

hello

SPRING

Volunteer Appreciation Lunch

Monday, April 17 @ 12:00pm

Free event for all our volunteers

Includes, but not limited to:

*Volunteer instructors, receptionists, tax aide, office work,
dining room help, volunteer presenters, crafters, etc.*



Join Rep. Tom Mehaffie for a free...

Informational Health Expo

At Leader Center for Active Life * 605 Cocoa Ave in Hershey

Thursday, April 27 from 10AM—1PM

Continental breakfast provided

Over 40 vendors with multiple screenings provided

From the Director's Desk

The benefits of volunteering cannot be overstated.

1. It's good for your mental health
2. It prevents loneliness and isolation
3. It gives you a feeling of purpose
4. It helps you meet new friends
5. It gives you and loved reconnection
6. It increases physical activity
7. It bridges the generation gap
8. It helps you engage with old interests
9. It helps you learn new skills

And the benefits of volunteering at Leader Center are even better.

1. Allows us to help more people
2. Help keep our costs down
3. Reconnect with former classmates or coworkers
4. Hugs from Carmen
5. Giving back to a worthy charity
6. Gives you a reason to get out of the house
7. Gets you laughing
8. Lots of insider info :-)
9. Hot Coffee/Cold Filtered Water

Since we have moved into our new home, our volunteers have logged over 4000 hours to the benefit of our programs and services.

If we paid them minimum wage, our volunteers have saved us over \$30,000. But we know our volunteers are worth way more, with the "value of volunteer time" number closer to \$30/hour. That's a savings of over \$100,000. So if you volunteer with us—THANK YOU. Please come celebrate with us on 4/17. And if you don't, but want to. Fill out the volunteer application on page 7.

~Melissa

April Class Underwriting

Zumba: Aura Bunn

Tap Dance: Anonymous

Pilates: Anonymous

Yoga: Anne Shadis

Chair Yoga: Diane Dohner

LaBlast: Anonymous

Chair LaBlast: Brenda Berman

Drum Fitness: Jay & Carol Carr

Bingo: Sue Nale

For info about underwriting a class, see Melissa.

Sponsor updates:

Quick shout out to all our current sponsors to thank them for their ongoing support of Leader Center for Active Life!

Gold: Country Meadows of Hershey

Silver: Traditions of Hershey

Supporting: Go Comprehensive, Fox Rehab, Drayer Physical Therapy, Orthopedic Institute of Pennsylvania, Beltone, Paramount Senior Living

If you know of a business that would benefit from sponsoring us, please have them stop by or reach out to: info@leaderactivelife.org.

Coming Events:

Wednesday, April 5—Leader Learns—2:00PM. Stroke Awareness and Prevention with Vascular Neurologist Dr. Grant Zeigler from Penn State Health.

Thursday, April 6 and 20—Living After Loss 6-part series—2:00—3:30PM.

Facilitated by Rev. Howard West, this multi session group is designed to help people recover from loss by focusing on rebuilding a more meaningful life after surviving losses.

Friday, April 7—Center Closed for Good Friday.

Wednesday, April 12—Leader Learns—2:00PM. Jay from Go Comprehensive has an impactful conversation about inflation, how to stretch IRAs, and how not to run out of money.

Friday, April 14—Friday Flix - 1:00pm. This month we will get together to watch **A Man Called Otto.**

Monday, April 17—Volunteer Appreciation Luncheon—12:00PM. Menu includes Swiss chicken with sides and dessert. **RSVP by 4/13.**

Wednesday, April 12—Leader Learns—2:00PM. Join PA Department of Banking and Securities for Fraud Bingo, a fun and interactive presentation teaching you how to protect yourself from scams and fraud. We will also celebrate National Pretzel month with some Philly Soft Pretzels.

Thursday, April 20 & Friday, April 21—AARP Smart Driver—9:00AM—1:00PM. Call the office to register.

Friday, April 21 —Monthly Social—11:30am. This month we welcome “The Gentleman of Jazz” Lee Moyer with a tribute to Broadway and Movie Songs. Country Meadows caters a meal of ranch turkey, roasted red potatoes, green bean almondine, caprese salad, and spice cake. Cost is \$12.00 and you must RSVP by Thursday, April 13.

Monday, April 24 —Book Club—2:30 PM. Tomorrow And Tomorrow And Tomorrow by Gabrielle Zevin.

Thursday, April 27—Mehaffie Health Expo—10:00AM—1:00PM

Monday, April 24 —Make your own washcloth/dishcloth at Leader Center—2:30 PM. Learn how to make crocheted washcloths/dishcloths. Bring your “J, H, or I, hooks, or hooks can be provided. All other supplies are provided. Class is free but only open to the first 15 registrants.

Friday, April 28—Tech Time—1:00pm—No topic this month, just drop by with questions.

Did you know...

With an eye toward beautification, Leader Center for Active Life will start “brightening up” this Spring. Through a partnership with Hershey Gardens, we will have planters on our patio and entrance, meticulously cared for by our beautification committee.

If you are interested in keeping our building beautiful, reach out to Kathy at kathy@leaderactivelife.org.

* denotes RSVP needed

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Monday	Tuesday	Wednesday
3 8:15 Silver Sneakers 8:30 Pilates 9:15 Strengthening w/ Sara 10:00 Stretch & Strength dvd 10:30 Line Dance 1:00 Knitting & Poker 1:30 Zumba Gold 6:00 Pilates @ CM	4 9:00 Tai Chi 9:00 Yoga 10:00 Chair Yoga 10:00 Stretch & Strength dvd 11:00 Advanced Tap 11:00 Drum Fitness 10—2 (drop in) Fiber Friends 12:00 Intermediate Bridge 12:00 Hand & Foot/Hearts 12:45 Pinochle	5 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 Zumba Gold 2:00 Leader Learns 3:15 Silver Sneakers 6:00 Pilates @ CM
10 8:15 Silver Sneakers 8:30 Pilates 9:15 Strengthening w/ Sara 10:00 Stretch & Strength dvd 10:30 Line Dance 1:00 Knitting & Poker 1:30 Zumba Gold 6:00 Pilates @ CM	11 9:00 Tai Chi 9:00 Yoga 10:00 Chair Yoga 10:00 Stretch & Strength dvd 11:00 Advanced Tap 11:00 Drum Fitness 10—2 (drop in) Fiber Friends 12:00 Intermediate Bridge 12:00 Hand & Foot/Hearts 12:45 Pinochle	12 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 Zumba Gold 2:00 Leader Learns 3:15 Silver Sneakers 6:00 Pilates @ CM
17 8:15 Silver Sneakers 8:30 Pilates 9:15 Strengthening w/ Sara 10:00 Stretch & Strength dvd *12:00 Volunteer Appreciation Lunch 1:00 Knitting & Poker 1:30 Zumba Gold 6:00 Pilates @ CM	18 9:00 Tai Chi 9:00 Yoga 10:00 Chair Yoga 10:00 Stretch & Strength dvd 10—2 (drop in) Fiber Friends *11:00 Drum Fitness 11:00 Advanced Tap 12:00 Intermediate Bridge 12:00 Hand & Foot/Hearts 12:45 Pinochle	19 Funny Girl Trip 8:30 Pilates 10:00 Stretch & Strength dvd 10:00 Beginner Line Dance 10:30 Line Dance *12:15 Drum Fitness 1:00 Bingo 1:15 Watercolor 1:30 Zumba Gold 2:00 Leader Learns 3:15 Silver Sneakers 6:00 Pilates @ CM
24 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 1:00 Knitting & Poker 1:30 Zumba Gold 2:30 Book Club 6:00 Pilates @ CM	25 9:00 Tai Chi 9:00 Yoga 10:00 Chair Yoga 10:00 Stretch & Strength dvd 10—2 (drop in) Fiber Friends 11:00 Advanced Tap *11:00 Drum Fitness 12:00 Intermediate Bridge 12:00 Hand & Foot/Hearts 12:45 Pinochle	26 8:30 Pilates 10:00 Stretch & Strength dvd 10:00 Beginner Line Dance 10:30 Line Dance *12:15 Drum Fitness 1:00 Bingo 1:15 Watercolor 1:30 Zumba Gold 3:15 Silver Sneakers 6:00 Pilates @ CM

**April
Coordinator**

Intermediate Bridge:
Brenda Erwin (717.503.9211)

Thursday	Friday
6 9:00 Yoga/Dolls 9:00 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 *2:45 Creative Craniums	7 <p style="text-align: center;">Closed for Good Friday</p>
13 9:00 Yoga/Dolls 9:00 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 12:15 Tai Chi (TIME CHANGE)	14 8:15 Silver Sneakers 8:30 Pilates 9:00 Mah Jongg 9:15 Strengthening w/ Sara 10:15 Line Dancing 1:00 Friday Flix
20 9:00 Yoga/Dolls 9:00 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	21 8:15 Silver Sneakers 8:30 Pilates 9:00 Mah Jongg 9:15 Strengthening w/ Sara *11:30 Monthly Social
27 <p style="text-align: center;">Health Expo 10—1</p>	28 8:15 Silver Sneakers 8:30 Pilates 9:00 Mah Jongg 9:15 Strengthening w/ Sara 10:15 Line Dancing 1:00 Tech Talk

welcome
April♥

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

RETIREMENT CHANGES

Inflation, risk, and medical needs have wreaked havoc on retirees over the past three years. Join Jay to get informed on how to help avoid those challenges.

GO
COMPREHENSIVE



**April 12th at 2:00pm
Leader Center**

Award Winning Senior Living



TRADITIONS of HERSHEY
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.  

Leader Travel



Travel 2023

Phillies Baseball * Wednesday, May 24

Trip includes luxury motorcoach transportation, and ticket to the game (seats located in section 145 in the outfield). Depart Leader Center for Active Life at 9:30 AM. We should have about an hour before the game to grab a bite to eat and check out the stadium. Depart for home after the game with a food stop on the way (if needed). Approximate arrival home is 6:00 pm. Cost for the trip is \$100. Reservations necessary by April 3.

Annapolis Cravings by Land and Sea Wednesday, August 16

A day of decadence in MD's Capital City, we start our day at historic London Town and Gardens, an early settlement of the South River for a sweet treat. We follow up with a motorcoach tour of historic Annapolis with a step on guide. Enjoy a warm savory treat. Next we head to the US Naval Academy to enjoy a stroll through the "Yard." Visits to the Beaux Arts building, Main Chapel, and crypt of John Paul Jones are scheduled. A quick visit to the USNA Museum prepares us for our highlight of the day, an afternoon Tea at the Naval Academy Club with finger sandwiches, scones, sweets, and beverages. We end our day with a beverage and boat cruise of Annapolis Bay, checking out the Thomas Point Lighthouse. Motorcoach departs Leader Center at 6:30AM and arrives home around 10:00PM. Cost of the trip is \$225.

Now taking reservations.

Have anywhere you want to go.....email Melissa
with your travel ideas for 2024.



Monday – Friday from 8:00am – 4:00pm.
605 Cocoa Avenue, Hershey, PA 17033
(In Derry Township Community Center)
717-533-2002

Volunteer Application

Applicant Information

Full Name: _____ Date: _____
Last First M.I.

Address: _____
Street Address Apartment/Unit #

City State ZIP Code

Phone: _____ Email _____

Interests

Please check all that interest you:

- Receptionist/Greeter: Answer phones, greet members, offer tours, light office work – 3-hour shifts
- Dining Room: set tables, serve – 3-hour shift
- Volunteer Program Leader (i.e., pickleball, walking club, book club, other _____)
- Kitchen Help: assist with meal planning, prep, clean up, dishes, etc. – 3-hour shift
- Office Work: Mailings, data entry, etc.- 3-hour shift
- People Mover (Drivers, Driving Assistants, Dispatchers) 4-hour shifts
- AARP Tax Wise (Greeters, Preparers, Reviewer – January through April Commitment) – 4–8-hour shift
- Grant Writing Travel Escort for day trips – 8+ hour shift
- Technology Help: teach use, fix devices Set-up for Events – 2-hour shift
- Presenter: topic idea _____

Other Areas of Specialization:

Stop by, call (717.533.2002) or email kathy@leaderactivelife.org for more information or to submit your application

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



605 Cocoa Ave
Hershey, PA 17033
Phone: (717) 533-2002
Www.leaderactivelife.org

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
Melissa Weigle: Executive Director
Kim Reese: Office Coordinator
Kathy Giovannello: Administrative Assistant

Dates to Remember

4/5, 4/12, & 4/19 Leader Learns

4/14 Friday Flix

4/17 Volunteer Luncheon

4/21 Monthly Social

4/24 Make a Dish Cloth

4/24 Book Club