



September is...
National Senior Center Month

Leader Active Life Poem

Leader Active Life is nifty
 Endless fun when over 50
 Always a friend or 2 to find
 Developing friendships,
 bodies, and minds
 Everyone nice & ready to
 laugh
 Really great members,
 really great staff
 Can't say enough about
 Melissa, Kathy & Kim
 Easy to be active, who
 needs a gym?
 Never stop moving, learning
 & playing
 That's the center, just saying
 Engaging members, it's what
 we do!
 Reviving lives, for that we
 love you!

Compared to their peers, senior center participants have higher levels of health, social interaction, and life satisfaction.

Leader Active Life at a Glance: July 2022
 Total event signs ins :1645
 Total Customers Served: 240
 Average Daily Attendance: 85
 Average number of events per day: 8

How Leader Active Life stacks up

Average Senior Center:	Leader Active Life:
Average Age—75	Average Age—72
70% woman	80% women
Visit center 2 times a week	Visit 3 times a week
3 hours per visit	3.5 hours per visit

Let's Celebrate!

From the Director's Desk

If it seems like the staff at Leader Active Life is running around like our heads are on fire, it's because we are experiencing unprecedented membership growth, adding over 50 members since our move. Good problem to have, right? For context, We only had 70 new members TOTAL in all of 2021. So instead of averaging 5 new members a month, we are averaging that every week.

While we are filing this problem under "good to have" we are definitely a bit overwhelmed in the office and hope you will continue to show us patience as we navigate this new normal. I will also take this opportunity to put in the plug for volunteers. We are in need of front desk receptionists and special event (socials, luncheons, fund raisers, etc) assistance. If you are interested, stop by and fill out a volunteer application or request from Kathy@leaderactivelife.org.

We are so grateful for our fresh home, our new members and our "seasoned" supporters. Let's celebrate together during National Senior Center Month by supporting the best center in the area (I may be biased :-)

~Melissa

NEW PROGRAMS ALERT

CHAIR YOGA (THURSDAY AT 10)
TECH TALK (SOME FRIDAYS AT 1:00)
REBAG CROCHET PROJECT (DETAILS-PAGE 3)
MONTHLY SOCIAL (THIRD FRIDAY)
FIBER & FRIENDS (TUESDAYS)
BEGINNER PICKLEBALL (TUE & FRI)

September Class Underwriting

Zumba: Brenda Berman

Tap: Anonymous

Pilates: Sally Kurtz

Yoga: Anonymous Board
Member

Chair Yoga: In memory of
Mary Crossett

LaBlast: Diane Dohner

Drum Fitness: Anne Shadis

If you are interested in underwriting the cost of a class, we accept donations each month. \$300 per class per month, but will accept less and combine donations.
Every little bit helps.

Did you know...

We still offer virtual access to some of our programs. If you are interested in being on the zoom list, email Kathy@leaderactivelife.org.

Zoom Offerings:

Pilates

Yoga

Chair Yoga

Zumba Gold

Coming Events:

Wednesday, September 7—Leader Learns...Your brain on grief—2:00pm. Reverend Howard West, Chaplain at Country Meadows of Hershey will present on how grief effects the brain.

Friday, September 9—Friday Flix (Documentary) - 1:00pm. This Changes Everything, taking a look at the gender disparity in Hollywood through the eyes of well know actresses and females.

Monday, September 12—Lunch and Learn with Eugene Henry—12:00pm. Country Meadow’s Director of Fitness will cover gaining strength, stamina and mobility. Learn to connect with your soul through meditation, Tai Chi and deep breathing. Lunch will be a baked potato bar and dessert. RSVP by Thursday, September 8.

Friday, September 16—Friday Social—11:30am. We thought senior center month is a fine time to bring back our popular Friday Socials. Country Meadows is back again to cater a delicious meal of BBQ boneless chicken thigh, macaroni & cheese, stewed tomatoes, potato salad, and apple pie. Then we will enjoy entertainment by Jimmy Jet and the SkyPilots. Cost is \$12.00 and you must RSVP by Tuesday, September 13.

Thursday, September 22—Medicare 101—9:00 AM Are you new to Medicare? Do you have unanswered questions? Dauphin County PA Medi will be conducting presentations to discuss basics of Medicare and comparisons between Medicare Advantage plans and supplements. Contact Shannon Vallier with questions, 717-780-6147 or svallier@dauphinc.org.

Friday, September 23—Friday Flix (Movie) - 1:00pm. Wonder Woman— Before she was Wonder Woman, she was Diana Princess of the Amazons. Fighting alongside the men, she will discover her full powers and her true destiny. Feel free to bring your own snacks & drinks.

Wednesday, September 28 —Leader Learns—Avoiding Scams—2:00pm. “Don’t get Phished”: Criminal investigator Matt Dotts with Derry Township Police will cover the current scams trying to hook you through phone, email, and social media.

Monday, September 26 —Book Club—2:30 PM. When Crickets Cry by Charles Martin.

Friday, September 30—Tech Time with Kim—1:00 PM. This month we cover Photos on your iPhone/iPads. Stay after to get one on one help with your device.

Rebag Crocheting

Sign up for a fun craft recycling those dreaded grocery store plastic bags (example —>)




Class 1: Monday, October 3rd 2:30pm—cut

bags to make “plarn” and start bag

Class 2: November 7th at 2:30pm—finish crocheting and leave with your own rebag.

Start collecting your plastic store bags. We will also accept plastic bag donations. Space is limited, RSVP by September 23.

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Monday	Tuesday	Wednesday
<p>September Coordinator Intermediate Bridge: Linda Knestruck (717-361-5118)</p>		<p>Beginner Pickleball Granada Ave Gym Tuesdays & Fridays at 10:30am Loner racquets available Learn basics & play w/ beginners RSVP —717-533-2002</p>
<p>5 Closed</p> 	<p>6 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 Hearts 12:45 Pinochle</p>	<p>7 8:30 Pilates 10:00 Stretch & Strength dvd 10:00 Beginner Line Dance 10:30 Line Dance 1:00 Bingo 1:15 Watercolor 1:30 Zoom Zumba Gold 3:15 Silver Sneakers 6:00 Pilates @ CM</p>
<p>12 8:15 Silver Sneakers 8:30 Pilates 9:00 Board Meeting 9:15 Strengthening w/ Sara 10:00 Stretch & Strength dvd 10:30 Line Dance 12:00 Lunch & Learn 1:00 Knitting 1:00 Penny Poker 1:30 Zumba Gold 6:00 Pilates @ CM</p>	<p>13 9:00 Tai Chi 9:00 Yoga 9-12 Fiber & Friends 10:00 Chair Yoga 10:00 Stretch & Strength dvd 11 & 12 Drum fitness 11:00 Advanced Tap 12:00 Intermediate Bridge 12:00 Hearts 12:45 Pinochle</p>	<p>14 8:30 Pilates 10:00 Stretch & Strength dvd 10:00 Beginner Line Dance 10:30 Line Dance 11& 12 Drum Fitness 1:00 Bingo 1:15 Watercolor 1:30 Zoom Zumba Gold 3:15 Silver Sneakers 6:00 Pilates @ CM</p>
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Thursday	Friday
1 9:00 Yoga 10:00 Chair Yoga (video) 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 8:15 Silver Sneakers 8:30 Pilates 9:00 Mah Jongg 9:15 Strengthening w/ Sara 10:15 Line Dancing Closing at Noon
8 9:00 Yoga 10:00 Chair Yoga (video) 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	9 8:15 Silver Sneakers 8:30 Pilates 9:00 Mah Jongg 9:15 Strengthening w/ Sara 10:15 Line Dancing 1:00 Friday Flix
15 9:00 Yoga 10:00 Chair Yoga (video) 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	16 8:15 Silver Sneakers 8:30 Pilates 9:00 Mah Jongg 9:15 Strengthening w/ Sara 11:30 Monthly Social
22 9:00 Yoga 10:00 Chair Yoga (video) 10:00 LaBlast 10:00 Stretch & Strength dvd 10:15 Investment Club 11:00 Beginner Tap 11:00 Beach(ball) Volleyball 12:00 Hand & Foot Cards 12:30 Scrabble 12:45 Pinochle 1:00 Tai Chi	23 8:15 Silver Sneakers 8:30 Pilates 9:00 Mah Jongg 9:15 Strengthening w/ Sara 10:15 Line Dancing 1:00 Friday Flix
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Country Meadows 1-2-1 Club

Thursday, September 8
 1:30—2:30 Pm at Country Meadows
 of Hershey
 459 Sand Hill Road
 Topic: Cooking for one with
 seasonal produce
 RSVP to Kris or Jen at 717-533-6996



2022-2023 Season

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

Life gets better.®

Family is important to you.
 And us.



Country Meadows is family-owned and involved. We understand the value of taking care of families and have been serving seniors for over 30 years. We offer a full range of lifestyle options on a vibrant campus and welcome you to stop by for a personalized visit any day of the week

CountryMeadows.com



451 Sand Hill Road, Hershey (across from this center) • 717-533-1880



Independent Living | Personal Care
 Memory Care | Restorative Care

Fiber and Friends is back!

This group of talented crafters get together weekly on Tuesday morning to work on projects and create keepsake pillows. Looking for a gift idea for a loved one, consider a keepsake pillow (example picture on right).

For more information on keepsake pillows or to join in on the fun, stop by on a Tuesday morning.



**Leader Active Life received an anonymous \$300 donation on behalf of the Fiber and Friends Group.

Leader Center for Active Life Summer Cash Raffle

10 Tickets being sent
Please consider selling/
purchasing.

All proceeds go toward summer
costs

Drawing on September 30

Prizes awarded:

1st: \$300 ** 2nd: \$150 ** 3rd \$50

2022 Travel

Christmas with the Philly Pops

Friday, December 16

Start the day at Love Park, perusing more than a hundred quaint shops. In case of inclement weather, we will visit an alternative location. After a fabulous lunch at the Chart House (*choice of cheeseburger, coconut shrimp, chicken del mar, or blackened salmon), we head to Kimmel Center to be wowed by the Christmas Spectacular, featuring the Philly Pops Festival Chorus, Philadelphia Boys Choir, African Episcopal Church Choir, and more talent to get you in the holiday spirit. We head home after the show with a fast food stop (if needed) on the way. Depart Leader Active Life at 8:30 AM and return home at approximately 8:30 PM. Cost is \$180. Register by November 1.

We asked and you delivered! Thanks to all for your testimonials!

*Go Leader Center for Active Life! What's not to like? - Maxine O.

*Inspiring classes, the best senior center in the Nation! Mike T.

*A feeling of community! Sue P.

*Accommodating, they go the extra mile in a comforting manner! - Gary B.

*If you have to exercise, might as well enjoy it, right? Linda C.

We are really glad we joined! Sid & Cindy K.

*Look forward to sharing laughter and fun each week! Mary Lou P.

*The best think to come into my life after retirement. Sabrina P.

*I have discovered a whole new world of exercise. Bonnie R.

*Made my first year of retirement so fulfilling. Such a terrific resource! Izanne L.

**Truly a life-saver! Ginny P.

*Leader Center is an incredible asset to this community. Larry B.

*Helps keep my mom active and involved! Keep up the GREAT work. Mike D.

*A great place for socialization. Sue C.

*A day without the Leader Center is like.....honestly I have no clue! Diane D.

Thanks to all who took the time to share.....we are touched, will share more soon!

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.

Jack Bishop:
President of the Board of Directors
Melissa Weigle: Executive Director
Kim Reese: Office Coordinator
Kathy Giovanniello: Administrative Assistant

Dates to Remember

Wednesday, 9/7—Leader Learns: Brain

Fridays - 9/9 & 9/23—Friday Flix

Monday, 9/12—Lunch & Learn

Friday, 9/16—Monthly Social

Monday, 9/26—Book Club

Wednesday, 9/7—Leader Learns: Scams