



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.

Office Hours				
Monday	9am-12noon			
Tuesday	9am-6pm			
Wednesday	9am-3pm			
Thursday	9am-6pm			
Friday	9am-12noon			
Saturday	9am-12noon			

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

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.



A Message from the Capital Campaign Chair

The East Berlin Area Community Center was formed to provide neighboring townships and boroughs services and programs with the goal of pursuing EBACC's mission to "Enhance the quality of life in our community through recreational activities and classes fostering personal growth". EBACC continues to operate fiscally responsibly and successfully in part due to our loyal volunteer base of over 200, our 15 part-time dedicated staff along with a

base of over 200, our 15 part-time dedicated staff along with a supportive 14-member Board of Directors consisting of 2 representatives and an at large director, from each of the 6 partnering townships and boroughs.

In the last 33 years, EBACC has expanded the range of registered participants to over 78 additional boroughs and townships in Pennsylvania, Maryland and Delaware. Our programs and services are targeted to families, youth and individuals from 2 to 90+ years of age.

I am excited to share the news from the EBACC Board of Directors, the Capital Campaign Steering Committee and the Staff, that we are in the final stages of readiness for beginning the first phase of the "Reaching 4 the Stars" Capital Campaign.

The complete operation of EBACC has been analyzed and broken down into the following areas for the vision of the new community and wellness center:

Administrative Operation-Volunteer Welcome Center-Educational Programs
Community Events-Kitchen/Concessions/Banquets/Events
Fitness Center/Gymnasium/Pool/Fitness Classes/Sports-Building and Grounds
Third Party Programs/Long Term Rentals/Partnerships
Retail Operation/Thrift Shoppe/Donations/Special Sales
Children's Learning Center/Preschool/PreK/Before & Afterschool/Summer Camp

It is very important to be able to pay the yearly operational costs when the facility is completed. Along with the Ballard-King Team, we have identified and verified revenue sources to include fee structure, rentals, programs and classes and operating cost projections. The due diligence that EBACC is engaging in to research and be realistic of the total cost is essential.

This brings EBACC to a great start of 2025 with sharing our "Reaching 4 the Stars" Capital Campaign fundraisers and events. We have chosen our motto to be "The Brightest Stars are those who Shine for the Benefit of Others". This encompasses what EBACC has always strived to do, "serve" our communities. Our new community center is centered around continuing to achieve this goal and the future needs of our citizens.

Please do not hesitate to email me at r.heyser@ebacc.org or call 443-995-4283 if you would like to be a part of "Reaching 4 the Stars" support team!

Robin Heyser, Capital Campaign Chair

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2025 Calendar of Events



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BIGGEST YARD SALE IN ADAMS COUNTY

Saturday, April 26, 2025

OVER 2500 FEET OF TREASURES INSIDE AND OUTSIDE

Can't wait to see you!

8:00am-2:00pm

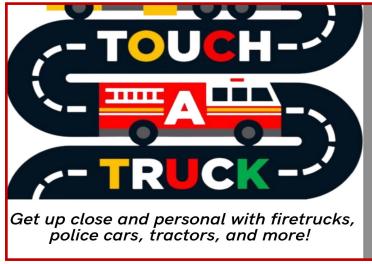
DON'T MISS THE TREASURES & YUMMY FOOD!



405 North Avenue, East Berlin, PA







Saturday May 12, 2025 Man-2pm

Like us on **f** for updates on this event!

Golf Tournament

Monday, June 23, 2025
The Bridges Golf Club
8:30AM Shotgun Start

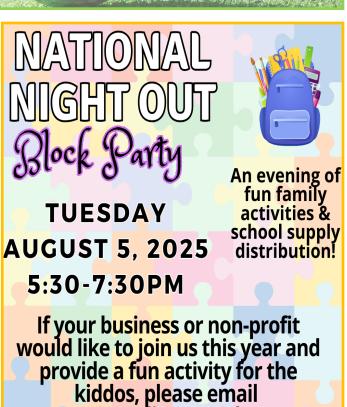
New Date New Location

Lunch & Awards to follow

Register Online or use Registration Form on page 7

If you're interested in being a sponsor, let us know!





programcoordinator@ebacc.org.





Friday, October 17, 2025 10:00am-3:00pm

it's all about early detection



Call 717-GoMammo to schedule your event

Tuesday, June 10, 2025 10:00am-4:00pm

18telen Mews











RetailNew

Donation Center

DONATION CENTER HOURS:

Tuesday & Thursdays 10am-5pm Saturday 9:30am-11:30am

Accepted Items

Clothing Books

Footwear Games & Tovs

Outerwear CDs & DVDs **Housewares**

Small Appliances

Antiques & Collectibles

UNACCEPTED ITEMS

(including but not limited to)

Encyclopedias Electronics

Computer Components Baby items

Fiber-filled items Records

Knives Furniture

Exercise Equipment Air Conditioners



Staples recycles cell phones and Computer components



Remember: if you wouldn't buy it, it's likely no one else would either!



Monthly Thrift Shoppe Restock

INDOOR CLEARANCE SALE

MAY 1-2-3 JUNE 11-12-13-14 JULY 10-11-12 AUGUST 14-15-16

THURSDAY 9AM-6PM \$10 A BAG \$5 A BAG FRIDAY

SATURDAY 8AM-12NOON \$5 DONATION

Be sure to put our "treasure hunts" on your calendar now so you don't miss any!



4-5-6-7 June 10-11-12-13 Sept

Wednesday \$2 hardcover/\$1 paperback Thursday \$10/bag

Friday \$5/bag Saturday \$3/bag

9am-3pm Wednesday Thursday 9am-6pm Friday 9am-3pm 9am-12pm Saturday



We have been blessed with lots of Christmas item donations so we

decided to celebrate early and offer you a chance to pick up some great Christmas decor now!

9 THURSDAY TRIDAY

Ulay 241

9AM=6PM

SYNTRURDAY

U18Y 25

9AM_3PM 9AM=12N00N

JUBY 26 ALL ITEMS INDIVIDUALLY PRICED

Turkey Dinner

\$12



WALK-IN ONLY 11AM-SOLDOUT 7/24/2025

Turkey, Stuffing, Mashed Potatoes, Gravy, & Peas



Monday Tuesday

9:00am-12:00noon

Wednesday

9:00am-6:00pm 9:00am-3:00pm

Thursday

9:00am-6:00pm

Friday

9:00am-12:00noon 9:00am-12:00noon

Saturday

We have an online Thrift Store!

Monthly 50% Off Tags!

Weekly 50% OFF Specials!



©EBACC-405

Note: Spaces are limited. All children must be potty trained.

These classes are geared toward getting children ready for formal learning. A one time new student registration fee of \$25 required to reserve a space in the class. The first person on each wait list will be contacted when an opening becomes available.

Preschool Class
Tuesday & Thursday
9:00am-12:00noon
Start September 9, 2025
Ending May 21, 2026

\$88.00 per month

Must be at least 3 years old by September 1 Pre K Class Monday/Wednesday/Friday 9:00am-12:00noon Start September 8, 2025 Ending May 20, 2026 \$132.00 per month

Must be at least 4 years old & entering Kindergarten Fall 2026

Class will focus on preschool basics — weather and calendar and introduced to letters and numbers O-10. They will work on learning to recognize and write their name. There will be weekly themes with fun crafts. They will learn how to listen to someone who isn't Mom or Dad. They will learn to interact with children who are not family members. Must be potty trained.

Class will focus on preparing children for Kindergarten. They will learn today's preschool basics — weather, letters and their sounds, reading readiness skills, sight words, phonemic awareness, kid writing, numbers through at least 20 and simple addition. Developmental play, crafts and games will be part of the activities. Teacher is familiar with the kindergarten curriculum to ensure a smooth transition.

Looking for Child Care Solutions? Sign Up for EBACC'S







Transportation to and from Bermudian Springs Elementary provided by Bermudian Springs School District



Morning and Afternoon snack provided

We have installment plans available!

Before

Monday-Friday 6:30am to bus pickup Ages K-4th Grade \$60/week

Before & After

Monday-Friday Before School: 6:30am to bus pickup After School: bus dropoff to 6:00pm K-4th Grade \$110/week

<u>After</u>

Monday-Friday Bus drop off to 6:00pm K-4th Grade \$60/week



on the home page.

For information and registration details, visit ebacc.org and click on the



Registration Deadline: June 1, 2025

8th Annual EBACC Golf Tournament

Monday, June 23, 2025 The Bridges Golf Club, Abbottstown PA 8:30am Shotgun Start Registration Open 7:30am

Individual \$100 Foursome \$400 includes greens fee, golf cart, beverages and lunch

Player One - main contact for foursome					
First Name	:				
Full Address	i :				
Phone	:	Township			
Email	:				
_ F	Player Two				
First Name	:				
Full Address	i :				
Phone	:	Township			
Email	:				
■ F	Player Three				
First Name	:				
Full Address	:				
Phone	:	Township			
Email	:				
■ F	Player Four				
First Name	:				
Full Address					
Phone	:	Township			
Email	:				

To Register online, navigate to the homepage of www.ebacc.org and click on the Golf Tournament link. You can also submit this form to our office with a check payable to EBACC.



CAMP FEE \$80 per week

Week of	Camp	Ages
June 9-13	Lego Camp Cheer Camp Candy Making Camp Variety Camp Soccer Camp	6-14 6-14 6-14 6-14 9-14
June 16-20	Basketball Camp Camp Sampler Challenge Camp ne 23-27 Cooking Camp Basketball Camp Arts & Crafts Camp ne 30 & July 1 Mini Cooking Camp	
June 23-27		
June 30 & July 1		
July 2 &3		
July 7-11	Jewelry Making Camp Outdoor Games Camp Arts & Crafts Camp Around the World Camp Soccer Camp	9-14 6-14 9-14 6-14 6-8
July 14-18	Wiggles and Giggles Camp Football Camp Sensory Camp Food Art Camp	3-5 9-14 6-14 6-14
July 21-25	Kinder Camp Football Camp Board Games Camp Candy Making Camp Survival Camp	3-5 6-8 6-14 6-14 9-14
July 28-Aug 1	28-Aug 1 Lego Camp Outdoor Games Camp	

CAMP DESCRIPTIONS

Arts & Crafts Camp

Do you like to use paint? Crayons? Markers? Colored Pencils? Glue? We'll get to try all of these in this camp. It will be different everyday.

Around the World Camp

Campers travel to a different country every day. Learn fun facts, play games, sample foods, make a craft from the country you are visiting and more! We will have a surprise visitor this week!

Basketball Camp

Develop basic basketball skills through drills, strategy, plays, and game play. Each day will focus on fundamentals such as shooting, passing, dribbling, rebounding, and defense.

Board Games Camp

What's your favorite board game? We'll have a few favorites — Chutes and Ladders, Candyland, Monopoly, Life. Create your own board game and play a few you may not know yet.

Camp Sampler

Are you undecided on which camp to attend? Do you want to try them all? Then, this is the camp for you! We'll do a little bit of everything in this camp — sports, crafts, scavenger hunts, and have a lot of fun.

Candy Making Camp

Create the most delicious art projects ever. Learn how to make candy, melt chocolate, and use molds.

Challenge Camp

Campers will challenge themselves both physically and mentally. Campers will play games such as obstacle courses, tug of war, and more.

Cheer Camp

Campers will learn beginner cheer motions, jumps, cheers, & chants which will help prepare them for school teams. All ability levels are welcome.

Cooking Camp

Campers will be cooking up some delicious eats all week long. Campers learn to measure, count, and estimate in a practical, real-life setting with an edible outcome. The kitchen is the ideal laboratory!

Food Art Camp

We don't have to worry if a camper sneaks a taste of the art supplies this week. In fact, campers are encouraged to play with their food and make art! It's fun, creative, and delicious!

Football Camp

We will learn the basics of football-how to throw a football correctly, passes, and formations. We will do drills to encourage mobility and skill. They will play scrimmages. No tackling or pads.

Jewelry Making Camp

Come create some beautiful bead and thread jewelry with us. You will have your choice of beads to make beautiful necklaces, bracelets, and rings. You can keep them for yourself or make a friendship bracelet to share.

Kinder Camp

Kinder camp is for children 3-5 years old. It's a great introduction to the preschool world. We will make crafts, do weather, calendar, numbers, and letters.

CAMP DESCRIPTIONS con't

Lego Camp

This camp allows children to play and create while exploring engineering, architecture and physics in the wonderful world of Legos.

Outdoor Games Camp

Camp will promote creativity and teamwork using games such as tag, obstacle courses, relay races and more.

Sensory Camp

Campers will explore, engage, and create using their six senses. Each day will be provide a variety of sensory experience including physical movement, arts and music. This camp will be sense-ational!

Survival Camp

Anyone at anytime can suddenly find themselves dependent on their own resources of survival. Campers will learn self-reliance and survival techniques. Camp motto—Be Prepared.

Soccer Camp

For ages 6-8: Camp provides a fun and structured environment for young players to improve their skills, learn teamwork, and enjoy the sport. There will be a mix of training, games and activities.

For ages 9-14: Camp will focus on advanced aspects of soccer, such as stance, positioning, and vision. Campers will learn proper defensive and offensive techniques along with more advanced footwork and overall ball skill.

Variety Camp

Every day will be different so you won't want to miss a single one. We'll be dancing, dabbling in the arts, going on a treasure hunt, playing life-sized board games, and adding a little bit of drama to camp!

Wiggles and Giggles Camp

Campers do it all - a little of this and a little of that. Play games, make crafts, and go on scavenger hunts. Fun every day!



ON THE FRONT PAGE OF WWW.EBACC.ORG

Medicare 101 Educational Seminar by Heath **Insurance Solutions**

What a great time to attend this Medicare 101 Educational Seminar since the Medicare Annual Enrollment Period is right around the corner. From October 15th to December 7th, 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 years, understanding Medicare can be overwhelming! If you're seeking information for yourself or helping a family member navigate Medicare's complexities, we are here to help.

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 how to enroll
- Choosing a Prescription Drug Plan
- Supplementing Medicare

DATE: Tuesday

May 13, 2025 OR August 5, 2025

6:00-8:00pm TIME:

FEE: Free Seminar — registration required

HEATH INSURANCE SOLUTIONS, LLC





Liz Heath

Licensed Insurance Broker

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 717-417-0000 (TTY:) 711

Calling this number will put you in contact with a licensed sales agent

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

10 Warning Signs of Alzheimer's with Penn State Extension

Alzheimer's and other dementias cause changes in memory, thinking, and behavior that can interfere with daily life. This seminar is for anyone interested in learning about the warning signs of Alzheimer's and dementia or those who have noticed memory or thinking changes in themselves or others. You will learn:

- Typical age-related memory, thinking, or behavioral changes.
- Common warning signs of Alzheimer's and dementia.
- Tips for how to approach someone about memory concerns.
- The importance of early detection and benefits of a diagnosis.
- Possible tests and assessments for the diagnostic process.
- About other helpful Alzheimer's Association® resources.

DATE: Monday

August 18, 2025 11:00am-12:00pm

FEE: Free seminar — registration required

Stroke Seminar

The purpose of this lecture is to highlight the different types of strokes and how they can affect you. We will discuss the signs and symptoms of an evolving stroke and the importance of getting to the hospital early. We will identify risk factors that can and can't be treated. Reduction of modifiable risk factors is the key to reducing the risk of having a stroke. In this lecture, we will look at each modifiable risk factor and talk about how we can improve the odds of not having a stroke.

DATE: Tuesday

June 10, 2025

TIME: 10:00-11:00am or

6:00-7:00pm

FEE: Free seminar but registration required.

Important Information

Classes may be cancelled due to low registration or cancellation by instructor. Some class sizes are limited. Please register at least 7 days prior to start of program.

Register on 🍳 amilia



TIME:

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 classes.

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. This is also a chance to get updated on changes.

Initial Course

The Initial Course 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: Tuesday & Wednesday

July 8 & 9, 2025

TIME: 9:00am-1:00pm FEE: \$20 for members

\$25 for non-members

Refresher Course

The Refresher Course 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.

DATE: Thursday

July 10, 2025

TIME: 9:00am-1:00pm FEE: \$20 for members

\$25 for non-members

our Business Card On

Wellness Seminars

with Remarkable You Wellness

At Home Natural Medicine Cabinet

Stop and Swap! Start your spring

cleaning by swapping your old medicine cabinet go to's for natural remedies. Minimize symptoms while offering side benefits not side effects.

DATE: Tuesday

May 13, 2025 TIME: 6:00-7:30pm

Daily Wellness Routines

Learn how to incorporate holistic wellness care into your daily life, including tips on personal care products, beauty routines and daily vitamins/nourishment. Great for the whole family.

DATE: Tuesday

June 10, 2025 TIME: 6:00-7:30pm

Wellness Solutions, Not Disease Management

Learn how to support your health journey using natural health guidance and modalities that offer solutions so you can thrive. Take back your health!!

DATE: Thursday

July 24, 2025

TIME: 6:00-7:30pm

Above are FREE Classes, registration is required.

Explore the Art of Georgia O'Keeffe with Karen Fornadel (Ages 8-12)

Students will explore the life and artwork of American painter Georgia O'Keeffe. Students will explore drawing and painting her beloved subject matters – shells, bones, and flowers. All supplies included. Karen has taught art in public schools in grades K-12 for 30 years. Her artwork is based on flowers and nature-based subject matter. She works mostly in watercolor, but also enjoys creating with acrylics, oils, pen and ink, colored pencils, and soft chalk pastels. If your child is attending Summer Camp, feel free to bring a lunch and eat in our

Pavilion before class!

DATE: Tuesday

July 22, 2025

TIME: 1:00-3:00pm

FEE: \$50

<u>Protect Your Family's Future: The Nuts & Bolts Of Medicaid Planning</u>

Did you know that a single mistake in the Medicaid application process related to skilled nursing care and long-term care could cost your family thousands of dollars—or even their financial security? Join Christine Oyler of Bellomo & Associates for a critical, eye-opening presentation on how to protect your assets and secure the benefits your loved ones deserve. Christine will break down Medicaid eligibility for skilled nursing care / long term care, the application process, and the most common mistakes families make—so you can avoid them. You'll leave with actionable strategies, expert guidance, and peace of mind knowing you're prepared for what's ahead. Don't wait until a crisis forces you into difficult decisions—empower vourself now!

DATE: Wednesday

June 11, 2025

TIME: 10:00am-12:00pm

FEE: Free seminar — registration required

Nutrition with Frenchie Powell

Having studied nutrition from Cornell University, with a private nutrition counseling practice, Frenchie works to distill nutrition science into applicable lifestyle changes. Pouring over scientific papers so you don't have to, Frenchie showcases nutrition for what it is, the good the bad and the ugly, so that you might have the opportunity to live a healthier life.

<u>Week</u> 1: Nutrition: What is Healthy and How We Know

-Carbs, Proteins, Fats, and how we find out what's actually good for you.

Week 2: Nutrition Myths and How to Spot Them

-Keto, Vegan, Mediterranean, Seed Oils, Agave, Honey, Coconut oil, and more. Where the science meets the headlines.

Week 3: Eating for success

-How to achieve your goals and improve your "health span".

DATE: Thursdays

July 24-August 7, 2025

TIME: 4:00-5:30pm

FEE: \$40

Workshops with Dot Gray

Create a Sun Catcher

Create a beautiful sun catcher with your own meaning! Dot will demonstrate how to string together beads and charms to create an art piece that will bring the sunshine into your home. You are encouraged to bring trinkets and charms that hold special meaning to you, giving the piece an extra personal touch. If you don't have charms or trinkets you'd like to use, Dot will provide charms that you will be able to choose and attach your own meaning to. Each piece will be unique to you.

DATE: Tuesday

May 27, 2025

4:00-6:00pm TIME:

FEE: \$50

Wire Wrap Natural Stones

This workshop will demonstrate the basics of crafting silver and copper wires around stones. Twisting wire into scrolls and flourishes will result in a refined, beautiful necklace. Lapis, jasper, and moonstones are just a few of the stones you can embellish with this technique.

DATE: Tuesday

June 24, 2025

4:00-6:00pm TIME:

FEE: \$50

Mosaic A Planter

Join Dot in making a beautiful, functional art piece for your garden! Dot will show you how to create a layout for this project and provide techniques on how to mosaic your own garden planter pot. Then you will be able to use Dot's guidance to create your own mosaic on the planter. Each planter will be unique to you! There is a supply fee of \$10 to be paid on the first class, make checks payable to Dot Gray.

DATE: Tuesday

July 15, 2025

4:00-6:00pm TIME:

\$50 + \$10 supply fee FEE:

Stained Glass with Aunt Fancy's

Door decor! Join our stained glass class and choose a selection of fuzzy critters to keep you company!!! All are welcome from beginner to expert. Patterns vary per class, 5-6 to choose from like cats, squirrels and frogs...oh my. Bring your friends and have some fun. 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 with you, scissors, safety glasses if you don't wear glasses, a black marker a rag and an old pill bottle. (If you have experience, and have your own stained glass tools feel free to bring along.) Glass and other materials for vour masterpiece will be provided. There is a supply fee of 65\$ to be paid at the first class, checks can be made to Laura Vonella. We look forward to having you and excited to host another class at EBACC!

DATE: Thursdays

May 22-June 19, 2025

6:00-8:00pm TIME:

FEE: \$55 + \$65 supply fee





Crochet 2

Crochet 2 is for anyone who has started crocheting need to have support for their project. The class will start with an introduction to a number of projects and how to read patterns. Everyone is welcome to bring along a project they may be working on now or just come with a hook and a ball of yarn for some stitch learning the first evening. Each week Patsy will be happy to help you with individual questions and patterns.

DATE: Tuesdays

May 6- May 27, 2025

TIME: 3:00-5:00pm

FEE: \$25 + \$5 Supply Fee

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

\$85

Adult CPR/AED (Component 1)

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.

+\$10

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 bleeding. Learn to recognize symptoms and signs of serious situations.

+\$10

Adult & Pediatric First Aid/CPR/AED (Comp. 3) 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.

ALL IN CLASS COMPONENTS

FRIDAY JULY 25, 2025 8:30AM-12:00PM

FRIDAY **JULY 25, 2025** 8:30AM-2:30PM

FRIDAY **JULY 25, 2025** 8:30PM-3:00PM

BLENDED COMPONENTS 1-2-3

TUESDAY MAY 20, 2025 5:00-8:00PM

OR.

MONDAY **JUNE 23, 2025** 5:00-8:00PM

OR.

MONDAY **JULY 14, 2025** 4:00-7:00PM

OR.

WEDNESDAY **AUGUST 6. 2025** 9:00AM-12:00PM

Babysitter Training for Ages 11-15

Learn about leadership, decisionmaking, age group characteristics, safety on the job, including first aid and choking skills. Use Infant children are in your care. Skills and manikins to learn infant care skills. Activities and skill sessions are used to reinforce the knowledge gained. Fee includes manual and first aid pocket guide. Pack a lunch.

DATE: TUESDAY

JUNE 17, 2025 TIME: 9:00AM-3:00PM

\$85

TAKE BOTH BABYSTITER CLASSES FOR \$1601

Wilderness and Remote First Aid

Pediatric First Aid/CPR/AED for Pediatric **Babysitters**

Reference and Keychain Breathing Breathing Barrier. Barrier. Bring your own lunch.

DATE: WEDNESDAY **JUNE 18, 2025** TIME: 9:00AM-3:00PM

FEE: \$95

Aid/CPR/AED-First Blended

Learn how to take care of Learn how to take care of emergencies that happen while emergencies that happen while children are in your care. Skills and knowledge for responding to knowledge for responding to choking, choking, life threatening bleeding, life threatening bleeding, allergic allergic reactions, shock, broken reactions, shock, broken bones, burns bones, burns and much more and much more Maximum of 10 Maximum of 10 participants. Fee participants. Fee includes a Red includes a Red Cross Ready Cross Ready Reference and Keychain

> **DATE: WEDNESDAY AUGUST 6. 2025** TIME: 3:00-6:00PM

FEE:

Hiking, backpacking, hunting, searching for geocaches in the back country, or practicing DATE: SATURDAY & nature photography are all ways we enjoy nature. Some jobs also take us into the remote SUNDAY area. In either case, we find ourselves in areas far from immediate medical care or rescue. JUNE 21 & 22, 2025 The Red Cross and Boy Scouts put together a course to teach how to respond to any TIME: 8:30-5:00PM emergency Adult CPR/AED certification is a pre-requisite for this two day course. FEE: \$140

Maximum 16 participants.

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

Small Engine Repair—Henry Hartman, **Owner Hartman's Steiner Sales & Service**

Learn the basics of small engine repair, theory and operation including 2 & 4 stroke cycle engines, carburation and fuel systems; ignition systems; tune -ups and valve jobs to complete overhauls. Class time is divided into 4 lectures and 2 hand-on experience classes. Bring your own small engine for the last two sessions. Minimum 7 participants.

DATE: **Thursdays**

June 5-July 10, 2025

7:00-9:00pm TIME:

FEE: \$80



Basic Dog Obedience and Manners 18yrs+ with Hairy Hound Dog Training

Class emphasis will be on leash walking, various commands (heel, sit, stay etc) and teaching your dog how to behave while in public. 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 retractable leashes, choke or prong collars. Please bring an appropriate harness for training with at least a 6ft lead.

DATE: Thursdays

May 15- June 19, 2025

6:00-7:00pm TIME:

FEE: \$125

PLEASE NOTE: IF THERE ARE SAFETY CONCERNS **CAROL WILL ASK THE** OWNER TO LEAVE. NO FEMALE DOGS IN HEAT.

Decorate a Silk Scarf with Scarves Happen

Create your own unique scarf. Scarves Happen will be sharing their knowledge of the 500 year old art form of Ebru. You will be guided through the process of floating paint on a bath of thickened water, manipulating the drops with a stylus, comb or rake, then transferring the pattern to a 72 x 14 inch silk scarf. Join us for a day of a little science, a lot of smiles, and a bit of magic. Limited spaces available.

DATE: Saturday, June 21, 2025 TIME: 9:00am-12:00pm FEE: \$50



MON-FRI 6AM-8PM SAT 8AM-1PM SUN 9AM-1PM

Single



CARDIO **ROOM**



CIRCUIT TRAINING **ROOM**



WEIGHT ROOM



SHOWERS



Annually

Student

\$30 \$330 Semior 55+

\$28 \$308 Family **\$50**

Pass \$5 per visit

Guest

PERSONAL TRAINING

Would you like to confidently navigate the equipment in the gym? Learn to properly engage your body during strength training exercise? Increase your aerobic capabilities? Let's work together to set you on a path that's sustainable, enjoyable, and adaptable to your needs and lifestyle.

Our new personal trainer, Michelle Orsi. is available for individual training sessions anytime the fitness center is open!

Schedule by calling 717-259-0149.

Thank you Jim LeVan for your cómmitment to our community's wellness!



For more information about Michelle, navigate to the Fitness Center page on www.ebacc.org

Meet Michelle!

Being a Certified Personal Trainer means I am certified to apply my knowledge to make a safe and effective decision pertaining to exercise programming for healthy individuals. I hold a certification as a Personal Trainer through the American Council on Exercise (ACE) with specialties in Functional Fitness and Youth Fitness. Additionally, I hold a Group Fitness Instructor certification with Revelation Wellness, a nonprofit Christian fitness organization.



EBACC FITNESS CENTER 🕏



INTRODUCTION TO CIRCUIT TRAINING—Michelle Orsi- Certified Personal and Group Personal **Trainer**

Improve your core function, balance, flexibility, posture, and increase your strength and mobility while moving through challenging exercises. Become mindful of your body mechanics and enjoy the freedom of movement at your ability while exercising in community!

DAY/TIME: Mondays & Wednesdays 9:00-10:00am

\$60 for 6 sessions FEE:

SESSION 1: April 21, 23, 28, 30, May 5 & 7,2025 SESSION 2: May 19, 21, 26, 28, June 2, 4, 2025 SESSION 3*: July 21, 28, August 4, 11, 18, 25, 2025 *Session 3 will be Mondays only, 3:00-4:00pm.

NGYM MONDAYS 7:00-9:30PM EYBALL \$5 PER PLAYER OPEN GYM

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

- 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.

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.

Tuesday/Thursday 6:00-7:30pm DAY/TIME:

\$60.00 for 6 sessions FEE:

TUE SESSION 1: May 6,13, 20, 27, June 3, 10, 2025 THUR SESSION 1: May 8, 15, 29, June 5, 19, 26, 2025 TUES SESSION 2: July 8, 15, 22, 29, August 5, 12, 2025

Zumba with Kelly Shade

This class is a type of dance fitness that incorporates a variety of dance moves and music to promote a healthy heart, a healthy dose of aerobic activity, and a fun, exciting way to build and tone muscle, improve cardio, promote flexibility, and decrease stress.

Tuesdays & Thursdays DAY: TIME: 10:30am-11:30am FEE: \$60 for 6 sessions

SESSION 1: April 29, May 1, 6, 8, 13, 15, 2025 SESSION 2: May 27, 29, June 3, 5, 10, 12, 2025 SESSION 3: June 17, 19, 24, 26, July 1, 3, 2025 SESSION 4: July 8, 10, 15, 17, 22, 24, 2025

Please note: Yoga with Amy classes will resume in September.



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Reading Township

Board of Supervisors Meetings 3rd Monday of Every Month* 6:00pm

Planning Commission Meetings

Reading Township 50 Church Rd East Berlin, PA 17316 1st Monday of Every Month* 6:30pm

*If Monday falls on a holiday, the meeting will be held on Wednesday.

Special meetings will be posted at the Reading Township office, <u>readingtownship.net</u>, Gettysburg Times and on Facebook at Residents of Reading Township.









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> Thank you so much Polly!!!" - Ryan and Lyndee Knisely (13 Pemberton Dr)

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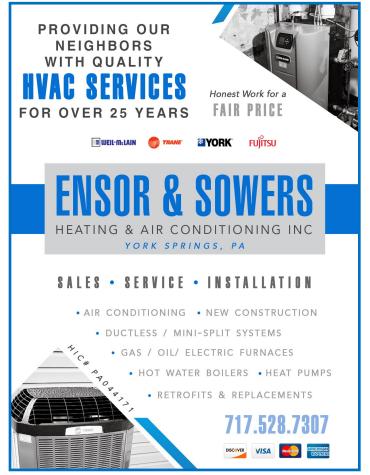
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playing at the basketball courts, in the skate park, on the playground and dogs and their humans are having lots of fun walking on the path and playing in the dog park.

Look for opportunities to meet with neighbors at Community Coffee Chats with the mayor. The next chat is April 5 from 10-11:30 at Macs by Ceci on the square. We'll be talking about how we can beautify the borough with flowers, among other things. All topics are welcome!

East Berlin Borough turns 261 on May 8th! Mark your calendars for a community birthday party at the EB Community Park on May 18 from 1-4pm. Learn to play disc golf, enjoy music from the Bermudian Springs Band, activities from the library, EBACC and other organizations. Kiddos are invited to make birthday hats and take their swing at some pinatas! Watch for more details about this fun community event on

Friendly reminder to check your voting location for the May 20 primary.

Thanks to all of the amazing volunteers planning so many wonderful events in and around EB. See you around town! Mayor

Stay in touch! eastberlinmayor@gmail.com https://facebook.com/mayorstephhaley







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CROSS KEYS VILLAGE
The Brethren Home Community
2990 Carlisle Pike
New Oxford, PA 17350





WWW.CROSSKEYSVILLAGE.ORG/LANDING



East Berlin Area Community Center 405 North Avenue, PO Box 530 East Berlin PA 17316

	2025	AUGUST	
	Mark Your Calendars Calendar	5	National Night Out
UPCOM	13 14 15 W - 14 17 17 18 18 18 18 18 18 18 18 18 18 18 18 18	14-15-16	Indoor Clearance Sale
<u>APRIL</u>		SEPTEMBER	
26 B	iggest Yard Sale in Adams County	10-11-12-13	Book Sale
MAY		13	Historic East Berlin Fall Festival
1-2-3	Indoor Clearance Sale	18-19-20	Indoor Clearance Sale
10	Mother's Day Basket Sale	18-19-20	Autumn/Halloween Shoppe
10	Spring Plant Sale	24 & 25	Slippery Pot Pie Take Out
10	Shredding Event	27	Fall Plant Sale
15	Baked Chicken Platter Take Out	OCTOBER	
17	Touch A Truck	9-10-11	Indoor Clearance Sale
<u>JUNE</u>		9	Apple Dumpling Take Out
4-5-6-7	Book Sale	25-26	Conewago Carver Show
11-12-13-14	Indoor Clearance Sale	NOVEMBER	
13-14	Father's Day Sale	6-7-8	Indoor Clearance Sale
21	Garden Tour	13-14-15	Christmas Shoppe
23	Golf Tournament	26	Pie & Soup Sale
<u>JULY</u>		28	Black Friday Sale
10-11-12	Indoor Clearance Sale	DECEMBER	
19	5k Run & Walk + Kid's Fun Run	6	Christmas Bazaar
24-25-26	Christmas In July Shoppe	9	Cookie Walk
24	Walk-in Turkey Dinners	12	Christmas Festival

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

