



berks**encore**SM **news**

October 2022
Volume 23
Issue 10

Helping Berks County Seniors Age with Confidence

www.BerksEncore.org

R
REDNER'S
presents
EXP at the ballpark
brought to you by **Ensure & Glucerna.**



**Health & Wellness Team
looks to hit it
out of the Ballpark p. 9**



Keep Your Wheels Turning p. 11

Medicare Open Enrollment p. 12

FROM THE DESK OF . . .

LUANN OATMAN

Dear Reader,

Happy October one and all! My very favorite time of year! I love the fall colors, the crisp air, orange pumpkins, red apples, and Senior Expo!!! One of the best things about October and something for us all to celebrate is our annual Senior Expo event at the First Energy stadium, home of the R-Phils!

We have some fun events scheduled, that includes Jeff Krick and his tribute to Elvis and Meredith McGrath demonstrating some amazing recipes using Glucerna and Ensure products; and goodies, give-a-ways, and so much more!

You can walk the Expo aisles, listen to the Swing Time Dolls, have a hot dog or cheeseburger from the stadium vendors, and walk the track with our health and wellness staff. Tired? Try some chair dancing with Autumn Crane instructor from ReHab1 Physical Therapy. Have a medical question? Visit the Penn State Health St. Joseph Medical Center area and

talk with a doc or have your blood pressure checked! Enter to win 2 tickets to see "David" at Sight & Sound.

There is literally something for everyone at this amazing event. We want to see you there! Stop by our booth and let us know how we are doing and what more we can do to improve our services! We want to know your thoughts and we want to SEE you at the Expo. Let's all have a great time!

See you at the ball park!

LuAnn Oatman,
President/CEO, Berks Encore



*LuAnn Oatman,
President*

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OPPORTUNITIES TO GIVE

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

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For more information call 610-374-3195 ext. 228.

Please send tax deductible donations to
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berksencore  **THANK YOU!**

The official registration and financial information of Berks Encore may be obtained from the Pennsylvania Department of State by calling toll-free (800) 732-0999. Registration does not imply endorsement.



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applauding life after 50

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



Berks County
Area Agency on Aging



United Way of Berks County

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

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

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

2022 Exhibitors



58 Foundations

Aetna
Alvarium Personal Care
Antanavage, Farbiarz PLLC
Assured Assistance & Paramount Living Aids
Aveanna Healthcare
BARTA
Bath Fitter
Bayada Hospice
Berks Community Health Center
Berks County Area Agency on Aging
Berks County Democratic Committee
Berks County Dept. of Veterans Affairs
Berks County Living
Berks County Public Libraries
Berks Eye Physicians & Surgeons
Berks Heim Nursing & Rehabilitation
Cape May County Department of Tourism
CapTel Outreach
Carim Eye and Retina Center
Chester Perfetto Insurance Agency
Childrens Home of Reading
Clear Captions
Columbia Cottage Wyomissing

Council on Chemical Abuse
Cremation Society of Berks County
Curran Estate & Elder Law
Customers Bank
Diakon Community Services RSVP
Edward J. Kuhn Funeral Home
Elite Coach
Encompass Health Rehabilitation Hospital of Reading
Ensure & Glucerna
Foot Solutions Reading
Forest Hills Memorial Park
FOX Rehabilitation
Geisinger Health Plan
Habitat for Humanity ReStore
Helping Harvest Food Bank
The Highlands at Wyomissing
Homespire Windows
Humana
IMG Physical Therapy
Keystone Clinical Studies
Kitchen Saver
Manor at Market Square
Miracle Ear - Reading
Office of Senator Christopher Gebhard

Office of Senator Judy Schwank
Open Systems Healthcare
PA Link – Berks, Lancaster, Lebanon
Patriot Home Care
Penn State Health St. Joseph Medical Center
Pennsylvania Lottery
Reading Eagle
Redner's Warehouse Markets
Safe Berks
Sterling Life Solutions
Steve Moyer Subaru
Moyer Nissan
Stitzel Family Funeral Homes & Crematory
Tompkins Financial
TruCare Home Care
UGI Utilities
United Healthcare
United Way of Berks County
UPMC for Life
UPMC Community Health Choices
WEEU
Western Berks Ambulance
White Star Tours, Inc.

SCHEDULE OF EVENTS

FirstEnergy
Stadium
1900 Centre Ave.,
Reading



WEEU Live Broadcast
till Noon sponsored by
the PA Lottery!

Free Parking!
Free Admission!

Wednesday, October 5 • Gates Open 9AM

BE SOCIAL!

More than 70 vendors and businesses are waiting to greet you!

BE ENTERTAINED!

All shows take place on the Plaza stage. Sponsored by Chester Perfetto Agency and White Star Tours

9:45 – 10:30 a.m. Meredith McGrath, dietitian for Redner's Markets, will demonstrate healthy recipe ideas.

11:00 a.m. – 12:00 noon Jeff Krick Sr. will perform Elvis hits.

12:30-1:30 p.m. Berks County musicians Erich Cawalla & Cliff Starkey team up to play popular tunes.

2:00 p.m. – 3:00 p.m. The SwingTime Dolls will take you on a sentimental journey back to the WWII days of Glenn Miller and the Andrews Sisters.

BE FIT!

Look for signs to the Health & Wellness HUB located off the plaza. Movement is Medicine and we have something for everyone!

9:15 a.m. Start with a morning walk around the track with Kate, Berks Encore Health & Wellness Educator.

10:00 a.m. Get a total body stretch and balance-focused exercises led by Kathy, Berks Encore Health & Wellness Director.

10:45 a.m. Try Tai Chi, ancient Chinese movements led by Jan Gyombar PhD, certified level 3 instructor.

11:30 a.m. Do some Chair Dancing to music you'll love with Autumn Crane, ReHab1.

12:15 p.m. It's time for Zumba Gold, a low impact dance fitness class led by Jen DeBlase.

BE INFORMED!

Plan to attend special seminars presented by our sponsors in the RBI Room, located in the concourse.

9:45 a.m. - 10:15 a.m. – Holly Moylan-Personal Care Administrator with The Highlands at Wyomissing will present 'Understanding the Early Warning Signs of Dementia'.

10:30 a.m. – 11:00 a.m. - Aetna will present 'Sleep Matters'

11:45 a.m. – 12:30 p.m. - Berks Encore PA MEDI counselors present 'Changes to Medicare'

1:00 p.m. – 1:30 p.m. - Council on Chemical Abuse (COCA) will present 'Mindful of Your Meds'

BE WELL!

Stop by our title sponsor booth Ensure & Glucerna. Find out which new products they have available at Redner's Markets. Learn some interesting ideas for using their products in smoothies and other recipes to help you get well and stay healthy.

BE HEALTHY!

Visit the Health Fair presented by Penn State Health St. Joseph Medical Center to "talk with a doc" or have your blood pressure checked plus lots more!



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2022 EXPO AT THE BALLPARK SPONSORS

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**Chester Perfetto Insurance Agency -
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Columbia Cottage of Wyomissing - Patron Sponsor

Council on Chemical Abuse - Seminar Sponsor

**Encompass Health Rehabilitation
Hospital of Reading - Patron Sponsor**

Ensure & Glucerna - Title Sponsor

**Penn State Health St. Joseph Medical Center -
Health Fair Sponsor**

Pennsylvania Lottery - Live Radio Broadcast Sponsor

Redner's Warehouse Markets - Title Sponsor

**The Highlands at Wyomissing -
Volunteer Shirt Sponsor/Seminar Sponsor**

Tompkins Financial - Baseball Hat Sponsor

United Healthcare - Visitor Bag Sponsor

UPMC for Life - Patron Sponsor

Western Berks Ambulance - Safety Sponsor

White Star Tours, Inc. - Entertainment Sponsor

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Berks County Living - Media Sponsor

Reading Eagle - Media Sponsor

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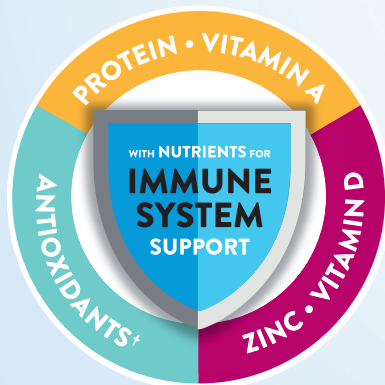
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Attention Berks Encore Senior Expo Attendees

**Wednesday, October 5, 2022
9 a.m. to 2 p.m.
FirstEnergy Stadium
1900 Centre Ave., Reading**

Bring non-perishable food items to assist Helping Harvest's food assistance programs.
And help our fur friends by donating dry bags of dog and cat food to benefit Humane Pennsylvania.



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Berks Encore Offices & Centers will be closed on Monday, October 10, 2022, for Columbus Day. No Meals on Wheels will be delivered.



Plans are insured through UnitedHealthcare Insurance Company or one of its affiliated companies, a Medicare Advantage organization with a Medicare contract. Enrollment in the plan depends on the plan's contract renewal with Medicare. AARP isn't an insurer, doesn't recommend products, and encourages you to evaluate your needs. AARP does not employ or endorse agents, producers or brokers. ©2021 United HealthCare Services, Inc. All rights reserved.

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HEALTH & WELLNESS

Health & Wellness looking to hit it out of the park at Expo!

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

We will have the opportunity to showcase our programs in an exclusive station this year. Look for signs to the Health & Wellness HUB! We will feature mini fitness break-out sessions, information about our programs and the chance to meet us and learn how we can help you improve your health.

Wearing red T-shirts with AMBASSADOR status and name tags, you can talk to these folks who have taken our classes that led to improvements in their health and quality of life. They can help guide you to our HUB and will be happy to share why they love our programs. Look for them and don't be shy to ask them questions!

DANCE WITH US! Our Dance Party dancers will join me and dance to the Oldies during the Uptown Band segment, 12:30pm to 1:30pm. Whether you call it the Cha-Cha or the Calypso, we have room in the line for you! Whether you are "fit as a fiddle" or are challenged by physical limitations, we have something for everyone!

Walk for Wellness: 9:15am to 9:45am- start with a great morning walk! Led by Kate Sweinhart, Berks Encore Health & Wellness Educator and certified Walk with Ease instructor. Join our Health & Wellness Ambassadors and walk the track at your own pace.

Healthy Steps in Motion: 10:00am to 10:30am- join us for a great total

body stretch and balance-focused low-impact exercise! Led by Kathy Roberts, Berks Encore Health & Wellness Director and certified Healthy Steps instructor. We'll stretch to strengthen muscles, improve balance and wake-up stiff joints with 60 seconds of movement to music.

TAI CHI: 10:45am to 11:15am- try this ancient Chinese form of movement, developed to connect body and mind. "Chi" translates to life energy. Led by Jan Gyombar PHD, certified level 3 advanced instructor. Jan will lead you through gentle, slow movements to improve balance, coordination and your "life energy."

Chair Dancing: 11:30am to 12:00pm- physical limitations preventing you from dancing? Enjoy the music you love and the dance steps you miss and try this for exercise. Led by Autumn Crane, ReHab1 Physical Therapy. Groove through this fun and low impact aerobic exercise that will tone and energize you.

Zumba Gold: 12:15pm to 12:45pm- low impact dance fitness to Latin and worldwide music offers fun movement. Led by Jen DeBlase, a licensed Zumba Gold instructor since 2016. Have fun and let go while you burn calories, improve heart health and reduce stress. In fact, the Arthritis Foundation recommends Zumba Gold to strengthen your leg muscles, which reduces stress on your knees, leading to osteoarthritis relief.

So come and meet us and join us at the HUB!



be **well**

HEALTH & WELLNESS CLASSES

LIVING WELL WITH DIABETES <i>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.</i> New Location: Township of Spring Administration Building 2850 Windmill Road, Sinking Spring Mondays, 9:30am-12pm October 17 through November 21	MATTER OF BALANCE <i>An award-winning program designed to reduce the fear of falling through fall prevention education and management.</i> New Location: Township of Spring Administration Building 2850 Windmill Road, Sinking Spring, PA 19608 Wednesdays, 1:00pm to 3:00pm, October 26 through December 14
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ROTATOR CUFF WORKSHOP (New Program)
Fleetwood Center
14432 Kutztown Road, Fleetwood
Monday, October 31, 10am-11:30am
See the ad on page 4 for more information.

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



Shoulder pain? Limited mobility? Rotator Cuff?
Join Us!

For a FUN, interactive and informative workshop

Learn everything you need to know about shoulders. What happens to your shoulders as you age. Why you have shoulder pain and what you can do about it.

ROTATOR CUFF WORKSHOP

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To get you back to doing more of what you love and feeling great!

- Games with prizes
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- Learn about the shoulder 5 minute miracle!

DATE: Monday, October 31
TIME: 10am to 11:30pm
PLACE: Berks Encore Fleetwood Center
14432 Kutztown Road, Fleetwood
(in the former Richmond Elementary School)

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Call Kathy Roberts:
484-388-3196

VOLUNTEER SPOTLIGHT

Drive to do more for Meals on Wheels

Dave Sarkozy is a local retiree originally from Dearborn, Michigan. He moved to Pennsylvania over 20 years ago and now considers himself a Berks County native. Dave loves the rural land-scape and nearby mountain vistas in the northwest part of Berks County. Six years ago, he was looking for something new to fill his time in retirement. At that time, he and his wife Linda lived near the Berks Encore Strausstown Center. He decided to stop by to see what the center had to offer. He met Andrea Gebely, the Center Manager and was happy to learn he could volunteer to deliver Meals on Wheels when he had extra time. He signed up for a bi-weekly time slot and a route and the rest is history. Dave delivers Meals on Wheels to 15 – 18 clients every other Tuesday. He is happy to help others and has made some friends along the way while visiting clients briefly on his delivery route. He spends 1 – 2 hours driving through the beautiful countryside. He likes the flexibility to be able to help when he can and encourages others to try it. He says that “delivering Meals on Wheels is a good way to give back to the local community.”



Dave and Linda have been married for 41 years and lived in New Jersey prior to moving to Pennsylvania. Dave is a National Guard Veteran who served for 6 years while going to law school and working a full-time job. He started his working career in the automotive industry in Detroit. He is enjoying his retirement doing the things he loves, reading, studying WWII history and fishing. We are grateful that Dave has dedicated the past six years volunteering at Berks Encore.

We are always in need of volunteer drivers to help deliver meals to over 650 clients weekly throughout Berks County. Share your time when it's convenient for you. Drive to do more in your community by volunteering to deliver Meals on Wheels. Contact Rita Phillips 610-374-3195 ext. 225 for more information about volunteering.

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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COMMUNITY SPOTLIGHT

Keep Our Wheels – and Yours! – Turning

As part of their commitment to Drive to Do More by supporting charities and volunteers nationwide, Jiffy Lube International has partnered with Meals on Wheels to raise funds and awareness to help seniors stay nourished. We're excited to invite Jiffy Lube customers to join the partnership effort. From October 1 to October 31, when customers visit participating Jiffy Lube service centers for oil changes, tire rotation or other vehicle maintenance, they'll be able to donate \$3 to Meals on Wheels when they check out. Funds raised in our local community will be shared back with Berks Encore!

In addition, Jiffy Lube is providing current Meals on Wheels volunteers a 15% discount on applicable services in appreciation for the commitment to changing the lives of seniors. With more than 2,000 convenient locations nationwide, Jiffy Lube offers a wide range of automotive maintenance services including brakes, tires and engine diagnostics. Additionally, Jiffy Lube offers the Jiffy Lube Signature Service® Oil Change, a comprehensive preventive maintenance to check, change, inspect and fill essential systems and components of the vehicle, as well as vacuuming the interior of the vehicle and cleaning exterior windows. And, with every Jiffy Lube Signature Service® Oil Change, customers receive complimentary fluid top off service on vital fluids in between visits. Meals on Wheels volunteers who

are interested in receiving the Jiffy Lube discount should visit their local Berks Encore Senior Wellness Center and ask for a Jiffy Lube discount card. Volunteers can also call Berks Encore 610-374-3195 ext. 223.

There are three Jiffy Locations conveniently located in Berks County:

20 Shillington Road, Sinking Spring, PA 19608

4760 Perkiomen Avenue, Reading, PA 19606

1142 Ben Franklin Hwy. W. Douglassville, PA 19518

Schedule your Jiffy Lube service for October and commit to supporting Meals on Wheels at checkout.



SENATOR JUDY SCHWANK

■ MEET ME AT THE EXPO! ■

We're happy to assist you on any matters related to state government.

District Office:

210 George St., Suite 201,
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9am-4pm Fri



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Guri Bronner, M.D. | Kasey L. Pierson, M.D.
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**Medicare Annual Open Enrollment Period
October 15 - December 7**

Changes to Medicare Information Session

Attend an in-person information Session on the changes for the upcoming year to Medicare costs and benefits.

Wednesday, October 5 @ 1:00 p.m.

Berks Encore Strausstown Center
44 East Avenue, Bernville

Thursday, October 13 @ 10:00 a.m.

Berks Encore Fleetwood Center
14432 Kutztown Road, Fleetwood

Friday, October 14 @ 10:00 a.m.

Berks Encore Wernersville Center
350 Sportsman Road, Wernersville

Confused About Medicare? Join us for an Information Session.

Attend an in-person information session to learn how and when to enroll in Medicare, how to supplement your Medicare benefits, what coverage will cost, what financial assistance may be available, and more.

Friday, October 14 @ 11:30 a.m.

Berks Encore Reading Center
40 N. 9th Street, Reading

Tuesday, October 18 @ 12:30 p.m.

Berks Encore Mifflin Center
30 Liberty Street, Shillington

You must register by calling
610-374-3195 ext. 209



Questions about your Medicare?

We are here to **HELP**

Open Enrollment Dates



Join, switch or drop Medicare Advantage or Prescription Drug Plans.

Berks Encore
40 N. 9th Street
Reading, PA 19601

Call Berks Encore

**610-374-3195
ext. 209**

Understanding Medicare can be difficult.

PA MEDI counselors are specially trained staff and volunteers who can answer your questions and provide you with nonbiased, objective, easy-to-understand information about Medicare.

They can help you:

- Make informed choices about Medicare coverage options, Medigap policies and Medicare Advantage Plans
- Understand Medicare eligibility & enrollment
- Understand what services are covered under Medicare Parts A and B and your Medicare Summary Notice
- Understand your Medicare Prescription Drug (Part D) benefit
- Apply for Medicare Savings Programs to save you money... and more!



This project was supported, in part by grant number 90SAPG0099-03-00, from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.



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When you choose Penn State Health for family medicine, you can take comfort in knowing that your doctor is part of a well-respected, nationally recognized health system. That means you can count on us to deliver top-quality, coordinated care for all your family health needs. With Penn State Health St. Joseph Medical Center, you'll have access to 24/7 emergency care, state-of-the-art imaging technology and a network of specialists practicing throughout Berks County.

Convenient locations, multiple providers

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pennstatehealth.org/welcome

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- Backed by the nationally recognized expertise of Penn State Health Milton S. Hershey Medical Center and Penn State Health Children's Hospital in Hershey.



PennState Health

STJ-17302-22 162427

Dear Care Manager,

Dear Care Manager,

My parents and I saw your articles in the Berks Encore newspaper and we have discussed setting up a potential assessment, but my parents aren't up on technology and prefer seeing someone face to face, or having an actual brochure of information before committing. Are there ever opportunities to meet representatives from your agency, or am I able to receive paper copies of your brochures in place of using the website?

- Just a little old fashioned

Dear Just a Little Old Fashioned,

We actually have a great community event coming up at the Reading Phillies stadium. On October 5th, 2022, we will be having our Senior Expo, which is a great opportunity to meet many of our Berks Encore Care. We will have our own table, which has print outs from all of our departments, so you can either talk to a real person, or pick up information to learn more about our individual programs. This is a great event where you can enjoy food, entertainment, and learn about community resources for seniors. I encourage you and your parents to come out and join us!

*- Care+ Care Manager
Berks Encore Care+*

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. You can find more information online about Berks Encore Care+ at www.berksencore.org.



*Katie Rex
Aging Life
Care Manager*

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**Berks Encore Offices & Centers will be closed
on Monday, October 10, 2022,
for Columbus Day.
No Meals on Wheels will be delivered.**

escape

to the JERSEY CAPE



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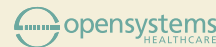
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We are here to help you review your Part C Medicare Advantage Plan or your Part D Prescription Plan

Call to schedule an appointment or to request a Part C or Part D Review Form

610.678.0373

40 Commerce Drive, Wyomissing



Scan to schedule an appointment



Longwood Gardens

November 30, 2022

Our day begins with lunch at Buckley's Tavern, then onto

Longwood Gardens to enjoy the splendor of the holiday season.



Trapp Family Lodge Austrian Christmas
December 4 - 7, 2022

This tour is a little of Austria and a lot of Vermont! We will enjoy stunning mountain views and old world comforts as we learn about the Trapp Family's History.

Don't Delay – Call 717-733-7710 today to reserve your seat on one of our adventures!
Stay tuned for some amazing trips planned for 2023.

TIRED OF MEDICARE ADVERTISEMENTS YET?

Medicare Open Enrollment is here until December 7th.

Don't let prohibited marketing activity draw you in!

Agents and Brokers CANNOT:

- Make unsolicited calls to beneficiaries.
- Claim to be endorsed by Medicare.
- Send unsolicited messages to beneficiaries.
- Sell Medicare plans door-to-door.
- Provide meals at marketing events.
- Claim to be from Medicare.

See something suspicious? Contact the SMP at CARIE!



1-800-356-3606

www.carie.org



HELP IS ALWAYS FREE AND CONFIDENTIAL



This project was supported, in part by grant number 90MPPG0009-01-00 from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects under government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official Administration for Community Living policy.

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Contact Natalie at
610-370-2211 to learn more.





CARING FOR THE CAREGIVER

Community Memory Support Support Group

Caring for a loved one with some form of memory loss is a challenging, and often overwhelming, task. Our community memory support group is open to anyone who is caring for a loved one who has Alzheimer's disease or another associated dementias.

Join us for some education, sharing of ideas and concerns, and even some laughter.

Second Wednesday of every month,
6:00 to 7:30 p.m.

The Highlands at Wyomissing®
Memory Support Training Room
2000 Cambridge Avenue | Wyomissing

To register, email marketing@thehighlands.org or call 484-220-8237. Can't make it in person? Join the meeting via Zoom! Email marketing@thehighlands.org for details.



Light refreshments will be served. If calling 484-220-8237 to register, please include an email address in your message to receive important support group information. All attendees are required to show proof of COVID-19 vaccinations. Registration is required one week prior to each session.

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Stepping Into History – FALL Walks

Do you enjoy walking with a group AND learning more about Berks County history? Join us for any or all four of our Fall Stepping Into History programs. There is no fee for any of the walks, but donations to the non-profit sites would be sincerely appreciated. It is important that you register for each event you plan to attend. Please call Kathy Roberts at 484-388-3196.

RAWA – Reading Area Water Authority Lake Ontelaunee Operation – Tues., Oct. 4 – 10-11:30 a.m.

The water supply for the City of Reading and other RAWA customers is obtained mainly from Lake Ontelaunee, which was constructed in 1926. Raw lake water is channeled from the dam and delivered to the Maiden Creek Filtration Plant. We will take a walk-through of the Lake Operations and learn about the history, maintenance and operation of this vital watershed.

Bahr's Mill – Tues., Oct. 11 – 10-11:30 a.m.

Located at the corner of S. Ironstone Drive and Saw Mill Road, just off Route 73 west of Boyertown. The historic mill dates back to 1897 when its millrace and water wheel powered the factory to make wooden farm tools and handles. We'll take a guided tour of the mill, walk along the old millrace and learn the history of the other buildings in the little town of Gablesville.

Nolde Forest Environmental Center – Tues., Oct. 18 – 10-11:30 a.m.

Located at 2910 New Holland Road, near Shillington. Home of the Nolde family, owners of the former Nolde and Horst Knitting Mill, the stone mansion and 665-acre wooded site is now a state park. We'll take a guided tour of the Nolde Mansion then choose an easy – or a more challenging – walk along the forest trails.

Old Dry Road Farm – Tues., Oct. 25 – 10-11:30 a.m.

Located at 202 Highland Road, Wernersville (Lower Heidelberg Township), near Blue Marsh Recreation Area. Old Dry Road Farm is a living-history museum on 200 acres with 18 houses and farm buildings illustrating life on a mid-19th century German farm. We'll take a guided tour of the buildings, walk the grounds and gain a real appreciation for the hard work involved with farming at that time.

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Amanda has over 12 years' experience as a Certified Podiatrist in Berks County. She has studied foot anatomy and pathology, biomechanics, shoe construction and modification.

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

Center Manager – Sharon Pedrick

610-582-1603

Every Mon: 10:30am Chair Yoga w/Patti

11am Zumba w/ Iris

11:30am Piano Lounge w/Maureen

11:45am Healthy Smoothie Bar (\$1)

Every Tue: 10am: Free Tai Chi Introductory
(virtual and in person) w/ Jan11am: Free Tai Chi Advanced (virtual and
in person) w/ JanEvery Wed: 10:30am: Free Sit and Get Fit w/
Patti4,6,11,13,18,20,25,27 @ 9am-11am:
Pickleball

5 @11am: TranscenDance

6,13,20,27 8am-2pm: Fitness Room

6,20,27@10:15am: Golden Globes

7@10:30am: Stretch & Soothe w/Lydia

7@ 11am: Driver /Road Safety w/Tara /
Highway Safety Network /PennDOT

7,14,21,28 Doo Wop Piano w/Aaron

12@11am: Bingo w/David

13@11am: Coffee & Donuts w/ TruCare

14@10:30am: Grocery Bingo (\$2) w/Angela/
Berkshire Commons17@11:30am: Craft w/Beth/Glick's
Greenhouse19@11am: Rejuvenate w/Kaleidoscope
Angels21@11am: German Oktoberfest Show/Steve
Walker

26@11am: Boombox Bingo w/Rich

28@11am: Mexican Train Dominoes w/
MarilynGRAB-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

610-947-1700Every 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: Pokeno. Please bring
pennies.

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) *

1pm: Country Line Dance (\$1)

3: Reading Hospital's Mobile Mammography
Coach will be at the Center! Call 484-628-
8611 to schedule a mammogram.3, 5, 10, 12, 17, 24, and 26 @ 10am: Reading
w/ Seniors partnership w/ YMCA Pre-
school, Pre-K, toddlers & infants. Please
consider spending some time reading to
our YMCA kids. Sign up w/ Terry.3 @ 10:30am: Pumpkin wall hanging craft
with Kathy. Free. Sign up with Terry.4, 11, 18, 25 @ 12 noon: New at the
Fleetwood Center: PICKLEBALL! Advance
sign up is required.

10: Columbus Day CENTER CLOSED

13 @ 10am: Changes to Medicare w/ John Vogel

18 @ 10am: Grocery Bingo sponsored by
Trish from Rittenhouse Village.21 @ 12:30pm: Lunch Bunch at Christina's in
Blandon. Call Terry to sign up.28 @ 10am: Jackpot Bingo and Happy
October Birthdays w/cake31 @ 10am: Rotator Cuff Workshop. Join
us for a fun, interactive, and informative
workshop w/ IMG Physical Therapy. Free,
but please call Kathy Roberts to register.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

Mon @ 10:30am: Grocery Bingo \$2

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

12-2pm: Card Club

Tue: @ 9:30am Breakfast Club (Panera &
Coffee)10:30am: Sit and Get Fit with Darcy
McLean*

11am: Chair Yoga with Darcy McLean*

Wed: @ 10:30am: FABS (Flexibility Aerobics
Balance Strength) with Darcy McLean*Thur: @ 10:30am: Sit and Get Fit with Darcy
McLean*

12pm: Dollar Bingo \$2

4 & 18: @ 1:30pm: Knifty Knitters (Roper
Parlor Room)5 @ 11:30am: Presentation Driver Safety -
General Traffic Safety & Seatbelt Usage7 @ 10am: Craft with Donna (signup
required)

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

12 @ 12:30pm - Boom Box Bingo*

14 @ 10am: Craft with Donna (signup
required)18 @ 12pm: Medicare/Medicaid
Presentation19 @ 12pm: Bingo for Beginners (slower
pace) \$221 @ 10am: Craft with Donna (signup
required)28: HALLOWEEN PARTY! Details coming
soon! (signup required)Tech Time with Blake" help with basic computer or
phone skills (signup required)EVERYDAY: Puzzles, adult coloring, books, playing
cards, games and computers are available.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 Yountd

610-374-3195, ext. 237

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

Every Tue: 10:15am “Sit & Get Fit”

Every Wed: 11am “Chair Zumba Gold”

12:30 pm “Cash Bingo”

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

12:30 pm “Grocery Bingo”

Every Fri: 11am “Virtual FABS Class”

12:30pm: “Cash Bingo”



“Fitness Room/Billiards/Shuffleboard” available Mon.-Fri. 8:30 am-3:30 pm

You are invited to LUNCH!

Served M-F at 12 noon. Menu available. Must sign up 2 weekdays in advance. (60 years or older, \$2.50 donation requested) Please note: grab and go lunches are not available. Contact Jim Yount with questions.

Computer Lab is available:

Monday thru Friday 8:30 am-3:30 pm

3 @ 10:30am: “Pokeno” presented by Berks Encore Staff

4 @ 12:30pm: “Jeopardy” presented by Senior Life

10 & 24 @ 10:30am: “BE Inspired! “Color Your World” Adult Coloring Relieves stress, relaxing & fun! Presented by: Reading Public Library

4 & 18 @ 10:30am till 1:30 pm: “Farmers Market” presented by The Food Trust

11 @ 12:30pm: “Craft Class (Wooden Pumpkin)” presented by Peggy Allen

14 @ 11:30am: “Medicare Update Program” presented by Rosa

17 @ 10:30am: “Fun Time w/TruCare”

18 @ 12:30pm: “Music Bingo” presented by Rich

25 @ 12:30pm: “Halloween Magic Show” presented by Kevin the Magician

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: 10am – Sit & Get Fit w/ Linda – FREE to anyone

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

Every Tues: 9:15am – Chair Yoga – \$5/class

10:30am - Zumba Gold Toning – FREE* to anyone 60+

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

Every Wed: 10:15am - Chair Zumba – FREE* to anyone 60+

11:15am: Dominoes

12:30pm: ‘Let’s Make Art’ Learn to Watercolor Painting Series - You don't need to attend every week to take part in class.

No experience necessary – You can do it!*

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

11:15am – Zumba Gold with Aida

Every Fri: 10am - Zumba Gold Toning –

FREE* to anyone 60+

10am: Pickleball @ the Strausstown Park – MUST sign up in advance

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

5 @ Noon: Lunch and Learn – Changes to Medicare Program

6 @ 11:15am: Zumba Gold with Aida

7 @ 12:30 p.m.: Halloween Prize Bingo – please sign up in advance, \$2 per person

11 @ 12:30 pm: Boombox Bingo with Times Gone By Entertainment

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

14 @ 12:30 pm: Spooky Cat Wooden Craft Class w/ Peggy Allen – must sign up

18 @ 9 am-12:30 pm: Chair Massages with Lorraine Kline. \$10 for 15 minutes

19 @ 12:30 pm: Candy Bingo with David

20 @ 11:15am: Zumba Gold with Aida

20 @ 1 pm: Movie Matinee – ‘Where the Crawdads Sing’

26 @ 11:30am: Halloween Party, Lunch, & a Show with entertainer Al Grout – FREE, sign up in advance, wear your costume!

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

GRAB-N-GO LUNCH is available for pick up Mon.- Fri. 10 – 12 noon.

Reserve your meal 2 working days in advance.

Menu available. \$2.50 suggested donation.

Berks Encore **WERNERSVILLE CENTER**

350 Sportsman Rd, Wernersville

Center Manager – Melissa Ludwig

610-670-1372

Every Mon: 9am: Board Games

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

12pm: Hausenpfeffer

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

1:30pm: Ballroom Dancing

6:00pm: Zumba Gold (\$6)

Every Wed: 9:30am: Bridge

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

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

12pm: Bingo

Every Thur: 9:30am: Duplicate Bridge

11am: Karaoke

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

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

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



4 @ 12:30pm: Barn Wreath with Peggy Allen – FREE, but must be

Registered

6: Grocery Bingo - \$2.00/20 games

10 CLOSED for Columbus Day

18 @ 12:30pm: Flower Arranging w/ Laurel & Lace – Free, but must be Registered

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

No cost unless otherwise posted.

**Fee applies to participants age 50-59

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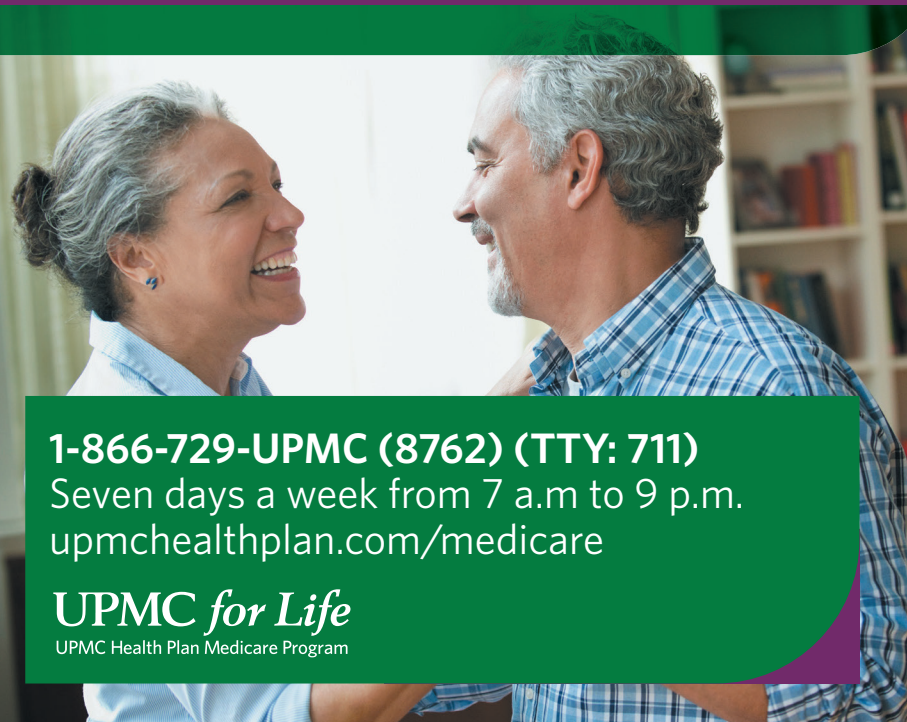


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COMMUNITY IMPACT SYMPOSIUM: *Sensory Challenges and Interventions in Dementia Care*



You are cordially invited to join The Highlands at Wyomissing® for our community impact symposium: ***Sensory Challenges and Interventions in Dementia Care, Part 1: Hearing Loss and Music Therapy***. Carrie Nieman, MD, MPH, Associate Professor of Otolaryngology - Head and Neck Surgery, Johns Hopkins Medicine, will discuss the science behind hearing loss and dementia. Darina Petrovsky, PhD, RN, Rutgers University, will discuss and present music therapy in the cognitively impaired.

Cost is \$20. Registration is required. To learn more and register, visit thehighlands.org/community-impact-symposium.

Thursday, October 27 | Registration: 8:30 to 9:00 a.m.; Program 9:00 to 11:00 a.m.
The Highlands at Wyomissing® | 2000 Cambridge Avenue | 484-220-8237



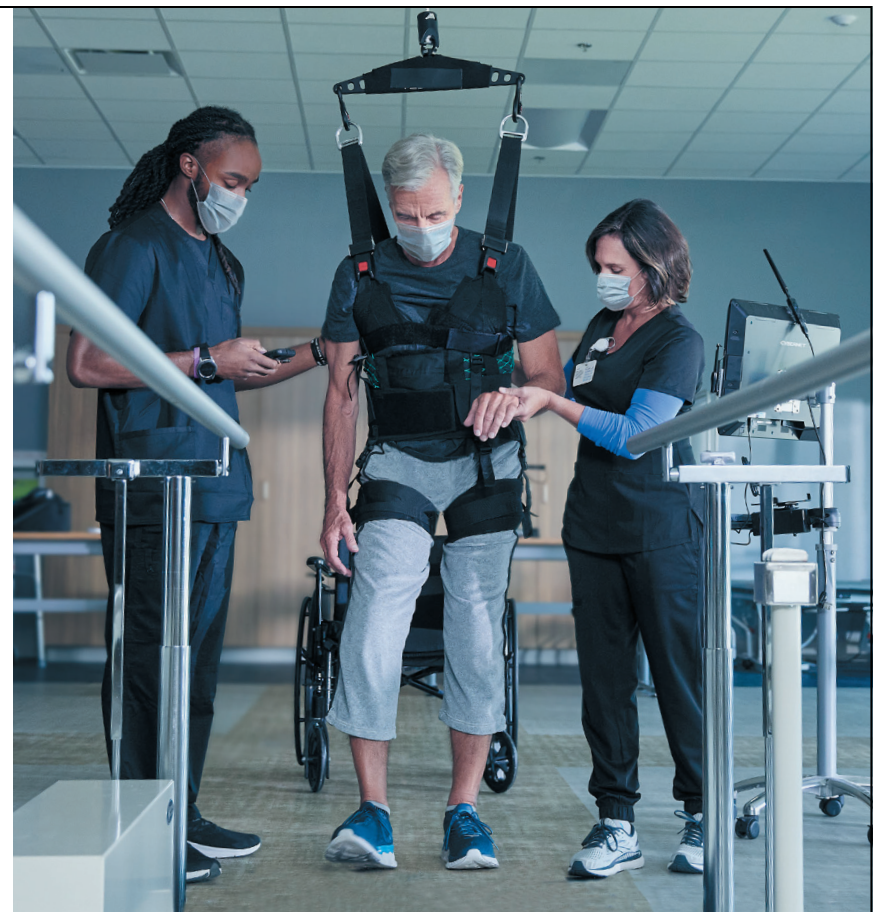
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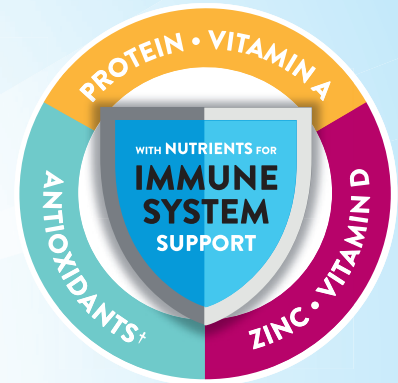
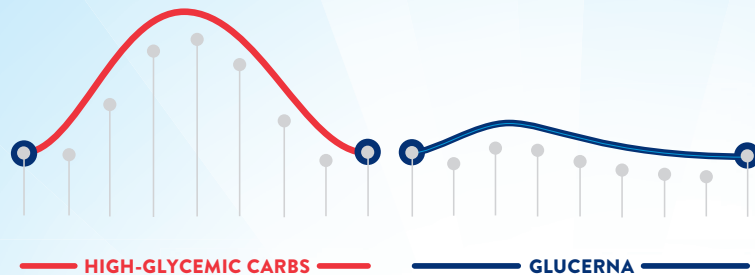


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WEST LAWN SENIOR CLUB

The West Lawn Seniors meet at the Raffauf Community Center of the West Lawn United Methodist Church, located at Woodside and Noble Streets in West Lawn.

The 2023 Annual Membership fee of \$7.00 is now due and payable at our meetings.

We meet on the 1st. Tuesday of the month @ 1:00 PM, for our Business meetings with entertainment and refreshments following the meeting. We also meet on the third Tuesday of the month for Bingo and other pick-up games @ 1:00 PM with refreshment break. The next scheduled Business meeting is Tuesday October 4 at 1:00 PM. Entertainment will be musicians Lorri and James. Our November meeting is at 1:00 PM on Tuesday November 1st, with Chris Rogers. Bingo social for October is scheduled for Tuesday, October 18th at 1:00 PM. There will be no social in November or December.

Our remaining 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.

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

November 10th 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 enjoyed seeing everyone at our September meeting. Please join us again in October. New members are always welcome to join.



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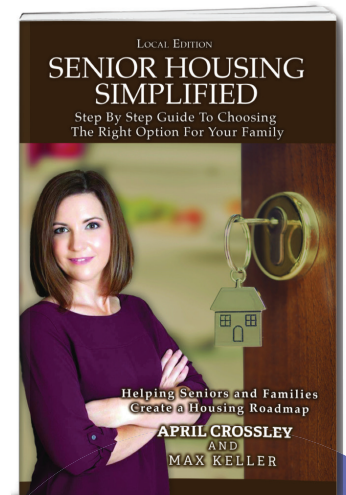
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BERNVILLE YOUNG AT HEART

We meet on the third Wednesday of the month at the Bernville Grange. The October meeting is October 19. Doors open at 12:00 and we will have the guest speaker at 1. We will have snacks before the meeting. Please enter by the handicapped ramp to be safer than the steps. Anyone over 50 can join. The yearly dues are \$5.00. The first meeting is free. Dues for every meeting are \$4.00 at the door. to pay for snacks. On October 19, our guest will speak on Seniors Helping Seniors. On November 16 our guest speaker will be Lyndsey Leh with Laurel and Lace about flower arrangements. Our last trip for the year will be to the American Music Theatre for the Christmas show. This is an afternoon trip which includes lunch at Hometown Kitchen before the show. The deadline is Oct 19. Call Shirley Loy at 610- 678-3602. Our Christmas Banquet is on December 21 at 12 noon at Blue Mountain Family Restaurant in Shartlesville. Lunch will be family style with ham and turkey, salad, 3 vegetables, dessert, and drinks. The price is \$20.00 a person. Tickets are available in Oct. and Nov. from Jerrie Balthaser at our meetings. If you can not come to the Oct. or Nov. meeting and you wish to come to the banquet, please call 610-488-1226 to reserve your tickets. Please only call if you can not make it to a meeting and you want to go to the banquet. Our entertainment will be Keith Brintzenhoff who will do some German, English, and Christmas songs with plenty of humor thrown in. Looking forward to seeing you at the next meeting. Arlene Rhoads



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SHOEMAKERSVILLE SENIOR CITIZEN CLUB

The Senior 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. Please contact Marlene at (610) 562-8364 for information.

October 19, 2022	Atlantic City, NJ
November 2, 2022	Windcreek Casino
December 1 & 2, 2022	Turning Stone Casino, Verona, NY
December 7, 2022	Windcreek Casino
December 21, 2022	Christmas Show – American Music Theater

I want to mention, with sadness, the passing of our Correspondence Secretary, Prudence Hepner. I am sure there is another Angel in Heaven.

Janet Craley, Acting Correspondence Secretary

SENIOR CLUB OF LAURELDALE

Calvary Lutheran Church in Laureldale is the location of our 2nd Friday monthly meetings at 11:00 AM. Contact our President, Cassandra McWilliams 610-929-0896 for more details. Below are upcoming activities:

October 14 - Meeting: Besides our Hot Dog and Sauerkraut lunch, our program will be presented by Vicky Heffner of the Reading Historical Society. Membership Linda and Richard Weitzel will start collecting \$5.00 for 2023 dues. Sunshine lady, Pat Sauder, will be taking Christmas Dinner reservations, cost \$15.00 per member. And our Treasurer, Joan G. Lee keeps track of our accounts.

October 18 - Tuesday - Our last 2022 Casino bus departs at 9:00 AM for Wind Creek.

November 22 - American Music Christmas Show is our remaining 2022 Day Trip, planned by Pat Schleicher 484-709-0279. A few seats are still available.

HAPPY HALLOWEEN: To us "young at heart" seniors. Who's behind that Mask ??? !!!

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

LEAGUE OF GOLDEN AGERS, MOHNTON

We meet the 2nd & 4th Wednesday of the month at St. John's Parish house in Mohnton at 10 a.m.

We have interesting programs, Guest speakers and if you play Bingo, bring a lunch and enjoy some fun.

Upcoming Trips include:

Wed. Sept. 7: MYSTERY TOUR, \$75.00

Wed. Oct. 19: PEDDLER'S VILLAGE, \$75.00

Wed. Nov. 2: DUTCH APPLE DINNER THEATER, \$97.00

(It's Saturday Night Fever, get your dancing shoes on!)

After a hot, humid summer, we can still travel and have some fun before the cold weather arrives.

For more information call ROXIE @ 610-334-4084.

Submitted by SUSAN MESSNER, SECRETARY

BLANDON SENIOR CITIZENS

Anna Mae Kerschner, Membership Chairperson reported at the Sept. 14 meeting that we had 37 present. That was the same number as the June 8 meeting. We want to thank everyone who came out and we want to invite anyone who might be interested to come out and join us next month.

Our Meeting for October will be held on the second Wednesday, at the Maiden Creek Church, along Rt. 73, or Blandon Main Street, at 12:00 Noon! Everyone is Welcome!

Vice President Jack Holubec & Treasurer Anna Mae Kerschner presented the following information about the Thanksgiving Dinner which will take place on November 9 at 12:15 p.m. at Janelle Hall, 360 Fleetwood Road, Bowers. The Menu will be: Turkey/Ham, Potato Filling, Gravy, Corn, Green Beans and Pies for Dessert. Cost: \$17.00.

Our Christmas Dinner will take place on December 14. The menu will be provided by Catering by Kathryn's at the Maiden Creek Church at 12:00 Noon. Menu will include: Roast Beef/Ham, Potatoes, Gravy, Broccoli/Cauliflower Mix, Candid Sweet Potatoes, Cherry Crisp for dessert, Coffee & Soda. Cost: \$16.00.

Don't sit at home being bored. You will enjoy the food, meeting, entertainment and probably see some people that you know! Hope to see you soon.

Submitted by Shirley L. Readinger-Ziegler, Club Secretary

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

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

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November 16-18 (3 Days) **\$455.00**

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Every Thu: 9am: Aquafit Class 9am: Fit @ 50 Class

10am: Line Dancing

Every Fri: 9am: Aquafit Class 10:30 am: Silver Sneakers Classic

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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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.



PEOPLE OVER FIFTY SOCIAL CLUB

MEETING LOCATION: St. John's Gernant's Church, 13 Gernant's Church Rd., Leesport.

NEXT MEETING: 4th Wed. of the month, October 26. Meeting starts 11:00; doors open 10:30.

Most of us learned simple rhymes and short poems when in grade school. One I learned in fourth grade has stuck with me and really represents how I feel about fall and October in particular. The author is unknown by me, but I want to share it with you. "Oh, suns and skies and clouds of June, Count all your boasts together. You cannot rival for one short hour, October's bright blue weather." If you find October as invigorating as I do, then you will want to get out, join with others, and do things. Our Club has all this to offer plus more. Come back or join us for a first time! New members who join this fall do not pay dues for 2022. We will be accepting dues for 2023 starting in October and thru the New Year. Our annual dues remain at \$5.00. We currently have 141 members and we welcomed 7 new members in August. Guests are always welcome and are asked to pay the \$4.00 basket fee which covers Club expenses for the meeting. Food can be ordered at the previous meeting or reservations sent to our PO Box or you may bring your own lunch. The Club does not provide a lunch beverage but coffee and cold water are available.

October's lunch, organized by the Travel Club Leaders, Karen Schaub, Karen Dietrich-Schwartz (484-269-9715), and Patricia Sinistri (610-678-8654), will be chicken noodle soup, a roll, applesauce, and dessert. The cost is \$7.00.

October's entertainment is Tom Vollmer and Mitch Wolfe. Tom plays the pedal steel guitar and he has opened for big name entertainment; Mitch plays the keyboard, piano, organ, guitar, and is a song writer. He is a music teacher and works with artists in Berks County. This month's entertainment is sponsored by members, Beverly Bubbenmoyer and George Kleppinger in honor of their anniversary. We wish them a long, happy relationship and thank them for sharing their happy event with us.

The trip to American Music Theater on December 6 still has a limited number of reservations available; contact a committee member for information. Our Club's holiday dinner will be the following day at Wyomissing Family Restaurant. More information will be forthcoming.

Three \$5.00 "Fuel Friends" prizes are awarded each month as a way of recognizing that driving to meetings has become more costly. In August we conducted our first 50/50 drawing to help defray the costs of entertainment and rent for meetings. Our entertainer for August, Mr. Jeff Krick, Sr., contributed a portion of his entertainment fee to assist us in this process. We are extremely grateful to him. He is more than a superb entertainer; he is a good person!

Serving as President of People Over Fifty Social Group is a rewarding experience and I am grateful for the opportunity to serve. I am constantly reminded of the goodness and generosity of others as I work with this group and others who interact with us. Meanwhile, if you have any questions, please contact me.

Doris Turkes, Ph.D. (610-378-0434 – home; 703-989-1531 – cell)

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PARISH-DANA RETIREES

NEWSFLASH! Our health insurance provided through Aetna will be terminated on 31 December, 2022. On 1 January, 2023 our coverage will be assumed by United HealthCare...at a lower monthly cost...with better benefits...excluding Silver Sneakers. (gym memberships will be designated through UHC at a specific facility or facilities in our area).

A formal seminar for all retirees of the Dana-Parish union steelworkers/spouses/widows will be held at 1:00 p.m. on Monday, 24 October at the Hilton DoubleTree on Penn Street in Reading. (United HealthCare is the largest provider of healthcare in the nation).

In other news, 44 happy people attended our luncheon meeting in September. The upcoming rendezvous will be held on Thursday, 6 October. Yes, it will still be at the Wyomissing Family Restaurant, 1245 Penn Ave. Yes, you may still eat your little heart out. No, you may not ask for a doggie bag. The arrival time is still 11:30 a.m. Please honor the management's request to refrain from arriving earlier.

Concerns? Contact Larry Jambeau: parishretirees@comcast.net.

RICH KENNEDY

HAMBURG SENIOR CITIZENS CLUB

The Hamburg Senior Citizens Club will meet at the first United Church of Christ at 3rd and Pine streets, Hamburg at 2:00 pm the second Wednesday of October.

Program: MR. Massimo Bhutto will sing for the members.

Trips: The October trip to Lake Tobias is canceled.

November 16 - American Music Theater - Christmas show

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BLUE MOUNTAIN 50 PLUS CLUB

Club Meetings:

****Note**** October Banquet Location has Change.

Saturday, October 8 - 12 noon - October Banquet - Little Swatara Church of the Brethren, 31 Rehreburg Rd., Bethel PA 19507 Program - Solid Gold (Ticket required, contact Linda Reed 610-488-1180. Sale of tickets ends September 24th)

Saturday, November 12 – 1:00 pm ****Note**** 2nd Saturday

Program – Tulpehocken High School Show Choir

Note: All Blue Mountain 50 Plus Club, monthly meetings, are held at the Little Swatara Church of the Brethren, 31 Rehreburg 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:

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 Rehreburg 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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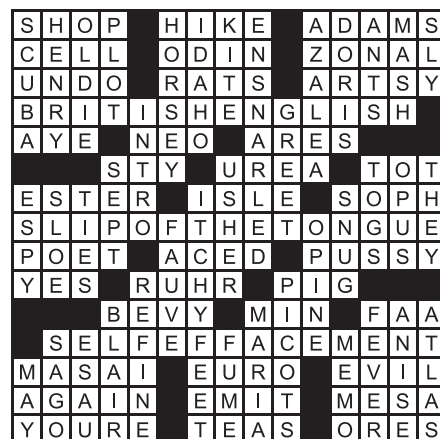
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**Crossword
Puzzle on page 39**



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ST. IGNATIUS SENIORS

Fall has arrived and our Seniors are back in full swing. Our Membership Meeting was well attended and 74 members have joined to date. Our next meeting is October 5 at 9:30 am in the Gym in the Education Center. Please note the change in time and place. Annual dues are \$7.00 and may be paid at any meeting. Our program for the meeting is a presentation by Rebecca Birch from the Reading Public Museum about Fairy Houses, Witches, Gnomes and other whimsical things in the Garden. As always refreshments will be provided. Trips 2022 - Our Silver Birches and Christmas Show trips are full. A Mystery Trip on October 25 at \$99 still has availability. An overnight trip to Visit Bethlehem Christmas City (day 1) and Longwood Gardens (day 2) is scheduled for December 15-16. Several fun and exciting trips are in the planning stages for 2023. Details will be in the next issue of Berks Encore. Please call Judy Jablonski at 610-670-0907 for trip details. Any other questions, please call Barb Kunder at 610-763-1383.

WOMEN'S SOCIAL CLUB OF BERKS COUNTY

The WSCBC meets every second Tuesday from September through June at 1:00 pm at the Spring Ridge Recreation Building in Wyomissing. The next meeting will be held on Tuesday, October 11th. Each month we have a different program ranging from a tea, yoga, and various speakers to luncheons and musical entertainment.

In addition to the monthly meetings, we offer various programs for the enjoyment of the members.

Hand and Foot Canasta, play monthly at the YR Club, where you can choose to come for lunch before the game

Wine and Cheese, bring your spouse/partner to a member's home for a social evening

Games Group, different games are played each month at the Berkshire Mall

Social Bridge, play monthly at Chef Allan's where you can choose to come for lunch before the game

Knitting, meets monthly at a member's home where beginners and pros are welcome

Breakfast Out, meet members for breakfast or coffee

Ladies Night Out, happy hours or dinner at various locations throughout the county

Lunching Out, lunch with members at local restaurants

We are an extremely friendly group eager to welcome new members to join us in the fun and games. You can attend 2 activities before you decide to join. The annual dues is \$25.

Please contact Susan Hildebrand for more information
sue41349@gmail.com or 570 722 6003.

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ST. CATHARINE 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.

Wednesday October 5, Mark Goldstein will speak about "Blankets for Hope". Refreshments will be provided – cakes, coffee, tea and water.

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?!

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 + 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!

TUCKERTON NIFTY FIFTY CLUB

Our club is a very active Senior Club and we are starting to plan for the 2023 Season. Our Membership drive started in September and ends October. Our Christmas Banquet is all set for December 12. Our trip Coordinator has also been busy planning our 2023 Trip schedule.

Our last day to renew membership for 2023 is at our meeting on October 10, 2022. Membership dues are \$6.00.

The club will vote in October for our 2023 Club Officers. Any club member can run for a position on our board. The positions are President, Vice President, Treasurer, and Secretary. The new officers will be installed at our December meeting.

Reservations for our December 12 Christmas banquet may be made at our October and November club meetings. Full payment is due when the reservation is made. The Christmas Banquet is a ticketed event. Everyone attending must show their ticket or they will be turned away.

We still have several trips planned to round out the 2022 trip schedule and there are always cancellations that need to be filled.

October 12 – Dutch Apple "Saturday Night Fever"

October 27 - Penn's Peak "Barbara and Frank"

December 7 – American Music Theatre "Winter Wonderland" with lunch at Shady Maple. Payment due date is October 10.

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

Submitted by Rose Ertz, Secretary, Publicist

GOLDEN SENIORS OF SPIES LUTHERAN CHURCH

Our club is looking for additional members to share in our fellowship. We plan on having a gentleman play the Keyboard and also sing for our October meeting. For November we hope to have a person come and teach us how to do flower arranging for a cost of \$15 each. We are also looking into having persons come and educate us on home security and personal security items in case of falls. Please feel free to join us the second Thursday of each month at 1 pm at the Lutheran Church on Spies Church Road. Handicap accessible.

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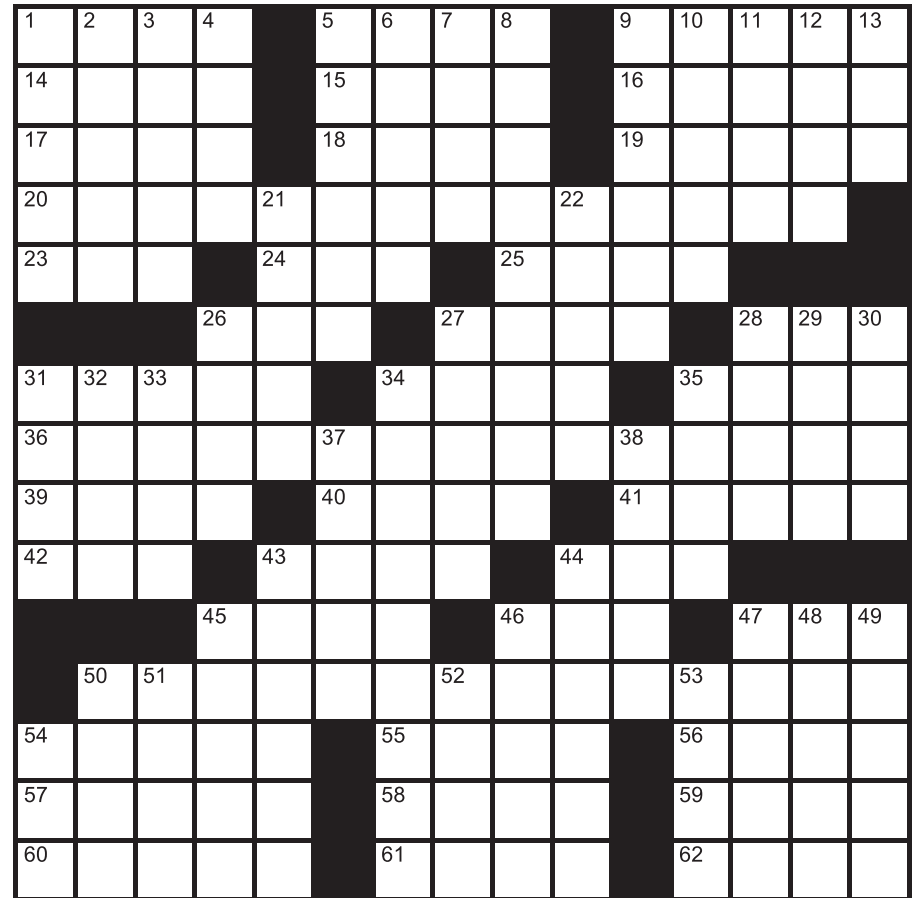
Crossword - Answer on page 36

Across

1. Boutique
5. Go backpacking
9. Monroe's successor
14. Lockup
15. Norse war god
16. Divided into regions
17. Bring to ruin
18. "Darn it all!"
19. Dilettantish
20. Spoken by the Queen
23. Affirmative vote
24. New beginning?
25. Mars, to the Greeks
26. Farm area
27. Fertilizer chemical
28. Kid
31. Banana oil, e.g.
34. ___ of Wight
35. Frosh, next year
36. Inadvertent remark

Down

1. Diving gear
2. One of two Tudor kings
3. Blast from the past
4. Connive
5. Kid's rocker
6. Gem State
7. Sky box?
8. Tangled
9. Flowering shrub
10. Day at the movies
11. Aardvark fare
12. Beat to a pulp
13. Cunning
21. Foreword, for short
22. Receive
26. Aug. follower
27. One who puts you in your place
28. Clothing
29. Big production
30. He and she
31. Glimpse
32. Blackthorn
33. Associations
34. Irritated peds
35. Like a bug in a rug
37. Early 20th century French artist
38. Express
43. Purify
44. Embroidery loops
45. Major's successor
46. Santa ___
47. Flu symptom
48. Biscotti flavoring
49. Book of maps
50. Kind of palm
51. Biblical brother
52. Stew
53. Note
54. Can



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