

Exploring Dimensions *of* WELLNESS

Read More *pg. 3-4*



Get involved with a Club *pg. 16 - 26*

FROM THE DESK OF . . .

LUANN OATMAN

Dear Reader,

Happy November, and thank you so much for your support of and interest in Berks Encore. It is always such a joy and pleasure to talk with you each month about where we are and what we have planned for the future.

This month, you will see we are focused on positioning our senior community centers as places for older adults that include a focus on wellness. We are hearing a great deal about wellness these days and its overall importance in our ability to age well and live independently. And yes, wellness does include a healthy diet and exercise plan, but also includes the emotional, social and spiritual dimensions of our lives.

As I age, I find that I increasingly subscribe to a holistic approach to my own health and well-being. For me, it includes walking, healthier food choices, and a strong sense of connection to others. Interactions with friends and family, discussions, mental stimulation and laughter are what I immediately gravitate to for my own sense of well-being. What about you? What brings you joy, a sense of connectivity, and a feeling of self-worth?



*LuAnn Oatman,
President*

Read through the pages of this month's edition of Berks Encore News. I am certain that you will find something useful to you in your own personal journey to wellness. Be it physical, emotional, social, intellectual, environmental, spiritual or vocational, we have something for you. All of us, as we age, don't want to feel like we are dependent on someone else or being a burden. Let us work with you to find your sense of independence and proactivity in building your own sense of health and well-being. It's why we are here!

Wishing you wellness,

Sincerely,

LuAnn Oatman,

President/CEO, Berks Encore

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



Berks County
Area Agency on Aging



United Way of Berks County

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

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Berks Encore Centers Focus on Wellness

At Berks Encore, our focus has always been about providing services that support you in becoming aging-confident individuals. With that spirit in mind, we have decided to change how we refer to our senior centers by changing their name to Berks Encore Wellness & Activity Centers. We hope the new name will remind you that our focus is on helping you improve your overall wellness through the services and activities we offer. Wellness is about more than just physical health.

WELLNESS IS THE ACTIVE PURSUIT OF ACTIVITIES, CHOICES AND LIFESTYLES THAT LEAD TO A STATE OF HOLISTIC HEALTH.

Most models of wellness include several dimensions. At Berks Encore, we are focusing on the seven dimensions of wellness model to create a well-rounded program that includes activities from each dimension of wellness. The seven dimensions of wellness act and interact in a way that contribute to everyone's quality of life. Below are the seven dimensions of wellness, specific ways to achieve each wellness method, and upcoming activities available at our Berks Encore Wellness & Activity Centers.

THE DIMENSIONS OF WELLNESS ARE:

1. Physical. This dimension is focused on keeping your physical body healthy. It puts an emphasis on getting an adequate amount of exercise, consuming a nutritious diet, and adopting healthy habits. Some ways you can practice this dimension include getting regular medical checkups, exercising daily, and protecting yourself from harm by wearing your seat belt and avoiding dangerous habits like smoking.

Activities: Are you looking for a fun way to exercise your body and mind? Join us at the Berks Encore Wellness & Activity Center in Fleetwood, Mifflin and Strausstown, for our Oldies Dance Party. Dancing builds strength and endurance, improves balance and general health, helps with memory and improves mood. Join us in November to dance!

2. Emotional. This dimension is all about being in tune with yourself. When you are emotionally well, you are able to feel, process and express your emotions in a healthy manner. Emotional wellness encompasses optimism, self-esteem, self-acceptance, and the ability to share feelings.

Activities: Tai Chi, Yoga, and Chair Yoga classes are offered at several of our Berks Encore Wellness & Activity Centers. Why not try Music



Therapy, offered once per month at our Mifflin Center. Music therapy is an evidence-based treatment that can help with memory, lower blood pressure, improve coping, reduce stress, improve self-esteem, increase motivation, manage pain, increase joy and more. You don't need a background in music to participate. Come and hear what it is all about.

3. Social. Being socially active is a large part of achieving an overall state of well-being. It's imperative that you interact with others, contribute to your community, and actively show respect for yourself and others.

Activities: What better way to be social than to volunteer your time and talents with others! There are many different volunteer opportunities at each of our Berks Encore Wellness & Activity

Centers. We are always in need of volunteer drivers to deliver Meals on Wheels. We also need volunteers to help package meals Monday – Friday. Each of our centers have opportunities daily to socialize with others while enjoying a congregate lunch and group activities.

4. Intellectual. It's important to continue exercising your mind as you age by engaging in activities that are creative and mentally stimulating. To achieve a higher level of intellectual wellness, you should actively work to expand your knowledge. This can include reading, doing puzzles, or continuous learning by enrolling in a course to learn something new.

Activities: Exercise your mind through activities such as puzzle making, adult coloring, reading, playing cards and games. All our centers offer opportunities to play bingo and other games with others each month. Stop by the Wernersville Wellness & Activity Center to learn to play the popular card game Hausenpfeffer.

5. Environmental. A large part of your overall wellness includes the environment you live in. Ask yourself how your behaviors impact the world around you and look for positive changes you can make. Consider Reduce, reuse, recycle; stop your junk mail, and minimize chemical use, to name a few ways you can impact your environment.

Activities: Many of our Berks Encore Wellness & Activity Centers have a library of recycled books. You can bring in a book to donate and take one you haven't read. Or participate in a craft class, where recycled supplies are often used.

cont. page 4

cont. from page 3

6. Spiritual. Everyone has different beliefs, principles, and values that they rely on to help direct their life decisions and give them a sense of purpose. Develop a higher level of faith and commitment to your own unique beliefs that give your life a sense of meaning. Spending time alone in prayer or meditation can help you connect with your inner self.

Activities: Come to the Douglassville Wellness & Activity Center to Rejuvenate through meditation. What is Meditation? Meditation is a practice in which an individual uses a technique such as mindfulness; focus on a particular object, thought or activity to achieve mental peace or calm. Are you having a bad week? Perhaps you are feeling stressed, sad, or frustrated; not feeling yourself, in need of a good rest, or maybe you are feeling great and just want to do something different. Patrick from Kaleidoscope Angels offers an hour-long meditation once a month, where he will play soothing music and guide you through meditation.

7. Vocational. This dimension is mainly focused on how you utilize your unique gifts, talents and skills to fulfill a sense of purpose in your life. When you have a higher level of vocational wellness, you can maintain a positive attitude about what you do to contribute to society that helps you to feel satisfied with your lifestyle in its entirety. A great way to improve your vocational wellness is to ensure you're open to change and learning new skills.

Activities: You can find different learning opportunities each month at each of our centers. Join us at the Strausstown Wellness & Activity Center to learn the skill of flower arranging. Participants will create a Holiday centerpiece with Lindsey from Laurel & Lace.

Wellness is an integral part of everything we do at the Berks Encore Wellness & Activity Centers. We hope that you improve your overall wellness while enjoying the large variety of activities we offer. While we may have changed the name, our goal is still about helping you live well now and into the future. Help us spread the word. Share with others all the things you enjoy most about our Berks Encore Centers. If you haven't visited, we hope you will stop by a center near you in Douglassville, Fleetwood, Mifflin, Reading, Strausstown, and Wernersville. See pages 14 – 15 for a full list of activities going on this month that support the Seven Dimensions of Wellness at our Berks Encore Wellness & Activity Centers.

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Dear Care Manager,

Dear Care Manger,

I feel like the older I get, the less social interactions I have. My kids work, the grandkids have many different activities that they are involved in, and many of my friends have stopped driving due to old age. Do you have any recommendations as to things I could get involved in where I could be surrounded by people my age, and also participate in activities geared toward my age and ability level.

-Socially Isolated

Dear Socially Isolated,

Berks Encore Care+ always researches activities and ideas for our consumer's, if their wish is to become more social. There are many different things in Berks County that are beneficial to the aging population. After doing your initial assessment and getting to know you better, we can pinpoint what would be most beneficial. If you don't get the Reading Eagle, we recommend subscribing to Berks Encore News, as we list all of the monthly activities at our Health and Wellness Centers, which are located at 6 different locations across the county. Each Health and Wellness Center offers congregate meal options, arts and crafts, exercise classes, guest speakers and musical guests, games, and so much more! The best part is, each activity is geared towards aging adults. Feel free to give us a call and we can help to get you signed up and engaged in the programs that interest you!

- Care+ Care Manager

Berks Encore Care+ professionals have the expertise and experience to help you by assessing the situation and providing recommendations in a personalized care plan. Our Aging Life Care managers are here to support you every step of the way. For more information call 484-577-4243 or becareplus@berksencore.org. You can find more information online about Berks Encore Care+ at www.berksencore.org.



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*Katie Rex
Aging Life
Care Manager*

HEALTH & WELLNESS

Eat Well - Be Well is an overwhelming success!

Written by Kate Sweinhart, Health & Wellness Educator

Our newly developed program, Eat Well - Be Well, soared above all expectations! Poor nutrition in older adults leads to osteoporosis, vision loss, cognitive decline, weakened immune system, anemia, and constipation to name a few.

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

Knowing this and doing this are two separate things! Following a balanced diet plan at home can help nourish your mind, body and spirit and keep your bank account healthier too! This class was the push everyone needed to start making better food choices.

Hopes of those taking the class were to better understand the ingredients in the food they eat, how to make healthier choices at home while cooking for only one or two people and how to save money at the grocery store—something that has been on all our minds with the recent soaring prices.

These topics and many others were presented to the group: using the My Plate method of eating, discussing plate size and the recent increase of portion distortion, healthy eating for fast food and dining out and education about the 3 main food groups—carbohydrates, fats, and proteins.

Our field trip to Redner's Warehouse Markets was a powerful experience. Working in partnership with

Meredith McGrath, the Redner's Warehouse Markets Corporate Dietitian, participants went on the "Hunt for Healthy," where they practiced reading labels to aim in making healthier choices. This eye-opening experience put into practice how to outsmart marketing tactics on the packaging of healthy food items, and instead read deeper into the food labels.

The following session Meredith prepared a few of the nutritious food choices that we found on our scavenger hunt for a taste test. This allowed everyone to experiment with something they might not normally purchase on their own.

Our series ended with a celebration of food...by far our favorite session! Teams were formed and prepared one food item from scratch to taste—experimenting with walnuts in place of meat in tacos, zucchini stuffed with chicken parmesan and many more.

Don't take our word for it. Here are some testimonials from those who took the class.

I really enjoyed the class. It made me think more about what I eat.

I don't like to cook anymore- I'm retired! This class taught me what to select when eating out.

Loved the interaction with the leaders and classmates. We can learn so much from each other.

I loved everything and I'm happy I joined.

The ability of the leaders to engage the participants in sharing their knowledge and actively share their experiences.

Had a good time- learned lots!

These classes were great. I would pay to come to them, but it is wonderful that they are free!

With a little planning and a spark of imagination, you can be on your way to enjoying delicious meals that are good for you!



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November 24, 2022
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ATTORNEYS:

Christopher J. Hartman
Lawrence J. Valeriano Jr.
Elizabeth A. Magovern
George M. Lutz
Brett M. Fegely
Michelle R. Mayfield
Beth M. Kohl
Matthew R. Fessler

OF COUNSEL:

Paul T. Essig

1025 Berkshire Blvd., Suite 700,
PO Box 5828, Wyomissing, PA 19610
Phone: 610-779-0772 | Fax: 610-779-7473

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VOLUNTEER SPOTLIGHT

Oldest Volunteer Shares Her Passion for Helping Others

Shirley Potts recently celebrated her milestone 90th Birthday with her friends at the Berks Encore Mifflin Wellness & Activity Center. At 90 years young, Shirley volunteers to pack Meals on Wheels four days per week and has been volunteering for Berks Encore since 2018. She also currently volunteers at the local library shelving books and assists her Church with preparing for a monthly food drive to support the local community.

While in her 80's she volunteered a week of her time to help a camp in the Pocono's prepare the kitchen and outdoors for an upcoming camp season. She has traveled to Alaska on two occasions and Tennessee to complete mission work. Shirley loves helping others, especially doing things that most people do not like to do unless they are paid to do it. Over the years, Shirley has always found opportunities to volunteer throughout the community to keep her schedule full.


Shirley says even at her age, she cannot sit at home. She focuses on keeping busy, getting her body moving every day and maintaining activities that give her a sense of purpose. According to Shirley, that is the key to staying young no matter what your age. Volunteering is a wonderful way to help yourself while doing good for others.

Shirley was born and raised in Reading. She and her husband Gerald celebrated 62 years of marriage before he passed away. She is blessed



Volunteers helping Shirley (2nd from right) celebrate her 90th Birthday.

with 3 children, 7 grandchildren and 4 great-grandchildren. And fortunately, they all live close by so she spends time with them on a regular basis. While the children were young and living at home, Gerald worked for Car Technology and Shirley worked for Boscov's department store. Shirley worked in a variety of different departments over the 37 years she dedicated to Boscov's and worked at both the East location in Exeter and the West location in Sinking Spring before it closed. Back then Shirley also helped to clean the store and worked at a local bank. Throughout her life Shirley has always been busy working or volunteering, helping to keep her moving. As one of the oldest volunteer for Berks Encore, Shirley is an inspiration for us all. We are delighted to be able to share her story in hopes of motivating others to keep moving, with a sense of purpose and for a worthy cause. We thank Shirley for her dedication and service to our community.

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NEW FACES

Welcome Anil Aras!

We would like to officially welcome Anil Aras to the Berks Encore team as a part-time Substitute Center Manager. Anil has been active with Berks Encore for many years. He was a volunteer PA Medi Counselor and regularly attends Berks Encore Health and Wellness classes and activities at our Berks Encore centers. He recently became a Health and Wellness Ambassador, attending events and encouraging people to try the evidence-based Health & Wellness classes. If you see Anil at an event or at one of our centers, be sure to ask him about his positive experience with participating in Health & Wellness activities at Berks Encore. Anil recently retired from Kutztown University's accounting department. Anil and his wife Smita have two adult sons, a daughter-in-law and two grandchildren. In his free time, Anil enjoys studying religion and practicing a variety of religious activities. Please join us in welcoming Anil to the Berks Encore team.



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- 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 905APC0059-03-00, 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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MAKING AN IMPACT

We All Need Help As We Get Older

By **Lori Gerhart**, *VP Advancement*

As the Thanksgiving season approaches, it is a time to reflect on the support and generosity of those who help us throughout the year. There are the corporate sponsors for events like Community Breakfast and Senior Expo. The individuals who serve on our board and the volunteers who work tirelessly alongside our staff to deliver the many services we offer to local seniors. Many individual donors and corporate support through gifts and grants help to keep our organization running. We could not touch the many lives we do, without your help.

There's Harry. At 87, he lives alone in the house that he worked so hard to buy, where he lived with his wife of over 60 years and raised a family that included 4 children. His wife has passed and 3 of the 4 children have moved out of the area. He depends on Meals on Wheels for the daily nutrition and safety check from the volunteers who deliver his meals.

Steve made an appointment with one of our PA MEDI counselors to review his Medicare during Open Enrollment. His prescription costs were going to increase and the volunteer counselor helped him review other plans that could help him save over \$600.

Janet didn't know where to turn when her husband's dementia resulted in him trying to leave their home when she wasn't looking. The care manager for Berks Encore CARE+ suggested installing door alarms that would let Janet know when he tried to leave the house. In addition, she assisted Janet with

getting Veterans benefits for caregiving, and helped her complete applications for care facilities where her husband could get the special help he needed.

Luis, Grace and Dan received assistance filing for help with living costs, like rent rebate applications or LiHeap for heating assistance or SNAP for nutritional benefits.

We touch so many people throughout the year with different needs. One person at a time, we are helping to make it a little easier for them to grow older.

We are growing older too and need some help. Our building at 9th & Court was the first senior center built in Pennsylvania for that purpose in 1965. Fifty-seven years later we will need some upgrades to our HVAC system, our windows and front entrance. The cost for utilities, fuel, paper and cleaning supplies continue to rise. Please consider a gift today to help us keep the lights on, the phones ringing and the computers humming in order to serve local seniors like Harry, Steve, Janet, Luis, Dan and Grace who count on us when they need help!

Thank you for caring! I invite you to call me with questions you might have about the services we offer or about making a gift. 610-374-3195 ext. 228 or email lgerhart@berksencore.org.



Lori Gerhart

Thank You!

Expo Sponsors for helping us host a successful event. We would also like to thank everyone for coming out to the ballpark for an enjoyable day.

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@ 6 PM

November 28 and December 19

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



COMMUNITY SPOTLIGHT

Financial Abuse is a Form of Domestic Violence

There are many forms of domestic violence – including physical abuse, emotional abuse, verbal abuse, sexual abuse, and financial abuse. All forms of domestic violence are rooted in the abuser's attempts to control another person.

Financial abuse can include preventing a person from working, preventing access to financial resources, and destroying a person's credit. Safe Berks provides free assistance to survivors to help them recover from financial abuse and build financial stability and success.



Educate • Advocate • End Abuse

The Safe Berks Counseling Department offers many services to survivors of domestic violence and sexual assault, including survivors of financial abuse. All services are free, confidential, and available in all languages. Counseling Services include individual Empowerment Counseling, Support Groups, Safety Planning, and Financial Empowerment Counseling, including assistance with Housing Resources.

Financial Empowerment Counseling services include:

- Individual counseling focusing on economic and housing goals
- Financial Empowerment Classes
- Job Fairs
- Assistance with resume writing
- Assistance with clothing for interviews and employment
- Connections with employers seeking staff
- Connections with housing opportunities
- Assistance in recovery from financial abuse

To request Counseling Services from Safe Berks, call 610-373-1206, ext. 606. To request Financial Empowerment Counseling from Safe Berks, email MichelleN@SafeBerks.org or call 610-373-1206 ext. 208.

Safe Berks, founded in 1976 as Berks Women in Crisis, provides free and confidential services to survivors of domestic violence and sexual assault and their loved ones and significant others. Safe Berks services are available 24 hours a day, 365 days a year, in all languages.

Safe Berks services include shelter, a 24-hour hotline and text line, counseling, legal services, community outreach and response, medical advocacy, and education. 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. Safe Berks is here to help!

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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



Fleetwood Bank

Join us for a **FREE SCAM ALERT SEMINAR**
Increase Your Awareness and Don't Be A Victim!

WEDNESDAY, NOVEMBER 16TH

2:30PM Registration & Refreshments

3:00PM Scam Alert Seminar

at the

BERKS ENCORE FLEETWOOD CENTER

14432 Kutztown Road, Fleetwood

(the old Richmond Elementary School building)

Hear from experts on how to protect yourself from fraud relating to home repair, technology, finances, identity theft, romance scams and more!

Call 610-944-8527 today to reserve your spot.

Limited seating available.



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!

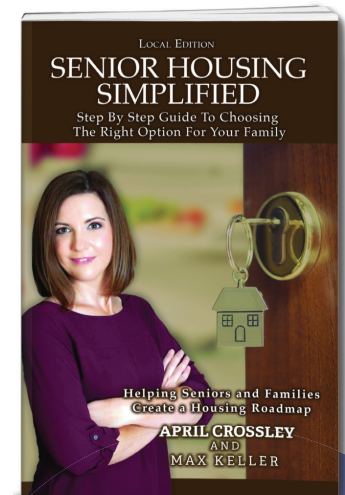
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SENIOR SAFETY

Spot and avoid home-related fraud this winter

By Gema de las Heras, Consumer Education Specialist, FTC.gov

Between inflation and soaring energy prices, many of us are thinking about how much more it's going to cost to stay warm this year. Getting an email, a call, or a knock on your door with an offer to cut your utility bill may seem like hitting the savings lottery. But before you say "yes," know that scammers may hide behind some of those offers. They're after your money and information and will leave you out in the cold.

As you look for ways to improve your home's energy efficiency and cut costs here's how to spot and avoid weather-related fraud this winter:

- Be skeptical of products or services that promise drastic savings. Search online for the company or product name with words like "scam" or "complaint."
- Resist high-pressure door-to-door sales calls for heating systems, windows, and other home improvement products. Pressure to act fast is a sign of a scam. Find a contractor who's licensed and reputable and remember that the Cooling-off Rule gives you three business days to cancel, if you sign the contract anywhere other than the contractor's permanent place of business.
- Get any offers to reduce your utility bills in writing before you accept or sign a contract. Consider how long the offer or discount will be valid for. Ask about the length of the contract or commitment, and if it involves early termination fees.
- Spot utility scams. Recognize scammers impersonating your utility company and threatening to shut off your service. One way to tell: anyone who tells you to pay with a gift card, cryptocurrency, or by wiring money through companies like Western Union or MoneyGram is a scammer.
- Check to see if you can get help from the Low Income Home Assistance Energy Assistance Program (LIHEAP).

Learn more at ftc.gov/SavingEnergy.



The primary contact for aging services and supports

Building Partnerships | Strengthening Communities | Enhancing Quality of Life

- ✓ Grandparents Raising Grandchildren
- ✓ Protective Services
- ✓ Senior Living Options
- ✓ Health Education Programs
- ✓ Resources on Aging & Disability Programs
- ✓ Information & Community Resources

- ✓ In-Home Services and Supports
- ✓ Caregiver Support Program
- ✓ Home Delivered Meals
- ✓ Adult Daily Living Centers
- ✓ Senior Community Centers
- ✓ Ombudsman

Call 610-478-6500 www.berksaging.org
County Services Center 8th Floor — 633 Court Street — Reading, PA 19601



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



DON'T MISS A SINGLE ISSUE OF



berksencore news

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Just \$15 for 12 monthly issues!

Call 610-374-3195 ext. 228 or mail check to Berks Encore, 40 N. 9th St., Reading, PA 19601



We provide a structured and supportive menu of services allowing every resident to remain as independent as possible while having access to help when they need it. We began operations in June 2019 in a 48 bed facility, formerly known as The Hawthorne Home, in Reading, Pennsylvania. In early November 2019, Alvarium Personal Care expanded its life enriching services in Lancaster County, Pennsylvania and merged with Brereton Manor.

Meal Preparation	Social Programs & Transportation	Medical Appointment Assistance & Management	ADL Assistance
Furnished Private & Shared Rooms	Medication Administration	Housekeeping & Laundry	24 Hour Supervision

Find out more at: www.alvariumpc.org
Or call: 1-888-418-6069



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

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



1, 3, 8, 10, 15, 17, 22, 29 @ 9am - 11am
 Pickleball

2 @ 11am: TranscenDance w/Lydia

3, 10, 17 @ 8am-2pm: Fitness Room

4 @ 10:30am: Stretch and Soothe w/Lydia

4 @ 11am: Harvest Wood Pumpkin Craft w/ Peggy Allen

4, 18 @ 12pm: Doo Wop Piano w/Aaron

9 @ 11am: Bingo w/David

10 @ 11am: Ice Cream Social w/ TruCare

11 Closed - Veterans Day

16 @ 11am: Rejuvenate w/Kaleidoscope Angels /Patrick

17 @ 11am: Thanksgiving Trivia

18 @ 10:30am: Grocery Bingo (\$2) w/Angela/ Berkshire Commons

21 @ 11:30am: Craft w/Beth/Glick's Greenhouse

23 @ 11am: Drumming w/Michael Clipman

24 & 25 Closed - Happy Thanksgiving

28 @ 11am: Steinmetz Animal Farm

30 @ 11am: Boombox Bingo w/Rich

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 and Thur @ 12noon: Pickleball open play

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)

1, 3, 8, 10, 15, 17, 22, and 29 @ 12 noon: Pickleball. Open Play.

2, 7, 9, 14, 16, 21, 23, 28 and 30 @ 10am: Reading with Seniors partnership with YMCA Pre - school, Pre- K, toddlers, and infants. Consider spending time reading to our YMCA kids. Sign up with Terry.

4 & 18 @ 1pm: Dance Party w/ Kathy Roberts

7 @ 10:30am: Thanksgiving craft with Kathy. Free. Sign up with Terry.

11: Veteran's Day Center Closed.

15 @ 10am: Grocery Bingo sponsored by Trish from Rittenhouse Village.

16 @ 3pm: Fraud Seminar with Fleetwood Bank. Call Terry to reserve your spot.

18 @ 12:30pm: Lunch Bunch at Bower's Hotel. Call Terry to sign up.

18 @ 1:30pm: Drum Circle Program. Interactive rhythm, melody, and movement program. Reserve your spot with Terry.

24 & 25 : Happy Thanksgiving! Center Closed.

29 @ 10am: Jackpot Bingo and Happy November Birthdays w/cake.

Our Fitness Room is open Mon.- Fri. 8:00am – 3:00pm

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

Reserve your meal 2 working days in advance.
 Menu available. \$2.50 suggested donation.

Berks Encore MIFFLIN CENTER**30 Liberty Street, Shillington**

Center Manager – Megan Dissinger

610-777-5577

Every Mon: 10:30am Grocery Bingo \$2
 12-12:45pm: Tai Chi with Jan Gyomber*
 12-2pm: Card Club
 2:15pm: Dance Down Memory Lane
 Mondays in November (Please call Kathy Roberts to register 484-388-3196)

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

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

Every Thur 10:30am: Sit and Get Fit with Darcy McLean*
 12pm: Dollar Bingo \$2
 1 & 15 @ 1:30pm: Knifty Knitters (Roper Parlor Room
 2 @ 11:30am: Presentation Driver Safety – Winter Driving (cupcakes)
 4 @ 10am - Craft with Donna (signup required)
 11:30am - NEW - ZUMBA w Jen DeBlase*
 9 @ 12:30pm: Boom Box Bingo*
 15 @ 11:30am - Music Therapy w/Juliet*
 16 @ 12pm: Michael Kropp Musical Entertainment* & Dessert
 18 @ 10 am - Craft with Donna (signup required)
 18 @ 12pm – Lottery Bingo \$4 (Prizes are \$4 or more)
 23 @ 12pm: Bingo for Beginners (slower paced)

NEW: Raffle Week! Mon, Nov. 28 to Fri, Dec. 2 (Details coming soon)

“CLOSED: Fri, Nov. 11, Thur, Nov. 24 & Fri, Nov. 25

“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 Youndt

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: 10:15 am “Virtual Chair Yoga”

12:30 pm “Grocery Bingo”

Every Fri: 11 am “Virtual Senior Fitness”

12:30 pm: “Cash Bingo”



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

Computer Lab is available:
Monday thru Friday 8:30 am-3:30 pm

- 1 @ 10:30am: “Community Drum Circle” presented by Mike Chipman
- 2 @ 12:30pm: “Farmer’s Market” presented by Food Trust
- 7 @ 10:30am: “Pokeno” presented by Berks Encore Staff
- 8 @ 12:30pm: “Jeopardy” presented by Senior Life
- 11 Closed - Veterans Day
- 14 & 28 @ 10:30am: “BE Inspired! “Color Your World” Adult Coloring Relieves stress, relaxing & fun! Presented by: Reading Public Library
- 15 @ 12:30pm: “Music Bingo” presented by Rich
- 21 @ 10:30am: “Fun Time w/TruCare”
- 22 @ 12:30pm: “Craft Class – Mini Garden Planters” Presented by Peggy Allen
- 24 & 25 “All Day Closed for Thanksgiving”
- 29 @ 12:30pm: “Ice Cream Circle w/Trivia” presented by Berks Encore Staff

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

**The Center will be closed Friday, Nov 11,
Thursday, Nov 24 & Friday Nov 25**

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

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

Every Tue: 9:15 a.m. – Chair Yoga – \$5/class

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

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

Every Wed: 9am Starting Nov 9 – Dance Party w/ Kathy Roberts sweat to the Oldies w/ us!

10:15am: Chair Zumba FREE* to anyone 60+

11:15am: Dominoes

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

Every Thur: 9:15am Chair Yoga \$5/class
Nov 3 & 17 11:15am Zumba Gold w/ Aida

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

2 @ 12:30pm: Boombox Bingo with Times Gone By Entertainment

4 @ 11am – Movie matinee – the newly released film ‘Elvis’

8 @ Noon: Thanksgiving Potluck – please sign up and bring a dish to share

9 @ Noon: Lunch & a show with Tom Vollmer and Friends

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

16 @ 12:30pm: Candy Bingo with David

17 @ 12:30pm: Create a holiday centerpiece with Lindsey from Laurel & Lace – must sign up in advance

18 @ 12:30pm: Holiday Potpourri Craft Class w/ Peggy Allen – must sign up

22 @ 12:30pm: Homemade Ice Cream Social – FREE

28 @ 1pm Community Drum Circle with Michael Clipman Arts – this is an intergenerational event – bring your grandchildren!

29 @ Noon: JACKPOT BINGO - \$5 winner every game - \$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.

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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

12pm: Karaoke

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

1:30pm: Ballroom Dancing

6pm: 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

1pm: Chair Yoga

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

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

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



1 @ 12:30pm: Cement Garden Planters w/ Peggy Allen

4 @ 11:15am: AI Grout Show – FREE, but must be registered. Lunch followed by Show

8 @ 1pm: Genealogy 101 – FREE, but must be registered

14 @ 10am: Craft w/ Christine from Manor @ Market Square – FREE, but please register.

11: CLOSED for Veteran’s Day

18 @ 12:15pm: Grocery Bingo w/ Trish from Rittenhouse Village – FREE

24 & 25: CLOSED for Thanksgiving

No cost unless otherwise posted.

**Fee applies to participants age 50-59

*Free classes are paid for by

Berks County Area Agency on Aging

Free use of: Pool Table, Shuffleboard, Exercise Bike and Treadmill. WiFi and Electronic Tablets

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

PEOPLE OVER FIFTY SOCIAL CLUB

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

NEXT MEETING: (note change) 3rd Wednesday of the month, November 16; meeting starts at 11:00; doors open at 10:30.

November – the month that is sandwiched between glorious October with Halloween and December, the holiday month of decorations, parties, and religious celebrations. It would be the step-sister of months if the biggest feast day of the year, Thanksgiving, didn't close out the month. November is a month when we take the opportunity to express thanks and gratitude for the bounties in our lives; it is the month when we honor the men and women who have made possible the way of life we enjoy - American Veterans.

People Over Fifty invites you to join us as we take a deep breath before the holiday rush hits. We meet a week early so all those who cook Thanksgiving dinner or travel to see family have time to prepare. We will have our regular business meeting, play Bingo, and enjoy a lunch of Redner's sandwiches (your choice of turkey, ham, or Italian), a side snack, and dessert. Bring your own beverage; we will supply coffee, tea, and cold water. The cost of the lunch is \$7.00. Reservations can be made with Karen Dietrich-Schwartz (484-269-9715). Our luncheon hostesses are Nancy Haines, Maryann Keck, and Hilda Palmer.

We announced our schedule of trips for 2023 at the October meeting. If you want a copy of the trip schedule, contact Pat Sinistri (610-678-8654) or Karen Dietrich Schwartz (484-269-9715).

Membership dues of \$4.00 for 2023 are due now and can be paid at the meeting.

Reservations are being taken for our holiday lunch December 7 at Wyomissing Family Restaurant with entertainment by Tony Farina. The lunch is a buffet with beef, ham, and rotisserie chicken plus all the usual buffet items typically offered. Beverages, tax, and tip are included in the reservation cost. Ticket cost is \$20 for members (with an additional \$2.00 donated for each Club member by the Club). Cost for non-members is \$25.00. There is no basket fee for the December holiday lunch meeting. The last day to make a reservation is Monday, November 28.

The People Over Fifty Social Club members hope you find a lot to be thankful for as we approach the national holiday for giving thanks. Our blessings are bountiful and we are grateful for all the volunteer hours our members contribute to keeping our Club moving forward. If you are interested in joining a group that has an upbeat approach and is thankful for its members and supporters, consider coming to one of our meetings. Guests are always welcome. If you have questions, please contact our President, Doris Turkes, Ph.D., (703-989-1531).

SCHUMO CENTER FOR FITNESS & WELL-BEING

Albright College - 1820 N. 13th Street, Reading

Director – Alison Burke 610-929-6715

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

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Veterans Day Breakfast

at Keystone Villa at Fleetwood



Friday, November 11 • 9:00am

Veterans are invited to a complimentary breakfast to recognize and thank you for your service to our country. You will also receive a certificate of recognition.

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A DISTINCTIVE RETIREMENT COMMUNITY

To join us, please RSVP by November 7 by calling Danielle at **484-575-1210**.

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2022 Caring Star
2022 BEST INDEPENDENT LIVING
2022-23 USNews

Masks required to attend.

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THE HAMBURG SENIOR CITIZENS CLUB

The Hamburg Senior Citizens Club will meet at the First United Church of Christ at Pine and 3rd Streets in Hamburg on the second Wednesday of November at 2:00 pm.

New Members welcome.

Program - Ray McCutshon will play the piano and sing for the group.

Trips
November 16 American Music Theater- Christmas show - filled

2023 Trips
March 30 - Dutch Apple Theatre - Sister Act
April 27 - Hunterdon hills Playhouse - Million Dollar Quartet
May 31 - Totem Pole Playhouse - Honky Tonk Angels
July 13 - Sight and Sound - Moses
August 23 - Magic and Wonder theatre - jukebox jive
November 8 - American Music Theater - Christmas show
December 7 - Hunterdon Hills playhouse - Christmas show
Gloria Hess, Club reporter

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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 first Tuesday of the month @ 1:00 PM, for our Business meetings with entertainment and refreshments following the meeting. We also meet on the third Tuesday of the month for Bingo and other pick-up games @ 1:00 PM with refreshment break.

The next scheduled Business meeting is Tuesday November 1st at 1:00 PM with entertainment by Chris Rogers. The December meeting is the 6th at 1:00 PM and our entertainment is Joanne Lutz. There will be no social in November or December.

Our Christmas Dinner will be held on Monday, December 12 at the Raffauf Community Center in West Lawn. Doors open at 11:00 AM and Dinner served at Noon. Entertainment will be with Pastor David Reinwald. Cost is \$20.00 per person and you must be a 2022 club member to attend. Tickets are available prior to our Business Meeting in November.

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

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.

Please join us at our future meetings and new members are always welcome. We wish everyone Health and Happiness during the upcoming Holiday Season.

Have questions about macular degeneration?

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Eye Consultants of Pennsylvania specialists are experts in cataracts, diabetic eye care, glaucoma, macular degeneration, oculoplastics, retinal care, aging eyes and more. When it's your vision, you don't take chances. Insist on Eye Consultants of Pennsylvania. **Call 610-378-1344 for an appointment.**



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1 Granite Point Drive, Wyomissing

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If you are lower income, this service is provided at no cost to you.

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A family member or friend can be your caregiver and receive full benefits from us!



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717-565-0703

Services Include:

- Company, conversation and companionship
- Ensuring the medications, etc. are taken on time
- Fun activities and community engagement
- Light housekeeping and similar household tasks
- Personal care, bathing and related support
- Preparing meals and ensuring proper nutrition
- Shopping, laundry and similar errands

WHAT HOME CARE SHOULD BE.



VETERANS DAY Grab & Go

BREAKFAST TO-GO MENU
Breakfast Sandwich on a Bagel or English Muffin and Coffee

Drive-Thru Breakfast

Friday, November 11 9-10 am

Veterans and their spouses are invited to grab a delicious, hot breakfast to go as our appreciation of your service!

RSVP by November 4 to Christine at 610-624-1299



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TUCKERTON NIFTY FIFTY CLUB

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.

Our club will be accepting new members for our 2023 club year. People who were on the waiting list were notified first. Then the club will open membership to prospective new members.

Reservations for our December 12 Christmas Banquet may be made 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.

Marilyn Daniels our Trip Coordinator will be resigning at the end of the year. Donna Swoyer will be taking over as our new trip coordinator. Donna has been working on our 2023 trip schedule.

Members received copies of the new schedule at our October Meeting.
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.
Rose Ertz, Secretary, Publicist

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PARISH-DANA RETIREES

HAPPY SOULS in attendance numbered 51 at our meeting on Thursday, 6 October. As usual, there was no lack of back and forth bantering, followed by laughter as everyone recalled those long ago days. (They really don't seem that long ago).

Some of us toiled in the press departments, assembly lines, paint shops, or the Oley Street Yard. ...Waiting for the whistles to blow for the shift to begin, or break-time, or the shift's end. Day after day, month after month, year after year. Suddenly, it was retirement day---and that was decades ago. No, wait! That was only several months ago. All that remains now is a handful of men and women advancing in age. Memories...Photographs...and empty lots where once stood the Weiser and Lewis and Arsenal buildings. Within those mighty walls was a constant booming from monster presses, the humming of overhead cranes, the hissing sounds from assembly line welders. Of course, shouts of praise or condemnation mingled among them. All that was a mere few yesterdays. Ah, yes, always the flood of memories to wax poetic.

Our next meeting will be on 3 November at the Wyomissing Family Restaurant, 1245 Penn Avenue, Wyomissing. At the request of management, please refrain from entering our luncheon room until 11:30 a.m. We always encourage and heartily welcome newcomers to the "Parish Club." If you were an employee of the Parish-Dana Corp, WE WANT YOU! No further criteria are needed, other than stating your home department.

We are only a few days away from the General Election. I would like to inspire everyone to get out and vote. It is your right as well as your responsibility as a citizen. We still live in the greatest country. Let's keep it going. It is our duty to those who have preceded us, and for those who follow us.

NOTE: At this writing, Larry Jambau's computer has not been functioning at all. Perhaps it, too, has the dreaded COVID or Monkey Pox.

Final thought: When you see our esteemed president, George Geiger, welcome him as a sprightly octogenarian as of 16 October.

RICH KENNEDY, age 39

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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BLANDON SENIOR CITIZENS

Here we are in one of the most beautiful seasons of the year, Fall! Before you know it, we will be celebrating Thanksgiving.

The Blandon Senior Citizens met October 11th and the monthly Meeting was called to order, by the President, Pat Rohrbach. The noon lunch was provided by Pat Rohrbach, Anna Mae Kerschner and Joyce Bauer. In 2023 we hope to have some volunteers who will help us by signing-up to prepare lunch. Any money out of your pocket will be reimbursed to you, just submit your bill to the Treasurer.

Following our Lunch, we celebrated Birthdays and Wedding Anniversaries in the month of October. Our Membership chair, Anna Mae Kerschner, reported 39 Seniors in attendance. We also welcomed one guest, Anna Mae Samples.

The dues for 2023 will be \$5.00 and can be paid at any upcoming meeting.

Our club has received a letter from Gloria Hess with the Hamburg Senior Citizens, extending an invitation to travel along with the Hamburg Seniors on their 2023 club trips. You must be a member of their club to travel on their trips– dues are \$6.00 for the year. . Anyone interested, see me for their list of trips for 2023. Joyce Bauer noted “People Over 50 Club” has seats available for the two remaining Trips!

After the meeting, Sylvia Knouse, Program Chairperson introduced the Program: Danielle Pack, from Keystone Villa at Fleetwood. She provided an overview of all that is offered for seniors at the community. We then played “The Price Is Right” which was a lot of fun.

Respectfully submitted,

Shirley L. Readinger-Ziegler, Club secretary

ST. IGNATIUS SENIORS

It's November and that means Thanksgiving! And we have so much to be thankful for. The St. Ignatius Seniors will “gather together” on Wednesday, November 2 at 9:30 am in the Gym of the Parish Education Center. The time and place of our meetings has recently changed. Our meetings are always the first Wednesday of the month.

Our program will be a presentation by Margaret Yevics on “The History of Your Favorite Christmas Carols”. 2022-23 membership dues are still being collected. Dues are \$7.00. You do not need to be a member of the parish to join us. As always, delicious refreshments will be provided.

Trips for 2022:

November 16 - American Music Theater Christmas Show with lunch at Home-town Kitchen (waiting list)

December 15-16 - Visit Bethlehem Christmas City (2 days/1 night)

Trips for 2023:

March 15 - Murder Mystery Luncheon at Mt. Hope Estate

April 20-23 - Virginia Military Tattoo in Norfolk (4 days/3nights)

May 17 - Moses at Sight and Sound Theater with lunch at Miller's Smorgasbord

Additional trips are in the planning stages. Please contact Judy Jablonski at 610-670-0907. For any other questions, contact Barb Kunder at 610-763-1383.

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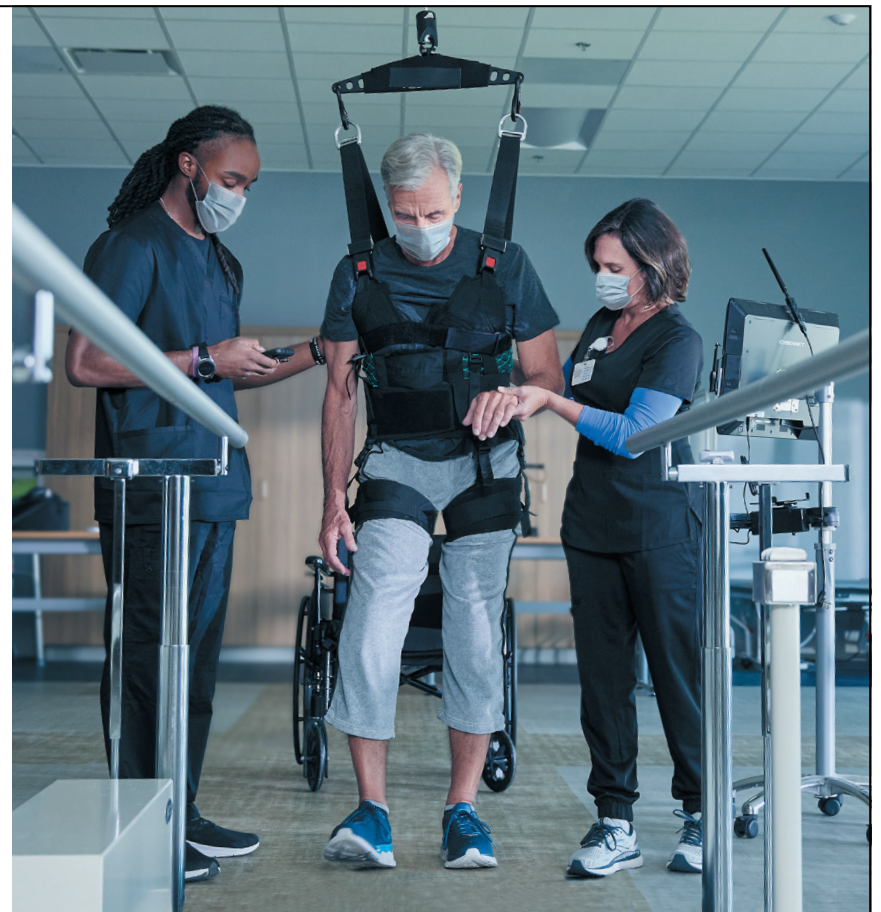


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SHOEMAKERSVILLE SENIOR CITIZENS CLUB

The Shoemakersville Seniors Club meets every Tuesday at 1:00 pm. in the banquet hall of the Shoemakersville Fire Co. Come visit 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.

Nov. 2 - Windcreek Casino

Dec. 1-2 - Turning Stone Casino, Verona, NY

Dec. 7 - Windcreek Casino

Dec. 21- American Music Theater

Planned trips for 2023

Jan. 4, 2023 – Windcreek Casino

Feb. 1, 2023 - Windcreek Casino

March 1, 2023 – Windcreek Casino

March 26 – 27, 2023 – Turning Stone (this trip is scheduled for Sunday & Monday)

Happy Birthday & Happy Anniversary to all our members celebrating these special days during the month of November.

Happy Thanksgiving!

Submitted by Janet Craley, acting correspondence secretary

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, 11/2/22, John Vogel will be presenting a program with information about changes in Medicare for the New Year.

Wednesday, 12/7/22, Christmas party, starting time 12:00pm, for more information, please call Kathleen Zagar, 610-698-3289.

TRIPS ARE BACK! Why not join us?!

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!

Sudoku Puzzle Answers

from page 27

Easy

Medium

Hard

3 8 7	5 2 1	9 6 4	5 8 4	9 1 2	6 3 7	4 6 2	5 9 1	3 8 7
5 4 2	6 3 9	1 7 8	9 2 1	6 7 3	4 5 8	1 3 9	6 8 7	4 2 5
9 1 6	4 8 7	5 2 3	6 7 3	5 4 8	9 2 1	7 5 8	3 4 2	1 9 6
7 6 8	1 4 5	2 3 9	2 9 6	1 3 4	7 8 5	6 9 1	7 3 8	2 5 4
2 3 1	9 7 8	4 5 6	3 1 5	7 8 9	2 4 6	5 2 3	9 6 4	7 1 8
4 9 5	3 6 2	7 8 1	8 4 7	2 6 5	1 9 3	8 7 4	2 1 5	9 6 3
6 2 9	8 5 4	3 1 7	7 5 9	8 2 6	3 1 4	9 8 7	4 2 6	5 3 1
1 7 3	2 9 6	8 4 5	1 3 2	4 5 7	8 6 9	3 1 5	8 7 9	6 4 2
8 5 4	7 1 3	6 9 2	4 6 8	3 9 1	5 7 2	2 4 6	1 5 3	8 7 9

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HOLY GUARDIAN ANGELS SENIORS CLUB

November 8, 2022, is our trip to American Music Theatre is Home for the Holidays. Cost is \$75 for ticket and transportation. Lunch is at the Cracker Barrel at your own cost. Bus leaves HGA at 11 a.m.

December 13, 2022, is our Christmas Party at the Leesport Diner from 12 p.m. to 3 p.m. Cost is \$20. Call Arlene at 610-921-1515 for a reservation and your choice of food.

Our meetings are held on the second Wednesday of every month at 1:00 p.m. in the rectory basement for Holy Guardian Angels.

Any questions, please contact Rozanne Thompson at 610-406-3350.

SENIOR CLUB OF LAURELDALE

Our meetings are held on the 2nd Friday of each month, at 11:00 AM at Calvary Lutheran Church in Laureldale. For more details, please contact our President, Cassandra McWilliams 610-929-0896. Below are some of our activities: September 9 - Past Meeting: We thank our Chaplain, Avalion Bossler for giving the Blessing for our lunch of Meatball sandwiches, chips and coffee, which fed our 68 attending members, including 3 new members. We had fun playing our Bingo games, with 50 cent payouts to the winners. We thank our Bingo team of Betty Ruth, Jean Strunk, Linda Ermold and Jane Dierolf.

September 20 - Bube's Brewery Murder Mystery Trip: First, we ate a delicious and hearty full course meal. Then all 52 of our passengers were both suspects and detectives, as we became involved in this interactive murder mystery about the 1876 original owner of the Brewery - an exciting "Who Dunit"?? Then we learned the history and explored the Catacombs, located several stories beneath the Brewery. Good Trip.

November 8 - Election Day: Don't forget to VOTE.

November 11 - Upcoming Meeting: Put on your thinking cap and get ready to answer some of the Trivia Quiz questions prepared by Patricia Schleicher, and maybe collect some pocket change winnings. We'll have some Pork Barbecue sandwiches for lunch. Membership, Linda Weitzel will start collecting \$5.00 for 2023 Membership Dues. Also, it's time to reserve for our catered Christmas Dinner on December 9, cost is \$15.00 per member, please contact Pat Sauder 484-855-3539.

November 22: Our bus departs at 11:30 AM, heading first for lunch at Hershey Farm Restaurant. Following will be the ever-popular Christmas Show at the American Music Theatre. For those folks who waited until the last minute, we still have a few seats available, please contact Patricia Schleicher 484-709-0279.

Our Thank You to Patricia Schleicher, who has resigned from planning our Get-Away Trips for the past 5 years, and she especially wishes to Thank Pat Sauder for helping on those bus trips.

November 24: HAPPY THANKSGIVING TO ALL.

December 9: In addition to our catered Christmas Dinner, we will be entertained by the Muhlenberg School Chorus, and we will have an inexpensive Gift Exchange, maybe items from the Dollar Store, valued at \$1-\$2.

Casino Trips for Next Year 2023: Scheduled for Tuesdays - April 25, July 18, and October 17, cost \$30 per trip. To reserve, call Helen Quade 610-929-2412.

Submitted by: Helen Quade, P/R and Trips

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BERNVILLE YOUNG AT HEART

We will meet on the third Wednesday of the month at the Bernville grange. Doors open at 12:00 p.m. and we will have the guest speaker at 1:00 p.m. We will have snacks before the meeting. We are asking for volunteers to help in the kitchen and to bring snacks. It is not to be a meal, just something quick and easy that you can pick up at the store. Like hot dogs, cups of ice cream and chips, etc. You do get paid for the items you buy. We should take turns doing this. Not the same people every meeting. We ask that you enter by the hand-capped ramp to be safer than the steps. Anyone over 50 may join. The yearly dues are \$5.00. The first meeting is free. The dues for every meeting are \$4.00 at the door. This pays for snacks etc. Anyone with a change of address and phone number please let me know so I can keep the membership list up to date. On November 16 our guest speaker will be Lyndsey Leh from Laurel and Lace. This is about flower arrangements. Our last trip for the year will be on 11/29/22 to the American Music Theatre for the Christmas show. This is an afternoon trip. There will be lunch at Hometown Kitchen before the show call Shirley Loy at 610- 678-3602. if you have any questions. She is busy working on trips for next year. Our Christmas Banquet is on December 21 at 12 noon, It is family style with two types of meat which are ham and turkey. This meal includes a salad, 3 vegetables, dessert, and drinks. The price is \$20,00 a person. Tickets are available in Nov from Jerrie Balthaser at our meeting. If you cannot come to the November meeting and you wish to come to the banquet you can call her to save your tickets. Her number is 610-488-1226. Only call if you cannot make it to any meeting and you are going to the banquet. It is at Blue Mountain Family Restaurant in Shartlesville. 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

BLUE MOUNTAIN 50 PLUS CLUB

Club Meetings:

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

Program – Tulpehocken High School Show Choir

****Note**** Christmas Banquet Location has Change. Saturday, December 2 - 12 noon - Christmas Banquet - Little Swatara Church of the Brethren, 31 Rehrersburg Rd., Bethel PA 19507 Program - Soft Sounds - singing (Ticket required, contact Linda Reed 610-488-1180. Ticket sale ends November 19th)

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

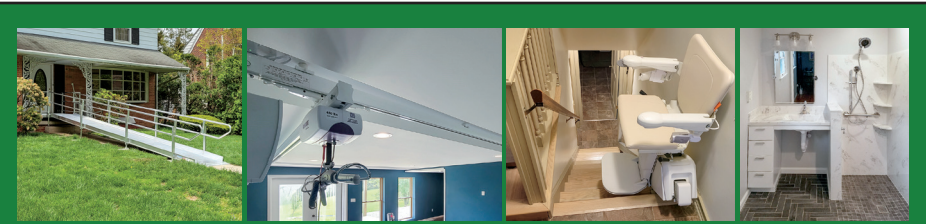
Pinochle Card Club is held every 2nd and 4th Tuesday of the month., at Salem Evangelical Lutheran Church, Bethel, PA 19507. For more information call Nelson Jacobs - 717-926-4211.

2022 Trip Schedule:

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

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

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



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Dec 10	New York City - Freetime Broadway Optional.....	\$62

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BERKS CHAPTER PENNSYLVANIA ASSOCIATION OF SCHOOL RETIREES

This year's holiday luncheon at the Reading/ Muhlenberg Career and Technology Center will be held on Thursday, December 1, 2022, with the snow date of Friday, December 2, 2022. A holiday buffet will be served. After lunch the attendees will be treated to a student musical program. The cost is \$18.00 per person payable to BCASR. Please send registration with payment to BCASR Treasurer, Donna Spiers, 302 Park Road, Temple, PA 19560. The deadline to receive reservations is Tuesday, November 22, 2022.

PSERS Annuitant/Participant Election—Fall 2022

The PASR Board of Directors has endorsed Berks County Association of School Retirees Chapter President and PASR President-Elect, Russell Diesinger, as their candidate for the annuitant member participant seat on the PSERS Board of Trustees.

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

Ballots will be mailed to everyone receiving a pension on October 30, 2022. Please watch for your ballot in the mail.

PLEASE, DO NOT THROW YOUR BALLOT IN THE TRASH!

PLEASE, TAKE THE TIME AND VOTE so that we can have a real voice at the table where important decisions are made about the future of our pensions. Russ promises to work diligently as a board member to advocate for greater transparency in PSERS reporting, a more fiscally responsible investment philosophy, and more sensitivity to the needs of members whose pension has been attacked by inflation over the years without any cost-of-living adjustments. **PLEASE VOTE AS SOON AS YOU RECEIVE YOUR BALLOT!**

South Berks Association of School Retirees is sponsoring a "Dine & Donate" Fundraiser on Wednesday, November 9, 2022, from 5:00 PM to 8:00 PM at Paolo's Restaurant, 2480 Lancaster Pike, Shillington. All proceeds will be donated to the Education Foundation of the Governor Mifflin, Wilson and Wyomissing School Districts. When ordering your meal (dine-in or take-out) tell your server that you are participating in South Berks Association of School Retirees "Dine and Donate" fundraiser.

RECREO - Saturday, December 03, 2022 - \$128.00 per person

"HOME FOR THE HOLIDAYS" includes: motorcoach transportation from Boscov's East; American Music Theater presentation "Home for the Holidays"; lunch at Miller's Smorgasbord, including tax and gratuities; visit Kitchen Kettle Village; and, gratuities for bus driver and escort.

September 21-30, 2023 (9 nights) from \$1,387.00 per person

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Mary Ann Zerkowski, Community Relations Chair
Berks County Association of School Retirees

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, November 8th. 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 Alan'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 are \$25.

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

TOPTON AREA SENIOR CITIZENS

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

In October, we had a lunch supplied by Betty Bleiler, celebrating her Birthday. She made Hamburger BBQ, drink, and Birthday Cake. Thank You!

Topton Area Senior Citizens always welcome new members. You donate \$1.00 at each meeting. You do not have to live in Berks County. We received 5 new members in September and 1 in October.

In November, we are having Richard Weilacher, for Boom Box Bingo.

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 Topton Grange. The Grange is located at 46 East Keeler St., Topton, 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. November 9 is the next trip. December 14 is the last trip for the year 2022. Trips will pick up in April, 2023. You can give her the cash or pay by check to Linda Butz, 336 Old Topton Rd., Topton, Pa. 19562 before the trip. Your payment holds your seat for that day.

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

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Sudoku Puzzle

answers on page 22

Easy

		7	5	2			6	
		2			9			8
		6	4		7			
7	6	8			5			9
	3	1				4	5	
4			3			7	8	1
			8		4	3		
1			2			8		
	5			1	3	6		

Medium

				1				
9					3	4		8
6	7		5				2	1
			1	3		7	8	
	1	5				2	4	
	4	7		6	5			
7	5				6		1	4
1		2	4					9
				9				

Hard

4						3		7
		9		8			2	
	5		3		2			6
6	9		7				5	
		3				7		8
					5			
					6		3	
		5		7	9			2
2	4					8		



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