



THE SAINT BARNABAS CENTER

newsletter #6

February 2024

Events This Month: Greetings one and all from all of us at The Saint Barnabas Center. It may be cold outside at

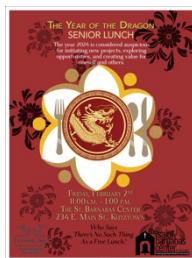
this mid-winter point, but things are really heating up at the Center. We start the year with a flurry of new activity. We have the formation of a new Chess Club: *Once A-Pawn a Time*. We have our first promotion from Chair Yoga. This is one you don't want to miss. We have dates for our first theatre presentation from the very talented Talisman Players. We have an update on our *Postcards from Winter -Impressions of the Season* brought to us by Community Threads. We have our *Year of the Dragon Senior Luncheon*. We have a guest speaker presenting an informative and interesting nutrition program. It's all very exciting! Enough from me, let's get on with the newsletter.



Community Threads. One of the most active groups at the Center is *Community Threads*. This needlework group meets every Thursday (Feb. 1st, 8th, 15th, 22nd, 29th) from 2-4pm. The first Thursday of the month is also available on Zoom for those who can't attend in person. Sandy Britland is on hand to teach a new stitch every week.

The Winter Sew announced in the last newsletter continues on through April at which time all the entries will be installed for display at the center. This Sew is called: ***Postcards From Winter -Impressions of the Season***. This event marks a major expansion of *Community Threads*. Not open just to members who attend the weekly meetings, this event is open to everyone, everywhere. No experience needed. Here's how it works: You create one or more stitched postcards from your vision of your winter world. We are requesting submissions sized 4"x 6" attached to the postcards. Your postcards will be displayed at the Center in a highlighted space. We will picture the growing display in each newsletter.

Our vision is to bring together and honor those who create art with stitching. You can work independently or as a group. If you are local you can work at the weekly Community Threads meeting every Thursday from 2:00pm to 4:00pm, here at the Center. Others can mail their submissions to: The St. Barnabas Center, PO Box 236, Kutztown, PA 19530. Your stitching timeframe is Jan1st - April 1st. All stitching, including quilting, knitting, and crochet will be accepted. Please share this with your lists. You can get more details on our [Facebook page](#). Thank you and we look forward to seeing you!



Year Of The Dragon Senior Luncheon. The word is getting around the community about the excellence of the Senior Luncheons at St. Barnabas Center. Each month, I think it can't get any better than this and then the following month it does. On the first Friday of every month, Doreen Tobin and Pat Brown, with the help of a few of our fabulous volunteers, prepare a luncheon for the community's seniors that is served from 11:00 am until 1:00 pm. It is simply scrumptious. On Friday February 2nd our ladies will celebrate the Year of the

Dragon with a wonderful meal of Chinese dishes. These luncheons provide not only for a great meal but also a chance to meet other seniors in the community. Did I mention that it was free?

Senior Opportunities offered by Kutztown Open Table.

KUTZTOWN OPEN TABLE

× Where Community Comes Together ×

FRIDAY, FEB. 2, 11-1 AM – Senior Lunch

St. Barnabas Center, 234 E Main St, Kutztown

It's the *Year of the Dragon*—our celebration of Chinese New Year will feature a tempting selection of Chinese menu favorites! No registration required. Always fun, free and fabulous! Please enter via the rear entrance.

FRIDAY, FEB. 9, STARTING AT 9:00 AM – Senior Café Breakfast

St. John's Lutheran Church, 201 E Main St, Kutztown

This will be the *feast before the fast*, as Lent begins on Wednesday the 14th.

FRIDAY, FEB. 16, 10 AM – BETTER WITH AGE

Kutztown Community Library, 70 Bieber Alley, Kutztown

Creating watercolor cards and envelopes. Register on our events calendar at kutztownlibrary.org.

Also— FRIDAY, FEBRUARY 2 AT 10 AM GENTLE CHAIR YOGA with Empower Yoga! \$10 due at the time of the event. Register on our events calendar at kutztownlibrary.org. For more info, please call 610-683-5820.

WEDNESDAY, FEB. 21, 10-NOON – Young at Heart

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

Guest speaker Rev. Harry Serio on *Ghosts Among Us*. Please enter via the Lambert Alley Entrance. Please RSVP to the church office 610-683-3393.

SUNDAY, FEB. 25, 4:30-6 PM – Kutztown Kitchen

Trinity Lutheran Church, 357 W. Main Street, Kutztown

—a free community meal. Menu TBA. Questions? Call 484-239-5314. For takeout, please call by Wednesday, 2/21.



Once A-Pawn A Time Kutztown Area Chess Club. Kutztown area finally gets a chess club! The Kutztown Community Library and St. Barnabas Center are joining forces to give Kutztown a Chess Club that will meet 4 times each month. For students and people who are free in the daytime we have two afternoon meetings. For people who are busy during the day we have an evening meeting. For everyone we have a Saturday morning meeting. Two meetings will be held at the Library and two meetings will be held at the St.

Barnabas Center. I will be available to give lessons to beginners. I will have an assistant available to set up games for those who already know how to play. We hope to grow this club to a size that can hold tournaments.

Our starting schedule is:

Thursday, March 7 from 3:30-5:30pm Library

Wednesday, March 13 from 7:00-9:00pm St. Barnabas

Thursday, March 21 from 3:30-5:30pm Library

Saturday, March 30 from 11:00am-1:00pm St. Barnabas



Chair Yoga Is Having a Special Promotion! We want to spread the good news about the benefits of Chair Yoga to everyone. People know that the first lesson of Chair Yoga at St. Barnabas is always free. For those who have already used their free lesson here is a sale for you. Every time you bring a new friend that person is free, but so are you for bringing them. So if you have 100 friends and you bring one a week just think of all the free lessons you'd have. If you have that many friends, how do you have time to read this newsletter?

The class is taught by the talented Kris Amey. She will be running her class on Wednesdays from 9:30am -10:30am in February (7th, 14th, 21st, 28th) If you have any kind of pain or issue that prevents you from participating in regular yoga or aerobics than chair yoga is for you. From personal experience, this woman is a miracle worker. She teaches you to work around your issue. The first class is always free. Additional classes are a nominal charge of \$10.00 whenever you choose to attend.



Talisman Players. This acting group led by Tom Nardone will be staging *The Importance of Being Earnest* by Oscar Wilde in the Sanctuary at the Center in the spring. We are all excited about this. Actors have been selected and roles assigned. They are scheduled for performances in March. If you have never seen a Talisman players before you will be in for a real treat. They are very good. We hope that this will be the first of many staged at the Center. Please join us for this first offering and make it a rousing success so that this will be the first of many to come. Go to the Talisman website for more information.

Here are performances at St. Barnabas:

Preview Opening: **Thursday, March 21st 7:00pm**

Friday, March 22, 7:00pm

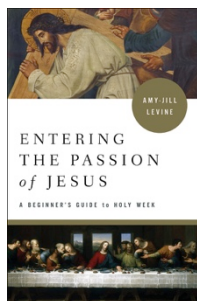
Saturday, March 23, 2.00pm

Saturday, March 23, 7:00pm

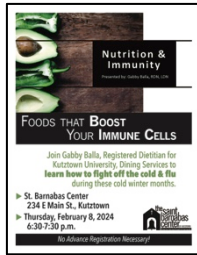
Sunday, March 24, 2.00pm



KOFEE. If you are concerned about the issue of Education in the Kutztown area you might want to consider attending a meeting of KOFEE: Kutztown Organized For Educational Excellence. The KOFEE in-person meeting will be held at St. Barnabas Center on Monday, February 19, at 7:00pm. I am familiar with this organization. There is none of the mudslinging, character assassination or name calling that you find in some other meetings. It is simply a group of citizens who want to work hand in hand with teachers and administrators to improve our educational system. It is important that levelheaded citizens of good will come out to improve our educational excellence. When coming to the meeting please enter through the back door of the Center. You can find more information about KOFEE by contacting Robyn Underwood at kofee.kasd@gmail.com.



LENTEN Bible Study. During Lent, St. Margaret's Episcopal Church and the St. Barnabas Center will offer an online Bible study from 7:00 to 8:00pm. Using the book and video by Professor Amy-Jill Levine, "*Entering the Passion of Jesus: A Beginner's Guide to Holy Week*". We will examine the accounts in all 4 gospels. **Class begins on Monday, February 12th.** To sign up, please send an email to lauramh@gmail.com. Both paperback and e-book versions are available from your favorite bookseller. There is no cost for the class.

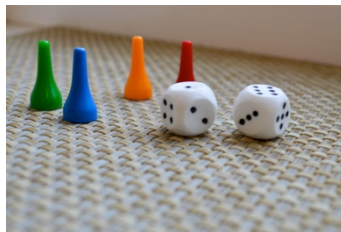


Nutrition & Immunity Event. This month our intern Raechel has arranged for a very special nutrition program featuring a guest speaker on **Thursday February 8th at 6:30pm**. The speaker is Gabby Balla. Gabby is a campus dietician from Kutztown University. She will review tips and tricks for preventing illness. She'll also discuss how to navigate healthy options on campus and provide an overview of healthy offerings available at the food pantry.



The Chosen: A Field Trip. See The Chosen—Season 4 on the big screen. In the fall of 2023, we made our way through Season 1 of *The Chosen* with some “View and Discuss” Sunday Nights at St. Barnabas. Hopefully, you binge watched seasons 2 & 3 over the holidays and are ready for season 4! If you would like to join a group from St. Barnabas to go to the theatre this Feb. & March please let us know. We will select 3 dates, times and the theatre, then carpool from St. Barnabas. If the group wanted to, we could also stop for a bite to eat to discuss.

Theaters will be showing the 4th season in groupings of episodes, so we will plan three excursions. Episodes 1-3 are showing Feb. 1-14. Episodes 4-6 are showing Feb. 15-28. Episodes 7-8 are showing Feb 29-March 10. No obligation to go to all three viewings. If you are interested in going, please email Jerry Schearer at: jerryws@outlook.com or call him at 610-698-0818 by Feb 6 to let him know.



<https://www.vecteezy.com/free-photos/board-games>

Cabin Fever Game Night. Are you tired of being stuck inside because of the cold and having nothing to do? St. Barnabas Center has just the event for you! **Tuesday, February 27th from 6-8 p.m.** you can come down to the Center with friends and family and have a blast playing board games with one another! Don't miss it!

Till next month,

Chuck

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.