

# March Is Comin' In Like a LION!

Tax Preparation: We still have some appointments available for this AARP-supported program designed for low to middle income seniors. Call or stop in to schedule income tax or rent rebate preparation. Appointments available Mondays, Wednesdays, and Fridays.

Enjoy an Irish feast at our Members' Monthly Social! Plus, we'll have extra meals of corned beef and cabbage available for take-out that day. Call the office to place your order!

**HAVE SOME EARLY SPRING FUN: MAKE LOVELY PYSANKY EGGS TO DECORATE YOUR HOME...FILL PLASTIC EGGS FOR DERRY TOWNSHIP PARKS & REC'S ANNUAL EASTER EGG HUNT...MAKE A VISIT TO COUNTRY MEADOWS OF HERSHEY TO CATCH A FIDDLER AND ENJOY SOME IRISH CHEER! The newsletter contains details on all these activities and more!...**

Learn more about Medicare Parts A,B,C, & D and also Medicare Advantage and Medicare Supplement plans in our first "Medicare 101" session of the new year.

## "A Matter of Balance"

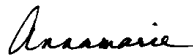
This 8-week series offered in conjunction with PennState Health begins March 12th. See inside the newsletter for more details. Classes address balance, flexibility, strength, and ways to decrease the risk of falls.

## From the Director's Desk

Depending on how you look at it, you could say that March is a month with a bit of an "identify crisis"! My own hope, though, is that the diverse month holds something for each of you.... We get to "spring forward" (*Daylight Saving Time starts on Sun., 3/10, this year—don't forget to set your clocks forward!*), beware its Ides, celebrate the luck of the Irish, cheer at the "madness" that always unfolds on college basketball courts, and enjoy watching little ones hunt for eggs while we partake in some favorite treats ourselves! This last one reminds me to note for everyone that **Leader Center will be closed on Friday, March 29.**

The first quarter of the new year has been the time in which lots of our members are renewing annual memberships. It is very fortunate for Leader Center that many of you include gifts to the Center. **Thank you for your generosity.** With no class fees and no direct government funding, we rely on donations quite a bit. Please know that every single gift, of any size, is helpful and is put to good use supporting our operations and offerings. Imagine how far it would go if each of our 800 members included an additional \$10 at renewal time—WOW!

One thing always is clear to me: We can accomplish great things together—



## Filling Easter Eggs

It's that time of year! We again will fill Easter Eggs for the Derry Township Parks & Rec Egg Hunt. Beginning March 7, join us any Thursday or Friday between noon and 2PM to help with the project for as little or as long as you'd like. There are lots of eggs to fill—but many hands will make light work!



## Inclement Weather

We will email members and post weather-related closing and delay info on **WHP 21 and ABC 27** and **on our website.**

You also can call the Center (717-533-2002) after 7:30 AM to listen to an "updates" message.

## CLASS UPDATES

**CARDS:** The Pinochle group is looking for experienced players to join their group. They play on Tuesdays and Thursdays at 12:45. If you are interested in joining, please let the office know.

**DRUM FITNESS:** We are happy to announce that instructor Tina Kowalski soon will be joining our Leader Center fitness team to lead Drum Fitness. Tina has 20 years of experience as an instructor. Count on meeting her and trying out her class two Friday afternoons in April. After that, in May, class times will be Tuesday afternoons at 1:00. Tina's class will be a high-energy mix of seated and standing drumming (with participants of course being able to sit as needed). We can't wait for you to meet Tina - and to get to hear those drumsticks again!

## **Coming Events:**

**Friday, March 1—Tech Talk with Kim—1:00PM.** This month Kim covers Facetime on the iPhone/iPad. Stay after to get one-on-one help with your device.

**Friday, March 8—Friday Flix—1:00PM.** In celebration of St. Patrick's Day, we will show the 2017 film *Waking Ned Devine*. When Ned Devine dies from shock after winning the lottery, two longtime friends, Micheal and Jackie, discover the body and agree Ned would want them to benefit from his good luck. They embark upon an outrageously hilarious scheme to claim the ticket, but first they have to get all the townsfolk to go along with their plan. Popcorn will be served!

**Tuesday, March 12, 19 & 26—Leader Learns—1:00 to 3:00PM.** See page 6 for more details about our "A Matter of Balance Series," which continues into April. Register for your spot—there are 35 total!

**Friday, March 15—Members' Monthly Social—11:30PM.** Join us for a delicious lunch of Irish pea salad, corned beef, cabbage, parslied redskin potatoes, and Stoudt chocolate cake catered by Country Meadows. Following lunch, we will enjoy the "Tanya & Marge Variety Show". Wear your green—and bring some green for our 50/50 raffle! May the "luck 'o the Irish" be with you! Cost is \$12.00. RSVP by Thursday, March 7.



**CAN'T MAKE THE SOCIAL BUT WOULD LIKE AN IRISH "TO-GO" ORDER? Call the office to order a meal to pick-up on the afternoon of 3/15. The number of available pick-up meals is limited, so call today!**

**Thursday, March 21—Leader Crafts—Noon to 3:30PM.** LCAL member Sue Copenhaver will teach us how to make lovely Pysanky eggs. Each participant will make eggs to take home. Seating is limited; call today to reserve your spot. Class fee is \$30.

**Thursday, March 21—Country Meadows 459 Club's St. Patrick's Day Social—1:30 to 2:30PM.** Kris Parmer and her team invite all to this event at Country Meadows of Hershey, where you will be entertained by fantastic, famous fiddler Joe McAnulty! RSVP to 717-533-6996 by Tuesday, March 19.

**Monday, March 25—Book Club with Kathy—2:30PM.** *The Berry Pickers* by Amanda Peters

**Thursday, March 28—Medicare 101—9:00 to 11:00AM.** Shannon Vallier from the PA MEDI Program will be on-site to go over the basics of Medicare Parts A, B, C & D, comparisons between Medicare Advantage and Medicare Supplement Plans, and programs available to help save money! No RSVP needed.

## **Save the Dates**

- In April and May our Beautification Committee will start prepping and planting our outdoor planters. Look for details in upcoming newsletters—all are welcome to get their hands dirty!
- We are looking forward to our Volunteer Recognition Luncheon on Wednesday, April 24th! More details coming in the April newsletter.
- Rep. Mehaffie's Health Fair will be held at Leader Center on May 2nd from 10:00AM to Noon. There will be no regular programming at LCAL this day.

\* denotes RSVP needed

**Monday**

**Tuesday**

**Wednesday**

**M  
A  
R  
C  
H**

**March Intermediate Bridge  
Coordinator:  
Audrey Snyder  
717-269-4849**

**4**

8:15 Silver Sneakers  
8:30 Pilates  
9:15 Strengthening w/ Sara  
10:00 Stretch & Strength dvd  
10:30 Line Dance  
11:00 Lifestretch  
1:00 Knitting  
1:00 Poker  
1:30 Zumba Gold  
6:00 Pilates @ CM

**5**

9:00 Tai Chi  
9:00 Yoga  
10:00 Chair Yoga  
10:00 Stretch & Strength dvd  
11:00 Advanced Tap  
11—2 Fiber & Friends  
12:00 Intermediate Bridge  
12:00 Hand & Foot  
12:45 Pinochle

**6**

8:30 Pilates  
10:00 Stretch & Strength dvd  
10:00 Beginner Line Dance  
10:30 Line Dance  
11:00 Lifestretch  
1:00 Bingo  
1:15 Watercolor  
1:30 Zumba Gold  
3:15 Silver Sneakers  
6:00 Pilates @ CM

**11**

8:15 Silver Sneakers  
8:30 Pilates  
9:15 Strengthening w/ Sara  
10:00 Stretch & Strength dvd  
10:30 Line Dance  
11:00 Lifestretch  
1:00 Knitting  
1:00 Poker  
1:30 Zumba Gold  
6:00 Pilates @ CM

**12**

9:00 Tai Chi, Yoga  
10:00 Chair Yoga  
10:00 Stretch & Strength dvd  
10:00 Philosophers' Roundtable  
11:00 Advanced Tap  
11—2 Fiber & Friends  
12:00 Intermediate Bridge  
12:00 Hand & Foot  
12:45 Pinochle  
\*1:00 Leader Learns

**13**

8:30 Pilates  
10:00 Stretch & Strength dvd  
10:00 Beginner Line Dance  
10:30 Line Dance  
11:00 Lifestretch  
1:00 Bingo  
1:15 Watercolor  
1:30 Zumba Gold  
3:15 Silver Sneakers  
6:00 Pilates @ CM

**18**

8:15 Silver Sneakers  
8:30 Pilates  
9:15 Strengthening w/ Sara  
10:00 Stretch & Strength dvd  
10:30 Line Dance  
11:00 Lifestretch  
1:00 Knitting  
1:00 Poker  
1:30 Zumba Gold  
6:00 Pilates @ CM

**19**

9:00 Tai Chi  
9:00 Yoga  
10:00 Chair Yoga  
10:00 Stretch & Strength dvd  
11:00 Advanced Tap  
11—2 Fiber & Friends  
12:00 Intermediate Bridge  
12:00 Hand & Foot  
12:45 Pinochle  
\*1:00 Leader Learns

**20**

8:30 Pilates  
10:00 Stretch & Strength dvd  
10:00 Beginner Line Dance  
10:30 Line Dance  
11:00 Lifestretch  
1:00 Bingo  
1:15 Watercolor  
1:30 Zumba Gold  
3:15 Silver Sneakers  
6:00 Pilates @ CM

**25**

8:15 Silver Sneakers  
8:30 Pilates  
9:15 Strengthening w/ Sara  
10:00 Stretch & Strength dvd  
10:30 Line Dance  
11:00 Lifestretch  
1:00 Knitting  
1:00 Poker  
1:30 Zumba Gold  
2:30 Book Club  
6:00 Pilates @ CM

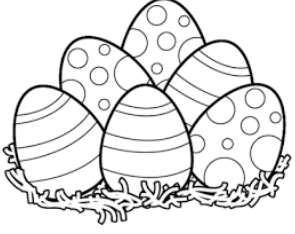
**26**

9:00 Tai Chi  
9:00 Yoga  
10:00 Chair Yoga  
10:00 Stretch & Strength dvd  
11:00 Advanced Tap  
11—2 Fiber & Friends  
12:00 Intermediate Bridge  
12:00 Hand & Foot  
12:45 Pinochle  
\*1:00 Leader Learns

**27**

8:30 Pilates  
10:00 Stretch & Strength dvd  
10:00 Beginner Line Dance  
10:30 Line Dance  
11:00 Lifestretch  
1:00 Bingo  
1:15 Watercolor  
1:30 Zumba Gold  
3:15 Silver Sneakers  
6:00 Pilates @ CM



Thursday	Friday
	<b>1</b> 8:15 Silver Sneakers 8:30 Pilates 9:00 Mah Jongg 9:15 Strengthening w/ Sara 10:00 Stretch & Strength dvd 10:15 Line Dancing 1:00 Tech Talk
<b>7</b> 9:00 Yoga, Dolls, Chair LaBlast 10:00 LaBlast 10:00 Stretch & Strength dvd 11:00 Beginner Tap 11:00 Beach(ball) Volleyball 12:00 Hand & Foot Cards 12:30 Scrabble 12:45 Pinochle 1:00 Tai Chi 2:00 Living After Loss SG	<b>8</b> 8:15 Silver Sneakers 8:30 Pilates 9:00 Mah Jongg 9:15 Strengthening w/ Sara 10:00 Stretch & Strength dvd 10:15 Line Dancing 1:00 Friday Flix
<b>14</b> 9:00 Yoga, Dolls, Chair LaBlast 10:00 LaBlast 10:00 Stretch & Strength dvd 11:00 Beginner Tap 11:00 Beach(ball) Volleyball 12:00 Hand & Foot Cards 12:30 Scrabble 12:45 Pinochle 1:00 Tai Chi	<b>15</b> 8:15 Silver Sneakers 8:30 Pilates 9:00 Mah Jongg 9:15 Strengthening w/ Sara 10:00 Stretch & Strength dvd <b>*11:30 Monthly Social</b>
<b>21</b> 9:00 Yoga, Dolls, Chair LaBlast 10:00 LaBlast 10:00 Stretch & Strength dvd 11:00 Beginner Tap 11:00 Beach(ball) Volleyball *12:00 Leader Crafts 12:00 Hand & Foot Cards 12:30 Scrabble 12:45 Pinochle 1:00 Tai Chi 2:00 Living After Loss SG	<b>22</b> 8:15 Silver Sneakers 8:30 Pilates 9:00 Mah Jongg 9:15 Strengthening w/ Sara 10:00 Stretch & Strength dvd 10:15 Line Dancing
<b>28</b> 9:00 Yoga, Dolls, Chair LaBlast 10:00 LaBlast 10:00 Stretch & Strength dvd 11:00 Beginner Tap 11:00 Beach(ball) Volleyball 12:00 Hand & Foot Cards 12:30 Scrabble 12:45 Pinochle 1:00 Tai Chi	<b>29</b>  <div style="text-align: center;"> <b>CLOSED!</b>  <b>Leader Center will</b>  <b>reopen on</b>  <b>Monday, April 1.</b> </div>

*Life is good...* when you can spend time with family and friends, when there's always plenty to do and when delicious professionally prepared meals are served restaurant style. Our residents enjoy entertaining activities and opportunities to engage with the community both inside and outside our campus, always knowing assistance is never more than a few steps away, if needed. To learn more, call or visit us today. Life is good... at Country Meadows.

...when you have your **favorite pet** by your side

...when new neighbors seem like **old friends**

...when there's always **someone there to help** if you need it

...when the food is **fresh, tasty & nutritious**



**COUNTRY MEADOWS**  
RETIREMENT COMMUNITIES

Independent Living | Personal Care | Memory Care | Restorative Care

**451 Sand Hill Road, Hershey (near the Med. Center) 717-533-1880**  
**CountryMeadows.com**

 **Hershey Symphony**

**55 Seasons of Musical Excellence**

For the season schedule and ticket information, go to **HersheySymphony.org**

**Award Winning Senior Living**

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INDEPENDENT LIVING WITH ENHANCED SERVICES AND PERSONAL CARE

Call **717-208-2437** for a tour!

**100 N. Larkspur Dr., Palmyra, PA 17078**  
**www.traditionsofhershey.com**

We are an equal opportunity housing provider. We do not discriminate on the basis of race, color, national origin, religion, sex, familial status or disability.

# DO YOU HAVE **concerns** **about falling?**



A MATTER OF  
BALANCE

MANAGING CONCERNS ABOUT FALLS

**Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels. Offered by:**



**PennState Health**  
Holy Spirit Medical Center



**This program emphasizes practical strategies to manage falls.**

#### **YOU WILL LEARN TO:**

- view falls as controllable
- set goals for increasing activity
- make changes to reduce fall risks at home
- exercise to increase strength and balance

#### **WHICH MEMBERS SHOULD ATTEND?**

- anyone concerned about falls
- anyone interested in improving balance, flexibility and strength
- anyone who has fallen in the past
- anyone who has restricted activities because of falling concerns

Classes will be held for Leader Center members once a week, every Tuesday, for eight weeks.

**3/12, 3/19, 3/26, 4/2, 4/9, 4/16,  
4/23, 4/30**

**1:00-3:00 PM**

While attendance is not required at every class, please do not register unless you are able to attend most!

**To register, please call  
717-533-2002 or stop in at  
the Leader Center  
Receptionist desk.**

**A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006**

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**A Matter of Balance Lay Leader Model**

*Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging.*

*A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).*

# Leader Travel



## **“HAMILTON” on Broadway—Wednesday, March 13**

*Hamilton* is the story of the unlikely Founding Father determined to make his mark on a new nation that's as hungry and ambitious as is he. Our bus departs Leader Center at 7:30AM. Prior to the 2:00PM show, we will have lunch at Bubba Gump Shrimp Co. (there will be an approximate half-mile walk between the restaurant and the theater), where you will have a choice of entrees from a limited menu. We will arrive back at Leader Center at 9:00PM. The ticket price of \$279 includes transportation, lunch, and orchestra seating at the show. Only a few tickets left so call today for yours!

## **CHERRY BLOSSOMS in Washington, DC—Thursday, April 11**

We begin by stepping aboard the all-glass *Odyssey* for a 2-hour luncheon cruise, where we will take in the views of Washington and the cherry blossoms while experiencing delectable dining. After our lunch cruise, we will enjoy a private, guided tour of the monuments and DC highlights, from the comfort of our motorcoach. We will depart Leader Center at 8:30AM and return by 7:00PM. \$170 ticket price—SOLD OUT, BUT WE ARE TAKING NAMES FOR THE WAITLIST!

## **PHILADELPHIA PHILLIES GAME—Wednesday, June 19**

“Root, root , root for the home team” as they take on the San Diego Padres! We will depart Leader Center at 9:30AM. On our way, we'll enjoy a boxed lunch of a sandwich (choice of Italian, Ham & Cheese, Roast Beef & Cheese, and Turkey & Cheese), chips, cookie, and bottled water. We'll arrive at Citizens Bank Park around noon for the 1:05PM game. Our seats are located in Section 145. We'll depart for home after the game (with a food stop on the way if needed). Please note that this trip involves a fair amount of walking, from the parking lot to the stadium, to our seats, up steps, etc. Cost is \$125 per person. Stop in today to reserve your spot!

Leader Center for Active Life  
605 Cocoa Ave  
Hershey, PA 17033



605 Cocoa Ave  
Hershey, PA 17033  
Phone: (717) 533-2002

Leader Center for Active Life strives to positively impact our community by promoting healthy aging through social engagement, physical and emotional well-being, civic involvement, creative offerings, and lifelong learning for those over 50 years of age.

Leader Center for Active Life is an independent, non-profit organization, depending solely on private funding and endowments to operate. Although there is no formal dues structure, members are expected to contribute a donation of at least \$100 per year.

Megan Marshall:  
President of the Board of Directors  
Annamarie Fazzolari: Executive Director  
Kim Reese: Office Coordinator  
Kathy Giovanniello: Administrative Assistant

Dates to Remember

3/1—Tech Talk

3/8—Friday Flix

3/12—”A Matter of Balance” Starts

3/15—Members’ Monthly Social

3/21—Leader Crafts

3/25—Book Club