



Weekly News

12 May 2014

[DEVELOPER'S CORNER](#) [CLUBS & ACTIVITIES](#) [HEALTHY RECIPE ANNOUNCEMENTS](#) [THEATER, ART & EVENTS](#) [REAL ESTATE](#)
[INSTITUTE FOR RETIRED PERSONS](#)

ANNOUNCEMENTS

- **Inspired Living Seminar**

Please come out on **Thursday, May 15, 2 pm** at the **Trellis Terrace** and learn about compounding pharmacies. Rob Norris of Chambers' Apothecary will speak about what makes **Chambers' Apothecary** different from other pharmacies.

Did you know that:

Compounding Pharmacists Make Medication Allergy-Friendly?

Or that

Compounding Pharmacists Make Medication Easier to Use?

Rob Norris will cover their modern day services and programs, as well as, what a compounding pharmacy is and what they can offer to the community. As his motto states, "We strive to make the impossible, possible and to exceed our customers expectations. We are medication and customer service experts!" **Free**. RSVP required call 352-3046 to attend or click [here](#).

- **Founders Grille**

Early Bird Specials are offered daily from 4 to 6 pm. Starting this year the menu will change on a bi-weekly basis. Click [here](#) to see the current Early Bird Special Menu.

Soup Wednesdays, Come down every Wednesday for a carry-out quart of homemade soup. \$7.95 per quart, price may differ depending on variety of soup offered.

Call 352-2509 for soup of the day and plan to take a break from cooking every Wednesday!

Wednesday 5/14:
Chicken Noodle

or
New England Clam

- **Penn National Annual Dinner with Friends Picnic**

The annual "Dinner With Friends" Picnic will be held at Penn National's Trellis Terrace on **Wednesday, June 4**, from 5 - 10 pm. All DWF members are invited. We also extend the invitation to all residents of the PN community and welcome new members at this time. Altland House will cater the event and the cost is \$20 per person. The menu includes shaved pit beef, barbecued chicken, red-skinned potato salad, broccoli salad and rolls. Lemonade and ice tea are provided but BYOB.

If you plan to attend, please send or drop off cash or check made payable to Peter Fleury at 6562 Pullhook Lane. All money is due by Tuesday, May 27. If you have any questions/concerns, please contact us 401-0371 or kpfleury67@comcast.net.

- **Beginning Birder Workshop**

Caledonia State Park, **Saturday, June 7**, 8:00 am to Noon. Free workshop for Beginners, all families, adults, teens, and children age 6 or older are welcome. Register early. Meet at the first parking lot beyond the Visitors Center in Caledonia State Park. Bring binoculars and a field guide if you have them. A few loaners will be available. To pre-register, contact Conway Bushey 262-5659 or wcbushey@embarqmail.com.

GREAT BIRDING APP FREE FROM CORNELL UNIVERSITY!

"Merlin" is a birding id system for smart phones developed by the Cornell Lab of Ornithology. Answer 5 simple questions and viola! you'll know what bird you've encountered. Visit: merlin.allaboutbirds.org to download today.

- **Chambersburg Garden Club Bus trip to Pittsburgh**

The Chambersburg Garden Club is sponsoring a bus trip to Pittsburgh on July 9th. There will be a guided tour of the Rodef Shalom Biblical Botanical Garden and touring on your own of the Phipps Conservatory and Botanical Gardens. Cost is \$60.00 which includes coach fare, a boxed lunch, and admission to the Phipps. For further information contact Jean Schlecht (Aronimink Circle) at 352-7242.

- **The 4th Annual Spring Garden Tour**

Sponsored by the Allison-Antrim Museum, will be held **Sunday, June 1**, from 1 - 5 pm. (Rain date June 8) The tour will consist of 6 gardens in the Greencastle Antrim community. Advance tickets are \$15, at-the-door \$18. Tickets will be available at the Museum, Snaveley's in Fayetteville, Franklin County Visitors' Bureau, Carl's Drug Store in Greencastle. You can also call Cindy Myers of 6991 St. Annes Drive for tickets. Her number is 352 -0082. She will deliver the tickets to you directly.

- **Full Circle Band Performs at the Trellis Terrace**

Wednesday, June 18, 7 to 9 pm, free of charge; bring your lawn chairs, a bottle of wine and your dancing shoes!

• **PNHA Overnight Bus Trip to Pittsburgh**

Third trip to Pittsburgh: **Friday, August 8 through Saturday, August 9**, click [here](#) for details.

REAL ESTATE

OPEN EVERY SATURDAY & SUNDAY 1 - 4 pm

The Fairway Homes of St. Andrews 6873 Old Course Road - Model Home - \$425,000.
Open Every Weekend 1- 4 pm. Grab your clubs and park the lawn mower forever!

Buying, Selling or Leasing in Penn National? Call the only Penn National Experts you need. **No one** knows Penn National better, **we created it!** Members of the MultiList. White Rock, Inc., Patrice L. Nitterhouse, Broker. If your home is currently listed this is not a solicitation of that listing.



HEALTHY RECIPE

Mighty Muffins

Taken From: Engine2Diet.com

6 brown bananas, lightly mashed (leave some chunks)

1 large apple, grated

¾ cup water

3 cups oat bran

1 teaspoon baking powder

½ teaspoon salt

¼ cup walnuts, chopped or halved

¼ cup raisins

4 tablespoons sweetener

Juice of 1 lemon

Mix wet and dry ingredients in separate bowls. Squeeze the juice of one lemon onto the combined apple and bananas

Combine wet and dry ingredients into one bowl.

Pour into lined muffin tins or use silicone muffin bake ware and bake for 45 minutes or until golden brown on top.

Variations:

Bake the batter in a loaf pan, and enjoy hearty slices instead of muffins.

Add three thinly sliced pears or 1 cup of 70 percent pure cocoa chips to the batter.

Rip's Tip: Make a double batch of these muffins and freeze half of them for a quick, on-the-go breakfast or a healthy snack.

THEATER, ART & EVENTS

Tuesday, May 13, The Spring BIC Community Room, 800 S. 4th Street, Chambersburg, Natural Health & Wellness Seminar: **Natural Functional Medicine**, 6 pm, click [here](#) for details.

Thursday & Sunday, May 15 & 18 Chambersburg Community Theatre presents "**Peter Pan**" visit cctonline.org or 263-0202.

Friday, May 16 & Saturday, May 17, get ready for the crowds and dust off your wares for **Penn National Yard Sale**.

Saturday, May 17, Eisenhower Farm, Gettysburg, **High Tea & Fashion Show with Mamie**, click here for details or call 877-874-2478.

Friday - Sunday, May 16 - 18 Chambersburg Civil War Seminar "**The Wilderness & Spotsylvania**" with **Robert K. Krick**, visit ChambersburgCivilWarSeminars.org or 264-7101.

Saturday & Sunday, May 17 & 18, Army Heritage & Education Center, Carlisle, PA: **Army Heritage Days**, 950 Soldiers Drive; features an expanded look at World War I, also living historians of other major wars; 245-3972 or usahec.org.

Saturday, May 24, Beck & Benedict Hardware Music Theatre, Waynesboro, **Hillbilly Gypsies**, Bluegrass, 7 pm, \$14 adults under 11 free, 762-4711 or beck-benedicthardware.com.

Friday & Saturday, May 23 - 24 HUB Opera Ensemble presents: "**The Marriage of Figaro**" 240-347-3001 or HubOperaEnsemble.org

Tuesday, May 27, Mercersburg, PA: **Second Annual Rose Walk at the Conococheague Institute**, free but donations are welcome, click [here](#) for details or 328-3467.

Friday, May 30 through Sunday, June 15, Totem Pole Playhouse, "**Steel Magnolias**", 888-805-7056 for tickets and showtimes.

Saturday, May 31, Luhr's Center, Shippensburg, **The Turtles Featuring Flo & Eddie**

and The 5th Dimension Featuring Florence LaRue, 7:30 pm, 477-SHOW (7469) or luhrscenter.com

Through May 31, Renfrew Park, Waynesboro: **Images of Renfrew Art Show**, Various artists, stop at first visitors center. Free. 762-4723

Saturday, May 24 through Sunday, August 10, Washington County Museum of Fine Arts, Hagerstown, MD, **Works of Ansel Adams**, 301-739-5727 or wcmfa.org.

Saturday, June 7, American Legion, Waynesboro: **Ballroom Dancing**, 7 - 10 pm hosted by Pen Mar Dance Club, also offering lessons beginning in September and running through June. Call 352-9531 for more information.

Through June 13, Council for the Arts, Chambersburg: **Convergence**, works by John Braun, Donte Moore and Alex Swisher. 159 S. Main Street. First Friday open house 5 -7 pm on June 6.

Friday, June 20, Renfrew Park, Waynesboro, **Bay Supper Fundraiser**, click [here](#) for details. Click [here](#) for full calendar of Renfrew events.

On Going, Always remember to check out the **Gettysburg Fruit & Wine Trail**, there is always something to do. Click [here](#) for full schedule of events!

DEVELOPER'S CORNER

Hey, We Have Pickle Ball

Learn a new sport! Pickle ball is one of the fastest growing sports in America and we just added it to the Penn National Tennis Courts. Come out for a free demonstration on **Sunday, June 1** at 1:00 pm or **Tuesday, June 3** at 4:00 pm. Lorraine Klippel & Sandy Kirkman will lead the demo and go over rules of the game. Pickle ball is great if you gave up tennis due to knee and shoulder problems. Call 352.3046 to attend. (Rain Date Wednesday, June 4)

CLUBS & ACTIVITIES

Monday, May 12

Penn National Lions Club, 6 pm, Inn Meeting Room

Golf Goddesses

Men's 18 - Hole League

Just The Facts, *Presidents Club* by: Nancy Gibbs & Michael Duffy

Page Turners, *Orphan Train* by: Christine Baker Kline

Torch Club, Menno Haven Northgate Commons

PNHA General Membership Meeting, 7 pm, Mont Alto Fire hall

Tuesday, May 13

Bridge Club, 12pm, Inn Meeting Room

Men's 9 - Hole Golf League

PN Ladies 9 - Hole League

Easy Readers, *The Light Between Oceans* by: M.L. Stedman

Penn National Tennis Club, 9 - 11 am
Healthy Eating Adventures Potluck, 6:30 pm Trellis Terrace
Special-Tee Clinic, Golf Center, 5:30 pm, Play Box

Wednesday, May 14

Ladies 18 - Hole League
Men's 18 - Hole League

Thursday, May 15

Men's 9 - Hole Golf League
Genealogy Club, Grove Family Library, 2 pm
Literary Ladies, *Sycamore Row* by: John Grisham
Penn National Tennis Club, 9 - 11 am
Inspired Living Seminar - Chambers' Apothecary, 2 pm, Trellis Terrace

Friday, May 16

Men's 18 - Hole League
PNHA YARD SALE 8 am - 1 pm

Saturday, May 17

Men's PPGA
PNHA YARD SALE 8 am - 1 pm
Tax Seminar (Real Estate Event) 10 am – 12 pm, Inn Meeting Room
