In this issue:
Can You Escape the Room?
7th Annual 8th Street Music Festival & Beer Tasting
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September is the month we start to look forward to Children going back to school, trading hot Summer days in the pool for cool Fall evenings by the bonfire. September and the Fall months are always a special time for our military community. We at MWR are striving to meet your needs and provide you with the best experiences South-Central Pennsylvania has to offer! There are numerous festivities custom designed by us at Family and MWR that will redefine your definition of fun!

September brings two of our favorite Fall activities. September 8, 5-7pm, we will be hosting a Doggie Dip and Yappy Hour at the “Splash Zone” Swimming Pool. Bring your furry friends to enjoy a night of fun, splash contests and an open swim for canines! Afterwards, 4-10pm head on over to the Tiki Bar for Salty Dog cocktails, the Chicken Truck & free ice cream for your pooch. On September 10, 7am-2pm, everyone is welcome to the Fall Yard Sale. Sell your unwanted treasures at your house, rent space to sell on Indian Field or shop at the projected hundred plus spots throughout Post.

October brings more fun and family time to the Army Heritage and Education Center with Oktoberfest, October 6-9. Come out and enjoy carnival rides, live music, great food, the beer and wine garden and much more at Central Pennsylvania’s take on this wonderful German celebration.

Perhaps you may decide to traverse one of our area’s countless mountain trails, painted in hues of yellow and orange by our famous autumn foliage. Our Outdoor Recreation and Leisure Travel staff are always here to help you; whether you are looking for a challenging hike or a relaxing nature walk, or even a trip outside of the Central Pennsylvania region. School is also well underway for the youth of our community and with it comes the many afterschool programs and activities that our Child and Youth Services has to offer. Our programming for youth and teens offers a variety of recreation that is sure to meet the needs of your children.

Whether you are a service member, retiree or DoD civilian, we are here for you and your family. Excellence is our standard and we find it a great privilege to provide you and your family with only the best. Come join MWR in celebrating another unforgettable Fall season. We look forward to serving you!

Employee Spotlight

Shawnee Smetak

Shawnee is happily married to her husband, Chris. Together they have two children and live in Harrisburg, PA. She recently returned to work at the Leisure Travel Office at Fort Indiantown Gap. She enjoys having the opportunity to work with and meet nice and interesting people. If you need assistance with your travel needs, stop by the Leisure Travel office at Fort Indiantown Gap and see Shawnee.

What is Family and Morale, Welfare & Recreation?

In 1940 a branch within the Army was established known as the Morale Division which later became known as “Special Services.” Family and MWR is a group of men and women who provide support and leisure activities to our Soldiers (active duty, Reserve, and Guard) their Families, military retirees, and civilian employees. Currently working in Family and MWR are approximately 37,000 employees worldwide and their mission is to deliver quality programs to Soldiers and their Families.
Oktoberfest all began with the wedding of the Bavarian Crown prince Ludwig to princess Therese for Saxony-Hildburghausen in October of 1810 and was followed by a large public horse race organized by the National Guard to ensure that the Bavarian Fold could also partake in the celebration. It was decided that the festival should be repeated every year at the same time thus “giving birth” to the Modern Oktoberfest. The tradition of tapping the keg was started in the 1950’s and is used today to “kick off” the start of Oktoberfest.
MWR PROGRAMS
Directorate of Family & MWR
46 Ashburn Drive
Carlisle, PA 17013
Mon-Fri 7:30am-4:30pm ☎ 717-245-4332

Marketing ☎ 717-245-4533
Sponsorship and Advertising ☎ 717-245-3777
Finance ☎ 717-245-4696

Barracks Crossing
870 Jim Thorpe Road
Carlisle, PA 17013
Tue, Wed & Fri 10am-5pm
Thu 10am-8pm
Sat 9am-4pm
Closed Sat prior to a Mon Holiday

Auto Crafts
Mon-Fri 8am-5pm ☎ 717-245-3156

Auto Self Service
Mon-Wed, Fri 8am-5pm
Thu 8am-8pm
Sat 9am-4pm

Frame & Engraving ☎ 717-245-3319
Frame Studio - Self Help
Thu 1pm-8pm
Fri 10am-4pm
Sat 9am-4pm
☎ 717-245-3319

Strike Zone Bowling Center
686 Letort Lane
Carlisle, PA 17013
Bowling Hours of Operation:
(Winter Hours)
Sep 6, 2016-May 30, 2017
Mon-Fri 8:30am-9pm
Sat 1-9pm (except during Youth Bowling Nov-Mar 9am-9pm)
Sun 1-8pm

Carlisle Barracks Golf Course
901 Jim Thorpe Road
Carlisle, PA 17013
Mon-Sun 8am-4pm ☎ 717-243-3462

Golf Course ☎ 717-243-3262

Outdoor Recreation (ODR)
860 Sumner Road
Carlisle, PA 17013
Summer Hours
May 1 - Sep 30
Mon 8am-5pm
Tue-Thu 9am-5pm
Fri 8:30am-5:30pm
Sat and Sun Closed ☎ 717-245-4616

Sports Director ☎ 717-245-4343/3906
Thorpe Hall Fitness
Mon-Fri 5am-8:30pm
Sat 7am-5pm
Sun 8am-5pm
Holidays 10am-5pm ☎ 717-245-3418

Root Hall Gymnasium
Mon-Fri 5am-8:30pm
Sat, Sun & Holidays Closed ☎ 717-245-4343/3906

Army Community Service
632 Wright Avenue
Carlisle, PA 17013
Mon-Fri 8am-4:30pm ☎ 717-245-4357

Family Advocacy Manager/
Exceptional Family Member ☎ 717-245-3775

Consumer Affairs
Financial Asst. /AFTB/Army
Emergency Relief ☎ 717-245-4720

Employee Readiness/Transition
Assistance Program ☎ 717-245-3684

Army Family Action Plan/
Volunteer Manager ☎ 717-245-3457

Relocation, Mobilization &
Deployment ☎ 717-245-3685

19th Hole Snack Bar
Closes for Winter Oct 19th ☎ 717-245-3267

Child, Youth & School Age
Services
459 Bouquet Road
Carlisle, PA 17013
Mon-Fri 6:30am-6pm

CYS Division Chief ☎ 717-245-4283
CYS Central Registration ☎ 717-245-3801

School Liaison Officer ☎ 717-245-4555/4638

Youth Center ☎ 717-245-4555
Youth Sports ☎ 717-245-4519

Child Development Center
455 Fletcher Road
Carlisle, PA 17013
Mon-Fri 6:30am-5:30pm ☎ 717-245-3701

Letort View Community Center
313 Lovell Avenue
Carlisle, PA 17013
Wed-Thurs 9am-4pm ☎ 717-245-3960/4049

Pershing Tavern
Wed-Thu 4-10pm ☎ 717-245-4450

Letort View Catering
Tue-Fri 9am-4pm ☎ 717-245-3960/4049

Joint Deli (Army War College)
Mon-Fri 7am-2pm ☎ 717-245-4883

USAHEC Catering ☎ 717-243-3099

Café Cumberland
950 Soldiers Drive
Carlisle, PA 17013
Mon-Sat 10am-2pm ☎ 717-245-3377

Leisure Travel Services
842 Sumner Road
Carlisle, PA 17013
Mon-Fri 9am-4:30pm ☎ 717-245-4048

USAHEC Catering from CHASE
www.chasemilitary.com/army
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GROUND ZERO MEMORIAL PARK & MUSEUM
Saturday, November 5, 2016
5th
Registration required by: Oct 1st
9:00 A.M. - Depart USAHEC parking lot
11:30 A.M. - Arrive back at USAHEC
Adults $10 • Veterans/Active $5 • College $5 • Youth $5-

Make your reservations at Leisure Travel Services
www.carlislemwr.com • 717/PADiSCOUNTTickets

BASIC BIKE MAINTENANCE CLINICS
AT OUTDOOR RECREATION

Join us for this information class on basic bike maintenance and adjustments for only $20 per person!

One class each month through December. Check our website or Facebook page for clinic dates and times.

245-4816 • www.CarlisleMWR.com • CarlisleOutdoorRec

Oct 15 & 16 | 100 Level Seating | $25 per seat

Get your discount tickets at Leisure Travel Services and save over $15 per seat!

Carlisle Barracks: 245-4048/3309 • Fort Indiantown Gap: 861-3994
www.carlislemwr.com • PADiSCOUNTTickets

On Ice
Follow Your Heart

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Total Ticket price $193
Some price for child and adult
Add Water Park Fun & More Option for $33

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717-861-3894

Walt Disney World

4 THEME PARKS • 4 MAGICAL DAYS
1 SPECIALY PRICED TICKET

Tickets may be purchased through 12/16/16 and must be used by 12/19/16. Tickets valid 1/3–12/19/16. Block-out dates 3/20–4/1/16. No tax if ticket is purchased at the base ticket office or Shades of Green® Resort at Walt Disney World® Resort. Tax is added if ticket is purchased at Theme Park ticket window. Each active or retired member of the U.S. military, including members of the U.S. Coast Guard, National Guard and Reservists, or his/her spouse may purchase up to six (6) 4-Day Disney Military Salute Tickets. Disney Military Salute Tickets can be purchased at participating military base ticket offices including Shades of Green® Resort at Walt Disney World® Resort or at Walt Disney World® Theme Park ticket windows. Valid military ID required for all ticket transactions and military member (or spouse) must accompany the persons using these tickets for Theme Park admission. May not be combined with other discounts or promotions. ©Disney MIL-15-45372

BUY YOUR DISNEY MILITARY SALUTE TICKETS HERE!

4 THEME PARKS • 4 MAGICAL DAYS
1 SPECIALY PRICED TICKET

Tickets may be purchased through 12/16/16 and must be used by 12/19/16. Tickets valid 1/3–12/19/16. Block-out dates 3/20–4/1/16. No tax if ticket is purchased at the base ticket office or Shades of Green® Resort at Walt Disney World® Resort. Tax is added if ticket is purchased at Theme Park ticket window. Each active or retired member of the U.S. military, including members of the U.S. Coast Guard, National Guard and Reservists, or his/her spouse may purchase up to six (6) 4-Day Disney Military Salute Tickets. Disney Military Salute Tickets can be purchased at participating military base ticket offices including Shades of Green® Resort at Walt Disney World® Resort or at Walt Disney World® Theme Park ticket windows. Valid military ID required for all ticket transactions and military member (or spouse) must accompany the persons using these tickets for Theme Park admission. May not be combined with other discounts or promotions. ©Disney MIL-15-45372

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APPOINTMENTS: 245-3456
INFO: WWW.CARISLSEMW.R.COM • CARISLSEFMWR

LETORT VIEW COMMUNITY CENTER • NOVEMBER 4

- DINNER BUFFET 5:30 P.M. - 7:00 P.M.
- ENTERTAINMENT PROVIDED BY "DJ BOB FOLTZ"
- OPEN TO THE PUBLIC
- $9.95 PER PERSON
- CASH BAR AVAILABLE
- RESERVATIONS REQUIRED BY OCTOBER 30 • CALL 245-3960/4049

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PERSHING TAVERN ENTERTAINMENT

SEPTEMBER 14 - RICH FEHLE 5-9 PM
SEPTEMBER 15 - BRAD & LOU 5:30-8:30 PM
SEPTEMBER 29 - DJ BOB FOLTZ KARAOKE 6-9 PM
OCTOBER 20 - RICH FEHLE 5-9 PM
OCTOBER 27 - BRAD & LOU 5:30-8:30 PM
NOVEMBER 3 - JACK’S BACK 5-8 PM
NOVEMBER 17 - RICH FEHLE 5-9 PM
DECEMBER 1 - BRAD & LOU 5-9 PM

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WWW.CARISLSEMW.R.COM | OPEN TO THE PUBLIC

Baltimore Aquarium

DISCOUNT TICKETS
1 DAY ADMISSION
$27.00 Active Duty Military
$33.00 Adults
$20.00 Children (3-11)
$29.00 Seniors (65+)

INFO: WWW.CARISLSEMW.R.COM • FACEBOOK.COM/PADISCOUNTTICKETS

Carlisle Barracks • Sports Thanksgiving
5K DRUMSTICK DASH FUN RUN
NOV 12 • REGISTER @ 7 • RACE @ 8

Register at the following locations before Nov 9 to save on registration fee: Im Thope Fitness Center, Root Hall Gym, or Indian Field Fitness Center

INFO: 245-3960
WWW.CARISLSEMW.R.COM • CARISLSEFMWR

WWW.1STCHOICEMAG.COM | SEPTEMBER 2016 7
FAMILY AND MORALE, WELFARE & RECREATION

LETORT VIEW COMMUNITY CENTER (OPEN TO THE PUBLIC) ☏ 245-4329

Tiki Bar: Hours of operation: Thur 4-9pm. In case of inclement weather, Tiki Bar will be moved inside to Pershing Tavern. Dog friendly. Open to the Public. Tiki Bar will close on Sep 8.

Tiki Bar Entertainment:

- September
  - 8 – Jack’s Back 5-8pm (Doggie Dip & Last night of Tiki Bar)
  - Shuttle Bus available every Thu from 5-10pm - call 717-226-3985 to schedule pick up.

- Pershing Tavern: Grand re-opening will be Sep 14 & 15. Open Wed-Thur from 4-10pm. Tavern Menu available from 5-9pm. Open to the Public.

- Pershing Tavern Entertainment: September
  - 14 – Rich Fehle 5-9pm
  - 15 – Brad & Lou 5:30-8:30pm
  - 29 – DJ Bob Foltz (Karaoke) 6-9pm

- October
  - Oct 20 – Rich Fehle 5-9pm
  - Oct 27 – Brad & Lou 5:30-8:30pm

- November
  - Nov 3 – Jack’s Back 5-8pm
  - Nov 17 – Rich Fehle 5-9pm

December
- Dec 1 – Brad & Lou 5-9pm

Seafood Dinner Dance: Nov 4. Dinner buffet 5:30-7:00pm. Entertainment provided by ‘DJ Bob Foltz’ 7-10pm. $29.95 per person. Reservations required by Oct 30.

Traditional Thanksgiving Feast: Nov 24. Seating from 11am-2:30pm. Adults $26.95, Kids (ages 5-12) $12.95 & 4 and under FREE. Reservations required by Nov 16.

Breakfast with Santa: Dec 18 from 8-11am. Adults $12, Kids (5-10) $6 & 4 and under Free. Reservations required by Noon Dec 14.

SPORTS – ☏ 245-3906

Strength for Wisdom. U.S. Army War College and Carlisle Barracks Upcoming Events:

- WELLBEATS: Now available at the Thorpe Fitness Center! Wellbeats provides a personalized approach to group fitness – giving people the right program variety and tools they need to reach their goals, regardless of their schedule, fitness ability or workout preferences.
- Tae Kwon Do: Tue & Thu from 4:30-6pm. Ages 13-Adult (11-12 w/ parent) $15 per person a month. Instructor John Cerifko, 7th Degree Black Belt.
- Cardiovascular Workout with some Insanity: Tue & Thu from 6-7pm. $5 per person. Instructor John Cerifko, 7th Degree Black Belt.
- Run Carlisle Barracks: An organized run will be held every Sat at 7am. Train for 10 weeks and be ready for the Army 10 Miler or any 10 mile run! Register at the Thorpe Fitness Center.

Fitness Classes: Thorpe Fitness Center. TRX, TRX (for Adults over 40), Zumba and Spinning. All classes are FREE except Tae Kwon Do: Tue and Thu from 4:30-6pm at Thorpe Fitness Center. $15 per month.

Performance Fitness: Mon/Wed/Fri at 6am. Optimize your strength and performance by using constantly varied functional movements at a high intensity. Class utilizes fitness equipment on the gym floor (barbells, kettlebells, plyoboxes, etc.) Led by Brian Sarjeant, Certified CrossFit Instructor.

Massage Therapy: Thorpe Fitness Center. Appointments available Mon-Sat. Call 717-701-3040

Sports Thanksgiving 5K

Drumstick Dash: Nov 12 on Indian Field. $15 before Nov 9, $20 after Nov 9 and $10 Children 12 & under. Registration/Check-In 7:00-7:45am. Race Begins 8:00am. Tee Shirts guaranteed to first 100 participants.

BARRACKS CROSSING FRAME STUDIO – ☏ 245-3319

Beginner Framing Classes: Call for dates and times. Learn to frame your artwork (max. four per class). Cost: $50 (all supplies included).

Adult Pastel Portrait Class: 4 classes being offered on Thu from 5-7pm. Cost: $150 (all supplies included in price).

BARRACKS CROSSING AUTO SHOP – ☏ 245-3156

Automotive Detailing: Stop by and try our auto detailing service with three packages to choose from. Call for an appointment.

LEISURE TRAVEL SERVICES ☏ 245-4048/3309

GET YOUR TICKETS AT THESE GREAT LOCATIONS:

- Carlisle Barracks – 842 Summer Road (located beside Commissary)

- Fort Indiantown Gap Community Club – 9-65 Fisher Ave

Tickets available: Baltimore Aquarium, Disney Military Salute, Universal Military Promo buy 1 day get 2nd day FREE tickets. Legoland buy 1 day get 2nd day FREE, Busch Gardens, SeaWorld and lots more all over the US available.

Baltimore Aquarium Discount Tickets: $27.95 Active Duty Military, $33.95 Adults, $20.95 Children (3-11) and $29.95 Senior (65+).

Hersheypark Summer Discount Tickets: $39 Adults (ages 9-54), $36.25 Junior (ages 3-8) and $35.25 Seniors (ages 55-69).

New York City “Day on Your Own”: Oct 1. $58 per person Ages 5+. Must register by Sep 15.

Disney on Ice-Follow your Heart: Discount Tickets Available. Oct 15, 7pm show with 100 level seating and Oct 16, 2pm show with 100 level seating. $25 per seat Ages 2+ (save $15+ on ticket, fees, service charges).


Ground Zero Memorial Park and Museum: Nov 5. Adults: $102; Veterans/Seniors 65+; College: $96; Youth 7-17: $93; Must register by Oct 1. Price includes: Transportation, admission to Ground Zero Memorial Museum and 60 minute tour and bus leader.

Sight and Sound Theater – SAMPSON: Nov 12. Adults $88, Children 4-10 $42 and 3 and under $17 (not recommended). Includes - Roundtrip bus transportation, bus captain and show ticket. Must register by Oct 18.

Koziars Christmas Village: Nov 18. Children 3 and under $8.00, Children (4-10) $17.00, Adults (11-64) $19.00 and Seniors 65+ $18.00. Must register by Nov 7.

Army/Navy Football Game: Dec 10 at M & T Bank Stadium, Baltimore, MD. Tickets Only $93.50/Coach Transportation $40. Payment in Full NLT Oct 15.

BOWLING – 245-4109

Birthday Parties: Celebrate your birthday with us! Enjoy bowling, food and friendship while leaving the set-up and cleaning to us. Enjoy FREE WiFi while visiting us!

Cosmic Bowling: Every Saturday from 7-9pm. $9 per person. Top 40 Hits – Bowling - Cosmic Lights! Call to reserve your lane(s).

Thursday Night Fun League: Sep 8 – 14 weeks. 3 games, fun competition and music. League meeting Sep 1 at 7pm.

Monday Night Mixed League: Sep 19-Dec 19 from 6:30-9pm. 3 games semi-competitive. League meeting on Sep 12 at 6:30pm.

Youth League 2016-2017: Saturday mornings beginning Nov 6 from 10am-Noon! Sign-ups will be held Oct 29 from 10am-Noon. Open to all youth ages 6-18. USBC sanctioned league. Sign-up fee $35 (includes USBC sanctioning fee for awards) and cost per week $9.

Fall Saver Card: Sep 1 – Nov 30. 25 games for $25 + one pair of rental shoes! Each additional shoe rental will be $2 per pair.

GOLF – 243-3262

Play & Ride/Weekday Special: Mon-Thu, 12-4 pm. $24 p/p. 18 Holes. Must call for tee time.

Open Golf and Driving Range: Open Mon-Fri, 7am-dusk and Sat-Sun 6am-dusk.

Golf Lessons: Lessons conducted by LPGA Teaching Professional Kathy Chambers and PGA Pro Terry Myers.

OUTDOOR REC – 245-4616

MUST REGISTER ONE WEEK PRIOR FOR ALL EVENTS

Bike Maintenance Clinic: Sep 1 & 26 from 6-7pm at ODR. $20 per person.

Family Friendly Kayaking: Sep 10 & 18 from 10am-2pm. $30 per person.

Training Hikes: Sep 6, 9, 13, 14, 15, 19, 28 & 30 from 5-8pm. $10 per person or $45 Monthly Hiking Club Pass.

Bike and Lunch: Sep 12 from 10am-2pm. $35 per person.

Mountain Bike Trip: Sep 11 from 10am-3pm. $30 per person.

Fall Color Bike Trip: Sep 25 from 6am-5pm includes traveling time. $45 per person.

CHILD YOUTH AND SCHOOL SERVICES

McConnell Youth Services – 245-4555

Moore CDC – 245-3701

School Liaison Office – 245-4638

School Age Care Programs – 245-4555

Middle School & Teen Programs – 245-4642

Youth Sports & Fitness – 245-3354

UPCOMING EVENTS

Doggie Dip & Yappy Hour: Sep 8

Fall Yard Sale: Sep 10 from 7am-2pm on Indian Field

Halloween Parade & Costume Contest: October 31, 4:30pm, Indian Field

Trick-or-Treat: October 31, 6pm, On the Barracks

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Barracks

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Realtor

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Edward & Jeanne Arnold Present: 
7th Annual 8th Street Music Festival & Beer Tasting
Saturday September 24th 2016, 1:00-7:30pm

Through the generous underwriting of Edward & Jeanne Arnold the Community of Lebanon Association (CLA) is pleased to present the 8th Street Music Festival & Beer Tasting once again this year. The event kicks off at 1:00 pm at the city parking lot located on 8th Street between Cumberland & Chestnut Streets. This is the 6th year the Arnolds have been the main sponsor of this event.

Our hospitality tent is always an enormous amount of fun and we are pleased to welcome The Lebanon Navy Club Ship 91 as our Beer Tasting Tent Sponsor. This year’s Beer Tasting is being curated by CLA volunteer committee member, Cheryl Umberger and our good friends at Wet Your Whistle Beverage.

Our beer sampling glasses are being sponsored by the Lebanon Valley Mall who will be celebrating their 40th anniversary this year.

We thank all of our sponsors large and small for their continuing support of this event and the CLA in general. Without our supporters this event would not be possible.

Jay Umble our music director has once again put together a stellar line up for the main stage as well as Music in Restaurants Week. This Year’s Main stage will open with a local favorite, Cheyenne Band, Classic Rock, Top 40, Motown and Blues, at 1:00. At 2:30 the Amy Banks Band hits the big stage, featuring Amy’s soulful jazz sounds. At 4:00, Djangoholics Anonymous takes the stage, based in the greater Philadelphia region. Djangoholics Anonymous plays acoustic Gypsy jazz, jazz manouche, hot jazz, Djazz, Gypsy swing....well, whatever you call it, we are addicted. This music is the product of being hooked on Django. Up at 5:30 is Tray Alexander Trio, In 2006 Tray won the coveted Guitar Hero Award presented by Guitar Magazine. Expect to hear some of the best Guitar playing anywhere. And finally at 7:00 back by popular demand the Don Johnson Project, blends soulful Blues with high energy southern rock and classic tunes, not to be missed!

Our ever popular Restaurant Music Week has added some new restaurants to the mix. Think of it as Restaurant week on musical steroids!

---

**MUSIC WEEK RUNS FROM SEPT 19TH – SEPT 24TH**

**Mon, Sept 19, 2016**
Venue: The Downtown Lounge
Music: Matt Miskie (solo acoustic/vocals)
Time: 6pm – 8:30pm

**Tue, Sept 20, 2016**
Venue: Trattoria Fratelli
Music: Jay Umble Trio
Time: 6pm to 9pm

**Wed, Sept 21, 2016**
Venue: Blue Bird Inn
Music: Steve Rudolf Trio – Jazz
Time: 7pm to 9pm

**Thu, Sept 22, 2016**
Venue: Tony’s Mining Co.
Music: Robin Work Trio – Jazz
Time: 6pm – 9pm

**Fri, Sept 23, 2016**
Venue: Snitz Creek Brewery – Lebanon
Music: Scott Nelson Trio – Jazz Rock
Time: 8:30pm – 10:30pm

**Sat, Sept 24, 2016**
Venue: The Downtown Lounge
Music: Roger Harris
Time: 8pm – 10pm

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Venue: The Downtown Lounge
Music: Matt Miskie (solo acoustic/vocals)
Time: 6pm – 8:30pm

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Music: Robin Work Trio – Jazz
Time: 6pm – 9pm

**Fri, Sept 23, 2016**
Venue: Snitz Creek Brewery – Lebanon
Music: Scott Nelson Trio – Jazz Rock
Time: 8:30pm – 10:30pm

**Sat, Sept 24, 2016**
Venue: The Downtown Lounge
Music: Roger Harris
Time: 8pm – 10pm

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Call venues for details and reservations
Thorpe Fitness Center Schedule 717-245-3418

Thorpe Hall is available for use by active duty, retired military and their authorized family members, DA civilians, Reserve and National Guard personnel, DoD contracted employees, technical representatives, and employees of military banking facilities and credit unions. Classes subject to change without notice.

1. 0900 - Zumba (Regina)
    1000 - TRX for Adults over 40 (Brian)
    1200 - Spin (Brian)
    1630 - Hybrid boot camp (Brian)
    1630 - Tae Kwon Do (John Cerifko)
    1800 - Cardiovascular (John Cerifko)

2. Training Holiday

3. Labor Day
 No Fitness Classes

6. 0900 - Zumba (Regina)
    1000 - TRX for Adults over 40 (Brian)
    1200 - Spin (Brian)
    1630 - Hybrid boot camp (Brian)
    1630 - Tae Kwon Do (John Cerifko)
    1800 - Cardiovascular (John Cerifko)

9. 0900 - Zumba (Regina)
    0900 - Body Blast (Brian)
    1015 - Yoga Tune Up (Linda)
    1200 - Barbell 30 Min Workout (Brian)

12. 0900 - TRX For Adults over 40 (Brian)

13. 0900 - Zumba (Regina)
    1000 - TRX for Adults over 40 (Brian)
    1200 - Spin (Brian)
    1630 - Hybrid boot camp (Brian)
    1630 - Tae Kwon Do (John Cerifko)
    1800 - Cardiovascular (John Cerifko)

16. 0600 - Performance Fitness (Brian)
    0900 - Body Blast (Brian)
    1015 - Yoga Tune Up (Linda)

17. 0700 - Run CBKS (Brian)

19. 0600 - Performance Fitness (Brian)
    0900 - Body Blast (Brian)
    1015 - Yoga Tune Up (Linda)
    1200 - Barbell 30 Min Workout (Brian)

21. 0600 - Performance Fitness (Brian)
    0900 - Body Blast (Brian)
    1015 - Yoga Tune Up (Linda)
    1730 - Yoga Tune Up (Linda)

22. 0900 - Zumba (Regina)
    1000 - TRX For Adults over 40 (Brian)
    1200 - Spin (Brian)
    1630 - Hybrid boot camp (Brian)
    1630 - Tae Kwon Do (John Cerifko)
    1800 - Cardiovascular (John Cerifko)

23. 0600 - Performance Fitness (Brian)
    0900 - Body Blast (Brian)
    1015 - Yoga Tune Up (Linda)

24. 0700 - Run CBKS (Brian)

26. 0600 - Performance Fitness (Brian)
    0900 - Body Blast (Brian)
    1015 - Yoga Tune Up (Linda)
    1200 - Barbell 30 Min Workout (Brian)

27. 0900 - Zumba (Regina)
    1000 - TRX For Adults over 40 (Brian)
    1200 - Spin (Brian)
    1630 - Hybrid boot camp (Brian)
    1630 - Tae Kwon Do (John Cerifko)
    1800 - Cardiovascular (John Cerifko)

28. 0600 - Performance Fitness (Brian)
    0900 - Body Blast (Brian)
    1015 - Yoga Tune Up (Linda)
    1200 - Barbell 30 Min Workout (Brian)
    1730 - Yoga Tune Up (Linda)

29. 0900 - Zumba (Regina)
    1000 - TRX For Adults over 40 (Brian)
    1200 - Spin (Brian)
    1630 - Hybrid boot camp (Brian)
    1630 - Tae Kwon Do (John Cerifko)
    1800 - Cardiovascular (John Cerifko)

30. 0600 - Performance Fitness (Brian)
    0900 - Body Blast (Brian)
    1015 - Yoga Tune Up (Linda)
One of the biggest trends in the US comes from the app “The Room.” Now, you can take the video game experience into real life with your friends or just yourself. Corporations are using them for team building exercises and others are just using it as a fun time to have with friends.

There are several area escape rooms. Mike and I were recently invited to go with neighbors to the Fantasy Escape Room in Lewisberry, PA.

There are closer escape rooms, but I highly recommend taking the drive north along the Susquehanna River to Lewisberry, PA. The drive is a lovely ninety minutes up the valley of the river. If you have been in the Rhine River area of Germany, this drive will bring memories of driving from Mainz to Koblenz. Lewisberry, the home of Bucknell University, is a quaint town with a tap room and a Civil War Cider brewery. You can find vegan Jamaican food, Thai food, Italian and tavern food along Market Street. You will also pass through Sunbury, where the river is deep enough to take small boats out onto the river. And they have a restaurant that is known for good food, Skeeter’s BBQ, which overlooks the river. We ate at the Bull Run Tap Room which had tasty hops and a wide variety on their menu.

After the Tap Room, we walked a couple of blocks up to the Fantasy Escape Room. After signing waivers, eight of us were locked in a room together. Our mission was simple; “find the Holy Grail or there would be world domination.” It is important to note that we all pictured ourselves as Indiana Jones from the Last Crusade.

We were given one hour to get out. We actively went to work for the clues that would unlock the door to our room. As the time ticked by, we gathered codes through solving riddles and patterns found throughout the room. As the clock neared the 40-minute mark, we opened up a door to a second smaller room. We knew we had 20 minutes left and we rushed with no rhyme or reason to get what we thought were the final clues. Our group, unfortunately, did not escape. I won’t tell you the results in case you ever decide to venture to the Fantasy Escape Room. I will say that the group was left with a “what are you talking about” face when explained how far we got and the discussion that followed lasted the rest of the day.

The room may have left us frustrated, but it was probably one of the best times that I have had in Pennsylvania so far. It was a chance to leave the kids at home and go out with friends in a fun activity that wasn’t the normal date night. It was an adventure that left us wanting to go back and do it again.
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Even though September can be a busy month, families can still set some time aside to enjoy a fun event or festival in the Valley. There are tons on the calendar this month. View a sampling of concerts, food festivals, historical walks, seasonal festivities and more below.

Find a complete list of events and other things to see and do at VisitCumberlandValley.com.

23rd Annual Fairy Festival @ The Rosemary House – Sept. 10th-11th
Calling all fairies, elves, wizards, hobbits and gnomes to this annual event. Fairy Rose Fairy will be back to delight and entertain. Lots of crafts and activities, including fairy wings to decorate, free fairy tattoos, free mining for gem blessing stones, free fairy dusted potpourri, and ivy halos.

Kayaking @ Long Pine Run Reservoir – Sept. 10th
Novice and experienced paddlers are welcome to participate in a relaxed 1.5 hour exploration of this quiet reservoir located in Michaux State Forest near Caledonia State Park.

Uprise ’16 @ Shippensburg Fairgrounds – Sept. 16th-17th
Come experience Uprise - featuring 20+ bands, speakers, inflatables, children’s tent, petting zoo, skatepark, art gallery, volleyball, graffiti wall, laser tag, food and more.

2nd Annual Bubba’s Country Music Festival @ Shippensburg Fairgrounds – Sept. 10th
Spend the day at the Shippensburg Fairgrounds and enjoy a fantastic country music line up including Chris Young, Cassadee Pope, and The Charlie Daniels Band. Enjoy food, games, vendors and more.

Mugs & Music in Mechanicsburg – Sept. 17th
Take in the sights and sounds of downtown Mechanicsburg as you explore local boutique shops, museums, and galleries at this new and exciting event. Mugs & Music will take place from 1pm – 5pm around Main & Market Streets and will include more than 20 local merchant participants.

Scotty McCreery @ The Luhrs Center – Sept. 22nd
The talented singer/songwriter has album sales approaching 3 million, and received both Platinum and Gold album certifications, debuted three consecutive albums at No. 1 on the Billboard chart, and achieved one Gold and three Platinum-certified singles as well as two Top Ten hits.

31st Annual New Cumberland Apple Festival – Sept. 24th
Hosted by the New Cumberland Olde Towne Association, this event features homemade crafts, vendors, foods, an apple pie contest and entertainment.

35th Annual M&T Harvest of the Arts Festival @ Downtown Carlisle – Sept. 24th
The 35th Annual M&T Harvest of the Arts Festival proudly hosts 100 juried artists exhibiting works in all mediums including pottery, photography, paintings, wood, glass, jewelry, and metal.

Fall Down on the Trail 5k Race and Trail Hike @ Cumberland Valley Rail Trail – Sept. 24th
An out-and-back 5k (3.1 mile) race on the Cumberland Valley Rail Trail beginning and ending at the Newville Trailhead. The course is gently uphill until the turn around and downhill back to the finish.

Kevin James @ The Luhrs Center – Sept. 25th
Kevin James, producer, co-writer, and star of the hit comedies Paul Blart: Mall Cop, Zookeeper and Paul Blart: Mall Cop 2. James began his career as a stand-up on the Long Island comedy scene. After being discovered at the 1996 Montreal Comedy Festival, he signed a network development deal to create his own sitcom.

Fall Carlisle @ Carlisle Fairgrounds – Sept. 28th-Oct. 2nd
The Fall Carlisle Collector Car Swap Meet and Corral marks the end of the swap meet season each year and is an absolute must-attend event for thousands of enthusiasts who travel to Carlisle from all points of the globe to buy, sell and celebrate all things automotive.

Fall Carlisle @ Carlisle Fairgrounds – Sept. 28th-Oct. 2nd
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Open House & Fall Workshop @ Meadowbrooke Gourds – Sept. 24th-25th
Events will include Create Your Own Workshops. You will have the choice to make pumpkins, witches, scarecrows, candy dishes and, new this year, a turkey.
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Sun, 4-10pm
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EVENTS Arrowheads Bar & Grill/FTIG Community Club

Flea Market & Community Sale, September 17, 7am-2pm
Sell or Buy, Food Available for Purchase,
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Yuengs & Wings Tuesday Nights
Pair your wings with a pitcher of our Yuengling draft selections $10

Pizza Buffet Wednesday’s
11am-1pm
$7.95

Wednesday Trivia Nights
7-9pm
No Cover, Prizes, Open to the Public, Full Menu Available

Draught Friday’s
$2 off a pitcher
Domestic and Imported Draft Beer

Line Dancing
Every Tuesday & Every Other Sunday
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6-7pm – Lesson
7-9pm – All Request Dance Party
Open to the public & all ages
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UPCOMING EVENTS
Halloween Party, October 29, 8pm-Midnight,
Costumes Encouraged

Disney Princess Breakfast, November 12, 9am-Noon

PA Generations Band, November 19, 8-11pm

Breakfast with Santa, December 10, 9am-Noon

New Year’s Eve Party, Hits of the Decades, December 31,
Costumes Encouraged

Super Bowl LI Party, February 5, 2017
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