

Today's Palmer



November 2017



NORTHAMPTON COUNTY, PENNSYLVANIA



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Palmer Holiday Fest

at the Charles Chrin Community Center of Palmer Township

Saturday, December 16th, 2017 | 6:15pm

Details inside (page 15)

Camp Palmer Reunion

Wednesday, December 27th, 2017 | 10:00am-2:00pm

Details inside (page 16)

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Palmer Township Employees Retire After a Combined 73 Years of Service to the Township

TOWNSHIP DIRECTORY BOARD OF SUPERVISORS:

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Robert E. Smith
Jeffrey A. Young

Palmer Township

Palmer Municipal Building
3 Weller Place, Palmer, PA 18045
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After over 43 years of service to Palmer Township, **Diane Grube**, Administrative Assistant in the Public Services Department, retired from the township in February 2017. Diane touched the lives of many township residents over the years as she was always willing and eager to assist them with their requests and/or needs. Through Diane's 43 years of service she worked in every facet of the township's administration. Her experience and her knowledge of Palmer Township history will be greatly missed.

Diane's parents, Kenneth "Eddie" and June Grube, were the co-founders of the Palmer Township Community Days. Diane and members of her family have been involved in continuing this successful community event, along with members of the Palmer Township Board of Supervisors, since the first year it was held back in August 1982.



Paul Hosking, Director of Public Utilities, also elected to retire from his position with the township in May, 2017. Paul served as the Director of Public Utilities for 30 years. Along with running the Public Utilities Department, Paul served as the Township Liaison to the Palmer Township Municipal Sewer Authority until it was disbanded in 2012. The township will miss the knowledge and expertise that Paul possesses in the field of wastewater management; but he continues to stay connected to his field as an active member of the Bethlehem Township Municipal Authority.

The Palmer Township Board of Supervisors, and the township staff, thank both Diane and Paul for their many years of dedicated service to Palmer Township and to its residents. We congratulate them on their successful careers and wish them a happy, healthy and prosperous retirement.



Holiday Municipal Building Closings:

Veterans Day
Observed, Friday, November 10th

Thanksgiving Day
Thursday, November 23rd

Day after Thanksgiving Day
Friday, November 24th

Christmas Eve
Observed Friday, December 22nd

Christmas Day
Monday, December 25th

New Year's Day
Monday, January 1st



*The Township Board of Supervisors
and Township Staff would
like to wish everyone a Happy
Thanksgiving, a Merry Christmas
and a Happy New Year!*



For more information, visit www.palmerwp.com or call the Palmer Municipal Building at 610-253-7191.

Make Your Holiday Season Red and Greener!

The holiday season creates more trash and recycling than any other time of the year. As we prepare for the coming holidays, remember...rethink, reduce, reuse, and recycle!

Here's some green ideas:

- Wrapping paper is recyclable unless it is metallic. Bows and decorations are not recyclable.
- Get creative with wrapping and try using bandanas, cloth shopping bags, comic pages from newspaper which all work great!
- Use Christmas and holiday cards as ornaments, or for crafts and gift tags.
- Before the holidays, clean out and donate toys, clothing, games, etc.
- Replace old high-energy-use tree lights with energy efficient LED lights which saves energy and money.
- Buy a live holiday tree and plant it after the holiday.
- Put your cut tree out for collection curbside during the first 3 weeks of January. No tinsel, flocking, ornaments, other decorations, or plastic bags. The tree will be ground up and turned into compost or mulch.
- Reuse your "packing peanuts" and similar packing materials, or recycle them by taking them to one of your local package shipping stores.
- Extra holiday cardboard, gift boxes, and recyclables can be taken to the Palmer Recycling Center, at 3600 Hartley Ave. Their hours of operation are Mon, Wed, Fri, 12-4pm; Sat, 10-3pm; Sun 12-4pm



Have a safe and very green holiday season!

Here's What Goes into Your Recycling Cart with the Yellow Lid

Plastics – rinsed #1 through #7, no polystyrene foam. Attach lids.

Glass – rinsed clear, brown and green bottles and jars. Discard lids.

Metals – rinsed aluminum, tin and steel cans, and household metals, pots and pans.

Paper – office, colored, and school paper, newsprint, junk mail, paper bags, phone books, magazines, catalogs, envelopes, wrapping paper (no metallic or bows).

Cardboard – shoe, gift, and cereal boxes, corrugated boxes, cut or flattened as needed

Food and beverage cartons – milk, cream, egg substitutes, orange juice, soup, broth, and wine cartons, and juice boxes

NO PLASTIC BAGS OR FOOD CONTAMINATED ITEMS



Holiday Trash and Recycling Schedule

There will be no collection on the following holidays and the rest of the week following the holiday will be on a one-day delay.

- Thanksgiving Day, November 23, Thursday
- Christmas Day, December 25, Monday
- New Year's Day, January 1, 2018, Monday

Upcoming Bulk Item Collection:

Week of December 4

Place your item curbside on your regularly scheduled collection day and it will be collected that day or within that week by a separate truck other than your regular collection vehicles.



By Chairperson David Carr

For the first time in three years, we got significant amounts of rain during the summer months. Plants that were transplanted from member properties and seeds that were sown flourished. The picture shows ornamental grasses, hibiscus, and cleomes that are new this year at the west end of the Fairview Park bike path garden. Considerable time was invested at the two Palmer Post Office gardens. Besides weeding and watering, ten day lilies were added. Tentative plans for 2018 include sowing more hibiscus and cleome seeds and adding some butterfly bushes and daffodil bulbs.



PALMER PARKS AND RECREATION DEPARTMENT INFORMATION

It is the Parks & Recreation Department's goal to provide citizens with a safe environment in which recreational opportunity can be maximized. Due to the wide variety of patron needs and use of Township property, it is necessary to establish the following rules and regulations.

Event representative must have permit with them for duration of the event.

Reservations: Will be available to Palmer residents only for the month of January, beginning on January 2nd, 2018 at 9:00 am. Park rentals will become available to the general public February 1st, 2018 at 9:00 am. All reservations must be completed in person at the Charles Chrin Community Center of Palmer Township, Located at 4100 Green Pond Road Palmer, PA 18045 Ph. 610-252-2098

Fees:

- **Penn Pump**- There are 2 permits available per day at Penn Pump Park. Penn Pump permits allow the consumption of alcohol and access to restrooms. Rental time 8:00AM-10PM
 1. **Penn Pump Pavilion Permit** **Not to exceed 150 people.* Allows parking near the pavilion and pavilion access.
Residents \$100.00 & Non-Residents \$175.00
 2. **Penn Pump Picnic Permit** **Not to exceed 50 people, required for 10 or more people.* Picnic permit for Penn Pump allows access to tables outside of the pavilion.
Residents \$50 & Non-Residents \$100
- **Riverview**- Permit for Riverview Park allows the responsible use of alcohol. Rental time 8AM-10:00PM
Residents \$100.00 & Non-Residents \$175.00
- **BIP Pavilion, Briarcliffe, Fairview, Keystone, & Mill Race** – Alcohol prohibited.
Rental time 8AM- 10PM
Residents \$75.00 & Non-Residents \$150.00
**Note that Briarcliffe will not be available for rent on Weekends and Holidays from Memorial Day – Labor Day.*





Clearance of Snow from Public Sidewalks

Please remember that all snow, ice or sleet shall be removed from public sidewalks abutting your property within 12 hours after the same has ceased to fall or accumulate thereon. This includes the accessibility ramps located at street intersections. Whenever it may be impossible to remove all snow, sleet or ice, which may have become compacted by travel or formed on sidewalks so as to present a slippery surface, ashes, cinders, sand or any other suitable substance shall be applied as to facilitate safe walking upon the sidewalks.

Placement of Snow in the Roadway Prohibited

Palmer Township has enacted an ordinance prohibiting the depositing of snow by property owners, residents and any person(s) onto the surface of any roadway, street, highway and other areas within the township. There have been times throughout the winter season when snow has been thrown onto the roadway after plowing has been completed and thaws and refreezes as day and night temperatures fluctuate, thereby causing hazardous areas on the roadway for both vehicular and pedestrian traffic. This prohibition includes, but is

not limited to, snowplowing, snow blowing, shoveling and dumping of any snow, ice or other frozen precipitation onto the roadway and other areas of the township.

§109-3(SS) - Depositing snow prohibited: No person shall throw, blow, shovel, plow, push, dump or by any other manner, deposit any snow, ice, slush or other form of frozen precipitation upon any state highway, township road, median, roadside shoulder and swale, intersection sight triangle, inlet, public sidewalk, fire hydrant or privately owned property without the permission from the property owner. Exempted from these restrictions are state and municipal employees and other individuals contracted by said state or municipal governmental authorities expressly for the purpose of snow and ice removal and/or plowing.

When is a Permit Required?

The Pennsylvania Uniform Construction Code, as well as, the ordinances of Palmer Township requires permits for many types of projects. Activities requiring permits include:

- Any structural change/alteration
- Plumbing
- Electrical
- Mechanical/HVAC (new and replacement)
- Re-roofing
- Replacement windows
- Replacement siding
- Decks
- Pools (permanent/temporary and replacement)
- Finished basements
- Driveways (replacement, expansion and resurface)
- Signs (except political signs) and banners
- Additional living space conversions
- Patios and patio roofs
- Fences (temporary and permanent)
- Retaining walls
- Sheds and carports (accessory structures)



Building code regulations require minimum standards for design and construction to ensure the safety and welfare of the occupants. The above list may not include all necessary permits. You may contact the Permit Department at (610) 253-7191 for more information.

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Palmer Township gratefully acknowledges the generosity and support of the businesses and individuals who have placed advertisements in our newsletter. This newsletter has been designed and printed at no cost to you, our residents. We encourage you to patronize these businesses as they play a vital role in the economic stability of our community.



It was September 9th, 2012, when the Miracle League of Northampton County played its first game of the Fall season at Easton Rotary Field located at the Charles Chrin Community Center site. On that date 85 players participated. Fast forward 5 years; September 9th, 2017, we celebrated our fifth anniversary with 312 players. Besides celebrating five years of growth we also celebrated in the enjoyment of being able to provide the opportunity for children and young adults with physical and intellectual disabilities to play the game of baseball and be part of a team.

It was a beautiful day for a celebration and opening day of the Fall season for the Miracle League of Northampton County. There was music by the Easton Area High School Pep Band and speeches by County Executive John Brown, Palmer Township Board of Supervisors Chairman Dave Colver, Easton Rotary Club President Kathy Trimble, MLNC Coach Mary Kate Baran, MLNC Volunteer Leah Fastenau, MLNC Parent Pam Youngkin and MLNC Player Tyler Youngkin all of which made the celebration extra special.

The special guest for the day from the Philadelphia Phillies was the PHILLIE PHANATIC who provided the fun and smiles for everyone.

We focus on the athletes ABILITIES, not their disABILITIES and our mission is to create positive life experience for our players and their families through baseball. We celebrate their growth and accomplishments every single game. Our motto is "Every Child Deserves a Chance to Play Baseball." We will begin our Spring Season in May 2018. Come and join the fun! For more information visit www.miracleleagueofnc.org.

PALMER TOWNSHIP ATHLETIC ASSOCIATION

Winter Sports Registration is currently open for Basketball and Wrestling. Information regarding age levels, fees, and coaching opportunities can be found at www.palmeraa.org. Register by credit card or e-check online at www.palmeraa.org. Please email questions to info@palmeraa.org

We will be holding our annual Christmas tree sale beginning on Friday, November 24th, 2017. All proceeds from the Christmas tree sale support the sports programs for the children of Palmer Township.



Congratulations!



Lehigh Valley Youth Lacrosse League's u11 Champions
Coach: Eddie Lozano



Lehigh Valley Girls Youth Lacrosse League Champions
Coaches: Terri Quinn and James Parker



Members of PMFD attended a weekend of training at Pennsylvania Firefighters weekend at The National Fire Academy in Emmitsburg Maryland. This year members were trained in Incident Command at High Rise Fires and Contemporary Issues for Fire Chiefs. PMFD was one of five departments that represented Northampton County for PA weekend.



The “Station 2 Crew” is pictured taking a break during a 2 a.m. carbon monoxide incident.



In July PMFD put in service a new command vehicle for the department. The 2017 Chevrelot Tahoe is equipped to handle all command and communication aspects of an emergency and numerous types of investigations.

Santa is planning his trip to Palmer Township and will be teaming up with Palmer Township Fire Department to make his visits. If you would like to see Santa, he will be with the firefighters on the following dates.

- **November 18th at 11:00 a.m.** Santa will be delivered to The Palmer Park Mall
- **December 16th** Santa will be delivered to The Charles Chrin Community Center for the Annual Tree Lighting/Holiday Fest



SANTA'S COMING!

It's that time of year again and we need to start preparing for our annual Santa visit. Santa & his Firefighter friends will be visiting some of the kids in Palmer Township on December 23rd 2017, between the hours of 9am & 3pm. If you would like Santa to stop at your house please read how it works below.



How it Works:

1. You Go out and buy a gift(s).
2. Bring it home, wrap it, write your child's name and address on it.
3. Drop the gift(s) (limit 2/child) off, along with a \$10.00 per child donation at PMFD Station #1 (3254 Old Nazareth Road) between 6pm – 9pm on 12/04, 12/11, and 12/18th.
4. On 12/23 between the hours of 9am – 3pm Santa and some of PMFD Firefighters will make a special visit to your house. Be sure to track Santa on our Facebook page.



Follow us on Facebook

PALMER MUNICIPAL FIRE DEPARTMENT



Sorry, Santa can only travel to houses within Palmer Township

If you have any questions PM us or call (484) 894-3738

SUBURBAN EMS UPDATE

Suburban EMS Supports Palmer Days

Eleven Suburban EMS staff provided first aid support for the recent Palmer Township Community Weekend. While well attended, it was a safe event that required no transports!



Save Money with a Suburban EMS Subscription

Find out how you can help control the cost of ambulance transportation and pre-hospital emergency medical care for you and your family.

Suburban EMS offers a subscription and donation program to the residents of Palmer Township. Residents will be receiving a mailing shortly. The Subscription runs from January 1st, 2018 through December 31st, 2018 The cost of our annual subscription is \$30 for an individual or \$55.00 for a family covering everyone residing in your household.

A benefit from subscribing is that your subscription fee is applied to cover any applicable coinsurance/deductibles up to \$500 per emergency ambulance trip that you would otherwise have to pay if you are not a subscriber. This is not an insurance policy. We also offer reduced rates for medically necessary non-emergency transportation services for both wheelchair and ambulance.

Please contact our office at (610) 253-3548 to sign up.

Did you know that there is a Hands Only CPR technique that could help save a life?

The American Heart Association has provided information and a video on how to help save a life by learning Hands-Only CPR. Please take 60 seconds to watch a demonstration video on Hands-Only CPR at heart.org/handsonlycpr and share it with the important people in your life. For resources in Spanish, go to heart.org/rcp.

It's easy to learn this lifesaving skill.

A person's survival can depend on receiving immediate CPR if in cardiac arrest. CPR can double and even triple a person's chance of survival. CPR pushes oxygen rich blood through the body to help keep vital organs alive.

Suburban EMS is a 501©(3) non profit organization which relies on the generosity of the community to provide for the most current technologies and training for our staff as we receive limited funding from state and local governments. Your donations are tax deductible.

EASTON AREA PUBLIC LIBRARY - PALMER BRANCH

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Palmer Branch Hours: Monday 9 a.m. - 5 p.m. • Tuesday thru Thursday 9 a.m. - 7 p.m. • Friday & Saturday 9 a.m.-5 p.m.



Naomi Smith, a Palmer resident who enjoys reading. She just turned 102 years old!



Harry built a chair for his stuffed animal.



Adeline W. completed 10 random acts of kindness this summer



Palmer Staff, Miss Mary and Miss Katie delivering donated items to the Center for Animal Health and Welfare.

As the holiday season approaches, the Palmer Branch is once again sponsoring 2 local families with our **Giving Tree**. The tree will be set up on Saturday, November 25th with ornaments listing holiday wishes. Please stop by and help us make others have a memorable holiday season.

Stop by the library to see the beautiful display of holiday dolls We would like to thank Palmer resident, Theresa Radtke for sharing her collection with us.

Veteran's Day Event!

As in the past the Palmer Branch will offer a Military Holiday Card program on Tuesday, November 7th from 6 – 7pm. Local Girl Scouts will be creating holiday cards for our servicemen and women that are stationed overseas during the holidays. Beginning November 1st, cards will be available for anyone to stop in and sign for our military. All cards will be sent overseas in time for the holidays by Support The Troops, Inc.

Palmer Adult Book Group

The Palmer Adult Book Group meets the 4th Tuesday of every month, except December.

Upcoming titles include:

- November 28th, "All Waiting is Long" by Barbara J. Taylor. Ms. Taylor recently visited our library and discussed her book, "Sing in the Morning, Cry at Night." November's title is a sequel to her first book.
- No December meeting.
- January 23 is our annual book swap. Bring a gift-wrapped book (can be used!) that you enjoyed reading this year to the meeting. We will gather titles for the upcoming New Year and you will leave with a book! Area book clubs are welcomed to join in the fun!

Forever Young Adult Book Group

For adults who enjoy reading teen and YA books! We meet the third Wednesday of the month at 6pm.

- November 15th - *Moxie* by Heather Mathieu
- December - No meeting
- January 17th - *Turtles All the Way Down* by John Green

Sew Others May Be Warm

Sew Others May Be Warm is a knitting/crocheting group that creates items needed for charity. This past year the group distributed over a thousand items to local charities. The group meets every Thursday from 1:00-2:30 at the library. The group wishes to thank everyone who donated yarn this past year that enabled them to make the items that were given.

Young Adult News:

Teen Chat & Chew

"Read and feed" is our motto.

Saturday, November 18th @ 2pm

We'll talk about *Party Games* by R.L. Stine and stuff our faces with all the pizza we can handle.

Teens only, please!

Children News:

Holiday Story and Craft session will run from November 6th – December 12th. Stop by the branch to see what days/times work best for your schedule!

Winter Story Time sign ups begin December 11th. The winter session will run from January 8th – February 13th.

A reminder: as the winter months approach, please remember that if the Easton Area School District has a delay or closing due to inclement weather, there will be no story time that day.

Santa Claus is coming to town! Santa will be visiting our library early in December to hear all your child's wishes! Check our website at www.eastonpl.org, select "Palmer Branch" for update on day and time.

Would you like to be kept informed of upcoming events at the Easton Area Public Library? The Friends of the Library has sponsored an email online newspaper. This is a great way to know what current events are happening! Sign up to stay in touch. Go to www.eastonpl.org and click the "join the email list" button!

Holiday Hours:

Library closes at 5:00pm on Wednesday, Nov 22nd. Closed November 23rd in celebration of Thanksgiving.

Closed: Friday, Dec, 22nd – Dec 25th and Fri, Dec 29th – January 1st.

A Note from Director Jennifer Long:

Notice Something New at the Library?

The Easton Area Public Library, including the Palmer Branch, have upgraded their automation systems to Pennsylvania's SPARK program. Over 100 public libraries in Pennsylvania use the SPARK program for their catalog and circulation records. SPARK was developed by librarians to be used by libraries. By 2019, almost all of the Libraries in the Lehigh Valley will be using the SPARK program.

We are excited to be a part of this new system and appreciate your patience as we continue to learn the new features ourselves! If you have any questions about the SPARK system, just ask us!



(Above) Crowhurst Shark: Heather and Jordan C. completed the Shark Challenge.



(Left) Kylee & Kiera T. building with magna-tiles during STEM Thursdays.



Holli Warholic, DO • Shenali Abeysekera, MD • Christin Gillier, MD

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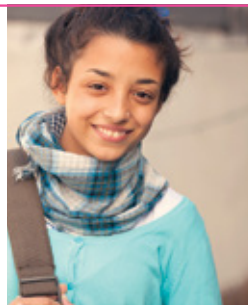
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THANK YOU

I would like to thank everyone involved in the huge success of the Palmer Township Community Days at Fairview Park, August 16-20, 2017. A special thank you goes out to the Palmer Township Board of Supervisors for hosting the event as well as the Palmer Public Works/Parks/Utilities Departments for their hard work in setting up for the four-day event and keeping the park clean and litter-free, which was a very tough job this year! Also thanks to the Palmer Police Department, Palmer Municipal Fire Department and Suburban EMS for their continued participation in keeping the event a safe place for our families and friends to enjoy themselves. I thank each and every one of you for your hard work and dedication to Palmer Township.

**Diane Grube, Co-Coordinator
Palmer Township Community Weekend**

We would like to take this opportunity to thank all the named businesses and individuals who generously donate towards our Palmer Township Community Weekend event. With their donations we were able to have a very successful event, which was enjoyed by many!

2017 Platinum Level Sponsors (\$2,000 +)

- Palmer Township Board of Supervisors
- City Entertainment Systems
- Embassy Bank

2017 Gold Level Sponsors (\$1,000-\$1,999)

- Charles Chrin Companies
- Lafayette Ambassador Bank
- Lehigh Valley Health Network
- Millennia Salon & Spa

2017 Silver Level Sponsors (\$500-\$999)

- Giant Food Store
- Palmer Park Mall
- The Pidcock Company
- Walgreens

2017 Bronze Level Sponsors (\$200-\$499)

- Amato Chiropractic Group
- Antonio's Pizzeria
- And The Sign Says
- Balloons The Clown
- City of Easton
- Coca Cola Company
- Stokes Electric
- Tacos and Tequila Restaurant
- The Crivellaro Family
- Waste Management

Helping Our Businesses



Helping Our Community

The BIP held their second quarter business luncheon on June 28, 2017. We welcomed back Jack Pfunder, CEO of the Manufactures Resource Center as our guest speaker. Jack's focus at this meeting was to discuss the importance of focusing on our middle school students to get them interest in STEM and the manufacturing sector as a possible future place of employment. As part of MRC's awareness program they are working with manufacturing industries such as BIP member Orbel Corporation in allowing middle school students to produce a video of the business in the "What is Cool about Manufacturing" series. There were 31 manufactures in the Lehigh Valley that participated in this program. Jack feels the programs are beginning to work. The Lehigh Valley Vo-Tech STEM program has grown from 254 students to 410.



Jack Pfunder, CEO of the Manufactures Resource Center

At Bethlehem Vo-Tech the machinist program has grown from 3 to 35. He sees CIT increasing in STEM in the near future. Jack has a very real concern that those skilled workers who have a lot of experience in the current retirement generation will not have the younger worker coming up to replace them. He indicated that the manufacturing sector is growing at a rate of 20%, but the skilled workforce is only growing at 8%. Jack feels that without a skilled workforce in the Lehigh Valley, manufacturing will leave and new prospects will bypass the Lehigh Valley to settle elsewhere.

2017 BIP Scholarship Recipient

At the June 2017 luncheon the BIP presented their annual scholarship to Carleton (CJ) Ward, son of Janet Ward who is an employee of BIP member St. Andrew's Lutheran Church. CJ is a graduate of Easton Area High School and is attending Villanova University majoring in mechanical engineering.

CJ's high school accomplishments include: member of the National Honor Society and graduated in the top of his class, he is an AP scholar with distinction, he has earned student of the month for Physics and Italian and placed 3rd in TSA Structural Engineering competition. He is a member of the Technology Student Association, STEM for kids, a volunteer at the Easton Area Community Center, St. Andrew's Lutheran Church and he volunteered for post-prom at Easton High School.

He received a stellar recommendation from his gifted support counselor, Nancy Smith, that described him as an amazingly brilliant young man who is an Einstein-esque being. With academic accomplishments in the forefront, CJ played for the Easton Ice Hockey Club and Easton High School Track & Field. When he has free time, he is an avid motorcycle enthusiast.

The BIP wishes CJ much success in his future endeavors.



ATTENTION HISTORY BUFFS:

The Palmer Historical Society invites your membership and attendance at their informative and educational meetings featuring local and area subjects of intent. Meetings are held in the Palmer Library 10:00AM to Noon February – May and September – November. Membership is \$5.00 per year and includes invitation to all events. Interested? Contact Ed Dean at 610-253-2281

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GRAND RE-OPENING!
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Dr. Wendy Magda
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\$79 full mouth X-rays, cleaning & exam
reg. \$312 • includes initial exam, consultation, necessary X-rays, an oral cancer screening & routine cleaning (unless gum disease is present) (1110, 0150, 0210, 0310)
With this coupon. Not valid with other offers or prior services. Expires 12-31-17.

ACCEPTING NEW PATIENTS



GOOD SHEPHERD

PHYSICAL THERAPY



Good Shepherd Physical Therapy – the most experienced physical rehabilitation provider in the Lehigh Valley – has a new location in Palmer Township.

Melissa Delvecchio, PT, DPT, MBA, and her highly skilled staff look forward to serving you at the beautifully-appointed location, which features a warm-water therapy pool.

For more information, call 610-250-1966 or visit GoodShepherdRehab.org.

**Good Shepherd Physical Therapy
Palmer Town Center
833 S. 25th Street
Palmer Township, PA 18045**

Good Shepherd Physical Therapy – Palmer Township specializes in physical therapy for:

- Back/neck injuries
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- Pre/post surgical diagnoses
- Generalized weaknesses and de-conditioning
- Shoulder pain
- Fibromyalgia
- Joint replacement
- Sprains and strains
- Orthopedic and sports injuries
- Work injuries
- Arthritis
- Wrist/hand injuries
- Pain management
- Amputation



4100 Green Pond Road, Palmer, PA 18045 • 610-252-2098 • www.palmercommunitycenter.org

Upcoming Events & Programs:

Annual Turkey Burn: Please join Lisa and work off that turkey and pie on Friday November 26th from 9:30am - 11:00am. Participants will get a mix of everything - cardio, toning, and stretching/relaxation. Cost is \$5 for walk-ins and free to Fit Pass holders. Come feel great about yourself and still have time to shop!

Silver Fitness Winter Social Event: Tuesday December 12th 2:00-3:30pm. Join us for our “annual” Cookie Exchange! Bring some samples of your favorite holiday cookies and the recipe to share. We’ll provide coffee, tea, hot chocolate, & paper goods. Come and socialize with other members and instructors, relax, and enjoy some refreshments. Bring a friend to class & the event; you’ll each receive a week of free classes!

Palmer Holiday Fest/Annual Tree Lighting: Saturday December 16th at the CCCC at 6:15pm. Please join us for refreshments, moon bounces, and much more; we will also have a special visit from Santa and some of his friends! They’ll also be a special performance at 6:30pm from the Palmer Elementary Chorus. This is a free event, come enjoy the holiday spirit with your family and friends! Please “Like” us on Facebook for the full itinerary of events or check out our website.

continued on page 16

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Charles Chrin Community Center News

continued from page 15

Story Time: Friday December 8th at 9:30am. Join us for our Winter themed story, craft, & activities! Ages 2-5. Cost: Palmer Residents \$10.00 Non-Residents \$12.00 *Parents/guardians must be present. Registration starts November 10th! Mark your calendars for future Story Time dates: Friday January 12th & Friday February 9th!

Breakfast with Santa: Friday December 15th 9:30 – 11:00am Join us for breakfast, holiday crafts & activities, and a visit from Santa! You'll have the opportunity to take "Selfies with Santa" if you would like. He'll also have a special treat for each child. Come bring in the holiday season with us! Cost (Includes 1 child and parent/guardian; \$5 for additional adults): Palmer Residents \$10.00 Non-Residents \$12.00 *Must register in advance for this event, registration is from November 6th – December 8th)

Holiday Zumba Event: Please join us Saturday December 16th from 9:30 – 11:00am for our Holiday extended Zumba class! Wear your best holiday gear and get ready to shake it to some holiday tunes! Cost is \$5 for Walk-ins and free to Fit Pass holders.

Seniors Cards: Come out, socialize, and play your favorite card game! Currently playing Hand & Foot and Mahjong, willing to teach, call Peggy for more information 610-691-6893. Every Tuesday from 1:00-4:00pm.

Greater Lehigh Valley Chapter of the American Sewing Guild 2nd Thursday of Each Month until June 10:00am-1:00pm

Ambassador Club: Meets every 3rd Monday of the month at 1:00pm (Does not meet in December, July, & August)

Camp Palmer 2018:

- Pre-registration for RETURNING campers, Friday February 23rd from 3:00-6:00pm & Saturday February 24th from 10:00am – Noon.
- Registration for NEW CAMPERS will begin Friday March 23rd from 3:00-6:00pm and Saturday March 24th from 10:00am – Noon.

Camp Palmer is for ages 6-14 and features: Weekly Field Trips, Daily trips to the Palmer Pool, Structured daily "elective" periods, Special events/activities and theme weeks, sports, arts & crafts, and MORE!

****A \$50 non-refundable deposit is required per week to reserve each child's spot.**

Camp Palmer Winter Reunion! Missing the "Camp Atmosphere?" Join us Wednesday December 27th from 10:00am – 2:00pm, Parent drop off starts at 9:45am, Parent pick up is no later than 2:15pm. You may get to see some of your favorite counselors. There is NO COST for our reunion, just bring yourself and your memories and get ready to have some fun! We'll have games, activities, pizza, and snacks! The only requirement is that you must have been a camper at Camp Palmer. An RSVP is mandatory for attendance. Please email us at camppalmer@rcn.com beginning December 1st to RSVP or call 610-252-2098 and let us know if you'll be attending, we only need to know if it's a yes.

Birthday Parties

Join us for your child's birthday party. We provide two trained party coordinators who are ready to get kids moving and excited. We take care of set up and clean up to ensure a stress free event. We provide pizza, juice, all paper products. ***Birthday Cake is not provided.**

Children will have the opportunity to play on different gymnastics equipment; including bars, beam, trampoline and the air trak, along with games and the parachute! Or if you have a child that is into sports, we can also incorporate it into your child's special day! After one hour of play time the party coordinators will escort the children to the food area, they will serve the children pizza and juice. Don't worry about clean up the coordinators take care of that also. In addition to bagging all of the birthday gifts to take home!

Please contact Brenda at 610-252-2098 for more information.



Party Hours

All dates & times vary based upon availability.
Monday-Friday times are flexible.

Pricing

Basic (up to 20 children)	\$250/Resident \$275/Non Resident
Each additional child	\$5
Additional Pizza	\$10 each
Weekday birthday party	\$220

(Monday-Friday — Daytime parties only
based upon availability)



Dance Class Schedule

Registration for
Winter Starts
December 1st!

Monday	Wednesday	Thursday
Twinkle Toes 5:30-6:20pm Ages 4 - 6 *Level 2 Combo 1 Year Experience	Mini Jazz & Tumble 5:30-6:20pm Ages 3 - 5 *New/Beginner Adult Ballet 6:30-7:20pm Adult Tap 7:30-8:20pm	First Steps 5:30-6:20pm Ages 5 - 7 *Level 3 Combo 2-3 Yrs. Experience

Saturday		
Preschool Combo – Level 1 9:30-10:20am Ages 3 – 5 *New/Beginner Dancers	Gymnastics 11:10am-12:10pm Ages 6 - 12	Combination Class Options: Choose a combination of 2 or 3 Classes (Ballet/Tap, Gymnastics, Jazz)

Intermediate Lyrical Ballet/Tap 10:30-11:00am Ages 7 & Up *Experience Required	Intermediate Jazz 12:15-12:45pm Ages 7 & Up *Experience Required	PLEASE REFER TO BACK OF FLYER FOR PRICING INFORMATION
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Twinkle Toes - Your little ballerina will continue to learn steps of ballet, tap and gymnastics. We cover basic ballet positioning and steps. *Level 2*

First Steps - This is the next step class. Our instructor will build upon previous training and build more steps in ballet, tap and dance gymnastics. *Level 3*

Ballet/Tap - This class is for children ages 7 & up that have prior ballet & tap experience.

Advanced Lyrical Ballet/Jazz & Competition – Must have instructor approval.

****Classes do fill up; we encourage early registration! Registration is not complete until payment is made.**

Preschool Combination - Students will learn the basic steps of ballet, tap and gymnastics. This is a Level 1 class, designed for new/inexperienced dancers.

Gymnastics - This class is for children ages 6 -12, students will work at their own gymnastics level with the guidance of our instructors.

Jazz - Ages 7 & up. Jazz dance is a fun and energetic style teaching flexible techniques and different choreography. The class includes a warm-up and then we work on turns, leaps, jumps and runs.

Visit www.dreambelievedance.com for more dance information.

Fall Session (13 Weeks)
September 11th – December 16th

Winter Session (12 Weeks)
January 8th – April 7th

Spring Session (6 Weeks)
April 9th – May 19th

(Only returning dancers can sign up for Spring, new can sign up for the summer session)

Dates of NO Classes:
November 20th, 22nd, 23rd, & 25th
January 22nd, 24th, 25th, & 27th

Private lessons based on availability:
\$15 for 30 Minutes OR \$30 for 60 Minutes
Semi-Private lessons: \$20/lesson for 30 minutes OR \$40/lesson for 60 minutes
***Speak to instructor for more information.**
****Missed lessons will be charged unless notified a week in advance.**

***Please be advised that your child will require appropriate dance wear & shoes for classes. If you are unsure about what to buy, please ask the dance instructors.**

Dance Recital May 20th 2018. Please talk with instructors for more details!

If participating in recital, participants will receive 20% off the total of all 3 sessions.



Dance Class Pricing for 17' – 18'

Class Name	Fall Session		Winter Session		Spring Session	
	Resident	Non-Resident	Resident	Non-Resident	Resident	Non-Resident
Twinkle Toes – Level 2	\$120.00	\$135.00	\$120.00	\$135.00	\$60.00	\$75.00
Mini Jazz & Tumble	\$120.00	\$135.00	\$120.00	\$135.00	\$60.00	\$75.00
First Steps – Level 3	\$120.00	\$135.00	\$120.00	\$135.00	\$60.00	\$75.00
Pre – K Combination – Level 1	\$120.00	\$135.00	\$120.00	\$135.00	\$60.00	\$75.00
Intermediate Ballet & Tap	\$90.00	\$105.00	\$100.00	\$115.00	\$50.00	\$65.00
Intermediate Jazz	\$90.00	\$105.00	\$100.00	\$115.00	\$50.00	\$65.00
Gymnastics	\$120.00	\$135.00	\$120.00	\$135.00	\$60.00	\$75.00
Advanced Lyrical Ballet/Jazz	\$120.00	\$135.00	\$120.00	\$135.00	\$65.00	\$80.00
Adult Ballet	\$110.00	\$125.00	\$120.00	\$135.00	\$60.00	\$75.00
Adult Tap	\$120.00	\$135.00	\$120.00	\$135.00	\$60.00	\$75.00
Adult Combo	\$190.00	\$205.00	\$190.00	\$205.00	\$100.00	\$115.00
Combination Classes						
2 Saturday Classes	\$190.00	\$205.00	\$190.00	\$205.00	\$95.00	\$115.00
3 Saturday Classes	\$265.00	\$280.00	\$265.00	\$280.00	\$125.00	\$140.00
Competition + 1 Sat. Class	\$215.00	\$230.00	\$200.00	\$215.00	\$115.00	\$130.00
Competition + 2 Sat. Classes	\$275.00	\$290.00	\$250.00	\$265.00	\$160.00	\$175.00
Competition + 3 Sat. Classes	\$315.00	\$330.00	\$290.00	\$305.00	\$200.00	\$215.00

PLEASE REGISTER AT THE COMMUNITY CENTER – Not complete until payment is made
4100 Green Pond Road. Palmer, PA 18045 - 610.252.2098 or visit www.palmercommunitycenter.org
For dance specific questions, please email Miss Justine at dansyr2514@gmail.com





Children's Class Schedule 17'-18'

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Bright Beginnings</u> <u>Preschool</u> 9:00am – 12:00pm Ages 4-5 <i>See preschool flyer for information & pricing</i>	<u>Tumble-Rama</u> 9:45-10:30am Ages up to 4	<u>Bright Beginnings</u> <u>Preschool</u> 9:00am – 12:00pm Ages 4-5	<u>Tumble Rama</u> 9:45-10:30am Ages up to 4	<u>Bright Beginnings</u> <u>Preschool</u> 9:00am – 12:00pm Ages 4-5
<u>Musical Munchkins</u> 9:45-10:30am Ages 1-2.5 <i>*With parent</i>	<u>Mini Movers</u> 10:45-11:30am Ages 2.5-3.5 <i>*Partial parent participation</i>	<u>Jumping Jacks & Jill's</u> 9:45-10:30am Ages 3-5 <i>*No parent</i>	Join us for Special <u>Events!</u> ~Thursday December 21 st Holiday Open Tumble (This will be our last Open Tumble until after the New Year!)	<u>Amazing Athletes</u> 9:30, 10:10, 10:50am Ages 2.5 – 6 <i>Please see website & individual flyer for more detailed information, pricing, & registration.</i>
<u>Tumble-Rama</u> 10:45-11:30am Ages up to 4	20% off for second child/class registration!	<u>Tumble-Rama</u> 10:45-11:30am Ages up to 4		
Register at the Charles Chrin Community Center of Palmer Township Payment MUST be made at time of registration.			"Like" us on Facebook 	<i>*There needs to be a minimum of 5 children registered for classes to run</i>

Fall II: (7 Weeks) Register 10/3!

November 6th – December 18th

**Tumble Rama will be on break until 1/2/18*

Winter: (7 Weeks) Register 12/1!

January 8th – February 28th

Spring 1: (9 Weeks) Register 2/1!

March 5th – April 23rd

Spring 2: (4/5 Weeks) Register 4/3!

April 30th – May 31st

(Closed Monday 5/28 for Memorial Day, Monday classes 4 weeks)

**Tumble Rama will end for the summer on 5/31 and return in the fall after Labor Day.*

**See flyers for other children's programs and events!*

Pricing:

4/5 Week Session: (Monday will be 4 for Spring 2)
 Palmer Resident \$40/50 Non-Resident \$50/60

7 Week Session:
 Palmer Resident \$70 Non-Resident \$80

8 Week Session:
 Palmer Resident \$80 Non-Resident \$90

9 Week Session:
 Palmer Resident \$90 Non-Resident \$100

Tumble-Rama - \$5 Walk In per class (free under 1)

****Prices are different for Preschool, Dance, & Jr. Panthers (begins in January), Please see individual flyers for this information.**

www.palmercommunitycenter.org 610-252-2098 4100 Green Pond Road Palmer, PA 18045

Register at the Community Center starting December 1st.



Charles Chrin Community Center Fitness Class Schedule



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Zumba 10:45-11:35am Varies	Zumba Toning 9:30-10:20am Jeanie	Yoga 9:30-10:20am Jessica	Zumba 9:30-10:20am Jeanie	Yoga 9:30-10:20am Linda	Zumba 9:30-10:20am August	Zumba 10:00-10:50am Varies
		Zumba/Tabata 10:45-11:35am August		Bootcamp 10:45-11:35am August		
<i>Silver Fitness Classes!</i> <i>See full schedule for more details.</i> →	Zumba Gold 1:00-1:45pm Rebecca <i>Silver Class</i>	Pilates Tone 1:00-1:45pm Tela <i>Silver Class</i>	Zumba Gold Toning 1:00-1:45pm Rebecca <i>Silver Class</i>	Core Stretch 1:00-1:45pm August <i>Silver Class</i>	Pilates Stretch 1:00-1:45pm Tela <i>Silver Class</i>	
	STRONG by Zumba 6:00-7:00pm Lisa	Pilates 6:00 – 6:50pm Tela	Turbo Kick 5:45-6:15pm Alyssa	Core Bootcamp 5:15-6:05pm August	Pilates 5:15-6:00pm TBD	
	Zumba 7:00-7:50pm Lisa	Zumba 7:00 – 7:50pm Tela	Zumba 6:15-7:05pm Alan	Zumba Toning 6:15-7:05pm Lisa	Zumba 6:00-6:50pm Gina	
	Yoga 7:15-8:05pm Scheila <i>*On hold until New Year*</i>			Yoga 7:15-8:05pm Linda		




- ❖ **FIT PASS: \$40.00/month**
 - FP includes unlimited classes & use of the fitness center
- ❖ **FIT CARD: 10 Classes/\$50.00**
 - Fit Card does not expire
- ❖ **SILVER PASS: \$20/month**
 - SP includes unlimited silver classes & use of the fitness center.
- ❖ **WALK-INS: \$5.00/class**
- ❖ **SILVER WALK-INS: \$3.00/class**

- **NO REGISTRATION FEES**
- **NO YEARLY CONTRACT**
- **MONTH-TO-MONTH PAYMENT**

We also accept Silver Sneakers, Silver & Fit, Healthways with qualifying insurance. Stop at the desk and we can check to see if you are eligible.

**Watch for upcoming special events throughout the year!*

“Like” us on Facebook to stay connected with our up to date information including cancellations and class changes!



4100 Green Pond Rd. Palmer, PA 18045 - www.palmercommunitycenter.org - 610-252-2098

Jr. Panthers Soccer with Coach Thom

at the Charles Chrin Community Center of Palmer Township

Register starting December 1st!



Winter Indoor Session January 7th – March 25th, 11 Weeks

(No class Superbowl Sunday 2/4)

4 & 5 - Sundays 5:00-6:00 p.m.

6 & 7 - Sundays 6:00-7:00 p.m.

Cost for Indoor Session: Residents \$100 & Non-Residents \$115

Spring Outdoor Session April 25th – June 10th, 7 Weeks

4 & 5 – Tuesdays 4:30-5:30pm & Saturdays 10:00am-11:00am

6 & 7 – Tuesdays 5:30-6:30pm & Saturdays 11:00am-Noon

Cost for Outdoor Session: Residents \$110 & Non-Residents \$125

Let your child be active, make friends, and learn a team sport while participating in our instructional league for soccer players throughout the Lehigh Valley

Focus on the basics of playing soccer, coordination, running, skills and drills, passing and scoring goals!

All practices and games will take place at the Charles Chrin Community Center of Palmer Township

Please have children wear shin guards & sneakers. (Will require cleats for outdoor session)

Volunteer coaches are welcome and encouraged!

Pool passes will be available February 1st at the Charles Chrin Community Center of Palmer Township. Please check our website or flyers for prices and other information in the New Year. Thank you!



Silver Fitness Schedule



Charles Chrin Community Center of Palmer Township 4100 Green Pond Rd. Palmer, Pa 18045

Monday	1:00pm-1:45pm	Zumba Gold Rebecca
Tuesday	1:00pm-1:45pm	Pilates Stretch Tela
Wednesday	1:00pm-1:45pm	Zumba Gold Toning Rebecca
Thursday	1:00pm-1:45pm	Core Stretch August
Friday	1:00pm-1:45pm	Pilates Tone Tela

Our Silver Pass is \$20/month, and includes access to all Silver Fitness Classes only and access to the Fitness Center.

Drop-in Fee is \$3/class

***Check eligibility through your insurance for Silver & Fit, Silver Sneakers, or Healthways!**

We'll also have quarterly social events, more information to follow!

You can find more information at www.palmercommunitycenter.org or call 610-252-2098

Brief Class Descriptions:

Zumba Gold – Latin-inspired, dance fitness program designed for the active older adult, beginner participant, pregnant women, those who need modifications, arthritis sufferers, and those recovering from injury. This is a fun, feel-good, party-like class.

Zumba Gold Toning – “Muscle Toning for the Young at Heart”, combines the cardio element of Zumba Gold with strength training techniques.

Core Stretch – A full body stretch using movements that flow smoothly to increase flexibility, decrease muscle tension, develop core strength, and improve muscular balance.

Pilates – This is a great way to increase strength, flexibility, balance & coordination. Pilates is regarded as an ideal exercise regimen for people in or over their 50's due to low-impact exercise. Benefits are improved posture, stamina, and strength.

Bright Beginnings Preschool: Winter 2018

Mondays, Wednesdays, & Fridays: 9:00 a.m. - 12:00 p.m.



Monday January 8th – Friday March 23rd (11 Weeks)

(Schedule will run the same as EASD, will get calendar from teacher)

Cost: Palmer Residents \$375 Non-Residents \$415

(Must be paid in full at time of sign-up)

Children ages 4 to 5 (Must be potty trained)

Registration will open December 1st



Your child will have the opportunity to learn new skills in a theme-based classroom setting. Each day, we move through a combination of individual, small group, and whole group activities. Everything your child experiences in a preschool classroom targets multiple skills at a time. Below are just a few of the many developing skills that are encouraged, enhanced, and promoted.



Table Time –

Hands-on manipulative toys and games that promote cognition and problem solving skills (puzzles, lacing beads, playdough, links, peg boards, blocks, etc.)

Learning Games –

Counting, number recognition, color recognition, position concepts, opposites, sequencing, and patterns, classifying, sorting and cause-and-effect.



Morning Meeting Time –

Identifying child's name in print, making observations about weather, counting numbers on the calendar, sharing ideas, and discussing and preparing for the day's events.

Music and Movement –

Following directions, singing, pretend play, body awareness, exercise and well-being, and lots of fun!



Activity Table –

Controlling small muscles in our hands using a wide variety of materials including paint, crayons, markers, glue, and scissors to create our theme-based projects to bring home and proudly show off!

Story Time –

Pre-literacy and literacy skills, using pictures to observe and predict, asking and answering questions on topic, conversation skills, and comprehension.



Snack Time –

Self-help skills and social language skills are strengthened as we enjoy snack as a group each day. **Child brings their snack.*

Outdoor Play/Tumble Time –

Gross motor skills, body awareness, strength and balance, and interactive play.



Register in person at the Charles Chrin Community Center.

**For more information call 610-252-2098
4100 Green Pond Road Palmer, PA 18045**

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November 2017

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1.00%

APY¹



¹APY=Annual Percentage Yield accurate as of 4/1/17 and subject to change daily. eSavings account offered with eStatements only; account requires valid email, enrollment and activation of eStatements. If account requirements are not met, current interest rate of appropriate tier on Opportunity Savings will apply. \$10 monthly service charge if daily balance falls below \$100; Balances \$20,000 and above receive 1.00% APY; Balances of \$100.00 - \$19,999.99 receive .75% APY; Balances of \$00.01 - \$99.99 receive 0% APY.

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