



The mission of the East Berlin Area Community Center is to enhance the quality of life in our community through recreational activities and classes fostering personal growth.

405 North Avenue PO Box 530 East Berlin PA 17316 717-259-8848 www.ebacc.org office@ebacc.org

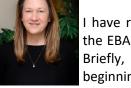
Office HoursMonday9am-12noonTuesday9am-6pmWednesday9am-3pmThursday9am-6pmFriday9am-12noonSaturday9am-12noon

Serving East Berlin Borough, Abbottstown Borough, Reading Township and Hamilton Township in Adams County and Paradise Township and Washington Township in York County and surrounding communities.

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A Message from the Vice President Robin Heyser



I have received many questions about Project 22 and how the EBACC Board of Directors began this amazing endeavor. Briefly, I want to take this opportunity to start from the beginning and share the timeline of this venture and why.

30 Years ago, partnering with East Berlin, Abbottstown, Reading and Hamilton Townships in Adams County and Paradise and Washington Townships in York County, the East Berlin Community Center was created and has been a very successful and fiscally responsible hub for our community. In 2021, after years of effort and research to ensure EBACC's success for decades to come, the conclusion was that the current location would not fit our future needs to expand and create new ways to serve, not only for recreational, enlightenment and educational purposes, but also to meet the current and future needs of all our communities.

In 2022, the EBACC Board, with input from our volunteers and residents, purchased the historical 22 acres formerly known as the Adams County Fairgrounds for the future site of EBACC. We began to research what a Capital Campaign would need to be to create a path to make this vision a reality. We completed a Feasibility Study that concluded there is strong affirmation of the purpose and mission of the East Berlin Area Community Center and the vision to relocate the facilities on the newly purchased property. While there are echoes of sentimental attachment to the current facility, there is widespread constant maintenance and for which EBACC does not have ownership. There is strong affirmation to move forward with a campaign immediately.

In 2023, EBACC retained the architectural firm, Kimmel-Bogrette, for the completion of a Site Feasibility Study and a "Master Concept Plan" to be completed. This "plan" is a fixed cost planning and design tool and was designed to help clients, like EBACC, define their project mission, set project goals, understand constraints, and transform EBACC's vision into reality.

~~continued on page 2~~

Ballard-King was also hired and worked side-by-side with Kimmel-Brogrette and EBACC to project expenses and the required income of the total operation when the facility is completed. This will provide EBACC with essential information on the additional programs, events and employees needed to be successful. This may affect the building design plan to adhere to a yearly budget that EBACC will be able to remain fiscally responsible.

This Master Plan and Operation Projection is almost complete and we are creating the tools to begin a successful Capital Campaign. Which bring us to the here and now. DAZA Development Group has been hired to lead EBACC through this successful Capital Campaign to fund a new community center that focuses on wellness and fitness for the Adams and York County residents. EBACC and DAZA will work together to build a bond to provide neighboring townships and boroughs services and programs with the goal of pursuing EBACC's Mission of "Enhance the quality of life in our community through recreational activities and classes fostering personal growth".

We will continue to work closely with local and state organizations to ensure that we identify and implement programs that are necessary to enhance our community's well-being and programs to strengthen our resident's day-to-day life for the future.

Please feel free to contact me with interest in helping with "Project 22" or any additional information or questions at 443-995-4283 or email me at r.heyser@ebacc.org. Thank you for your continued support of the East Berlin Area Community Center.

Robin Heyser, Vice President EBACC Board of Directors



HISTORIC EAST BERLIN FALL FESTIVAL



Saturday September 14 8am-2pm

Craft Vendors — EBACC

Over 30 local artisans will be onsite. All items are handmade by the artisan. Wooden items, chainsaw creations, soaps, embroidered and crochet items, personalized items, and more!



Bring along your Christmas List! Follow us on Facebook for updates on vendors

Eats 'n Sweets Up and Down North Avenue

At Trinity Lutheran Church

- Breakfast Sandwiches
- Hot Dogs
- Hamburg BBQ
- Chicken Corn/Ham & Bean Soup
- Baked Goods

At the community center kitchen

- Breakfast Sandwiches
- Hamburgers/Hot Dogs
- Chicken Corn/Pumpkin/Ham & Bean Soup
- Hog Maw Platters (11am until sold out)
- Apple Dumplings
- Homemade Pie
- On the community center grounds
- Bricker Fries
- Dough & Arrow
- Ellie's Kettle Corn
- Kona Ice
- Savory's Funnel Cakes
- The Little Lemon
- Travelin' Tom's Coffee
- Tri-County Barbeque

SHUTTLE SERVICE AVAILABLE AGAIN THIS YEAR!

Don't worry about finding a parking space — use the shuttle! A big **THANK YOU** to **Jireh Independent Baptist Church** Biglerville for providing shuttle service from 224 East King Street, East Berlin to EBACC throughout the day.

A big **THANK YOU** to **Golf Cart Services** for providing shuttle service from Zeigler Bros field (next to the EB Community Park) to EBACC throughout the day.

by bobbi becker

Book Sale — EBACC gymnasium

Book lovers will be treated to a 4-day book sale September 11-14. Categories include: Fiction; Mystery & Suspense; Romance; Science Fiction; Biography; History; Military; Cookbooks; Kids; Self-Help; Art, Science & Nature; Young Adult; Vintage; Large Print; plus more.

Wed 9am-3pm \$2/hardcover \$1/paperbacks Thurs 9am-6pm \$10/bag Fri 9am-3pm \$5/bag Sat 8am-2pm \$3/bag



5th Annual EBACC Car Show — behind EBACC

We are getting revved up to bring you a fun filled street rod, rat rod, antique car or truck car show from 9:00am-2:00pm. Registration opens at 8:00am. First 50 vehicles through the gate receive dash plaques. Registration is **\$10.00 day of show** for each vehicle. All brands and years of vehicles are welcome. Bring your family and friends!

Judging will take place between 11:00am-1:00pm. Awards will be presented at 1:30pm — Best In Show, Coolest Rat Rod, and Best Presentation.

We will be having the "**Hubcap Toss**" at 10:30am. New this year, we will have a "**Radiator Belt Toss**" for all ages at 11:30am. Public is welcome to try their hand at the competitions. There will be extra raffle tickets and prizes to be won!

Every registered vehicle will receive a chance to win one of our many door prizes. Great homemade food available at the EBACC kitchen and our food truck partners.







Thomason's Olde Thyme Herb Farm & Gift Shop LLC 170 Stoney Point Road, East Berlin, PA 17316 (717) 624-1527

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11th Annual

Sweet Potato Festival

Saturday, September 21st, 9-4

Sunday, September 22nd, 11-4

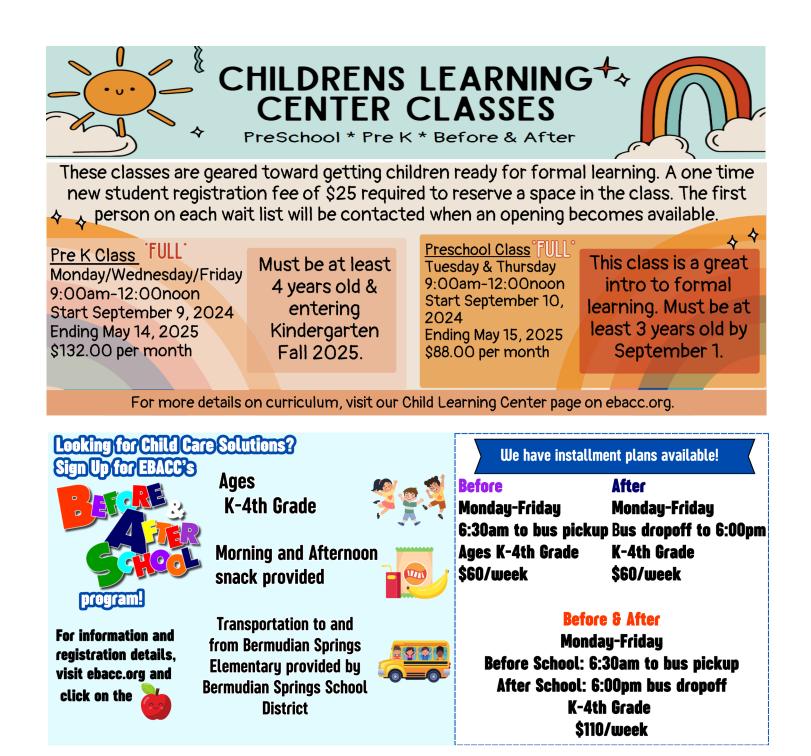
Outdoor Bluegrass Gospel Church Service Sunday 10-11 am

Larry Frey's Sweet Potato Fries,

Soup, Funnel Cakes, Whoopie Pies and more

Live Music ALL DAY both Days

Craft Vendors, Face Painting & Alpacas Food, Music, Sweet Fun!



Tumbling Tots with Ms. Jodi Under 3 yrs old

Join Ms. Jodi for a morning of music and movement! This parent participatory class is designed for little ones looking for guided play activities and social interaction. We will play instruments, dance, and tumble while we also learn how to take turns and play as a group!

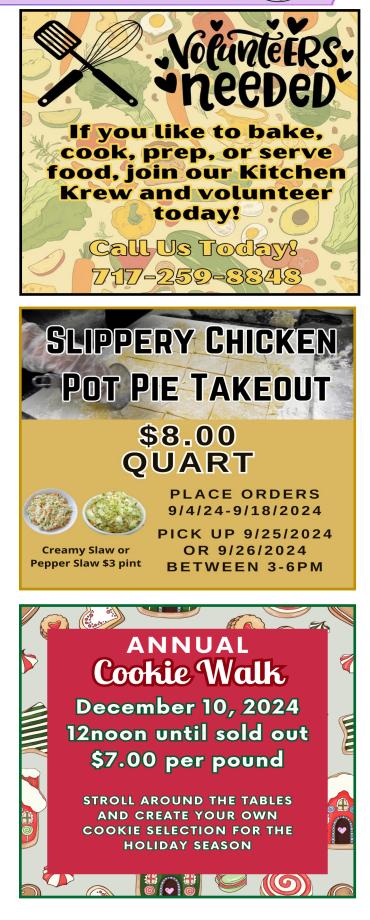
- DATE: Tuesdays September 24-October 29, 2024 TIME: 9:15-10:00am
- FEE: \$70

Tumbling Tots with Ms. Jodi 3-5 year olds

Calling all kiddos ages 3-5 who love to move! Join Ms. Jodi for an hour of tumbling, songs, and action games! In this class, children will learn basic tumbling skills, practice their balance, play dance games, and use rhythm instruments.

DATE: Tuesdays September 24-October 29, 2024 TIME: 10:15-11:15am FEE \$70 Stehen News







Retail News

Donation Center

DONATION CENTER HOURS: Tuesday & Thursdays 10am-5pm Saturday 9:30am-11:30am **Accepted Items** Clothing Books **Footwear Games & Tovs**

Outerwear Housewares **Small Appliances Antiques & Collectibles**

CDS & DVDS **Jewelrv** Accessories

UNACCEPTED ITEMS

(including	but	not	limited	to)
-		_	-	

Electronics	Encyclopedias	
Computer Components	·	
Records	Fiber-filled items	166.UI y
Furniture		BUG
Exercise Equipment	Air Conditioners	

Donate

Staples recycles cell phones and Computer components*

Remember: if vou wouldn't buv it, it's likelv no one else would either!

VOLUNTEER WITH US!

WE HAVE VOLUNTEER OPPORTUNITIES **AVAILABLE FOR OUR INDOOR YARD & BOOK** SALES, THRIFT SHOPPE, KITCHEN, AND **EVENTS!**

STOP BY THE FRONT OFFICE OR CALL 717-259-8848

HELPING YOUR NEIGHBORS IS GOOD FOR THE SOUL!



@ ebacc-405



QR Code: Use your cell phone camera and hold it over the code. The website link will pop-up after the camera focuses on the code, just tap the link!





<u>Cardio Fitness—Jim LeVan, Certified Personal and</u> <u>Group Personal Trainer</u>

Are you an adult who wants to use recreational running for weight loss and more energy; or maybe want to complete your first 5k? If so, then this class is for you! This is a complete program for adults who wish to use a running-based exercise program to increase endurance, strength, and flexibility. The running-based program offers: A training method that uses slow, steady running as the primary exercise with bodyweight strength exercises (pushups, squats, lunges, and planks) added to build strength and endurance throughout the body. Adults of any ability level are welcome, but participants are expected to run continuously at a jogging pace for 5 minutes.

DAY/TIME:	Mondays	5:30-6:30pm
FEE:	\$60 for 6 sessi	ions
SESSION :	September 9-0	October 14, 2024

INTRODUCTION TO CIRCUIT TRAINING—Jim LeVan, Certified Personal and Group Personal Trainer

This weekly introductory class is for men and women not currently exercising and wish to increase overall energy levels, muscle strength, and endurance. Class is designed to teach basic principles of strength and conditioning through a routine that targets all muscle groups in a single workout. Class focuses on increasing strength and endurance of upper body, core, and leg muscles and will engage every muscle group in a single, recurring workout. Exercises use moderate weights and frequent repetitions, followed by another exercise targeting a different muscle group. Because the exerciser switches between muscle groups, little rest is needed between exercises.

DAY/TIME:	Mondays	5:30-6:30pm
FEE:	\$60 for 6 sess	ions
SESSION :	October 21-N	ovember 25, 2024

<u>SENIOR BOOT CAMP—Jim LeVan, Certified</u> <u>Personal and Group Personal Trainer</u>

Weekly fitness class open to adults of all ages, targets specific fitness challenges of mature, older adults. Class aims to increase muscle endurance, cardio endurance, and overall energy levels. Class uses a blended training format including cardio routines, calisthenics, and weight training to increase participants' overall fitness.

DAY/TIME:	Wednesdays	9:00-10:00am
FEE:	\$60 for 6 session	S
SESSION:	September 4-Oct	ober 9, 2024

HATHA YOGA—Lori Houck-Ruffner, Certified Yoga Instructor

Variety of basic yoga poses sequenced in a gentle stream of movement, includes stretching, breathing practices, proper body alignment and relaxation techniques. All levels of ability welcome.

DAY/TIME:Tuesday/Thursday6:00-7:30pmFEE:\$60.00 for 6 sessionsTUES SESSION 1:September 3-October 8, 2024THUR SESSION 1:September 5-October 10, 2024TUES SESSION 2:November 5-December 17, 2024THUR SESSION 2:November 7-December 19, 2024

No class on 11/26 and 11/28

YOGA WITH AMY—Amy Emig, Certified Yoga Instructor

Variety of basic yoga poses sequenced in a gentle stream of movement, includes stretching, breathing practices, proper body alignment and relaxation techniques. All levels of ability welcome.

DAY/TIME:	Tuesday/Thursday	8:45-10:15am
FEE:	\$60 for 6 sessions	
SESSION 1:	August 22-Septemb	er 26, 2024
SESSION 2:	October 3-Novembe	er 7, 2024
SESSION 3:	November 14- Dece	mber 26, 2024
*No class on Thanksgiving *		

EBACC FITNESS CENTER Student Single Senior 55+ Guest Family Fliness Center 👾 Pass \$22 Œ \$28 **É**50 Monthly Membership Fees \$5 per

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GEEO



Annually

Sign Up Today!

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MONDAYS 7:00-9:30PM \$5 PER PLAYER

Teens and adults who want to practice their skills or enjoy the game with friends are invited to join in the fun!

- All ability levels are welcome.
- Held weekly unless gym is unavailable or community • center is closed.
- Pay as you go or in advance through your amilia account. Click on Open Gyms to view the schedules.

Vinyasa Yoga for Mindfulness and Stress Relief

STO3

Immerse yourself in a beginner Vinyasa Yoga class focused on mindfulness and stress relief. This session blends gentle, flowing movements with deep, mindful breathing to help you unwind and cultivate inner peace. Mellie will guide you through sequences designed to release tension, enhance relaxation, and promote well-being.

\$550

visit

DATE: Mondays September 9 – October 14, 2024 TIME: 6:30p-7:30p

\$60 for 6 sessions FEE:

PERSONAL TRAINING

Personal Training is available at the East Berlin Fitness Center!

Our personal trainer, Jim LeVan, is available for individual training sessions anytime the fitness center is open.



Schedule by calling 717-259-0149. Visit ebacc.org to learn more about Jim!



Dragon's Way Qigong



Dragon's Way Qigong[®] has been helping people regain health for over 25 years. All health issues, including excess weight and stress, are signs that the body is off balance. This complete system of healing gets to the root cause of imbalances. This 6-week program, which includes Qigong practice, eating for healing, Five Element teachings, suggested herbal supplements, and lifestyle guidance, helps you reduce your stress and rebuild your energy. The goal is to teach you how to maintain a healthy body and enjoy a healthy life. The benefits you receive are yours for life. Our fast-paced society is filled with stressors at

every turn. So how do we slow down and incorporate these teachings into our daily lives? By tuning into the body's wisdom, you'll learn to truly listen and respond to what the body is asking for.

DATE: Wednesdays September 25-October 30,2024 6:00-7:00pm TIME: FEE: \$199 for first time participants, \$75 for returning participants

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EBACC would like to thank everyone involved with making this event such a huge success again this year — 147 runners, our great group of sponsors and donors, and let's give a big round of applause for the volunteers; we couldn't do this event without each and every one of you. Twenty-eight years ago, Dr. John and Marie Klopfer had a dream and it continues today.

Congratulations to our overall winners

FOUNDERS

2024

Dr. John and Marie Klopfer

PLATINUM SPONSOR

East Berlin Pharmacy Richard J Gross VFW Post 8896

GOLD SPONSORS

Color Wheel Flooring America Swope's Salvage and Recycling Prince Athletic Association Element Risk Management

SILVER SPONSORS

Adams Electric Cooperative Zeigler Bros. ACNB Bank CGA Law Firm

BRONZE SPONSORS

Walters Chiropractic
East Berlin Beverage Distributors
Williams Service Co
Aero Energy
Compassions Animal Hospital
Stony Run Vet
Feiser Funeral Home

FRIENDS ON FACEBOOK

Schaline Print Shop Black Cat Timing Flying Feet

RAFFLE DRAWING DONORS

Oona Raffensberger Crystal Zentopia EBACC Fitness Center

SNACK DONORS

EBACC Kitchen Giant Food Store of Hanover Hilltop Farm Market Nunda Fruit Farm Weis Markets of East Berlin Kennies Market of Spring Grove Utz Quality Foods

T-SHIRT DESIGN

Mary Orndorff



1st Place Male Peyton Small 16:34



2nd Place Male Austin Strickler 16:41

Age Group Results

CUIL STID	
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	20

3rd Place Male Lukas Raullerson 16:47

FEMALE

1-14	Andrew Cooper	19:37
15-19	Kyle Miller	17:18
20-24	Tyler Hunt	17:09
25-29	Kyle Peel	23:06
30-34	Bradley Yehl	18:18
35-39	Nathan Miller	20:37
40-44	Seth Smith	22:39
45-49	Matt Staub	21:19
50-54	David Fogle	23:20
55-59	Tim Strickler	19:34
60-64	Bill Chambers	20:06
65-69	Joel Everhart	23:46
70-99	Wes Thomason	31:00

MALE

1-14	Lyla Eltz	19:42
15-19	Brianna Miller	22:26
20-24	Nicole Register	19:10
25-29	Beverly Kozuch	24:13
30-34	Charlotte Imer	16:59
35-39	Buenafe Trout	24:36
40-44	Jessica Metzler	26:02
45-49	Kelly McKinley	23:32
50-54	Kathleen Meckley	25:00
55-59	Tina Reynolds	32:09
60-64	Lisa Cool	44:45
65-69	Kathy Singley	29:19
70-99	Margaret Moore	26:52

"Gun Starter" Ed Wire







REGISTER ONLINE THROUGH * CLASSES * ON THE FRONT PAGE OF WWW.EBACC.ORG

Medicare 101 Educational Seminar

The Medicare Annual Enrollment Period is right around the corner. From October 15 to December 7 you will be able to enroll or make changes to your current Medicare insurance plan. Whether you are new to Medicare, or have been on Medicare for understanding Medicare years, can be overwhelming! If you're seeking information for yourself or helping a family member navigate Medicare's complexities, we are here to help. Attend this educational "Medicare 101" seminar, where Liz Heath, Licensed Insurance Broker/Owner, Heath Insurance Solutions, LLC will explain:

- The A, B, C's (and D) of Medicare
- Original Medicare vs. Medicare Advantage
- When and to how to enroll
- Choosing a Prescription Drug Plan and be informed about the upcoming 2025 changes to Part D
- Supplementing Medicare
- DATE: Thursday
 - October 3, 2024
- TIME: 10:00am-12:00pm OR 6:00pm-8:00pm
- FEE: Free seminar but registration is required

HEATH INSURANCE SOLUTIONS, LLC

Liz Heath Licensed Insurance Broker

717-885-7195

liz@heathinsurancesolutions.com

- Medicare Supplement Insurance Plans
- Medicare Advantage Insurance Plans
- Part D Prescription Drug Plans
- Vision & Dental Insurance Plans
- Health Insurance Plans/Pennie Broker

Call for a free consultation 717-885-7195

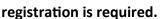
I'll be a helping hand for your Medicare & Health Insurance Needs

Weekly Meal Plan Made Easy with Penn State Extension

Discover how you can plan a week of healthy meals even with a tight schedule and budget. We will start with healthy recipes and then build our weekly plan and shopping lists while learning how to take advantage of sales and coupons. Meal planning will help you choose fresh, seasonal produce, maintain your pantry and enjoy nutritious meals throughout the week.

DATE: Wednesday

- October 23, 2024
- TIME: 10:00am-12:00pm
- FEE: Free seminar but



Under the Hood with Gene Latta Ford



Learn how to complete basic maintenance on your personal vehicle such as checking tire pressure, monitoring your oil levels, how to use jumper cables, and

more. Bring your car and questions to the experts at Gene Latta Ford! Class to be held in the EBACC parking lot. Notify EBACC your vehicle model and year so Gene Latta Ford can tailor your instruction to you!

DATE:	Tuesday
	September 24, 2024
TIME:	6:00-8:00pm
FEE:	\$15/vehicle

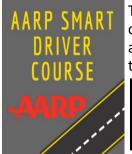
Home Buying 101 with Petula Millhimes Yingling, Realtor with Keller Williams Keystone Realty RS210325L

This course will cover the home buying process, mistakes to avoid, home buying myths, financing options and preparing for purchasing your home. There will also be a Q&A with a Realtor, lender, and a home inspector.

DATE: Tuesday October 8, 2024 TIME: 6:00-8:00pm FEE: \$15



REGISTER ONLINE THROUGH * CLASSES * ON THE FRONT PAGE OF WWW.EBACC.ORG



There are several benefits for taking the AARP Smart Driver Course. Many auto insurance companies offer a 5% discount for customers who have completed the course. Also, this is a chance to "get up to speed" on what is changing around us (you as a driver; automobile technology; highway design; challenges of everyday driving and more).

Participants must complete registration and submit a copy of their driver's license and AARP Membership Card (if applicable). Registration deadline 2 weeks prior to start of class. Make checks payable to AARP. Minimum 6 participants per class.

The <u>Initial Course</u> is eight hours long that is covered in two, four-hour sessions on consecutive mornings. This is for participants who have not previously attended an AARP Smart Driver Course.

- DATE: Monday & Tuesday November 11 & 12, 2024 TIME: 9:00am-1:00pm FEE: \$20 for members
- \$25 for non-members

The <u>**Refresher Course</u>** is four hours long and covered in one morning. This course is for participants who have attended an Initial Course within the past three years. **Copy of most recent class completion certificate required for this course.**</u>

DATE:	Wednesday		
	November 13, 2024		
TIME:	9:00am-1:00pm		
FEE:	\$20 for members		
	\$25 for non-members		

How to Charcuterie by Livingston Farms



Design a Charcuterie Plate to enjoy for an evening with friends! Includes all materials, cheeses, cured meats, jam, and garnishes. Learn how to create meat roses and foundational steps to create

your own Charcuterie Boards. The meats, cheese, relish, and jams used are produced by Livingston Family Farms. Bring your favorite beverage (nonalcoholic) and feel free to stay and enjoy your charcuterie!

DATE: Thursday November 14, 2024 TIME: 6:00pm 8:00pm FEE: \$40

Home Repairs 101–Ted Sobocienski,

Owner of Handyman Services

Tired of spending hundreds of dollars for common repairs around your home? This class will enable you to develop the skills you need to tackle a



variety of home repairs. Topics include: basic tool kit, plumbing (system, shutoff valves, faucet repair, toilet repair), electrical (system, testing, GFCI/AFCI, wiring, switches/outlets/lamps), door repair (latches, hinges, locksets), patching holes in wall, fasteners, and screen repair. If you have a specific need, bring your questions with you.

DATE: Tuesdays October 8-October 29, 2024 TIME: 6:00pm-8:00pm FEE: \$50

Basic Dog Obedience and Manners



Class emphasis will be on leash walking, various commands (heel, sit, stay etc) and teaching your dog how to behave while in public. Each weekly class will be one hour. Class participants will be taught how to work with their dog in a way the dog will understand. There will be no use of force or painful gadgets, no prong or e-collars allowed. **No female dogs in heat. Carol reserves the right to remove a disruptive dog.**

DATE: Thursdays September 19-October 24, 2024

TIME: 6:00pm-7:00pm

FEE: \$125



Gettysburg PA, 17325

Pottery Wheel for 13-17 year olds—4 weeks



Participants will receive clay, tools, glaze, and instruction from a SPAC instructor. The instructor leads the class through a 4 week session of recurring classes. Several items will be made throughout

the duration of the class. There will be 3 classes dedicated to wet clay work and the making of clay items, and 1 class dedicated to the discussion and glazing of those items. Participants will learn to make cylinders and cups, bowls, and handles! They will also learn cleanup and decoration techniques! You can expect 6-12 finished items to keep. SPAC fires the finished projects after you glaze them in the final class, and notifies you regarding pick up!

DATE: Wednesdays October 9-October 30, 2024 TIME: 6:00-8:00pm FEE: \$110

Intro to Clay: Potter's Wheel for Adults - 7 weeks



Participants will receive clay, tools, glaze, and instruction from a SPAC instructor. The instructor leads the class through a 7 week session of recurring classes. Several items (and attempted items!) will

be made throughout the duration of the class. There will be 5 classes dedicated to wet clay work and the making of clay items, and 1-2 classes dedicated to the discussion and glazing of those items. Participants will learn to make cylinders and cups, bowls, and handles as well as learn trimming and decoration techniques! You can expect 14-20 finished items to keep. SPAC fires the finished projects after you glaze them in the final class, and notifies you regarding pick up!

DATE: Tuesdays November 5– December 17, 2024 TIME: 6:00-8:00pm FEE: \$170

Stained Glass with Aunt Fancy's

All are welcome from beginner to expert. Choose a Halloween, Thanksgiving or Christmas pattern. Create a perfect holiday gift or decoration for your home! Bring



ON THE FRONT PAGE OF WWW.EBACC.ORG

your imagination and creativity. Learn to cut, solder and finish a beautiful hanging piece of stained glass art that YOU MADE! You will need a shoebox (or small box) for your supplies. Please bring scissors, safety glasses if you don't wear glasses, a black marker and an old pill bottle. If you have experience, feel free to bring along your own stained glass tools. Glass and other materials for your masterpiece will be provided. There is a material cost of \$65 to be paid at the first class. Checks can be made to Laura Vonella.

DATE:	Thursdays
	October 3-October 31, 2024
TIME:	6:00-8:00pm
FEE:	\$55 + \$65 supply fee

Drum Circle with Jammin' Joe

Join Jammin' Joe in this interactive play time feeling into the rhythms of various types of drums and percussive instruments. We will gather in community to laugh, to play, to share and connect!

DATE: Fridays Sept 20, Oct 18, Nov 15, 2024 TIME: 6:00-7:00pm FEE: \$30

Register for both Drum Circle and Sound Mediation for \$501

Sound Mediation with Heather of Seraph Sound Sanctuary

Join Heather for some time to unwind, relax and sooth the nervous system with various overtone and melodic instruments. Heather will use singing bowls, Native American-style flute, chimes, and more to entrain the cells and guide participants to states of relaxation.

DATE: Fridays Sept 20, Oct 18, Nov 15, 2024 TIME: 7:00-8:00pm FEE: \$30

RED CROSS LAY RESPONDER CERTIFICATIONS (2-YEAR CERTIFICATION)-INSTRUCTOR BECKY STABLER, RED CROSS LICENSED TRAINING PROVIDER

Participants have two options for completing the above certifications – traditional in-class where all components are completed in class or blended learning where a portion of the components are online and the hands-on portion is classroom instruction. Maximum 8 participants. All participants receive Key-chain Breathing Barrier.

COMPONENT DESCRIPTIONS Adult CPR/AED (Component 1)	ALL IN CLASS COMPONENTS	BLENDED COMPONENTS 1-2-3
In 4 to 6 minutes a person without breath can begin experiencing brain damage. Learn how to react when the person needs CPR or is choking. Checking the scene and calling for help play a big role in this skill.	SATURDAY, OCTOBER 19 8:30AM-11:30AM SATURDAY, NOVEMBER 16 8:30AM-11:30AM	MONDAY SEPTEMBER 30 5:00PM-8:00PM
Adult First Aid/CPR/AED (Component 2) Assess the situation, get an impression, check the person and alert the advanced medical services via 911. Skills included for assessment, CPR, AED, and severe bleeding. Learn to recognize symptoms and signs of serious situations.	SATURDAY, OCTOBER 19 8:30AM-2:30PM SATURDAY, NOVEMBER 16 8:30AM-2:30PM	OR MONDAY OCTOBER 28 5:00PM-8:00PM
+\$10	OR	
<u>Adult & Pediatric First Aid/CPR/AED (Comp. 3)</u> Learn how to assess the situation, the person and decide what action to take. Covers adults, children and infants. Allow 6.5 hours with breaks and lunch time.	SATURDAY, OCTOBER 19 8:30AM-3:00PM SATURDAY, NOVEMBER 16 8:30AM-3:00PM	MONDAY DECEMBER 2 5:00PM-8:00PM

<u>Babysitter Training – 11-15 year olds</u>

Learn about leadership, decision-making, age group characteristics, safety on the job, including first aid and choking skills. Use infant manikins to learn infant care skills. Activities and skill sessions are used to reinforce the knowledge gained. Maximum of 10 participants. Bring your own lunch. Fee includes manual and first aid pocket guide

DATE: MONDAY DECEMBER 2 TIME: 9:00AM-3:30PM INCLUDES BREAKS/LUNCHTIME FEE: \$75













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2024



SEPTEMBER

11-12-13-14	Book Sale	
14	Historic East Berlin Fall Festival	
19-20-21	Indoor Yard Sale	
19-20-21	Autumn/Halloween Shoppe	
25 & 26	Slippery Pot Pie Takeout	
28	Fall Plant Sale	

Some dates may be tentative until confirmed. EBACC reserves the right to change or cancel any events.

NOVEMBER

DECEMBER

Indoor Yard Sale
Christmas Shoppe Opens
Christmas Shoppe Closes
Soup & Pie Sale
Black Friday Sale

OCTOBER

10-11-12	Indoor Yard Sale	7	Christmas Bazaar
10	Apple Dumpling Take Out	10	Cookie Walk
26-27	Conewago Carver Show	13	Christmas Festival

