



berks**encore**

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**news**

July 2022  
Volume 23  
Issue 7

Helping Berks County Seniors Age with Confidence

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

# SUMMER'S IN *Full Swing*

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## FROM THE DESK OF . . .

# LUANN OATMAN

Dear Reader,

Greetings to you, dear reader, and thank you so much for stopping by. So much has been and continues to happen that it is hard to keep track of where the days go! Inside our newsletter this month I am certain that everyone will be able to find something that fits their schedule and piques their interest.

We are very excited about our newest collaboration and partnership with Safe Berks thanks to the funding they received from a STOP Violence Against Women Grant. We are happy to be a part of working with our community partners in a collaborative manner to ensure that local older adults have access to free services for survivors of domestic violence and sexual assault.

Oftentimes we think that domestic violence or sexual assault are crimes committed against a “younger” adult than those traditionally served by Berks Encore. However, domestic violence does and can occur in later life when a family member, or care giver uses power and control to inflict

physical, sexual, emotional or financial injury or harm upon an older adult with whom they have an ongoing relationship. The aggressors can include spouses, former spouses, partners, adult children, extended family, and in some cases the person charged with providing their care.

If you suspect someone you love is a victim, please don't hesitate to report your concerns. Contact either the Berks Area Agency on Aging Protective Services department at (610) 478-6500 or the wonderful folks at Safe Berks at (610) 373-1206. You can make your report anonymously – and possibly play a role in saving a life.

Sincerely,

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



*LuAnn Oatman,  
President*

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**berksencore**  
applauding life after 50

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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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## COVER STORY

# Friendly Visitors

Written by **Stephanie McMahon**, Berks Encore Marketing Director

Six years ago, Jim Mazzoni from Douglassville retired from his career at Development Enterprises Corporation in Norristown. He was excited about this new chapter in his life with free time to do whatever he wanted to do. Like many retirees, after working your whole life, it can be difficult to get used to having so much free time. Jim felt like something was missing from his life so he decided to contact Berks Encore and express interest in volunteering. When he heard about the Friendly Visitor program, he decided to give it a try.

Berks Encore's Friendly Visitor Program connects homebound seniors with adult volunteers who agree to call or visit for about one hour per week. Volunteers are thoroughly screened and must pass a Criminal History Background Check before being matched with a senior in their area. While location is the most important criterion considered in matching the volunteer with a senior, interests, hobbies, work history, family and pets are all considered before the first visit is scheduled.

Lynn Folk, of Muhlenberg had worked at the Firestone Tire Plant in Pottstown until it closed and then worked at the AT&T factory. Three years ago, Lynn was hospitalized and upon returning home he was encouraged to enroll in the friendly visitor program so someone could check in with him weekly and provide companionship to keep his spirits up.

After completing the paperwork, Lynn was soon matched up with Jim and over the years they have become great friends. In the beginning, Jim started by visiting Lynn once per week at his home. They spent about an hour a week talking and getting to know each other. Jim learned that Lynn was no longer able to drive and decided to plan some outings for them during their weekly visits. Now, Jim takes Lynn to the grocery store, and they take turns going in to shop while Jim's dog Titus comes along for the ride. After shopping, they will usually spend time talking or watching documentaries, something they both enjoy. Jim and Lynn have gone bowling, visited the Reading Museum, attended R-Phils games, the driving range, and other places around town. Lynn mentioned that as a youth he would go to Long Beach Island and he wondered what it looked like now. So, one day last year, Jim arranged to take him on a road trip to see for himself. I met them on the golf course, where they enjoyed a beautiful, breezy 75-degree day playing 9 holes of golf. Both Jim and Lynn were golf caddies when they were teens and have enjoyed playing a round

together for the past few years.

Lynn is incredibly happy to be part of the Friendly Visitor program. He considers Jim his best friend and looks forward to spending time with him each week. Jim enjoys spending time with Lynn and helping him get out of the house for fun activities. He shared that volunteering for the Friendly Visitor Program is meaningful and rewarding. Jim and Lynn agree, spending time with a friend enriches their lives.



Recently, Meals on Wheels America partnered with Brown University who is conducting a research study on programs like the Berks Encore Friendly Visitors program, designed to address social connection and loneliness. Berks Encore staff, clients and volunteers were selected to participate in the study. Read more about the impact of the program on page 8.

Would you like to experience the joy of making a new friend? Interested volunteers and homebound seniors looking for a friend are encouraged to contact Rita Phillips 610-374-3195 ext. 225.



# Partnership With Safe Berks to Assist Older Adults

Thanks to funding from a STOP Violence Against Women Grant, Safe Berks and Berks Encore have partnered to ensure local older adults have access to free services for survivors of domestic violence and sexual assault.

“Older adults who are experiencing domestic violence or sexual abuse may be more likely to disclose the abuse to someone at Berks Encore, an agency they trust and from whom they have been receiving services, than seeking out services directly from Safe Berks,” said Diane Ellis, Esq., Director of Legal Services at Safe Berks. “Once the abuse is disclosed, Berks Encore can then provide a warm handoff to Safe Berks staff and other members of the STOP Team in order to best meet that individual’s needs, stop the abuse and, when appropriate, successfully prosecute the perpetrators and hold them accountable. In addition, Berks Encore will be able to educate and provide training to other STOP Team members about the barriers faced by older adults who need help because they are the victims of domestic violence or sexual abuse.”

Safe Berks chose Berks Encore as a partner in the STOP Grant because of their history of providing a vast array of services to thousands of local older adults each year. Founded in 1965, Berks Encore operates six community centers throughout Berks County, and provides more than 2,000 meals to older adults each week. In addition to food, other services include education, counseling, exercise, social activities, and referral to other community services.

Safe Berks also partners with Centro Hispano on the STOP Grant, to ensure that culturally appropriate services are provided to survivors of domestic violence and sexual assault within the local Latino population, including older adults and immigrants. Centro Hispano operates Casa de la Amistad, a community center for adults over 60. The STOP Team partners will have access to those who visit this center, in order to offer free services and education.

Safe Berks applied to receive STOP Grants from the PA Commission on Crime and Delinquency, which receives these funds from the U.S. Department of Justice, Office on Violence Against Women.

“Safe Berks is honored to work with Berks Encore and Centro Hispano,” said Beth Garrigan, Safe Berks CEO. “By working closely with our trusted community partners, we can provide our free services to more local survivors of domestic violence and sexual assault, including more older adults.”



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Dear Care Manager,

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*-On a budget*

*Dear on a budget,*

Cost is always something that should be factored in, especially when you are on a fixed income. With the cost of food and gas on the rise, more people than ever are trying to compensate to keep themselves afloat. The Care+ program does have a fee. Initially you are only responsible for the one-time, up-front fee, which covers the social worker coming out to visit with you, completing the initial assessment, and then developing a care plan to present the services and recommendations that fit your needs and budget. Some of the programs and services are free or low cost, while others such as a home health aide, are paid on an hourly basis. We do offer the Care+ fee on a sliding scale based on your household (single or yourself and a spouse) income. I encourage you to call us at 484-577-4243 and we can discuss your needs and give you a precise cost amount based on your living situation.

*-Care+ 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).*



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*Katie Rex  
Aging Life  
Care Manager*

## VOLUNTEER SPOTLIGHT

# School's out for Summer!

It's a perfect time of year to plan meaningful family time. Erika Colonna, a stay-at-home mom from Strausstown, spends quality time with her children not only doing traditional summer activities like swimming, spending time with friends, playing outdoors and traveling but volunteering together one day a week for Berks Encore in Strausstown.

Erika grew up in Berks County and remembers volunteering with her mother as a child visiting homebound neighbors and helping at the local food pantry. Her fond memories of helping others inspired her along with her three children, Giovanni (10), Nico (9), and Serafina (6) to volunteer to deliver Meals on Wheels on Tuesdays in Hamburg. She started out filling in as a delivery driver three summers ago, and now delivers meals on a weekly basis throughout the year.

When her daughter Serafina was young, Erika recalls taking her along to deliver meals. Erika and Serafina developed friendships with several people along their route. They began to not only deliver meals but stopped in for a friendly visit each week. Two of the women they visited especially enjoyed seeing Serafina and talking with her. Erika said it was wonderful to be able to get to know them and spend time with them. The ladies would look forward to seeing them and would always have a treat to share when they visited.

The people they visit and deliver meals to especially enjoy seeing and talking to the children. Erika explained she gets a different feeling and reaction from the Meals on Wheels clients when the kids are with her. They just love seeing children. And when the children are not helping out, they always ask about them. Some leave notes and snacks for the kids when they are not home when the meals are delivered.

Over the past year, all three of Erika's children attended school during the day, so they were unable to help deliver meals. Knowing how much the children mean to the seniors; Erika will often bring one or two of her sister's five young children along when she delivers.

Now that it is Summer, the Colonna family is working together to deliver meals. When I met them at the Strausstown Center, all of them had on plastic gloves and were helping to bag fresh fruit for delivery. Giovanni shared his favorite thing about volunteering is to help package the meals. Serafina likes seeing and talking to the people they deliver to, and Nico enjoys helping others. Erika says helping with Meals on Wheels is an easy way to give back to the community. Teaching her children to share their time to helping others is as important.



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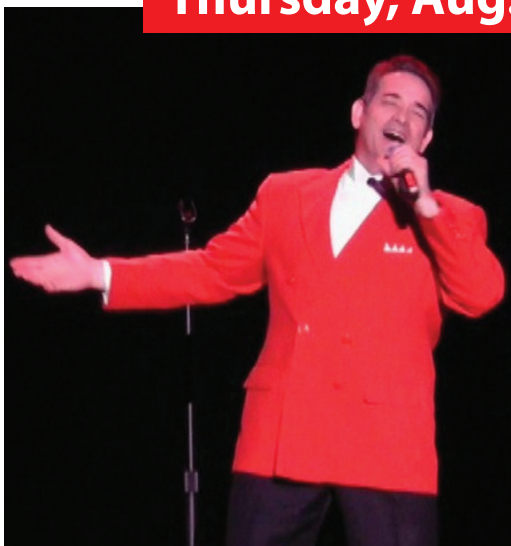
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**NEW FACES**

## **Child Actor stars in new role with Meals on Wheels**

Dana Ziegler recently joined Berks Encore as a part-time Assistant Center Manager in our Mifflin Center. In his new role he assists with Meals on Wheels and Center Operations. Dana also works at Kohl's in Wyomissing in Store Operations where he assists with order fulfillment, merchandising, warehouse logistics and customer service. He has previously worked in a few different industries from hotel management, warehouse logistics and personal care. And most interesting, from the age of 10 to 15, Dana worked in the entertainment industry and was a member of SAG/AFTRA. He was



a child actor on All My Children and the Guiding Light soap operas, part of a skit on SNL about kids turning into brain dead zombies from playing arcade games, recorded several records as one of the Playskool Kids and on weekends, he would perform at the Comic Strip in New York City as part of the Professional Children's Revue. Plus, he can be heard on over 70 voice overs for national ads and can be seen on screen in over 14 national commercials such as Duncan Hines Crispy Chewy cookies in the early 80's.

Dana is happy to be a part of the Berks Encore team. He's enjoying getting to know the many patrons at the Mifflin Center. He is impressed and very thankful for the volunteers and their ongoing commitment to help prepare and deliver over 200 meals from the Mifflin center each weekday. He is glad to be a part of an organization that helps to make others' lives better in some way every day.

Dana is originally from McAfee, New Jersey (Northern NJ). He has two grown daughters named Paige (30) and Morgan (28) who live in New Jersey. He moved to Berks County nine years ago and lives with his partner Richard Kruczek, who is a Master Gardener and Coordinator of the Penn State program offered in Berks County. A position Rick recently joined after almost two decades working in healthcare administration. Dana and Richard enjoy gardening (to be honest, Dana moves piles of dirt as instructed, Rick does the rest!), music, theatre, and traveling especially seeking out lesser-known tourist spots and mostly forgotten historical sites. They have a home in Fountain Hills, Arizona and enjoy spending time in the Southwest. Please join us in welcoming Dana to Berks Encore.

## MAKING AN IMPACT

# Who's Helping Who?

By Lori Gerhart, VP Advancement

Meals on Wheels America recently partnered with Brown University for a research study to learn more about programs designed to address social connection and isolation among meals on wheels clients. During the research, they would look at telephone outreach, virtual programming and friendly visitor programs provided by organizations across the country. Berks Encore was selected to participate in the study and staff, clients and volunteers were interviewed about our friendly visitor program.

Loneliness and social isolation are linked to serious health conditions in people of all ages. However, older adults are at increased risk for loneliness and social isolation because they are more likely to face factors such as increasing frailty, declines in overall health, absent or uninvolved relatives or children, and economic struggles. Retirement, the abrupt end of daily work relationships, and the death of close friends or spouses can also contribute to social isolation. Isolation is rampant among older adults who lose mobility, lack transportation options, live alone or away from family.

Loneliness is defined as the feeling of being alone, regardless of the amount of social contact someone has. Social isolation is a lack of social connections. Social isolation can lead to loneliness in some people, while others can feel lonely without being socially isolated. Loneliness is associated with higher rates of depression, anxiety, and suicide.

People generally are social by nature, and high-quality social relationships

can help them live longer, healthier lives. That's where the friendly visitor program comes in! The Friendly Visitor Program provides social interaction, and relieves loneliness and feelings of isolation in senior citizens who are home-bound.

The most frequent activities that visitors and clients engage in are talking and telling stories, although they can enjoy many different activities together such as listening to music, playing cards, and walking outside.

The impact to the senior? Seniors involved in the program report many positive effects of having a visitor – they develop close friendships with their visitors which they look forward to their visits each week. Although some visitors assist the seniors with routine activities, the most valued activity shared by the seniors and their visitors is just talking. Many have a shared, common interest. For Lynn and Jim in the cover story article, that was golf. It could be travel, love of dogs, playing card games. The seniors' spirits are uplifted by the regular visits.

Impact of serving as a visitor? Visitors say the experience gives them very positive feelings about helping others. Visitors experience changes in their perceptions of their knowledge of the needs of the elderly, the devastating effect of loneliness and isolation, the importance of giving back to the community and the satisfaction that comes from helping others. The visitor finds they get back more than they give. By helping others, the helper is also helped.

So exactly who is helping who? We like to say, "when you volunteer, you may be surprised to find the person that is changed is YOU!"



Lori Gerhart

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*Thank you!*

We would like to thank **The Shillington Business Association** for donating \$1,000 to Berks Encore for the support we provide seniors in the Mifflin community with Meals on Wheels and activities at our Berks Encore Senior Center in Shillington. We are grateful for the generous donation from The Shillington Business Association.



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## SENIOR SAFETY

# FCC Takes More Steps to Reduce Robocalls

## NEW RULES MAKE IT HARDER FOR ILLEGAL CALLS ORIGINATING OVERSEAS TO REACH AMERICANS' PHONES

By John Waggoner

Scammers and others blanket Americans with billions of illegal robocalls annually, many of which originate overseas. The Federal Communications Commission (FCC) has adopted new rules to help block these automated calls, which have become increasingly vexing for consumers. Robocallers use a variety of deceptive techniques to get you to answer, including spoofing, which tricks caller ID into displaying fake phone numbers. Sometimes those numbers are designed to use your three-digit area code, making the call look like it's coming from a neighbor — not another country.

The new rules adopted by the FCC on May 19 target what are called gateway providers, which regulators describe as “on-ramps for international call traffic.” Overseas robocallers send a call to a gateway provider, which in turn hands the call off to a U.S. network carrier. Data cited by the FCC indicates that 2 out of 3 voice service providers transmitting illegal robocalls in 2021 were either gateway providers or foreign based. At the direction of the FCC, most large telecommunication companies use a technical protocol called STIR/SHAKEN to verify that calls originate from the number that shows up on your phone. The new FCC rules compel gateway providers to comply with the same caller ID authentication protocols. Gateway providers are now required to work to block illegal robocalls, take responsibility for illegal robocalls that get through their networks, and aid

the FCC in tracing and identifying illegal robocallers.

The FCC says consumers can and should take steps to decrease robocalls:

- Don't answer calls from unknown numbers. If you answer such a call, hang up immediately.
- Do not respond to any questions, especially those that can be answered with “Yes.”
- Never give out personal information, such as account numbers, social security numbers, mother's maiden names, passwords or other identifying information in response to unexpected calls or if you are at all suspicious.
- Talk to your phone company about call-blocking tools they may have, and check into apps you can download to your mobile device to block unwanted calls.

To block telemarketing calls, register your number on the Federal Trade Commission (FTC) National Do Not Call Registry at [donotcall.gov](http://donotcall.gov). Legitimate telemarketers use the registry to avoid FCC fines for calling numbers on the list.

John Waggoner covers all things financial for AARP, from budgeting and taxes to retirement planning and Social Security. Previously he was a reporter for Kiplinger's Personal Finance and USA Today, and he has written books on investing and the 2008 financial crisis. Waggoner's USA Today investing column ran in dozens of newspapers for 25 years.

Read the full article: [www.aarp.org/money/scams-fraud/info-2022/fcc-takes-more-steps-to-reduce-robocalls](http://www.aarp.org/money/scams-fraud/info-2022/fcc-takes-more-steps-to-reduce-robocalls).

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# SEMINAR for VETERANS

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## MOTHER VERONICA RESOURCE CENTER

Did you know that the lack of English proficiency is holding back a significant number of potential workers from obtaining local jobs in the Reading area? If you are concerned about the literacy issues affecting our community and would like to make a difference, the Mother Veronica Resource Center at 449 S. 6th Street in Reading needs you!

We are looking for individuals with teaching experience or a background in Education to volunteer to serve as ESL class instructors. Being bilingual in English and Spanish is a plus, but not necessary.

If you have some time in the morning or evening and are passionate about teaching, the Mother Veronica Resource Center invites you to get in touch for more details.

Please call Sister Cara at 484-516-2138 or email [mveronicacenter@gmail.com](mailto:mveronicacenter@gmail.com).



## HAWKINS HOME CARE, LLC

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Providing the most Affordable Non-Medical Assistance

*"We will care for Your Loved Ones like Family!"*

Non-Medical Home Care Services:

Companionship, Personal Care, Bathing, Toileting, Lifting, Transfers, Meal Prep, Light Housekeeping, Shopping, Errands, and Appts., Visitation and Respite Care.

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## THE TRUSTED CHOICE

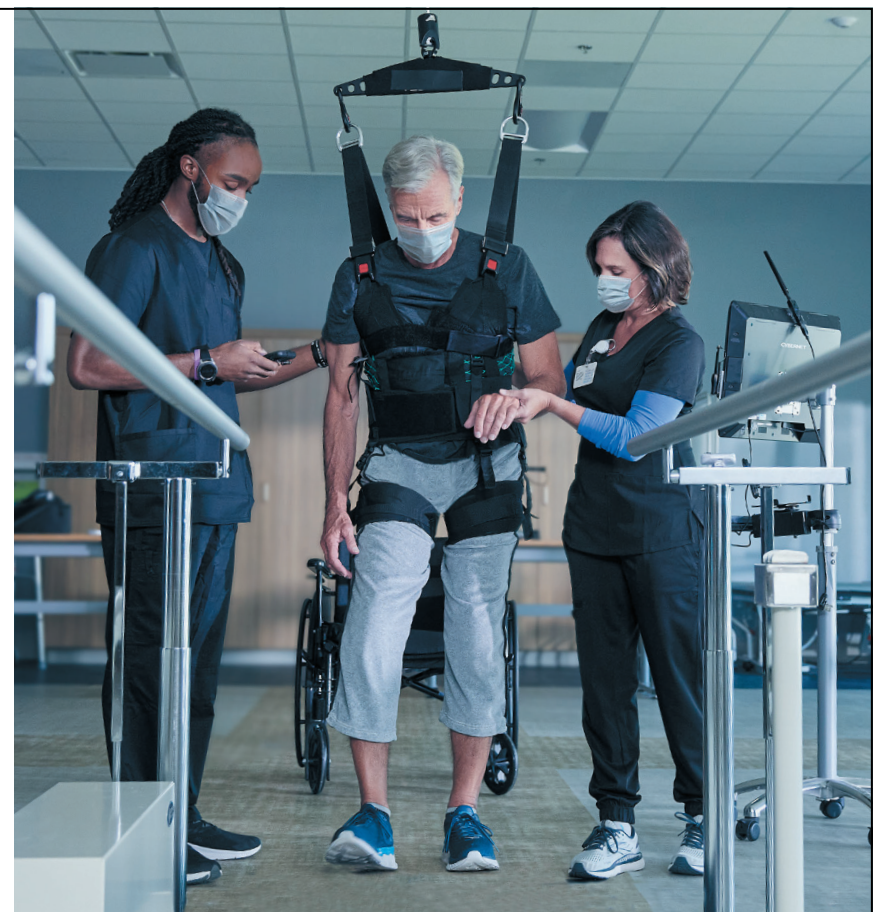
At Encompass Health, we create rehabilitation programs that are specifically designed for each patient's needs, using advanced technology and innovative treatments to maximize recovery. It's why so many people and their caregivers choose us. And why we are the trusted choice of a growing number of medical professionals.



Rehabilitation Hospital of Reading

[encompasshealth.com/readingrehab](http://encompasshealth.com/readingrehab)

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# New Program! Eat Well - Be Well

Compiled and written by Kathy Roberts, Health & Wellness Director and Kate Sweinhart, Health & Wellness Educator

SOURCES: NCOA.org, R. Frechman, M.A., registered dietitian & nutritionist

## THE EVIDENCE IS CLEAR! EATING HEALTHY IS KEY TO BEING HEALTHY AND AGING WELL.

Giving your body the nutrients it needs can help you stay active and independent for years to come. Knowing this and doing it are 2 separate things. If it was easy, fewer Americans would suffer the harmful effects of poor nutrition, including obesity, diabetes, high blood pressure and other chronic conditions that impact their quality of life.

### POOR NUTRITION LEADS TO...

◆ **Osteoporosis.** The lack of essential nutrients leads to an overall decrease in body mass. This extends to the bones, which become weaker and more brittle, making you more vulnerable to fractures.

◆ **Vision loss.** A lack of protein, antioxidants, vitamin A, and lutein exacerbates existing eye conditions and accelerates vision loss and has a direct effect on cataracts, macular degeneration, glaucoma, and other forms of vision loss.

◆ **Cognitive decline.** Medical studies show a healthy diet can slow the effects of Alzheimer's and dementia. A healthy diet, rich in antioxidants slows down the loss of neurons in the brain.

◆ **Weakened immune system.** Without proper vitamins and nutrients, the production of white blood cells decreases, which makes you susceptible to infections.

◆ **Anemia.** Caused by a low dietary intake of vitamin C, vitamin B12 and iron, anemia can lead to fatigue, anxiety and lack of energy.

◆ **Constipation.** The lack of adequate fiber and proper hydration effects the stimulation of the digestive system.

### COMMON NUTRITION MYTHS AND OBSTACLES FOR OLDER ADULTS...

◆ **I can eat whatever I want.** Proper nutrition is important at any age. How you eat effects how you feel and how you age!

◆ **Dietary supplements will help me get the vitamins and minerals I need.** Capsules lack in essential fiber for digestive health and cannot ensure proper nutrient absorption. The best way to get vitamins and minerals is through the food we eat.

◆ **"Healthy" labeled frozen dinners and prepackaged food.** Although it might be an easier option than preparing a meal, these items are NOT healthy, containing high amounts of sodium and fat.

◆ **I'm diabetic so I should avoid carbohydrates.** Carbohydrates are your body's main source of energy that help fuel your brain, kidneys, heart muscles, and central nervous system.



◆ **A supplement shake is a good substitution for a meal.** Regular use of supplement shakes may actually cause digestive issues. Nutritional shakes are not suitable alternatives to a balanced meal.

◆ **Eating out all the time is fine as long as I don't eat the same thing.** There is more to healthy eating than varying food options. Restaurant meals typically contain high amounts of fat, sugar and sodium, which is dangerous for older adults with heart problems, diabetes, and high blood pressure.

Following a balanced diet meal plan at home can help nourish your mind, body and spirit and keep your bank account healthier too! Good nutrition doesn't need to be complicated. You just need the right information and tools to make healthy food choices. With a little planning and a spark of inspiration, you can be on your way to enjoying delicious meals that are good for you.

### JOIN US FOR THIS 4-WEEK EDUCATIONAL AND FUN PROGRAM!

Learn strategies to overcome nutritional challenges, celebrate healthy food choices and build a sense of empowerment in your overall health.

FREE

**Tuesdays**  
**August 2 through August 23**  
**1pm to 3pm**

Wyomissing Public Library, 9 Reading Blvd., Wyomissing, PA

**Program limited to 12 participants, registration required!**

Don't Delay! Call Kathy Roberts: 484-388-3196

#### Week 1:

**Plate Perfection, Portion Distortion, Picture a Healthy Meal-** show & tell, share your dinner plate. Super size to right size.

#### Week 2:

**Hunt for Healthy-** reading labels, includes a team scavenger hunt at Redners Markets

#### Week 3:

**Fast Food & Dining Out-** searching fast food and local restaurant menus for healthy options

#### Week 4:

**Swaps & Substitutes-** modifying recipes and meal plans.

**The program ends with a celebration of food!**

We will prepare, cook and enjoy a healthy meal together.



Pickleball  
was created  
with one  
thing in mind:  
**FUN!**

Weekly play is limited to  
12 participants,  
registration required!

Call **Kathy Roberts:**  
**484-388-3196**  
Email:

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

**Tuesdays in September - 10am-11:30am**

(every Tuesday starting September 6 - September 27)

Learn to play 10am to 10:30am - Open Play begins at 10:45am

**Fleetwood Center - Indoor Court Play**  
14432 Kutztown Road, Fleetwood



**Fridays in September - 10am-11:30am**

(every Friday starting September 9 - September 30)

Learn to play 10am to 10:30am - Open Play begins at 10:45am

**Strausstown Center - Outdoor Court Play**  
44 East Avenue, Strausstown



be **well**  
**HEALTH & WELLNESS CLASSES**

**New Class!**  
**EAT WELL - BE WELL**

**Wyomissing Library**

9 Reading Blvd., Wyomissing  
Tuesdays, 9:30am to 11:30am  
August 9 through August 30

**MATTER OF BALANCE**

**Tower Health Rehabilitation**

2802 Papermill Road, Wyomissing  
Fridays, 1pm to 3pm,  
September 16 through November 4

**OLDIES DANCE PARTY**

**Fleetwood Center**

14432 Kutztown Road, Fleetwood  
Fridays, 12noon to 1pm  
July 22 through August 26

**Center at Spring Street**

301 West Spring Street, Boyertown  
Mondays, 9:30am to 11:30am, July  
11 through August 29

**Encompass Health Rehabilitation**

1623 Morgantown Road,  
Reading  
Mondays, 1pm to 3pm  
Sept. 12 through Oct. 31

**Strausstown Center**

44 East Avenue, Strausstown  
Wednesdays, 9:30am-10:30am  
August 3 through August 31

**PSU St. Joseph's Exeter Health**

3970 Perkiomen Avenue, Reading  
Thursdays, 10:00am to 12:00pm,  
Sept. 29 through Nov. 17

**LIVING WELL  
WITH DIABETES**

**Wyomissing Library**

9 Reading Blvd., Wyomissing  
Fridays, 1pm-3:30pm  
Sept. 16 through Oct. 28

**HEALTHY STEPS  
IN MOTION**

**Wernersville Center**

350 Sportsmans Road, Wernersville  
Mondays & Wednesdays,  
1:30pm-2:30pm  
July 18 through August 31

**HEALTHY HEART -  
HAPPY HEART**

**Strausstown Center**

44 East Avenue, Strausstown  
Thursdays, 9:30am-12pm, August 4  
through September 8

**Fleetwood Center**

14432 Kutztown Road, Fleetwood  
Tuesdays & Thursdays,  
1:30pm-2:30pm  
July 19 through September 1

**Wyomissing Library**

9 Reading Blvd., Wyomissing  
Wednesdays, 1pm-3:30pm,  
September 7 through October 19

**FREE, but requires registration!**  
**Call Kathy Roberts 484-388-3196**

**FREE**

**Do you have...**

**Congestive Heart Failure? A-Fib?  
Coronary Artery Disease?**

**Healthy Heart - Happy Heart**

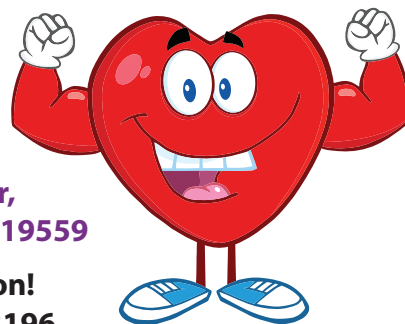
**LIVE WELL WITH HEART DISEASE**

Thursdays, 9:30 to 12:00pm  
8/4/22 through 9/8/22

**Open to those with heart  
disease & family members.**

**Berks Encore, Strausstown Center,  
48 East Avenue, Strausstown, PA 19559**

**FREE, but requires registration!**  
**Call Kathy Roberts • 484-388-3196**



**berksencore**  
applauding life after 50

*Developed by Stanford University, this highly participative,  
evidence-based program helps individuals learn how to TAKE  
CHARGE in the management of their disease and overall  
health to lead active and fulfilling lives!*



**Berks Encore DOUGLASSVILLE CENTER****2144 Weavertown Rd., Douglassville**

Center Manager – Sharon Pedrick

**610-582-1603**

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

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

Every Wed: 10:30 am: Free Sit and Get Fit w/ Patti 1@11:00 am Dandelion Canvas Painting w/Peggy Allen

1,8,15,22,29 Doo Wop Piano w/Aaron

6 @11:00 am Transcendence w/Lydia/Tanglewood

7,14,21,28 @ 8:00 am-2:00 pm Fitness Center

7, 28 @ 10:15 am Golden Globes

8 @ 10:30 am Grocery Bingo (\$2) w/ Angela/Berkshire Commons

13@11:00 am Bingo w/David

14 @ 11:00 am Make Your Own Sundae w/Rachael/TruCare

15@11:00 am Craft/w/Barb/Senior Life

20 @ 11:00 am Rejuvenate w/Pat/Kaleidoscope Angels

21 @ 11:00 am Bingo w/ Manor at Market Square

25 @ 11:00 am Craft w/ Beth/Glick's Greenhouse

27 @ 11:00 am Boombox Bingo w/ Rich/fGB Entertainment

28 @11:30 am Pizza Party

29 @ 11:00 Trivia



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: 10 am: Sit & Get Fit Class (60+FREE)\*

Every Mon and Wed @ 12 noon: Pinochle

Every Tue: 10 am: Dollar Bingo (\$1)  
1 pm: Texas Hold'em

Every Wed: 9:15 am: Zumba Gold (60+ FREE)\*  
10 am: Adult Coloring  
10:30 am: Dominoes and Rummikub

Every Thur: 10 am: Chair Yoga (60+ FREE)\*  
1 pm: Tai Chi I (60+ FREE) \*  
1:50 pm: Tai Chi II (60+ FREE) \*

Every Fri: 10 am: Dollar Bingo (\$1)  
9:15 am: Zumba Gold Toning (60+ FREE) \*  
1:00 pm: Country Line Dance (\$1)

4 : Center Closed. Happy 4th of July!

7 and 21 @ 10 am: Watercolor art class. Free. All supplies provided. \*

18 @ 10:30 am: Medicare Fraud and Abuse with John Vogel. Call Terry to sign up.

19 @ 10 am: Grocery Bingo sponsored by Trish from Rittenhouse Village

19, 21, 26, and 28 @ 1:30pm: Healthy Steps in Motion exercise class. Call Kathy Roberts to sign up.

21 @ 11:30 am: Celebrate National Hot Dog Day at our doggie roast. Free but please sign up.

22 and 29 @ 12 noon: Dance Party is back!! Enjoy dancing to the oldies. Please call Terry to sign up.

22 @ 1 pm: Lunch Bunch @ Logan's Hamburg Call Terry to RSVP.

25 @ 10:30 am: Care and Propagation of African Violets. Everything you need to know about caring for African violets. Class is free. Please sign up

27 @ 10:30 am: Confused about Medicare? Join us for a presentation. Please call 610-374-3195 X 209 to register.

29 @ 10 am: Jackpot Bingo and Happy July 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 – Megan Dissinger

**610-777-5577**

Every Mon: 10:30am Grocery Bingo \$2  
12-12:45pm: Tai Chi with Jan Gyomber\*  
12-2pm: Card Club  
1pm-2pm: Coloring and Painting Club

Every Tue: 9:30am Breakfast Club (Panera & Coffee)  
10:30am: Sit and Get Fit with Darcy McLean\*  
11 am: Chair Yoga with Darcy McLean\*

Every Wed 10:30am: FABS (Flexibility Aerobics Balance Strength) with Darcy McLean\*

Every Thur 10:30am: Sit and Get Fit with Darcy McLean\*  
12:00pm: Dollar Bingo \$2

1 @ 10am: Craft with Donna (signup required) 610-374- 3195 ext. 208 to schedule appt.

5 & 19 @ 2pm: Knifty Knitters (Roper Parlor Room)

8 & 25 @ 9am: Volunteer Training/Retraining

8 @10:30am: MYSTERY BINGO by Senior Life (signup required)

15 @ 10am: Craft with Donna (signup required)

15 @ 9am-1pm: PA MEDI Counselor: Please call

19 @ 12pm – Presentation by Tammy Phillips, "Nutritional Support for Brain Health"

20 @ 12pm: Boom Box Bingo

22: Craft with Donna (signup required)

26 @ 11:30am: Music Therapy w/Juliet\*

29 @ 11am: BEACH PARTY! Pizza, Ice Cream, Non-Alcoholic Beverages!! Trish from Rittenhouse Village will be assisting! (signup required) \$2 per person (friends and family welcome)

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 Thur: 10:15 am “Virtual Chair Yoga”  
12:30 pm “Grocery Bingo”

Every Fri: 11:00 am “Virtual FABS Class”  
12:30 pm: “Cash Bingo”



4 All Day – “Closed for 4th of July holiday”

5 @ 12:30 pm: “Lets Make Art (Watercoloring)”  
presented by Jim

11 & 25 @ 10:30 am: BE Inspired! “Color Your World” Adult Coloring Relieves stress, relaxing & fun! Presented by: Reading Public Library

12 & 26 @ 10:30 am till 1:30 pm: “Farmers Market” presented by The Food Trust

12 @ 12:30 pm: “Jeopardy” presented by Senior Life

18 @ 10:30 am: “Pokeno” presented by Angels of Call

19 @ 12:30 pm: “Music Bingo” presented by Rich

26 @ 10:30 am: “Fun Time w/TruCare” presented by TruCare

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

11 am: Bingo & Lunch - \$4/person  
(there will be NO Bingo on July 18)

Every Tues: 9:15 a.m. – Chair Yoga – \$5/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 Water-  
color 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/class

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

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

6 @ Noon: PIZZA PARTY! Free, but please  
sign up in advance

8 @ 12:30 pm.: Independence Day Prize Bin-  
go – sign up in advance - \$2/person

13 @ 12:30 pm: Homemade Ice Cream Social  
– FREE

15 @ 11:30 am: Murder at the Garden Party  
Luncheon – please sign up in advance

20 @ 12:30 pm: Candy Bingo with David

19 @ 9 am-12:30 pm: Chair Massages with  
Lorraine Kline. \$10 for 15 minutes

21 @ Noon: Lunch and Learn – Nutrition  
Support for Brain Health

21 @ 6 pm: Show featuring Jeff Krick Jr. as  
Elvis @ Strausstion Lions Park – \$10 per  
person includes show and meal from the  
Strausstown Lion’s Club

25 @ 11 am: JACKPOT BINGO - \$5 winner  
every game – cost \$4/person for lunch  
& bingo

26 @ 12:30 pm: Boombox Bingo with Times  
Gone By Entertainment

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 am: FREE Sit & Get Fit (\$1\*\*)  
12 pm: Hausenpfeffer

Every Tues: 9:15 am: Yoga (\$5)  
1:30 pm: Ballroom Dancing

Every Wed: 9:30 am: Bridge  
\*10 am: FREE Sit & Get Fit (\$1\*\*)

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

12 pm: Bingo

Every Thur: 9:30 am: Duplicate Bridge  
11 am: Karaoke

Every Fri: 9:30 am: Zumba Gold (\$5)  
\*12 pm: FREE Tai Chi (\$5\*\*)

12:45 pm: Advanced Tai Chi-24 (\$5)



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

18 @ 1:30 pm: Healthy Steps in Motion –  
FREE, but must be Registered w/ Kathy  
Roberts Mondays and Wednesdays  
through August 31

26 @ 12:30 pm: Lotto Bingo – Free, but  
please make reservation

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.

## PEOPLE OVER FIFTY SOCIAL CLUB

WE ARE PLEASED TO ANNOUNCE – ANNOUNCE WHAT? We met at our new location for our June meeting and our members were very pleased. The setting provides ample parking and level entrance; the meeting area is bright and spacious and includes a large updated kitchen and the sound system is designed to accommodate hearing impaired members.

WHERE IS OUR NEW LOCATION? St. John's Gernant's Church, located at 12 Gernants Church Road in Leesport, 19533. If you are acquainted with the Route 73 Diner, the Schuylkill Valley Middle School, or the Rajah Shrine Complex, you will have no difficulty getting to the meeting locale.

WHAT'S UP FOR THE JULY MEETING? In July we hold our annual picnic meeting at Jim Dietrich Park in Muhlenberg Township in the large pavilion. You may arrive any time after 10:00 A.M. but we won't be set up until 10:30. Bring your own trays and table covers if you desire them; come prepared for bugs and variable weather (it's a picnic after all). Bring your own beverages for consumption after the meal. The cost is \$10.00 for lunch and entertainment. There is no basket fee for this meeting! If you did not make a picnic reservation at the June meeting, call Karen Dietrich Schwartz (610-939-9402) or send your payment and reservation to our PO Box: People Over Fifty, PO Box 25, Temple, PA 19560. Reservations close July 18th. We will continue our Fuel Friends awards (we draw three attending members' names; each receives a \$5.00 "award" to help cover driving costs to our meeting). We will also outline how our 50/50 drawing will work; it begins with our August meeting.

WHAT'S THE JULY FOOD AND ENTERTAINMENT? Our picnic fare will be chicken and pineapple on skewers on a bed of rice, fresh fruit serving, Texas sheet cake, and a beverage. All food items will be individually packaged to assure food safety and ease of carrying to your table. Our entertainment will be provided by the Berks Harmony Quartet with Ray Shunk, one of our club members.

WHAT IF IT RAINS ON PICNIC DAY? If there is heavy rain or stormy weather (thunder and lightning plus rain), we will picnic at our new location (Gernant's Church) instead of the park. If you are unsure where we will meet, check with a Board member.

WHERE ELSE ARE WE GOING? Reservations are still available for our August 3rd trip to the Mt. Airy Casino to see "Grease." The cost is \$82.00 – each attendee gets \$15.00 for playing the slots and \$15.00 as a lunch subsidy. It's a great deal! Don't miss out on the fun. There are still spots available for our October 13th Mystery Trip (cost \$80.00). Make your reservation for both trips at a club meeting or contact Karen Dietrich Schwartz for additional information (610-939-9402).

WANT TO CELEBRATE WITH US? In July of 2021, our Club emerged from Covid shutdown with our July picnic meeting. It's been a hectic re-start year, but we have not only survived but also prospered. Join us for the July 2022 picnic meeting and celebrate our successful re-emergence.

## Word Search Answers

Puzzle on page 27

DECLARATIONYYC  
CTJVKHISTORYZ  
LHCTRAXAFREEDOM  
LIBERTYUORNAX  
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WTVAY AENOKWUR  
SBMGNJULYDAUMG  
ENE OFAMILY GMF  
FIREWORKSW LEC  
GRNIYBVBjqOOR D  
HGATMIMLNZNDI  
QTEPATRIOTISME  
INDEPENDENCEGM  
WQDCBOOUUVEELM

A Tradition of Caring

## Happy 4th of July!

### Berks Hiem

- \*Short Term Rehabilitation
- \*Secured Memory Care
- \*Skilled Nursing Care
- \*Physician coverage 365 days a year



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# WHITE STAR TOURS



& The Kraras Family Invite You To Join Us On Our  
**2022 VALUE TOURS**



Includes: Meals, Activities, Admissions, Accommodations, and Transportation!

## HUDSON VALLEY, NEW YORK

**July 6-8** (3 Days) ..... **\$669.00**

2-Hour Hudson River Cruise aboard Rip Van Winkle II, Franklin D. Roosevelt Historic Site with Tour of Springwood, and Visits to the Visitors Center, FDR Presidential Museum, & Grounds, Local Winery Tour with Tasting, Walkway Over The Hudson, West Point Cadet Experience Exhibit, Tour of West Point Military Academy Campus, West Point Visitor's Center & Museum, 4 Meals, including Dinner at Culinary Institute of America

## NASHVILLE, TN

**July 27-August 1** (6 Days) ..... **\$1,010.00**

5 Nights Lodging, including 3 Nights at the Opryland Hotel, Tour of Nashville, including Parthenon & Ryman Auditorium, Country Music Hall of Fame, Grand Ole Opry & Troubadour Theatre, Loretta Lynn Ranch, The Hermitage, 8 Meals, including Nashville Nightlife Dinner Theatre

## MONTREAL & QUEBEC CITY - CANADA

**August 8-12** (5 Days) ..... **\$729.00**

Tour of Montreal & Old Montreal, Tour of Quebec City & Old Quebec, Visits to Churches: Notre Dame Basilica, St. Joseph's, Oratory/Shrine, & Ste. Anne de Beaupre Shrine, Montreal Casino, Montreal Underground, Albert Gilles Copper Art Museum, Montmorency Falls, 8 Meals



## DAVID

**"DAVID" - SIGHT & SOUND  
THEATER - LANCASTER, PA**

**October 18** (Day Trip) ..... **\$159.00**

Performance of "DAVID" at Sight & Sound Theatre, Kitchen Kettle Village, Meal



Prices Quoted: Per Person, Double Occupancy



26 E. Lancaster Ave.,  
Reading, PA 19607

**CALL 610-775-5000**  
[www.whitestartours.com](http://www.whitestartours.com)  
[dkraras@whitestartours.com](mailto:dkraras@whitestartours.com)

## GOLDEN SENIORS OF SPIES LUTHERAN CHURCH

WE ARE BACK!!!

Our club is starting up again after a two year close down due to Covid. It was so good to have the group together again. There were 15 of us, but there is plenty of room for more! If you paid your dues in 2020, come now and 2022 will be paid for. As of now, we are meeting at 1 pm on the second Thursday of each month and masks are to be worn and there will be no refreshments. We are hoping that the mandate of masks and refreshments will be lifted soon. We played Bingo after our business meeting and we were just glad to be together once again.

We would love if you would join us. We are planning Barnyard Bingo for the August meeting which is a blast.

## BERNVILLE YOUNG AT HEART

We meet on the third Wednesday of every month at the Bernville Grange. The doors open at 12 and the meetings start at 1. Anyone 50 and over may join. The yearly dues are \$5.00. The dues for every meeting are \$4.00 at the door and your first meeting is free. At our July meeting, our entertainment will be Luanne Reese portraying Margaret Olemaun Pokiah Fenton based on the book Fatty Legs. We will also have bingo, games, and picnic food with drinks. Hope to see you Wednesday, July 20.

Our trips are on 9/1/22 at the Silver Birches to see Legally Gray. The second one is 11/29/22 at the American Music Theatre for Home for the Holidays. Any questions or to sign up call Shirley Loy at 610-678-3602.

Submitted by Arlene Rhoads

## BLUE MOUNTAIN 50 PLUS CLUB

### Club Meetings:

Thursday, July 7, 2022 @ 7pm. Entertainment – Steve Walker- Singing

Thursday, August 4 @ 4:00 p.m. August Picnic, Kauffman's Pavilion, Bethel Entertainment - Deano - Singing (Members only, Ticket required, contact Linda Reed 610-488-1180.

Sale of Ham or Chicken Picnic tickets ends July 23rd)

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

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:

Tuesday, September 20, "Lights Out" The Music of Frankie Valli and the Four Seasons, Penn's Peak. Family style lunch before the show. Price: \$76.00 – Standby list only.

Friday, October 7, "The Texas Tenors" American Music Theater, Evening meal at Plain & Fancy Restaurant, before the show. Price: \$103.00

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. 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

## HAMBURG SENIOR CITIZENS CLUB

The Hamburg Senior Citizens will meet the second Wednesday of the month at the First United Church of Christ on Third and Pine Streets in Hamburg at 2pm.

July entertainment will be boom box bingo.

### Trips:

July trip to Sight & Sound has been canceled. Trips are available through R&J tours in September and October. Call 570-385-4488.

August 17 – Visit Carlisle with dining experience at the Kitchen Shoppe, and stops at Meadow Brook Gourds and the Lindt Chocolate factory outlet.

September 28 - Penn's Peak - Johnny Cash tribute

October 10 - Lake Tobias wildlife park

November 16 - American Music Theater- Christmas show "Home for the Holidays". Lunch at Bird in Hand restaurant.

Seats available on all trips. Contact Gloria at 610-562-3582

Gloria Hess Club reporter

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Southern Hospitality, Myrtle Beach, SC - OCEAN FRONT! w Inclusions. Sept 25-30.....	\$928
New England Trains & Cruises. Oct 2-6.....	\$1002
Italian Festival at Villa Roma Resort. Catskills, NY. October 18-20.....	\$441
Haunted Halloween Happenings - Salem & Boston, MA. Oct 23-25.....	\$957
A Branson/Ozark Christmas. Branson, MO. November 25-December 2.....	\$1706
Christmastime in Vermont. December 12-15.....	\$985

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August 21	St. Michaels, MD Freetime.....	\$57

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## ST. IGNATIUS SENIORS

Those hazy, lazy days of summer have arrived and The St. Ignatius Seniors have stopped our monthly meetings for July and August. Our annual membership meeting will be on Wednesday, September 7 at 10:00 am in the Parish Education Center. Dues are \$7.00.

### 2022 Trip Schedule:

July 20 - "Jersey Boys" at the Fulton Theater - lunch at Nonna Rosa Italian Restaurant - \$121.00 (waiting list)

August 12 - "Chicago" at the Dutch Apple Theater includes Buffet - \$110.00 - Deadline July 4

September 22 - The Waterfront at Silver Birches - includes train ride, lunch and show - \$130.00 - Deadline August 25

October 25 - "Mystery Trip" - lunch is included - \$99.00 Deadline September 15.

November 16 - Christmas Show: Home For The Holidays at the American Music Theater - includes Family Style Meal at the Hometown Kitchen - \$121.00 Deadline September 24. For more information and details on our trips, please call Judy Jablonski at 610-670-0907. For other questions, please call Barb Kunder at 610-763-1383.

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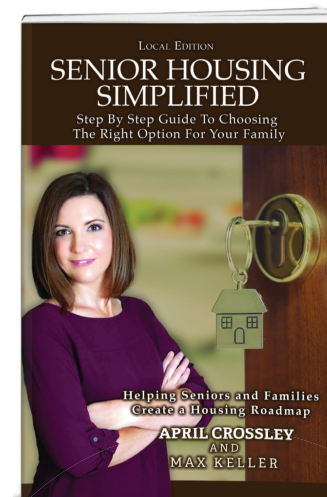
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## BERKS CHAPTER PENNSYLVANIA ASSOCIATION OF SCHOOL RETIREES

THE FALL GENERAL MEMBERSHIP MEETING is scheduled for Saturday, September 24, 2022, at the Virginville Grange # 1832, 456 Main Street in Virginville, PA 19564. The Grange is located approximately 15 minutes north out of Fleetwood. Follow Route 662 North across Route 222 at the traffic circle. Bare right on Route 143 North. Route 143 North is Main Street in Virginville. The Grange is on the left and parking and the main entrance to the building is located in the rear. Registration begins at 10:15 AM followed by a business meeting at 10:45 AM. A turkey luncheon will be served at 12 noon for a cost of \$21.

To reserve a lunch, please mail a check payable to BCASR to DONNA SPIERS, BCASR TREASURER, 302 Park Avenue, Temple, PA 19560. The deadline for registration is Tuesday, August 31, 2022.

During the business meeting our special speaker will be Mark McKillop, Executive Director of the Pennsylvania Association of School Retirees who will address current issues with PSERS and our pension fund. We will also be presenting the PASR Laretta Woodson Awards designed to recognize an active educator and a support professional for their unselfish dedication and exemplary service to students, their school district, and the community. We will also be honoring the Volunteer of the Year. A Memorial Service will be conducted to honor and reflect on the memories of the BCASR members who have passed away since our last Memorial Service in September 2021.

PSERS ELECTION - The PSERS Board of Trustees will conduct an annuitant member/participant election this fall. The annuitant member/participant will serve a three year term on the Board beginning January 1, 2023.

Members desiring to run for the annuitant member/participant seat must \* Be an annuitant member of the system or a Class DC participant receiving distributions \* Submit an affidavit and nominating petition with 125 or more valid signatures from among the PSERS annuitant members and Class DC participants receiving distributions, \* Submit a completed biographical form. Due to the ongoing pandemic-related-school closures and virtual education, the Board election process will be conducted later this year. Members may request to receive a nomination packet and more information on the duties and responsibilities of Board members starting August 1, 2022. Interested members may write or email to: Mercedes Evans PSERS Election Coordinator, 5 North 5th Street, Harrisburg, PA 17101 Mercevens@pa.gov. Your completed affidavit, nominating petition, and biographical form must be returned to Ms. Evens at the email address or mailing address above by 5 p.m. on September 19, 2022. Late receipt will disqualify any candidate from the election ballot.

RECREO – Saturday, Dec. 3, 2022, American Music Theater “Home for the Holidays” presentation, lunch at Miller’s Smorgasbord, \$128.00 per person. To reserve a seat contact Pam Taylor at 610-370-5849 or email Pam

at bcasrgotravel@gmail.com. Please note the new cost of \$128.00 pp since there was a fuel surcharge from the bus company.

Enjoy celebrating Independence Day but stay safe.  
Mary Ann Zerkowski, Publicity Chair, BCASR

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**LIVE Asset Protection Webinar**  
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**Wed, July 6 at 11:00am and  
Wed, July 20 at 4:00pm**

**Life Care Planning Webinar**  
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Call our office to reserve your spot and get the details on how to join.

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## 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!

Upcoming Bus Trip:

Wed. June 29: The Magic of Damian (magician & mentalist) at Silver Birches at Lake Wallenpaupack. Includes family style lunch. Price \$85.00.

Trips are open to everyone!

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

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10am: Line Dancing

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## SHOEMAKERSVILLE SENIOR CITIZEN CLUB

Happy Fourth of July! The Senior Citizens Club meets every Tuesday at 1:00 p.m. in the banquet hall of the Shoemakersville Fire Company. Come and join us! All are welcome.

Our trip coordinator, Marlene Kline has planned the following trips. They are always a great success. Please contact Marlene at 610-562-8364 for information or reservations for the following trips:

July 6 – Windcreek Casino

July 28 – Jersey Boys, Fulton Theater, Lancaster

August 3 – Windcreek Casino

Happy Birthday and Happy Anniversary to all our members who will be celebrating these special days in July. Have a happy and safe Summer!

Janet Craley, Standing in for our Correspondence Secretary, Prudence Hepner

## BLANDON SENIOR CITIZENS

Enjoy the weather and summer activities as it is time to Celebrate the 4th of July with Fireworks, picnics, swimming, and celebrating with families. Stay safe.

The Blandon Seniors met on June 8th. Our attendance was only 37 seniors and we held our “Everybody’s Birthday Party!” Joyce Bauer filled in for our Chaplain, leading us in prayer, singing “God Bless America” and the pledge to the American Flag. Nancy Keller, filled in for Vice President, Jack, while he was working in the kitchen, reading the June birthdays and wedding anniversaries, followed by the singing to the members celebrating this month. Birthday refreshments were provided by Jack Holubec and Diane Smith. Treasurer’s Report was given by AnnaMae, and all was found to be in order!

Michelle Fidler, Sunshine Chairperson, reported “Get Well” Cards were sent out to: Joyce Bauer, Clarence Yenser and Ethel Rothermel. President Pat mentioned that we need a Chaplain to fill the position by Ethel Rothermel, and Joyce Bauer will help out for a while. Please see President Pat if you are interested.

As part of the party, AnnaMae Kerschner took charge of games. We played: “Tic, Tac, Doe”, which Seniors had not played for a long time, but we finally figured it out and “Unscramble” a list of words printed on paper, and yes, we did have several winners. Winners received money or a Geranium. Two Geraniums decorated every table, and were given to the Oldest and the Youngest person at each table. A BIG THANK YOU to AnnaMae.

The Annual Picnic in Maier’s Grove will be held July 13, 12:00 Noon. If you were not at the June meeting, give the President a call to reserve a spot. Price \$7.00 per person. There will be NO MEETING or PICNIC in August.

Respectfully submitted, Shirley L. Readinger-Ziegler, Club Secretary

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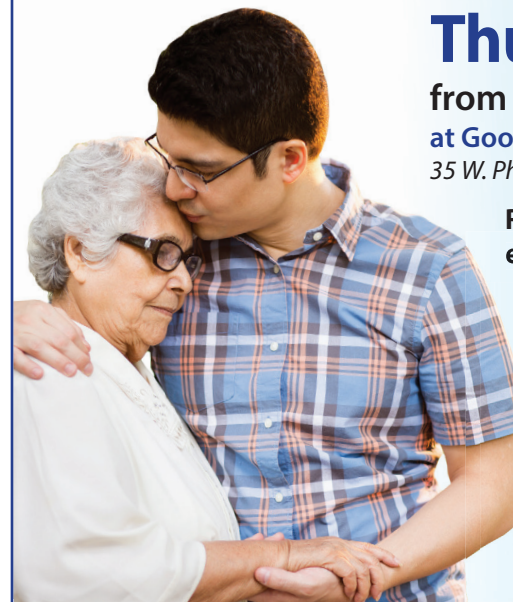
### Thursday, July 21

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## TUCKERTON NIFTY FIFTY CLUB

At our July 11 meeting we will have Hot Dogs and Kraut for Lunch. The Program for our meeting is not yet determined. It is also the last day to sign up for our Picnic in August. No reservations be taken after this meeting.

The first collection for our September Sandwich Lunch will be at the July 11 meeting. The last day to sign up and pay for our September Sandwich Lunch will be at our August 8 meeting. Sandwiches must be paid for in advance.

Anyone wishing to join our club must fill out a membership card and your name will be put on a wait list. If there are openings following our membership renewal which ends in November, the folks on the wait list will be contacted and invited to join in January.

One Wednesday, July 11 we will travel to "Sight and Sound" to see "David". We will be having Lunch at the Golden Coral. Sometimes there are last minutes cancellations and there are seats available. If you are interested call our Trip Coordinator at 610-929-5465.

Our club trips have begun, and we ask members who signed up for trips to pay for the trips by the due date that is noted on your trip sheet. Checks for the trips should be made out to the "Tuckerton Nifty Fifty Club". You can send your checks to Marilyn Daniels our Trip Coordinator.

Rose Ertz, Secretary, Publicist

## WEST LAWN SENIOR CLUB

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.

Please remember that the 2022 Annual Membership fee is \$7.00 and is payable at our meetings. 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.

There are no Business meetings or Socials in July and August.

The next scheduled Business meeting is Tuesday, September 6th at 1:00 PM. Entertainment will be Karl Hausman on the piano. Bingo social for September is scheduled for Tuesday the 20th at 1:00 PM.

For our club members, we regret to inform you that due to extenuating circumstances, the Board has decided to cancel the July picnic.

Our 2022 trip schedule is listed below. Trips are open to our members on a first come basis, and then the trips are open to the general public. Trips for 2022:

July 27 - Fulton Theatre (NEW DATE)	"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 our trips, call Clara Koch @ 610-678-2123 or Barbara Messner @ 610-678-1961

We wish everyone a healthy and happy summer. See you in September. New members are always welcome.

## ST. CATHERINE OF SIENA 50+ CLUB

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

July 6 meeting will feature presenter, Scott Hoh. He will discuss retirement and finance. Cake/coffee, tea and water will be provided.

August 3 meeting will be our Summer picnic with buffet lunch, 12:00 noon.

Call Kathleen Zagar for a reservation and more information, 610-698-3289.

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.

### TRIPS ARE BACK! Why not join is?!

Wed., July 13: Silver Birches (Pocono area) Shake Rattle and Roll Show with family-style meal, open bar with select wines, draft beer and soda from 12-3pm. \$95.

Wed., August 24: Mystery Tour. HINT: Sightseeing Boat Ride, \$150.

September 19-24: Monday - Saturday, Charleston & Savannah, Dbl. \$1645.

Fri., Oct. 21: American Treasure Tour, tram ride through rooms of Memory Lane, with full room of operating musical organs + lunch + Colebrookdale Railroad. 2 hour train ride. \$135.

Wednesday, November, 16: Magic & Moments of Christmas at the National Christmas Center + lunch on your own at Cracker Barrel, and Christmas show at American Music Center. \$120.

Contact Pat White 610-582-1437 for more information on trips. Proof of COVID Vaccination is required for all 50+ club Trips. Please call Maria Bunch, Vice-President at 610-582-4632 with questions or concerns. See us on Facebook!

## LEAGUE OF GOLDEN AGERS, MOHNTON

Our group meets the 2nd and 4th Wednesday of the month at St. John's Parish House in Mohnton with meetings starting at 10 AM. We always have great programs and interesting speakers and sometimes we have a meal to enjoy.

We hope you are having a wonderful summer so far. If you want to get away for a day, our upcoming trips are:

August 3: David at Sight & Sound, lunch at Hershey Farms. \$105.

September 7: Mystery Tour, only the bus driver knows where we are going. Trust me, this is a trip that is always fun and exciting. See if seats are still available. \$75.

October 19: Peddler's Village for Scarecrow Festival, lunch & shopping. \$75.

November 2: Dutch Apple Dinner Theater – Saturday Night Fever. \$97.

If interested, contact Roxie Bowers at 610-334-4084.

If interested in booking any programs for a meeting, contact Dottie Folk at 610-914-9760.

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I certify that the information I have provided below for my eligibility determination is correct, to the best of my knowledge. This certification form is being submitted in connection with the receipt of Federal assistance. Program officials may verify information on this form. I understand that intentionally making a false or misleading statement or intentionally misrepresenting, concealing, or withholding facts may result in paying the State agency, in cash, the value of the food benefits improperly issued to me and may subject me to civil or criminal prosecution under State and Federal law.

Standards for eligibility and participation in the SFMNP are the same for everyone, regardless of race, color, national origin, age, disability, or sex.

I understand that I may appeal any decision made by the local agency regarding my eligibility for the SFMNP.

By signing this, I acknowledge that my total household income is within the Income guidelines: \$25,142 for 1 person in the household; or \$33,874 for 2 people in the household and that I am 60 years old or older (or will turn 60 by December 31, 2022).

1<sup>st</sup> Participant Name (print): \_\_\_\_\_ Birth date \_\_\_\_\_  
(Person checks are for)

\_\_\_\_\_  
(Signature)

2nd Participant Name (print): \_\_\_\_\_ Birth Date \_\_\_\_\_  
(Person checks are for)

\_\_\_\_\_  
(Signature)

Address (print): \_\_\_\_\_

Telephone Number: \_\_\_\_\_ County you live in \_\_\_\_\_

Please circle the most appropriate identifier for each:

<b>Ethnicity:</b>	Hispanic or Latino	Not Hispanic or Latino	
<b>Race:</b>	American Indian or Alaskan Native Native Hawaiian or other Pacific Islander	Asian White	Black or African American

If more responses are received than funding allows you will be notified by mail.

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**Berks County AAA  
633 Court Street  
8<sup>th</sup> Floor  
Reading, PA 19601**

Program information is available by calling  
**610-478-6500**

**\*USDA Nondiscrimination Statement is available on our website at [www.berksaging.org](http://www.berksaging.org)**

## SENIOR CLUB OF LAURELDALE

We have been in existence for the past 50+ years and are still going strong! We welcome your inquiry about how to join our club. For more info, please contact our President Cassandra McWilliams, 610-929-0896.

May 13 meeting: Attendance on a stormy day was 73 members recorded by Yolanda Schaeffer. Lunch was meatball sandwiches, chips and coffee offered under the direction of Sandy Fister. Our trivia quiz program presented by Helen Quade awarded half dollars for correct answers, paid out by Eugene Spolski and Patricia Schleicher. Picnic reservations were sold by Barbara Cafurello.

May 17 – 38 passengers enjoyed the production of “David” at Sight and Sound Theatre. After the show we feasted at Yoder’s Buffet.

PICNIC – Wednesday, July 6. Our outdoor picnic will be catered by Wegman’s and held at Jim Dietrich Park in Muhlenberg Twp. from 11 am – 2 pm. We’ll have lots of good food, conversation and comradery plus some guessing games and Bingo. You might want to bring a lawn chair and a tray to carry your food back to the picnic bench. Everyone is invited to bring desserts and beverages to share with others.

Prepaid picnic reservations are required for July 6 so you can contact Patricia Sauder 484-855-3539 to find out if any are still available. We will be taking sandwich orders for August 12 meeting.

July 12 – All aboard the bus departing at 9 AM for Wind Creek Casino. Reserve with Helen Quade 610-929-2412 for our remaining casino trip on October 18. Cost is \$30 per person.

To reserve for the remaining bus trips, please phone or email pschleicher1813@gmail.com or 484-709-0279.

August 24 – Jumping Jive Magic Theatre

September 20 – Bube’s Brewery Murder Mystery

November 22 – American Music Christmas Show

Submitted by Helen J. Quade, P/R and trips

## MARION SENIOR TRIPS 2022

Thurs, Aug. 25 - Silver Birches 7 am-6:30 pm \$99 Due: May  
Scenic Boat Ride On Lake Wallenpaupack Family Style Meal  
Rich Wilson And His Sentimental Musical Journey

Sept. 19-22 Niagara Falls, NY Double-\$749- Single \$940  
Due: July 4 Days- 3 Nights

Thurs, Oct. 13. - Penns Peak 9:30 am -5 pm Due: AUG. \$86 (A Tribute To Dolly & Kenny)

Oct. 29 - Nov. 5 - Cruise To Bermuda

Wed, Nov. 16 - Mystery Trip????? 8:45 am-6:45 pm \$118 Due: Sept.

Tues, Dec 6 - American Music Theater 9 am- 4 pm \$100 Due: Oct  
(Christmas Show) (Lunch At Fulton Steamboat)

Burl & Sandra Werner, 256 Krick Lane Sinking Spring, PA 19608  
610-678-4464 Swerner55@Comcast.net

Make Checks Payable To: Marion Senior Trip Fund

Day Trips Leave From Tulpehocken Church, Tulpehocken Road, Richland, PA

## Meals on Wheels Volunteer Drivers Needed!

The demand for meals is increasing and as a result we are adding 4 new routes to help more seniors.

*We don't want to have to waitlist those in need due to not having enough drivers to deliver meals.*

Please consider adopting a new route in Douglassville, Mifflin, or Reading daily, weekly or monthly.

**Contact Rita, our Director of Volunteers**

610-374-3195 ext. 225 rphillips@berksencore.org



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- ✓ Caregiver Support Program
- ✓ Home Delivered Meals
- ✓ Adult Daily Living Centers
- ✓ Senior Community Centers
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- ✓ Information & Community Resources



Call 610-478-6500

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# Fourth of July

## Word Search

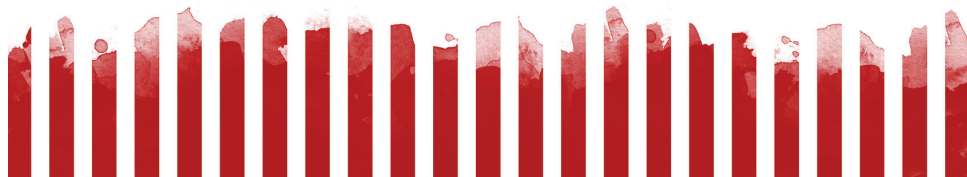
Answer on page 16

FIREWORKS  
HISTORY  
JULY  
PRIDE

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DECLARATION  
FAMILY  
INDEPENDENCE

NATION  
SUMMER  
PATRIOTISM  
FREEDOM

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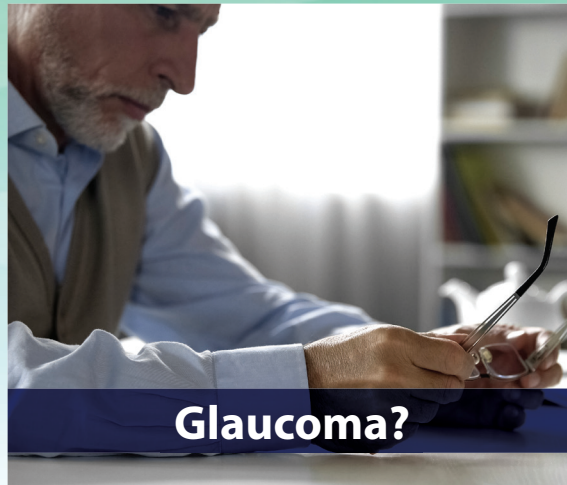
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