

COMPEERCORPS GOES CROSSFIT FOR WARRIOR 2019!

CompeerCorps' third annual Warrior fundraiser went CrossFit this year, as attendees battled it out in several exercise competitions. Overall, over 30 people participated, helping veterans across Lebanon County, and we exceeded our goal by raising \$10,100 for CompeerCorps!

Warrior took place Saturday September 14 at CrossFit Acernus, a CrossFit gym. Starting at 1 PM, the event encompassed the aforementioned exercise competitions as well as tables from several of the event's sponsors and a raffle contest for awesome prizes!

Each team competed in the Grace competition, which consisted of lifting a large weighted barbell over their head 30 separate times; in addition, they had to complete the 30 lifts in less than 2 minutes! Once it ended, Kendra awarded the winners gold, silver, and bronze place medals for each of the competitions!

We'd like to thank everyone for making this event such a huge success; we could not have done it without support from our sponsors, support from our board, and support from our Compeer friends, volunteers, and clients! CompeerCorps helps veterans who need additional mental health support that a strong friendship can provide. By supporting events like Warrior, we are supporting veterans in Lebanon County!



CELEBRATE THE SEASON WITH FRIENDSGIVING!

'Tis the season for friendship! Compeer is excited to announce our annual Friendsgiving celebration will take place on Saturday December 7 at 1 PM! The festivities will be at Stoneridge Poplar Run in Myerstown and will include a catered lunch as well as an appearance by character juggler Chris Ivey.

Tickets are free to our clients & volunteers and will be provided with their copy of the newsletter! Any additional guests that would like to attend are \$25 per ticket. Tickets may be purchased on our website, through email, or by phone call (details at the bottom of the 2nd page)!



Compeer
OF LEBANON COUNTY
FRIENDSGIVING



COMPEER SOCIALS CALENDAR

October

- October 9 6 - 8 PM
Seyfert's Corn Maze Visit
- October 24 1 – 2:30 PM
Personal Safety Lunch & Learn w/Lieutenant Fisher
- October 25 9 AM
Coffee & Camaraderie @ Heisey's Diner (Veterans only)

November

- November 13 6 - 8 PM
Quirky Turkey Day
- November 21 1 – 2:30 PM
Diabetes Lunch & Learn w/UPMC's Heather Brown
- November 22 9 AM
Coffee & Camaraderie @ Heisey's Diner (Veterans only)

December

- December 7 1 – 3 PM
Friendsgiving at Stoneridge Poplar Run
- December 11 6 – 8 PM
Holiday Karaoke
- December 27 9 AM
Coffee & Camaraderie @ Heisey's Diner (Veterans only)

WHAT ARE COMPEER SOCIALS?

Each month Compeer hosts three socials for our volunteers and clients as a way to socialize and build a sense of community. These socials have flexible times and dates so make sure to check the calendar to the left for more information on them.

All socials are held at the Senior Community Center in Lebanon (710 Maple Street) unless otherwise noted.

RSVP to attend or for rides (Lebanon only) at 717-272-8317. Please try to give at least two days' notice.



October	November	December
Elizabeth S. 10/1	Nancy H. 11/1	Ann K. 12/2
Michelle K. 10/2	Sandy C. 11/5	Michael I. 12/5
Gwen N. 10/4	Lois M. 11/8	Barb K. 12/7
Mary Ellen M. 10/5	Daniel W. 11/9	Charles F. 12/8
Marilyn H. 10/10	Ronald K. 11/10	MariaCristina B. 12/11
Kristen A. 10/12	Johnathan B. 11/11	Dorcas O. 12/16
Delia G. 10/13	Barbara A. 11/14	John M. 12/17
Sara H. 10/17	Steven V. 11/14	Gabriele T. 12/27
Debra L. 10/20	Margaret K. 11/15	
Patricia M. 10/22	Kelly S. 11/17	
Cindy R. 10/26	Joseph C. 11/18	
Karen H. 10/28	Don M. 11/21	
	Shawn W. 11/27	
	Russ Y. 11/28	
	Gloria E. 11/29	

UPCOMING ACTIVITIES

- October 5 9 AM – 2 PM Women's Expo
Lebanon Valley Expo Center Admission: Free
- October 19 10 AM – 3 PM Harvest Festival
Coleman Memorial Park Admission: Free
- November 7 9 AM – 2 PM Lancaster Veterans' Expo
Farm & Home Center Admission: Free
- November 23 2:30 – 4:30 PM Lebanon Holiday Parade
Lincoln Ave & Cumberland St Admission: Free
- December 14 9 AM – 3 PM Christkindlmarkt
Brendle Museum, Schaefferstown Admission: Free