

In this Season of Giving...

Qualified Charitable Distribution (QCD)

If you've reached the required age, you are eligible to make a QCD from an IRA.

Send your RMD's our way!

Cash, Checks, or Credit Cards

Make your tax deductible gift now to:

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

Stocks and Securities

We accept donation of commonly held, publicly traded, or highly appreciated stocks from your brokerage account.

Planned Giving

Leave your legacy with a charitable contribution either during your life or after passing. Gifts may include: stocks; life insurance; real estate; personal property such as bequests, retirement assets, life insurance, charitable gift annuities, and charitable remainder trusts.

**Thank You for Remembering
Leader Active Life**

From the Director's Desk

Welcome to the holiday season at LCAL! Of course, given our usual hustle and bustle and high spirits, it often feels like the holidays around here! But this month, we'll feature some special opportunities for activity and fun, including a member open house on December 19th—at which we hopefully will see YOU!

Just as we strive to be a “one stop shop” for members' fitness and wellness needs, we also are a great place for gifts! Drop in to purchase “Leader Loot” in increments of \$10; members can use it for any activity for which there's a fee, from trips to cooking class to crafting sessions. Or, keep in mind that a gift certificate for Center membership can be the perfect gift for a loved one who is recently retired or looking to get active and make friends. Membership is a gift that keeps on giving!

And speaking of giving.... We simply cannot put into words how much we appreciate the outpouring of generosity we experience here. During the holidays and always, we thank our instructors, volunteers, Board, benefactors, donors and sponsors, Dauphin County Aging, Derry Township Parks & Rec, and last but never least, YOU—our incredibly supportive, highly contributory members. Each of you brings something only you can bring. Together, you make this center the special, unique place it has been for decades—and will continue to be in 2024 and beyond.

From the three of us to all of you, our wishes for a holiday season full of good moments, good health, and good cheer -

Annamarie, Kathy, & Kim

SAVE THE DATES

Psychic Gallery
Fundraiser with Bill
Stillman on Sunday,
January 28, at
LCAL. Tickets on
sale in December!

AARP Tax Prep Help
for Seniors will be
available at LCAL
Feb.-April! We will
start taking appoint-
ments in January.

Did you know...

We are still collect-
ing for various
other non-profits in
December. Look for
boxes in our lobby
for children's gifts
and cold weather
items. There's also
a basket at the re-
ceptionist's desk
for any type of
used eyewear.
Thank you for the
overwhelmingly gen-
erous response!

Thank you to everyone who supported our
2023 HOLIDAY SALE by donating handmade goods or
stopping in to shop—or both!

We made **\$1800** to benefit LCAL. **WOW!**
And it was great fun to see so much
member talent on full display!

All members are invited to donate their handmade wares any
time we hold a sale. Please be on the lookout for future sales.
We appreciate your generosity.

MEMBER QUOTE

*“After I retired, I
joined Leader
Center. It was the
best thing I could
have done for my-
self. I didn't ex-
pect to feel this
way, but these
have been some
of the best days of
my life.”*

Coming Events:

Monday, December 4—Leader Lunch & Learn—Noon. It's that time of year again: Beltone's annual lunch presentation! This year's topics include: your hearing health; symptoms of hearing loss; insurance plan coverage of hearing aids; and over-the-counter hearing aids. Lunch provided by Beltone will be pizza and salad. RSVP by 12/3/23.

Tuesday, December 5—Leader Cooks (Candy)—12:30-3:00PM. Join LCAL member Marsha Major as she demonstrates in our kitchen how to make clear toy candies (plus, you will get to take some home)! Space is limited to 14; call today to reserve your spot. \$15 fee.

Tuesday, December 5—Leader Crafts—1:00PM. LCAL member Xavia Sheffield leads us in making adorable clothespin trees, just in time for the holidays! Participants will make up to three trees. Supplies will be provided (but bring a hot glue gun if you have one!). Sign up by 12/4/23. Class fee is \$7.

Thursday, December 7—Leader Crafts—Noon-3:30PM. LCAL member Sue Copenhaver joins us again to teach us how to make lovely Pysanky eggs. Each participant will make eggs to take home. Seating is limited so call today to reserve your spot. Class fee is \$30.

Friday, December 8—Friday Flix (Movie)—1:00PM. *Meet Me in St. Louis.* 1944 romantic musical comedy set on the cusp of the 1904 St. Louis World's Fair, in which four sisters (including Judy Garland) learn about life and how love conquers all.

Tuesday, December 12—Leader Crafts—1:00PM. Did you admire those cute patterned pumpkins that decorated LCAL this Fall and wish you had made your own “zentangle” creation? Now you have another chance! Member Karen Holliman will help us make paper zentangle holiday ornaments. Sign up by 12/11/23.

Thursday, December 14—Beltone Clean & Screen—9:00AM-3:00PM. Call Leader Center by 12/13/23 to sign up for a 15-minute appointment with Beltone to have your hearing aids cleaned and/or receive a hearing screening.

Friday, December 15—Monthly Social—11:30AM. Country Meadows caters a delicious meal of baked ham, candied sweet potatoes, baked corn custard, carrot, pineapple and raisin salad, and chocolate layer cake. We will be entertained by the Lower Dauphin High School Choir. Cost is \$12.00 and you must RSVP by Thursday, 12/7/23.


Monday, December 18—Book Club with Kathy G.—2:30PM. *Remarkably Bright Creatures* by Shelby Van Pelt.


Tuesday, December 19—“Coffee, Cocoa, & Cookies”—1:00-3:00PM. Please see p. 6 for more details! All LCAL members welcome! Drop in anytime between 1:00 and 3:00PM.



* denotes RSVP needed

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Monday	Tuesday	Wednesday
<p>December Intermediate Bridge Coordinator: Donna Friedrich 717-838-8286</p>		
<p>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 *12:00 Leader Lunch & Learn 1:00 Knitting 1:00 Poker 1:00 Beginner Mah Jongg 1:30 Zumba Gold 6:00 Pilates @ CM</p>	<p>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 *12:30 Leader Cooks 12:45 Pinochle *1:00 Leader Crafts</p>	<p>6 8:30 Pilates 10:00 Stretch & Strength dvd NO Beginner Line Dance! 10:30 Line Dance 11:00 Lifestretch 12:30 Leader Crafts 1:00 Bingo 1:15 Watercolor 1:30 Zumba Gold 3:15 Silver Sneakers 6:00 Pilates @ CM</p>
<p>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 2:30 Book Club 6:00 Pilates @ CM</p>	<p>12 9:00 Tai Chi 9:00 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 Crafts</p>	<p>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</p>
<p>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 2:30 Book Club 6:00 Pilates @ CM</p>	<p>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 Member Open House (until 3:00PM)</p>	<p>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</p>
<p>25</p> <p>Leader Center for Active Life will be closed Monday, December 25 - Monday, January 1. We will reopen on Tuesday, January 2.</p>		

Thursday	Friday
	1 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 12:00-3:00 Int Bridge NO Tech Talk!
7 9:00 Yoga 9:00 Dolls 9:00 Chair LaBlast 10:00 Stretch & Strength dvd 11:00 Leader Cooks 11:00 Beginner Tap 11:00 Beach(ball) Volleyball 12:00 Hand & Foot Cards *12:00 Leader Crafts 12:30 Scrabble 12:45 Pinochle 1:00 Tai Chi 2:00 Living After Loss SG	8 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
14 9:00 Yoga 9:00 Dolls *9:00 Beltone's "Clean & Screen" Day (until 3:00PM) 10:00 Stretch & Strength dvd 11:00 Beginner Tap 11:00 Beach(ball) Volleyball 12:00 Hand & Foot Cards 12:15 Tai Chi 12:30 Scrabble 12:45 Pinochle	15 8:15 Silver Sneakers 8:30 Pilates 9:00 Mah Jongg 9:15 Strengthening w/ Sara 10:00 Stretch & Strength dvd *11:30 Monthly Social
21 9:00 Yoga 9:00 Dolls 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	22 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
28 	29

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

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Restorative Care

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

CountryMeadows.com




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Symphony**

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of Musical Excellence*

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HersheySymphony.org

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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.



A decorative border of grapevines with leaves and clusters of grapes surrounds the text. The vines are black and white, with leaves and grape clusters scattered throughout.

*All Leader Center members
are cordially invited....*

“Coffee, Cocoa, & Cookies”

**Tuesday, December 19
Stop in between 1:00 and 3:00 PM**

Join us for a casual afternoon of fellowship and festivity. Bring a (disposable) plate of your favorite cookie or treat to share with other members!

Also, Leader Center “elves” will offer free gift-wrapping help! Bring up to five gifts to have wrapped during your visit.

We hope to see you!

COUNTRY MEADOWS 459 CLUB PRESENTS—

HOLIDAY BINGO SOCIAL!

Thursday, December 14
1:30 to 2:30 PM
459 Sand Hill Road, Hershey

RSVP BY DECEMBER 5
to Kris or Shannon:
717-533-6996



Inclement Weather Updates

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

You also can call Leader Center (717-533-2002) and listen to an update message after 7:30AM.

December Class Underwriting

Zumba: Anonymous

Pilates: Deb Trayer

Tap: Brenda Berman

Yoga: Nancy Spiker & Don Lander

Thank you, all!

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! Your financial support goes a long way!

Medicare Annual Open Enrollment ends Dec 7!

Medicare Open Enrollment Event
at Leader Center
Friday, December 1,
9:00am-2:00pm

To make an appointment:
Call PA MEDI, Dauphin County
717-780-6130

Sponsored by Dauphin County AAA

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

12/1—PA MEDI Clinic

12/4—Lunch & Learn w/ Beltone

12/5—Leader Cooks (Candy)

12/5, 12/7, 12/12—Leader Crafts

12/15—Monthly Social

12/19—”Coffee, Cocoa, & Cookies”