

# HAPPY NATIONAL SENIOR CENTER MONTH!

This year's theme is "Discover Yours". Let LCAL help you discover YOUR path to aging well!

Here at Leader Center, you will DISCOVER....



- ⇒ new activities and hobbies (it's never too late to try something new!)
- ⇒ personal growth and self-improvement
- ⇒ an inclusive environment
- ⇒ encouragement
- ⇒ meaningful opportunities
- ⇒ conversation & connection

## DISCOVER the PA Department of Aging's NEW 10-year Master Plan for Older Adults

Leader Center has been chosen as one of the sites for "Listening Sessions" being held throughout the Commonwealth. Join us on September 14 at 1:00 as the Dauphin County Commissioners and the Director of the Area Agency on Aging present an overview of the plan, with its focus on AARP's "8 Domains of Livability for Age-Friendly Communities". Bring your questions and your feedback. The final version of the plan ultimately will reflect the ideas of those who attend the sessions and share input!



Check out the National Council on Aging, at [www.ncoa.org](http://www.ncoa.org), for more National Senior Month info!

From the (New!) Director's Desk:

**Happy National Senior Center Month!** September marks my second month here—and while there still are plenty of questions I cannot fully answer and lots of names for me to match with faces, one thing I know for sure is that I am thrilled and proud to be a part of Leader Center for Active Life (LCAL)! With our dynamic, varied programming and our engaged, enthusiastic members, LCAL exemplifies the tremendous potential senior centers hold for a community. Thank you, members, volunteers, and staff, for your commitment to making our center great and also for the warm welcome you have extended me in recent weeks. I look forward to continuing to get to know each of you better and to working together to help ensure that LCAL remains a strong and successful example of the very best senior centers have to offer.

*Annamarie*

## Leader Center for Active Life Annual Cash Raffle

Drawing at the October Social, 10/20/23

**Each member will receive 10 tickets. Please consider selling or buying yours! All proceeds support programming.**

Pick up your ticket packet in the lobby by Sept. 15. Any packets not picked up will be mailed.

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**Ticket Price: \$1 Each**

**Prizes Awarded:**

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

## **Coming Events:**

**Friday, September 1—Tech Talk—1:00PM**—Our skillful “resident photographer” Kim provides tips for using the Photos app on the iPhone/iPad.

**Thursday, September 7 and Thursday, September 21—Living After Loss Support Group—2:00PM**—Join Rev. Howard West, Chaplain at Country Meadows of Hershey.

**Friday, September 8—Hot Dogs on the Patio—11:30PM**—Stop in for lunch anytime between 11:30 and 1:00 to help say good-bye to summer!

**Friday, September 8—Friday Flix—1:00PM—*Brooklyn***—Film based on the novel by Colm Tóibín, set in Brooklyn and Ireland in the early 1950s and telling the story of one young woman’s journey across the ocean to make a new life for herself.

**Monday, September 11—Lifestretch—11:00-11:45AM**—Try out a NEW class with certified instructor Deb Trega! This flexibility/stretching/easy movement class is mostly done in a chair. Classes will run Mondays and Wednesdays though 10/18/23.

**Wednesday, September 13—Leader Learns—2:00PM**—Dan Kaye joins us to talk about devices that can make your home “smart,” like the Alexa.

**Thursday, September 14—Medicare 101-9:00-11:00AM**—See page 6 for details.

**Thursday, September 14—State Plan on Aging Listening Session—1:00PM**—Come learn and about the state’s 10-Year Plan for Older Adults and share your feedback. See newsletter cover for details. Non-members welcome.

**Friday, September 15 — Monthly Social —11:30AM**—Country Meadows will cater a meal of bacon-wrapped pork tenderloin, loaded mashed potatoes, mint peas, creamy cucumber salad, and apple pie. After lunch, the Pettets, a mother/daughter duo whose careers span Broadway, film, radio and television, will provide musical entertainment including nostalgic and upbeat favorites. Cost is \$12.00 and an RSVP is required by Thursday, September 7.

**Wednesday, September 20—Leader Learns—2:00PM**—The only thing that should be falling in Autumn are the leaves! “Keeping Up Our Favorite Outdoor Activities Without the Fear of Falling” will be presented by Tara Marshall, Regional Director of FOX Rehabilitation, sponsored by Paramount Senior Living at Lancaster County.

**Thursday, September 21—AARP Smart Driver 4-Hr. Refresher—8:45AM-1:00PM**—Call the office to register.

**Friday, September 22—Tie-Dyeing—10:30 AM to 12:30**—Bring a favorite t-shirt to tie-dye or purchase a LCAL t-shirt for \$12 and give it you own unique, tie-dyed style!


**Monday, September 25—Book Club—2:30 PM—*Small Mercies* by Dennis Lehane**

**Wednesday, September 27—Zentangle Pumpkin—1:00PM**—Come make a beautiful, stylish pumpkin for Fall! Attendance is capped at 15; RSVP to reserve your spot. Cost is \$15 per person.

**Friday, September 29—Rock Painting with Kim—1:00PM**—Use paints and temporary tattoos to turn ordinary rocks into lasting treasures. Supplies included. Beginners welcome!

\* denotes RSVP needed

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	Monday	Tuesday	Wednesday
	<p><b>SCHEDULING CHANGE:</b> Please note that Drum Fitness will be offered Tuesdays from 11:00 to 11:45 PM and Wednesdays from 12:15 to 1:00 PM.</p> <p>Pre-register for class. One Drum Fitness class per participant per week, please, as we want everyone who wants to try this class to have the opportunity. Thank you!</p>	<p><b>September Coordinator</b></p> <p><b>Intermediate Bridge:</b></p> <p><b>Nancy Fuschetti, 717-838-2250</b></p>	
	<p><b>4</b> <b>CLOSED!</b></p> 	<p><b>5</b> 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 &amp; Friends NO DRUM FITNESS! 12:00 Intermediate Bridge 12:00 Hand &amp; Foot 12:45 Pinochle</p>	<p><b>6</b> 8:30 Pilates 10:00 Stretch &amp; Strength dvd 10:00 Beginner Line Dance 10:30 Line Dance NO DRUM FITNESS! 1:00 Bingo 1:15 Watercolor 1:30 Zumba Gold 3:15 Silver Sneakers 6:00 Pilates @ CM</p>
	<p><b>11</b> 8:15 Silver Sneakers 8:30 Pilates 9:15 Strengthening w/ Sara 10:00 Stretch &amp; Strength dvd 10:30 Line Dance 11:00 Lifestretch 1:00 Knitting 1:00 Poker 1:00 Beginner Mah Jongg 1:30 Zumba Gold 6:00 Pilates @ CM</p>	<p><b>12</b> 9:00 Tai Chi 9:00 Yoga 10:00 Chair Yoga 10:00 Stretch &amp; Strength dvd 10—2 (drop in) Fiber &amp; Friends *11:00 Drum Fitness 11:00 Advanced Tap 12:00 Intermediate Bridge 12:00 Hand &amp; Foot 12:45 Pinochle</p>	<p><b>13</b> 8:30 Pilates 10:00 Stretch &amp; Strength dvd 10:00 Beginner Line Dance 10:30 Line Dance 11:00 Lifestretch *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</p>
	<p><b>18</b> 8:15 Silver Sneakers 8:30 Pilates 9:15 Strengthening w/ Sara 10:00 Stretch &amp; Strength dvd 10:30 Line Dance 11:00 Lifestretch 1:00 Knitting 1:00 Poker 1:00 Beginner Mah Jongg 1:30 Zumba Gold 2:30 Book Club 6:00 Pilates @ CM</p>	<p><b>19</b> 9:00 Tai Chi 9:00 Yoga 10:00 Chair Yoga 10:00 Stretch &amp; Strength dvd 10—2 (drop in) Fiber &amp; Friends *11:00 Drum Fitness 11:00 Advanced Tap 12:00 Intermediate Bridge 12:00 Hand &amp; Foot 12:45 Pinochle</p>	<p><b>20</b> 8:30 Pilates 10:00 Stretch &amp; Strength dvd 10:00 Beginner Line Dance 10:30 Line Dance 11:00 Lifestretch *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</p>
	<p><b>25</b> 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 11:00 Lifestretch 1:00 Knitting, Poker, Beginner Mah Jongg 1:30 Zumba Gold 2:30 Book Club 6:00 Pilates @ CM</p>	<p><b>26</b> 9:00 Tai Chi 9:00 Yoga 10:00 Chair Yoga 10:00 Stretch &amp; Strength dvd 10—2 (drop in) Fiber &amp; Friends 11:00 Advanced Tap *11:00 Drum Fitness 12:00 Intermediate Bridge 12:00 Hand &amp; Foot 12:45 Pinochle</p>	<p><b>27</b> 8:30 Pilates 10:00 Stretch &amp; Strength dvd 10:00 Beginner Line Dance 10:30 Line Dance 11:00 Lifestretch *12:15 Drum Fitness 1:00 Bingo *1:00 Zentangle Pumpkin 1:15 Watercolor 1:30 Zumba Gold 3:15 Silver Sneakers 6:00 Pilates @ CM</p>

Thursday	Friday
	<b>1</b> 8:15 Silver Sneakers NO 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 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 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 11:30 Hot Dogs on the Patio 1:00 Friday Flix
<b>14</b> 9:00 Medicare 101 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 Listening Session DCAAA (NO 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> *8:45 AARP Smart Drivers 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>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 10:30 Tie-Dyeing 12:00 Intermediate Bridge
<b>28</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 12:00 Hand & Foot Cards 12:30 Scrabble 12:45 Pinochle 1:00 Tai Chi	<b>29</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 Rock Painting w/ Kim

*Life is good...* when you can spend time with family and friends, when there's always plenty to do and when delicious professionally prepared



...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**

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.



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## September Class Underwriting

Zumba: Arunthathy Sivarajah

Pilates: Sally Kurtz

Tap: Lynne Leis

Yoga: Anne Shadis

LaBlast: Brenda Berman

Chair LaBlast: Diane Dohner

Drum Fitness: Pamra Bowser

Interested in underwriting the cost of a class? We accept donations each month. \$300 covers the cost per class per month-but every little bit helps! Thanks for your support!



Our two remaining 2023 trips are full with wait-lists! See you in 2024 for more great travel adventures!

## Pickleball Tournament Thanks



Thank you to everyone who played in and supported the Hershey Open Pickleball Tournament on July 29/30. We raised \$14,400 to support the programs and operations of Leader Center! We never could have pulled it off without the help and generosity of our sponsors and numerous volunteers.

*We appreciate you!*

## Medicare 101 at Leader Active Life

September 14 at 9:00 AM

This seminar will 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.

Questions or to reserve your space, contact Shannon Vallier, PA MEDI local coordinator at 717.780.6147 or [svallier@dauphincounty.gov](mailto:svallier@dauphincounty.gov).

## Living After Loss Support Group 1st & 3rd Thursdays at 2:00PM

Living After Loss is a program designed to help people recover from loss by focusing on re-building a more meaningful life after surviving loss.

Group facilitator Reverend Howard West, M.Ed., M.Div. is a trained counselor and ordained Presbyterian minister. West also serves as Executive Director of Spiritual Life at Country Meadows Retirement Communities.

Open to members and non-members.

RSVP to Kris or Meghan at 717-533-6996

[kparmer@countrymeadows.com](mailto:kparmer@countrymeadows.com)

[mbuehler@countrymeadows.com](mailto:mbuehler@countrymeadows.com)

# Ryan the Bug Man & “Mother Nature’s Miracles”

## Presented by Country Meadows’ 459 Club

This program will offer a quick look at insect relatives, such as scorpions and spiders! Discussion on ecology and importance of insects, followed by defense strategies and life cycle will lead to some incredible displays of world-wide insects, many of which are the largest species in the world.

*Are YOU brave enough to pet or hold live bugs?*

**Where: Country Meadows of Hershey  
459 Sand Hill Road**

**When: Thursday, September 14; 1:30-3:00 PM**

**RSVP to Kris at 717-533-6996**

### Did You Know?....

- Some of our members have allergies to heavy perfumes or strongly-scented lotions—they appreciate everyone’s help in keeping these to a minimum!
- We try to inform members of activity changes/cancellations with as much notice as we can. Whenever possible, you will learn about a change from your instructor or facilitator. Other places you’ll find notifications include our Facebook page and your email.
- We appreciate your feedback! Look for the blue “Comments” box in the lobby to share suggestions and reflections easily!

### LCAL’S CENTENARIAN CLUB



From your LCAL friends, **Happy 104th Birthday** on Sept. 27, **Carmen Chango!**

Are you turning 100? Be sure to let us know so that we can welcome you into this special club! No dues or fees involved—just lots of good wishes as you reach an incredible milestone (and the years that follow)!

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  
Annamarie Fazzolari, Executive Director  
Kim Reese, Office Coordinator  
Kathy Giovanniello, Administrative Assistant

### Programs to Remember

Friday, Sept 8—Hot Dogs on the Patio

Wednesdays, Sept 13&20—Leader Learns

Thursday, Sept 14—Medicare 101

Thurs, Sept 14—State Listening Session

Friday, Sept 15—Social

Friday, Sept 22-Tye-Dyeing