can help!

As a non-profit organization, we are extremely grateful for your generous monetary donations throughout the year! Your gifts help us pay for the technology we need to monitor and keep track of our Meals on Wheels clients, pay administrative expenses, pay for food and transportation expenses, and so much more! For those of you who donate to Berks Encore, and for those who want to start, I want to remind you that for your convenience, we also have a monthly recurring gift option on our website, [www.BerksEncore.org](http://www.BerksEncore.org). Just click the red Donate tab to explore this option!

We will also gladly take your Save-a-Tape receipts from Redner's Markets! Redner's generously donates 1% of the total paid on each receipt if you used your Redner's Save-a-Tape card, so please don't throw them away! You can mail them to our main address on 40 North 9th Street in Reading, 19601, or drop them off at any of our six locations throughout Berks County.

Another way to help is when shopping on Amazon, buy through Amazon-Smile, and designate Berks Encore as your charity of choice. Amazon will donate 0.5% of the price of your eligible purchases to Berks Encore and best of all, it won't cost you any more than it would purchasing your items through Amazon!

For those who make us part of their estate planning, a charitable bequest is one of the easiest and most flexible ways that you can leave a gift to Berks Encore that will have an enduring impact. Some benefits of a bequest include receiving an estate tax charitable deduction, reducing the burden of taxes on your family, and leaving a lasting legacy! We encourage you to

talk to your estate planning professional if this is of interest to you.

You can also help make a difference in a senior's life by sharing what you see on Facebook, LinkedIn and Instagram to help bring awareness to others about how we impact the senior community!

Lastly, one of the most important ways you can help is to volunteer for us! We could not do what we do without our marvelous volunteers! Check out our website for volunteer opportunities, or just call Rita Phillips, Director of Staff and Volunteer Development, at 610-374-3195 ext. 225.

On a final, bittersweet note, this is the last Berks Encore News article I will be writing, as I will be retiring from Berks Encore at the end of January! It has been a wonderful four years of getting to speak to, meet, and get to know many of you, and I am grateful for your unwavering support of our critical programs and services.

Most definitely, I will dearly miss working side by side with one of the most amazing, committed, and caring staffs I have ever known!

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Melanie A. Appler, AuD, FAAA  
Matthew R. Bonsall, AuD, FAAA  
Jenna L. Galan, AuD, CCC-A

\*Data on file.

# Turning 65? Puzzled by Medicare?

If you will be turning 65 in 2022 and want to get more information about Medicare, how to enroll and what all the A,B,C's and D's mean, Berks Encore offers a zoom program on the 4th Monday of each Month. For more information or to find out how to register, call 610-374-3195 ext. 208.



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## SENIOR SAFETY

# Be Aware! Tis the Season for Scams!

Scammers do not take a holiday. In fact, sometimes it seems that during the holiday season, they are more aggressive. Recently we posted on Facebook a scam that we ran across in early December. Our Berks Encore Care+ manager received a call from a client that received an automated phone call that their prescription plan was set to expire and they would no longer be receiving their medications unless they paid \$820 for renewal. They were very upset and wondered what they should do.



THIS IS A SCAM! These calls can be very confusing for older consumers, especially with something as important as getting their medications. If you or one of your loved ones receive a call like this, do not make arrangements to pay until you talk to someone from your insurance company. Talk with a family member who can help you think clearly about their claim. Feel free to call our Berks Encore Care+ team. 484-577-4243. We can walk you through it. By asking a few questions, we can help put you at ease.

Another resource would be the Senior Medicare Patrol at 1-800-356-3606 to report the scam.

Don't be rushed into sending money for anything! Take the time, make a few phone calls and check it out. Don't be a victim!

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| 1676 | 1145 | 1061 |

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20 Shelbourne Road Reading, PA | (610) 404-3200 TTY: 711 | SeniorLIFEPA.com

## Berks Encore **DOUGLASSVILLE CENTER**

2144 Weavertown Rd., Douglassville

Center Manager – Sharon Pedrick

610-582-1603

Every Mon: 10:30 Chair Yoga with Patti  
11:00 Zumba with Iris  
11:30 Piano Lounge  
11:45 Healthy Smoothie Bar (\$1)

Every Tue: 10:00am: Free Tai Chi Introductory  
(virtual and in person) with Jan  
11:00am: Free Tai Chi Advanced (virtual  
and in person) with Jan

Every Wed: 10:30am: Free Sit and Get Fit  
with Patti



5 @ 10:30: Transcendence w/ Lydia  
6, 13, 20, 27 @ 10:15: Golden Globes™  
7 @ 11:00: Craft w/ Barbara/ Senior Life  
14 @ 10:15: Nutrition Education Healthy  
Weight Starts with Good Nutrition  
14 @ 10:30: Grocery Bingo  
17 @ 11:30: Craft w/ Beth  
19 @ 11:00: Trivia Pursuit  
21 @ 10:30: Grocery Bingo  
26 @ 11:00: Boombox Bingo w/ Rich  
28 @ 10:30: Poetry w/ Marilyn

GRAB-N-GO LUNCH is available  
for pick up Mon.- Fri. 10 – 12 noon.  
Reserve your meal 2 working days in advance.  
Menu available. \$2.50 suggested donation.

## Berks Encore **FLEETWOOD CENTER**

14432 Kutztown Road, Fleetwood

Center Manager – Terry Becker

610-947-1700

Every 2nd and 4th Mon: @ 10am: Sit & Get  
Fit Class (60+FREE)  
Every Mon and Wed @ 12noon: Pinochle  
Every Tue: @10am: Dollar Bingo (\$1)  
1pm: Texas Hold'em  
Every Wed: @ 9:15am: Zumba Gold (60+  
FREE) No class 10/6  
10am: Art Class and Adult Coloring  
10:30am: Dominoes and Rummikub  
Every Thurs: @ 10am: Chair Yoga (60+ FREE)  
1pm: Tai Chi I (60+ FREE)  
1:50pm: Tai Chi II (60+ FREE)  
Every Fri: @10am: Dollar Bingo (\$1)  
1pm: Line Dance (\$1)



7, 14, 21, and 28 @ 12:30pm: Dance Party  
Have fun! Get fit! Free but requires  
registration.  
6 and 20 @ 10am: Watercolor art class.  
Free. All supplies provided.  
19 @ 10:30am: National Popcorn Day. Join  
us for our mix in popcorn bar.  
21 @ 12:30pm: Lunch Bunch @ Bower's  
Hotel. Call Terry to reserve your spot.  
28 @ 10am: Jackpot Bingo and Happy  
January Birthdays w/cake.

GRAB-N-GO LUNCH is available for pick up  
Mon.- Fri. 10 – 12 noon.  
Reserve your meal 2 working days in advance.  
Menu available. \$2.50 suggested donation.

## Berks Encore **MIFFLIN CENTER**

30 Liberty Street, Shillington

Center Manager – Jackie Grauel

610-777-5577



Every Mon: @ 10:30am: Grocery Bingo \$2.00  
12-2pm: Card Club and Board Games  
12-12:45: Tai Chi with Jan Gyomber

Every Tue: @ 10:30am: Sit and Get Fit- FREE  
with Darcy McLean

Every Wed: @ 10:30am: F.A.B.S. Exercise  
Program-FREE with Darcy McLean

Every Thur: @ 10:30am: Sit and Get Fit –  
FREE with Darcy McLean  
12:00pm: Dollar Bingo - \$ 2.00

Postponed until January 2022: @ 2:00pm:  
Berks Encore Chorale with David Rutt-  
Chorale Director

Most Fridays: @ 10:00am: Arts and Crafts  
Hour – FREE

January 18 from 11:10am-12:10pm: Music  
Therapy

GRAB-N-GO LUNCH is available  
for pick up Mon.- Fri. 10 – 12 noon.  
Reserve your meal 2 working days in advance.  
Menu available. \$2.50 suggested donation.

## Berks Encore **READING CENTER**

40 N. 9th Street, Reading

Center Manager – Jim Youndt

610-374-3195, ext. 237

Every Mon: 12:30 pm “Flex, Strength & Balance”

Every Tue: 10:15 am “Sit & Get Fit”

Every Wed: 11:00 am “Chair Zumba Gold”

12:30 pm “Cash Bingo”

Every Thurs: 10:15 am “Virtual Chair Yoga”

12:30 pm “Grocery Bingo”

Every Fri: 11:00 am “Virtual FABS (Flex, Aerobic, Balance & Strength)”

12:30 pm: “Cash Bingo”



3 @ 10:30 am “Pokeno” presented by Jim

4 @ 12:30 pm: “Music By Ed” presented by Ed Wolf

10 & 17 @ 12:30 pm: BE Inspired! “Color Your World” Adult Coloring Relieves stress, relaxing & fun! Presented by: Reading Public Library

11 @ 12:30 pm: “Jeopardy w/Senior Life”

17 @ 10:30 pm: “Fun & Games” presented by Jim

18 @ 12:30 pm: “Music Bingo” Presented by TGB Entertainment

25 @ 12:30 pm: “Let’s Make Art (Water Coloring)” presented by Jim.

30 @ 10:30 am “Pokeno” presented by Jim

LUNCH is available Mon.- Fri. at 12 noon.  
Reserve your meal 2 working days in advance.  
Menu available. \$2.50 suggested donation.

## Berks Encore **STRAUSSTOWN CENTER**

44 East Ave., PO Box 50, Strausstown

Center Manager – Andrea Gebely

610-488-5770

Every Mon: @ 9:30 a.m. - Pound - FREE\* to anyone 60+

10 a.m. - Sit & Get Fit w/ Linda - FREE to anyone

11 am: Bingo & Lunch - \$4/person

Every Tue: @ 9:15 a.m. - Chair Yoga - \$5.00/class

10:30 a.m. - Zumba Gold Toning - FREE\* to anyone 60+

12:30 pm: Pinochle - come join our card playing group!

Every Wed: @ 10:15 a.m. - Chair Zumba - FREE\* to anyone 60+

11:15 am: Dominoes

12:30 p.m.: ‘Let’s Make Art’ Learn to Watercolor Painting Series - You do not need to attend every week to take part in this class. No experience necessary - You can do it!\*

Every Thur: @ 9:15 a.m. - Chair Yoga - \$5.00/class

10:45 a.m. - Zumba Gold w/ Jen DeBlase - FREE\* to anyone 60+

Every Fri: @ 11 a.m. - FABS Flexibility, Balance, Aerobics, & Strength - FREE\* to anyone 60+ (training room)

6 @ 12:30 pm: Clay Bird Zentangle class

19 @ 12:30 p.m.: Boombox Bingo with TGB Entertainment

25 @ 9 am-12:30 pm: Chair Massages with Lorraine Kline. \$10 for 15 minutes

26 @ 11:45 am: Murder Mystery at the Pizzeria Luncheon - \$2/person, please register

31 @ 11 am - JACKPOT BINGO - \$5 winner every game - cost \$4/person for lunch & bingo

GRAB-N-GO LUNCH is available  
for pick up Mon.- Fri. 10 – 12 noon.  
Reserve your meal 2 working days in advance.  
Menu available. \$2.50 suggested donation.

## Berks Encore **WERNERSVILLE CENTER**

350 Sportsman Rd, Wernersville

Center Manager – Melissa Ludwig

610-670-1372

Every Mon: \*10:00 am: FREE Sit & Get Fit (\$1\*\*)

12:00 pm: Hausenpfeffer

Every Tues: 9:15 am: Yoga (\$5)

1:30 pm: Ballroom Dancing

6:30 pm: Zumba Gold (\$6)

Every Wed: 9:30 am: Bridge

\*10:00 am: FREE Sit & Get Fit (\$1\*\*)

\*11:30 am: FREE FABS (\$5\*\*)

12:00 pm: Bingo

Every Thurs: 9:30 am: Duplicate Bridge

11:00 am: Karaoke

Every Fri: 9:30 am: Zumba Gold (\$5)

\*12:00 pm: FREE Tai Chi (\$5\*\*)



11 @ 10:00 am: Canvas Painting with Reading Public Museum Must be Preregistered BY JANUARY 4 with

Melissa @ 610-670-1372 or

MLudwig@berksencore.org

THIS CLASS IS LIMITED TO 10 PEOPLE.

NO WALK-INS

21 @ 12:15 pm: Grocery Bingo w/ Trish from Rittenhouse Village - FREE

No cost unless otherwise posted.  
\*\*Fee applies to participants age 50-59  
\*Free classes are paid for by  
Berks County Area Agency on Aging  
Free use of: Pool Table, Shuffleboard, Exercise Bike and  
Treadmill. WiFi and Electronic Tablets

LUNCH is available Mon.- Fri. at 11:30 a.m.  
Reserve your meal 2 working days in advance.  
Menu available. \$2.50 suggested donation.

## HEALTH & WELLNESS CLASS SCHEDULE

Make a resolution this year to take time to improve your balance, get stronger and live well. Whether it is fitness or an educational program to improve your well being, our Health & Wellness team can help!

### JANUARY

#### Healthy Steps in Motion

St. Joseph's Hill Lutheran Church

224 Koch Road, Boyertown

Tuesdays & Thursdays, 1/4/22-2/24/22, 1:30-2:30 PM

INSTRUCTOR: Kathy

#### Matter of Balance

Boyertown Senior Center  
Center at Spring Street  
301 West Spring Street,  
Boyertown

Mondays, 1/24/22-3/14/22,  
9:30 – 11:30 AM

INSTRUCTORS:

Kate & Martha

#### Managing Chronic Pain

ToolKit w/weekly conference call

Wednesdays, 1/19/22- 2/23/22

INSTRUCTORS:

Martha & Kathy

### FEBRUARY

#### Healthy Heart, Happy Heart

St. John's Evangelical Lutheran Church

PARISH HOUSE- 1 Front Street  
Plaza, Mohnton

Wednesdays, 1:00pm to  
3:30pm—2/2/22 through  
3/9/22

INSTRUCTORS:

Kathy & Kate

*The health & wellness classes are free but you must register to participate. Contact Kathy Roberts at 484-388-3196 or kroberts@berksencore.org.*

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**Tuesday, January 18 • 11:00am-1:00pm**

Enjoy a complimentary four-course lunch prepared by Chef Tosha as local professionals guide you through a downsize with great tips and the right resources for a smooth transition from start to finish.

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Q&A and private consultations from guest speakers available at end of event.

RSVP by January 14

by calling Kendra at

**484-575-1210**

*Masks are required to attend.*



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## GOLDEN EAGLES

The Holidays are over, and a New Year stares us in the face. I'm sure we all made New Year's resolutions that we have absolutely no intentions of keeping past the second month. Hopefully, one of the resolutions was to get more involved, socially; and this is the ONE you intend to keep. The winter doldrums can be very somber and one can slip into a period of hibernation; as the bears tend to do. Don't hibernate on your favorite chair, but get out and socialize; and the Scottish Rite Golden Eagles meeting is the perfect place to get out and interact with people of like mind. We meet, every month on the 3rd Wednesday at 12 noon in the banquet room of the Scottish Rite Cathedral at 430 S.7th Ave., West Reading, 19609. Meetings and membership are open to Masons, non-Masons, men and women. Membership is \$10.00 per year.

Please call Don Loos at 610-678-1063 to make reservations for lunch, so we have an accurate count and enough food for all. Meals are catered through Kathryn's Catering at a cost of \$8.00 per person. No tax, no tips and no washing dishes. Hope to greet you in January.

January 19, 2022 Program – Meredith McGrath, Redner's Markets Corporate dietician will help to get us back on the right track with good eating habits, after gorging ourselves over the holidays. Meal – Sirloin beefs tips w/green beans and onions, potato filing and Harvard beets, salad, dessert, coffee & tea.

TRIPS which we are accepting reservations include:

VIRGINIA INTERNATIONAL ARTS TATTOO -April 27-29, 2022 via ELITE Coach - Depart from Scottish Rite Cathedral, stop at the National Museum of the Marine Corp in Triangle, VA, Lunch on your own at museum café. On to Oceanfront Inn, Virginia Beach. Tour includes family-style Italian Dinner at Bravo Italiano Kitchen. Next morning, on to Victory Rover for a cruise of the Naval Base and area, box lunch provided. Dinner at the hotel, depart for the Scope Arena in Norfolk and the Hullabaloo outside the Arena, prior to entering for the Virginia International Tattoo Musical Festival featuring military bands and bagpipers from many nations for a fabulous 2-hour performance. Day 2, breakfast at the hotel and departing at 8:30a.m., stop at the Jamestown Settlement. Replica of Jamestown fort and two ships in the Jamestown River. Lunch on your own in the Café at the settlement. Back on the bus and arrive back in Reading around 8:00 pm.

PRICE PER PERSON: Double - \$552.00 Triple - \$516.00 Quad - \$498.00 Single - \$659.00 - Deposit - \$100.00 per person and balance by March 10, 2022

For more information contact Carey Kaucher at 610-670-9827 or e-mail at cnjk1992@aol.com.

Sight & Sound "DAVID" and lunch @ Bird in Hand Restaurant – June 14, 2022 - \$105.00

## LEAGUE OF GOLDEN AGERS, MOHNTON

Welcome to 2022. Meetings are held the 2nd and 4th Wednesday of the month at St. John's Parish House in Mohnton beginning at 10 AM. The new program schedule, updated member list and planned trips for the year were available at the December meeting. If you didn't get one, please come to the meeting on January 12. Lots of interesting programs are planned and Roxie has a great line up of trips for us to enjoy. We hope you had a nice holiday season and are looking forward to our meetings. If you like to play Bingo, bring a lunch and after the program we have a fun time and enjoy fellowship with each other. Stay safe if Mother Nature gives us snow and be careful on the roads. Hope to see you at a meeting.

Susan Messner, Secretary

## BCASR: BERKS CHAPTER PENNSYLVANIA ASSOCIATION OF SCHOOL RETIREES

BCASR held its Holiday Luncheon on Thursday, December 2, 2021, at the Reading Muhlenberg Career and Technology Center. The meeting was well attended and marks a return to a “normal” meeting schedule for the organization. The CTC students and shop instructors prepared a traditional holiday meal and after the luncheon we were entertained by the Tulpehocken High School Show Choir under the direction of Ms. Jocelyn Gross. The choir performed a selection of contemporary holiday music.

BCASR’s recipient of the 2021 PASR John Dillon Service Award is Joanne Wozswillo. Joanne has served the Berks County chapter in many different capacities and is currently the Membership Recorder. A certificate and pin were presented to Joanne at our recent holiday luncheon.

Our spring general membership meeting will be held on Thursday, April 21, 2022. Please mark your calendars and watch for details to follow in an upcoming 2022 mailing.

The members of the Executive Committee of BCASR are pleased to announce that the following officers were reelected to their positions at our General Membership Meeting on, December 2, 2021: Russell Diesinger/ President; Brenda Stein/ Secretary; Donna Spiers/ Treasurer. These officers’ current term will end in December 2023.

In other recent news, our own chapter president and PASR president-elect, Russ Diesinger, appeared in Harrisburg representing PASR on ABC’s Channel 27 program “Good Day PA”. The following is the link to view this segment of the program: [https://www.youtube.com/watch?v=qY\\_D5VYKhmk](https://www.youtube.com/watch?v=qY_D5VYKhmk)

Upcoming BCASR Trips for 2022:

- May 12, 2022 - “A Magical Day” one day bus trip to enjoy professional “Magic and Wonder” performance (formerly Rainbow Dinner Theater) and includes: round trip bus transportation; professional show including non-alcoholic beverage; lunch with beverage at Miller’s Smorgasbord with time to visit on site Mt. Hope Winery Gallery and, local artisan shops, meal and bus gratuities, taxes, and escort

- June 10-17, 2022 – “Oasis of the Seas” Royal Caribbean Cruise Lines. Perfect Day and Bahamas Cruise. Rates from \$1,220.00 per person and includes round trip transportation to Cape Liberty pier, 7 nights cruise with meals and entertainment onboard, government fees, port taxes, on board restaurant and stateroom gratuities and, \$50.00 on board credit per cabin.

- Dec. 03, 2022 - Accompany BCASR for a “Winter Wonderland” holiday presentation at American Music Theater, lunch at Miller’s Smorgasbord, and visit to Kitchen Kettle. Includes round trip bus transportation, holiday performance at American Music Theater, Miller’s Smorgasbord lunch with beverage, bus gratuity, taxes, and escort. (\$126.00/ person)

> For more information, or to reserve please contact: Pam Taylor, CTC at 610-370-5849 or email:

BCASRGO TRAVEL@gmail.com

\*All rates based on availability and minimum required participants.

MaryAnn Zerkowski, Community Relations Chair



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# THE ART OF *Julie Longacre*

**ART EXHIBIT AT CHESTNUT KNOLL**  
January 8-31 • 9am-6pm

**Meet the Artist Opening Reception**  
Saturday, January 8 • 12-3pm

**Adult Coloring – Color with Purpose**  
Tuesday, January 18 • 2:30-3:30pm  
\$10/person

*Proceeds benefit the Alzheimer's Association.*

**Space is limited.**

**RSVPs required. Call 610-674-1215.**



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## SENIOR CLUB OF LAURELDALE

HAPPY NEW YEAR 2022! Hi Everyone - I'm Helen Quade, and I'm back! I was the Berks Encore Newsletter writer from 1999 to 2018, when I turned this job over to Patricia Schleicher. Now Pat is turning this job back to me, due to her heavy responsibilities in taking care of her family's medical/health problems. So we say "Thanks" to Pat for a job well done for the past 3 years. In addition, Pat continues to serve as our Club Secretary and our Get-Away Trips Chairperson, so she still has a lot of duties on her plate. November 30: Our 50 passengers, guided by Get Away Trips Leader, Pat Schleicher, traveled to Clifton, NJ, for the Hunterdon Hills Playhouse annual Christmas Show. The lunch choices were delicious, the many dessert choices were scrumptious, and the Carols and popular Christmas song and dance skits were very enjoyable. A good time was had by all.

December 10: Our Christmas Dinner, attended by 89 members, was provided by Kathryn's Katering and it was plentiful and delicious. As part of our program, we sang Christmas Carols and got some laughs from our inexpensive Gift Exchanges from the Dollar Store. Also, anyone who has not paid \$5.00 for 2022 Dues by 12/31/2021 will be removed from our Membership List.

January 14: We are in the process of trying to resolve our lunch menus and our programs and our Get-Away Trips for 2022, and we will advise you ASAP. We do have three Casino trips planned for Tuesdays, April 12, July 12, and October 18.

For further details, contact Helen Quade 610-929-2412 or Pat Schleicher 484-709-0279 or e-mail pschleicher1813@gmail.com.

It's a good idea to keep a MASK on your person, to protect yourself and the folks around you. Take care and stay safe.

Helen Quade, P/R and Trips.



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Harborfest, Coastal Virginia. June 11-14, 2022.....\$1069

Classic Country from Bristol to Nashville, TN.  
June 25 - July 1, 2022.....\$1993

Ocean City Stay & Play. Sept 5- 9, 2022.....call

**One Day Trips & Tours**

NYC Freetime - Broadway Optional - 12/15...\$62

Christkindlmarkt - Bethlehem, PA - 12/17.....\$53

Eagles Gameday Transportation - 12/18.....\$45

NYC Freetime - Broadway Optional - 12/18...\$62

NYC Freetime - Broadway Optional - 12/19...\$62

Holidays at Mt Hope Dinner Show - 12/20...\$108

Eagles Gameday Transportation - 12/26.....\$45

NYC Freetime - Broadway Optional - 12/29...\$62

NYC Freetime - Broadway Optional - 1/8.....\$62

Eagles Gameday Transportation - 1/9.....\$45

PA Farm Show - Harrisburg, PA .....call today!

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## BLUE MOUNTAIN 50 PLUS CLUB

### Club Meetings:

Saturday, January 8, 2022, @ 1:00 pm. Entertainment: Deano - Singer

Saturday, February 5, 2022 @ 1:00 pm. Entertainment: Jimmy Edwards - Singer

Saturday, March 5, 2022 @ 1:00 pm. Blue Mountain 50 Plus Club 50th Anniversary Celebration. Entertainment: Bryan - Singer

Note: All Blue Mountain 50 Plus Club meetings are held at the Little Swatara Church of the Brethren, 31 Rehrersburg Rd., Bethel, Pa, 19507.

Pinochle Card Club is held every 2nd and 4th Tuesday of the month., at Salem Evangelical Lutheran Church, Bethel, PA 19507. For more information call Nelson Jacobs - 717-926-4211.

### 2022 Trip Schedule:

Saturday, March 12, "The Oak Ridge Boys", American Music Theater, lunch at Hershey Farms before the show. Price: \$92.00

April 27, 28, 29, Virginia International Tattoo, Norfolk, VA. Call for details.

Wednesday, May 11, "Rock of Ages", Dutch Apple Dinner Theater. Buffet lunch before the show. Price: \$85.00

Wednesday, June 8, "Always...Patsy Cline", Totem Pole Playhouse. Lunch at Hickory Bridge Farm before the show. Price: \$98.00

Thursday, July 21, "They're Playing Our Song" Hunderton Hills Playhouse. A table-served lunch before the show. Price: \$99.00

Thursday, August 11, "Game Show" Pine Dinner Theater. Lunch before the show. Price: \$87.00

Tuesday, September 20, "Lights Out" The Music of Franki Valli and the Four Seasons, Penn's Peak. Family style lunch before the show. Price: 76.00

Thursday, October 20, Lancaster County Experience; Railroad Museum of Pennsylvania, Amish style lunch at Plain & Fancy Restaurant, Magic & Wonder Theater. Price: \$100.000

Thursday, November 10, "David" Sight & Sound Theater. Lunch at Hershey Farm Restaurant before the show. Price: 105.00

Wednesday, December 7, "Christmas Tree Ship" Bird-In-Hand Theater & Smorgasbord. Lunch before the show. Price: \$84.00

All trip buses leave from Little Swatara Church of the Brethren, 31 Rehrersburg Rd. Bethel, PA 19507. Call: Nancy Tice 717-350-8621 or Linda Reed 610-488-1180 or email [bluemountain50plus@comcast.net](mailto:bluemountain50plus@comcast.net), to schedule a trip

**CROSSWORD  
ANSWERS -  
PUZZLE  
ON PAGE 23**



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## PEOPLE OVER FIFTY SOCIAL CLUB

MEETING: 4TH WEDNESDAY – JANUARY 26, 2022; 11:00 A.M.

TRINITY BIBLE FELLOWSHIP CHURCH, 220 MAIN STREET, BLANDON

Happy New Year 2022! Did your New Year's Resolutions include becoming more active, meeting new people, renewing old friendships, or just enjoying time with other people? We can help you fulfill those resolutions. Join People Over Fifty as we start a new year of meetings.

We will be together for our first meeting of the new year on January 26, 2022 at our relatively new location in Blandon. Because the "weather can be frightful" and staying at home "by the fire is so delightful," January brings uncertainty in travel, booking entertainment, and arranging for catering. Our response is to minimize inconvenience for everyone, should Mother Nature "let it snow, let it snow, let it snow."

When local school districts (Muhlenberg and Fleetwood, in particular) cancel classes or are on a two-hour delay – students think of this as "the most wonderful time of the year." However, for us there will be "no gay happy meetings when friends come to call" that day and we will forego meeting.

Should Mother Nature reward us with our only worry being "Jack Frost nipping at our nose," we will play several games of Bingo but no lunch will be served. You should bring whatever you want to eat and drink along with you. Our President has joked that she will bring a loaf of bread and peanut butter and jelly for those who forget their own repast.

When Spring finally appears, our Travel Club has a unique event planned – a trip to Washington, D.C. with a cruise on the Odyssey Mega Yacht on Wednesday, May 4. In June, we will try "to dream the Impossible Dream," on a trip to the Fulton Theater on Wednesday, June 8. For more information, contact Pat Sinistri (610-678-8654) or Karen Dietrich-Schwartz (610-939-9402).

We look forward to seeing you at one of our meetings. Let People Over Fifty help you keep your New Year's Resolution to be active and involved. You can always contact our President, Doris Turkes (610-378-0434; 703-989-1531), for information.

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## MARION SENIORS

We had a wonderful trip to Charleston & Savannah and are looking forward to our overnight trips for 2022, plus many day trips to follow soon.

March 10-20, 2022: Cruise to Southern Caribbean.

May 11-16, 2022: Chattanooga Choo-Choo, 6 days, 5 nights, 3 Train rides. Southern Belle Dinner Cruise.

September 19-22, 2022: Niagara Falls, NY. 4 days, 3 nights. 3 dinners, tour of Niagara Falls, wine tour, plus much more!) NO PASSPORT NEEDED.

Everyone is required to have the COVID19 Vaccine for our Multi-Day Trips.

Day trips leave from Tulpehocken Church, Tulpehocken Rd., Richland, PA. For more information please contact Burl & Sandra Werner 610-678-4464 or 484-336-0745. Email: swerner55@comcast.net

## ST. IGNATIUS SENIORS

The monthly meeting of the St. Ignatius Seniors is held on the first Wednesday of the month. Men or women age 50 or over are eligible for membership. Dues are \$7.00 per year. Our meetings are held at St. Ignatius Parish Education Center, 2710 St. Albans Drive, Reading, PA.

Our January 5, 2022 meeting is our "Birthday Meeting" celebrating everyone's birthday. Following a brief business meeting, we will enjoy hot dogs, snacks and drinks. Bingo is on the agenda after that!

A proposed bus trip to the Tropicana Casino in Atlantic City on March 31, 2022 is in the planning stages. Comedian Yakov Smirnoff's Show "Make America Laugh Again" will be the entertainment.

Please call Barbara Kunder at 610-763-1383 with any questions. New members are always welcome.

## TUCKERTON NIFTY FIFTY CLUB

Our first club meeting of the new year will be on January 10, 2022. Anyone wishing to join our club can do so at this meeting as our membership is open to new members. We do not allow guests. The membership cost is \$6.00. Members pay a \$4.00 basket collection at each meeting. We have two special events each year and they are our annual picnic in August and our Christmas Dinner in December. Our club meets on the second Monday of the month at Good Shepherd Lutheran Church, 4201 Stoudt's Ferry Bridge Rd., Reading. Doors open at 10:00 a.m. for members to pay the basket collection, pay for future trips, special events and to socialize. The club meeting starts at 11:00 a.m.

Our 2022 trips are open to non members. A \$10 deposit is required when you make a reservation. Checks must be made out to the "Tuckerton Nifty Fifty Club" for all payments. Call Marilyn Daniels our trip coordinator if you are interest or have any questions concerning trips at 610-929-5465.

May 31 – Mt Airy Casino – show with \$15 towards lunch and \$15 slot play.

June 15 – Rainbow Dinner Theater – Jule Box Jive with lunch at Bird in Hand

July 20 – Sight & Sound – David – lunch at Golden Corral

August 10 – Mystery Trip

September 21 – Train Ride to Silver Birches with lunch and show

October 12 – Dutch Apple – Saturday Night Fever

October 27 – Penn's Peak – Barbara & Frank

December 7 – American Music Theater – Winter Wonderland – and lunch at Shady Maple

Rose Ertz, Secretary/Publicist



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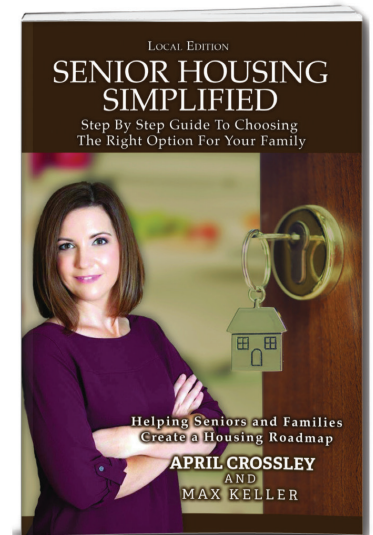
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## BLANDON SENIOR CITIZENS

Happy New Year to all Senior Citizens, Family and Friends. Hoping everyone had a Blessed Christmas and a Happy New Year as we welcome 2022. So we still have some 2021 business to finish!

The Blandon Senior Citizens had their 2021 Annual Christmas Dinner, at the Maiden Creek Church. Food was prepared by Kathryn's Katering. The menu included: Fruit Salad, Filling/Sweet Potatoes, Green Beans, Lima Beans, Ham/Turkey, Cranberry Sauce, Rolls, and for dessert we had Apple/Cherry Crisp! Very Good Meal!

Sylvia Knouse, Entertainment Chairperson, introduced the wonderful entertainment, the "Sixty 30 Band", but Mike calls it "Mike Shuman's Little Old Band"! On the Keyboard/Singer was Mike Shuman; Drums was Jim Dunn; Guitar/Singer, Kyle Koller; and last but not least, Franklin Hoch, Saxophone and a very GOOD Singer!

Our own Lady Members serving the food were: Pat Rohrbach, Anna Mae Kerschner, Ethel Rothermel, Joyce Buer, Barbara Faust, and Michelle Fidler. The ladies did a very good job, and we thank them for helping with this Christmas Dinner!

All Members received a Box of Russel Stover Candy and an Orange.

There were 48 members in attendance for this dinner.

Our next Meeting will be held on the second Wednesday, January 12th, at the Maiden Creek Church, along Rt. 73, or Blandon Main Street, 12:00 Noon.

If you are interested in joining, you are indeed more than Welcome! It is at this meeting the Treasurer, AnnaMae, will be collecting the dues for 2022 of \$5.00! I will be looking forward to see you! Come on out, don't sit at home, you will enjoy the food, meeting and entertainment and you might see someone that you know!

Sincerely, Shirley L. Readinger-Ziegler, Club Secretary

## WEST LAWN SENIOR CLUB NEWS

The West Lawn Seniors meet at the West Lawn Community Center of the West Lawn United Methodist Church, located at Woodside and Noble Streets in West Lawn. Annual Membership fee of \$7.00 is due for 2022. We meet on the first Tuesday of the month @ 1:00 PM for our Business meetings with entertainment and refreshments following the meeting. We also meet on the third Tuesday of the month for Bingo and other pick-up games @ 1:00 PM with refreshment break.

The Business meeting will be Tuesday, January 4 with author and speaker Jill Thomas as entertainment. Bingo social is scheduled for Tuesday, January 18 at 1:00 PM. Meeting cancellations due to inclement weather will be broadcast on WEEU.

The trip committee announced the 2022 trip schedule. Our trips are open to our members on a first come basis, and then the trips are open to the general public.

April 6 - Sight & Sound "David"

May 19 - Hunterdon Hills Playhouse "I Left My Dignity in My Other Purse" w/ Joyce DeWitt

June 29 - Totem Pole Playhouse "The Sound of Music"

July 21 - Fulton Theatre "The Jersey Boys"

August 3 - Mount Airy Casino "Grease Musical Tribute"

September 15 - Mystery Trip Mystery Trip

October 27 - Penn's Peak "Tribute to Streisand & Sinatra"

November 10 - American Music Theatre "Home for the Holidays"

For more information and details on trips, call Clara Koch @ 610-678-2123 or Barbara Messner @ 610-678-1961. New members are always welcome.

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## PARISH-DANA RETIREES

THE SEASON OF YULETIDE was gaily upon us on Thursday, 2 December. There was a total of 44 jovial "Parish-ites" in attendance. We were even regaled with a proud procession of mostly women from an adjacent dining room who took great delight in flaunting their regalia of Christmas sweaters, hats, etc. (Some of the sweaters were truly ugly). They serpented around our tables and then received applause.

In keeping with our by-laws, Charlie Fair conducted the voting for election of officers. All present members were happily in agreement with the results.

Our next luncheon meeting will be held on Thursday, 6 January 2022. (I know. I can't believe it either). Of course, it will be at the Wyomissing Family Restaurant, 1245 Penn Avenue, Wyomissing. Members are requested not to arrive earlier than 11:30 A.M.

For members who submitted proof of your COVID-19 vaccine, you will not be debited the monthly cost for the month of February. Also, members of VEBA insurance program will be granted a \$10 monthly reduction for 2022.

Our February luncheon will again include our annual memorial service in remembrance of those in our midst who passed during 2021.

By the way, VEBA personnel will be attending our Thursday, 3 March luncheon. They will be available to answer any questions. I really believe that we are most fortunate to have the health care that we have---at any extremely reasonable cost. (Does anyone remember when our bona fide contract with Dana Corp. plainly stated that all retirees would be granted full health care benefits at no cost?)

Final thought: During inclement weather, IF the Wyomissing School District is closed on our Thursday meeting date, our luncheon will be postponed until the following week. Listen to WEEU 830, or Channel 69.

From the Parish-Dana Retirees Board---Here's wishing you a healthful and enjoyable 2022! We definitely deserve it!

Concerns: Contact Larry Jambeau...parishretirees@Comcast.net

RICH KENNEDY, Dana's Dalai Lama

## SHOEMAKERSVILLE SENIOR

I hope everyone had a Merry Christmas and Happy New Year. It is a new year, let's hope that it will be a better year for all of us.

Our club meets every Tuesday at 1:00 pm. in the banquet hall at Shoemakersville Fire Company.

We have a great time at our meeting playing bingo and socializing with everyone. Please feel free to come and join us.

Trip Coordinator Marlene Kline has a bus trip on Jan 5, 2022 to Wind Creek. Also one to Wind Creek on February 2, 2022. If interested, why not come along. Please sign up at our meeting – It is a fun day out with all your friends.

I want to say a special thank you to Janet Craley for filling in for me last year. It was a trying time for me last year. I greatly appreciate her help.

I hope we all have a great year. Till next month everyone stay safe.

Correspondence Secretary, Prudence Hepner

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## CROSSWORD

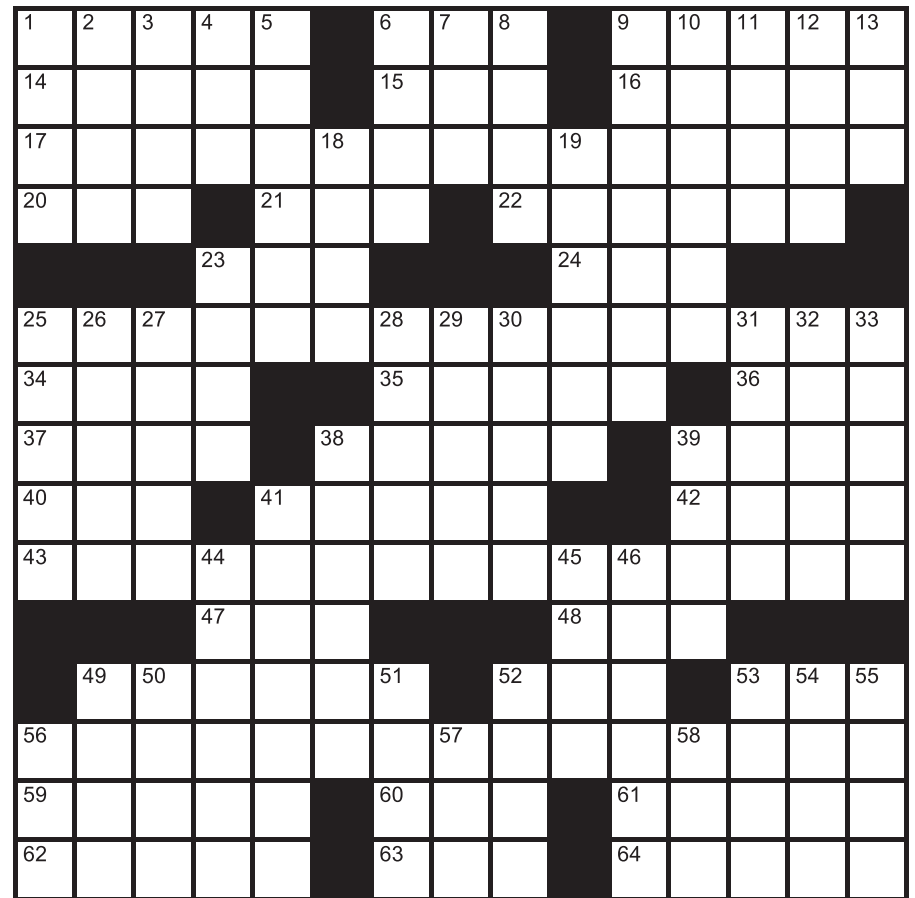
answers on page 18

### Across

1. Less dangerous  
 6. Australian runner  
 9. Our "mother"  
 14. Jungle climber  
 15. Carbonium, e.g.  
 16. Gawk  
 17. In the works  
 20. Morgue, for one  
 21. "... \_\_\_ he drove out of sight"  
 22. Present  
 23. Canada's neighbor  
 24. Floral necklace  
 25. Carouse  
 34. "\_\_\_ it the truth!"  
 35. Assumed name  
 36. "I" problem  
 37. Somewhat, to Salieri  
 38. Pasture  
 39. Gossip
40. \_\_\_ grecque (cooked in olive oil, lemon juice, wine, and herbs, and served cold)  
 41. \_\_\_ de leche  
 42. Arch type  
 43. Trumpet, trombone, flute, e.g.  
 47. Anomalous  
 48. Crag  
 49. Substantial size  
 52. Blue  
 53. Buddy  
 56. Not extreme  
 59. Catlike  
 60. Romanian coin  
 61. Military cap  
 62. Contents of some cartridges  
 63. Boy toy?  
 64. Schlepper

### Down

1. Aspersion  
 2. Hokkaido native  
 3. Grow dim  
 4. Charlotte-to-Raleigh dir.  
 5. Least cooked  
 6. Cork's place  
 7. Guernsey utterance  
 8. Annul  
 9. Abstains  
 10. Come by  
 11. Drops from the sky  
 12. Put one's foot down?  
 13. Chick's mom  
 18. Kind of fall  
 19. Dump  
 23. "Do \_\_\_ others as..."  
 25. Grandpa, to some  
 26. Garlicky mayonnaise  
 27. Former empire  
 28. Calls a cab  
 29. Vote into office  
 30. Mason, at times  
 31. Despot's duration  
 32. "Snowy" bird  
 33. Shows excessive fondness  
 38. Touch tenderly  
 39. Person of action  
 41. Swindler (informal)  
 44. Daydream drawing  
 45. One of the Four Corners states  
 46. Fair to middling  
 49. Garbage in, garbage out, for short  
 50. Father of Balder  
 51. Central part  
 52. Bowl over  
 53. Dinghy or dory  
 54. Autumn tool  
 55. Aroma  
 56. "Welcome" site  
 57. Charge  
 58. Density symbol





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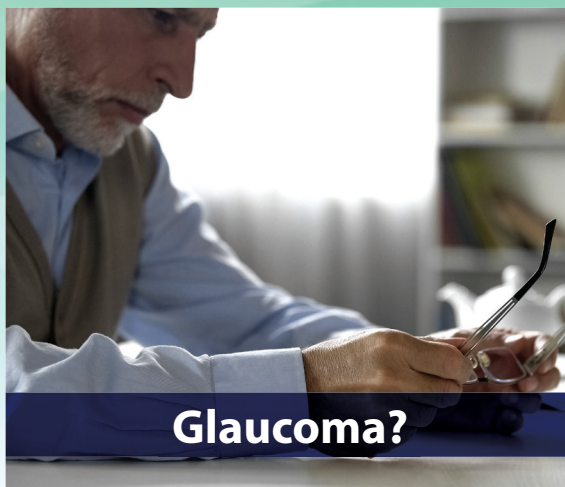
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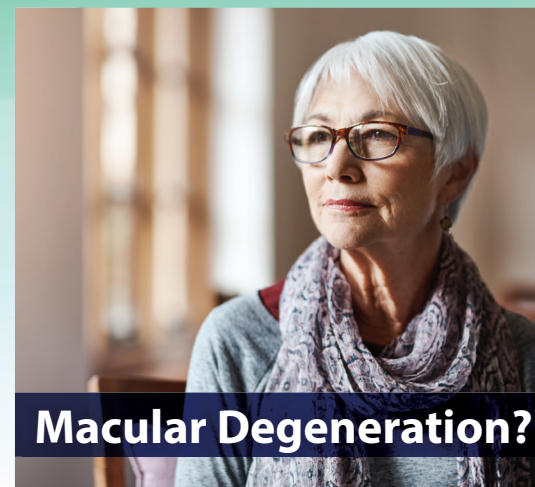
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