



# This Week in Mt. Gretna



Celebrating our 22nd year of service to the Mt. Gretna Community ❖ Friday, June 19, 2020  
THE 128<sup>th</sup> SEASON

## Friday, June 19

- 9am MG Bird Club; meet in the Chautauqua parking lot; no experience needed; bring your binoculars
- 9-1pm Porch & Pantry open for call ahead takeout and dining outside! 717.964.3771 <https://bit.ly/2XEhBRX>
- 10-4pm The Governor Dick Environmental Center open (tower and outside restrooms closed)
- 11-8pm MG Pizzeria takeout window open
- 11:30-6pm MG Lake & Beach open; admission limited AND by advance purchase on website ONLY.  
<http://www.mtgretnalake.com>
- 11:30-8pm Kirsch Antiques open
- 12-8pm The Jigger Shop open for takeout and limited deck dining
- 1-3pm/4-6pm MG Roller Rink open. \$6 plus skate rental
- 2-9pm MG Miniature Golf open
- 11:30-12Mid MG Hideaway Deck open, with music by the Mendez Brothers from 7-10pm; takeout from 12-8pm.  
[www.mtgretnahideaway.com](http://www.mtgretnahideaway.com)
- 5:30-9pm The Timbers is open for outside dining with a limited menu
- 7:30-10:30pm MG Roller Rink open. \$8 per person plus skate rental

## Saturday, June 20

- 5:15-6:30am **Solstice Sunrise Hike** at Governor Dick Environmental Center - Wake up and greet summer with a 3-4 mile sunrise hike through the park. Trails are rocky and can be steep. Wear appropriate footwear and bring water. Meet on the environmental center porch. Registration is REQUIRED for this event and group numbers will be limited. Call 717-964-3808 or email [governordick@hotmail.com](mailto:governordick@hotmail.com)
- 9-1pm Porch & Pantry open for call ahead takeout and dining outside! 717.964.3771 <https://bit.ly/2XEhBRX>  
Pickup family style orders (placed by noon on Thursday) 10-12pm
- 10-4pm The Governor Dick Environmental Center open (tower and outside restrooms closed)
- 11-8pm MG Pizzeria takeout window open
- 11:30-6pm MG Lake & Beach open; admission limited AND by advance purchase on website ONLY.  
<http://www.mtgretnalake.com>
- 11:30-8pm Kirsch Antiques open
- 11:30-12Mid MG Hideaway Deck open, with music by Corty Byron from 7-10pm; takeout from 12-8pm;  
[www.mtgretnahideaway.com](http://www.mtgretnahideaway.com)
- 12-8pm The Jigger Shop open for takeout and deck dining
- 1-3pm/4-6pm MG Roller Rink open. \$6 plus skate rental
- 2-9pm MG Miniature Golf open
- 5:30-9pm The Timbers is open for outside dining with a limited menu
- 7:30-10:30pm MG Roller Rink open. \$8 per person plus skate rental

## Sunday, June 21

- Worship (recorded) from Mt. Gretna United Methodist Church on their YouTubeChannel, Facebook page, or [www.mtgretnachurch.org](http://www.mtgretnachurch.org), available at 6am to be viewed at your convenience
- Worship online with Trinity Lutheran Church of Colebrook [www.trinitylutherancolebrook.org](http://www.trinitylutherancolebrook.org) or on their Facebook page; for pastoral needs, contact Pastor Cheri at 717.606.885
- 8:00am **Fitness Hike** at Governor Dick Environmental Center. Work those muscles and get your heart pumping while getting fresh morning air on this faster-paced hike of around 5 miles. Group size is limited so register early, by June 20 by calling 717.964.3808 or emailing [governordick@hotmail.com](mailto:governordick@hotmail.com).
- 11-6pm MG Pizzeria takeout window open
- 11:30-6pm MG Lake & Beach open; admission limited AND by advance purchase on website ONLY.  
<http://www.mtgretnalake.com>
- 11:30-8pm Kirsch Antiques (at the former Gretna Emporium) open
- 11:30-12Mid MG Hideaway Deck open; takeout from 12-8pm; [www.mtgretnahideaway.com](http://www.mtgretnahideaway.com)
- 12-8pm The Jigger Shop open for takeout and deck dining

- more -

- 1-3pm/4-6pm MG Roller Rink open. \$6 plus skate rental
- 1-5pm The Governor Dick Environmental Center open (tower and outside restrooms closed)
- 2-9pm MG Miniature Golf open
- 7-9pm MG Roller Rink open for age 18+. \$6 plus skate rental

**Monday, June 22 and Tuesday, June 23** *(no book review this week)*

- 11-5pm La Cigale/The Gallery at La Cigale open; masks required
- 11:30-6pm MG Lake & Beach open; admission limited AND by advance purchase on website ONLY.  
<http://www.mtgretnalake.com>
- 12-8pm MG Hideaway open for takeout; call 717.675.7987 to order. [www.mtgretnahideaway.com](http://www.mtgretnahideaway.com)
- 2-9pm Mt. Gretna Miniature Golf open

**Wednesday, June 24**

- 10-4pm The Governor Dick Environmental Center open (tower and outside restrooms closed)
- 11-5pm La Cigale/The Gallery at La Cigale open; masks required
- 11:30-6pm MG Lake & Beach open; admission limited AND by advance purchase on website ONLY.  
<http://www.mtgretnalake.com>
- 11:30-8pm Kirsch Antiques open
- 12-8pm MG Hideaway open for takeout; call 717.675.7987 to order. [www.mtgretnahideaway.com](http://www.mtgretnahideaway.com)
- 12-8pm The Jigger Shop open for takeout and deck dining
- 2-9pm Mt. Gretna Miniature Golf open
- 4:00pm **Yoga with Stephanie.** Call 717.964.1830 or email [pachautauqua@gmail.com](mailto:pachautauqua@gmail.com) to receive the Zoom link.

**Thursday, June 25**

- 10-4pm The Governor Dick Environmental Center open (tower and outside restrooms closed)
- 11-5pm La Cigale/The Gallery at La Cigale open; masks required
- 11:30-6pm MG Lake & Beach open; admission limited AND by advance purchase on website ONLY.  
<http://www.mtgretnalake.com>
- 11:30-8pm Kirsch Antiques open
- 12pm Orders due for family style Saturday takeout at Porch & Pantry
- 12-8pm The Jigger Shop open for takeout and deck dining
- 12-8pm MG Hideaway open for takeout; call 717.675.7987 to order. [www.mtgretnahideaway.com](http://www.mtgretnahideaway.com)
- 2-9pm Mt. Gretna Miniature Golf open

**Friday, June 26**

- 9am Mt. Gretna Bird Club; meet in the Chautauqua parking lot; no experience needed; bring your binoculars
- 9-1pm Porch & Pantry open for call ahead takeout and dining outside! 717.964.3771 <https://bit.ly/2XEhBRX>
- 10:00am **The 8 Dimensions of Health: Emotional & Spiritual Dimensions**, with Janice Balmer via Zoom. Part 2 of 8. Register by calling 717.964.1830 or emailing [pachautauqua@gmail.com](mailto:pachautauqua@gmail.com). More info at <https://www.pachautauqua.info/info.php?pnum=15> (and on the final page of TWIMG)
- 10-4pm The Governor Dick Environmental Center open (tower and outside restrooms closed)
- 11-5pm La Cigale/The Gallery at La Cigale open; masks required
- 11-8pm MG Pizzeria takeout window open
- 11:30-6pm MG Lake & Beach open; admission limited AND by advance purchase on website ONLY.  
<http://www.mtgretnalake.com>
- 11:30-8pm Kirsch Antiques (at the former Gretna Emporium) open
- 12-8pm The Jigger Shop open for takeout and deck dining
- 2-9pm MG Miniature Golf open
- 11:30-12Mid MG Hideaway Deck open; takeout from 12-8pm. [www.mtgretnahideaway.com](http://www.mtgretnahideaway.com)
- 5:30-9pm The Timbers is open for outside dining with a limited menu

**Saturday, June 27**

- 9-1pm Porch & Pantry open for call ahead takeout and dining outside! 717.964.3771 <https://bit.ly/2XEhBRX>  
Pickup family style orders (placed by noon on Thursday) 10-12pm
- 10-4pm The Governor Dick Environmental Center open (tower and outside restrooms closed)
- 11:30-6pm MG Lake & Beach open; admission limited AND by advance purchase on website ONLY.  
<http://www.mtgretnalake.com>

- 11-8pm MG Pizzeria takeout window open
- 11:30-8pm Kirsch Antiques (at the former Gretna Emporium) open
- 11:30-12Mid MG Hideaway Deck open; takeout from 12-8pm [www.mtgretnahideaway.com](http://www.mtgretnahideaway.com)
- 12-8pm The Jigger Shop open for takeout and deck dining
- 1:00pm **A Snake's Birthday Party** at Governor Dick Environmental Center: Snoop the snake is turning 5 and we will celebrate with her at the pavilion. You'll be learning about these fascinating reptiles and meeting Skippy Doodle and Ziggy as well. There will be cupcakes, a story, and a bubble gum bubble blowing contest. You must register by the 26th, and group size is limited due to virus restrictions; call 717.964.3808 or email [governordick@hotmail.com](mailto:governordick@hotmail.com)
- 2-9pm Mt. Gretna Miniature Golf open
- 5:30-9pm The Timbers is open for outside dining with a limited menu

**Sunday, June 28**

- Worship (recorded) from Mt. Gretna United Methodist Church on their YouTubeChannel, Facebook page, or [www.mtgretnachurch.org](http://www.mtgretnachurch.org), available at 6am to be viewed at your convenience
- Worship online with Trinity Lutheran Church of Colebrook [www.trinitylutherancolebrook.org](http://www.trinitylutherancolebrook.org) or on their Facebook page; for pastoral needs, contact Pastor Cheri at 717.606.885
- 9-1pm Porch & Pantry open for outside dining and call ahead takeout! 717.964.3771 <https://bit.ly/2XEhBRX>
- 11-6pm MG Pizzeria takeout window open
- 11:30-6pm MG Lake & Beach open; admission limited AND by advance purchase on website ONLY. <http://www.mtgretnalake.com>
- 11:30-8pm Kirsch Antiques (at the former Gretna Emporium) open
- 11:30-12Mid MG Hideaway Deck open; takeout from 12-8pm. [www.mtgretnahideaway.com](http://www.mtgretnahideaway.com)
- 12-8pm The Jigger Shop open for takeout and deck dining
- 1-5pm The Governor Dick Environmental Center open (tower and outside restrooms closed)
- 1:30pm **Golden Eagle Hike** at Governor Dick Environmental Center for hikers over the age of 50: Let's enjoy a walk together of 2 to 3 miles at a gentler pace, getting fresh air and sunshine and staying healthy! Trails are rocky and hilly; wear appropriate foot gear. Group size is limited so please register by calling 717.964.3808 or emailing [governordick@hotmail.com](mailto:governordick@hotmail.com).
- 2-9pm Mt. Gretna Miniature Golf open

**The following groups/businesses/organizations have suspended services/meetings/programs until further notice, following Governor Wolf's directive:**

- MG Area Historical Society
- MG Library (free materials on porch for pickup)

**Open/Will Be Open in the future as follows (if not listed in calendar):**

- 3 Summer Arts Studio - classes scheduled starting in July
- The Original MG Cicada Music Festival, schedule remains as planned
- MG Lake & Beach - admission by advance purchase only on their website (noted in calendar)

**Cancellation of Programs as of this moment:**

- MG, the PA Chautauqua, entire season at Hall of Philosophy ; online programming available as noted
- Bible Festival at the Tabernacle, entire season
- MG Campmeeting, entire season
- Gretna Theatre, entire season
- MG Heritage Festival, June and July concerts
- MG Summer Concerts/Tabernacle, cancelled thru July
- Gretna Music, June and July concerts

**Need Cash?**

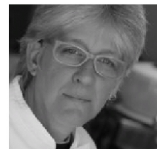
In Mount Gretna,  
an ATM is available at  
**Porch & Pantry**  
on Chautauqua Drive.



jbt.bank

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**Chef on the Go**




*From Casual to Elegant Affairs*  
Dinner Parties, Receptions,  
Special Occasions by  
Rebecca Briody  
**964-3541**



**Gretna Computer Consulting**  
Hardware Service & Sales  
Software Support

9-5pm \* Rt. 117 \* Mt. Gretna  
**964-1106**

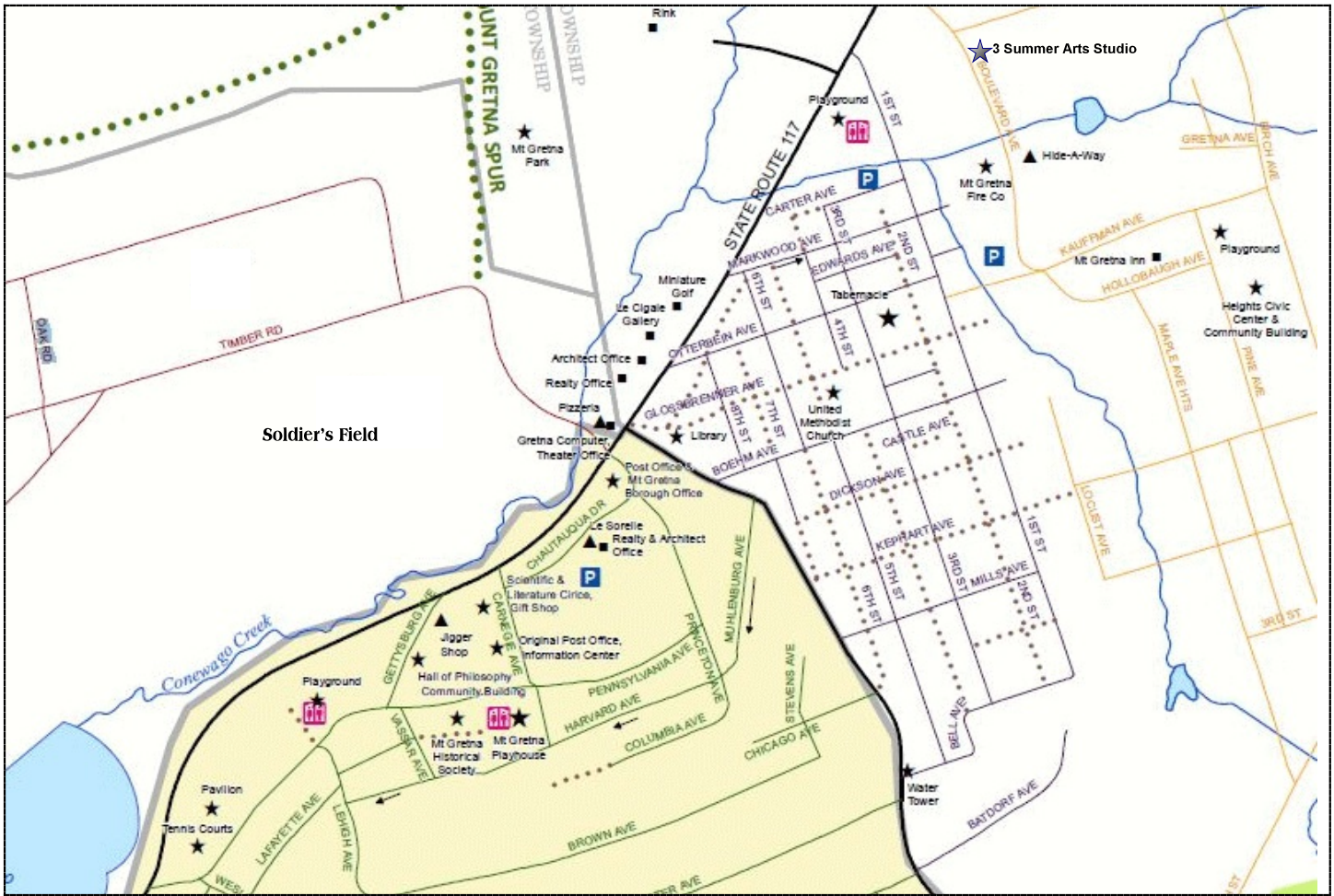
**Kathy's Cuisine**



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Contact Kathy Snavelly at 717.507.2667 or [info@lightkeeper.net](mailto:info@lightkeeper.net) with any additions/changes to the calendar. Keep our readers/subscribers informed!! Free subscriptions are available by email request.

### 8 DIMENSIONS OF HEALTH - Lecture Series presented by Janice Balmer

Health and wellness are vast topics, including popular factors like physical status and nutrition. But there are other facets that help determine a person's overall health. As identified by the Substance Abuse and Mental Health Services Administration ([www.samhsa.com](http://www.samhsa.com)), health encompasses eight dimensions, in addition to physical: emotional; spiritual; intellectual; environmental; financial; occupational; and social. Janice Balmer, MHS, and local Mt. Gretna health consultant and trainer, will lead an interactive presentation on the 8 Dimensions as part of the PA Chautauqua's 2020 Summer Series. Utilizing the on-line Zoom platform, weekly Janice will introduce a Dimension. Attendees will learn specifics, including relevant examples of how that Dimension can affect overall health. Recent research will be incorporated into the presentations. Attendees will gain an understanding of what role a Dimension might be playing in her/his life, and ways to maximize a Dimension's affects. We will also consider the Dimensions through lenses like age; locality; and even world events (like a pandemic). Items that may be discussed include how healthcare costs affect treatment decisions; how being "awe-inspired" lowers the body's levels of inflammatory markers; how environment affects children's weight; and the most important Dimension as we age.

The first session will include a brief overview of maneuvering/asking questions via Zoom, followed by an introduction to all the Dimensions. We will then focus on the Physical Dimension. Tentatively, the schedule includes:

June 12	Introduction to all 8 Dimensions and Physical Dimension	July 31	Financial Dimension
June 26	Emotional and Spiritual Dimensions	August 14	Occupational Dimension
July 17	Environmental Dimension	August 21	Social Dimension
July 24	Intellectual Dimension	August 28	Follow-up Discussion and Summary

While attendees are not required to attend all sessions, the topics are inter-related. Each session will begin at 10am via Zoom. To register for the FREE lecture series, and to receive Zoom link information, please contact Morgan Smith at [pachautauqua@gmail.com](mailto:pachautauqua@gmail.com)