



berks**encore**

news

August 2022
Volume 23
Issue 8

Helping Berks County Seniors Age with Confidence

www.BerksEncore.org



Summer FUN

EXPO is Back!
page 4

**Volunteer Has
Zest for Life**
page 6

SENIOR SAFETY

Beware: Red-Hot Scams to Watch Out for in 2022

By Sari Harrar, AARP

In their never-ending pursuit of your money and identity, criminals are constantly coming up with new cons. Here's a closer look at a few relatively new types of scams that are becoming more common, along with expert advice on avoiding them.

FAKE AMAZON EMPLOYEES

One-third of business-impostor fraud complaints involve scammers claiming they're from Amazon, the Federal Trade Commission (FTC) reports. Older adults are four times more likely to lose money and get hit harder — losing a median of \$1,500, versus \$814 for younger adults — in such scams. "Amazon is the biggest, best-known company in the [online sales] space," Hamerstone says. So, the impersonator scams "feel real" to people.

How to stay safe: Ignore calls, text messages, emails and social media messages about suspicious account activity, raffles, or unauthorized purchases. If you think you may have a real account problem, contact Amazon customer support at 888-280-4331.

LOCAL TAX IMPOSTORS

Scammers are impersonating state, county and municipal law enforcement and tax collection agencies to get you to share sensitive personal information or send money to "settle your tax debt." They may call, email or mail letters threatening to revoke your driver's license or passport. Some pretend to offer state tax relief.

How to stay safe: Ignore any such calls and emails. Real tax agencies, from the IRS to your town tax collector, do business by mail and won't ask you for passwords or bank account or credit card info. They also won't threaten to call the police or ask you to pay with gift cards, peer-to-peer (P2P) payment apps or cryptocurrency.

'FAVOR FOR A FRIEND' GIFT CARDS

You receive an email from a friend asking for a quick favor. She's having trouble with a credit card or store account and, annoyingly, can't buy a gift card she needs for a birthday present. Will you buy the card and call her with the numbers on the back? She'll pay you back. But this favor's really a fraud, as it's almost always an impostor sending the request, the Better Business Bureau (BBB) warns. If you do as told, you'll never see the money again because gift cards don't have the protections that debit and credit cards have.

How to stay safe: Call or text your friend to confirm the person really needs the favor. Target, Google Play, Apple, eBay, and Walmart were the top cards used by scammers in 2021. "Always double check before sending someone money," the BBB advises.

Read the full article www.aarp.org/money/scams-fraud/

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

CRIME ALERT BERKS COUNTY HAS BEEN HELPING STOP CRIMES IN BERKS COUNTY FOR THE LAST 21 YEARS.

We help the police with tips that lead to arrests. We've sponsored a crime-tip program for 21 years, but for the last 17 we've been **first** in PA in money paid out for tips that lead to arrests throughout Berks County.

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

Legacy at the Papermill

is a 55+ active adult community in Lower Heidelberg Twp, close to Broadcasting Square Shopping Center



All appliances included
Washer & dryer in every unit
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24 hour property maintenance
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COMMUNITY SPOTLIGHT

Safe Berks: One Woman's Story of Survival and Success

A 65-year-old woman with \$10 dollars to her name and the clothes on her back. This was Maggie's frightening reality. She had left her husband after years of abuse, only to find herself homeless on the streets of Reading.



More than 400 people participated in the Safe Berks Celebration of Peace and Walk for NO MORE on June 18, 2022.

Then she found Safe Berks. "I rang the bell," recalled Maggie. "Little did I know my life was about to change. The staff treated me with respect and I could participate in a program that would assist me with housing, education and employment. I felt safe for the first time in weeks. A huge weight was lifted off my shoulders. It was that night, Safe Berks saved my life."

The staff of Safe Berks were honored to help Maggie, as they help thousands of survivors of domestic violence and sexual assault every year, offering compassion, shelter, counseling, legal services, advocacy, and hope.

Today Maggie is safe and happy in her own home. Her life is filled with

good friends and healthy relationships. She gives back to Safe Berks as a volunteer, donating her time and positive energy to special events including the Safe Berks Celebration of Peace and Walk For NO MORE held June 18.

"I am truly blessed and I am happier than I have ever been in my life," said Maggie. "Everything started to fall into place in my life after I received help from Safe Berks."

Maggie offered this advice to other survivors.

"Reach out for help," said Maggie. "No matter what your age is, don't lose hope. Make one phone call to Safe Berks, or ring that bell, it could change your whole life. You can have the life that you have dreamed about."

Safe Berks, founded in 1976 as Berks Women in Crisis, provides free and confidential services to survivors of domestic violence and sexual assault 24 hours a day, 365 days a year. Services are available in English and Spanish and will be translated into any other language needed. For more information, visit www.SafeBerks.org. To request free services, call the Safe Berks 24-hour hotline at 844-789-SAFE (7233) or text the words SAFE BERKS to 20121.

"We want all survivors of domestic violence and sexual assault, including older adults, to know that Safe Berks is here to help," said Beth Garrigan, CEO of Safe Berks. "We are so grateful to Maggie for courageously sharing her story and for everything she does to support Safe Berks."

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.



Encompass Health

Rehabilitation Hospital of Reading

encompasshealth.com/readingrehab

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Immunizations for Older Adults

Compiled and written by Kate Sweinhart, Health & Wellness Educator

SOURCES: Mayo Clinic, CDC

AUGUST IS NATIONAL IMMUNIZATION AWARENESS MONTH WHICH HIGHLIGHTS THE IMPORTANCE OF GETTING RECOMMENDED VACCINES.

Vaccines are important for everyone but especially for older adults. As you get older, your immune system weakens, which can make it more difficult to fight off infections. Older adults are more likely to get diseases like the flu, pneumonia, and shingles — and to have complications that can lead to long-term illness, hospitalization, and even death.

For those with ongoing health conditions- like heart disease, diabetes, or others- getting vaccinated is vital. Vaccines can protect you from serious



diseases and complications to help you stay healthy as you age. Getting vaccinated can help keep you, your family, and your community healthy.

Take the time to review vaccine recommendations from the CDC for older adults 60+ on the chart on this page.

AND NOW FOR THE BIG QUESTION? WHERE DO WE STAND WITH COVID-19?

The FDA's Director of Food and Drug Administration's Center for Biologics Evaluation and Research, Peter Marks, recently spoke to Lisa Jarvis on the Bloomberg Report. "The hypothesis now is that this is going to look somewhat like influenza. In this 2022-2023 season, instead of just getting vaccinated against influenza, you'll also get your booster for Covid-19."

He later went on to say that vaccines work and "it's clear that boosters not only work, but they work well at helping to reduce the risk of serious disease, including hospitalizations and death."

By the start of the flu season, Peter's hope is that the booster that will cover you for a year and cover all variants, making it more of a "flu model" than multiple boosters over a year. They are not there yet but working towards it and hopeful it will happen soon. Keep watching the current events for how this will evolve before the flu season hits.

Many diseases can be prevented easily by vaccinations, protecting you from unseen viruses and their serious complications for older adults. Take the necessary precautions with a simple call to your doctor to avoid potential harm while leading a happy, healthy life.

Vaccine	What does it prevent?	How Often?
Influenza (seasonal flu)	fever, chills, sore throat, stuffy nose, headache, and muscle aches. Older adults are at a higher risk for developing serious complications from the flu.	annual vaccination
Pneumococcal (PPSV23)	protects against serious airborne infections that can cause meningitis and bloodstream infections	one time vaccination
Pneumococcal (PCV13)	protects against serious pneumococcal disease and pneumonia	one time vaccination
Shingles	painful rash consisting of blisters and burning sensation; this virus is the same as chickenpox and is already in your body if you had chickenpox	one time vaccination
Tdap	prevents tetanus, diphtheria, and pertussis (whooping cough)	booster shots every 10 years
Hepatitis B	serious disease that attacks the liver and can cause lifelong infection, scarring of the liver, liver cancer, liver failure, and death	one time vaccination
Coronavirus	respiratory disease that causes fever, cough, and shortness of breath	Check the CDC Website for the latest schedule on this vaccine: www.cdc.gov

WHITE STAR TOURS



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



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

SMOKY MOUNTAINS OF TENNESSEE

September 10-15 (6 Days).....**\$845.00**

5 Nights Lodging, including Overnights, 4 Shows: Country Tonite, Paula Deen's Lumberjack Feud, Charlie Bob Smith Morning Variety Show & Hatfields & McCoy's Dinner Feud, Dollywood Theme Park, Titanic Museum, Smoky Mountain Tour, Tour & Tasting at Ole Smoky Tennessee Moonshine, 8 Meals

CAPE MAY, NEW JERSEY

September 11-13 (3 Days).....**\$609.00**

2 Nights lodging at the Grand Hotel, Tour of the Physick Estate & Carriage House Exhibit, Trolley Tour of Historic District, Dolphin Watch Boat Cruise, Visit to Local Winery, Washington Street Mall, 4 Meals

PITTSBURGH, PENNSYLVANIA

September 12-15 (4 Days).....**\$709.00**

3 Nights Lodging, Flight 93 Memorial & Tower of Voices Chimes, Duquesne Incline, Gateway Clipper Cruise, Guided Tour of Pittsburgh, Cathedral of Learning, Nationality Rooms & Heinz Memorial Chapel, John Heinz History Center, Phipps Conservatory & Botanical Gardens, Frank Lloyd Wright's "Kentuck Knob" & "Fallingwater", 6 Meals, including Dinner at the Grand Concourse

ST. MICHAELS, MARYLAND

September 13-14 (2 Days).....**\$359.00**

1 Night's Lodging, Chesapeake Maritime Museum, Patriot Cruises Boat Ride, Nassau Valley Winery Tour & Tasting, 3 Meals, including Lunch at the Crab Claw Restaurant

BRANSON, MISSOURI

September 16-24 (7 Days).....**\$1199.00**

8 Nights Lodging, including Overnights, 7 Spectacular Shows, including Shoji Tabuchi, The Haygoods, Clay Cooper's Country Express, Petersen Family Bluegrass

Band, Showboat Branson Belle, #1 Hits of the 60's, Titanic Museum, Guided Tour of Branson, Gateway Arch Tram Ride, 12 Meals, including the Uptown Cafe

CHICAGO, ILLINOIS

September 18-24 (7 Days).....**\$990.00**

6 Nights Lodging, including Overnights, Rock 'n' Roll Hall of Fame, Guided Tour of Chicago, Shedd Aquarium, "Skydeck" Observation Deck, Lincoln Park Conservatory, Architectural Cruise on Lake Michigan, Casino Gambling, Trolley Tour of Cleveland, 10 Meals, including Dinner at Greektown

MOOSE TRAX, NEW HAMPSHIRE

September 19-22 (4 Days).....**\$709.00**

3 Nights Lodging, Evening Moose Tour, White Mountains National Forest, Kancamagus Scenic Byway, Bear Notch Road Scenic Road, Crawford Notch State Park, Silver Cascade & Elephant Head, Franconia Notch Visitor's Center, Cannon Mountain Aerial Tram, M/S Mount Washington Winnepesaukee Lake Cruise, Tour of the Wright Museum of World War II, 6 Meals

ADIRONDACK BALLOON FESTIVAL & LAKE GEORGE, NY

September 22-25 (4 Days).....**\$739.00**

3 Nights Lodging, Lake George Cruise, West Point Military Academy, Adirondack Balloon Festival, Sunset Balloon Flight, Tour of Lake Placid & the Olympic Village, National Baseball Hall of Fame, Free Time in Cooperstown, 6 Meals

"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
dkraras@whitestartours.com



be **well**

HEALTH & WELLNESS CLASSES

OLDIES DANCE PARTY

Fleetwood Center

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

Strausstown Center

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

Dancing reverses signs of aging and reduces the risk for dementia. Memorizing movements and making split-second reactions work on improving cognitive memory.

HEALTHY HEART - HAPPY HEART

Wyomissing Library

9 Reading Blvd., Wyomissing
Wednesdays, 1pm-3:30pm,
September 7 through October 19
Participants learn how the heart functions, the physiology of heart disease, heart healthy nutrition, appropriate exercise, medication management and how to effectively work with their healthcare team.

MATTER OF BALANCE

PSU St. Joseph's Exeter Health

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

An award-winning program designed to reduce the fear of falling through fall prevention education and management.

LIVING WELL WITH DIABETES

Township of Spring Administration Building

2850 Windmill Road, Sinking Spring
Mondays, 9:30am-12pm
Oct. 17 through Nov. 21

Wyomissing Library

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

Recognized and endorsed by the American Diabetes Association, participants with diabetes, pre-diabetics or family members learn how to enhance the management of their diabetes and help to improve their overall health.

WALK WITH EASE

Alvernia University Flynn Plex

400 Saint Bernardine St, Reading
Mondays, Wednesdays & Fridays,
9:30am to 10:30am

September 12 through October 28
*Walk with Ease is an Arthritis Foundation exercise program that can reduce pain and improve overall health. *If you can be on your feet for 10 minutes without increased pain, you can have success with Walk with Ease.*

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

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

Center Manager – Sharon Pedrick

610-582-1603

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

Every Tuesday: 10 am: Free Tai Chi
 Introductory (virtual and in person) w/
 Jan

11 am: Free Tai Chi Advanced (virtual and
 in person) w/ Jan

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



3 @ 11 am: Transcendence w/Lydia/
 Tanglewood

4, 11, 18, 25 @ 8 am - 2 pm: Fitness Room

4, 25 @ 10:15 am: Golden Globes

5 @ 11 am: Victorian Pressed Flower Framed
 Art w/Peggy Allen

5, 12, 19, 26 am: Doo Wop Piano w/Aaron

10 @ 11 am: Bingo w/David

11 @ 11 am: Cards w/TruCare

12 @ 10:30 am: Stretch and Soothe w/Lydia/
 Tanglewood

15 @ 11:30 am: Craft w/Glick's Greenhouse/
 Beth

17 @ 11 am: Rejuvenate w/Kaleidoscope
 Angels/Pat

18 @ 11 am: Bingo w/Manor at Market
 Square

19 @ 10:30 am: Grocery Bingo (\$2) w/
 Angela/Berkshire Commons

24 @ 11 am: Trivia Pursuit

26 @ 11 am: Mexican Train Dominoes w/
 Marilyn

31 @ 11 am: Boombox Bingo w/ Rich/TGB
 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 FLEETWOOD CENTER**14432 Kutztown Road, Fleetwood**

Center Manager – Terry Becker

610-947-1700

Every 2nd and 4th Mon: @ 10am: Sit & Get
 Fit Class (60+FREE) *

Every Mon and Wed @ 12noon: Pinochle

Every Tue: 10am: Dollar Bingo (\$1)

1pm: Texas Hold'em

Every Wed: 9:15am: Zumba Gold (60+
 FREE)*

10am: Adult Coloring

10:30am: Dominoes and Rummikub

Every Thur: 10am: Chair Yoga (60+ FREE)*

1pm: Tai Chi I (60+ FREE)*

1:50pm: Tai Chi II (60+ FREE)*

Every Fri: 10am: Dollar Bingo (\$1)

9:15am: Zumba Gold Toning (60+ FREE)*

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

1 @ 10:30am: Gnome craft with Kathy. Free
 but please sign up with Terry.

2, 9, 16, 23 and 30 @ 9am: Healthy Steps
 in Motion. Advance sign up with Kathy
 Roberts is required

4, 11, 18 and 25 @ 1:30pm: Healthy Steps
 in Motion. Advance sign up with Kathy
 Roberts is required

4, 11, 18 and 25 @ 10am: Pokeno is back!
 Please bring pennies.

4 and 18 @ 10am: Watercolor art class.
 Free. All supplies provided.*

5, 12, 19, and 26 @ 12noon: Dance Party is
 back! Join us and dance to the oldies!

15 @ 10:30am: Strategies to Keep Your Brain
 Active with Sally Kneipp, PhD

16 @ 10am: Grocery Bingo sponsored by
 Trish from Rittenhouse Village.

19 @ 1pm: Lunch Bunch at Cracker Barrel in
 Hamburg. Call Terry to sign up.

26 @ 10am: Jackpot Bingo and Happy
 August Birthdays w/cake.

31 @ 12noon: End of Summer Pizza Party.
 Free but please sign up with Terry.

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

12:00-12:45pm: Tai Chi with Jan Gyomber*

12:00-2pm: Card Club

1pm-2pm: Coloring and Painting Club

Every Tues: 9:30am: Breakfast Club (Panera &
 Coffee)

10:30am: Sit and Get Fit with Darcy
 McLean*

11 am: Chair Yoga with Darcy McLean* (No
 class on August 9th)

16 @ 11:30am - Music Therapy w/Juliet*

30 @ 10am - Mifflin Baking Contest (Details
 coming soon)

Every Wed: 10:30am: FABS (Flexibility
 Aerobics Balance Strength) with Darcy
 McLean* (No class on August 10th)

10 @ 12:30pm - Boom Box Bingo

1:30pm: Dance Down Memory Lane Every
 Wednesday in August (Please call Kathy
 Roberts to register 484-388-3198)

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

12:00pm: Dollar Bingo \$2

5 @ 10am Craft with Donna (signup required)

12 @ 10am Craft with Donna (signup
 required)

19 @ 10:30am MYSTERY BINGO by Senior Life
 (signup required)

26 @ Musical Entertainment by Maggie Sings
 12:00pm* Cake will be provided by Mifflin
 Center (signup required)

EVERYDAY: Puzzles, adult coloring, books, playing
 cards and various games available.

Computers are available! Signup for "Tech Time" for
 help with basic computer or phone skills.

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 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 am “Virtual FABS Class”
12:30 pm: “Cash Bingo”



1 @ 10:30 am: “Fun & Games w/Jim”

2 @ 12:30 pm: “Craft Class (Keepsake Box)”
presented by Jim

5 @ 10:00 am: “Sweatin to The Oldies”
presented by Kathy Roberts

8 & 22 @ 10:30 am: “BE Inspired! “Color Your World” Adult Coloring Relieves stress, relaxing & fun! Presented by: Reading Public Library

9 & 23 @ 10:30 am till 1:30 pm: “Farmers Market”
presented by The Food Trust

9 @ 12:30 pm: “Craft Class (Umbrella Painting)”
presented by Jim

15 @ 10:30 am: “Pokeno” presented by Angels of Call

16 @ 12:30 pm: “Music Bingo” presented by Rich

23 @ 12:30 pm: “Jeopardy” presented by Senior Life

29 @ 10:30 am: “Fun Time w/TruCare”

30 @ 12:30 PM: “Lets Make Art (Water Coloring)”
presented by Jim

Beginning Aug. 1 Only Congregate 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 am - Sit & Get Fit w/ Linda - FREE
to anyone

11 am: Bingo & Lunch - \$4/person (there will
be NO Bingo on August 22 or 29)

Every Tues: 9:15 am - Chair Yoga - \$5/class
10:30 a.m. - Zumba Gold Toning - FREE* to
anyone 60+

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

Every Wed: 9:30 am: Dance Party - Learn to
dance to the Oldies - great exercise & fun!
10:15 am - Chair Zumba - FREE to anyone 60+

11:15 am: Dominoes

12:30 pm: ‘Let’s Make Art’ Learn to Watercolor
Painting Series - You do not need to
attend every week to take part in this class.
No experience necessary

Every Thur: 9:15 am - Chair Yoga - \$5/class

9:30 am - NOON - Healthy Heart - Happy
Heart Program - evidence based class that
runs from September 8 - learn how to live
better and stay healthier - great for individu-
als or caregivers

11 am - Zumba Gold with Aida

Every Fri: 10 am - Zumba Gold Toning - FREE* to
anyone 60+

11 am - FABS Flexibility, Balance, Aerobics &
Strength - FREE* to anyone 60+

9 @ 12:30 pm: Homemade Ice Cream Social
FREE

11 @ 6 pm: Entertainment - Music and Comedy
Show featuring Joey Vincent @ Strausstown
Lions Park - food available for purchase from
the Strausstown Lion’s Club and Way-Har
Farms

16 @ 9 am-12:30 pm: Chair Massages with Lor-
raine Kline. \$10 for 15 minutes

17 @ 12:30 pm: Candy Bingo with David

23 @ 12:30 pm: Boombbox Bingo with Times
Gone By Entertainment

29 @ 11 a.m.: Oak Nut Farm Local Produce Edu-
cation - FREE - all attendees will receive a bag
of fresh, organic produce to take home with
them

30 @ Noon: JACKPOT BINGO - \$5 winner every
game - cost \$4/person for lunch & bingo

31 @ Noon: Lunch & Learn - Mature Driver Safety
Training with PennDOT - FREE but please sign
up in advance

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 Thurs: 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)

Monday & Wednesdays @ 1:30 pm: Healthy
Steps in Motion – FREE, but must be Reg-
istered w/ Kathy Roberts

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

Monday & Wednesdays @ 1:30 pm: Healthy
Steps in Motion – FREE, but must be Reg-
istered w/ Kathy Roberts



9 @ 10:30 am: Medicare Presentation; Please
register @ (610)374-3195 ext 209

19 @ 12:15 pm: Grocery Bingo w/ Trish from
Rittenhouse Village – FREE

23 @ 12:30 pm: Mature Driver Safety;
Roundabouts, Real ID – FREE, Please regis-
ter @ 610-670-1372

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.

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 is no Business meeting or Social in August.

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

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. There are seats available for the November trip to the American Music Theatre.

September 15: 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.

FREE

**Open to Pre-diabetics, Diabetics
and Family Members**

LIVING WELL WITH DIABETES

Fridays, 1pm-3:30pm

9/7/22 through 10/19/22

Wyomissing Library

9 Reading Blvd.,

Wyomissing, PA 19610

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

Endorsed by the American Diabetes Association, participants gain a solid understanding about diabetes, blood sugar balance, healthy food choices, meal planning and working with their health care team.



berksencore
applauding life after 50



Overwhelmed by your home? We specialize in working with seniors!

When it's time to make a change – whether its
downsizing or moving on to the next level of care –
WE CAN HELP.

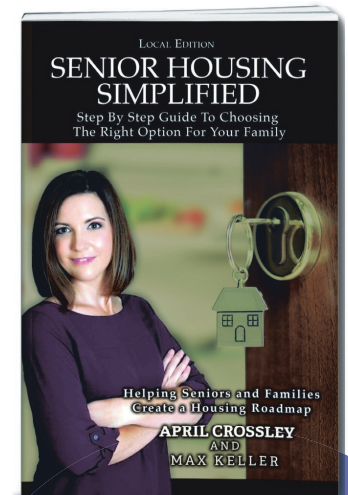
With over 13 years of experience in healthcare and real estate,
we have a deeper understanding of what you are going through.

We can provide you with options to help ease the transition
out of your home quickly, easily and stress free!

**No matter your situation or the condition
of your home, we are ready to help!**

Call us today to learn more!

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for a copy of our book.
Use discount code
Get10 for 10% off!

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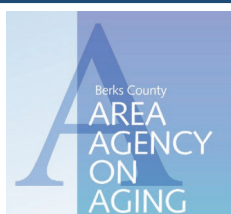
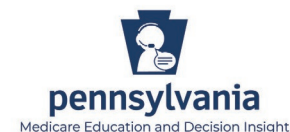
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August 22, September 26, October 24,
November 28 and December 19

Morning sessions @ 10 AM –
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pennsylvania

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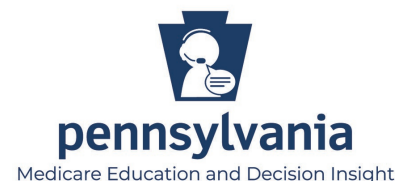
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This project was supported, in part by grant number 2101PAMIDR-00 from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201.



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Please email your resume to
Katie Rex, VP of Social Services krex@berksencore.org

BLANDON SENIOR CITIZENS

For ALL SENIORS out there, how is your summer going, I surely hope good!

When I was thinking what I would put in this August Newsletter, I thought, oh my goodness, next month it will be September, and our "treasured children" will be heading back to their school classes. Well let's get back to the Blandon Senior Citizens and see what they have been doing. Today, July 13th we had our Annual Picnic, in the Maier's Grove. First of ALL, it is 12:08 pm and President Pat called on Joyce Bauer to lead us in a "Word of Prayer", followed by the "Pledge to the American Flag", then followed by the singing of "God Bless America". At this time Vice President, Jack Holubec was called on to read off the July Birthdays and Wedding Anniversaries. Now, the President Pat, announced the order of getting their food: Those with "walkers/canes" would come up to get their food first, then the other row of tables will get in line to get their food. Today's food was provided by "Kathryn's Katering" of Blandon. Today's Menu included: Broasted Chicken, Baked Beans, Potato & Macaroni Salad, Ring Bologna, ½ Red Beet Eggs, Red Beets, Pickles & Olives, Cheese, Chips, Pretzels, Iced Tea and Lemonade. Various Desserts were provided by the Ladies of the Blandon Seniors. "Thank You very much, Ladies for all the various delicious Desserts!"

Serving food were: Pat Rohrbach and Anna Mae Kerschner, from the Kitchen. Volunteers helping to clean up were: Rick Reidnauer and Neal Berger. "Thanks Guys, appreciated!"

Today's Entertainment was provided by "Joe Moxon" also known as "WAHU"! Today the music took us on a trip to the "Caribbean", very nice, beautiful music. Enjoyed by ALL in attendance. Attendance for the picnic was 44 Seniors. The weather was sunny, hot, but not humid. I would, at this time, like to remind everyone, that there will be NO MEETING OR NO PICNIC in the Month of AUGUST, vacation time for all! The next Meeting will be on Wednesday, September 10th, 2022, 12:00pm, at the Blandon Maiden Creek Church, along Rt. 73, ALL SENIORS ARE WELCOME TO JOIN OUR MEETINGS! Make New Friends!!!

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

HAMBURG SENIOR CITIZENS

The Hamburg Senior Citizens Club will meet on August 10th at the First UCC Church on Pine and 3rd street, Hamburg at 2:00. New members welcome.

Program

The presentation will be a guest speaker on the subject of fraud prevention for seniors.

Trips

September 28 - Penn's Peak - Johnny Cash tribute - 4 seats left
October 10 - Lake Tobias and wildlife park - seats available

November 16 - American Music Theatre - Christmas show - lunch at Bird in Hand
2 seats available.

Contact Gloria at 610-562-3582 for reservations or information.

Gloria Hess, Club reporter

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FROM THE DESK OF . . .

LUANN OATMAN

Dear Reader,

As you look inside our newsletter, I am sure you will agree that things never slow down at Berks Encore! From volunteer opportunities, to health & wellness, to activities, to new and innovative programming, we are always on the move.

One of the things I find most exciting is that our senior wellness centers across the county are growing and expanding. I am so pleased with the new events like the beach party that occurred in Shillington most recently, to the concerts in the park in Strausstown that are scheduled over the summer months. And, as you look inside, there are historical walking tours, an educational event with Oak Nut Farms and a Bake Off and tasting event coming your way.

Please join us! Come, have a cup of coffee with old friends, new friends, or even take on a volunteer responsibility at one of our centers.

Socialization and interaction with others has a scientifically proven positive impact on our health and wellness. It is important to meet and gather with others. Keep our minds and hearts active engaged in the act of caring for others AND most importantly, ourselves!

I look forward to seeing you at one of our centers soon! Come and find out what all the noise and laughter is about today!!

Sincerely,

LuAnn Oatman,
President/CEO, Berks Encore



*LuAnn Oatman,
President*

Inside this Issue

Center Activities..... page 14 - 15	Health & Wellness Classes....page 13
Community Spotlight: SAFE BERKSpage 11	Making an Impactpage 8
Cover Storypage 3	Medicare Meetings.....page 17
Dear Care Manager.....page 5	New Faces/Jim Rauchenpage 7
Dear Readerpage 2	Puzzlepage 27
Expo is Backpage 4	Puzzle Solutionpage 22
Health & Wellnesspage 12	Senior Safetypage 10
	Volunteer Spotlightpage 6



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

BERNVILLE YOUNG AT HEART

The doors open at the Bernville Grange at 12 noon and our meetings start at 1 PM. Anyone 50 and over is welcome to join. The yearly dues are \$5.00. Four dollars is due for every meeting and your first meeting is free. Last month we welcomed one new member! Refreshments for May were provided by Mary & Glenn Leymeister, Arlene & Gene Rhoads, Lynne Rentshler, and Kenny Moser. They were served by Victor Rhoads and Lora Achey. We enjoyed entertainment by Ellen Rissinger and a sing-along. She has played all over the world!

On August 17, Culture Shock dancers will entertain us. These are young people are from a Hamburg dance school. On September 21, a presentation by Sheep Hill Herbs should be very interesting. The meeting on October 19 will feature a presentation by Seniors Helping Seniors and on November 16 we will have a demonstration on flower arranging.

Our upcoming trips include:

September 1 – Silver Birches, “Legally Gray”

November 29 – American Music Theater, Christmas show and family style lunch at Hometown Kitchen. Deadline to sign up is October 20. Trips are open to everyone.

Any questions, please contact Shirley Loy at 610-678-3602.

Submitted by Arlene Rhoads

LEAGUE OF GOLDEN AGERS, MOHNTON

Meetings are the 2nd and 4th Wednesday of the month beginning at 10 am at St. John's Parish House.

We have interesting programs and entertainment. Bring a lunch, have some fun and play bingo with new friends.

Upcoming trips for 2022 include:

September 7 cost is \$75.00. Annual Mystery Trip

October 19 cost is \$75.00 Peddler's Village/Scarecrow Festival

November 2 cost is \$97.00 Dutch Apple Dinner Theatre, we will

Enjoy Saturday Night fever.

Contact Roxie Bowers at 610-334-4084 to reserve your seat.

All trips include lunch.

Take off for a day and leave the housework and weeding for another day. I guarantee you will have a great time.

Susan Messner, Secretary

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

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SENIOR CLUB OF LAURELDALE

It's apparent to all that Summer has arrived - hot, hot, hot, and wet, wet, wet. We as Pennsylvanians are so Lucky to experience all of the four seasons. Also, it's nice to be able to enjoy the many activities offered by the Senior Clubs in our area.

June 10: Past Meeting: Our 73 attending members lunched on Hot Dogs, Kraut and Chips. Thanks to Atty. Robert Kreitz, who enlightened us on "Elder Law", answering our questions about Wills, Power of Attorney and Living Wills - very important topics.

June 29: We went sailing aboard the paddle wheeler, "The River Lady" along the scenic Tom's River and Barnegat Bay. This narrated 2-1/2 hr. Luncheon Cruise, arranged by our Pat Schleicher, was enjoyed by our 39 passengers.

August 12: Upcoming Meeting: We'll play some fun Bingo games and lunch on pre-ordered H-I-T Sandwiches from Lattanzio's.

August 24: Our bus departs at 11:45 AM for Lunch, followed by the Jukebox Jive Show, at the Magic & Wonder Theater, at site of former Rainbow Comedy Theater. Call 484-709-0279 Patricia Schleicher to reserve for remaining 2022 Get-Aways:

September 20 - Bube's Brewery Murder Mystery (sold out, get on waiting list).

November 22 - American Music Christmas Show.

Reserve with; Helen Quade 610-929-2412 for our last 2022 Casino Bus on Tuesday, October 18, going to Wind Creek in Bethlehem - cost \$30 person.

Our Senior Club usually meets on the 2nd Friday of each month. For more info, contact our President, Cassandra McWilliams 610-929-0896. Join us!

Submitted by: Helen Quade, P/R and Trips.

SHOEMAKERSVILLE SENIOR CITIZENS CLUB

The Senior Citizens Club meets every Tuesday at 1:00 PM 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. Her trips are always a great success. Please contact Marlene at (610)562-8364 for information or reservations concerning these trips.

August 3, 2022 - Jersey Boys - Fulton Theater, Lancaster, PA

August 10, 2022 - Windcreek Casino

September 7, 2022 - Windcreek Casino

October 5, 2022 - Windcreek Casino

Happy Birthday and Happy Anniversary to all our members who will be celebrating these special days during the month of August.

Have a happy and healthy Summer. Stay cool during the hot weather.

Jane Craley - Standing in for our Correspondence Secretary, Prudence Hepner

GOLDEN SENIORS OF SPIES LUTHERAN CHURCH

Our club is back in full swing now that masks are not necessary, and refreshments are able to be served. Last month, we played a trivia question and answer game for our entertainment. We laughed a lot and learned a lot. August will be Barnyard Bingo and we all look forward to that. We meet the second Thursday of each month at the Spies Lutheran Church on Spies Church Road at 1 pm. New members are always welcome. Come and enjoy fellowship with your peers. Handicap accessible.

TOPTON AREA SENIOR CITIZENS

The Tipton Area Senior Citizens meet on the first Thursday of each month. The time is 1:00 P.M. to 3:45 P.M.

We have a short meeting, with a light snack or lunch. After the snack, we play cards or Bingo.

We do have different things throughout the year, such as Everyone Birthday Party, Indoor Picnic, Christmas Party. We also have a few other things as well.

Tipton Area Senior Citizens always welcome new members. You donate \$1.00 at each meeting. You do not have to live in Berks County.

The Second Wednesday of the month, we have a Bus Trip to Wind Creek Casino. The Bus leaves at 9:30 A.M. from the Tipton Grange. The Grange is located at 46 East Keeler St., Tipton, PA. 19562. The Bus leaves Wind Creek Casino at 3:00 P.M. to come home. Cost is \$30.00 and the casino rebate is \$25.00. Come and join the fun. You do not have to be a member to go on the Casino Bus Trip. If interested, please call Linda Butz at 484-637-3653 to reserve a seat. August 10, September 14, October 12, and November 9 are the trips for the remaining year. You can give her the cash or pay by check to Linda Butz, 336 Old Tipton Rd., Tipton, Pa. 19562 before the trip.

December 8th, is our annual Christmas Party. Money made by running the Casino trips is used to help pay the cost of the Party.

President – Betty Bleiler Vice President- Roxanne Reimert

Secretary – Betty M. Miller Treasure – Linda Butz

Chaplain- Norma Greiss

Betty M. Miller, Secretary - bettsandfarley@netzero.net, 610-398-2329

CROSSWORD ANSWERS

Puzzle on page 27

Across: 5 Accessory, 10 Saskatoon, 12 Optimistic, 13 Preliminary, 14 Domestic, 15 Perth, 16 Cashier, 19 Comb, 20 Printer, 21 Drydock, 25 Seventeen, 26 Megapixel, 30 Plateau, 31 Dolphin, 32 Rare, 35 Senates, 36 Digit, 37 Seafarer, 39 Candlestick, 40 Equestrian, 41 Consonant, 42 Peach tree.

Down: 1 Barrier reef, 2 Skeleton key, 3 Stamp, 4 Noonday, 6 Copy, 7 Editor, 8 Spider, 9 Rotation, 11 Ice cube, 12 Orchard, 14 Dead Sea, 17 Reptile, 18 Octagon, 22 Feather, 23 Oil painting, 24 Reminiscent, 27 Caravan, 28 Brisket, 29 Creature, 33 Dewdrop, 34 Parsec, 35 Secret, 38 Sense, 39 Cave.



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LIVE Asset Protection Webinar hosted via Zoom
Wednesday, August 3 at 11:00 a.m. and
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Life Care Planning Webinar - **Thursday, August 25 at 11:00**
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ST. IGNATIUS SENIORS

Hope all of you are enjoying your Summer and all of the celebrations, vacations and family and friends gatherings that go with Summer! Before you know it, September will be here and our Senior groups will be "back to business". The St. Ignatius Seniors will have their membership meeting on Wednesday, September 7 at 10:00 am in the meeting rooms of the Parish Education Center. Dues are \$7.00. Our new Officers for 2022-23 will be installed at the meeting. As always, our Refreshment Committee will provide delicious snacks and drinks.

Our Seniors have recently started Hiking together and meeting for lunch afterwards. Our Hikes will resume in September but the trail has yet to be determined.

Our trips for the rest of the year are:

August 12 - "Chicago" at the Dutch Apple Theater includes Buffet - \$110.00 (Waiting List)

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.

Call Judy Jablonski (610-670-0907) for trip information; call Barb Kunder (610-763-1383) for other questions.

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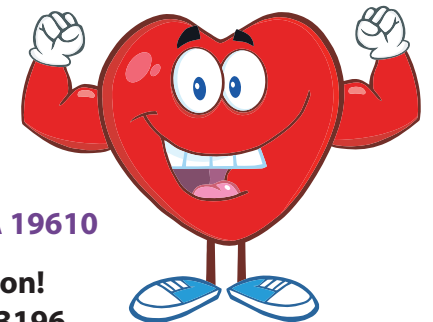
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PEOPLE OVER FIFTY SOCIAL CLUB

MEETING LOCATION: St. John's Gernants Church, 13 Gernants Church Road, Leesport, PA 19533

NEXT MEETING DATE: Wednesday, August 24; meeting starts at 11:00 A.M.

OUR MAILING ADDRESS: PO Box 25, Temple, PA 19560

Here we are – deep in the Dog Days of Summer. And it's HOT, HOT, HOT! Even the family dog is looking for something COOL. Whether you like it HOT or COOL, the People Over Fifty Social Club's August meeting should please you. We'll have HOT food, really COOL music provided by a HOT entertainer, COOL air-conditioned space and fun people for whom the family dog would do a paws up. Beat the heat, stay COOL and join us for our August meeting.

Our really COOL hostess for August, Karen Adams, has selected a choice of two menu items – both served HOT: a pulled pork sandwich on a roll or chicken pot pie. Each meal will include a bag of potato chips and a dessert that has been highly popular with our members. How COOL is that? Can you guess what it is? Because you will want a COOL beverage, please bring your own drink. As usual, we will have available HOT coffee and COLD water. The cost for lunch is \$7.00 and if you didn't make a reservation at the July meeting, you should send a check with your menu choice to our PO Box address. Closing date for food reservations is a HOT DAY in August – specifically, August 17th.

Our entertainment will be provided by one of the HOTTEST performers in the area, Jeff Krick, who impersonates the fabulously COOL Elvis. Because Mr. Krick is such a popular entertainer, we need to assure our numbers do not exceed legal capacity. Guests must be accompanied by a member and guests will be asked to pay the usual basket fee of \$4.00. Members may order lunch for their guests. That's a COOL arrangement.

We still have a few reservations available for the dog-gone COOL trips our travel group has arranged for the fall. On September 29, we are going to Penn's Peak to enjoy the music of another really HOT entertainer, Elton John. In October, join us for our ever-popular Mystery Trip to ??? It's sure to be a really COOL place. Reservations can be made at meetings or by contacting Karen Dietrich-Schwartz at 610-939-9402.

Be COOL; add one of our HOT entertainment opportunities to your calendar. Our President, Doris Turkes, is available to answer questions or provide additional information (610-378-0434; 703-989-1531). Unfortunately, your family pet will have to CHILL OUT at home as pets cannot be accommodated at any of these HOT events.

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Every Mon:	8am: Aquafit class	9:15 am: Fit @ 50 Class
	10:30am: Silver Sneakers Classic	
Every Tue:	9am: Aquafit class	10:15am: Arthritis Exercise Program
Every Wed:	9am: Fit & 50 Circuit Training	
	10:30am: Silver Sneakers Classic	
Every Thu:	9am: Aquafit Class	9am: Fit @ 50 Class
	10am: Line Dancing	
Every Fri:	9am: Aquafit Class	10:30 am: Silver Sneakers Classic

BLUE MOUNTAIN 50 PLUS CLUB

Club Meetings:

Thursday, August 4 - 4:00 p.m. August Picnic, Kauffman's Pavilion, Bethel, PA Entertainment - Deano - Singing (Members only, Ticket required, contact Linda Reed 610-488-1180. Sale of Ham or Chicken Picnic tickets ends July 23rd)

Thursday, September 1 – 7:00 p.m. Program - Sandy Heisey - Singing

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

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

2022 Trip Schedule:

Tue., 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.

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

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

Wed, 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

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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
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August 21 St. Michaels, MD Freetime.....	\$57
August 24 Atlantic City Airshow.....	\$51

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MARION SENIOR TRIPS 2022

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

HOLY GUARDIAN ANGELS SENIOR CLUB

We have the following trips for 2022:

Tuesday, August 23 – Totem Pole “Love, Sex and the IRS”, lunch at Hickory Bridge Farm. \$100. Reservations and payment due August 2.

Friday, November 11 – American Music Theater “Home for the Holiday”, lunch on your own at Cracker Barrel. \$75. Reservations and payment due October 11.

For more information on any of these trips, contact Rozanne Thompson, 610-406-3350.

COMMUNITY IMPACT SYMPOSIUM:
Sensory Challenges and Interventions in Dementia Care



SAVE THE DATE! You are cordially invited to join The Highlands at Wyomissing® for our community impact symposium. Our symposium will feature medical experts sharing novel approaches to addressing hearing loss in older adults with dementia, in addition to state of the science research on tailored music interventions.

Thursday, October 27 | 8:30 to 11:30 a.m.
The Highlands at Wyomissing® | 2000 Cambridge Avenue



TUCKERTON NIFTY-FIFTY CLUB

Our catered picnic will be held August 8 at our meeting room at the Good Shepherd Lutheran Church on Stoudt's Ferry Bridge Road. Members signed up and paid for this event at our June and July meetings.

The last day to order and pay for the September sandwich lunch is at our August 8, 2022 meeting. The cost of the sandwiches is \$5.00.

The 2023 membership renewal drive will be conducted at our September and October meetings. Collections for our various events are conducted before the club meetings occur at 11 AM. The doors open at 10 AM. If we have membership openings available following our October meeting, prospective members on the waiting list will be contacted in November to see if they want to become members starting in January 2023.

In June we attended the new Magic & Wonder Theater in Lancaster County to see Juke Box Jive. Everyone really enjoyed this new venue which was the old Rainbow Dinner Theater. Marilyn Daniels our trip coordinator wants everyone to know this show with it's Magic, Music and Great Costumes was truly a show worth seeing.

August 10 – MYSTERY TRIP – Bus leaves at 9 AM.

September 21 – TRAIN RIDE TO SILVER BIRCHES – payment due August 8.

October 12 – DUTCH APPLE – “Saturday Night Fever” – payment due Sept. 12.

Call Marilyn Daniels, Trip Coordinator at 610-929-5465 with questions concerning our trips.

Rose Ertz - Secretary, Publicist

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.

Our August 3 meeting will be our Summer picnic with buffet lunch, by reservation @ 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 us?!

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!

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Fill in the blanks with the words.
To help you get started one letter is already in place.

4 letter words

CAVE
COMB
COPY
RARE

5 letter words

DIGIT
PERTH
SENSE
STAMP

6 letter words

EDITOR
PARSEC
SECRET
SPIDER

7 letter words

BRISKET
CARAVAN
CASHIER
DEAD SEA
DEWDROP
DOLPHIN
DRYDOCK
FEATHER
ICE CUBE
NOONDAY
OCTAGON
ORCHARD
PLATEAU
PRINTER
REPTILE
SENATES

8 letter words

CREATURE
DOMESTIC
ROTATION
SEAFARER

9 letter words

ACCESSORY
CONSONANT
MEGAPIXEL
PEACH TREE
SASKATOON
SEVENTEEN

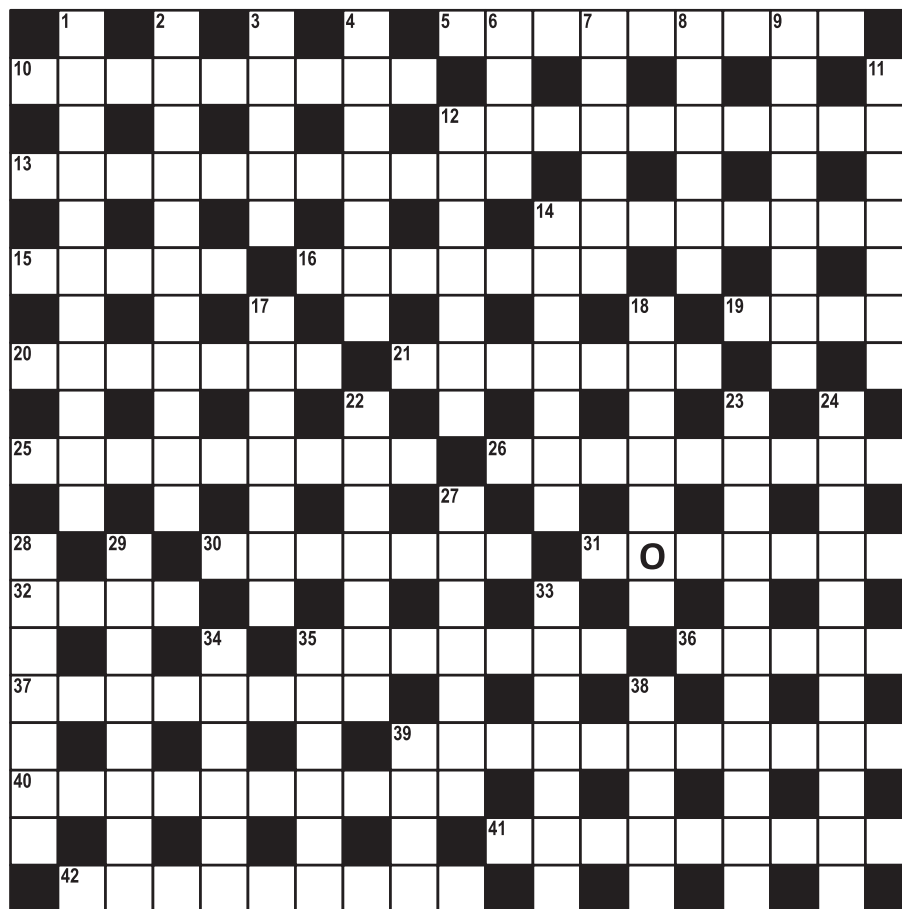
10 letter words

EQUESTRIAN
OPTIMISTIC

11 letter words

BARRIER REEF
CANDLESTICK
OIL PAINTING
PRELIMINARY
REMINISCENT
SKELETON KEY

Answers on
page 22



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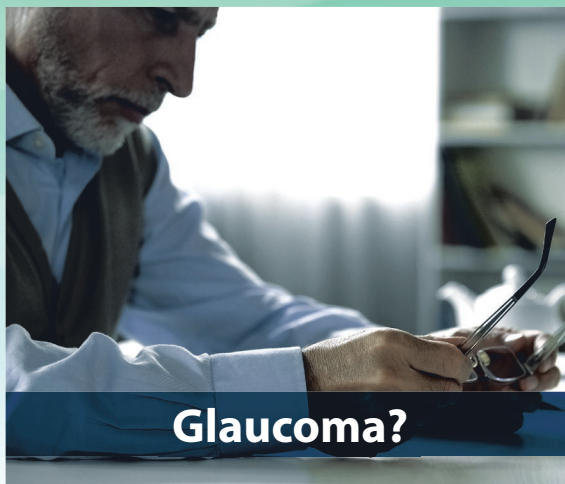


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Summertime Fun at a Center Near You!

By **Stephanie McMahon**, *Marketing Director*

I hope summertime conjurs up wonderful memories for you! Maybe trips to the shore where you spent the day building sandcastles and cooling off in the ocean, evening strolls down the boardwalk to ride the Ferris wheel and roller coasters or trying your hand at carnival games. Summertime always reminds me of carnival food like funnel cakes and ice cream or fresh



cut watermelon and corn on the cob. The heat never seemed to bother us! It's fun to reminisce about the summer activities you participated in during younger years when you were full of energy and always looking forward to the next adventure.

There are still adventures and fun experiences awaiting you and you don't have to travel to the shore to find them. There are wonderful activities being offered throughout our community at each of our six Berks Encore Community Centers. There is something for everyone! Our center managers work with the patrons at each center to plan activities each month. There are regular offerings such as exercise, cards, bingo, board games, arts & crafts, educational opportunities, and entertainment. We are always looking for new ideas and ways seniors can get together to have a good time. Please share your ideas and interests with one of our center managers.

DO YOU LIKE TO STAY ACTIVE?

Dancing is great for balance, cognition, and fun! Join in the Oldies Dance Party coming to the Strausstown Center and Fleetwood Center or Dance Down Memory Lane at the Mifflin Center. Stretch and Soothe is a new exercise class beginning in August at the Douglassville Center. Participating in this class will help with increased flexibility, mobility and ease of movement physically and emotionally. You might want to try Rejuvenate, a class offered once per month at the Douglassville Center. Learn a powerful meditation technique that corrects imbalances in the

body's energy field and transfers life force to the participant.

DO YOU LOVE TO EXPRESS YOUR CREATIVITY?

All our Berks Encore Centers offer different opportunities in arts and crafts. At the Douglassville Center participants will be making a Victorian pressed flower framed art on August 5th. In the early 1900's Victorian ladies dried pressed flower parts and added ribbons to create framed pictures. Preserving flowers by pressing them in a book became a popular way to keep a special floral gift. The Reading Center is offering a unique craft class on August 2 where participants will be decorating a keepsake box to store special mementos.

DO YOU SAVOR COOKING, BAKING OR EATING?



Join us at the Berks Encore Mifflin Center on August 30 for a Baking Competition. Make your favorite recipe at home and bring it in to share. Or just come to be a tasting judge and help to choose the winner. On August 29, the Strausstown Center is hosting an educational program with the owners of Oak Nut Farm. They run a local organic farm in Bethel and will be sharing their farm story,

talking about the unique produce they grow and different ways to cook it, along with the nutritional and health benefits each type offers. EVERY participant gets to take home a bag of produce to eat and cook with. This program is being funded by the Berks County Area Agency on Aging.

DO YOU APPRECIATE LIVE ENTERTAINMENT?

Join us on August 11 at 6 p.m. in the Strausstown Lions Park for The Joey Vincent Show. His show includes music and comedy. There will be food available for purchase from the Strausstown Lion's Club and Way-Har Farms. This is a free event hosted by the Berks Encore Strausstown Center and Berks County Area Agency on Aging. The Wernersville Center will be hosting Al Grout a local Juggler, Magician, and Comedian on September 23. The show will be fast-paced and may need some audience members to get involved! Lunch will be served prior to the show.

ARE YOU LOOKING FOR WAYS TO STAY MENTALLY FIT?

The Berks Encore Fleetwood Center will be hosting Sally Kneipp, PhD, the Director of Community Skills Program on August 15. Sally will be sharing strategies to keep your brain active. We hope you can join us for this helpful educational opportunity.

Check the full list of activities offered at each of our six Berks Encore Centers on pages 14 and 15. Please note that most programs are free but do require registration to participate.

Mark Your Calendar for Wednesday, October 5, 2022

EXPO AT THE BALLPARK IS BACK!

It won't be long till we throw open the gates at First Energy Stadium, home of the Reading Fightin's for the 21st Annual Senior Expo. Our title sponsors Ensure & Glucerna are back with some new products and some interesting ideas for using their existing products in smoothies and other recipes. We will find out about them when Meredith McGrath, dietitian for Redners' Markets – our presenting sponsor – takes the stage at the Plaza to demonstrate some healthy ideas for using Ensure & Glucerna.



the American Hit Parade of the 1940's and the 1960's classics of the Vietnam Era will wrap up the afternoon. Entertainment is sponsored by Chester Perfetto Insurance and White Star Travel.

WEEU will be broadcasting live at the event from set up straight through to noon and sponsored by the PA Lottery.

There will be opportunities to walk the track and take part in exercise classes with our Health and Wellness team. United Healthcare is sponsoring our bag giveaway. So come fill it up with lots of goodies from our vendors!

Concessions will be open in the Plaza with a tasty selection of food. You won't want to miss EXPO at the Ballpark! Reschedule that doctor appointment, call your friends and come out and join us on Wednesday, October 5. This event is sure to be a big hit!



We are excited about our amazing lineup of sponsors, vendors, entertainment, seminars, and concessions available for you to enjoy! Plus you won't want to miss the Health Fair presented by Penn State Health St. Josephs Medical Center in the picnic pavilion along third base. The gates open to the stadium plaza at 9 a.m. and the final entertainment act takes the stage at 2 p.m. Free Admission! Plenty of Free Parking!

Speaking of entertainment – Elvis will be back in the house when Jeff Krick Sr. pays tribute to the King! Next up, you don't want to miss the performance by Berks County favorites, Erich Cawalla and Cliff Starkey. The Swing Time Dolls, an all-female vocal group that sing your favorites from

There is still time to sign up to be a sponsor or vendor. Call Lori Gerhart at 610-374-3195 ext. 228 or email lgerhart@berksencore.org.

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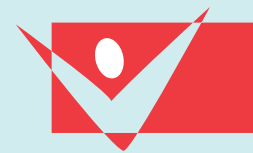
One day at a time

Dear One day at a time,

During our initial visit, we complete an assessment which helps us to determine your specific needs. Sometimes there are things we might take notice of that you had never even considered. We also do a walk through of your home to check for potential safety issues and discuss your budget as well. After we have a chance to learn more about your goals and needs, we look through all of our resources and make recommendations for agencies and private pay aides who would best be able to meet your needs. We take into account days, hours, personality, specific needs, budget, and access to transportation. You are in control of making all of the decisions, we just provide the guidance to educate you on what is available. Our social workers have experience working with these agencies and individuals, and will make sure that you are 100% happy with whatever route you choose to go.

*Care Manager
Berks Encore Care+*

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*Katie Rex
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Care Manager*

VOLUNTEER SPOTLIGHT

Volunteer with a Zest for Life

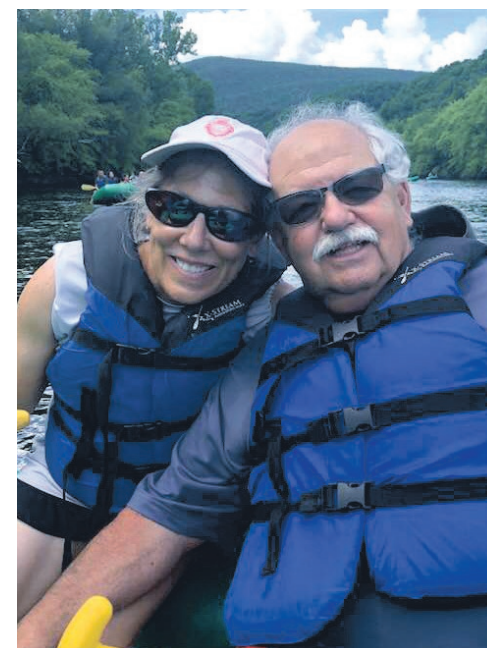
Dennis Goda is living a life of purpose and he is not wasting any time. He retired from Exide Batteries in 2011 where he often worked 7 days week from 4 a.m. to 2 p.m. He hasn't spent much of his lifetime sleeping! In his free time, he enjoys swimming, playing volleyball, bowling, golfing, bicycling, and kayaking. In his younger years, he competed in triathlons, an endurance multisport race including swimming, cycling, and running over various distances. He was a member of the Reading YMCA for the past 40 years and joined the YMCA Fleetwood 10 years ago. While working full-time, he also worked part-time as a lifeguard, swim official for local swim meets and official for girls' volleyball games. He continues these part-time jobs in retirement.

After retirement, his goal was to continue to maintain a full schedule enjoying the things he loved and helping others. He learned about Berks Encore Fleetwood Center by joining in to play pinochle. While at the center he learned about the Meals on Wheels program. For the past 10 years, Dennis has been delivering meals in Kutztown every Tuesday. Over that many years, he has become very familiar with the Meals on Wheel clients on his route. Some watch for him to arrive so they can meet him at the door. He enjoys checking in with clients and feels it's his civic duty to help others. He also donates blood regularly and to date has donated

18 gallons of blood.

After High School, Dennis joined the Navy for two years and traveled in Europe. He lived in Reading most of his life and now lives in Virginville with his wife Linnae. He has two grown daughters, two grandchildren, and three great grandchildren. He and his wife enjoy spending time with their family. Dennis and Linnae also like to travel. They have taken vacations to China, the Mediterranean, Costa Rica, Hawaii, as well as numerous other places. They have plans to go to Iceland this Summer. Together they enjoy dancing, cycling and gardening.

Dennis certainly has a zest for life! He is keeping busy helping others, doing the things he loves and spending quality time with his family. We are thankful to Dennis for the years of service he dedicates to older adults needing meals on wheels in Kutztown.



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email: agebely@berksencore.org
call: 610-488-5770



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NEW FACES

Welcome Jim Rauchen!



Jim Rauchen recently joined Berks Encore as a part-time Be Nourished meal delivery driver. In this new role, Jim delivers medically tailored meals to homebound clients several mornings per week. He retired from Vanguard Group in 2019 where he worked for many years in investments and fixed income trading. He spent all his career in the financial field. He found that retirement “isn’t all its cracked up to be” and worked as a substitute teacher at Daniel Boone Middle School before joining Berks Encore. He likes to keep busy working part-time and getting out to do the things he enjoys.

Jim lives in Douglassville with his wife Wendy. They have two grown sons; Jake a Drexel University graduate, lives in Philadelphia and works in Information Technology and his son Luke is a current college student at Drexel University studying Construction Management and is getting real life work experience through the cooperative work program.

Jim is an avid downhill skier and golfer. For the past 12 years he volunteers on the ski patrol at Bear Creek during the winter months. Jim and his sons like to travel to ski resorts out West and in the Northeast. Jim spends some of his free time golfing different courses around the area. He also enjoys riding his motorcycle, a Harley-Davidson Road King. We are happy to welcome Jim to the Berks Encore team!

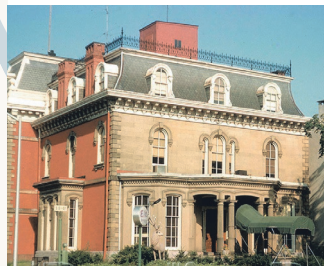
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MAKING AN IMPACT

Tools to Age Confidently

By Lori Gerhart, VP Advancement

According to the US Census, by 2030, one in five residents (20% of Berks County) is projected to be aged 65 or older. The good news is, we are generally aging better and living longer than our parents. Yet most of us will experience some decline in our ability to function as we grow older. Circumstances such as financial or health issues may require that we seek some type of assistance from others. How prepared are you to take care of yourself, or someone else, in the coming years? Do you have the knowledge to confidently prepare for retirement? Where can you turn for help? The answer is Berks Encore! Because it is our mission to develop aging confident individuals to enhance their ability to live well later in life.

Aging confidently will mean different things to different people. It may mean knowing how to navigate the many medical insurance options available. For some, it may mean knowing where to turn for the most basic of needs, like food, help with energy costs, or affordable living options. One thing is certain – Berks Encore can assist in all these areas where older adults and their caregivers may not feel as confident with aging as they could. Our new BENourished program, Berks Encore Care+, Medicare counseling, Meals on Wheels delivery and Change of Condition monitoring, as well as our certified health and wellness programs and socialization

opportunities at our community centers throughout Berks County, can all provide the tools needed to age confidently. Whether the help is for you or your loved one, Berks Encore is here to navigate a difficult situation or offer options for wellbeing.

As the aging population demographic continues to grow and evolve, so will the need for services! Berks Encore isn't waiting to see what happens next! We are forging ahead with new activities, new programs, and new methods to make sure we uphold our mission of helping you age confidently to live well later in life! Most things that are worthwhile, come with a cost. That's where you come in. You can help us impact the lives of local older adults by considering a donation to Berks Encore. You can help us sustain the work that we do to impact aging in our community. Give a gift today and help Berks Encore flourish into the future!

We are so grateful for all the donors and contributors who are helping us to create a healthier, happier community of seniors! For more information about Berks Encore, visit our website at www.berksencore.org. You can contact me at 610-374-3195 ext. 228 or lgerhart@berksencore.org.



Lori Gerhart

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