



# Summer 2024



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Get into your community - **Get into GEARS**

## Summer 2024 Brochure of Programs & Services



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### GEARS Municipal Partners & Board Members

#### East Donegal Township

Linda Good  
Alan Kaylor  
Scott Kingsboro

#### Mt. Joy Township

Jayne Duncan  
Delmar Oberholtzer  
Alex Shubert, Vice Chairman

#### Elizabethtown Borough

David Grey  
Jay Hynicker  
Howard Kroesen, Chairman

#### West Donegal Township

Barry Garman, Treasurer  
Lindsay Norris  
Phil Dunn



### ALERT TO CREDIT/DEBIT CARD USERS

**Service Fee:** Please be advised that all online and in-person credit/debit card payments will be subject to a “service fee” that will be applied when you use your credit/debit card for GEARS program purchases. The credit/debit card “service fee” is calculated based on your GEARS program purchase fee at a rate of 3.10% with a minimum fee of \$2. This fee is set by our credit card processing agent, not by GEARS. GEARS does not set the fees nor do we control them or benefit in any way from them. This fee is paid directly to our credit card processing and recreation management software vendors to cover their fees in processing your credit/debit card purchases.

**Refunds:** If a refund is issued for your credit/debit card purchase, the “service fee” will not be included in your refund. Through agreement, our credit card processing agent does not include transaction fees as part of any program refund issued to our customers. Unfortunately, to provide credit card payments as an option for program purchases, there will always be a non-refundable transaction fee for these types of purchases.

### GEARS Staff Listing

#### Administration ..... 717.367.0355

David Wendel ..... Executive Director  
Joyce Hardman ..... Business Manager

#### Kids Center ..... 717.367.0119

Wendy Musser ..... Director  
Kelly Flowers ..... Assistant Director

#### Recreation ..... 717.367.0355

Lee Eckert ..... Director  
Karrie Norman ..... Program Coordinator  
Erin Thomas ..... Administrative Asst.

#### Senior Center ..... 717.367.7984

Jessica Rausch ..... Director  
Wayne Bream ..... Assistant  
Julissa Rivera-Santa ..... Assistant

### Mission Statement

Provide recreation, continuing education and social service activities/programs for the children, youth and adults of the participating municipalities in a fiscally responsible manner.

## Pickleball

### Dink and Smash

### Pick-Up Pickleball

All ages are invited to play in this program. Pickleball is a combination of tennis and badminton played on a badminton sized court with lightweight paddles and plastic perforated balls (much like wiffle balls). These elements produce exciting, long rallies which consist of volleys at the net and ground strokes similar to tennis. Pickleball is a great equalizer for differences in age, strength and athletic ability. Equipment is available.

Tue June 4-July 30 (gym) 1:15-3:15 pm  
Aug 6-27 (outdoor)

Wed June 5-July 31 (gym) 1:15-3:15 pm  
Aug 7-28 (outdoor)

Fri June 7-July 26 (gym) 6-8 pm  
Aug 2-30 (outdoor)

\$5/Day (\$6/Day NR) CC Gym/Poplar  
Street Park

### Pickleball Lessons

Pickleball combines tennis, table tennis and badminton: needless to say, it gets intense quickly, but it’s so much fun. Pickleball is a fast-paced sport that is easier on the joints and quicker to learn than other racquet sports. Learn basic techniques, rules and strategies. Those with pickleball or racquet sport experience who are already familiar with these elements should register for the intermediate class. All equipment provided. Ages 16+

Tue & Thu June 4, 6 & 11 (I)  
Tue & Thu July 16, 18 & 23 (II)  
12:15-1:15 pm (Beg) (Class A)  
1:15-2:15 pm (Int) (Class B)  
\$50 (\$60 NR) E-town BIC Gym

#### OUTDOOR LESSONS

Tue, Wed & Thu June 4, 5 & 6 (I)  
Tue, Wed & Thu July 23, 24 & 25 (II)  
7-8 pm (Beg)  
\$50 (\$60 NR) Poplar Street Park  
Pickleball Courts

# Summer Youth Program

Make a friend

## Summer Playground Program

Introducing our Summer Playground program designed to get your children out of the house and active in safe, inclusive and supportive activities. Our dedicated staff are committed to providing a positive environment for all participants. Your children will learn new skills, become more confident, and make new friends.

**Who:** Children ages 6-14  
(Children must be 6 years of age by June 17, 2024)

**What:** 8 weeks of organized FUN!

**When:** Mon-Fri, June 17-August 9 (no July 4)  
9 am-12 noon

**Where:** East Donegal Township (Fuhrman Park)  
Elizabethtown Community Park  
Elizabethtown BIC Church

\* GEARS is also administering a playground site at Marietta Borough (War Memorial Park). Look online for details.

**Fee:** \$90/child for the entire Summer!! (\$100 NR)

**Note To Parents:** The Summer Playground Program is designed to provide "drop-in" activities for children and is not a substitute for childcare. Attendance is not mandatory nor enforced. Be sure to inform your child of your expectations regarding attendance.



## 2024 Camp Ladybug

Camp is for individuals who have mental and/or physical challenges. This camp provides a fun atmosphere where campers may participate in socialization skills and recreational activities. Activities include arts & crafts, games, special appearances, visits to local recreation sites and fun learning!

Camp Ladybug started the Summer of 1968 as a result of a group of parents who wanted a summer activity that would keep their children with special needs in a routine that kept their minds and bodies active. GEARS began administering the camp in 2003.



Mon-Fri

June 17-July 26 (no July 4)

9 am-12 noon

FREE (\$20 NR)

Elizabethtown Community Park  
Pavilion #5

**Volunteers are needed! Call GEARS to learn more!**

**717-367-0355**

# Summer Camps

Try something new

## Chemistry Camp

Investigate what a chemical reaction looks like, sounds like, smells like and feels like. Join the fun of making your own ooey, gooey slime and your own reverse tie dye shirts. Discover how red cabbage changes color with acids and bases. You will also play detective and catch the person who stole the chemicals from the lab. EAHS Chemistry teacher, Scott Baylor, will instruct. Ages 9 -14  
M-TH June 10-13 10 am-12 noon  
\$75 (\$85 NR) HS Room 2605

## Girls Basketball Camp

Camp will focus on the fundamentals of the game. EAHS coaches and players will stress the basics of dribbling, shooting, passing, etc. Wear sneakers and comfortable clothes. Camp t-shirt included in fee. Grades 3-8  
M-TH June 10-13 1-3 pm  
\$65 (\$75 NR) Daubert Gym

## Field Hockey Camp

E-town Youth FH coaches will introduce the game of field hockey and teach basic and intermediate skills in grades K-3. More advanced skills and game concepts for grades 4-6 will be taught. Participants should bring a field hockey stick, shinguards and mouth guard (field hockey sticks will be available if you don't have one). Fee includes a camp t-shirt. Grades K-6  
M-F June 10-14 6-7 pm  
\$50 (\$60 NR) Jane Hoover Field

## CSI E-town

Do you like to solve mysteries? Do you like solving puzzles? If you answered yes to those questions then you should join us for CSI E-town forensics camp this summer. We will use REAL forensic techniques to solve mysteries. We will investigate fingerprints, unknown white powders, unknown ink samples and mystery liquids. Each day we will learn a new forensic technique and then use it to solve a crime. EAHS Chemistry teacher, Scott Baylor, will instruct. Ages 9-14  
M-TH June 17-20 2-4 pm  
\$75 (\$85 NR) HS Room 2605

## Bears Basketball Camp

EAHS Boys Basketball Coach Lee Eckert & players will focus on the fundamentals of basketball in a FUN, but competitive atmosphere (ball handling, shooting, passing, defense, rebounding, post moves, etc). Camp t-shirt is included in the fee. Grades 3-9  
M-Th June 24-27 12-3 pm  
\$100 (\$110 NR) Bear Creek Gym

## Girls Volleyball Camp

Join former E-town volleyball standout and current Towson Division 1 player, Sydney Stewart, for this camp! Campers will work on fundamentals of the game — passing, hitting and serving. Game play and competitions will also be included. Kneepads are optional but recommended. T-shirt is included. Grades 5-8  
M-Th June 24-27 3:30-5:30 pm  
\$65 (\$75 NR) Bear Creek Gym

## Beginner Tennis Camp

Children of any skill level will learn the fundamentals of tennis using the RED Quick Start tennis balls. In addition to tennis skills they will learn agility, balance and coordination. All skills needed for improvement in any sport. Carley Furlow, Level I Certified Instructor, will teach age appropriate skills. Ages 4-6  
M-TH June 24-27 (I) July 15-18 (II)  
9-9:45 am  
\$65 (\$75 NR) HS Tennis Courts

## Beginner/Intermediate Tennis Camp

Participants will focus on building tennis fundamentals with emphasis on the FUN! At least two different courts will provide quality instruction for all skill levels. Camp will focus on learning proper techniques, while cultivating a love of the sport through drills and games. Carley Furlow, Level I Certified Instructor will instruct. Ages 7-12  
M-TH June 24-27 (I) July 15-18 (II)  
10-11:15 am  
\$75 (\$85 NR) HS Tennis Courts

## Teen Tennis Camp

Players will develop and improve skills through conditioning, stroke development and strategy. Camp is for current or aspiring high school tennis players. Instructed by EAHS Varsity Tennis Coach, Brenda McBride. Ages 13-17  
M-TH June 24-27 (I) July 15-18 (II)  
7-8:30 pm  
\$80 (\$90 NR) HS Tennis Courts

## Bowling Camp

Strike into the summer! Lessons will include arm swing, 4 step approach, targeting and spare making. Clearview Lanes staff will instruct. Ages 8-12  
M-Th July 22-25 6:30-7:45 pm  
\$50 (\$60 NR) Clearview Lanes

# Preschool

## Learning one step at a time

### Iddy Biddy Baseball/Softball

Let us teach your little slugger how to smack it out of the park! This program will expose your child to America's favorite pastime with instruction centered around throwing, catching and batting skills. Fee includes a t-shirt. Ages 4-6.

Tue May 28-June 25 6-7 pm  
\$55 (\$65 NR) HS Field 2

### Iddy Biddy Gym Class Hero

This class is an intro to sports and classic gym class games. Develop large and small motor skills in a fun environment. Players will learn new skills and develop athletic movements along with hand-eye coordination and teamwork. Emphasis on the following sports: soccer, gymnastics, football, basketball, obstacle courses and group games. Ages 3-6.

Tue June 4-July 9 4:30-5:30 pm  
\$50 (\$60 NR) CC Gym

### Gym BEARS

Develop large and small motor skills in a fun learning environment while introducing the fundamentals of gymnastics. Ages 3-5

Mon June 10-July 29  
5-5:45 pm (A) or 6-6:45 (B)  
\$60 (\$70 NR) CC Gym



# Dance

## Get those feet moving

### Let's Line Dance

Want to learn line dancing? Local lessons designed for both the beginner, as well as those who just want to get out and learn a few dances in a fun, enjoyable, pressure free atmosphere! Not just for country folk, believe it or not, line dances are for many kinds of music! Join us on the dance floor! Ages 14+

Tue June 4-Aug 6 6:30-8 pm  
Memorial Hall E-town Fairgrounds  
\$100 (\$110 NR)

### Creative Movement

Designed to develop little minds and bodies. Students will learn how to interact in a group setting including listening skills and taking turns. Children will have active lessons in color, numbers, shapes, body part recognition, spatial awareness/directionality, balance and a myriad of developmentally appropriate gross-motor skills. Course will integrate poetry, music and manipulatives to continually engage and stimulate growth. Ages 3-4.

Tue June 4-July 30 (no 7/9) 6-6:45 pm  
\$55 (\$65 NR) CC Gym

### Combo Dance Class

Students will be introduced to and begin to develop mastery of basic ballet and tap skills. Ages 5-6.

Tue June 4-July 30 (no 7/9) 7-7:45 pm  
\$55 (\$65 NR) CC Gym

### Discover Dance

Class will encourage children to express themselves through creative movement based on ballet and jazz. Dancers will develop body awareness, gross motor skills, rhythm, and flexibility in a fun and positive environment. Ages 3-6

Thu June 6-July 25 (no 7/4)  
6-6:45 pm (A) (Ages 3-4)  
7-7:45 pm (B) (Ages 5-6)  
\$55 (\$65 NR) CC Gym



### Bears Basketball Clinic

Coed skills development program will work with your child on the fundamentals of basketball - dribbling, shooting and passing. Participants will play fun skill development games. Fee includes a t-shirt.

Sun June 2-July 14 (no 7/7)  
3-4 pm (Grades 1-3)  
4-5 pm (Grades 4-6)  
\$60 (\$70 NR) CC Gym



**NEW**

### Oregon Trail Role Play Game

Join us on a trip to the west! We dream of homesteading on the "free" land offered by the American government. It's 1848 and we will be taking the Oregon Trail from Independence, Missouri to parts unknown just yet. We need folks to join our wagon train so we can make the dream come true! Ages 10-17

Mon June 3-July 22 10 am-12 noon  
\$89 (\$99 NR) Winters Heritage House

### Gymnastics

Learn basic gymnastics skills and progress to more advanced skills as the child is ready. Ages 6-12

Mon June 10-July 29 7-8 pm  
\$70 (\$80 NR) CC Gym

### Trail Riding

45 minute guided trail riding. Ride horses through the 275 acres of woods and farmland on the ranch. Horses are well mannered and trained to work with riders that have little or no experience. For your own safety and safety of the horses, we do not trot or gallop through the trails. All children must be 8 or older and there is a strict weight limit of 225 pounds.

Wed June 19 (I) July 17 (II) Aug 21 (III)  
5-5:45 pm  
\$60 (\$70 NR) Ironstone Ranch

### Pioneer Life

**NEW**

Experience the life of a pioneer through stories, games, music, crafts and hands-on activities at our log cabins. Make ice cream in a can, play pioneer games, bake bread and make taffy. Enjoy the skills and crafts of early American life. Please have your children bring their own lunch and drink each day. Ages 5-12

Wed-Fri 11 am-1:30 pm  
July 10-12 & July 24-26  
\$70 (\$80 NR) Winters Heritage House

### Girls Middle School

#### Volleyball League

Get ready for the 2024 season! This Middle School Volleyball Program will compete in a Girls Volleyball League on Monday nights (Sept 9-Oct 21). Fee includes practice, uniform, mid-season tournament and playoffs. Teams for girls in grades 5-6 & 7-8.

Mon, Tue & Thu Aug 12-Oct 27  
6-8 pm  
\$250 (\$260 NR) Bear Creek Gym

## Leagues & Tournaments

### Looking for competition

### Men's Slow Pitch Softball League

Teams will play a 15-game season plus playoffs. Registration fee and roster due by Friday, May 17. Ages 16+

Sun, Mon, Wed & Fri June 2-Aug 18  
6-9:30 pm  
\$675/Team E-town Park Softball Field

### 4-Person Scramble Golf

#### Tournament


Bring your game for the 28th Annual 4-Person Scramble Golf Tournament. Includes green fees, cart, lunch, awards, snacks and drink. Tournament sponsored by R.E. Pierson Materials.

Fri Sept 27, 8 am  
Dauphin Highlands Golf Course  
\$100/Player

# Fitness

## Mind and body wellness

### Fitness Punch Card

Punch cards are available to use for fitness classes that are designated with . Each punch entitles you to one class. Present your card to the instructor at each class. A card can be purchased at the GEARS office for \$90 for 10 classes.

### Feel Good Yoga

Breath-based flowing yoga sequences are used to warm the body, foster mobility and flexibility, balance, and create a deep sense of relaxation. Learn postures using safe alignment and modifications. Designed for all fitness levels and can be adapted to individual needs, abilities, and desires. Please bring a yoga mat and yoga block. Michelle Pelna is a certified and registered yoga teacher. Ages 14+

Thu Aug 15- Sept 5 9-10 am  
\$36 (\$44 NR) MV Carpenter Chapel

### Hatha Flow Yoga

Multi-level class incorporates yoga poses, conscious breathing and a meditative focus to foster strength, flexibility and relaxation. Each class includes the following phases: checking in and warming up; building heat and awakening energy; focused strength, balance and breath work; deep stretching and a final relaxation. Various options will be provided for more or less intensity throughout the class so that it is tailored to individual participant needs. Participants should wear layers of comfortable clothing and bring a yoga mat, strap and block. Class will be taught by Charla Lorenzen, an E-RYT 500 certified instructor. No experience necessary. Ages 14+

Mon &/or Wed June 3-Aug 28 5:30-6:30 pm  
(no 7/8, 7/10, 7/15, 7/17, 8/5 & 8/7)  
MV Carpenter Chapel

Sat June 8-Aug 17 (no 7/13) 9-10 am  
CPOW

\$80/day (\$70 each for 2+ days)  
(\$90/day) (\$80 each for 2+ days NR)

### Power Hour with Lynn

Strengthen, tone and condition your body from head to toe! Get ready for body weight exercises, plyometric drills and weight training to help mix up your normal routine. Working the major muscle groups of your upper and lower body during this total body workout will help build muscle strength, lean muscle mass and preserve bone density. Abdominal work will also help stabilize and strengthen your core muscle groups. Never the same class, from week to week. Classes will always be changing and challenging you! Suitable for all ages and experience levels. Ages 18+

Mon June 3-July 22 6:30-7:30 pm  
\$50 (\$60 NR) CPOW

### Spin & Sculpt

Super effective workout that will transform your body! Burn calories and build your cardiovascular endurance and strength by a combination of indoor cycling mixed with strength training. This class has something for everyone, from intervals to climbing hills, sprints and jumps. The last 15 minutes will include resistance exercises using your bodyweight and dumbbells along with music that will motivate and inspire you! You will be addicted to this major calorie burning class in no time! Don't forget your workout towel, dumbbells and water! All fitness levels are welcome. Lynn Mohr will instruct classes. Ages 18+

Tue & Thu June 4-July 30 (no 7/4)  
5:45-6:45 pm  
\$80 (\$90 NR) CPOW

### Pound: Rock & Reset

Join us for a 40-minute electrifying jam session where you rock out with friends to great music, build cardiovascular fitness and muscle tone & strength, followed by 15 minutes of meditative breathing, stretching and relaxation. Bring a water bottle, sweat towel & yoga mat. Ripstix (lightly weighted drumsticks) will be provided. Be ready for an occasional glow-in-the-dark session! Class taught by Charla Lorenzen, an experienced ACE-certified Group Fitness Instructor. Ages 14+

Tue June 4-Aug 13 (no 7/9) 6-7 pm  
\$65 (\$75 NR) Fighting Dragons

**POUND**  
ROCKOUT. WORKOUT.



### Tai Chi

A simple 10-step Taiji form introduces students to the basic postures appearing in many Tai Chi forms. Attention will be given to relaxation, basic alignment and how to move safely. Ben Ninmann has been teaching Tai Chi for 10 years. Ages 18+

Tue July 9-Sept 24 (no 7/16 & 8/6)  
6:15-7:15 pm (Introduction Class)  
7:15-8:15 pm (Advanced Class)  
\$105 (\$115 NR) MV Carpenter Chapel

### Zumba Gold®



A toned-down version of Zumba! A fun aerobics-type class, part dance and part fitness, based primarily on Latin American & International style music. Geared to the deconditioned person/beginner exerciser and the active older adult. For those that may be hesitant to go “full-out” for whatever reason, Zumba Gold is the way to go! Judy McMillen is a certified Zumba Gold Instructor. Ages 14+

Wed June 12-July 31 6:15-7 pm  
\$50 (\$60 NR) CC Gym

### Zumba®



Dance fitness class that fuses motivational musical rhythms and unique moves to create a dynamic workout system designed to be FUN and EASY! The routines feature interval training where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning calories. Add some Latin flavor and International zest into the mix and you’ve got Zumba! Ditch the workout, join the party! Classes are taught by Courtney Lesnik, a certified Zumba fitness instructors. Ages 14+

Wed May 15-July 17 (no 7/3)  
6:15-7:15 pm  
\$60 (\$70 NR) Fighting Dragons

### Chair Yoga



*Explore a yoga practice using the support of a chair. Accessible for all.* Classes feature breathing practices, gentle movement from seated or standing positions, fun and meditation. Explore movement to foster mobility, flexibility and strength. Class will end with time for relaxation. Michelle Pelna is a certified and registered yoga teacher. Ages 14+

Wed Aug 14-Sept 4 9-10 am  
\$36 (\$44 NR) Fighting Dragons

### Vinyasa Yoga

This class focuses on strength, balance and flexibility while linking mind and body through breath. Sun salutations, standing and seated postures, balance poses & intense relaxation combined in one class that allows the beginner or advanced yoga student to enjoy an invigorating and fulfilling experience. Stephanie Weaver, a certified yoga teacher, will instruct. Ages 16+

Thu June 20-Aug 29 6-7 pm  
(no 7/4, 7/18 & 8/8)  
\$80 (\$90 NR) MV Carpenter Chapel

### Pound®



World’s first cardio jam session inspired by the infectious, energizing and sweat-dripping fun of playing the drums! Using Ripstix, lightly weighted drumsticks engineered specifically for exercise, POUND transforms drumming into an incredibly effective way of working out. Instead of just listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning and strength training with yoga and pilates-inspired movements. Courtney Lesnick is a certified POUND instructor. Bring a yoga mat. Ages 14+

Fri May 31-July 19 (7/5)  
6:15-7:15 pm  
\$50 (\$60 NR) Fighting Dragons

### Cycle Strong



All fitness levels are welcome for this low impact but high intensity, stress-busting and calorie-torching workout set to motivating music. Come climb hills, ride through mud, race your neighbors, sprint to the finish line, or just take a leisurely ride. Bring water, a towel and two small hand weights (optional) for some upper-body strength work without stopping your ride. Class taught by Charla Lorenzen, an experienced ACE-certified Group Fitness Instructor. Ages 14+

Sat June 8-Aug 17 (no 7/13)  
8-8:45 am  
\$65 (\$75 NR) CPOW



# Aquatics

## Dive into GEARS

### Parent & Child Swimming

Parents will participate in the pool with their child. This class is designed to help young children feel comfortable in and around the water. Ages 6 months to 3 years old.

Sat June 1-July 27 (no 7/6)  
8-8:30 am (6-24 months) (Class A)  
8:40-9:10 am (2-3 years) (Class B)  
\$100 (\$110 NR) MV Patton Pool

### Swim Lessons

Program provides opportunities for achievement and allows smooth transition between levels of instruction. Activities offered at every level stimulate interest and motivate participants to advance to the next level of instruction. Ages 4+

Sat June 1-July 27 (no 7/6)  
9:20-9:50 am (ages 4-5) (Tadpole) (A)  
10-10:30 am (ages 4-5) (Guppy) (B)  
10:40-11:10 am (Frog) (C)  
11:20-11:50 am (Seahorse) (D)  
12-12:30 pm (Seal/Dolphin/Shark) (E)  
\$100 (\$110 NR) MV Patton Pool

### AquaFit

Class combines aerobic conditioning and resistance training, with the added benefit of being gentle on the joints. Participants will develop cardiovascular endurance and muscular strength while enjoying motivating music and having fun in the pool. Charla Lorenzen will instruct. Ages 14+

Mon &/or Wed 6:45-7:30 pm  
June 3-Aug 19 (No 7/8, 7/10 & 7/15)  
\$90 (\$100 NR) MV Patton Pool  
\$170 for 2 days/week

### Aquacise

Shallow water aerobics uses the resistance of water to deliver a great high-level workout while increasing strength and flexibility. Tones legs, thighs, butt, arms and abs. Class will combine aerobic conditioning with resistance training. Improves balance and steadiness. Raeghyn Zeiset will instruct. Ages 14+

Tue &/or Thu 6:30-7:15 pm  
June 4-Aug 22 (no 7/4, 7/16 & 7/18)  
\$90 (\$100 NR) MV Patton Pool  
\$170 for 2 days/week

# Trips

## Journey somewhere new

### Salute America – Ellis Island & 9/11 Memorial Site

Start with a visit to Liberty Park via ferry to the Statue of Liberty; then experience the rich history of Ellis Island. It has been estimated that nearly half of all Americans today can trace their family history to at least one person who passed through the Port of New York at Ellis Island. Return to Battery Park to visit the remarkable tribute of the 9/11 Memorial site and museum. The Memorial's twin reflecting pools are each nearly an acre in size and feature the largest man-made waterfalls in the North America, a truly magnificent tribute to visit.

Sat May 25 Depart 6:30 am  
\$125 (\$135 NR) HS Parking Lot

### Washington DC on your Own

On this trip, you will travel to our Nation's Capital during one of the most beautiful times of the year. Enjoy the sun and sites as you stroll through the Washington Monument, explore the past at one of DC's many museums, stop at the Smithsonian's National Zoo and much more!

Sat June 15 Depart 7:30 am  
\$65 (\$75 NR) HS Parking Lot

### Historic Virginia

**NEW**

Explore historic Virginia on this 4 day, 3-night getaway! Trip includes 3 nights lodging, luggage service, three breakfasts, three dinners; Mt. Vernon guided tour and luncheon at Mt. Vernon Inn, Montpelier House Museum tour, Monticello Plantation tour, Colonial Williamsburg walking tour, Williamsburg day pass, and Colonial Williamsburg special presentation, a visit to Jamestown Settlement and a visit to the American Revolution Museum at Yorktown. Do not miss your chance take a step back in time and experience America's rich history!

Mon-Thu June 17-20 Depart 6 am  
\$975 (\$985 NR) (based on double occupancy)  
HS Parking Lot

**Departure times and locations for trips are subject to change based on participation level.**

### Finger Lakes Wine Festival

The Finger Lake Wine Festival is the largest wine festival in the Northeast offering over 85 New York State Wineries, a wine pick-up service, live music, wine seminars and food demonstrations, a gourmet food court, race car rides around the Watkins Glen International Racetrack and more! The Finger Lakes Wine Festival has been designated as one of the Top 100 Events in North America!

Sat July 27 Depart 7 am  
\$115 (\$125 NR) HS Parking Lot

### Honor & Valor

Tour West Point Military Academy's Visitor Center with a guide for a 90 minute combined bus and walking tour which tells the story of West Point and its role in the Revolution. This tour of West Point makes stops at Cadet Chapel, the Plain, Trophy Point with the million-dollar view overlooking the Hudson River, Battle Monument, and Monument to the Great Chain. Enjoy a buffet Lunch at The Thayer Hotel. Then after lunch cruise down the Hudson River, through the majestic Hudson Highlands, aboard the Pride of the Hudson.

Thu Aug 22 Depart 5:15 am  
\$195 (\$205 NR) HS Parking Lot

### Fall into the Curve Tour

Enjoy the view from the tracks as you make your way to Altoona! Here you will tour Blair Candy Company, family owned and operated for over 75 years! Next, experience Horseshoe Curve—the view from this overlook is breathtaking! Enjoy the Monte Carlo Luncheon Buffet before visiting Wall that Heals, a ½ scale exact replica of the Vietnam Veterans Memorial in Washington, D.C. Your next stop will be the Railroaders' Memorial Museum. Enjoy a stop at Oak Spring Winery for a tasting before departing for home

Fri Oct 4 Depart 5 am  
\$169 (\$179 NR) Clearview Bowling Lanes



### On Top of Ole Smoky

NEW

Experience the Great Smoky Mountains! From blazing a trail at Dolly Parton's Stampede and soaring over the National Park in the Ober Mountain Tram to experiencing a lumberjack competition. You will have an amazing time at many locations, including Dollywood, that is celebrating the holiday season! This trip includes transportation, 5 nights lodging, 5 breakfasts, 3 lunches, 3 dinners, smoky mountain guided tour, Dolly Parton's Stampede Christmas Show, Ober Mountain, Ole Smoky Moonshine Distillery tour & tasting, Paula Deen's Lumberjack Show, Titanic Museum, Dollywood Christmas Festival, and Skyland Ranch.

Sun-Fri Nov 3-8 Depart TBA  
\$1,499 based on double occupancy  
\$1,509 ( NR) Clearview Bowling Lanes

### Peddler's Village

Travel by motor coach to The Pearl S. Buck House, a National Historic Landmark and the former home of Nobel and Pulitzer Prize winning author, Pearl S. Buck. Enjoy a guided tour around the picturesque 68-acre estate and 1825 farmhouse, including a gift shop, cultural center, gardens and exhibits. Then make your way to the Cock n Bull Restaurant for a delicious lunch including your choice of French Chicken or Honey Garlic Glazed Salmon. Finally, step outside to enjoy your free time in Peddler's Village. Experience over 42 acres of landscaped gardens, brick pathways, and 65 unique shops decorated for Christmas!

Wed Nov 20 Depart 8:15 am  
\$129 (\$139 NR) Clearview Bowling Lanes

### New York City Day on Your Own

Welcome the holidays and get your Christmas shopping done all in one trip! You will experience a day in New York City at your own pace. You can explore the unbelievable array of shopping, world class museums and restaurants. Trips include transportation.

Sat Nov 23 (I) Dec 21 (II)  
Depart 6:30 am  
\$75 (\$85 NR) HS Parking Lot

### "Dickens of a Christmas"

Step back in time for Wellsboro's "Dickens of a Christmas" celebration. The community's Victorian gaslights, strolling musicians, singers and dancers lend the perfect setting for a host of community events which create a very special pre-Christmas celebration. Visit the many stands with crafts, home baked goods, holiday décor and much more! End the day with a delectable dinner at the Penn Wells Hotel for their Dickens Holiday Dinner.

Sat Dec 7 Depart 7 am  
\$130 (\$140 NR) HS Parking Lot

# Continuing Education

Learn something new every day

## Intro to Kayaking

Program will cover basic paddling instruction and safety. Two-hour guided paddle on the beautiful Susquehanna River with either a single or tandem sit-on-top kayak designed for all shapes and sizes with a large ergonomic cockpit. Ages 12+

*Registration Deadline is May 26.*

Sat June 1 12-2 pm

Chickies Rock Outfitters

Single \$60 Tandem \$85



## Game Changer Canine Training

Group training classes via fun games and exercises, that teach concepts and skills that help our dogs better cope with the real life situations they face every day! Get calmness, optimism, impulse control, disengagement from distractions and more! Raquel Neighoff is a certified pro trainer. Ages 16+

Mon June 10-Aug 5 (no 7/1)

6:30-7:30 pm

Legion Park Pavilion

\$100 (\$110 NR)

## Credit Scores & Reports

Presented by M & T Bank. In this class we will explore the importance of credit scores, learn how to access credit scores and reports, discuss strategies to build and repair credit. We will also discuss how to protect your credit from fraud. Ages 18+

Wed June 19 6-7 pm

FREE; Registration is required

GEARS Community Center



## AARP Smart DriverTEK Workshop

90-minute workshop offering an interactive way to stay up to date with the latest safety technology in your current or future car. Learn all about what new techniques are available, how they work, and how they can increase your confidence behind the wheel. Register today and tell a friend - it's FREE! All ages

Tue June 25 (I)

4-5:30 pm Senior Center

Wed July 10 (II)

6-7:30 pm EDT Municipal Building

FREE; Registration is required

## Identity Theft

Presented by M & T Bank. Learn how to identify the signs of identity theft and fraud. Examine different types of identity theft and fraud. Identify strategies to protect yourself from identity theft and fraud. Learn how to protect your data using safe habits. Ages 18+

Wed Aug 21 6-7 pm

FREE; Registration is required

GEARS Community Center

## Medicare Madness

### Intro to Medicare

If you are about to turn age 65 and confused by Medicare, this class is designed specifically for you! The basics of Medicare will be explained, including how and when to sign up for Medicare, what is covered by the different parts of Medicare (A, B, C and D), and what the difference is between a Medicare Supplemental (Medigap) and a Medicare Advantage plan. Additionally, we will walk through how to find a plan that best fits your needs. This class is beneficial for seniors because it clears away the confusion, answers many questions, and empowers participants through education. Several rounds of Medicare Bingo will be played at the conclusion of the class!

Thu Sept 26 6-8 pm

\$15 (\$21 NM) Senior Center

## ELECTRONIC COMMUNICATION

We request your e-mail address at registration because our software allows us to provide you:

- a registration receipt
- announcements about your class
- news about GEARS happenings

We do not share or sell e-mail addresses and we resolve not to overload your inbox!

# Kids Center

## Explore with Us



## GEARS Kids Center

GetintoGEARS.org

*GEARS KIDS CENTER Sites:  
Accredited through the PA  
Keystone STARS Program at  
STAR 4!*



Looking for Childcare with enthusiastic staff and flexible options to meet the needs of your busy lifestyle? Consider GEARS Kids Center, we offer affordable tuition fees with full time and part time options for Before and After school, Kindergarten, Preschool and Summer Camp Programs. Now accepting contracts for the 2024-25 school year!

Contact us at 717-367-0119 for a **tour** today or email [wendymusser@getintogears.org](mailto:wendymusser@getintogears.org)

Check out our Website at [www.GetintoGEARS.org/kids-center/](http://www.GetintoGEARS.org/kids-center/)

### OUR PROGRAMS:

**Preschool** : Our 3 ½ to 5 year aged students learn through play and are assessed with the “Early Learning Scales” Curriculum and the “Ages and Stages” Assessment Tool. We adhere to the Pennsylvania Early Learning Standards. We believe learning through play and being active creates a well rounded child. We utilize the “Funshine Express” curriculum.

**Kindergarten**: Our Kindergarten students attend wrap around programs, attending their Kindergarten Classes in the Elizabethtown Area School District either in a morning or afternoon session. Kindergarten at the Community Center allows children to continue their learning with a vibrant program supporting the Pennsylvania Kindergarten Standards. GEARS uses the “PATHS” Social Emotional Curriculum and assess students using “Desired Results” Assessment Tool. We believe in providing enrichment of the Kindergarten Standards and active play to create a well rounded child.

**Before and After**: Our Before and After programming serves students who attend Bainbridge Elementary, Bear Creek Elementary & East High Elementary. These elementary schools as well as the GEARS Community Center serves before and after school students ages first grade to fifth grade. The Community Center serves as a site when “no school” days are scheduled. “PATHS” Social Emotional Curriculum is used and students are assessed by the “Desired Results” Assessment Tool.

**Summer Program 2024**: Summer Camp with GEARS Kids Center provides ways for children to interact in indoor and outdoor environments. Field trips are part of the activities to provide an exciting summer to make friends, be active and learn many new things. Our trips include bowling, and visits to local educational venues to keep children learning over the summer months. Our staff are qualified and truly have heart when working with our campers. Our Summer Program for 2024 is already full. Please inquire next year for Summer Camp 2025.

**Accepting resumes for creative and dynamic staff to join our Kids Center Staff. Submit resumes to: [wendymusser@getintogears.org](mailto:wendymusser@getintogears.org) (717-367-0119)**

#### Upcoming Events:

Last day of school: June 5

First day of School: August 26

**2024-2025 Fall Contracts  
are limited! Call now!**

**GetintoGEARS.org**

**Page 13**

# Our Sponsors

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Find GEARS activities and read the weekly Elizabethtown Merchandiser online.

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3010 Elizabethtown Rd. Hershey PA 17033



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### Seasonal, fresh produce

Our bakery features the tastes of Lancaster County you are looking for, from delicious pies to homemade cookies.



MVFarmMarket.com • 717-361-4520  
310 Eden View Road • Elizabethtown, PA 17022

### Hours:

Summer/Fall Hours:  
Thursday - Saturday,  
9 a.m. - 5 p.m. &  
Sunday, Noon - 4 p.m.

Jan. 3 - April 19, 2025:  
Friday, 9 a.m. - 5 p.m. &  
Saturday, 9 a.m. - 3 p.m.



## Personalized End-of-Life Care at Home



### Masonic Village Hospice

Receive personalized end-of-life care at home (covered by Medicare, Medicaid and most private insurance plans). Services include:

- Complimentary evaluation
- Physician-directed care supervised by a registered nurse
- 24-hour support with visits as needed
- Medication, symptom & pain management
- Therapies & spiritual services
- Personal care assistance

[MasonicVillageHospice.org](http://MasonicVillageHospice.org)  
717-361-8449







# QUALITY CARE *at Home*

## Masonic Village Home Health

Receive clinical care at home (Medicare certified). Services include:

- Skilled nursing care/ 24-hour on-call support
- Physical, occupational & speech therapy
- Post-surgical, cardiac, joint replacement & wound care
- Disease, medication & pain management
- Short-term post-acute hospital rehabilitation
- Blood sugar, blood pressure, oxygen & antibiotic monitoring

717-361-4050 | [MasonicVillageHomeHealth.org](http://MasonicVillageHomeHealth.org)

## Masonic Village Home Care

Receive non-clinical help with daily living on an hourly, daily, regular or temporary basis. Services include:

- Grocery shopping/meal prep
- Light housekeeping
- Transportation
- Health care coordination
- Bathing, grooming & dressing
- Basic vital sign monitoring, pacemaker checks & medication reminders
- Day surgery assistance & respite care
- Help with transfers & walking

717-361-4999 | [MasonicVillageHomeCare.org](http://MasonicVillageHomeCare.org)



# Elizabethtown Area Senior Center

Friends Meeting Friends

## Elizabethtown Area Senior Center

Located in the GEARs Community Center  
70 South Poplar Street, Elizabethtown  
717.367.7984

[www.EtownAreaSeniorCenter.org](http://www.EtownAreaSeniorCenter.org)  
[SeniorCenter@GetintoGEARS.org](mailto:SeniorCenter@GetintoGEARS.org)



Elizabethtown Area  
**Senior Center**  
*Friends Meeting Friends*

The Elizabethtown Area Senior Center is an activity center for the senior residents over 60 years old. The Center has a large service area that includes the communities of Elizabethtown, Bainbridge, Maytown, Mount Joy, Salunga, Landisville, Mastersonville and Manheim. Door-to-door transportation is available for participants, as needed.



The Senior Center is open Monday-Friday from 8:30 am-4 pm. Structured activities are offered from 9 am-1:30 pm daily. Wii bowling, trivia, reminiscing and bingo are just some of what we offer day to day. A hot lunch is served at 12 noon each day, continental breakfast is served Monday and Friday from 8:30-9:30 am, reservations for both lunch and breakfast must be made 1 week in advance.

Join us for afternoon bingo on the first Wednesday of every month. Doors open at 1:30 pm, bingo starts at 1:45. We will play for 2 hours with a 15 minute intermission in the middle. Call the Center for more details and to let us know you are coming.

Join us for Travel Week July 15-19. Each morning we will "arm chair travel" to a unique location. After that we will do a variety of travel activities. Check out our Facebook page for more updates.

### Home Based Business Vendors

We are looking for you to participate in our

#### Fall Bazaar

Date is TBA  
7 am-1 pm

Call the Senior Center for more details.

*This program is funded, in part, under an Agreement with money allocated by the PA Dept. of Aging and the Lancaster County Office of Aging.*

# Registration Information

## Summer 2024

### Online

www.GetintoGEARS.org

- There is a service fee to register online, the minimum being \$2.
- A confirmation of your registration will be e-mailed to you.

### Phone/Fax

Call us at 717.367.0355 or fax to 717.361.7235. We accept Visa, MasterCard, American Express or Discover.

Email: [GEARS@GetintoGEARS.org](mailto:GEARS@GetintoGEARS.org)

### In Person

Drop by our office (GEARS Community Center, 70 South Poplar Street, Elizabethtown).

### Mail-In

GEARS, 70 South Poplar Street, Elizabethtown, PA 17022.

Please be advised that popular programs and classes fill early. As another avenue to help the community with registration, we offer online registration. Visit our website at GetintoGEARS.org.

### Confirmations/Receipts

Once you sign up it is your responsibility to attend the activity. Confirmations will be sent via email only. GEARS will contact participants if the program is cancelled.

### Fee Structure

All fees listed in this brochure are for residents of the East Donegal Township, Elizabethtown Borough, Mount Joy Township and West Donegal Township. Non-residents (NR) will be charged an additional fee.

### Refunds/Transfers

GEARS strives to offer you high quality recreation programs. We are confident that you will like these programs - so confident that we will ensure our promises to provide that high quality. GEARS guarantees that you will be satisfied with our recreation programs. If not satisfied, tell us and we will arrange for you to do one of the following: 1} Repeat the class at no charge. 2} Receive a full refund. If you are not satisfied, we kindly request your input in the form of suggestions, comments, ideas or changes for improvement. Refund applications may be acquired by calling or writing the GEARS Office. To obtain a full refund, requests must be made in writing on the provided application within 10 business days after the last class date. (Exceptions: sports leagues, tournaments and bus trips). For refund requests due to reasons other than dissatisfaction, illness/injury or an emergency, a processing fee will be deducted from the refund amount.

### Miscellaneous

Class size of all programs listed in this brochure will be limited. Individuals must sign-up before attending any classes, unless otherwise noted. Sign-up is accepted on a first come, first served basis. GEARS does not provide accident insurance. Individuals must provide their own coverage.

### Location Code

CC = GEARS Community Center  
CPOW = Community Place on  
Washington  
EDT = East Donegal Township  
HS = High School  
MS = Middle School  
MV = Masonic Village

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## 4-Person Scramble Golf Tournaments

### SPRING TOURNEY

Fri, April 26 1 pm  
Dauphin Highlands  
\$100/player



### FALL TOURNEY

Fri, Sept 27 8 am  
Dauphin Highlands  
\$100/player

