



GEARS

live. learn. play.



WINTER / SPRING 2024



GetintoGEARS.org

Welcome

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

Winter/Spring 2024 Brochure Programs & Services



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Message from our Executive Director

Dear Friends of GEARS,
As the year winds down, and we reflect on what we have accomplished as a community, we have so much to be thankful for. As an organization, GEARS is blessed to be supported by wonderful customers who trust us to provide them with great experiences and memories, sponsors who support our programs and events, and municipal partners who understand how valuable our services are to their residents.

As our community has grown so has its needs. GEARS is in the process of implementing our Feasibility Study that was completed in 2019. This includes expanding our operations through the renovation of the second floor of the GEARS Community Center. Our plan includes developing multiple program spaces that will allow for an increase in services in areas such as health and fitness, performing arts, adult/youth enrichment programs, and expanding our childcare services. This is an exciting time for GEARS and our community as we embark on this project. We will look to our community to help support this project through a variety of fundraising and sponsorship opportunities to make this project a reality. More information will follow in the coming months as we move forward with this project.

As we say goodbye to 2023, and prepare for the new year, let's take more opportunities to better ourselves and our community. As Wayne Gretzky once said, "You miss 100% of the shots you do not take." Commit to doing something new, something you considered but were too afraid to try. GEARS has a wide variety of opportunities for you and your family to try so give us a shot. I promise you will not be disappointed.

On behalf of GEARS, we wish you and your family a safe and joyous holiday season and a prosperous new year.

David Wendel
Executive Director

ALERT TO CREDIT/DEBIT CARD USERS

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

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

GEARS Staff Listing

Administration717.367.0355

David WendelExecutive Director
Joyce HardmanBusiness Manager

Kids Center717.367.0119

Wendy MusserDirector
Kelly Flowers.....Assistant Director

Recreation717.367.0355

Karen EberlySenior Program Coord.
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Erin Thomas.....Administrative Asst.

Senior Center717.367.7984

Jessica RoushDirector
Wayne BreamAssistant
Julissa Rivera-SantaAssistant

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.

GEARS Municipal Partners & Board Members

East Donegal Township

Linda Good
Scott Kingsboro
Alan Kaylor

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



14th Annual

Daddy/Daughter Dance

Fri, Feb 16 6-7:30 pm

\$50/couple (\$60 NR)



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, Feb 9.*



Mother/Son Superhero Bowling

Sat March 9 1-3 pm
Clearview Bowling Lanes
\$40/couple (\$48 NR)



Put on your Superhero cape and strike into Spring! Join us for unlimited bowling with snacks and drinks. There will be prizes and plenty of fun for this mother/son bowling and bonding event. *Registration deadline is March 1.*

Special Events

Times to Remember



MARS WRIGLEY
LOCALLY MADE, ETOWN PROUD

PRESENTS

eGGSTrAvAGANza

SATURDAY, MARCH 23 | 10 AM
ELIZABETHTOWN COMMUNITY PARK

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! Senior Egg Hunt also included. Adult egg hunt \$5 with great prizes!! Check online for exact egg hunt times.



Mother/Daughter
Craft Night

Fri, May 10 6:30-8 pm
GEARS Community Center
\$60/couple (\$70 NM)

Looking for a fun and creative way to celebrate Mother's Day? Check out this mother/daughter craft night. This night will include a guided craft tutorial by Twisted Easel, light refreshments and a photo booth. You will create a memorable keepsake to take home. Mom not available? Invite grandma or an aunt.
Registration deadline is May 1.

Preschool

Learning one step at a time

Iddy Biddy Gym Class Heroes

Intro to sports and classic gym class games. Develop large and small motor skills in a fun environment. Players will learn new skills and develop athletic movements along with hand-eye coordination and teamwork. Gymnastics, soccer, basketball, parachute and group games. Ages 4-6.

Tue Jan 9-30 4:30-5:30 pm

\$35 (\$41 NR) 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 3-March 9

10:30-11:30 am

\$60 (\$70 NR) 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 13-May 18

9-10 am (A) 10:15-11:15 am (B)

\$55 (\$65 NR) HS Field 2

Iddy Biddy Indoor Tennis Lessons

Children will learn to play tennis quickly using large-sized RED balls and smaller nets and courts. Taught by Carley Furlow, Level I Certified Tennis Instructor. Ages 3-6

Mon & Wed Jan 8-17 (I) Feb 5-14 (II)

Mon & Wed March 4-13 (III)

9:30-10 am (A) 10-10:30 am (B)

Tue Feb 6-27 (IV) March 5-26 (V)

6-6:30 pm

CC Gym \$55 (\$65 NR)

Donegal Iddy Biddy Tennis

Children will learn to play tennis quickly using large-sized RED balls and smaller nets and courts. Taught by Carley Furlow, Level I Certified Tennis Instructor. Ages 3-5

Thu 4:45-5:15 pm

April 11-May 2 (I)

May 16-June 6 (II)

\$55 (\$65 NR) Legion Park Tennis Courts

Iddy Biddy Tennis

Children will learn to play tennis quickly using large-sized RED balls and smaller nets and courts. Taught by Carley Furlow, Level I Certified Tennis Instructor. Ages 3-5

Tue May 7-28 5:30-6 pm

\$55 (\$65 NR) HS Tennis Courts

Animal Explorers: The Ocean

Dive into the fascinating world of ocean habitats and their incredible inhabitants in this Snapology class! Unlike the animals in our own backyards, marine life has adapted to thrive in the depths of the sea. In this engaging program, young explorers will embark on a journey to discover the homes of some remarkable ocean creatures. Through captivating hands-on building with LEGO® bricks, your child will not only have a blast but also gain a deep understanding of the importance of unique ocean habitats for the survival of these amazing creatures. Each week, we'll focus on a different marine animal. Your little learner will develop critical social and developmental skills along the way, all while having a whale of a time! Ages 4-6

Tue Feb 6-27 5-5:45 pm

\$105 (\$115 NR) Community Center

Animal Explorers: Forest

Step into the enchanting world of forest habitats and their diverse inhabitants with this Snapology class! Unlike the creatures in our own neighborhoods, forest animals have adapted to the lush green canopies and mysterious undergrowth. In this captivating program, young explorers will embark on a journey to discover the homes of some remarkable forest creatures. Through hands-on building with LEGO® bricks, your child will gain a deep understanding of the significance of forest habitats for the survival of these fascinating creatures. Each week, we'll focus on a different woodland animal. Your little learner will develop essential social and developmental skills along the way, all while enjoying a memorable adventure in the heart of the forest! Ages 4-6

Tue April 9-30 5-5:45 pm

\$105 (\$115 NR) Community Center

Indoor Beginner Tennis Lessons

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 Carley Furlow, Level I Certified Tennis Instructor. Ages 6-11

Tue Feb 6-27 (I) March 5-26 (II)
6:45-7:30 pm (ages 6-8) (A)
7:45-8:30 pm (ages 9-11) (B)
\$65 (\$75 NR) CC Gym

Beginner Tennis

Children of any skill level will learn the fundamentals of tennis using the larger ORANGE 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 Carley Furlow, Level I Certified Tennis Instructor. Ages 6-11

Tue May 7-28
6-6:50 pm (A) (ages 6-8)
7-7:50 pm (B) (ages 9-11)
\$65 (\$75 NM) HS Tennis Courts

Beginner Tennis (Pre Rally Skills Only)

Children of any skill level will learn the fundamentals of tennis using the regular tennis balls. 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 12-16

Tue May 7-28 6-7 pm
\$65 (\$75 NR) HS Tennis Courts

Intermediate Tennis (Ready to Rally)

Class is for players that have completed two or more sessions of beginner tennis lessons. Instruction will focus on continuing to develop tennis skills, footwork. These lessons will prepare you for playing matches. Great for players planning on playing in high school. Taught by Brenda McBride, PTR Certified Instructor. Ages 12-16

Tue May 7-28 7-8 pm
\$65 (\$75 NR) HS Tennis Courts

Donegal Beginner Tennis

Children of any skill level will learn the fundamentals of tennis using the larger ORANGE 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 Carley Furlow, Level I Certified Tennis Instructor. Ages 6-11

Thu April 11-May 2
5:30-6:20 pm (A) (ages 6-8)
6:30-7:30 pm (B) (ages 9-11)
\$65 (\$75 NR) Legion Park 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


Thu May 16-June 6 5:30-6:20 pm
\$65 (\$75 NR) 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


Thu May 16-June 6 6:30-7:30 pm
\$65 (\$75 NR) Legion Park Tennis Courts

Movie Favorites

Join us for a magical adventure through the world of animated movies in this Snapology program using LEGO® Bricks! Your child's favorite characters from The LEGO® Movie 2, Encanto, Trolls, and Toy Story will come to life as they embark on creative STEAM challenges. In this program, your student will not only have a blast but also develop their problem-solving and imaginative skills while building and re-imagining iconic scenes and characters from these beloved films. From the vibrant Madrigal family to the whimsical trolls, the heroic toys of Toy Story, and the imaginative LEGO® characters, this program will ignite your child's creativity and love for the magic of animation. Let's make movie magic together with LEGO® bricks! Ages 6-10

Tue Feb 6-27 6-7 pm
\$140 (\$150 NR) Community Center

Foundational Engineering: Machines that Work

Is your young engineer ready to explore the world of machines that make work easier? This Snapology program is the perfect fit! Using LEGO® Technic® Bricks, kids will dive into the world of machines that people use to help them do work. They'll gain hands-on experience and a deeper understanding of mechanical and engineering concepts. These hands-on projects will ignite their creativity, encourage interactive learning with their peers, and fuel their passion for engineering and innovation! Ages 6-10

Tue April 9-30 6-7 pm
\$140 (\$150 NR) Community Center

Youth/Teen

Live, learn and play at GEARS

PJ Story Hour

Enjoy stories, craft time and snack in our cozy cabins. Come dressed in your winter pajamas, relax and listen to stories. Ages 4-10

Fri 6:30-8 pm

Jan 26 Animals in Winter (I)

Feb 23 Bears (II)

March 22 Spring Time (III)

\$6 (\$12 NR) Winters Heritage House

Afternoon Kids Program

Be a part of Winters Heritage House Wednesday Afternoon Kids Program and create seasonal decorations for the cabins, activities for exhibits, learn colonial inspired games and work on a variety of hands-on Maker activities in our rustic cabins. Ages 4-10

Wed Feb 28-May 29 (no 3/27)

4:30-5:30 pm

\$40 (\$48 NR) Winters Heritage House

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 mouth guard. Clinic run by Elizabethtown Youth Field Hockey coaching staff. Grades K-5.

Sat Feb 10-March 16

8-9 am Grades K-2 (A)

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

\$60 (\$70 NR) 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 3-March 9

11:45 am-12:45 pm

\$60 (\$70 NR) 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 13-May 18 9-10:30 am

\$60 (\$70 NR) 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 20-April 9 6-8 pm

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

After School Basketball Skills Clinic

6 weeks of basketball skill work. Each day incorporates a variety of basketball-specific skill stations, fun games and game play in 3v3 and 5v5 environment. Ball handling, shooting fundamentals, dribble moves, moving without the ball and offensive footwork will all be stressed. Grades 3-5

Tue March 12-April 16 GIRLS & BOYS

3:45-4:45 pm

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

DONEGAL LOCATION!!

GIRLS & BOYS GRADES 3-6

Thu March 14-April 18

3:45-4:45 pm

Donegal Intermediate School Gym

\$85 (\$95 NR)

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 24 (I) May 22 (II)

5-5:45 pm

\$60 (\$70 NR) Ironstone Ranch

1 Hollinger Lane, E-town



Aquatics

Dive into GEARS

Parent & Child Swimming

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

Sat Jan 6-Feb 24 (I)

March 16-May 11 (no 3/30) (II)

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

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

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

Swim Lessons

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

Sat Jan 6-Feb 24 (I)

March 16-May 11 (no 3/30) (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/Dolphin/Shark) (E)

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

AquaFit (formerly 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 Lorenzen will instruct. Ages 14+

Mon &/or Wed March 11-May 15

7:15-8 pm

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

\$160 for 2 days/week

Aquacise

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

Tue &/or Thu March 12-May 16

6:30-7:15 pm

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

\$160 for 2 days/week



For More Information
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Call 717-902-9791





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Events with a Purpose



Valentine's Day



Easter



4th of July



Christmas at
STONE GABLES ESTATE



Christmas Light Drive Thru




Christmas Dinner & Show

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 8-March 4 (I) March 25-May 20 (II)

Thu 9-10 am
Jan 11-March 7 (I) March 28-May 23 (II)

\$75/day (\$85 NR) (\$140 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. Ages 18+

Mon 6:30-7:30 pm
Jan 8-March 4 (I) March 18-May 20 (II)
\$55 (\$65 NR) CPOW

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 8-March 6 (I) March 18-May 15 (II)
MV Carpenter Chapel

Sat 9-10 am
Jan 6-March 9 (I) March 23-May 18 (II)
(no 2/24) CPOW

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



Pound: Plugged & Unplugged

Join us for alternating weeks of Pound, a 45-minute electrifying jam session where you rock out with friends to great music while you build cardiovascular fitness, muscle tone & strength. Pound Unplugged is a calmer version of Pound that includes rhythmic breathing & meditation. Bring a water bottle and sweat towel. Ripstix (lightly weighted drumsticks) will be provided. Be ready for a glow-in-the-dark session the last class of each month! Class taught by Charla Lorenzen, an experienced ACE-certified Group Fitness Instructor. Ages 14+

Tue 6-6:45 pm
Jan 9-March 5 (I) March 19-May 14 (II)
\$60 (\$70 NR) Fighting Dragons

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 2-March 7 (I) (no 2/20 & 2/22)
March 19-May 16 (II)
\$100 (\$110 NR) CPOW

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 15 years. Ages 18+

Tue Jan 9-March 12 (I)

April 2-June 11 (No 5/28) (II)

6:15-7:15 pm (Introduction Class)

7:15-8:15 pm (Advanced Class)

\$105 (\$115 NR) MV Carpenter Chapel

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 4-March 7 (I) March 21-May 23 (II)

\$100 (\$110 NR) MV Carpenter Chapel

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 3-Feb 21 (I)

March 13-May 1 (II)

\$55 (\$65 NR) Fighting Dragons Fitness

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 ACE-certified Group Fitness Instructor and certified yoga instructor. Ages 14+

Thu 6-7 pm Jan 11-March 7 (I)

March 21-May 23 (no 3/28) (II)

\$55 (\$65 NR) Donegal Int School

White Cafeteria

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 5-March 1 (I)

March 15-May 10 (II)

\$50 (\$60 NR) 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 7-March 27 (I) April 17-June 5 (II)

\$50 (\$60 NR) 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 11-March 7 (I) March 28-May 23 (II)

\$75 (\$85 NR) Fighting Dragon

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 6-March 9 (I) (no 2/24)

March 23-May 18 (II)

\$60 (\$65 NR) CPOW

Continuing Education

Learn something new every day

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 6:30-8 pm

Jan 2-Feb 20 (I) March 12-April 30 (II)

\$80 (\$90 NR) Donegal Int. School Cafe

Making Budgets Work

Presented by M & T Bank. In this workshop, participants will: identify personal obstacles budgeting; create a structure to track and analyze spending; list short-term, medium-term, and long-term goals; discuss the importance of reducing debt and building emergency savings; and apply strategies to manage day-to-day spending. Ages 18+

Wed Jan 24 6-7 pm

FREE; Registration is required

GEARS Community Center

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 6:30-7:30 pm

Jan 29-Mar 25 (no 3/4) (I) April 1-May 20 (II)

\$100 (\$110 NR) E-town Fairgrounds

Social Security Workshop

Class will explain how to understand social security and optimize your benefits. Learn how to understand your benefit choices, decide when to start your benefits, factor in Medicare, reduce or eliminate taxation of social security and strategies to help optimize your retirement benefit and create an income base. Class is taught by Len Bodnar, Bodnar, Financial Group. Ages 18+

Wed 6-7:30 pm

Jan 17 (I) Senior Center April 10 (II) EDT

\$10 (\$16 NR)

Mortgages

Presented by M & T Bank. In this workshop, participants will: learn about common types of mortgages and how they are obtained; identify common costs associated with mortgages; and explore special financing products and resources to assist with buying a home. Ages 18+

Wed March 20 6-7 pm

FREE; Registration is required

GEARS Community 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+

Tue March 5 2-6 pm

Senior Center

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

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 25 (I) April 25 (II) 6-8 pm

\$15 (\$21 NR) Senior Center

History Hour for Adults

Take an in-depth look at a variety of historical topics with other history enthusiasts. Each program will include historical images to analyze, questions to discuss and additional resources for further investigation. Each participant will receive a notepad, folder, pen and materials for each program.

Thu 1-2 pm

March 7 Submarines

April 4 Titanic

May 2 The Liberty Bell

June 6 Maps

\$25 (\$33 NR) Winters Heritage House

First Time Homebuying 101

Are you ready for home ownership? Do you know how to start the home buying process? Hear from a REALTOR®, Mortgage Lender, Title Company, Home Inspector and Insurance Agent to learn how to navigate through the home buying process. We will help you get ready for home ownership by giving guidance for finances, completing the mortgage process and getting you ready to purchase your first home! Hosted by The Weiler/Chapman Team at Coldwell Banker.

Wed April 17 6:30-7:30 pm

\$10 (\$16 NR) Senior Center

E-town Pickleball Lessons

Pickleball combines tennis, table tennis and badminton: needless to say, it gets intense quickly, but it's so much fun. Pickleball is a fast-paced sport that is easier on the joints and quicker to learn than other racquet sports. 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. Those with pickleball or racquet sport experience who are already familiar with these elements should register for the intermediate class. Intermediate level skills and drills will be used in this class. All equipment provided. Ages 16+

Afternoon Classes

Tue & Thu
Jan 4, 9 & 11 (I)
Feb 6, 8 & 13 (II)
March 12, 14 & 19 (III)
12-1 pm (Beg) (A) 1-2 pm (Int) (B)
\$50 (\$60 NM) E-town BIC Gym

Evening Class

Thu Feb 22-March 7 7-8 pm
\$50 (\$60 NR) CC Gym

Donegal Pickleball Lessons

Pickleball combines tennis, table tennis and badminton. 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. Pam Kaylor is a IPTPA Level I certified instructor. Ages 16+

Tue May 14, 21 & 28 9-10 am
Legion Park Tennis/Pickleball Court
\$50 (\$60 NR)

Pick-up Pickleball

Pick-up games of coed doubles pickleball in the gym. All ages

Tue, Wed & Fri Jan 2-May 31
(no 2/23, 3/29 & 5/10)
1:15-3:15 pm (Tue & Wed)
6-8 pm (Fri)
\$5/Day (\$6/Day NR) CC Gym

Leagues & Tourneys

Looking for competition

Coed Sixes Volleyball League

Area coed sixes volleyball teams join us for the winter season. 10-match season with playoffs. Registration deadline Jan 22.

Mon Feb 5-April 22
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 26 7 pm
GEARS Community Center



sponsored by



Trips

Journey somewhere new

American Music Theater - '50s Dance Party



John Mueller's '50s Dance Party is the official live and authentic re-creation of Buddy Holly, Ritchie Valens, and the Big Bopper's final tour and the only show endorsed by the Holly, Valens and Richardson estates. Each live concert performance includes over two hours of unbridled, high voltage entertainment featuring all the hit songs of the '50s – "That'll Be the Day," "Peggy Sue," "Rave On," "La Bamba," "Chantilly Lace," and many more! You do not want to miss this electrifying blast from the past!

Sun Feb 18 Depart 10:30 am
\$140 (\$150 NR) HS Parking Lot

Philadelphia Flower Show

Experience the first taste of spring indoors at the Philadelphia Flower Show. The theme for the 2024 show is "United by Flowers" which focuses on the human connections that are created by sharing a love of flowers and gardens. Join George Weigel as he escorts the trip. Enjoy the dazzling array of colors, unique shapes and textures, and rich fragrances of gorgeous floral displays and gardens.

Fri March 8 Depart 9:30 am
\$99 (\$109 NR) Clearview Lanes

Cherry Blossoms in Washington DC with Luncheon Cruise

Welcome springtime on this trip to Washington DC. Step aboard the all-glass Odyssey for your 2-hour luncheon cruise. Take in the monumental views of Washington DC and the beautiful blooming cherry blossoms while enjoying your lunch. Be sure to visit the observation deck for breathtaking views. After your cruise, you will enjoy a private guided Washington DC Highlights Tour.

Thu April 11 Depart 8:45 am
\$175 (\$185 NR) Clearview Lanes

Mt. Hope Murder Mystery



Greetings Agents. Your mission, should you choose to accept it: solve a murder. Foul play is afoot at the Mount Hope Mansion where secret agents from around the world are gathering for their annual convention but when one of your own ends up dead, someone might just be a double agent! You are going to need to keep your wits about you and use every gadget in the vault to get to the bottom of it! Trip includes transportation to the Mount Hope Estate, meal, and show.

Tue April 16 Depart 12 noon
\$125 (\$135 NR) Clearview Lanes

Springtime in NYC

Springtime in New York is full of excitement. On this bus trip, you will get the day to explore NYC on your own. New York City has an unbelievable array of shopping, over 150 excellent museums, multitudes of restaurants and 135 Broadway Theatres. There is something for everyone on this bus trip!

Sat April 27 Depart 7:30 am
\$85 (\$95 NR) 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 experience the rich history of Ellis Island, now a 27.5-acre site located just minutes off the southern tip of Manhattan Island, New York. It has been estimated that nearly half of all Americans today can trace their family history to at least one person who passed through the Port of New York at Ellis Island. Return to Battery Park to visit the remarkable tribute of the 9/11 Memorial site and museum. The Memorial's twin reflecting pools are each nearly an acre in size and feature the largest man-made waterfalls in the North America, a truly magnificent tribute to visit.

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



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

Washington DC on your Own

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

Sun June 16 Depart 7:30 am
\$65 (\$75 NR) HS Parking Lot

Historic Virginia



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

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



AC Thunder over the Boardwalk

Enjoy the famous Atlantic City boardwalk and casinos as well as the Atlantic City Air Show. Thrill to heart-stopping feats, aerobatics maneuvers, formation flying and solo routines of military and civilian pilots to make this on one of the most popular events in Atlantic City. Performances and demonstrations by the US Air Force, US Army, US Coast Guard, US Navy, Air National Guard and civilian acts make this an event you do not want to miss!

Sat Aug 10 Depart 7:30 am
\$125 (\$135 NR) HS Parking Lot

Finger Lakes Wine Festival

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

Sat July 6 Depart 7 am
\$115 (\$125 NR) HS Parking Lot

Upcoming Trips

Fall into the Curve

Oct 3



NYC Value Days

Nov 23 & Dec 21



Dickens of a Christmas

Dec 7



M	T	W	T	F	S
White Squares = private showings/ groups only Green/Red = open to the Public					
			30	1	2
4	5	6	7	8	9
11	12	13	14	15	16
18	19	20	21	22	23
25	26	27	28	29	30
1st Responders: 5:30P - 7P Thursdays: 5:30P - 7P 2nd Friday: 6P - 8P Sat 2, 9, 16 & 30: 10A - 4P Sat 23 10A - 1P					

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

2023 December Train Display
benefitting Elizabethtown Public Library

The Train Guys

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 1 12-2 pm
Chickies Rock Outfitters
Single \$60 Tandem \$85

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. The 2024-2025 contracts will be available in spring of 2024.

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 3.6-5 year old students learn through our “Funshine Express Fireflies” Curriculum. We use “Ages and Stages” screening tool and we assess children’s progress in learning with the “Early Learning Scales”. 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 2024: Summer Camp is scheduled for Mon, June 10 through August 21. Contracts will be available in early Spring 2024. 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 and fun.

Upcoming Events:

- January 15: Kids Center closed on Martin Luther King Jr Day
- February 19: Kids Center Closed, Staff Professional Development Day
- March 2024: Early Bird Registration for the 2024-25 Academic Year and Summer 2024 Contracts will be available in spring of 2024.
- June 5: Last day of school

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-4 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 18. We will feature businesses that serve the senior population. In addition to the featured businesses, the senior center will be 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.

Nutrition Workshop

Join us for a 4-part Nutrition Series on Tuesday afternoons in February at 2 pm. Maryann Smith, Nutrition Educator from Central Pennsylvania Food Bank will be teaching the class. Those who attend all four classes will be entered to win a prize. Registration is preferred but not required. We will be covering the following topics:

Feb. 6: Reading a Nutrition Facts Label
Feb 13: Spotlight on Sodium
Feb 20: Focus on Fats
Feb 27: Too Sweet - The Lowdown on Added Sugars in Your Diet

Call the senior center for more information or to register.

Bingo!

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.





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Hours:

Now - Dec. 24:
Thursday - Saturday,
9 a.m. - 5 p.m. &
Sunday, Noon - 4 p.m.

Jan. 5 - April 24, 2024:
Friday, 9 a.m. - 5 p.m. &
Saturday, 9 a.m. - 3 p.m.





Personalized End-of-Life Care *at Home*



Masonic Village Hospice

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

- Complimentary evaluation
- Physician-directed care supervised by a registered nurse

- 24-hour support with visits as needed
- Medication, symptom & pain management
- Therapies & spiritual services
- Personal care assistance

MasonicVillageHospice.org
717-361-8449





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



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Registration Information

Winter/Spring 2024



Online

www.GetintoGEARS.org

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

Phone/Fax

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

Email: GEARS@GetintoGEARS.org

In Person

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

Mail-In

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

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

Confirmations/Receipts

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

Fee Structure

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

Refunds/Transfers

GEARS strives to offer you high quality recreation programs. We are confident that you will like these programs - so confident that we will ensure our promises to provide that high quality. GEARS guarantees that you will be satisfied with our recreation programs. If not satisfied, tell us and we will arrange for you to do one of the following: 1} Repeat the class at no charge. 2} Receive 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. GEARS does not provide accident insurance. Individuals must provide their own coverage.

Location Code

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

Registration Information

Winter/Spring 2024

GEARS

Winter/Spring 2024 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) CVV # _____

(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 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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70 South Poplar Street
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PRESENTS

The poster for the Eggstravaganza event features a white bunny with pink ears and a pink bow, a small chick, and two M&M's characters (one red, one yellow) holding baskets of eggs. The background is a light blue sky with a white cloud. The text "EGGSTRAVAGANZA" is written in large, colorful, block letters. Below it, the date and time "SAT MARCH 23 10 AM" are listed. The location "ELIZABETHTOWN COMMUNITY PARK" is also provided. At the bottom, the text "FREE EGG HUNT KIDS AGES 12 AND UNDER AND SENIORS! \$5 EGG HUNT FOR ADULTS" is written. The bottom of the poster is decorated with a green grassy field and colorful flowers.

POSTAL CUSTOMER
ECRWSS

The advertisement for Sports Medicine Specialists features a basketball player in a red jersey and black shorts, dribbling a basketball. The player is shown in a dynamic pose, with one leg bent and the other extended. The background is a solid light blue. The text "SPORTS MEDICINE SPECIALISTS" is written in large, bold, black capital letters. Below the text, the Penn Medicine logo is displayed, followed by the text "Lancaster General Health Physicians". At the bottom, the text "No matter how you like to be active, we are here to get you back to your game." is written. To the right of this text, the text "Schedule an Appointment LGHealth.org/SportsMed or 717-627-7675" is written.

The poster for the Holiday Parade features a large, stylized face of Santa Claus with a white beard and blue-rimmed glasses. The text "Holiday Parade 'Holidays Songs'" is written in a red, cursive font. Below the text, the date and time "9 DEC Saturday 4 pm Market Street" are listed. The bottom of the poster is decorated with a green grassy field and colorful flowers. Two M&M's characters (one red, one yellow) are shown at the top of the poster, holding baskets of gifts.