



berks**encore**

news

February 2022

Volume 23

Issue 2

Helping Berks County Seniors Age with Confidence

www.BerksEncore.org

YOU'LL
I LOVE
WHAT YOU FIND
INSIDE THIS
ISSUE!

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FROM THE DESK OF . . .

LUANN OATMAN

Dear Reader,

Welcome to our February edition of Berks Encore News! I love each new month and seeing what new issues and best practices are heading our way. Our staff is always working hard to keep you informed about not only what is happening here at Berks Encore, but in the field of aging as a whole! This month's newsletter is all about changes, fresh starts, and what we can look forward to!

I am pleased that this edition contains changes in our staff. Some are retiring and moving on to new and exciting adventures in their lives. New faces are joining our team bringing with them a refreshing sense of enthusiasm and joy in working with older adults. We are becoming increasingly diverse in team makeup and how we approach our services. And, what I find most exciting is that 2022 has pushed a sort of "reset" button for Berks Encore. It is a time of fresh approach to strategic planning, increased alignment to our mission, and expansion into service areas at

one time thought impossible or improbable.

I ask that you read on dear reader, and meet the new faces, say farewell to those departing, and join with us for an exciting road ahead! Together we are stronger, we can take advantage of the opportunities that lie ahead of us and embrace this journey... together!

Sincerely

LuAnn Oatman,
President/CEO, Berks Encore



*LuAnn Oatman,
President*

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berksencore
applauding life after 50

berksencore news is published monthly by
berksencore
40 N. 9th Street, Reading, PA 19601
Phone 610-374-3195

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



Berks County

Area Agency on Aging



United Way of Berks County

Printed by the Reading Eagle; Graphic Design by Advertising Design Department

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

A graphic featuring a piece of white lined paper with torn edges, pinned to a black background with two yellow pushpins. The text on the paper reads "we need volunteers" in large, bold letters, with "VOLUNTEERS URGENTLY NEEDED" in smaller, all-caps letters below it.

FOR MEALS ON WHEELS DELIVERY
Do you want to make a positive impact in your own life, while also changing the lives of those in your community?
If so, our homebound seniors need you!! Please consider adopting a route – you can deliver daily, weekly, monthly....whatever works for your schedule. We have openings right now.
Contact Rita, our Director of Volunteers to find out where the need is greatest.
610-374-3195 ext 225 • rphillips@berksencore.org • berksencore.org

For information on advertising in berksencore news please contact 610-374-3195, ext. 228.

Round Up at the Register to Support Berks Encore

Berks Encore is happy to announce that we will be the recipient of the Kimberton Whole Foods 'Rounding Up at the Register' program in the Douglassville store. Customers have the opportunity to give back to their local community by opting to round up to the nearest dollar at checkout. The difference is donated to a local non-profit. Additionally, Kimberton Whole Foods matches all customer donations.



There are six Kimberton Whole Foods locations featuring a different non-profit each month of the year. All locations typically follow a monthly theme that supports the community, ranging from housing insecurity to healthcare. Berks Encore has been selected for February 1-28, 2022 at the Douglassville location, conveniently located right off Route 422 at 1139 Ben Franklin Highway West, Douglassville.

In 1986, Terry and Pat Brett were running a farm store in Chester County selling organic yogurt made on site at a biodynamic dairy farm now known as Seven Stars Farm. They have grown that store into a group of natural grocery stores that actively reflect their commitment to local farming and the prioritization of organic and fair food. Kimberton Whole Foods is now a multigenerational family business and continues to grow.



We are proud to have been selected as the recipient of the February 'round up at the register.' Now you can support Berks Encore when you shop at Kimberton Whole Foods during February.



Save the Date!



COMMUNITY IMPACT SYMPOSIUM:

I'm Still Here: A New Philosophy of Alzheimer's Care

FEATURING **Dr. John Zeisel**, INTERNATIONALLY KNOWN EXPERT
ON DEMENTIA CARE AND TREATMENT INNOVATIONS

Saturday, April 23 | 9:00 to 11:00 a.m.

The Highlands at Wyomissing®

Dr. Zeisel is author of the groundbreaking book, *I'm Still Here: A New Philosophy of Alzheimer's Care*, which describes the acknowledgment that each of us can make a positive difference in the well-being of persons with dementia by the way we communicate, engage and relate to them.

Living Well with Heart Disease

Compiled and written by Kate Sweinhart,
Health & Wellness Educator

Sources: Web MD, Health.gov

Heart disease is one of the most widespread and complicated health concern around the world and is the leading cause of death with the numbers growing at an accelerated rate each year.

Your heart is working 24/7- it is the most important muscle in your body because it pumps blood and oxygen to all your organs. When your heart doesn't get the care it needs, serious problems can develop: Congestive Heart Failure, A-Fib, Coronary Artery Disease, high blood pressure, high cholesterol... to name a few.

But do not fear- there is hope! Many small changes can improve your heart's health. Making lifestyle changes and adopting healthy habits are important part of living with heart disease or trying to prevent it.

Some of us can overhaul healthy habits with ease. Others try, but don't always succeed. Instead of feeling overwhelmed, you might be able to improve your heart's health with a series of small changes.

Feeling overwhelmed? Step back and take a deep breath. Desmond Tutu once wisely said that "there is only one way to eat an elephant: a bite at a time."

ONE STEP AT A TIME. BABY STEPS.

Berks Encore will help you take that important first STEP.

Join our Healthy Heart - Happy Heart, Living Well with Heart Disease program. This six week evidence-based program begins with comprehensive instruction by cardiopulmonary health experts, of the anatomy of the heart and heart diseases. The program addresses the physical and psychological effects of chronic disease, including fatigue, pain, depression, and frustration.



Participants learn strategies that will build confidence in managing your health:

- Safe exercise that promotes heart health
- Heart healthy nutrition
- Medication management
- Working with your healthcare team
- Making informed treatment decisions
- Controlling fatigue and depression
- The importance of and techniques to get a good night's sleep

HEALTHY HEART – HAPPY HEART, LIVING WELL WITH HEART DISEASE

This is a FREE six-week program meets once a week for 2 /12 hours and includes all class materials.

Classes will be held on Wednesdays, 1:00pm to 3:30pm at St. John's Evangelical Lutheran Church parish house in Mohnton.

Classes start Wednesday, February 9th and run weekly through Wednesday, March 16th.

Classes fill up quickly so don't delay, call today to register!

Call Kathy Roberts, Director of Health & Wellness: 484-388-3196

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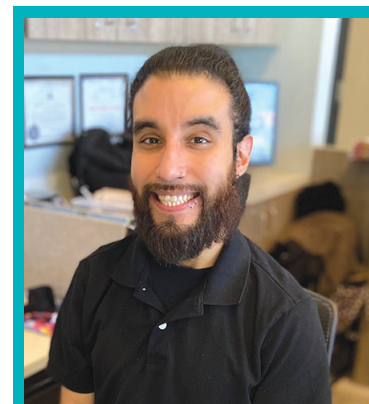


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NEW FACES

Mother Knows Best!

Andrew Yanez got an email from his mom letting him know about a full time position with Berks Encore that she thought would be a good fit for him. She was right. Andrew was hired as a new social services assistant for Berks Encore where he will be at the front desk of the Reading center 2 days a week. The rest of the week, he will use his bilingual skills with the Meals on Wheels team to conduct quarterly telephone assessments of the increasing number of Spanish speaking clients.



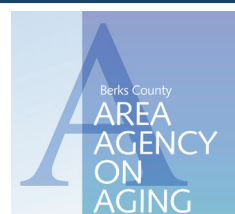
Andrew Yanez

Andrew's interests include community organizing and politics. He is the interim chair for the PA Green Party and involved with the Berks County chapter. He believes youth feel like their interests are not well represented in the traditional political system and wants to be involved in helping to facilitate change. Some of his interest in politics may have come from his Mom. She is Yvonne Fonte, the owner of Knight Notary, a mobile notary service. She has worked with Rep. Mark Rozzi and Rep. Christy Houlihan, and was active with the League of Women Voters in Berks County.

Andrew has had a variety of interesting experiences: he lived in Iceland for 3 months, worked in Mexico City teaching English for 2 years, and is comfortable in the kitchen or on the stage. He has had experiences in food service ranging from the Merion Cricket Club to the kitchen at Applebee's. He has a passion for music and plays drums, guitar and sings. You might find him entertaining the crowd on Wednesday nights at Mike's Tavern.

Andrew feels it is important to have self-compassion in order to be able to offer kindness and compassion to each other. I have no doubt that he will be a great addition to our team.

Welcome to Berks Encore Andrew! Thanks to Mom for the referral!



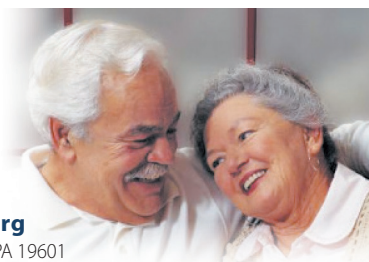
The primary contact for aging services and supports

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- ✓ Home Delivered Meals
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- ✓ Information & Community Resources

Call 610-478-6500 www.berksaging.org

County Services Center 8th Floor — 633 Court Street — Reading, PA 19601



BLAST from the PAST

Have you noticed how vitamins and medications have changed over the years, not only in the way they look, but also in the way that they are received and administered.

If you or a loved one is struggling with remembering to take medications, or dispensing them accurately, Berks Encore Care+ can assist in educating you with the latest technology, signing up for mail order/delivery services, and arranging for prepackaging to assure accuracy and medication complacency. If you know someone that needs help with medication management, call us today 484-577-4243.



Mark Your Calendar!

It's Time for the 21st Annual Berks Encore Community Breakfast!

We are pleased to announce that the 21st Annual Berks Encore Community Breakfast is scheduled for Tuesday, April 26, 2022 at the Doubletree by Hilton Hotel in Reading. We are thrilled to honor Scott Gruber, President and Tompkins Community Bank with the Leadership by Example Award for their many contributions to Berks Encore and the Berks County community.



Please consider helping us to recognize Scott Gruber & Tompkins Community Bank by being a sponsor or placing an ad in our program book.

Call Lori Gerhart,
Vice President Advancement
610-374-3195 ext. 228

It can be stressful navigating the maze of aging services.

The Berks Encore Care+ professionals can use their expertise and experience to assess your situation, identify the roadblocks, and provide a plan that will guide everyone involved to resources and services available in the community.



If you need help, contact Berks Encore Care+



www.berksencore.org

Learn More Today!

Call 484-577-4243

becareplus@berksencore.org

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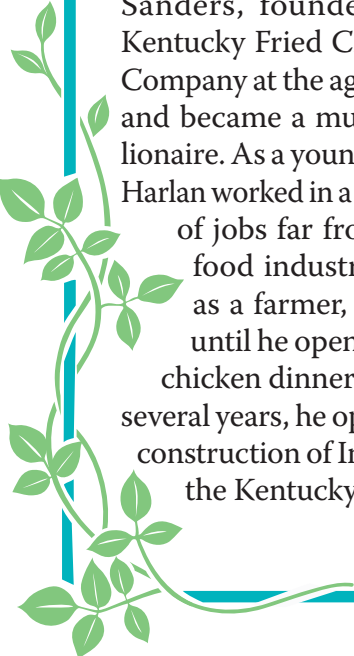


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Late Bloomers

Did you know Harlan David Sanders, also known as Colonel Sanders, founded the Kentucky Fried Chicken Company at the age of 65 and became a multimillionaire. As a young man, Harlan worked in a variety of jobs far from the food industry. Among other occupations, he worked as a farmer, steamboat pilot, and insurance salesman, until he opened a service station at age 40 where he sold chicken dinners. After developing his frying method over several years, he opened a restaurant, which boomed until the construction of Interstate 75. It wasn't until age 65, he started the Kentucky Fried Chicken franchise.



UNDERSTANDING Medicare

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Join us for training, not a sales pitch. We will cover: how to enroll in Medicare, how to supplement your Medicare benefits, what coverage will cost and what financial assistance may be available.

Join us for this informative webinar, held on Zoom.

You must register to get the link by calling 610-374-3195 ext. 208.

Seminar Dates:

4th Monday of the month @ 6:00 PM –
February 28,
March 28 and April 25.

Special morning sessions – Wednesday, February 9 and
Wednesday, March 9 @ 10:00 AM

PA-MEDI, a free health insurance counseling program for Pennsylvanians with Medicare, has counselors at Berks Encore available to help you understand your Medicare benefits.



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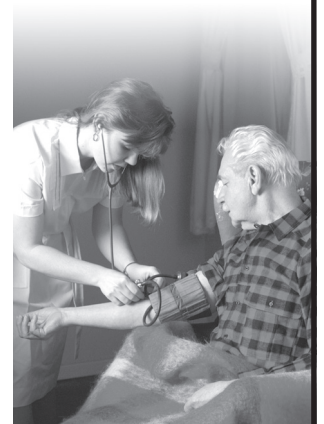
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120 Trexler Ave.
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New Adventures Await Retiring Development Director

JoAnn Gruber is a petite woman with a bright smile, great sense of humor and easy-going nature. JoAnn will retire from Berks Encore after serving the last 4 years as the Director of Development. She is looking forward to having more time to spend with her elderly father, children and grandchildren, and her husband, Scott, who will be following her in retirement later this year.

Her plans will change from growing donations to growing flowers and vegetables in her garden. She's also looking forward to doing some travelling in Italy, Austria and Ireland - when travel is more open again.

Besides these overseas destinations, the Grubers are planning to do some cross country trips on their motorcycle to visit our national parks. You wouldn't imagine this demure lady would enjoy riding on the back of a motorcycle for hours and days at a time! But she tells me she loves an adventure and the couple has had their share of adventure on bike trips.

In fact, JoAnn shares that her first trip on the bike was a long ride from Denver, PA to Chicago. They drove 700 miles – all of it in the pouring rain. When they arrived at the hotel and walked into the lobby drenched and dripping water, one of the guests checking in at the desk turned to them and said “you are the group we passed on the motorcycles –we were praying for you!”

On another road trip from Colorado to Kansas, they could see a massive storm brewing and decided to try to outrun it. They sped along and watched as it closer and closer – but they made it their destination without getting caught in that storm.

JoAnn admires the committed staff at Berks Encore and wonders what would



have happened to some of those people that were helped during the pandemic (and everyday) if Berks Encore wasn't here. She has been touched by the generosity of the people and organizations in Berks County that she worked with and thanks them all for their support.

JoAnn's efforts have helped us reach new donors and sponsors to help support our mission. Congratulations on your retirement and I can't wait to hear about all your new adventures!



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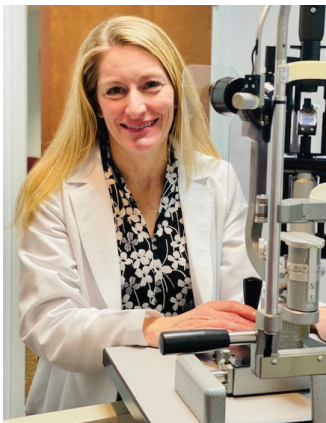
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IMPACT STORY

New Year - New Role!

Lori Gerhart, Vice President Advancement

In this issue, we welcome Andrew, our new face at the front counter and we say good bye to JoAnn Gruber as she retires to ride off into the sunset. My role will be changing as I take on a new position with the organization. I have a new title, Vice President of Advancement. I like the word Advancement because it creates a feeling of moving forward and I am excited to see where we are going!

I plan to use this space each month to share the impact of our work here at Berks Encore. Sometimes it's surprising when those we are serving makes an indelible impression on us.

One of those people is a woman receiving Meals on Wheels from the Strausstown Center. She knitted small stocking ornaments for each of the home delivery volunteers. She also made beautiful Christmas cards for every Meals on Wheels client in the Strausstown area. Then she provided gifts for all the other clients on her route – sugar coated pecans, cream cheese mints, or pretzels with M&M's which she packed into a small jar for each one.

She does this anonymously and asked that I not use her name or photo. She told me she enjoys doing things for other people. When her husband of 35 years was diagnosed with cancer and eventually put on hospice in their home, she started scrapbooking. She would spend time in her "craft room" while he slept. He passed away in December 2019. She made scrapbooks for her grandchildren.

She has her own health problems and has been dealing with back pain since 1991. She can't stand for too long but is able to get around her apartment with her walker or cane. She tells me "while it takes me a while to get out of bed, there are plenty of other people who are bedridden all day and can't get up".

She created the Christmas cards using the scrapbooking materials she has on hand. She wanted to do something to let the volunteers who deliver her meals know how much she appreciates what they do. In fact, she feels sorry for them when it is so cold outside. "They are all so friendly and I trust them wholeheartedly. I can't get around very well –so if I am in my "craft room" when they come, I just tell them to come in and put the meal on the tray. I am so grateful and I wish I could do more!"

At 87, she oozes kindness and gratitude, along with a great sense of humor. We shared several laughs as we talked on the phone. I have an invitation to come visit to see her scrapbooks. I look forward to meeting her.

At Berks Encore, we hope that we can make a positive impact on the people that we serve with our programs, but it's surprising how many times they make quite an impression on us!

To find out how you can help us impact the lives of those we are serving, please feel free to contact me at 610-374-3195 ext. 228.



Lori Gerhart

Top 10 Scams Targeting Seniors

It may be a new year, but fraudsters continue to try the same old tricks to scam older adults. According to the National Council on Aging (NCOA), the top 10 scams targeting seniors include the following:

1. Medicare — In scams involving Medicare, fraudsters pose as Medicare representatives to get seniors to give them their personal information, such as their Medicare identification number. The fraudster uses this information to bill Medicare for fraudulent services and then pockets the money.

2. Counterfeit prescription drugs — As prices for prescription drugs increase, seniors look on the internet to find cheaper prices for their medications. Unfortunately, fraudsters are aware of this and set up websites that advertise cheap prescription drugs which are usually counterfeit. Seniors who unknowingly purchase these counterfeit drugs soon realize they have been duped when the drugs do not provide any relief from their medical condition or even cause additional health problems.

3. Funerals — In one type of funeral scheme, fraudsters use obituaries to find out information about the deceased in attempts to extort money from family members or grieving spouses. They claim the deceased has an outstanding debt that must be paid immediately. Those close to the deceased are usually in a vulnerable state and are more likely to pay the fraudulent debt.

4. Anti-aging products — With society putting so much emphasis on physical appearance, many individuals feel the need to find treatments or products that claim to help them conceal their age. Scammers advertise anti-aging products that are either worthless or harmful. Some products might contain materials that can be harmful, yet touted by scammers as being as effective as a brand name product, such as Botox. Scammers might also advertise products as being effective and natural, but in reality the product has no anti-aging effects.

5. Telephones — Phone scams are the most common scams used against the elderly. Scammers might get seniors to wire or send them money by claiming to be a family member who is in trouble and needs money. They might also solicit money from the elderly by posing as a fake charity, especially after a natural disaster.

6. Internet — Some older adults are not as savvy with handling emails and surfing the internet. As a result, they are easy targets for scammers. Victims have been tricked into downloading fake anti-virus software that allows scammers access to personal information on their computers. Seniors might also respond to phishing emails sent by scammers asking them to



update their bank or credit card information on a phony website.

7. Investments — Many seniors plan for retirement or manage their savings after they finish working, which makes them more vulnerable to become victims of investment schemes. They can be taken advantage of when scammers pose as financial advisors to get access to their retirement funds and savings. Once they have access to the funds, they take the money and run.

8. Mortgages — Elderly victims who own their homes can be valuable assets to a scammer. Scammers might send out fraudulent, yet official-looking, letters to victims that list the supposed assessed value of their home. For a fee, the scammers inform them that the value of their home can be reassessed. Scammers might also approach victims about

providing home repairs and pressure them to take out equity to use as payment for the repairs.

9. Sweepstakes/Lotteries — This scheme usually involves contacting elderly victims either by mail or phone, and informing them that they have won a prize of some sort, but must pay a fee to obtain the prize. Scammers send a fake check to the senior to deposit in their bank account knowing it will take some time for the bank to reject the check. Meanwhile, the victim has sent the scammer money through wire transfer for fees or taxes on the prize. The victim soon realizes that he was scammed when the check doesn't clear.

10. The grandparent scam — We are still hearing about this scam which is extremely deceptive because it plays on the elderly's emotions. In a grandparent scam, a scammer calls an older person and pretends to be their grandchild. They ask them if they know who is calling, and when the grandparent guesses the name of one of their grandchildren, they pretend to be that grandchild. The scammer tells the grandparent that they are in some sort of financial bind and asks if they can send money using Western Union or MoneyGram to help them out. The scammer asks the grandparent not to tell anyone about their situation. Once the scammer receives the money, he continues to contact the grandparent and asks them to send more money.

The best thing to do when approached by someone you do not know who starts asking about your personal information or bank information is to hang up or close the door. Do not pick up the phone if you don't know the number or if it is from an area code that you do not know. Call a family member or someone you trust to get their opinion and help you check out the authenticity of any offers you receive. Report the scam to your local police!

SAY HELLO TO A 21-YEAR-OLD WHO CATCHES CRIMINALS.

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We want to make your community a safer place to live.

Crime Alert Berks County is an anonymous, secure crime tip hot line, and provides rewards for crime tips - up to \$10,000.

alertberks.org

TEXT #250 OR ALERTBERKS AT 847411 WITH A CRIME TIP OR CALL 1.877.373.9913 .

CRIME ALERT BERKS COUNTY

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Berks Encore relies on community contributions to fund our services. Donate today to ensure that services are available tomorrow. You can also donate online at [berksencore.org/donate!](https://berksencore.org/donate/)

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- Preparing meals and ensuring proper nutrition
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WHAT HOME CARE SHOULD BE.

Berks Encore **DOUGLASSVILLE CENTER**

2144 Weavertown Rd., Douglassville

Center Manager – Sharon Pedrick

610-582-1603

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

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

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



2 @ 11:00: TranscenDance w/ Lydia
3, 10, 17, 24 @ 10:15: Golden Globes
4, 11, 18, 25 @ 12:00: Doo Wop Piano
9 @ 11:00: Bingo w/ David
18@11:00: Craft w/ Barbara/ Senior Life
18@ 10:15: Nutrition Education Make Food
Safety a Priority
11@ 10:30: Grocery Bingo (\$2) w/ Angela/
Berkshire Commons
14 @11:00: Celtic Harp w/Cathleen A. Sauber
16 @ 11:00: Trivia Pursuit
23 @ 11:00: Boombox Bingo
25 @ 10:30: Poetry w/ Marilyn
28 @ 11:30: Craft w/Beth

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Menu available. \$2.50 suggested donation.

Berks Encore **FLEETWOOD CENTER**

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Center Manager – Terry Becker

610-947-1700

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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)

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)

1:30pm: Line Dance (\$1)



Our Fitness Room is open
Mon.- Fri. 9:00am – 3:00pm

4, 11, 18, and 25 @ 12:30pm: Dance Party.
Have fun! Get fit! Free but requires
registration.

3 and 17 @ 10am: Watercolor art class.
Free. All supplies provided.

9 @ 12 noon: National Pizza Day. Join us for
a pizza party! Please sign up.

18 @ 12:30pm: Lunch Bunch @ Tony's in
Topton. Call Terry to reserve your spot.

24 @ 10:30am: Crafting with Beth Glick. All
supplies provided.

25 @ 10am: Jackpot Bingo and Happy
February 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

610-777-5577



Every Mon: 12-12:45pm: Tai Chi with Jan
Gyomber

Every Tues: 10:30am: Sit and Get Fit with
Darcy McLean

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

Every Thurs: 10:30am: Sit and Get Fit with
Darcy McLean

Check back with the center
for more scheduled activities.



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”



1 @ 10:30 am “Fun & Games w/Jim”

7 @ 12:30 pm: “Pokeno” presented by Jim

8 @ 12:30 pm: “Jeopardy w/Senior Life

14 & 28 @ 12:30 pm: BE Inspired! “Color Your World” Adult Coloring Relieves stress, relaxing & fun! Presented by: Reading Public Library

15 @ 12:30 pm: “Music Bingo” Presented by TGB Entertainment

21 All Day: “President Day – Center Closed”

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

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

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

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

Every Thurs: 9:15 a.m. – Chair Yoga – \$5.00/ class

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

Every Fri: 10 a.m. - Zumba Gold Toning – FREE* to anyone 60+ **NEW CLASS ADDITION**

11 a.m. - FABS Flexibility, Balance, Aerobics, & Strength – FREE* to anyone 60+

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

- EVERY Tue @ 12:30 pm: Pinochle – come join our card playing group!

- EVERY Wed @ 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!*

2 @ 12:30 pm: Boombox Bingo with TGB Entertainment

9 @ 12:30 p.m.: Valentine Card Making Class w/ Watercolors

@ 12:30 pm: Valentine’s Bingo – FREE but must sign-up

16 @ 12:30 pm: Candy Bingo w/ David

20 @ 11:45 am: Murder Mystery at the Pizzeria Luncheon - \$2/person, please register

22 @ 9 am-12:30 pm: Chair Massages with Lorraine Kline. \$10 for 15 minutes

28 @ 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 Tue:

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**)



8 @ 12:15 pm: Lotto Bingo \$2.00 – 20 games

18 @ 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.

TUCKERTON NIFTY FIFTY CLUB

Our monthly meetings during this pandemic have become very challenging. Good Shepherd Lutheran church where are meetings take place has made mask wearing mandatory inside the church property. Members will not be admitted without a mask. Bad weather is another issue we face. Members will be notified if a meeting needs to be canceled for any weather-related issues.

Daryl Wenrich our Club President is working on scheduling our entertainment for our meetings but at present it is on a month to month basis. Our Lunch menu and dessert list is all set up for the new year and we hope to have the club up and running again after a very difficult year.

Our 2022 trips are filling up fast but there are still some trips that are available. If a trip you are interested in is full, you can go on a waiting list and if seats open, you will be contacted. Call Marilyn Daniels our trip coordinator if you have any questions concerning trips 610-929-5465.

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

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

July 20 – Sight & Sound – “David” – lunch at Golden Corral. (openings)

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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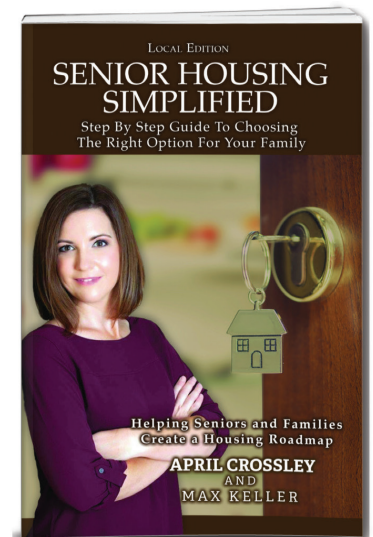
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PEOPLE OVER FIFTY SOCIAL CLUB

MEETING: 4TH WEDNESDAY – FEBRUARY 23, 2022, 11:00 AM
TRINITY BIBLE FELLOWSHIP CHURCH, 220 MAIN STREET,
BLANDON

Our monthly meetings are usually held on the fourth (4th) Wednesday beginning at 11:00 AM at our new location, Trinity Bible Fellowship Church, 220 Main Street, Blandon, PA 19510. The Social Room is not available until 10:30 AM, so please plan your arrival accordingly. There is a large parking lot with plenty of handicapped spaces. Annual dues are \$ 5.00 per person. There is a \$ 4.00 per person basket donation at each meeting (covers facility cost, entertainment, paper supplies, administrative costs, and occasionally a portion of the meal not covered by the Club.

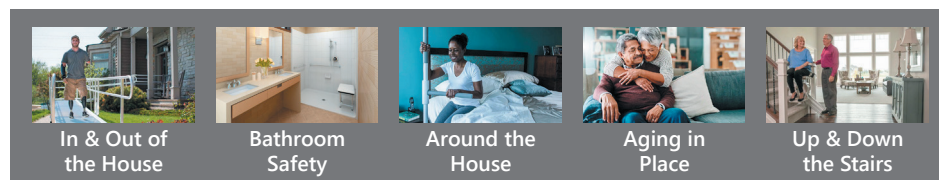
Please Note: For the safety of our members, if the weather is uncooperative and either the Muhlenberg or Fleetwood School Districts has a delay or cancellation or moves to virtual learning because of weather, we will not be holding our meeting.

Our first meeting of the new year was on Jan. 26th and was our first ever “B.Y.O.L. (L standing for lunch plus beverage)” meeting. After the installation of our Officers and monthly meeting reports, we played several games of Bingo and enjoyed our lunches.

Our Feb. 23rd meeting will also be B.Y.O.L., and entertainment will be provided by Bob Kreitz, Esq.

TRIPS – Our first trip of 2022 is on Wed., May 4th - Luncheon Cruise aboard the Odyssey mega yacht and then back on our bus for a private guided tour of Washington DC. It is a long day, but there will be very little walking involved. Our second trip is on Wed., June 8th – Fulton Theatre/Man Of La Mancha with a luncheon meal at Cracker Barrel. For more information on our trips, call Pat Sinistri at (610) 678-8654 or Karen Dietrich-Schwartz at (610) 939-9402. Our trips are open to non-members, but of course, members are considered first. We would love to have you become a member of our Club.

The holidays are over but winter is still here. Stay ACTIVE, Stay WELL and be SAFE! You can always contact our Club President, Doris Turkes, for any information at 610-378-0434. We hope to see you soon!



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SENIOR CLUB OF LAURELDALE

During our December 10 meeting, 89 members enjoyed the Kathryn's Katering Christmas Dinner. We held our installation ceremony for 2022. With most people continuing to serve but with several vacant positions. We thank past refreshments committee Sandra Fister and Judy Morris who resigned.

2022 Officers & Board Members: President – Cassandra McWilliams, Vice President – Karen Shaub, Secretary & Get Away Trips – Patricia Schleicher, Treasurer – Joan Lee, Membership – Linda Weitzel, Property – Eugene Spolski, Sunshine & Tickets – Patricia Sauder, Chaplain – Avalion Bossler, Public Relations & Casino Trips – Helen Quade.

Upcoming February 11 meeting: Program will feature progressive Bingo games with hot dogs and sauerkraut for lunch. We will start taking sandwich orders for H-I-T sandwiches for the April 8 meeting. Happy Valentines Day to all on Feb. 14!

Our 2022 trips are now available. Share these fun day trips with us. For more details, contact Patricia Schleicher 484-709-0279 or email pschleicher1813@gmail.com.

May 17 – David @ Sight & Sound Theater.

June 27 – Mystery Trip

August 25 – Jumping Jive at the Magic Theatre w/ Revere Tavern for lunch

September 20 – Bube's Brewery, Murder Mystery

November 22 – American Music Theatre, Christmas Show.

Casino trips: We are going to Wind Creek Casino on Tuesday, April 12, July 12 & October 18, cost is \$30 per person per trip. Departing @ 9:00 AM from Temple. Make your reservation with Helen at 610-929-2412.

Submitted by Helen Quade, P/R and Trips.

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Bible History - Creation Museum, Ark Encounter & More. April 25-28, 2022.....	\$886
Harborfest, Coastal Virginia. June 11-14, 2022.....	\$1069
Classic Country from Bristol to Nashville, TN. June 25 - July 1, 2022.....	\$1993
Stay & Play, Ocean City, MD - Ocean Front. Sept 5- 9, 2022.....	\$846
Southern Hospitality, Myrtle Beach, SC - Ocean Front w Inclusions. Sept 25-30, 2022....	\$928
Haunted Halloween Happenings - Salem & Boston, MA. Oct 23-25, 2022.....	\$957

Coming Soon - Call for details:
Seneca Niagara Casino with American Falls Touring ~ Ohio and Indiana Amish Country ~ Adirondack Balloon Festival ~ Almost Heaven - West Virginia ~ Villa Roma Italian Festival ~ Branson/Ozark Christmas ~ Christmas in Vermont ~ Maine Lobster Festival ~ and more!

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ST. CATHARINE OF SIENA 50+ CLUB

The monthly meeting for the 50+ club is held the first Wednesday of the month. Please call Maria Bunch, Vice-President of the 50+ club at 610-582-4632 with any questions or concerns. You can also see us on Facebook for more information.

Our next meeting will be held February 2 at 1:00 PM. Due to Covid Precautions, any member attending the 50+ Club Meeting will not be asked to bring an appetizer, bingo will be played and cake and coffee will be served.

Anyone attending the meeting will be asked to show proof of Covid Vaccination, If an attendee does not have proof of vaccination he/she will be asked to wear a mask.

If ever there is inclement weather or other reasons for cancellations, please check any of the following:

1. Tune into channel 69 news/WFMZ
2. Go to the website: 830weeu.com, click on cancellations
3. Call WEEU Radio Station, 610 376-7335, press #8 newsroom/David Langley, ask for St Catharine's 50+ club meeting cancellation updates

TRIPS ARE BACK!

Wednesday, April 13, 2022: Murder Mystery Interactive Dinner Theatre Mount Hope Estates and Winery, \$90.00.

Wednesday, May 18, 2022: "David" at Sight and Sound, Cracker Barrel lunch on your own \$115.00.

Wednesday, June 15, 2022: Baltimore Dine Around with narrated cruise, Eat at different areas in Baltimore, \$160.00.

Wednesday, July 13, 2022: Silver Birches Shake Rattle and Roll Show, Tunes from 50's to the 80's, \$95.00.

Wednesday, August 24, 2022: Mystery Tour HINT: Sightseeing Boat Ride, \$150.00.

September 19-24, 2022: Monday - Saturday, Charleston and Savannah, Double, \$1645.00.

Friday, October 21, 2022: American Treasure Tour Lunch and 2 hour train ride with Colebrookdale Railroad, price to be determined.

Wednesday, November, 16, 2022: National Christmas Center Tour, Cracker Barrel lunch on your own, American Music Christmas Show, \$120.00.

Anyone interested in the trips can send a deposit check for \$20 or the full cost of the trip, NO CASH ACCEPTED.

Proof of Covid Vaccination is required for all 50+ Club Trips. CONTACT: Pat White 610-582-1437 for any information concerning the trips.

Our meetings are normally held at 1:00 PM on the first Wednesday of every month at Saint Catharine's Social Hall on Route 562, 4975 Boyertown Pike in Exeter Township, dues are \$5.00 per year. ALL ARE WELCOME!

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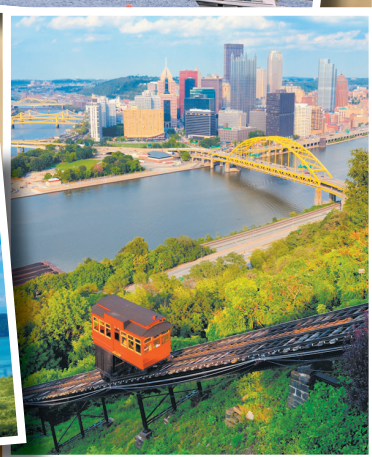
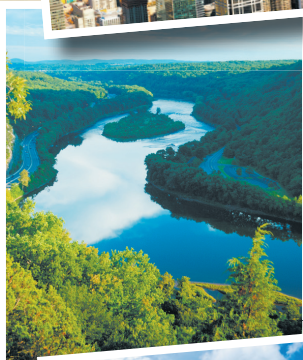
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SCOTTISH RITE GOLDEN EAGLES SOCIAL CLUB

NEXT MEETING – Wed, February 16th at 12 Noon - Scottish Rite Cathedral – 430 S.7th Ave., West Reading, YOU ARE INVITED for our Valentine Party!!!

The sumptuous meal, provided by Kathryn's Katering will consist of baked stuffed chicken, whipped potatoes, French-style green beans w/mushrooms, salad, dessert, tea and coffee - \$8.00 and plenty of food for the day, good programs and brief business meeting. Best of all is the friendship and relationships that are built by the members. Dress is casual.

Be prepared to be romantically serenaded by professional pianist, H. William Moyer. (We will even dim the lights if you prefer to add some ambiance to the room).

Please make reservations for lunch with Don or Barb Loos at 610-678-1063 by Sunday, February 13th.

TRIPS – Now accepting reservations, trips open to all.

VIRGINIA INTERNATIONAL ARTS TATTOO -April 27-29, 2022 via ELITE Coach

Depart from Scottish Rite Cathedral, West Reading, 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. Family-style Italian Dinner at Bravo Italiano Kitchen provided. Breakfast at hotel and on to the included tour Victory Rover for a cruise of the Naval Base and surrounds with a box lunch provided prior to boarding. Dinner at the hotel, prior to departing at 5:30pm for the Scope Arena in Norfolk and the Hullabaloo outside the Scope Arena, before entering arena for the Virginia International Tattoo Musical Festival featuring military bands and bagpipers from many nations for a fabulous straight-through 2-hour performance, by hundreds of musicians. Day 2, breakfast at the hotel, depart at 8:30 a.m. with stop at the Jamestown Settlement of the 17th century, telling the story of 1607. Exhibits, 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 arriving back in Reading around 8:00 p.m.

PRICE PER PERSON: Double - \$552.00, triple - \$516.00, quad - \$498.00, single - \$659.00

Deposit - \$100.00 per person. 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 14th, 2022 - \$105.00

Contact Carey at cnjk1992@aol.com or Home phone 610-670-9827.

Carey M. Kaucher, President

EXETER SENIOR CLUB

The Exeter Seniors meet the 3rd Wednesday of the month 12:30pm at the Schwartzwald Lutheran Church on Oley Turnpike Road in Jacksonwald.

Dues are \$5/yr. We have entertainment and educational presentations. We play bingo and enjoy a snack with every meeting. Our group has been meeting for 40+ years and we appreciate and honor new members. We arrange several 1 day bus trips to interesting locations.

Come join our lively group!

Contact Larry Spayd at 484-335-0582 for any additional questions.

Larry Spayd, President

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 a refreshment break.

The Business meeting in January was well attended and enjoyed by all.

The Business meeting for February is Tuesday the 1st, with vocalist, actress and voice teacher Maria Damore as entertainment.

Bingo social is scheduled for Tuesday, February 15th at 1:00 PM.

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

Our trips for 2022:

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"

There is a change with the April trip to "David" at Sight & Sound. The family style meal after the show will be at Hershey Farm.

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

We are looking forward to meeting and seeing you at a meeting soon. New members are always welcome.

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Tuesday, February 8 at 11:00am and
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PARISH-DANA RETIREES

A PEACEFUL TRANSITION of power occurred at our 6 January luncheon-meeting with 41 retirees in attendance. (Does anyone recall that date?) Everyone was in agreement with all the positions of the newly elected officers. The former officers of the executive board were satisfied with the voting outcome as well. I am confident they will continue to provide excellent service for all retirees.

Our next luncheon will be held on Thursday, 3 February 2022. This meeting will include our annual memorial service where we acknowledge those members who have passed during 2021. Unfortunately, our membership roles are diminishing. All of us, I'm sanguine, are able to reach back into the years and recollect moments (at the Weiser Building, or the Lewis Building, or the Arsenal Building) with those brothers and sisters that were shared with laughter, and perspiration, and frustration---and philia...definitely philia.

At the March luncheon, VEBA and Aetna personnel will be traveling here specifically to provide information and answer any questions. IF you are not a regular luncheon attendee and you are planning to attend this meeting, PLEASE, PLEASE, PLEASE be thoughtful and considerate by notifying President George Geiger: 610.926.3510, or at the email address listed below. If people do not do this, seating may not be available to you.

Our rendezvous is still at the Wyomissing Family Restaurant, 1245 Penn Avenue, Wyomissing. Members are requested not to arrive before 11:30 A.M.

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. If the Wyomissing School District closes on that Thursday, the meeting will be cancelled for that month.

Concerns: contact Larry Jambeau by email at parishretirees@comcast.net.

RICH KENNEDY, Dana's Dalai Lama (by popular agreement)

SHOEMAKERSVILLE SENIORS

We are meeting again and we are doing line dancing again!

Our club meets every Tuesday at 1:00 pm. in the banquet hall at Shoemakersville Fire Company. We have a great time playing bingo and socializing with everyone. Please come and join us.

Trip Coordinator Marlene Kline has the following bus trips scheduled:

March 2 – Wind Creek \$22

March 31-April 1 Turning Stone. Double occupancy \$204.00 Triple occupancy \$189.00 Single is \$245.00.

Also Betty Wolfe has a trip planned for June 6-June 8 to Sandusky Ohio. The package includes: 2 Nights lodging, 2 Breakfasts, 2 Dinners. Island Hopping Cruise on Lake Erie, Visit Kelley's Island, Train Tour of Put-in-Bay, African Safari Wildlife Park Tour. Perry's Victory & International Peace Memorial, Merry-Go-Round Museum &

Carousel Ride, Antique Car Museum, Butterfly House, Souvenir Gift, Luggage Handling, Taxes & Meal Gratuities, Motorcoach transportation. Cost \$499.00 per person Double occupancy. \$679.00 per person Single Occupancy. If you have any questions please call Betty Wolfe at 610-926-5821.

Wishing everyone a great year. Till next month, everyone stay safe.

Prudence Hepner, Correspondence Secretary

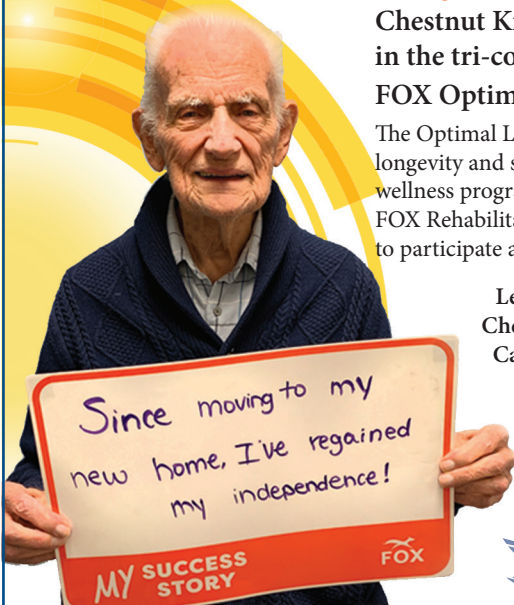


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BLUE MOUNTAIN 50 PLUS CLUB

Club Meetings:

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, 19507.

Pinochle Card Club is held every 2nd and 4th Tuesday of the month, at Salem Evangelical Lutheran Church, Bethel. 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

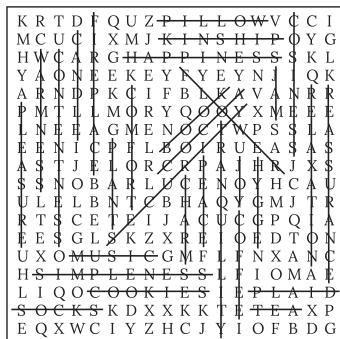
Thursday, October 20, Lancaster County Experience; Railroad Museum of Pennsylvania, Amish style lunch at Plain & Fancy Restaurant, Magic & Wonder Theater. Price: \$100.000

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, to schedule a trip.

**WORD SEARCH
ANSWERS -
PUZZLE
ON PAGE 23**



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BLANDON SENIOR CITIZENS

Hello to ALL the wonderful Senior Citizens out there! Hoping everyone had a Beautiful, Blessed Christmas and a Wonderful New Year Celebration!

We have a brand new year - my how time does fly. The Blandon Senior Citizens held their first meeting of 2022 on the 12th of January.

We only had 39 Seniors in attendance. I am sure many stayed home due to the cold weather we have been having and COVID-19.

Refreshments were served at Noon and were provided by Rick & Cleonice Reidnauer. We enjoyed Turkey Bar-B-Q's, chips, pickles, olives, cheeses, a variety of cakes and drinks. We want to Thank Rick & Cleonice for supplying our Refreshments. At this time, we need someone for the month of February to provide refreshments. If interested, please contact our President, Pat Rohrbach at (610)916-1941. You will be reimbursed for any items that you purchase.

Congratulations to those Celebrating birthdays and wedding anniversaries in January. Following the adjournment of the business meeting, Entertainment Chairperson, Sylvia Knouse, introduced our Entertainment "Tony Farina". Tony is a VERY GOOD SINGER, along with a little kidding and some jokes, and even a sing-a-long, which was enjoyed by everyone in attendance. Tony's Wife, Susan, works the Sound Board.

Our next meeting will be held February 9th, starting out with refreshments at Noon, followed by the Business meeting, and then Entertainment. We meet at the Maiden Creek Church, along Rt.73, Blandon. Come out, meet new friends or neighbors, and have an enjoyable time. We would love to have you join us. We will be looking for you!

Respectfully submitted,

Shirley L. Readinger-Ziegler, Club Secretary, 610-926-1378

MARION SENIORS

2022 Trip Schedule

March 10-20, 2022: Cruise to Southern Caribbean. Leaving from NY. (no flight) \$250 deposit.

Thursday, April 21: Mt. Vernon, Lunch at Mt. Vernon Inn. \$135

Tuesday May 3: Sight & Sound - "David". \$106

May 11-16, 2022: Chattanooga Choo-Choo, 3 Train rides. Southern Belle Dinner Cruise. \$990 double, \$1310 single.

Thursday June 9: Doolan's - Beach Boys, Jimmy Buffet, the Drifters & More. \$108.

Thursday August 25: Silver Birches. Boat ride on Lake Wallenpaupack, family style meal, Rich Wilson & his sentimental musical journey. \$99

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.

Thursday Oct. 13: Penn's Peak, Tribute to Dolly & Kenny. \$86

Tuesday Nov. 1: Mystery Trip ???

Tuesday December 6: American Music Theater - Christmas Show, lunch at Fulton Steamboat. \$100.

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

Happy Valentine's Day!! The February meeting of the St. Ignatius Seniors will be held on Wednesday, February 2 at 10:00 am in the Parish Education Center Meeting Rooms, St. Albans Drive, Reading, PA.

Following our business meetings, refreshments and a program are provided.

The program for this meeting is a presentation "The Prescribing Cascade - How One Medication Leads To Another". Joseph Daly, a retired pharmacist with extensive experience in hospital and neighborhood pharmacy practice, is our speaker. Joe is also a member of our club.

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

Another trip to see "David" at Sight and Sound with lunch at Shady Maple is planned for May 10, 2022.

New members are always welcome. Any questions, please call Barb Kunder 610-763-1383.

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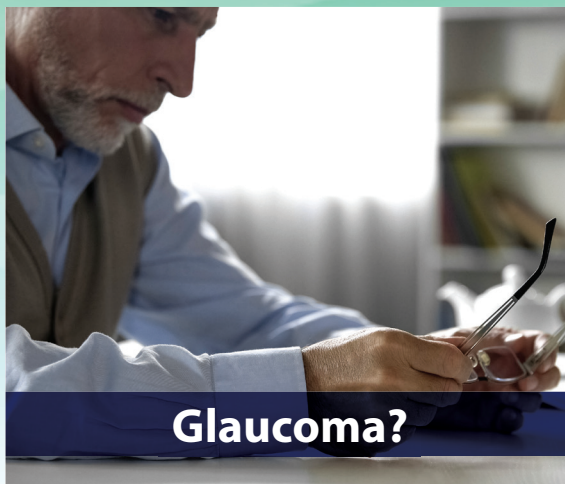


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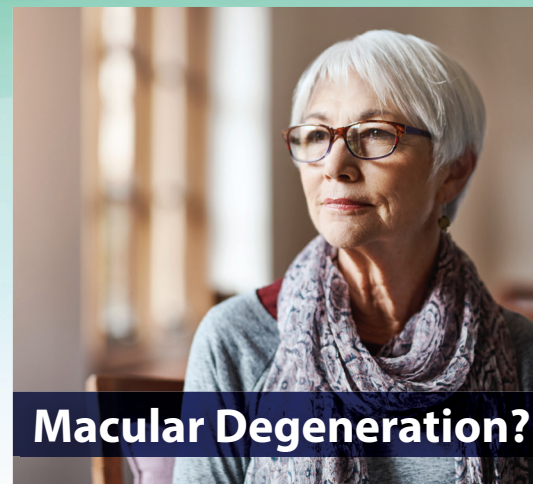
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