

Greater Susquehanna Valley
United Way
Community Partner



Donald Heiter Community Center

Spring 2018 Newsletter

New Programs!

The Donald Heiter Community Center is embarking on new programming about civic engagement and leadership!

LEAD Youth Leadership Program:

(**L**eadership, **E**ducation, **A**ction, & **D**evelopment)
This Youth Leadership Program is designed to foster civic engagement, volunteerism, and leadership skills for 6th, 7th, and 8th grade students. This 10 week program will focus on personal development and how to deal with finances, understanding how government functions and the role of citizens, how to find your passion and how to become an active volunteer.

Dates: MONDAYS March 5, 2018 through May 14, 2018
(no class on April 2)

Times: 3:30 PM– 5 PM

Transportation is provided from Lewisburg Middle School to the Government Center. Parents must pick up children by 5:00 PM at the Government Center.

Location: Union County Government Center
(April 23 Class will be held at DHCC)

Cost: \$200 per child (Scholarships available)

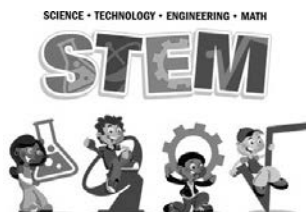
STEM After School Program: The DHCC has partnered with area professionals to provide a STEM (Science, Technology, Engineering, and Math) program that will help elementary school students to learn critical thinking skills, problem solving, and the creative thought process. This program is open to all children in grades K-3rd. Each day the children will participate in hands on, learning activities that are age appropriate and designed to gain important science based knowledge.

Dates: TUESDAYS March 6, 2018 through April 24, 2018

Times: 4:15 PM– 5 PM

Location: Donald Heiter Community Center

Cost: \$48 (Scholarships available)



Modern Day Parenting: The DHCC is collaborating with other community leaders to offer a series of classes geared to support families in navigating active child-raising through our modern society. This series includes exercise and nutrition, effective communication, advocating for your child in the school system, and protecting your child from cyber-bullying, and community resource awareness. Future programming will be based on the suggestions and needs of attendees.

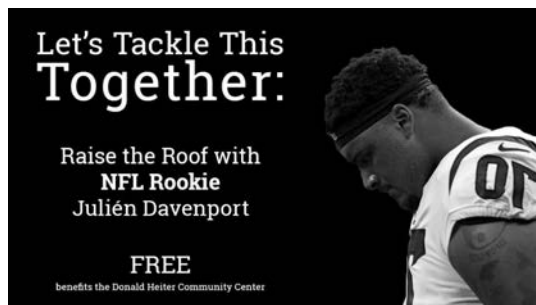
Dates: MONDAYS, April 9, 2018 through April 30, 2018.

Times: Noon– 1 PM

(Bring your lunch & we'll supply snacks & drinks)

Cost: \$20 Total/\$5 per session (Scholarships available)

Location: Donald Heiter Community Center



Raise the Roof with Texan's Rookie and Bucknell Alum, Julién Davenport to benefit the Donald Heiter Community Center.

(Meet & Greet event with light hors-d'oeuvres and cocktails provided.)

Roof & Building Repairs Fundraising Event:
Thursday, March 1, 2018 8:30 PM– 10:30 PM

To RSVP contact DHCC at 570-524-5000
Venue TBA

**Children ages 5-13 come and meet Julién
Thursday March 1, 2018 4-5 PM
at the Community Center!**

Need more information or Interested in registering for a program? Give us a call at 570-524-5000 or send us an email at donaldheiter@gmail.com Scholarships are available for all of our programs.

Youth Programs

Summer Day Camp: The Summer Day Camp Program at the DHCC is the best in the area! We host 60 children from all over the region that are ages 5-13 in this exciting, unique, and innovative program.

Dates: June 4, 2018– August 21, 2018

Times: 6 AM– 6 PM


Cost: \$1,000 per child (Scholarships available)

Before/ After School Program: The program includes breakfast service, after school snacks, and lunch on non-school days, homework support and project supplies, and supervised play time in our 5,200 sq. foot facility that includes a 1/2 court gymnasium, arts & crafts space, library & music room, creative play space, game room, and multipurpose room. Transportation is provided to and from Kelly & Linntown Elementary School in Lewisburg's School District. For ages 5-13 years.

Dates: August 22, 2017– June 1, 2018

Times: 6 AM– 8:30 AM & 3 PM– 6 PM

Costs: \$5 for Before School Care, \$6 for After School Care, or \$10 for Both Before & After School Care (Scholarships available)

 Concerts are held periodically throughout the year, are planned and facilitated by area community members, often including youth, and showcase very talented regional and national bands from a variety of genres. Door fees are set based on the bands that are scheduled. Interested in attending or scheduling your own event? Give us a call and follow us on Facebook.

How are our programs developed?

Every three years the Donald Heiter Community Center, with support from area university students, performs a community- wide study to ensure that our programs continually meet the needs of area residents. The results of these studies and interest from community members drives our program development. Soon we will be releasing our 2018- 2021 strategic plan which will outline our next steps. Please contact us if you are interested, and would like to have input in, our future programs, facilities growth, and sustainability planning!

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Downtown Dance:

Downtown Dance provides dance instruction to students ages 3 & up in the styles of Ballet, Tap, Jazz, Lyrical, Hip Hop, and Musical Theater. Our lead dance teacher is the studio director, Miss Christine who has 20+ of years of dance training/instruction. Our teachers strive to teach rhythm and musicality, improve coordination, and encourage creativity in a fun, safe environment. We believe that class friendship and performing are important factors for students to gain confidence and achieve personal goals. Youth dance classes run from September through May, culminating in a Recital. During the year, we perform at local events such as the Market Street Arts Festival, the Campus Theatre, Bucknell Basketball, Riverwoods and more.

For dates/ times/ costs & registration please visit <https://downtowndancepa.wordpress.com>.

Tir Na Nog Irish Dance:

What is Irish Dance? It is generally characterized by a stiff upper body and quick and precise movements of the feet. It can be performed solo or in groups. It's distinctive and artistic, requires athleticism and flexibility. Tir Na Nog Irish Dance has been in operation for over 10 years in the Central Pennsylvania region.

Do participants compete or perform? Tir na Nog has performed at the Bellefonte Children's Fair, Huntingdon MayFest, Hollidaysburg Pumpkin Festival, PA 4th Fest, State College Spikes, Altoona Curve, Williamsport Crosscutter baseball games and have been privileged to perform with world renown artists Cherish the Ladies and Eileen Ivers. Competitions are held throughout the year and students have the opportunity to perform but are not required.

Who can participate? Classes are offered to children (age 5 and up) through adult. Like any form of dance, having representation from both boys and girls is what makes it complete. Irish dancing is all-inclusive and we welcome everyone to try!

Times & Dates: Classes are held every Tuesday (September through June).

6:00 - 6:45 Beginner

6:30 - 7:30 Soft Shoe

7:30 - 8:15 Hard Shoe

Cost:

Fees for the 2017 Fall Session are:

There is a \$20 per student or \$30, per family registration fee; and

\$10 per class for 1 student;

\$17 per class for 2 Students (from the same family)

\$24 per class for 3 or more students (from the same family)



Programs For All

West Branch Fencing Club:

What is Fencing?

Fencing was one of the original nine sports in the inaugural modern Olympic Games played in Athens, Greece in 1896. It is one of only four sports that have been featured at every single Olympic competitions since 1896. The sport of fencing promotes agility, strength, coordination, balance, and timing.

What kind of equipment do I wear? Fencers wear protective gear including a jacket, glove, and head gear or a mask. The sport of fencing features three different levels, which are categorized by the type of weapon used in each level. The weapons used include the epee, foil, and the saber.

What are the costs to participate and what are the times and dates? Sessions are held for beginners on Monday nights from 7-9 PM. Equipment is provided and the cost is \$60 for 10 sessions. (Scholarships available)

Who can participate? Our Fencing Program is designed to mentor youth as young as 12 through adults.

We welcome beginners, intermediate, and advanced participants and encourage people of all abilities to try.

How do I find out more information or join?

Feel free to stop by during one of our beginner classes to check out our program and speak to one of our program mentors.

If you would like more information give us a call!



CommUnity Zone:

The CommUnity Zone, a collaborative organization of the DHCC, offers a safe space for all members of the community, and organizations that serve them, to share ideas, talents, and resources in order to contribute to a vibrant, caring and connected community. The “Zone” welcomes new ideas and projects, Tech tutoring, diversity awareness education, cultural celebrations, and opportunities to celebrate our difference and similarities. To find out more information give us a call at 570-238-1818!

**Need more information or
Interested in registering for a program?**

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send us an email at

donaldheiter@gmail.com

Scholarships are available for all of our programs.

Countryside Contra Dancers:

What is contra dancing? Contra dance is a social activity for folks of all ages. There is live music each month and a “caller” who will introduce you to contra dancing at 7:00 PM. The “caller” teaches each contra dance of the evening and helps you have fun dancing. Contra Dance uses figures/patterns that are similar to square dancing but, unlike square dancing, any even number of people can dance because Contra Dancing is done in long lines of two people instead of squares of 8 people. If you can walk, you can contra. Dancers also enjoy shared snacks during break times and an air conditioned venue!

Dates and Times: Contra Dance is held on the Second Saturday of each month at 7:00 PM at the DHCC.

Who can participate and what are the costs? The cost is \$8 per adults, under 18 free, \$5 for students with current ID. We ask that youth under the age of 16 be accompanied by a guardian.

Where can I find out more information? Give Betsy or Jeff (Group Organizers) a call at 570-524-2104 or send them an email at schecktr@bucknell.edu, or stop by during one of the dances!

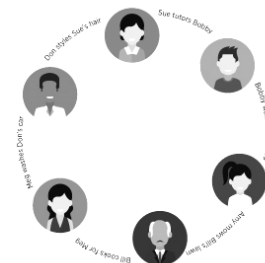
Badminton League: The league meets on Fridays from 8 AM—9 AM to enjoy each other’s company and play this timeless favorite. This easy going, non-competitive atmosphere is a great way to exercise and socialize. If you are thinking about joining stop by the Center Friday Mornings. Please bring your own racket. The cost is \$2 each time you play.



Susquehanna Valley TimeBank!

What is a TimeBank? A timebank is a network of people who use their skills to give and receive services to each other in the group - for free! For each hour a member spends providing a service, an hour is “banked.” The member can then use this hour of credit to access a service provided by any other member, not just the member they worked for. Each hour of service provided is logged and becomes the unit of “currency” that “purchases” other services. No money is exchanged, just services.

How can I find out more information? Find out more about this exciting new program by calling the CommUnity Zone at 570-238-1818!



**YOU + ME
=
hOur
IMPACT**

Adult Programs

Tai Chi Sessions:

Mondays 10 AM- 11 AM

Cost is FREE

What is Tai Chi?

Tai Chi is an ancient Chinese form of exercise originally created as a fighting art. Tai Chi was accredited to a Taoist Monk named Zhang San Feng as its creator. Its origin dates back over 700 years, some say even up to 1500 years and is a type of Qigong practiced by millions of people worldwide every day. Qigong in Chinese means energy or breath skill. Tai Chi when practiced correctly is always practiced using breathing and energy methods. Although Tai Chi was originally a Martial Art it is mainly practiced today as an excellent form of exercise with many health benefits. Tai Chi was created by applying very natural movements using relaxation and breathing to generate health, longevity and internal strength and power. The philosophy of Tai Chi is simple yet profound; in short, the idea that everything consists of two opposing forces that harmonize with each other to create a whole.



How does Tai Chi help you? This gentle form of exercise can help maintain strength, flexibility, and balance, and could be the perfect activity for the rest of your life. Tai chi is often described as "meditation in motion".

How can I find out more information? Give us a call at the DHCC and we'll connect you with class instructor who will answer any questions you may have.

Rent the Center! The Donald Heiter Community Center has a large multi-purpose room that combines a classroom-like space and game room and gymnasium available to be rented for social or professional functions. The combined spaces can accommodate 180; however the space seats about 75-100 comfortably. Rentals include access to our residential kitchen space, refrigerators/ small freezers, oven, etc. tables & chairs, game room, and equipment. The cost is \$40 per hour. Please call to schedule or to learn more information. We do recommend calling in advance for guaranteed booking. 570-524-5000.

Silver Sneakers provided by Union County YMCA: The Donald Heiter Community Center is happy to partner with the Union County YMCA to participate in the Silver Sneakers Fitness Program, the nation's leading exercise program for older adults. More than just a gym membership, Silver Sneakers participants are offered specialized exercise classes, health education and social programs that have been shown to help older adults maintain good health, reduce health care costs and lead an active, independent lifestyle. Silver Sneakers Fitness Program is an innovative health, exercise and wellness program helping older adults live healthy, active lifestyles and provides opportunities to:



- expand your social network and strengthen friendships
 - increase your mental sharpness
- take part in social activities and wellness seminars

Dates & Times: Tuesdays & Thursdays from 11 AM- Noon
Cost: Depending on your insurance company this class could be free of charge! Stop by during one of our classes and we'll look into it for you OR give the YMCA a call at 570-966-7273!

Board of Directors: The BOD meets on the 4th Tuesday of each Month at 5 PM at the Central PA Chamber of Commerce Building. All meetings are open to the public and we welcome community participation, feedback and involvement.

Our current Board Members are:

- Penn Garvin: President**
 - Jane Amacher: Vice President**
 - Grace Mahon: Treasurer**
 - Cookie Connelly: Secretary**
- | | |
|-----------------|-------------|
| Rob Antanitis | Shawn Felty |
| Cynthia Peltier | Jeff Ranck |
| Mark Reisinger | Swan Stull |
| Todd Vonderheid | |

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Scholarships are available for all of our programs.**

Upcoming Events:

25th Anniversary Celebration: Since September we've been hosting monthly events which showcase programs offered at the DHCC. Please plan to attend upcoming events;



Mardi Gras Party
March 9 2018,
4:30-6 PM



Tai Chi & Qi Chong
Experience
April 27, 2018
5-8 PM



Neighbors Helping Neighbors
May 13, 2018
1-4 PM

Summer Day Camp Family
Night
June 21, 2018
5:30 -6:30 PM:

"Thank you to our Supporters" Celebration
July 27 2018
5-8 PM:

the hands that make a difference



Reunion & Block Party!
Saturday, August 11, 2018
(Times TBA)



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Our Mission: The mission of The Donald Heiter Community Center, a non-profit organization, is to strive to be a center of the community, providing innovative responsive programs and welcoming facilities with broad volunteer and financial support from the community. The Center addresses community concerns, and supports the wellness of the community for its entire people.



**Find us on
Facebook to stay up to
date on the DHCC news!**



Donald Heiter Community Center

100 North 5th Street,
Lewisburg, PA 17837

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OR CURRENT RESIDENT

The Donald L. Heiter Community Center, Inc.

is a proud participant in the



March 14 & 15, 2018

Please think of us when making your donation.

raisetheregion.org