



THE SAINT BARNABAS CENTER

newsletter #3

November 2023

Hello from your friends and neighbors at the St. Barnabas Center of Kutztown! We have been active and working hard to establish the Center as a place where our community can come together, offering programs and events that are designed to meet the interests and needs of residents within our area and to help foster health, wellness and spiritual growth. Located at the former home of St. Barnabas Episcopal Church, at 234 East Main St., Kutztown, the Episcopal Diocese of Bethlehem has been gracious and supportive in our efforts to fulfill our mission and develop our center as outreach to the community.

Great Opportunities for Seniors



Great Gobbles Senior Luncheon in collaboration with Friend, Inc. Please join us for a tantalizing luncheon featuring the best of the harvest's bounty! This month's menu includes Creamy Wild Mushroom Soup, Cider Braised Pork with Apples & Onions, Sweet Potato Hash, Seasonal Salad and Plum Tart! Great Food, Great People, and Great Time! See you there! Did we mention that it's free? **Friday, November 3, from 11:00am until 1:00pm.**

Kutztown Open Table events for November:

KUTZTOWN OPEN TABLE

× *Where Community Comes Together* ×

FRIDAY, NOV. 3, 11-1AM. – Senior Lunch

St. Barnabas Center, 234 E Main St, Kutztown

Our Thanksgiving inspired menu includes: squash and apple bisque, turkey meatloaf with gravy, roasted Brussels sprouts, fresh bread and pumpkin pie bars! No registration required. Always fun, free and fabulous!

WEDNESDAY, Nov. 18, 10-NOON – Young at Heart

St. Paul's UCC, 47 S Whiteoak St, Kutztown

Elvis impersonator Jeff Krick will perform a rock and roll set and a gospel set at – please enter via the Lambert Alley entrance. Please RSVP to the church office 610-683-3393.

SUNDAY, Nov. 22, 4:30-6PM. – Kutztown Kitchen-

Trinity Lutheran Church, 357 W. Main Street, Kutztown

—a free community meal. Menu: Roast chicken, vegetables, dessert. For takeout, please call by Wednesday, Nov. 22 to 610-683-3450 or email: aepriester@gmail.com.

Friday, Nov. 17 at 10 am – Better with Age

Kutztown Community Library

No registration necessary. November will be a Healthy Habits, exploring art with watercolor and collage.

FOCUS ON KRIS AMEY and CHAIR YOGA



For people who need stretching and exercise but cannot remain on their feet for a whole hour of workout we have Chair Yoga. You will be amazed at what a great workout you can get while sitting down. The class is taught by Kris Amey. Kris is a talented professional who adapts her instruction to the needs of all who are participating. The first lesson is always free to see if it is right for you. If you decide you want to come again it will be

\$10.00 per lesson. You come only when you want and pay only when you come. The classes are **9:30-10:30a.m. every Wednesday. November dates are 1st, 8th, 22nd.** Recently, I sat down with Kris for a short interview.

CHUCK: Kris, how long have you been involved in Chair Yoga and what piqued your interest in the first place?

Kris: My first experience with yoga was with Kutztown legend June Deturk. After, I branched out to different styles of yoga. In 2007 I found a teacher training program in Allentown. I didn't go with the intent of becoming a teacher, I just wanted to learn the deeper aspects of yoga. Upon completing my training, I became certified. I was asked to teach a workshop for women gathered in an old camp. It was February and freezing in that room. I wondered how I could ask those women to get down on the floor in such conditions. I decided to make up my own class using chairs. I had no idea what I was doing. I thought that I had invented "chair yoga". The class was well received, and I was asked to take it out into the community. I had already started teaching when I found out that there was a separate "chair yoga" certification. I became certified through an online program in California.

I then realized that a large segment of the population was not being served by regular yoga classes. Many older adults are afraid of having to get down on the floor. Many think that you need to be thin and fit to take yoga. Not so!

CHUCK: In watching you teach a class, it seems that there is a meditative as well as a physical aspect to this. Is that true?

Kris: Absolutely! Yoga means "to yoke". It brings all aspects of the human condition: mind, body, and spirit. I work using the simple aspect of breath and movement together. From there, it creates a natural flow of connecting the outward physical body with our deeper spiritual self. We don't have to turn ourselves into a pretzel to reap the benefits of a simple practice.

CHUCK: I attended one class, and you showed me how to get out of a chair without aggravating my hip and back pain. Is showing people who have pain how to move a specialty of yours?

Kris: I like to think so. I always like to let students know that they are their best teacher. I can direct and offer suggestions, but they must always listen to their bodies first. I never ask any student to move in a way that might injure them. I have many students tell me that they hear my voice in their daily routines! I truly love teaching this style of yoga.

Coming Soon!

Family and Group Trivia Night. Join us for Trivia Night where you and a team can come together at the St. Barnabas Center to compete for first place, testing your knowledge on topics. Don't miss out on a good time to spend with friends and family for just two hours of your night!



Women's Workshop

St. Barnabas Center and the Saturday Morning Book & Breakfast group are co-sponsoring a workshop for women in 12 Step recovery programs.

For more information or to register contact:
satmornwmnsgrp@gmail.com



Holiday Flower and Decor Fundraiser

Order beautiful poinsettias, wreaths, roping, cemetery logs and grave blankets now in time for the holidays! Plants will be delivered the week of December 4th. Contact the Center by phone (484-648-2814) or email (stbarnabascenter@hometownnu.com) to place your order, or ask any of our board members to assist you. Check, Venmo, PayPal or cash accepted.

Ongoing Programs:



Community Threads This slow stitch and charity knitting group meets together every Thursday at the Center from 2-4 pm. New this year, monthly tutorials will be provided so that participants can learn a new skill or engage in a fiber art new to them. Dates in November are the 2nd, 9th and 16th.



Chess For Everyone. A new chess club is forming at the St. Barnabas Center. We need help in getting the word out. We envision a club of 30-40 members so that we can have our own tournaments. If you can help, please contact me (Chuck) at the Center. Our last meeting on October 25 was canceled because I came down with Covid. Our next meeting is on **November 15 at 7:00 pm**. The Club is open to all—people who want to learn the game as well as more experienced players who want to play. The

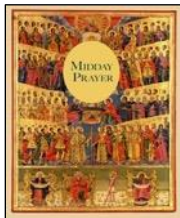
club will be run by that internationally known Grandmaster: Me. Ok so that's a lie. I'm not a Grandmaster. I'm not a Master. I'm not even very good. But I do love the game. If you love the game, please come and join us.



The Chosen – Watch Party and Discussion. New viewers and fans alike—all are welcome to join in our Watch Party-Discussion of the remarkable TV series *The Chosen*, the acclaimed series about the life and ministry of Jesus of Nazareth. We will meet in the Center **every other Sunday evening this fall at 6:30 pm: Nov. 5 & 19 and Dec. 3.**



KOFEE is an organization that supports Education and Educators. Robyn Underwood chairs the organization. Come to the meeting and you will learn much about the issues and challenges relating to the education of our children in this area. **The next KOFEE *general meeting* will be on November at 7:00 pm.**



Midday Prayer Service held via zoom every Wednesday from 12:00-12:45 pm in conjunction with St. Margaret's Episcopal Church in Emmaus. Officiated by Mo. Laura Howell, services are open to all and focus on a saint whose feast day falls within that week. If you are interested in participating, contact us the St. Barnabas Center email address and we will be happy to provide a link.

Bible Study is held via Zoom every Monday evening at 7:00 pm in conjunction with St. Margaret's Episcopal Church in Emmaus. Led by Mo. Laura Howell, the group focuses on a study and discussion of the upcoming scripture for the Sunday that follows. It's a great way of enriching your understanding of the scriptures week to week. If you are interested in participating, contact us at the St. Barnabas Center email address and we will be happy to provide you with the link.

Marriage, Family and Individual Counseling Services will be provided by *Better Place Therapeutic Services*. Accessible services will be provided on a sliding fee scale. Please contact 404-500-6380 or better_place_therapy.com for more information or to secure an appointment for services.

My name is Chuck Brown. I am the facilities manager of the Center. You can speak to me about any activity or issue concerning the Center or to offer suggestions for programs you think would work for the Center. I am in the office Monday through Thursday from 10:00am -12:00 noon. If you call at other times, leave a message and I will answer you during our office hours. The Center phone number is 484-648-2814 or email stbarnabascenter@hometownnu.com.

Visit us at the St. Barnabas Community Center Website at
<http://www.stbarnabasktown.org>.

We value your privacy. Contact us at stbarnabascenter@hometownnu.com if you wish to be removed from our mailing list.



2023 Winter Plant and Décor Fundraiser

22" Wreath: Bow Only \$23/Decorated with Bow (Red, Plaid Burgundy) \$29/ Deluxe with Gold Bow \$33



Poinsettias 6.5" or 8.5"
Red/Wh/Pink/Marble \$13/\$26



Cemetery Log
\$20



Grave Blanket
Sm \$30/Lg \$44



Deluxe Grave Blanket
\$46



White Pine Long Needle Roping-75' (not pictured) \$33

Item Details

Fraser Fir 22" Wreath w/bow Choice of Red, Plaid or Burgundy \$23

Fraser Fir 22" Wreath w/pinecones, berries and bow Choice of Red, Plaid or Burgundy \$29

Fraser Fir 22" Deluxe Fancy Gold Wreath w/ Fancy Gold Bow and Streamers, Glitter, Gold Pine Cones and Glass Balls- \$33

Poinsettias 6.5" (1 plant, decorative pot cover) Choice of Red, White, Pink or Marble- \$13

Poinsettias 8.5" (3 plants, decorative pot cover) Choice of Red, White, Pink or Marble- \$26

Cemetery Log (12" w/ 18-20" spray) Balsam Fir decorated w/ Red Bow, Pine Cones, White Sticks and Red Ruscus- \$20

Grave Blanket Small (3'x2.5') Live Balsam Fir, Red Bow, Pine Cones, White Sticks and Red Ruscus- \$30

Grave Blanket Large (3'x5') Live Balsam Fir, Red Bows, Pine Cones, White Sticks and Red Ruscus- \$44

Grave Blanket Deluxe (3'x5') Live Balsam Fir w/ Red Bow, Pine Cones, Poinsettias, Red Ruscus and White Fern Leaves- \$46

Live White Pine Roping (long needle) 25 yards=75' - \$33