In this Issue:

Dear Legal Eagle
What’s Happening in Lebanon Valley
Exploring Cumberland Valley
Leisure Travel Services
Disney’s Armed Forces Salute 2018

4-Day Park Hopper Tickets $222.00  •  4-Day Park Hopper Plus Tickets $261.00
5-Day Park Hopper Tickets $242.00  •  5-Day Park Hopper Plus Tickets $281.00

Tickets may be used January 1, 2018, through December 19, 2018. All tickets and options are non-transferable and must be used by December 19, 2018.

**Eligibility Requirements**

- Active Duty, Retired personnel only.
- The military person or the spouse of that person with current military ID must be present and activating a ticket for themselves for family and friends to utilize the tickets.
- A limit of 6 tickets per eligible military person will be allowed for the length of the program.
- All tickets and options are NON TRANSFERABLE and must be used by December 19, 2018

*Other restrictions may apply.*

**Call for Availability & to Place Your Order***

Leisure Travel Services
Carlisle Barracks • 717-245-4048 • 842 Sumner Rd • Carlisle, Pa
Fort Indiantown Gap • 717-861-3994 • 9-65 Fisher Ave • Annville, Pa

*Please plan to purchase your tickets 3-4 full weeks prior to the date they are needed to activate them with your “my Disney experience” program. Linked tickets are considered “used” and are NON refundable/NON transferable. If tickets are NOT in stock it can take up to 4 weeks to get them into our offices.

*All LTS prices are subject to change and availability*
March in Central PA brings much anticipated changes. We change our clocks (March 11th), the temperature starts to change (March 20th marks the first day of spring) and we start to look for outdoor activities. Many will join in various fitness classes and start running outdoors again in an effort to self-improve. MWR is here to help you and your family stay active and make healthy choices in your life. Please share your MWR experiences with us on our Facebook page (www.facebook.com/CarlisleFMWR)! We love hearing from you and you never know who you might inspire.

There is always something happening in the Andrew H. McConnell Youth Center. Saturday is open recreation dodgeball. Stop and see everything we have to offer for your children. The Moore Child Development Center will host the annual Easter Egg Hunt on March 24th. Your children will not want to miss this event. For the grown folks, I recommend that you attend our 3rd Annual St. Patrick’s Day celebration at the Pershing Tavern on March 14th & 15th. This area is ripe with travel opportunities which means our Leisure travel Service office is busy this season. Whether it’s one of our many NYC trips, Disney On Ice or Cherry Blossoms in DC, let us take care of the travel and stress so that you can spend that much need time with your family!

If you are new to Carlisle Barracks don’t forget that ACS will host the Newcomers Brief on March 9th. You can call 717-245-4375 for more information. Spring also means it’s time to start planning your PCS and we want to help. ACS is holding a very helpful Spouse Transition Workshop, March 20-21. They can help you with everything from translating your volunteer experience for your resume to fine tuning your LinkedIn account. Lastly, make sure to get your RSVPs in for our coveted Easter Brunch ASAP. Easter falls on April 1st so don’t wait too long and miss out. You can make reservations by calling the Letort View at 717-245-4329.

At MWR we are always striving to provide activities, programs, classes and events that support the whole family. We want to be your “First Choice” when it comes to child care, fitness, entertainment and fun! We welcome your suggestions and opportunities to offer our MWR family even more activities. You can always send us a suggestion to marketing@carlislemwr.com.

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.
On the Cover
Spring is just around the corner and weather you are ready for a trip to the beach, an amusement park or New York City. Carlisle Barracks Leisure Travel Services has your ticket. See more on page 11.

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USAG CARLISLE BARRACKS
MORALE WELFARE & RECREATION
DIRECTORY

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
First Sat of each month 8am-Noon
(except 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
☎ 717-245-3156

Frame & Engraving
☎ 717-245-3319

Frame Studio - Self Help
Thu 1pm-8pm
Fri 10am-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
☎ 717-245-4109

Carlisle Barracks Golf Course
901 Jim Thorpe Road
Carlisle, PA 17013
Mon-Sun 8am-4pm
☎ 717-243-3262

19th Hole Snack Bar
Closes for Winter Nov 23rd
Mon-Fri 10am-2pm
☎ 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
Tue-Fri 8am-4pm
Sat 9am-5pm
☎ 717-245-3960/4049

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

Letort View Catering
Tue-Fri 10am-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-Sun 7am-7pm
☎ 717-245-4048

Leisure Travel Services
842 Sumner Road
Carlisle, PA 17013
Mon-Fri 8am-5pm
Sat 10am-4pm
Sun 10am-4pm
☎ 717-245-4048

Outdoor Recreation (ODR)
860 Sumner Road
Carlisle, PA 17013
Closed for the season

Sports Director
☎ 717-245-4343/3906

Thorpe Hall Fitness
Mon-Fri 5am-7:30pm
Sat 7am-4pm
Sun 8am-10pm
Holidays 10am-3pm
☎ 717-245-3387/3418

Root Hall Gymnasium
Mon-Fri 5:00am-7:30pm
Sat, Sun & Holidays Closed
☎ 717-245-4343/3906

Indian Field Fitness Center
Mon-Sat 5am-7:30pm
Sat, Sun & Holidays Closed
☎ 717-245-3535

Army Community Service
632 Wright Avenue
Carlisle, PA 17013
Mon-Fri 7:30am-4pm
☎ 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
☎ 717-245-4357

KEY POST NUMBERS
Emergency
☎ 911

Post Operator
☎ 717-245-3131

Chapel
☎ 717-245-3318

Civilian Personnel / Jobs
☎ 717-245-3923

Commissary
☎ 717-245-3105

Navy Federal Credit Union
☎ 888-842-6328

Dental Clinic
☎ 717-245-4542

Dunham Health Clinic
☎ 717-245-3400

Education Center
☎ 717-245-4135

ID Card Center, Military
☎ 717-245-3533

Legal Office
☎ 717-245-4940

Movie Theater, Reynolds
☎ 717-245-4108

Optical Shop, PX
☎ 717-249-5150

Police Desk
☎ 717-245-4115

Post Exchange/Class VI
☎ 717-243-2463

Post Lodging
☎ 717-245-4245

Post Office, USPS
☎ 717-258-1930

Sexual Assault Hotline
☎ 717-245-4998

Motorcycle Registration
☎ 717-245-4115

Cleaning, Tailoring, Shoe Repair
☎ 717-258-1857

Vet Clinic
☎ 717-245-4168
SPORTS – ☎️ 245-3906

Yoga Tune Up: Mon & Wed. 10:15am and 5:30pm with Certified Instructor Linda Arcuri.

WELLBEATS: Now available at the Thorpe Fitness Center! Wellbeats provides a personalized approach to group fitness – giving people the right 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 (Sep thru May). 13-Adult (11-12 w/parent) $15 a month per person. Instructor William Beidel, 6th Degree Black Belt.

Cardiovascular Workout with some Insanity: Tue & Thu from 6-7pm (Sep thru May). $5 per person. Instructor William Beidel, 6th Degree Black Belt.

Fitness Classes: Thorpe Fitness Center. TRX, TRX (for Adults over 40), Zumba and Spinning. There is a Fee for all classes.

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

Massage Therapy: Thorpe Fitness Center. Appointments available Mon-Sat. 717-701-3040 (Text Only).

Personal Training: Thorpe Fitness Center. Contact Sheila Goddard 816-616-7671.

LEISURE TRAVEL SERVICES ☎️ 245-4048/3309

GET YOUR TICKETS AT THESE GREAT LOCATIONS:
Carlisle Barracks - 842 Sumner Road (located beside Commissary)
Fort Indiantown Gap Community Club - 9-65 Fisher Ave

Disney 2018 Military Salute tickets available now!


Disney On Ice: Apr 6 and Apr 7 at the Giant Center, Hershey, PA. $27 per seat/Section 104 Seating. Available until Mar 21 or until sold out.

Washington, DC Cherry Blossom Festival: Apr 7 and Apr 14. $26 per person/all ages. Must register by Apr 4.

Harrisburg Senators: Apr 27. FNB Field/City Island Harrisburg, PA. Ticket Option 1: $16 per person (includes ticket, Senators hat & $5 senators dollars). Ticket & Bus Option 2: $21 per person (includes roundtrip transportation, ticket, Senators hat & $5 senators dollars).
Statue of Liberty: Apr 28. Adult: $59/Senior 62+ $54 and Children (4-12) $47. Must register by Apr 18
NYC “Day on Your Own”: May 19. $59 per person/all ages. Must register by May 3.
NYC Ground Zero: Jun 23 and Jul 21. $59 per person/all ages.
Baltimore Aquarium Discount Tickets: $28.25 Active Duty Military, $34.75 Adults, $21.75 Children (3-11) and $30.25 Senior (65+).
Tickets available: Baltimore Aquarium, Disney Military Salute, Universal Studios, Legoland buy 1 day get 2nd day FREE, Busch Gardens, Seaworld and more all over the US available.

GOLF – 243-3262
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 Matt Hoffman.

OUTDOOR REC – 245-4616
CLOSED for the Season

BOWLING – 245-4109
Birthday Parties: Celebrate your birthday with us! Enjoy bowling, food and friendship while leaving the set-up and cleaning to us.
Friday and Saturday Cosmic Quartermania: Jan 5-Apr 28, 7-9pm. Bowl for $.25 per game/person. $5 cover charge.
Pizza – Pins – Pop: Every Sun., 2-5pm. Special Runs Jan 7 – Mar 25. 2 Hours of bowling for 4 people, shoe rental, one plain pizza and one pitcher of soda for ONLY $28.95 per lane. $5 each additional person. No reservations allowed.

BOWLING – 245-4109
Birthday Parties: Celebrate your birthday with us! Enjoy bowling, food and friendship while leaving the set-up and cleaning to us.
Friday and Saturday Cosmic Quartermania: Jan 5-Apr 28, 7-9pm. Bowl for $.25 per game/person. $5 cover charge.
Pizza – Pins – Pop: Every Sun., 2-5pm. Special Runs Jan 7 – Mar 25. 2 Hours of bowling for 4 people, shoe rental, one plain pizza and one pitcher of soda for ONLY $28.95 per lane. $5 each additional person. No reservations allowed.

OUTDOOR REC – 245-4616
CLOSED for the Season

CHILD & YOUTH SERVICES
McConnell Youth Services 245-4555
Moore Child Development Center 245-3701
School Liaison Office 245-4638
School Age Care Programs 245-4555
Middle School & Teen Programs 245-4642

Teen Rollerskating: Mar 10, noon-5pm. $5. Registration required

Volunteer Youth Sports Coaches Needed: Head coaches will receive a FREE LEAGUE FEE.
Volunteer Youth Sports Coaches Needed: Head coaches will receive a FREE LEAGUE FEE
Cumberland Valley’s Top Events for March 2018

The month of March is filled with live performances, spring craft classes and opportunities to get outside. Check out the Top Events below and find more details at VisitCumberlandValley.com.

The Righteous Brothers @ The Luhrs Center – March 10th
The Righteous Brothers are back with a string of #1 classics, including the most played song in radio history, “You’ve Lost That Lovin’ Feelin’,” the Rock and Roll Hall of Fame duo of Bill Medley and Bobby Hatfield topped the charts in four decades. After Bobby’s death in 2003, Bill Medley continued to perform to sold-out crowds around the world, but fans and friends pleaded with him to keep The Righteous Brothers alive.

Spring Wreath Workshop @ Ashcombe Farm & Greenhouses – March 10th
Floral designer, Nedra, will instruct you on how to create a gorgeous spring wreath on a 16 inch grapevine base. Decorations include silk spring flowers, ivy, and a bow. Preregistration required.

Spring Create-Your-Own Gourd @ Meadowbrooke Gourds – March 10th-17th
There are many spring gourd designs to choose from this year! All ages and levels of artistic skill are welcome. Bring friends and family for a fun day of creativity. You add your artistic touches with the help of skilled crafters to make a unique gourd that is all your own. Prices range from $2 to $35.

Taste of Carlisle @ Carlisle Expo Center – March 11th
Hosted by the Carlisle Area Chamber of Commerce and the Downtown Carlisle Association, Taste of Carlisle is Cumberland County’s premiere tasting event. They bring together the best of the best from local restaurants, pubs, caterers, cafes, bakeries, and chocolatiers to offer samplings.

5K Irish Jig Jog @ Stony Ridge Park – March 17th
This festive 5K is for all ages and skill levels. There is a costume contest, so you are encouraged to dress in a festive outfit. All participants receive a medal and t-shirt. Prizes are awarded to top runners for both male and female.

The Cat in the Hat @ The Luhrs Center – March 18th
From the moment his tall, red-and-white-striped hat appears around the door, Sally and her brother know that The Cat in the Hat is the funniest, most mischievous cat they have ever met. With the trickiest of tricks and the craziest of ideas, he is certainly fun to play with. And he turns a rainy afternoon into an amazing adventure.

The Beach Boys @ The Luhrs Center – March 22nd
The Beach Boys are led by Mike Love and Bruce Johnston, who along with Jeffrey Foskett, Brian Eichenburger, Tim Bonhomme, John Cowsill and Scott Totten continue the legacy of the iconic American band. Few, if any, acts can match The Beach Boys’ concert presence, spirit and performance.

6th Annual Downtown Carlisle Bunny Hop – March 24th
This day of spring fun will center around a downtown-wide egg hunt, where children 12 and under can go from business to business collecting eggs and treats. Some businesses may also have a game or craft for the children. Children are encouraged to dress in their best to form their very own Easter Parade. Maps of participating locations will be available at Georgie Lou’s on the day of the event and will be handed out starting at noon.

Jay Leno @ The Luhrs Center – March 24th
Acclaimed TV late night show host, admired stand-up comedian, best-selling children’s book author, much-in-demand corporate speaker, lovable TV and movie voice-over artist, pioneering car builder and mechanic, and philanthropist. An indefatigable performer, Leno loves to test his humor live on audiences across the nation, performing over 100-150 live appearances in nightclubs, theaters and stadiums each
We love showing off all things Lebanon Valley! Tag us #visitlebanonvalley to share what it is you love about our community. visit www.lebanonvalley.com

Diary of Anne Frank, Lebanon Community Theater, March 1-11. Thur-Sat, 7:30pm to Sun 2:30pm, This Pulitzer Prize winning drama is inspired by the true-life story of Anne Frank.

Five Little Shamrocks, Red Canoe General Store Palmyra, Mar 13, 9:30-10:30am, Celebrate St. Patrick’s Day, sing songs, and make a shamrock craft. $10/child and $3 additional sibling. Pre-register please.

“Books to Bricks” LEGO event, Richland Comm. Library, Mar 3, 10 am - 4 pm, $5, Under 2 free. Displays, workshops, hands on activities and raffles. Build a creation at home and submit it to the Books to Bricks Building Competition, Register at www.lclibs.org/richland.

Lebanon Valley Spring Spectacular - Craft & Vendor Fair, Mar 3, 10am-4pm, More than 75 vendors. Also enjoy Berks Kids Closet Consignment Event, Yorkshire Hog Sale, and 4-H Pork Bowl competitions.

Fitness Hike, Governor Dick Park, Mar 4, 9-11am, This is a faster-paced 4 to 6 miles, and it’s so much fun you don’t even know you’re getting in better shape, FREE. More info: parkatgovernordick.org

Pennsylvania German Zammelaaf, Lebanon High School, Mar 10, 9am-4pm, Explore the Pennsylvania German AKA Pennsylvania Dutch heritage. A day of speakers, music, arts& crafts, crafters, history, language and genealogy. Kids activities, PA Dutch food, FREE admission.
WE’RE THE KEY TO YOUR NEXT ADVENTURE

Car Loan Decisions in Five Minutes or Less!

> Easy application and fast approval process
> Low monthly payments
> Flexible payment options

Plus, if you didn’t finance your current auto loan at Navy Federal, now is your chance to save. Refinance your auto loan from another lender with us and get $200.¹

Easy apply with our mobile app,² online or at your local branch.

navyfederal.org 1.888.842.6328
Carlisle Barracks
842 Sumner Road

Federally insured by NCUA. ¹Existing Navy Federal loans are not eligible for this offer. You must make your first scheduled payment in order to receive the offer. $200 will be credited to the primary applicant’s savings account between 61 and 65 days of the loan origination date. If the auto refinance loan is canceled or paid off in the first 60 days, the $200 offer will become invalid. Offer may end at any time. Recipient is solely responsible for any personal tax liability arising out of the acceptance of this incentive. ²Message and data rates may apply. Visit navyfederal.org for more information. © 2017 Navy Federal FCU 10139-A_carlisle (11-17)
When it’s time to take a vacation, Army Family and MWR is ready to help make it the best getaway ever. Whether you’re heading for the beach, ready to take a cruise, destined for a weekend at a great theme park, or ready for a day trip to New York City or Washington DC we are here to help.

We can assist you in a number of ways, including with attraction tickets, cruise booking, resort vacation rentals and much more. If you are an eligible patron, these services and offers are available to you. We have civilian discounts as well as exclusive military discounts and savings.

The Carlisle Barracks Leisure Travel Services Office is the best place to start planning your dream vacation or getaway. Our knowledgeable staff are the best source for information about theme park tickets, museum passes, tours, national park admission and historic site tickets. Our offices are also where you can find out about the best hotel rates, airfares and cruise packages – many with discounts you won’t find anywhere else.

Call us today 717-245-4048 to get started!
Dear Legal Eagle,

A week ago, the mailman was walking up to our door when he slipped on a patch of ice on the walkway. Usually we keep our walkway clear, but it was snowing that day. The mailman ended up hurting his arm. Am I liable for his injury?

Sincerely,

It’s Cold Outside

Dear Cold,

You should be ok from any legal action. In Pennsylvania, property owners are protected from liability for slippery conditions resulting from ice and snow in what is known as the “hills and ridges doctrine.” The courts feel that it would be an impossible task to keep your property free from ice and snow in this state and so they give property owners a break.

While property owners are given this protection, the mailman could still bring legal action. However, in order for the mailman to win, he would need to show three things:

1. That the ice and snow had accumulated to a point that it was dangerous for pedestrians walking.
2. That you, the property owner, knew that the ice and snow had accumulated to the point of being dangerous.
3. That the accumulation of ice and snow caused the mailman to fall.

It is unlikely that you will be liable since the snowfall created a generally icy condition that the mailman should have been aware of.

Sincerely,

Legal Eagle

Legal Eagle is brought to you each month by MAJ Julie McConnell, U.S. Army Judge Advocate. A special thank you goes out to Madison Hales of Dickinson Law School for his assistance on this months article.

The information contained herein is provided for informational purposes only and should not be construed as legal advice.
I Listen…

- **Buyers Agent:** $53,000 - $380,000
- **Listing Agent:** $52,000 - $575,000
- **Client Ages:** 28 - 83

I Understand…

- 12 Years Active Duty
- 14 Moves
- 21 Years at Carlisle Barracks
- Homeowner, Tenant, and Landlord

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**Peter “Pete” Collins**
Realtor

I Care…

pepete@PeteCollinsHomes.com
PeteCollinsHomes.com

Office: 717.243.8080
Cell: 717.226.4589

52 West Pomfret Street
Carlisle, PA 17013
**Military Saves Week 2018**

February 26–March 3

**MARCH 14 & 15 • 4-10 PM**

**PERSHING TAVERN • LETORT VIEW COMMUNITY CENTER**

**CELEBRATE St. Patrick’s Day**

**DRINK RESPONSIBLY**

**WWW.CARLISLEMWR.COM • LETORTVIEWCATERING • 717-245-4329 • CARLISLE BARRACKS • 313 LOWELL AVENUE**

**IRISH FAKE**

**5-9 PM**

**ULTIMATE IRISH NACHOS**
**CORNED BEEF & CABBAGE**
**IRISH LAMB STEW**
**BANGERS & MASH**
**IRISH MEAT PIE**
**ICE CREAM CAKE**

**OPEN TO THE PUBLIC • FREE ADMISSION**
**FREE SHUTTLE ON & OFF POST • THURSDAY NIGHT**

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**Easter Egg Hunt**

**March 24 • 8:30-10:00 A.M.**

- Egg hunt registration at 8:30 A.M.
- Infant & toddler egg hunt at 9:00 A.M.
- Pre-school to 13-year-old egg hunt at 9:15 A.M.

Come before the hunts start to play Guessing Games and win a prize!

All Easter eggs are filled with candy!

Find the special eggs in each age category and win a prize!

(One special egg per child, please!)

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**HARRISBURG SENATORS**

**FRIDAY, APRIL 27**

**FNB FIELD/CITY ISLAND HARRISBURG, PA**

**MARCH 14 & 15 • 4-10 PM**

**PERSHING TAVERN • LETORT VIEW COMMUNITY CENTER**

**Easter Egg Hunt**

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All Easter eggs are filled with candy!

Find the special eggs in each age category and win a prize!

(One special egg per child, please!)

---

**FRIDAY & SATURDAY**

**COSMIC QUARTERMANIA**

**JAN 5 - APRIL 28**

**7:00 PM - 9:00 PM**

**FIRST COME FIRST SERVED**

**$5 COVER CHARGE**

**NO RESERVATIONS ALLOWED**

**25¢ PER GAME/PERSON**

**$3.50 RENTAL NOT INCLUDED - $2 PER HOUR**

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**Moores Child Development Center**

**415 Fletcher Road • Carlisle, PA**

**717-245-3570**

**WWW.CARLISLEMWR.COM • MooresChildDevCenter**

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**CARLISLE BARRACKS CATERING COMMUNITY CENTER**

**WWW.CARLISLEMWR.COM • 717-245-4329 • CARLISLEBOWLING**
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 (Sonoko) 1000 - TRX (Brian) 1200 - Kick Boxing (Brian) 1630 - Hybrid boot camp (Brian) 1630 - Tae Kwon Do (Bill) 1800 - Cardiovascular (Bill)
2. 0600 - Performance Fitness (Brian) 0900 - Body Blast (Brian) 1200 - Barbell 30 Min (Brian)
3. 0600 - Performance Fitness (Brian & Colton) 0900 - Body Blast (Brian) 1015 - Yoga Tune-up (Linda) 1200 - Barbell 30 Min Workout (Brian) 1730 - Yoga Tune-up (Linda)
4. 0900 - Zumba (Sonoko) 1000 - TRX (Brian) 1200 - Kickboxing (Brian) 1630 - Hybrid boot camp (Brian) 1630 - Tae Kwon Do (Bill) 1800 - Cardiovascular (Bill)
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15. 0900 - Zumba (Sonoko) 1000 - TRX (Brian) 1200 - Kickboxing (Brian) 1630 - Hybrid boot camp (Brian) 1630 - Tae Kwon Do (Bill) 1800 - Cardiovascular (Bill)
16. 0600 - Performance Fitness (Brian) 0900 - Body Blast (Brian) 1200 - Barbell 30 Min (Brian)
17. 0900 - Zumba (Sonoko) 1000 - TRX (Brian) 1200 - Kickboxing (Brian) 1630 - Hybrid boot camp (Brian) 1630 - Tae Kwon Do (Bill) 1800 - Cardiovascular (Bill)
18. 0600 - Performance Fitness (Brian) 0900 - Body Blast (Brian) 1015 - Yoga Tune-up (Linda) 1200 - Barbell 30 Min Workout (Brian) 1730 - Yoga Tune-up (Linda)
19. 0600 - Performance Fitness (Brian) 0900 - Body Blast (Brian) 1015 - Yoga Tune-up (Linda) 1200 - Barbell 30 Min Workout (Brian) 1730 - Yoga Tune-up (Linda)
20. 0900 - Zumba (Sonoko) 1000 - TRX (Brian) 1200 - Kickboxing (Brian) 1630 - Hybrid boot camp (Brian) 1630 - Tae Kwon Do (Bill) 1800 - Cardiovascular (Bill)
21. 0600 - Performance Fitness (Brian) 0900 - Body Blast (Brian) 1015 - Yoga Tune-up (Linda) 1200 - Barbell 30 Min Workout (Brian) 1730 - Yoga Tune-up (Linda)
22. 0900 - Zumba (Sonoko) 1000 - TRX (Brian) 1200 - Kickboxing (Brian) 1630 - Hybrid boot camp (Brian) 1630 - Tae Kwon Do (Bill) 1800 - Cardiovascular (Bill)
23. 0600 - Performance Fitness (Brian) 0900 - Body Blast (Brian) 1200 - Barbell 30 Min (Brian)
24. 0900 - Zumba (Sonoko) 1000 - TRX (Brian) 1200 - Kickboxing (Brian) 1630 - Hybrid boot camp (Brian) 1630 - Tae Kwon Do (Bill) 1800 - Cardiovascular (Bill)
25. 0600 - Performance Fitness (Brian) 0900 - Body Blast (Brian) 1015 - Yoga Tune-up (Linda) 1200 - Barbell 30 Min Workout (Brian) 1730 - Yoga Tune-up (Linda)
26. 0600 - Performance Fitness (Brian) 0900 - Body Blast (Brian) 1015 - Yoga Tune-up (Linda) 1200 - Barbell 30 Min Workout (Brian) 1730 - Yoga Tune-up (Linda)
27. 0900 - Zumba (Sonoko) 1000 - TRX (Brian) 1200 - Kickboxing (Brian) 1630 - Hybrid boot camp (Brian) 1630 - Tae Kwon Do (Bill) 1800 - Cardiovascular (Bill)
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 (Sonoko) 1000 - TRX (Brian) 1200 - Kickboxing (Brian) 1630 - Hybrid boot camp (Brian) 1630 - Tae Kwon Do (Bill) 1800 - Cardiovascular (Bill)
30. 0600 - Performance Fitness (Brian) 0900 - Body Blast (Brian) 1200 - Barbell 30 Min (Brian)
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EVENTS
Arrowheads Bar & Grill/FTIG Community Club

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

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$4 per person
6:30–7:30pm – Lesson
7:30-9:30pm – Dancing to your favorite music
Open to the public & all ages
Dancing held in the Community Club Ballroom

Mother’s Day Brunch

Father’s Day Brunch

DJ at Arrowheads Bar & Grill
April 16, 17, 19 , 30
May 1, 3

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Letort View Community Center

Sunday, April 1, 2018
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10:30 A.M. - 12:00 P.M. or 12:30 P.M. - 2:00 P.M.

$24.95 Adults • $10.95 Kids (4-10)
3 & under Free • (prices do not include gratuity)

OPEN TO THE PUBLIC!

Menu

BREAKFAST SELECTIONS
Scrambled Eggs • Sausage
Home Fried Potatoes
Creamed Chipped Beef • Biscuits • Toast
Ham & Cheese Quiche Lorraine
Spinach & Bacon Quiche
French Toast Sticks • Assorted Pastries

CARVING STATIONS
Smoked Ham with Honey Dijon Sauce
Roasted Leg of Lamb
with Garlic Sauce & Mint Jelly

HOT BUFFET SELECTIONS
Seasoned Baked White Fish
with a Lemon Beurre Blanc
Chicken Breast Caprese
with Lemon Basil Sauce
Mashed Potatoes • Au Gratin Potatoes
Garlic Green Beans • Honey Glazed Carrots

SALAD & BREAD STATION
Caesar Salad • Fresh Mixed Greens
Grape & Walnut Salad • Seafood Salad
Italian Tortellini Salad
Assorted Fresh Baked Breads and Rolls

DESSERT SELECTIONS
Chocolate Peanut Butter Pie
Coconut Cream Cake • Carrot Cake
Pecan Pie • Hand Dipped Ice Cream

BEVERAGE STATION
Cash Bar Available

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