



EBACC

EAST BERLIN AREA COMMUNITY CENTER . . . expanding your horizons



*Spring 2024
Newsletter*

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

Office Hours

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

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

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

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A Message from the Vice President

The East Berlin Area Community Center Project 22 is very excited to announce the hiring of DAZA Development Group to lead EBACC through a successful Capital Campaign to fund building a new community center that focuses on wellness and fitness for the Adams and York County residents. DAZA brings over 100+ years of combined experience working with non-profits to achieve their dream. Daniel Zalewski, Principal and Jeanne Troy, Vice President of Client Services, will take the lead on the capital campaign. The EBACC Board of Directors, Project 22 Committee and Capital Campaign Committee look forward to introducing the DAZA team to our volunteers, residents, business partners and community leaders. EBACC and DAZA will work together to build a bond to provide neighboring townships and boroughs services and programs with the goal of pursuing EBACC's Mission of "Enhance the quality of life in our community through recreational activities and classes fostering personal growth".

The Capital Campaign is at the beginning stages but you will begin to see and hear more about our plans and additional programs that EBACC will be providing at a new facility. We are working closely with local and state organizations to ensure that we identify and implement programs that are necessary to enhance our community's well-being and programs to strengthen our resident's day-to-day life for the future.

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

Robin A. Heyser, Project 22 Committee Chair

Can't wait to see you!

BIGGEST YARD SALE IN ADAMS COUNTY

OVER 2500 FEET OF TREASURES INSIDE AND OUTSIDE



Saturday, April 27, 2024 8:00am-2:00pm

SHRED EVENT



WITH

WIGGIN'S SHREDDING

Saturday
May 11, 2024
11am-2pm

- Secure, on-site document shredding
- of up to 4 file boxes of paper per vehicle
- \$5.00 donation to EBACC per box

PLANT SALE

Plants
Seeds
Bulbs
Décor & More

Saturday
May 11, 2024

8am-11am

VENDOR
REGISTRATION OPEN
NOW

VENDOR
REGISTRATION
CLOSES MAY 10

Vendor
Spaces
Available



Scan to access online registration.



Saturday
May 18, 2024
11am-2pm

Like us on for updates on this event!



Golf Tournament

Monday, June 17, 2024

Hanover Country Club

12noon Shotgun Start

Register Online or use
Registration Form on
page 7

Hot Buffet and Awards
to follow

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

Garden Tour

Sunday
July 14, 2024
12-5pm



\$10 in Advance

\$12 day of tour

*Stroll through beautiful gardens & take
in the sights and sounds of music and
artists performing among the greenery.*

NATIONAL NIGHT OUT

Block Party

TUESDAY,

AUGUST 6, 2024

5:30-7:30PM

An evening of fun family
activities & school
supply distribution!

If your business or non-profit
would like to join us this year
and provide a fun activity for
the kiddos, please email
operationsmanager@ebacc.org.

HISTORIC EAST BERLIN FALL FESTIVAL

SATURDAY

8AM TO 2PM

SEPTEMBER 14, 2024

405 NORTH AVENUE


EAST BERLIN

SAVE THE DATE

WATCH FOR MORE INFORMATION ON



AND IN THE FALL
NEWSLETTER



**RED CROSS
BLOOD DRIVE**

Friday, Oct 18, 2024
10:00am-3:00pm



**Call 717-GoMammo
to schedule your event**

Tuesday, July 30, 2024
10:00am-5:00pm

Kitchen News

Baked Chicken



\$12

Takeout

PRE-ORDER : 5/1-5/9
PICK UP: 5/16/2024
3-6PM

Includes Corn & Baked Potato

Turkey Dinner



\$12

WALK-IN ONLY
11AM-SOLDOUT
7/25/2024

**Turkey, Stuffing, Mashed
Potatoes, Gravy, & Peas**

During our Christmas In July Shoppe

Mother's Day Sale

May 11, 2024
8-11am

Baskets may include a variety of flowers, cookies, mugs, stuffed animals, & candy!

FATHER'S DAY Sale

June 14 & 15, 2024
9am-noon

Mug Gift sets may include salty treats, mugs, tins, fudge, and more!

Ten by the Sea

Saturday, August 17
12noon

405 North Avenue East Berlin PA **Tickets \$30 each max seating 24**

Registration required: Click on the amilia icon on the home page of ebacc.org



Retail News



Donation Center

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

Accepted Items

- | | |
|-------------------------|--------------|
| Clothing | Books |
| Footwear | Games & Toys |
| Outerwear | CDs & DVDs |
| Housewares | Jewelry |
| Small Appliances | Accessories |
| Antiques & Collectibles | |

UNACCEPTED ITEMS

(including but not limited to)

- | | |
|---------------------|--------------------|
| Electronics | Encyclopedias |
| Computer Components | Baby items |
| Records | Fiber-filled items |
| Furniture | Knives |
| Exercise Equipment | Air Conditioners |

visit ebacc.org for details on unaccepted items



Staples recycles cell phones and Computer components



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

CHRISTMAS IN JULY

We have been blessed with lots of Christmas item donations so we decided to celebrate early and offer you a chance to pick up some great Christmas decor now!

THURSDAY	JULY 25	9A-6P
FRIDAY	JULY 26	9A-3P
SATURDAY	JULY 27	9A-12P

Turkey Dinners Available Thursday Only

2024 INDOOR YARD SALES

MAY 2-3-4

JUNE 6-7-8

JULY 11-12-13

AUGUST 8-9-10

THURSDAY	\$10 A BAG	9AM-6PM
FRIDAY	\$5 A BAG	9AM-3PM
SATURDAY	\$5 DONATION <small>Enjoy unlimited shopping</small>	8AM-12NOON

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

MUST USE THE BAGS PROVIDED

2024 Book Sales

June 12 13 14 15

Sept. 11 12 13 14

Wednesday 9am-3pm

\$2 Hardcover / \$1 Paperback

Thursday 9am-6pm \$10/bag

Friday 9am-3pm \$5/bag

Saturday 9am-12noon \$3/bag

Breakfast & Lunch served Wed 9am-1pm Only

Thrift Shoppe Hours

Monday 9:00am-12:00noon

Tuesday 9:00am-6:00pm

Wednesday 9:00am-3:00pm

Thursday 9:00am-6:00pm

Friday 9:00am-12:00noon

Saturday 9:00am-12:00noon

Monthly 50% Off Tags!

We have an online Thrift Store!

Weekly 50% OFF Specials!



@EBACC-405



CHILDRENS LEARNING CENTER CLASSES



✦ PreSchool * Pre K * Before & After ✦

Note: There is a one time new student registration fee of \$25 required to reserve a space in the class. Spaces are limited. All children must be potty trained.

✦ These classes are geared toward getting children ready for formal learning. For more details on curriculum, visit our Child Learning Center page on ebacc.org. ✦

Pre K Class

Monday/Wednesday/Friday
9:00am-12:00noon
Start September 9, 2024
Ending May 14, 2025
\$132.00 per month

Must be at least
4 years old &
entering
Kindergarten Fall
2025.

Preschool Class

Tuesday & Thursday
9:00am-12:00noon
Start September 10, 2024
Ending May 15, 2025
\$88.00 per month

This class is a
great introduction
to formal
learning. Must be
at least 3 years old
by September 1

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

BEFORE & AFTER SCHOOL



Ages K-4th
Grade



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



Morning and
Afternoon snack
provided

program this Fall!

Monday - Friday

6:30am to bus pick up
bus drop off to 6:00pm

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

JOIN US!



KIDS FUN Run

Saturday, July 20, 2024

Start Time: 8:45am

Ages 2-10

Prizes for all

\$10

Register Online at www.ebacc.org--Click on the Run Sign Up Link on Our Event Page.



7th Annual EBACC Golf Tournament

Monday, June 17, 2024

Hanover Country Club, Abbottstown PA

12noon Shotgun Start Registration Open 11am

Registration Deadline:
June 1, 2024

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

No players will be allowed to play golf unless they meet the club's dress code and spike requirements:

- Golf slacks or golf shorts with an out seam AT LEAST 16 inches
- Golf type shirts must have sleeves and collars
- Golf attire for lady golfers includes golf skirts, Bermuda length shorts and golf type tops (sleeveless is permitted)
- Soft spikes

UNACCEPTABLE attire includes short shorts, athletic or jogging shorts, blue jeans or denim,

■ Player One - main contact for foursome

First Name : I have read the dress code requirements

Full Address :

Phone : Township

Email :

■ Player Two

First Name : I have read the dress code requirements

Full Address :

Phone : Township

Email :

■ Player Three

First Name : I have read the dress code requirements

Full Address :

Phone : Township

Email :

■ Player Four

First Name : I have read the dress code requirements

Full Address :

Phone : Township

Email :

Make checks payable to EBACC
and mail or drop off completed form to EBACC Office



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

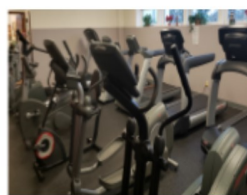
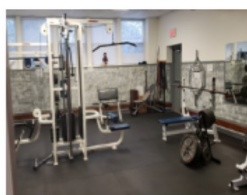
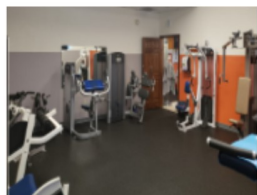
SUMMER DAY CAMP

AWESOME CAMPS FOR AWESOME KIDS!

REGISTRATION OPENS MAY 1ST MONDAY-FRIDAY 9:00AM-12:00PM

Click on the  on front page of ebacc.org to register.

Week of	Camp	Ages	Fee	Descriptions
June 10-14	Lego Camp	5-14	\$65	This hands-on camp allows children to play and create while exploring engineering, architecture and physics in the wonderful world of Legos. Each unique creation enhances personal creativity.
	Soccer Camp	5-8	\$65	Camp will focus on advanced aspects of soccer such as stance, positioning, and vision. Campers will learn proper defensive and offensive techniques along with more advanced footwork and overall ball skill. Campers will leave with a deeper understanding of the game and learn ways to improve their game.
	Camp Sampler	5-14	\$80	Are you undecided on which camp to attend? Do you want to try them all! Then, this is the camp for you. We'll do a little bit of everything in this camp, sports, crafts, scavenger hunts, and have a lot of fun.
	Science Experiment Camp	9-14	\$80	Do you ever wonder what happens if you mix this with that? We'll use everyday household objects to create several different science experiments. We'll have at least one explosion this week.
June 17-21	Cooking Camp	9-14	\$80	Campers will be cooking up some delicious eats all week long. Campers learn to measure, count, and estimate in a practical, real-life setting with an edible outcome! The kitchen is the ideal laboratory!
	Cheer Camp	5-14	\$65	Campers will learn beginner cheer motions, jumps, cheers, & chants which will help prepare them for school teams. All ability levels are welcome.
	Variety Camp	5-14	\$80	Every day will be different so you won't want to miss a single day. Each day has a different theme.
June 24-28	Cooking Camp	5-8	\$80	Campers will be cooking up some delicious eats all week long. Campers learn to measure, count, and estimate in a practical, real-life setting with an edible outcome! The kitchen is the ideal laboratory!
	Basketball Camp	9-14	\$65	Develop basic basketball skills through drills, strategy, plays, and game play. Each day will focus on fundamentals such as shooting, passing, dribbling, rebounding, and defense.
	Arts & Crafts Camp	5-14	\$80	Are you a crafty person or want to be? Do you like to use paint? Crayons? Markers? Colored Pencils? Glue? We'll get to try all of these in this camp. It will be different everyday.
	Candy Making Camp	9-14	\$80	Create the most delicious art projects ever. Learn how to make candy, melt chocolate, and use molds.
July 8-12	Princess Camp	4-6	\$80	Bring out your inner royal with an enchanting camp about Princesses! Campers immerse themselves in a magical week of stories, crafts, music, dancing and imagination with new friends.
	Outdoor Games Camp	5-14	\$80	Camp will use games that promote creativity and teamwork such as tag, obstacle courses, relay races and more.
	Board Games Camp	5-14	\$65	What's your favorite board game? We'll have a few favorites – Chutes and Ladders, Candyland, Monopoly, Life. Create your own board game and play a few you may not have heard about before.
	Sew Cool Camp	5-14	\$80	In this camp, we'll learn how to use felt and thread to sew. We'll make a stuffy, key chain, pillow, and something of your choice.
July 15-19	Wiggles and Giggles Camp	3-5	\$65	Campers we do it all — a little of this and a little of that. Come play games, make crafts, and participate in scavenger hunts. Fun, fun, fun every day!
	Basketball Camp	5-8	\$65	Develop basic basketball skills through drills, strategy, plays, and game play. Each day will focus on fundamentals such as shooting, passing, dribbling, rebounding, and defense.
	Sensory Camp	5-14	\$80	This is a week to get your craft on. We'll make sensory items. Sensory bags, bottles, slime, etc. These are a lot of fun to make and can help you destress and focus while you use them
	Survivor Camp	9-14	\$80	Campers engage in group challenges and competitions in order to earn points throughout the week. Only attend if you are up for a challenge.
July 22-26	Science Experiment Camp	5-8	\$80	Do you ever wonder what happens if you mix this with that? We'll use everyday household objects to create several different science experiments. We'll have at least one explosion this week.
	Challenge Camp	5-14	\$65	Campers will challenge themselves both physically and mentally. Campers will play games such as obstacle courses, tug of war, and more.
	Around the World in 5 Days	5-14	\$80	Every day campers will travel to a different location. Play games, sample foods, make a craft from the country you are visiting.
July 29-Aug 2	Lego Camp	5-14	\$65	This hands-on camp allows children to play and create while exploring engineering, architecture and physics in the wonderful world of Legos.



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

CARDIO ROOM • CIRCUIT TRAINING ROOM • WEIGHT ROOM • SHOWERS

Cardio Fitness—Jim LeVan, Certified Personal and Group Personal Trainer NEW!

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

DAY/TIME: Mondays 5:30-6:30pm
FEE: \$48 for 6 sessions
SESSION : May 6-June 10, 2024

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

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

DAY/TIME: Wednesday 9:00-10:00am
FEE: \$37 for 6 sessions
SESSION : April 3-May 8, 2024

SENIOR BOOT CAMP—Jim LeVan, Certified Personal and Group Personal Trainer

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

DAY/TIME: Mondays 5:30-6:30pm
FEE: \$48 for 6 sessions
SESSION: July 1-August 5, 2024

HATHA YOGA—Lori Houck-Ruffner, Certified Yoga Instructor

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

DAY/TIME: Tuesday/Thursday 6:00-7:30pm
FEE: \$48.00 for 6 sessions
TUES SESSION 1: May 7-June 11, 2024
THUR SESSION 1: May 9-June 13, 2024
TUES SESSION 2: July 2-August 6, 2024

YOGA WITH AMY—Amy Emig, Certified Yoga Instructor

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

DAY/TIME: Tuesday/Thursday 9:00-10:25am
FEE: \$37 for 6 sessions
April 11-May 16, 2024

Note: We have increased our fitness classes after May 1st to \$48.00 for 6 sessions. Drop-ins are now \$11.00

FITNESS DANCE—Rebecca Davis, Certified Fitness Instructor

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

DAY/TIME: Tuesdays & Thursdays 10:30-11:30am
 FEE: \$48 for 6 sessions
 SESSION 1: May 7, 9, 28, 30, & June 6, 2024
 SESSION 2: July 9, 11, 23, 25, 30, & Aug 1, 2024
 SESSION 3: Aug 13, 15, 27, 29, Sept 10 & 12, 2024



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

SIGN UP TODAY!

MEMBERSHIP FEES

	Student	Single	Senior 55+	Family
Monthly	\$22	\$30	\$28	\$50
Annually	\$242	\$330	\$308	\$550
Guest Pass	\$5 per visit			



OPEN GYM VOLLEYBALL

Teens and adults who want to practice their skills or enjoy the game with friends are invited to join in the fun. All ability levels are welcome. Held weekly unless gym is unavailable or community center is closed. Pay as you go or in advance through your amilia account. Click on Open Gyms to view the schedules.

Mondays
 7:00-9:30pm
 \$5 per player

PERSONAL TRAINING

Personal Training is available at the East Berlin Fitness Center. Our personal trainer, Jim LeVan, is available for individual training sessions anytime the fitness center is open.

Jim can help adults become fitter and healthier, no matter how busy they are or how long it's been since they exercised regularly. Jim will develop a program to produce results that meet goals, then monitor progress and revise programs as needed.



Schedule by calling the fitness center (717) 259-0149. Go to ebacc.org to learn more about Jim!



Run/Walk

Saturday
July 20, 2024
8:00 AM Gunshot Start

Register Online at www.ebacc.org--click on the Run Sign Up Link on Our Event Page.

Medicare 101 Educational Seminar by Heath Insurance Solutions

Whether you are new to Medicare, or have been on Medicare for years, understanding Medicare can be overwhelming! If you're seeking information for yourself or helping a family member navigate Medicare's complexities, we are here to help.

Liz Heath, Licensed Insurance Broker/Owner, will explain:

- The A, B, C's (and D) of Medicare
- Original Medicare vs. Medicare Advantage
- When and how to enroll
- Choosing a Prescription Drug Plan
- Supplementing Medicare

DATE: Thursday May 16, 2024
 TIME: 6:00-8:00pm
 FEE: **Free Seminar — registration required**

Alzheimer's Disease: Healthy Living for Your Brain and Body with Penn State University

This free workshop is available to ALL AGES. At any age, there are lifestyle habits we can adopt to help maintain or even potentially improve our health. These habits may also help to keep our brains healthy as we age and possibly delay the onset of cognitive decline.

This workshop covers four areas of lifestyle habits that are associated with healthy aging:

- Cognitive activity
- Physical health and exercise
- Diet and nutrition
- Social engagement

In each area, we will discuss what we know, drawing on current research, as well as what we can do — steps to take now to improve or maintain overall health in each area. This program is designed for individuals of any age who are interested in healthy living and aging well.

DATE: Thursday May 9, 2024
 TIME: 4:00-5:00pm **OR** 6:00-7:00pm
 FEE: **Free seminar — registration required**

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Get Trained. Save a Life.

Stop the Bleed with Wellspan

A person can bleed to death in less than 5 minutes. Help does not always arrive in time. Participants in Stop the Bleed will learn to recognize serious bleeding and how to stop bleeding by holding pressure, wound packing, and using tourniquets.

DATE: Tuesday May 7, 2024
 TIME: 12:30-1:30pm
 FEE: **Free but registration is required**

Important Information

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

Register On amilia

REGISTER ONLINE THROUGH
THE AMILIA LINK

CLASSES

ON THE FRONT PAGE OF
WWW.EBACC.ORG

AARP SMART
DRIVER
COURSE

AARP

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

There are several benefits for taking the AARP Smart Driver Course. Many auto insurance companies offer a 5% discount for customers who have completed the course. This is also a chance to get updated on changes.

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

DATE: Tuesday & Wednesday
June 4 & 5, 2024
TIME: 9:00am-1:00pm

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

DATE: Thursday
June 6, 2024
TIME: 9:00am-1:00pm

FEE PER CLASS: \$20 for members OR \$25 for non-members

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



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

DATE: Tuesdays May 28-July 16, 2024*
TIME: 7:00—9:00pm
FEE: \$80

*There will be no class on June 11 or July 9

Scam Prevention & Protection

Spend time and learn common types of internet scams, such as phishing, email scams, Facebook scams and more. You will learn how to spot a scam and the best practices to keep your digital world safe.

DATE: Wednesday, August 14, 2024
TIME: 11:30am-1:00pm
FEE: \$10

Stars Over Your Head with Astronomer Jeri Jones

Join astronomer Jeri Jones for an introduction to how to view the night time sky using a star map and how to spot satellites. Jeri will use several computer apps to introduce you to stars, constellations and the Moon. The second half of the program will be spent outdoors viewing the sky (weather permitting) identifying the major constellations and brighter stars. You will also learn how the Moon moves through our sky and its phases over a month. Everyone will receive a star map and satellite locator list. Event will be held regardless of the weather. The next clear night you can do your own sky identification. **You will have to register online.**

DATE: Friday May 17, 2024
TIME: 8:15-9:45pm
FEE: \$5 for 16+ year olds
\$3 for 8-15 year olds

We are looking for a sponsor(s) of \$100 for this Stars Over Your Head evening!

Please email operationsmanager@ebacc.org if you are interested in sponsoring this educational, family-fun night!

Workshops with Dot Gray

Enameling on Copper with Dot Gray

Dot Gray shares the ancient skill of enameling copper in this workshop. You will layer glass sand and enamel onto pendant shaped copper by torching and polishing the metal. Metalworking with natural materials is a craft you will remember and share!

DATE: Tuesday May 14, 2024
TIME: 6:00-8:00pm
FEE: \$50



Resin Flower Earrings

Let's create beautiful spring flower earrings! Participants will be using quick set resin and dried flowers to create these works of art. Bring your face mask to class in case fumes bother you. There will be all sorts of shapes and flowers to choose from. This activity is for all skill ranges—it will be easy to achieve beautiful results!

DATE: Thursday June 20, 2024
TIME: 6:00-8:00pm
FEE: \$50



Mommy and Me Macramé (9yrs old+)

Who doesn't like soft macramé feathers? This workshop for parents and children is a fun, creative activity that both parent and child can find enjoyment! Macramé is a form of textile produced using knotting (rather than weaving or knitting) techniques. Hang yours on a wall in the nursery, your living room or anywhere you need a handmade piece of art. Each one you make will be different. A selection of colors to choose from for your feathers.

DATE: Thursday July 18, 2024
TIME: 6:00-8:00pm
FEE: \$50



Stained Glass with Aunt Fancy's

I spy with my little eye...something fuzzy. Peeking in the window! All are welcome from beginner to expert. Choose a window peeking animal! An owl, raccoon, cat, bunny and more. (Patterns vary per class) Perfect for summer fun! Bring your imagination and creativity. Learn to cut, solder and finish a beautiful hanging piece of stained glass art that YOU MADE! You will need a shoebox (or small box) for your supplies. Please bring with you, scissors, safety glasses if you don't wear glasses, a black marker and an old pill bottle. (If you have experience, and have your own stained glass tools feel free to bring along.) Glass and other materials for your masterpiece will be provided. There is a supply fee of \$60 due on first day of class. Checks can be made out to Laura Vonella.

DATE: Thursdays
July 11-August 8, 2024
TIME: 6:00-8:00pm
FEE: \$55 + \$60 supply fee



Introduction to Toxins and Functional Medicine

Detox with Kelly Stoner - Integrative Health Practitioner Level 2 Functional Medicine Certified Health Coach (FMCHC)

Do you have any of the following: Cloudy thinking/ Brain fog, Blotchy skin/Skin "disorders", loss of energy, slower memory, weight gain/water retention, bloating, inflammation, low libido, loss of stamina, headaches... there are so many more. These are signs indicating that our body is experiencing toxin overload. You're probably saying, "ok, but what do I do about it?" This class will answer that question and so many more! We will cover topics including: how to know if you have toxin overload, why toxins matter, what toxins we should be watching for, and much more.

DATE: Tuesdays
June 4– June 25, 2024
TIME: 7:00-8:00pm
FEE: \$50



Basic Dog Obedience and Manners

Level 1 18yrs+

Class emphasis will be on leash walking, various commands (heel, sit, stay etc) and teaching your dog how to behave while in public. Class participants will be taught how to work with their dog in a way the dog will understand. There will be no use of force or painful gadgets: no retractable leashes, choke or prong collars. Please bring an appropriate harness for training with at least a 6ft lead.

DATE: Tuesdays May 14-June 18, 2024

TIME: 6:00-7:00pm

FEE: \$125



Basic Dog Obedience and Manners

Level 2 18yrs+

Pre-requisite: Must have completed Basic Dog Obedience and Manners Level 1.

This class will build upon the skills and techniques learned in the Level 1 course, such as leash walking, commands, and behavior training. Class participants will be taught how to work with their dog in a way the dog will understand. There will be no use of force or painful gadgets: no retractable leashes, choke or prong collars. Please bring an appropriate harness for training with at least a 6ft lead.

DATE: Thursdays May 16-June 20, 2024

TIME: 6:00-7:00pm

FEE: \$125

Please note: If there are safety concerns, Carol will ask the owner to leave. No female dogs in heat.

Under the Hood with Gene Latta Ford

Learn how to complete basic maintenance on your personal vehicle such as checking tire pressure, monitoring your oil levels, how to use jumper cables, and more. Bring your car and questions to the experts at Gene Latta Ford! Class to be held in the EBACC parking lot.



DATE: Thursday, June 27, 2024

TIME: 6:00-8:00pm

FEE: \$15/vehicle



Tired of being tired? Hot flashes? Dryness? Weight gain? Anxiety? Depression? Cycle issues? Girl, we got you! Learn more about how essential oils can support your body and help balance your hormones.

DATE: Thursday May 2, 2024

TIME: 6:00-8:00pm

FEE: \$20



Join us to discuss how to use essential oils with pets, do some myth-busting, review top 10 oils, safety info, and more!

DATE: Tuesday May 21, 2024

TIME: 6:00-8:00pm

FEE: \$20

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RED CROSS CLASSES



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

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

COMPONENT DESCRIPTIONS	ALL IN CLASS COMPONENTS	BLENDED COMPONENTS 1-2-3
<p>\$80</p> <p><u>Adult CPR/AED (Component 1)</u> In 4 to 6 minutes a person without breath can begin experiencing brain damage. Learn how to react when the person needs CPR or is choking. Checking the scene and calling for help play a big role in this skill.</p>	<p>SATURDAY, JUNE 22 8:30AM-11:30AM</p>	<p>MONDAY MAY 20 5:30PM-8:30PM</p>
<p>+\$10</p> <p><u>Adult First Aid/CPR/AED (Component 2)</u> Assess the situation, get an impression, check the person and alert the advanced medical services via 911. Skills included for assessment, CPR, AED, and severe bleeding. Learn to recognize symptoms and signs of serious situations.</p>	<p>SATURDAY, JUNE 22 8:30AM-1:30PM</p>	<p>OR</p> <p>TUESDAY, JULY 2 5:00PM-8:00PM</p>
<p>+\$10</p> <p><u>Adult & Pediatric First Aid/CPR/AED (Comp. 3)</u> Learn how to assess the situation, the person and decide what action to take. Covers adults, children and infants. Allow 6.5 hours with breaks and lunch time.</p>	<p>SATURDAY, JUNE 22 8:30AM-3:00PM</p>	<p>OR</p> <p>THURSDAY, AUGUST 1 2:00PM-5:00PM</p>

Babysitter Training – 11-15 year olds

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

**DATE: THURSDAY, JULY 18
TIME: 9:00AM-3:30PM
(INCLUDES BREAKS/LUNCH)
FEE: \$75**

Pediatric First Aid/CPR/AED for Babysitters

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

**DATE: FRIDAY, JULY 19
TIME: 9:00AM-3:00PM
(INCLUDES BREAKS/LUNCH)
FEE: \$85**

SPECIAL: TAKE BOTH THE BABYSITTER TRAINING AND PEDIATRIC FIRST AID/CPR/AED FOR A TOTAL OF \$140!

Sponsor Us!

We have many events a year we are looking for individuals/businesses to sponsor. Your monetary donation can bring our events alive by adding that little extra special thing. Items for our raffle drawings at many of the events are also appreciated.

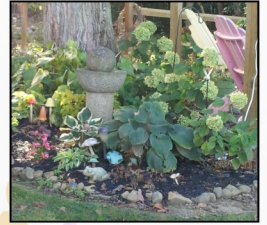
If you are interested in sponsoring an event, email office@ebacc.org or call at 717-259-8848.



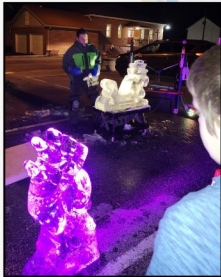
Golf Tournament



Fall Festival Car Show



Garden Tour



Christmas Festival



National Night Out



Shred Event



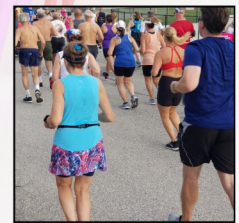
Youth Basketball



Touch A Truck



Women's Conference



5k Run



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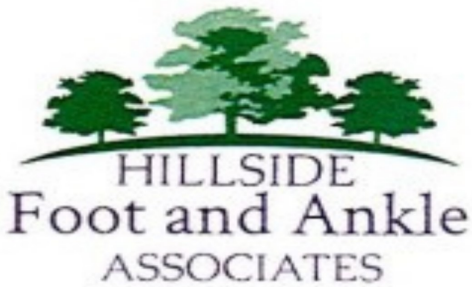
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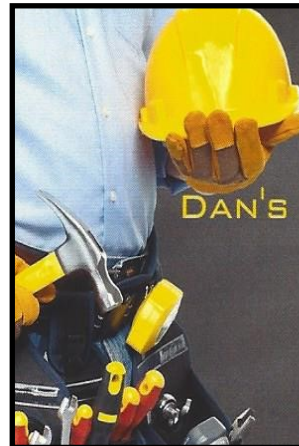
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MAY

2-3-4 Indoor Yard Sale
 11 Mother's Day Basket Sale
 11 Plant Sale
 11 Shredding Event
 16 Baked Chicken Platter Take Out
 18 Touch A Truck

JUNE

6-7-8 Indoor Yard Sale
 12-13-14-15 Book Sale
 14-15 Father's Day Sale
 17 Golf Tournament

JULY

11-12-13 Indoor Yard Sale
 14 Garden Tour
 20 5k Run & Walk
 25-26-27 Christmas In July Shoppe
 25 Turkey Dinner 11am until sold out

AUGUST

6 National Night Out
 8-9-10 Indoor Yard Sale

SEPTEMBER

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

OCTOBER

10-11-12 Indoor Yard Sale
 11 Apple Dumpling Take Out
 26-27 Conewago Carver Show

NOVEMBER

7-8-9 Indoor Yard Sale
 14 Christmas Shoppe Opens
 23 Christmas Shoppe Closes
 27 Pie & Soup Sale
 29 Black Friday Sale

DECEMBER

7 Christmas Bazaar
 10 Cookie Walk
 13 Christmas Festival

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

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