

# Spring into action at Leader Active Life



**SATURDAY, MARCH 25TH**  
5:00-6:00PM

**LEADER CENTER FOR ACTIVE LIFE**  
605 COCOA AVE.  
HERSHEY, PA 17033

**\$25 MEMBERS**  
**\$30 NON MEMBERS**  
**\$10 VIEWING GALLERY**



Don't miss your chance to try LaBlast®, a revolutionary dance fitness program based on all the dances you see on "Dancing with the Stars" and created by Louis Van Amstel, a current, Season 31 Pro!

No partner needed and created for people of all ages and fitness levels, LaBlast® uses all genres of music and includes weight training.

LaBlast® will get you moving physically, mentally and emotionally to dances like the Jive, Salsa, Quickstep, Paso Doble, Viennese Waltz, and many more.

**INFORMATION:**  
MELISSA@LEADERACTIVELIFE.ORG  
717-533-2002

**Pysanky Egg Class**  
w/ Sue Copenhaver  
Tuesday March 21  
12:00-3:00pm



**2-3 Eggs**  
Class cost is \$35.00  
All materials provided  
Class limited, RSVP

## From the Director's Desk

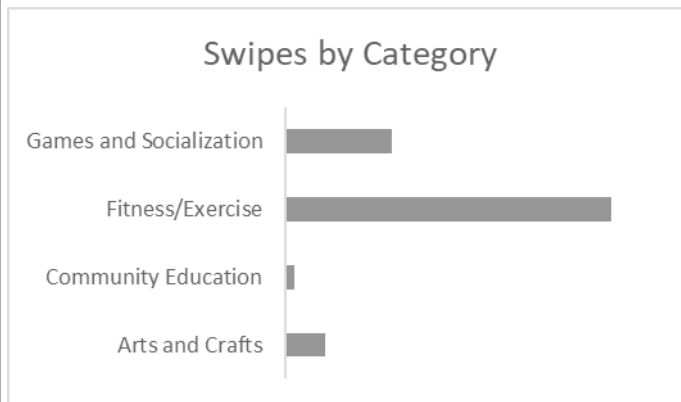
As we approach Spring, a time of growth and awakening, it's a great time to update you on our membership.

We have added 200 **new members** since our move on June 13th. This is by far the fastest membership growth we have ever experienced.

**Total Members** as of February 17 is 775. Check out the age breakdown:



Our fitness offerings continue to be our most attended, but we are seeing the most growth in our games and crafts.



Check out the newsletter for more opportunities for all program types. And feel free to share your thoughts on what more we could be offering. My door is open.

*~Melissa*

## March Class Underwriting

Zumba: Aura Bunn

Tap Dance: Anonymous

Pilates: Anonymous

Yoga: Anne Shadis

Chair Yoga: in memory of Mary  
Crossett

LaBlast: Brenda Berman

Chair LaBlast: Diane Dohner

Drum Fitness: Brenda Berman

Bingo: Sue Nale

For info about underwriting a  
class, see Melissa.

## Program Change Alert:

**Drum Fitness starting March 15** Due to scheduling conflicts, we will be changing our second Drum Fitness Class. Starting the week of March 13, Drum Fitness will meet:

**Tues. at 11:00AM and Weds at 12:15PM**  
Pre-registration is still required and can be done the week prior either online or in person. Email Melissa for online link at [melissa@leaderativelife.org](mailto:melissa@leaderativelife.org).

## Inclement Weather

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

You may also call the center (717-533-2002) and listen to message after 7:30AM.

## Coming Events:

**Thursday, March 2—Living After Loss 6-part series—1:30—3:00PM.**

**Friday, March 3—Tech Time—1:00pm—**this month Kim covers **Facetime** on iPhone/iPad. Stay after to get one on one help with your device.

**Thursday, March 9—Medicare 101—8:30-11:00AM.** See details on page 6.

**Friday, March 10—Friday Flix - 1:00pm.** This month we will get together to watch *Whitney Houston: I Wanna Dance with Somebody*, a triumphant celebration of her untold story of the complex woman behind the voice.

**Thursday, March 16—AARP Smart Driver 4-Hour Refresher Class. 11:30AM—3:30PM.** Call the office to register.

**Friday, March 17 —Monthly Social—11:30am.** This month we welcome The Tanya and Marge Variety Show. Country Meadows caters a meal of corned beef, parleyed red potatoes, cabbage, pasta salad, and chocolate cake. Cost is \$12.00 and you must RSVP by Friday, March 10 (note earlier requirements for RSVP).

**Monday, March 20—Treats in the Lobby to with Traditions of Hershey—9:00—11:00AM.** Celebrate the first day of Spring with some breakfast goodies courtesy of our new sponsor, Traditions of Hershey.

**Tuesday, March 21—Pysanky Egg Class 12:00—3:00PM.** See details on front page. Limited to 8 spots—RSVP today.

**Monday, March 27 —Book Club—2:30 PM. Lessons in Chemistry** by Bonnie Garmus.

**Wednesday, March 29—Leader Learns—2:00PM.** Get acquainted with container gardening and help beautify the Leader Center. Learn from a Master Gardener from the Hershey Gardens about the concept of planting, dead heading for a prolific display and soil and plants for a variety of sun and shade locations. The containers will be displayed on our Patio.

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

### **CREATIVE CRANIUMS! A FUN WAY TO EXERCISE YOUR BRAIN!**

Creative Craniums is a class to promote brain health in an entertaining and engaging 4-week workshop. Enjoy facilitator led charades, interpretive dancing, improv comedy, and more. Exercise one of your most important body parts: YOUR BRAIN! No experience needed. Just bring yourself and an outgoing attitude. Taught by Dr. Greg Brown, someone who is passionate about helping people thrive as they age. His research is funded by the National Institute of Aging to identify brain network changes in cognitive decline. He packages cutting-edge principles of brain health into an amusing hour-long session to improve cognitive flexibility and emotional awareness.

**Held Thursdays:**

**March 16, 23, 30 & April 6**

**2:45—3:45 pm at Leader Center!**

**Space is limited—Sign up TODAY!**

\* denotes RSVP needed

M  
A  
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C  
H

Monday	Tuesday	Wednesday
<p><i>Save the Date</i></p> <p><i>We will be honoring our trusted volunteers on Monday, April 17 with an Appreciation Luncheon</i></p> <p><i>Details next month, but please save the date if you are a Leader Active Life Volunteer.</i></p>		<p><b>1</b></p> <p>8:30 Pilates 10:00 Stretch &amp; Strength dvd 10:00 Beginner Line Dance 10:30 Line Dance 1:00 Bingo 1:15 Watercolor 1:30 Zumba Gold 3:15 Silver Sneakers 6:00 Pilates @ CM</p>
<p><b>6</b></p> <p>8:15 Silver Sneakers 8:30 Pilates 9:15 Strengthening w/ Sara 10:00 Stretch &amp; Strength dvd 10:30 Line Dance 1:00 Knitting &amp; Poker 1:30 Zumba Gold 6:00 Pilates @ CM</p>	<p><b>7</b></p> <p>9:00 Tai Chi 9:00 Yoga 10:00 Chair Yoga 10:00 Stretch &amp; Strength dvd 11:00 Advanced Tap 10—2 (drop in) Fiber Friends 12:00 Intermediate Bridge 12:00 Hand &amp; Foot/Hearts 12:45 Pinochle</p>	<p><b>8</b></p> <p>8:30 Pilates 10:00 Stretch &amp; Strength dvd 10:00 Beginner Line Dance 10:30 Line Dance 1:00 Bingo 1:15 Watercolor 1:30 Zumba Gold 3:15 Silver Sneakers 6:00 Pilates @ CM</p>
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<p><b>20</b></p> <p><b>Lobby Treats 9-11</b> 8:15 Silver Sneakers 8:30 Pilates 9:15 Strengthening w/ Sara 10:00 Stretch &amp; Strength dvd 10:30 Line Dance 1:00 Knitting &amp; Poker 1:30 Zumba Gold 6:00 Pilates @ CM</p>	<p><b>21</b></p> <p>9:00 Tai Chi 9:00 Yoga 10:00 Chair Yoga 10:00 Stretch &amp; Strength dvd 10—2 (drop in) Fiber Friends 11:00 Advanced Tap *11:00 Drum Fitness <b>*12-3 Pysanky Egg Class</b> 12:00 Intermediate Bridge 12:00 Hand &amp; Foot/Hearts 12:45 Pinochle</p>	<p><b>22</b></p> <p>8:30 Pilates 10:00 Stretch &amp; 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</p>
<p><b>27</b></p> <p>8:15 Silver Sneakers 8:30 Pilates 9:00 Board Meeting 9:15 Strengthening w/ Sara 10:00 Stretch &amp; Strength dvd 10:30 Line Dance 1:00 Knitting &amp; Poker 1:30 Zumba Gold 2:30 Book Club 6:00 Pilates @ CM</p>	<p><b>28</b></p> <p>9:00 Tai Chi 9:00 Yoga 10:00 Chair Yoga 10:00 Stretch &amp; Strength dvd 11:00 Advanced Tap *11:00 Drum Fitness 10—2 (drop in) Fiber Friends 12:00 Intermediate Bridge 12:00 Hand &amp; Foot/Hearts 12:45 Pinochle</p>	<p><b>29</b></p> <p>8:30 Pilates 10:00 Stretch &amp; 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 Gardening 3:15 Silver Sneakers 6:00 Pilates @ CM</p>

Thursday	Friday
<b>2</b> 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 11:30 Hand & Foot Cards 12:30 Scrabble 12:45 Pinochle 1:00 Tai Chi	<b>3</b> 8:15 Silver Sneakers 8:30 Pilates 9:00 Mah Jongg 9:15 Strengthening w/ Sara 10:15 Line Dancing 1:00 Tech Talk
<b>9</b> 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 11:30 Hand & Foot Cards 12:30 Scrabble 12:45 Pinochle 12:15 Tai Chi (TIME CHANGE)	<b>10</b> 8:15 Silver Sneakers 8:30 Pilates 9:00 Mah Jongg 9:15 Strengthening w/ Sara 10:15 Line Dancing 1:00 Friday Flix
<b>16</b> 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 11:30 Hand & Foot Cards 12:30 Scrabble 12:45 Pinochle 1:00 Tai Chi *2:45 Creative Craniums	<b>17</b> 8:15 Silver Sneakers 8:30 Pilates 9:00 Mah Jongg 9:15 Strengthening w/ Sara <b>*11:30 Monthly Social</b>
<b>23</b> 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 11:30 Hand & Foot Cards 12:30 Scrabble 12:45 Pinochle 1:00 Tai Chi *2:45 Creative Craniums	<b>24</b> 8:15 Silver Sneakers 8:30 Pilates 9:00 Mah Jongg 9:15 Strengthening w/ Sara 10:15 Line Dancing
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*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](http://CountryMeadows.com)



**March**  
**Coordinator**

**Intermediate Bridge:**

Audrey Snyder (717-269-4859)

Welcome to our new sponsor...  
Traditions of Hershey

*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.traditionsofhersey.com](http://www.traditionsofhersey.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.

## AARP Free Tax Assistance is back!

Call Leader Center to schedule your free AARP Tax-Aide Appointment. This will be a **low contact** method of completing tax returns. Detailed information will be mailed after you schedule an appointment.

Appointments are available Mondays, Wednesdays, and Fridays starting in February. Call 717-533-2002.

## Medicare 101

Are you new to Medicare?  
Do you have unanswered questions about Medicare?

Dauphin County PA Medi will be conducting an educational presentation at Leader Center for Active Life on the following dates:

March 9 at 9:00AM

May 11 @ 9:00AM

September 14 at 9:00AM

This seminar covers the basics of Medicare Parts A, B, C & D, comparisons between Medicare Advantage and Medicare Supplement Plans and programs available to save money!

PA MEDI is a State Health Insurance Assistance Program which provides free Medicare counseling, specifically trained to answer questions and provide objective, easy to understand information about Medicare options.

Questions? Contact Shannon Vallier at 717-780-6147 or [svallier@dauphincounty.gov](mailto:svallier@dauphincounty.gov)

# Living After Loss

## A group for caring people recovering from loss

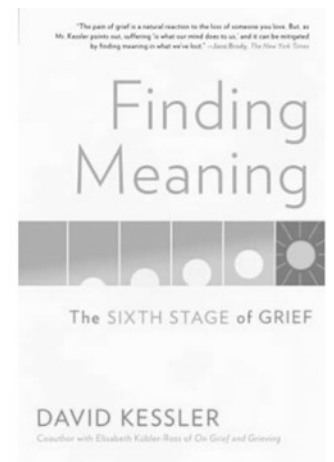
Leader Center for Active Life

1:30-3:00PM

March 2 & 23 \* April 6 & 20 \* May 4 & 18

A wise person once said, "When I started living in the solution my problems took care of themselves." **Living After Loss** is a six session group designed to help people recover from

loss by focusing on rebuilding a more meaningful life after surviving losses. After a quick review of Elizabeth Kubler-Ross' well known Five Stages of Grief the group will focus on "finding meaning" as it is addressed in David Kessler's best-selling book "Finding Meaning, The Sixth Stage of Grief."



While working through painful emotions is a necessary part of recovery, people often overlook the need to make life bigger- more love, more spirituality, more friends, more meaningful activities- to reduce the impact of pain due to loss. Although this group will also address faith and spirituality issues in grief recovery it is not a religiously affiliated group, does not prescribe any specific theological position and each member is encouraged to define their own spiritual beliefs while respecting others.

*Group facilitator: Rev. Howard West, M.Ed., M.Div. is a trained counselor and ordained Presbyterian minister who is Executive Director of Spiritual Life at Country Meadows Retirement Communities. Howard has over 20 years of experience working with elder care, death/dying, bereavement and grief recovery.*

**Space is limited, reserve your spot today!**

# Leader Travel



## Travel 2023

### **Funny Girl on Broadway \* Wednesday, April 19**

This bittersweet comedy is the story of indomitable Fanny Brice, a girl from the Lower East Side who dreamed of a life on the stage. We will dine at Gossip in Hells Kitchen. Your lunch choice is: Salmon, Chicken Marsala, Shepherds Pie, or Vegetarian. We will depart Leader Center at 7:30 AM and will return around 9:00 PM. Trip includes motorcoach transport, lunch, and show tickets. Cost for trip is \$250. Our shows have been selling out quickly—don't delay in registering.

### **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.

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



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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 Giovanniello:** Administrative Assistant

### Dates to Remember

3/3/Tech Time

3/10 Friday Flix

3/17 Monthly Social

3/21 Pysanky Egg Class

3/25 LaBlast with Louis Van Amsel

3/29 Leader Learns Gardening