



WINTER / SPRING

- 2023 -

GEARS

live. learn. play.



Welcome

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

GEARS Welcomes East Donegal Township



GEARS is excited to announce that East Donegal Township will join GEARS starting in 2023 and become a participating municipality along with Elizabethtown Borough, West Donegal Township, and Mount Joy Township. This partnership will enable GEARS to expand its services while offering greater recreation opportunities for all residents in the communities we serve. East Donegal Township residents will now receive our seasonal brochure and member discounts. GEARS has been working with East Donegal Township over the past two years, providing various services including summer playground. With the success of these programs, GEARS will now focus on providing an expanded menu of programs to serve our newest member of GEARS – East Donegal Township.

As the year comes to a close, GEARS would like to thank you, our valued customer, for choosing and trusting GEARS to meet your recreation, childcare, and senior center needs. We look forward to serving you in the new year with more fun and high-interest programs to keep you fit physically, emotionally, and mentally and connected to your community.

Lastly, we want to thank our municipal partners for trusting GEARS to meet the recreation needs of their residents and, all of the businesses and organizations that have supported GEARS throughout the year (see page 15). As a community, we have come a long way since the start of the pandemic, and through our strength and perseverance, we have overcome many obstacles and have become a much stronger and united community.

GEARS is very proud to be a part of this wonderful and giving community and part of your lives for over 40 years. We wish you and your family a happy, relaxing, safe holiday season and a New Year filled with promise and joy.

David Wendel
Executive Director

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Live. Learn. Play.

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GEARS Municipal Partners & Board Members

East Donegal Township

Linda Good
Scott Kingsboro
Corey Sine

Mt. Joy Township

Gerald Cole, Chairman
Jayne Duncan
Alex Shubert

Elizabethtown Borough

David Grey
Jay Hynicker
Howard Kroesen, Vice Chairman

West Donegal Township

Barry Garman, Treasurer
Rick Gibble
Logan Hoover



Special Events

Times to Remember

15th Annual

Daddy/Daughter Dance

Fathers, escort your daughters to a special night of fun! Dad not available? Bring your grandfather, uncle, older adult brother or your favorite family friend (18+) as your escort. Enjoy arts & crafts, snacks, professional photo and of course, dancing! *Registration deadline is Fri, Jan 27.*



Fri, Feb 3
6-7:30 pm
MV Salon #1
\$40/couple (\$48 NM)



Mother/Son Super Hero Bowling

Put on your Super Hero cape and strike into Spring! Join us for unlimited bowling with pizza and drinks. There will be prizes and plenty of fun for this mother/son bowling and bonding event. *Registration deadline is Feb 26.*

Sat, March 4
1-3 pm
Clearview Bowling Lanes
\$35/couple (\$43 NM)



Join the Easter Bunny for a FREE egg hunt for kids ages 12 and under! Other activities will include inflatables, games, food trucks and more! Adult & senior egg hunt \$5 with great prizes!! Check online for exact egg hunt times.



Sat, April 1
10 am
Elizabethtown Fairgrounds

Preschool

Learning one step at a time



Animal Explorers

The animals living in our backyards or in our towns are very different from the animals in other parts of the world. Students will learn where animals live and why an animal's habitat is important for survival. Through stories, games and building animals with LEGO bricks, your little learner will be busy exploring habitats of the world while gaining critical social and developmental skills without even realizing it! Ages 4-6

Tue Jan 3-Feb 7 5:30-6:30 pm
\$120 (\$130 NM) Community Center

Kinderbots Robotics



Children will begin to explore the world of LEGO robotics as they build simple models that teach the fundamentals of robotic design. Whether learning about sensors while building drills and magic wands, or discovering ways that gears and pulleys create movement while building helicopters and robotic dogs, your child is sure to have a great time. Ages 4-6

Tue Feb 21-March 28 5:30-6:30 pm
\$120 (\$130 NM) Community Center

Gym BEARS

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

Thu 5-5:45 pm (A) or 6-6:45 (B)
Feb 2-March 16 (no 3/9) (I)
March 30-May 4 (II)
\$50 (\$60 NM) CC Gym

Iddy Biddy Indoor Soccer

E-town College Men's Soccer team will teach basic soccer skills such as kicking, foot placement, dribbling, passing and trapping. Participants will start to become familiar with the game of soccer. Emphasis will be placed on social skills. Fee includes a t-shirt. Ages 3-5

Sat Feb 4-March 11
10:30-11:30 am
\$60 (\$70 NM) CC Gym

Iddy Biddy Soccer

Kick-start into Spring with our soccer program. Coaches will teach basic soccer skills such as kicking, foot placement, dribbling, passing and trapping. Participants will become familiar with the game of soccer. Emphasis will also be placed on social skills. Fee includes a t-shirt. Ages 3-5

Sat April 15-May 20
9-10 am (A) 10:15-11:15 am (B)
\$55 (\$65 NM) HS Field 2

Iddy Biddy Tennis

Children will learn to play tennis quickly using large-sized RED balls and smaller nets and courts. Taught by Brenda McBride, PTR certified instructor. Ages 4-6

Tue May 2-23 5:30-6 pm
\$55 (\$65 NM) HS Tennis Courts



GEARS acknowledges the Elizabethtown Area School District, a 40 year collaborative partner, for continually providing EASD facilities for community activities.

GEARS 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.

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 Jan 10-March 7 (I)
March 21-May 9 (II)
6:30-8 pm
\$80 (\$90 NM) Donegal Int. School Cafe

Acrobatics

Acro dance is a style of dance that combines traditional dance (jazz, lyrical, etc.) with acrobatic elements. While all dance is physical, this form is particularly athletic and has unique choreography due to its use of acrobatics in a dance environment. This class will focus on the basics of flexibility and strength, in a safe and encouraging environment. Ages 6-10

Wed Jan 18-March 1 (I)
March 15-April 26 (II)
6-6:45 pm
\$55 (\$65 NM) Marriage Hub

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

Tue Jan 17-Feb 28 (I)
March 14-April 25 (II)
6-6:45 pm (Class A) (Ages 3-4)
7-7:45 pm (Class B) (Ages 5-6)
\$55 (\$65 NM) Marriage Hub



Youth/Teen

Live, learn and play at GEARS

Holiday Basketball Clinic



Develop new basketball skills over the holiday break! Clinic will be led by the EAHS Boys Basketball Coaches and Players. Shooting and 5-on-5 games will be played. Emphasis on dribbling, passing and footwork. Boys & girls in grades 3-6

Thu Dec 29 10 am-12 noon
\$15 (\$21 NM) Daubert Gym

Mining & Building Epic (Minecraft Inspired)



Do you think you know everything there is to know about Minecraft and more? In Snapology's EPIC Minecraft, you are going to be put to the test. Your knowledge is going to be challenged in games of crafting and creating using LEGO bricks. What ideas can you create? Perhaps something that you never thought of before. Ages 7-12

Tue Jan 3-Feb 7 6:45-7:45 pm
\$120 (\$130 NM) Community Center

Amazing Animal Robotics

In this Snapology Creature Creator Robotics class, your animal lover will create their own animal inspired LEGO robotic models. Students will learn about gear ratio, sensors, simple machines and programming as they build insects, dolphins, gorillas and much more. Your child is sure to have a wild time as they build, learn and play. Ages 7-12

Tue Feb 21-March 28 6:45-7:45 pm
\$120 (\$130 NM) Community Center



Gymnastics

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

Thu 7-8 pm

Feb 2-March 16 (no 3/9) (I)

March 30-May 4 (II)

\$60 (\$70 NM) CC Gym

Indoor Field Hockey Clinic

Introduction to field hockey for beginner players. Clinic will focus on teaching the basics of field hockey through a variety of drills, fun competitions and small games. Hockey sticks and balls will be available for use. Shinguards are recommended. Fee includes a t-shirt and mouthguard.

Sat Feb 4-March 11

8-9 am Grades K-2 (A)

9:15-10:15 am Grades 3-5 (B)

\$60 (\$70 NM) CC Gym

Youth Indoor Soccer

For girls and boys in grades 1-3. Led by E-town College soccer players. Designed to be instructional and provide an opportunity for youth to participate in low-key games. Fee includes a t-shirt.

Sat Feb 4-March 11

11:45 am-12:45 pm

\$60 (\$70 NM) CC Gym

Youth Soccer Program

Instructional and low competitive soccer program for boys and girls in grades 1-3. Fee includes a t-shirt.

Sat April 15-May 20 9-10:30 am

\$60 (\$70 NM) HS Field 3

Volleyball Skills Program

Coaches will teach the fundamentals of volleyball using skill specific drills and fun games. This is an instructional only program that will focus on player development. Grades 5-8

Tue Feb 14-April 4 6:15-8:15 pm

\$60 (\$70 NM) Bear Creek Gym

Bob Schlosser Basketball Skills Clinic

Long-time Elizabethtown College Men's Basketball Coach and 2 time State Champion Coach Bob Schlosser is offering a 6 week clinic for skill work. Ball handling, shooting fundamentals, moving without the ball offensive and defensive footwork will be stressed. Grades 3-5

Tue March 14-April 18 GIRLS & BOYS

3:45-4:45 pm

\$85 (\$95 NM) Bear Creek Gym

Girls Lacrosse Club

Program will teach the basics of lacrosse through practices and games. For girls in grades 5-8. More details about this program will be available at a later date.

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 April 12 (I) May 10 (II)

5-5:45 pm

\$60 (\$70 NM) Ironstone Ranch

1 Hollinger Lane, E-town

FIGHTING DRAGONS



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Lil' Dragons Karate (4-5 Y/O), Kids Karate, Adult Karate, Family Karate
BJJ, MMA, Fitness Classes, Yoga, Aerial Yoga

Net Sports

Swing and Smash

Beginner Pickleball Lessons

The popularity of pickleball has soared in recent years. 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. If you've never played pickleball before, start out on the right foot with one of our beginner lessons. Lessons cover everything you need to know to get started with the sport. This includes basic techniques, rules and strategies. All equipment provided. Brenda McBride will instruct. Ages 16+

Afternoon Classes

Tue, Jan 3-17 (I) Feb 7-21 (II)
March 7-21 (III) April 4-18 (IV)
12-1 pm (Beg) (Class A)
1-2 pm (Int) (Class B)
\$50 (\$60 NM) E-town BIC Gym

Evening Class

Tue, Feb 7-21
6-7 pm (Beg) (Class A)
7-8 pm (Int) (Class B)
\$50 (\$60 NM) CC Gym



Beginner Tennis

Children of any skill level will learn the fundamentals of tennis using the larger RED balls and smaller courts. Through the use of fun games and drills players will learn proper technique of forehands, backhands, serve and volleys. Taught by Brenda McBride, PTR Certified Instructor. Ages 7-14

Tue May 2-23 6-6:50 pm
\$65 (\$75 NM) HS Tennis Courts

Intermediate Tennis

Class is for players that have completed two or more sessions of beginning tennis lessons. Instruction will focus on continuing to develop tennis skills, footwork, and prepare for match play. Taught by Brenda McBride, PTR Certified Instructor. Ages 8-14

Tue May 2-23 7-8 pm
\$65 (\$75 NM) HS Tennis Courts

Find Your Sweet Spot (Tennis for Beginners)

Children of any skill level will learn the fundamentals of tennis using the larger RED balls and smaller courts. Through the use of fun games and drills players will learn proper technique of forehands and backhands focusing on hand/eye coordination. Taught by Pam Kaylor, DHS Assistant Tennis Coach. Ages 8-14

Tue May 2-23 5:30-6:20 pm
\$65 (\$75 NM) Legion Park Tennis Courts

The Grand Slammers (Tennis for Players with Experience)

Class is for players that have some experience playing tennis. Instruction will focus on continuing to develop forehand and backhand and introduce players to serve and volley. Taught by Pam Kaylor, DHS Assistant Tennis Coach. Ages 8-14

Tue May 2-23 6:30-7:30 pm
\$65 (\$75 NM) Legion Park Tennis Courts

Intro to Tennis for Kids

Help your kids discover the fun of tennis in this 90-minute session. Participants will learn tennis basics while engaging in fun and interactive games. Players will be divided by age and level to ensure skill-specific instruction. Participants will need to bring a tennis racquet. Taught by EAHS Coach Brenda McBride & HS Players. Ages 6-16

Sat May 20 2-3:30 pm
\$20 (\$26 NM) HS Tennis Courts

Tennis 101 for Adults

Have fun learning the basics of the lifetime sport of tennis in a relaxed and engaging environment. Basic grips, strokes and scoring will be covered. Great for those new or returning to tennis. Participants will need to bring a tennis racquet. Taught by EAHS Coach Brenda McBride & HS Players. Ages 17+

Sat May 20 2-3:30 pm
\$20 (\$26 NM) HS Tennis Courts

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 consisting of volleys at the net and ground strokes similar to tennis. Pickle-Ball is a great equalizer for differences in age, sex, strength and athletic ability. Equipment is available.

Tue & Fri Jan 3-May 30
1:15-3:15 pm (Tue) 6-8 pm (Fri)
\$5/Day (\$6/Day NM) CC Gym

Pick-Up Badminton

Smash! Men, women and children are invited to play the exciting sport of badminton. Equipment is available.

Wed Jan 4-May 31
1:15-3:15 pm
CC Gym
\$5/Day (\$6/Day NM)



Aquatics

Dive into GEARS



Tadpole (Preschool Level 1)

Introduction of basic aquatic skills and water adjustment. Skills are performed with assistance.

Guppy (Preschool Level 2)

Further development of aquatic skills at a slightly more advanced level. This level marks the beginning of independent aquatic locomotion skills.

Frog (Level 1)

Introduction to Water Skills: Includes floating, kicking, and arm action.

Seahorse (Level 2)

Fundamental Aquatic Skills: Expand on fundamental aquatic locomotion including combined strokes on front and back and rhythmic breathing.

Seal (Level 3)

Stroke Development: Increase swimming skills including elementary backstroke and deep water skills.

Dolphin (Level 4)

Stroke Improvement: Develop confidence and competency beyond proceeding levels, including breaststroke, sidestroke, and diving.

Shark (Level 5)

Stroke Refinement: Coordinate and refine key strokes; introduce the butterfly stroke, open turns, and a feet-first surface dive.

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 Jan 7-Feb 25 (I)

March 25-May 20 (no 5/13) (II)

8-8:30 am (6-24 months) (Class A)

8:40-9:10 am (2-3 years) (Class B)

\$100 (\$110 NM) 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 Jan 7-Feb 25 (I)

March 25-May 20 (no 5/13) (II)

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) (E)

12:40-1:10 pm (Dolphin/Shark) (F)

\$100 (\$110 NM) MV Patton Pool

Water Aerobics

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 Lorezen will instruct. Ages 16+

Mon &/or Wed 7:15-8 pm

March 13-May 17

\$85 (\$95 NM) MV Patton Pool

\$150 for 2 days/week



Fitness

Sound in mind and body

Fitness Punch Card

Punch cards are available to use for fitness classes that are designated with a . 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+

Mon 9:30-10:30 am
Jan 9-March 6 (I) March 27-May 22 (II)

Thu 9-10 am
Jan 12-March 9 (I) March 30-May 25 (II)

\$75/day (\$85 NM) (\$130 for 2 days)
MV Carpenter Chapel

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.

Mon 6:30-7:30 pm
Jan 16-March 6 (I) March 20-May 8 (II)
\$50 (\$60 NM) Marriage Hub

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. Taught by Charla Lorenzen, an experienced Registered Yoga Teacher (RYT-200). No experience necessary. Ages 14+

Mon &/or Wed 6-7 pm
Jan 2-March 15 (I) March 27-June 5 (II)
(No 3/6 & 3/8) (No 5/29)
MV Carpenter Chapel

Sat 9-10 am
Jan 7-March 18 (I) April 1-June 3 (II)
(no 3/11) Marriage Hub

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

Cardio & Calm



Class will consist of the first 30 minutes of rotating cardio fitness (pound, kickboxing, dance fitness, etc) and then followed by 30 minutes of Hatha Flow Yoga. Please bring a yoga mat and two 3-10 pound dumbbells. Class is taught by Charla Lorenzen, an experienced ACE-certified Group Fitness Instructor and certified yoga instructor. Ages 14+

Tue 5:45-6:45 pm
Jan 3-March 14 (no 3/7) (I)
March 28-May 30 (II)
\$55 (\$65 NM) Fighting Dragons Fitness

Spin & Sculpt

Want to burn 400-600 calories, improve your cardiovascular fitness, increase muscle tone and have fun exercising without impacting your joints? Try this 45 minute indoor cycling class combined with 15 minutes of toning/core. Participants will climb hills, hit jumps and ride through valleys. You will be addicted to this major calorie burning class in no time! Don't forget your workout towel and water! All fitness levels are welcome. Lynn Mohr will instruct classes. Ages 18+

Tue & Thu 5:45-6:45 pm (A) 7-8 pm (B)
Jan 17-March 9 (I) (No 1/19, 2/2, 2/16, 3/2)
March 21-May 11 (II) (No 4/6, 4/20, 5/4)
\$90 (\$100 NM) (A)
\$65 (\$75 NM) (B) Marriage Hub

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 over 12 years. Ages 18+

Tue Jan 10-March 14 (I)
 April 4-June 13 (No 5/30) (II)
 6:15-7:15 pm (Introduction Class)
 7:15-8:15 pm (Advanced Class)
 \$105 (\$115 NM) MV Carpenter Chapel

Flow Yoga



Using flowing sequences and sun salutations, we will move from one pose to the next while connecting breath to movement. Each class incorporates strength, flexibility and balance in addition to breath work and relaxation. Designed for all fitness levels and can be modified depending on the individual needs and abilities. Ages 14+

Wed 6-7 pm
 Jan 11-March 8 (I) March 29-May 24 (II)
 Donegal Intermediate School Cafeteria
 \$75 (\$85 NM)

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! Courtney Lesnik is a certified Zumba fitness instructors. Ages 14+

Wed 6:15-7:15 pm
 Jan 4-March 1 (I)
 March 22-May 17 (II)
 \$50 (\$60 NM) Fighting Dragons Fitness

Zumba Gold®



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 licensed Zumba Gold Instructor. Ages 14+

Wed 6:15-7 pm
 Feb 1-March 22 (I) April 5-May 31 (II)
 \$50 (\$60 NM) CC Gym

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.

Thu 10:30-11:30 am
 Jan 12-March 9 (I) March 30-May 25 (II)
 \$75 (\$85 NM) Marriage Hub

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 6-7 pm
 Jan 5-March 9 (I) March 23-May 25 (II)
 \$100 (\$110 NM) 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 Lesnik is a certified POUND instructor. Bring a yoga mat. Ages 14+

Fri 6:15-7:15 pm
 Jan 6-March 3 (I)
 March 17-May 19 (no 4/7) (II)
 \$50 (\$60 NM) Fighting Dragons Fitness

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, spring to the finish line, or just take a leisurely ride. Bring water, towel and two small hand weights (optional) for some upper-body strength work without stopping your ride. Charla Lorenzen is an experienced ACE-certified Group Fitness Instructor. Ages 14+

Sat 8-8:45 am
 Jan 7-March 18 (no 3/11) (I)
 April 1-June 3 (II)
 \$65 (\$75 NM) The Marriage Hub

Continuing Education

Learn something new every day



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.

Thu Jan 19 (I) May 25 (III)
Senior Center

Wed March 22 (II)
EDT Municipal Building

6-8 pm
\$15 (\$21 NM)

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 Feb 6-March 27 (I)
Elizabethtown Fairgrounds

Mon April 3-May 22 (II)
Legion Park

6:30-7:30 pm
\$100 (\$110 NM)

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 Feb 22 6-7 pm
FREE; Registration is required
GEARS Community Center



Thinking of Selling Your Home

Are you currently thinking of selling your home or in the near future? With the ever-changing market, it can be intimidating. Luckily there are professionals here to help you! Get some tips and tricks on how to smoothly get the process started. Hear from a realtor regarding listing your home, a Home Stager on getting your home show ready and a Home Inspector on how to alleviate any hiccups along the way. Ages 18+

Wed March 1 6-7:30 pm
\$10 (\$16 NM) Senior Center

AARP Driver Safety Program

4-hour refresher course for people who have previously taken the eight-hour course. Course may fulfill requirements for a continuing insurance discount from any auto insurer doing business in PA. All participants MUST bring evidence of previous course completion to receive a certificate. Participants must also bring a valid PA drivers license. Bill Pearson will instruct. Ages 50+

Mon March 13 (I) 8 am-12 noon
EDT Municipal Building

Tue March 21 2-6 pm
Senior Center

\$20 AARP Member (\$25 AARP NM)



Smart Driver

8-hour classroom course is designed to meet the needs of older drivers. Participants sharpen driving skills, develop strategies for adjusting to age related changes in vision, hearing and reaction time, and learn about the effects of medication on driving performance. Available to all motorists age 50 and older. This is a Penn Dot approved course and may entitle you to a discount on your auto insurance (check with your agent). Participants must bring a current driver's license. Ages 50+

Wed & Thu April 19 & 20 8 am-12 noon
EDT Municipal Building

Tue & Wed April 25 & 26 2-6 pm
Senior Center

\$20 AARP Member (\$25 AARP NM)



Continuing Education

Learn something new every day

Canine Manners Class Level I

Geared toward the canine team (dog/owner) for learning basic obedience (sit down, hold, stay, walking on a leash, coming when called, etc.), problem solving (barking, house training, play biting, etc.) and tricks! Focus will be on basic commands with positive reinforcement. Dogs must be at least 3 months old.

Thu April 6-27 6:30-7:30 pm
\$75 (\$85 NM) E-town Fairgrounds



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 that is designed for all shapes and sizes with a large ergonomic cockpit. Ages 12+

Registration Deadline is May 26.

Sat June 3 12-2 pm
Chickies Rock Outfitters
Single \$60 Tandem \$85

Leagues & Tournaments

Looking for competition

Coed Sixes Volleyball League

Area coed sixes volleyball teams join us for the winter season. There will be church and recreation division. 10-match season with playoffs.

Mon Feb 6-April 17
6:30-10:30 pm
\$220/Team CC Gym

Men's Slow Pitch Softball League

Informational meeting for this league. Meeting will discuss rules, schedule and fees.

Mon, Feb 27 6 pm
GEARS Community Center



Spring Golf Tournament

Join us for the 17th Annual 4-Person golf tournament for local golf enthusiasts. Fee includes green fees, cart, dinner, awards and door prizes. Tournament will benefit GEARS and the Summer Playground Program.

Fri May 5 1:15 pm
\$100/player Dauphin Highlands
Golf Course

sponsored by



Trips

Journey somewhere new

Philadelphia Flower Show with George Weigel

Experience the first taste of spring indoors at the Philadelphia Flower Show. "The Garden Electric" is the theme for this year's Philadelphia Flower show. From the dazzling, array of colors, unique shapes and textures, and rich fragrances of gorgeous floral displays and gardens comes the feeling of excitement and celebration.

Fri March 10 Depart 10 am
\$105 (\$115 NM) Clearview Bowling Lanes

Washington DC with Luncheon Cruise & Monument Tour

Step aboard the all-glass Odyssey for your 2-hour luncheon cruise. Take in the monumental views of Washington DC and the cherry blossoms while enjoying your lunch. Be sure to visit the observation decks! You will also receive a private guided DC highlights tour along with the Washington DC area Monuments.

Tue April 11 Depart 8:15 am
\$175 (\$185) Clearview Bowling Lanes

Springtime in NYC

Springtime in New York is full of excitement. Temps are up, no more snow, blooms everywhere and longer days just to name a few. NYC has an unbelievable array of shopping, museums, multitude of restaurants and Broadway theatres. There is something for everyone to enjoy.

Sat April 29 Depart 7 am
\$79 (\$89) HS Parking Lot

Salute America – Ellis Island & 9/11 Memorial Site

Start the day off with a visit to Liberty Park via ferry to see the Statue of Liberty then off to experience the history of Ellis Island. Return to Battery Park to visit the amazing tribute of the 9/11 Memorial site and Museum.

Sat May 13 Depart 6:30 am
\$115 (\$125) HS Parking Lot



Finger Lakes Wine Fest

The Finger Lakes Wine Festival is the largest wine festival in the Northeast offering over 90 New York State wineries. Enjoy live music, wine seminars, food demonstrations and a gourmet food court. A wine pick up service will be available. Must be 21 and have a photo ID to participate.

Sat July 8 Depart 6:30 am
\$109 (\$119) HS Parking Lot

Upcoming Trips

Let Freedom Ring - Philadelphia

July 12

Coney Island, New York

July 22



Bronx Zoo

August 5

Atlantic City Thunder Over the Boardwalk

August 23

GIFT CERTIFICATES

Give a friend or loved one the long-lasting gift of a recreation activity – either an old favorite or a new experience. Any amount can be placed on the recipient's account and a certificate printed to present.

LUXURY MOTORCOACH TRANSPORTATION

www.innovativecoaches.com

717-657-9658

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

Sponsorship

Support our Community!

Our thanks and appreciation go to sponsors at all levels for making 2022 GEARS events possible!!

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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!

DO YOU HAVE A NEW ACTIVITY IDEA?

If you have an idea for a new program you would like to see offered or would like to teach, call GEARS at 717-367-0355. Instructors interested in teaching will receive a course description form.



Kids Center

Mind, Body and Community



Looking for Childcare with an 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 available for Before and After school, Kindergarten, Preschool and Summer Camp Programs. Spaces are available for the 2022-23 school year!

Employment opportunities are available as well. Part time positions and flexible schedules are available for morning and afternoon shifts. Join us!

Contact us at www.GetintoGEARS.org/kids-center

GEARS Kids Center
Keystone 4 STAR Center



OUR PROGRAMS:

Preschool: Our 3-5 year old students learn from the “Early Learning Scales” Curriculum and are assessed using 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.

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 serve students who attend Bainbridge Elementary, Bear Creek Elementary and East High Elementary students. These elementary schools, as well as, the GEARs Community Center serve before and after school students ages first grade to fifth grade. Our 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 2023: Summer Camp is scheduled to begin on Mon, June 5. Contracts will be available in early Spring 2023. We plan trips in our community, such as swimming, bowling, mini-golf, and local educational venues to keep children learning over the summer months. Our creative camp staff continue to provide exciting activities.

Upcoming Events:

December 26-30: GEARs Kids Center will be closed for the Holiday Week
February 20: GEARs Kids Center Closed, Staff Professional Development Day
March 2023: Early Bird Registration for the 2023-24 Academic Year and Summer 2023 Contracts will be available
May 31: Last day of school

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
SeniorCenter@GetintoGEARS.org

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-3 pm. Call the Center for a complete list of daily activities or additional information. Like us on Facebook!

SENIOR EXPO

The Elizabethtown Area Senior Center will be hosting a Senior Business Expo on Tuesday, June 13. We will feature businesses that serve the senior population. In addition to the featured business the senior center will playing games. Farmer's market produce vouchers will be available for pick up that day for seniors who are eligible. Check our Facebook page for more information or call the senior center after May for more information.

Join us for our activities! Our monthly calendar is available in multiple places, on our website, through our email newsletter, our mailed newsletter. To be added to our mailing list call the senior center.



with Wendy

Fridays 1:30-2:30 pm
Call the Senior Center
to register
717-367-7984



Join us for Afternoon Bingo which is held the first Wednesday of every month. Doors open at 1:20 pm, bingo starts at 1:45 pm. We will play 2 hours of bingo, with a 15 minute intermission in the middle. Cost to play is \$10. Light refreshments will be provided. Prizes include snack items, nuts, fresh fruits & veggies, and puzzle books.

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.

Masonic Village FARM MARKET



Seasonal, fresh produce.

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

Winter Hours (January - April):
Friday, 9 a.m. - 5 p.m.
Saturday, 9 a.m. - 3 p.m.

MVFarmMarket.com

717-361-4520



MASONIC VILLAGE
FARM MARKET



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

717-361-8449

MasonicVillageHospice.org



MASONIC VILLAGE
Enjoy Life Your Way



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

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



MASONIC VILLAGE
Enjoy Life Your Way

Our Sponsors

Thank you for making GEARS possible

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a gift for Brittany's Hope



December 3rd, 2022
christmasatthestarbarnvillage.com
#CSBV

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ELIZABETHTOWN PUBLIC LIBRARY



Donation for Admission (minimum \$2)
All Proceeds Benefit Elizabethtown Public Library
 10 South Market Street (Route 230/743)
 just off the Square in Elizabethtown
 717-367-7467
www.etownpubliclibrary.org
 Search for *The Train Guys* on YouTube!

Private showings available
 Call (717) 367.7467 for more information

M	T	W	T	F	S
28	29	30	1	2	3
5	6	7	8	9	10
12	13	14	15	16	17
19	20	21	22	23	24
26	27	28	29	30	31

White Squares = closed except private showings/ groups Blue = 1st Responders Night
 Green/Red = open to the Public

For updates visit our website www.etownpubliclibrary.org
 Click "Things to Do" then "Trains!"

1st Responders: 6P - 7P
Tues & Thurs: 6P - 7:30P
2nd Friday: 5P - 7P
Sat 3, 10 & 17: 10A - 3:30P
 hours may vary

The Train Guys
 2022 December Train Display
 benefiting Elizabethtown Public Library

Support businesses that support our community!!

Registration Information

Winter/Spring 2023



Online

www.GetintoGEARS.org

Email: GEARS@GetintoGEARS.org

Phone/Fax

Call us at 717.367.0355 or fax to 717.361.7235.

We accept Visa, MasterCard, American Express or Discover.

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. Below is some information about on-line registration:

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

Confirmations/Receipts

Once you sign up it is your responsibility to attend the activity. No confirmations or receipts will be sent via mail unless you wish to provide a self-addressed, stamped envelope. GEARS will contact participants if the program is cancelled.

Fee Structure

All fees listed in this brochure are for members of the Elizabethtown Borough, Mount Joy Township and West Donegal Township. Non-members (NM) 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 full credit that can be applied to another program. 3} 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.

Location Code

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

Registration Information

Winter/Spring 2023

GEARS Winter/Spring 2023 Registration Form

Parent/Legal Adult Guardian Name

Name _____ Birthdate _____

Address _____ Email Address _____

City _____ Twp/Boro: E-town Boro WDT MJT Conoy EDT NR

Home # _____ Work # _____ Cell # _____

Emergency Contact Name _____ Phone # _____

Everyone listed here must reside at the same address otherwise use a separate form for each address.

GEARS does not provide accident insurance. GEARS participants must provide their own accident insurance.

Participants Name	Birthdate	Sex	Program Title	Session/Class	Fee

T-shirt Size (Circle One) 4-6 6-8 10-12 14-16 Adult Small Adult Medium Adult Large Adult XL

Payment Method (Circle One) Visa MC Amer Exp Discover Cash Check From Account

Credit Card Payment Authorization _____ Credit Card Number _____

_____ Expiration Date _____

Authorized Signature (as shown on credit card) CSC # _____

(3 digit code on back of card)

Liability Waiver & Release: As a condition of participation in any GEARS program, sports league, class, recreation or fitness activity, I agree as a participant or parent/guardian of a participant in the program, to assume all risks and hazards of engaging in a GEARS activity or facility, including assuming all risks for personal injury, death and property damage.

I agree to hold harmless GEARS, its staff, instructors, volunteers, officials, sponsors, partners or representatives from liability for any losses, damages or injuries that may occur as a result of my participation in these activities regardless of cause. I further agree that there is risk associated in regard to the COVID-19 pandemic and possible exposure as a participant.

I understand that by participating in a GEARS activity, I consent to photo and/or video images taken by GEARS staff during this activity to be used in any GEARS publications, reports and websites.

Acknowledgement of Understanding: I have read the above and understand the terms and conditions set forth in the liability waiver and release.

Participant Signature

Date

Parent/Guardian Signature (if participant under 18)

Date

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ELIZABETHTOWN FAIRGROUNDS
FREE EGG HUNT KIDS AGES 12 AND UNDER AND SENIORS!
\$6 EGG HUNT FOR ADULTS

The poster features a yellow chick with a bow tie and a white rabbit with pink ears at the top. The background is light blue with a white banner containing the event details. The bottom of the poster shows a grassy field with colorful Easter eggs and flowers.

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LGHealth.org



Holiday Parade
"Hometown Holidays"
10 DEC Saturday 4 pm
Market Street

The poster features a cartoon Santa Claus with large blue glasses and a white beard. Two M&M's characters, one red and one blue, are shown at the top. The background is white with a subtle pattern of snowflakes and a small illustration of a parade float at the bottom.