



Find Local Help

TRANSPORTATION

CAT (Dauphin): 717-232-5657

COLT (Lebanon): 717-274-3514

People Movers (Derry): 717-533-3642

MEALS

Meals on Wheels Dauphin County:
717-780-6130

Meals on Wheels Lebanon County:
717-273-9262

SNAP: 1-800-692-7462

Hershey Food Bank: 717-520-3143

UTILITIES

LiHEAP: 1-866-857-7095

Weatherization Assistance Program:
1-866-466-3972

*See LCAL staff with questions or for
more info. We are here to help.*

Ways to Give

LCAL is helping local charities! Look for these collection bins in our lobby this holiday season:

- NEW TOYS, unwrapped, for children enrolled in Cocoa Packs. Shop off the organization's Amazon wishlist at: www.cocoapacks.org/presents.
- USED EYEGLASSES for West Hanover Lions Club. Any glasses are helpful: prescription glasses, reading glasses, sunglasses, etc.
- GENTLY USED COATS and BLANKETS for the Helping the Harrisburg Family organization.

From the Director's Desk

Can expressing gratitude positively affect your health? According to the majority of studies, the answer is "YES"! Gratitude, the appreciation of what is meaningful and valuable to oneself, is commonly associated with an individual's overall sense of well-being. Many studies show that feeling grateful can have positive health benefits such as boosting mood and immunity, decreasing depression and anxiety, and combating chronic pain and disease. But can feeling grateful be "easier said than done"? Again, "YES!" Perhaps many of us experience gratitude more effortlessly at this time of year - November is devoted to "thanks," after all! - but for anyone looking to maintain the mindset through the year, experts do offer tips.... One suggestion is to begin each day by reflecting on a person who inspires gratitude in you. Then, if time permits, express your appreciation to that person in some small way, like with a note, text, or call (or even just say it aloud, into the air!). Another idea is to practice making lists of things for which you are grateful. Lists can be reflected on internally or written in a journal; bedtime is a nice time for this activity. And health experts tell us to remember that when it comes to practicing gratitude, the benefit of *routine* can be similar to the benefit of regular physical exercise: behavior can change biology!

Topping my own current "gratitude list" is all you members, Leader Center for Active Life, and everyone who supports this fabulous place!

Annamarie

Class Updates:

Lifestretch is back on the calendar in November! Instructor Deb Tregua will lead the mostly chair-based stretching class on Mondays and Wednesdays at 11:00 AM.

Chair LaBlast is back on the schedule for November, with the exception of November 16th and 23rd,

NEW ACTIVITY ALERT!

We have a new offering this month called PHILOSOPHERS' ROUNDTABLE. Be sure to see "Coming Events" on p. 3 for more details!

November 11, 2023

**THANK YOU,
VETERANS**

Honoring all who served.



Member Quote

(fits so nicely with this month's theme!):

"I came for something to do. And I learned how to quilt! And best of all, I made some friends."



Coming Events:

Friday, November 3—Tech Time with Kim—1:00PM. This month we cover email on iPhone/iPads. Stay after class to get one-on-one help with your device.

Wednesday, November 8—Leader Crafts—12:30-3:00.

Come join guest instructor Ginny Streckewald and make an adorable corn husk doll for the holidays! Supplies provided; crafting novices welcome! RSVP by Monday, November 6. \$5 fee.



Wednesday, November 8 OR Thursday, October 9—Leader Cooks—11:00AM.

Looking for some “updates” to your Thanksgiving favorites? Or just some helpful hints or techniques? Come join us in the kitchen as Chef Richard Dingle leads us in preparing holiday side dishes. Class charge is \$20—reserve your spot in one of the classes today!

Friday, November 10—Friday Flix (Movie)—1:00PM. *Julie & Julia.* Frustrated with an uninspiring job, New Yorker Julie Powell (Amy Adams) embarks on a daring project: preparing all 524 recipes in Julia Child’s landmark cookbook, "Mastering the Art of French Cooking." The movie intertwines Julie's story with the true tale of how Julia Child (Meryl Streep) herself conquered French cuisine with passion and fearlessness – and lots of butter!

November 13-November 17—LCAL’s “Holiday Sale” all week. See page 6 for more details!

Tuesday, November 14—Philosophers’ Roundtable—10:00-11:30AM. Utilizing an approach similar to the Socratic Method, this **NEW** forum led by Dr. Jim Logue will give you a chance to share your ideas on philosophical topics. Each month, the group will choose a “question of the day” (for example: “What is a friend?”) and have an opportunity to learn and share in an open, respectful environment. Come to inspire and be inspired!

Friday, November 17—Monthly Social—11:30AM. Country Meadows caters a delicious meal of roast turkey, bread stuffing, green bean casserole, salad, and pumpkin pie. After lunch, we will enjoy entertainment by the JCM Band. Cost is \$12.00 and you must RSVP by Thursday, November 9.

Monday, November 27—Book Club with Kathy G.—2:30PM. *The Collective Regrets of Clover* by Mikki Brammer.

Tuesday, November 28—Leader Crafts—1:00-3:00PM. Join LCAL member Patty Van Scyoc as she shows us how to wrap candy in holiday wrappers and packaging to create a cute holiday gift or stocking stuffer! Each participant will create two gifts to take home. RSVP by Monday, November 20. \$5 fee.


Thursday, November 30—Leader Learns—1:00PM. Come enjoy a slideshow entitled “Grateful for Nature,” featuring Kim Reese’s beautiful photography.

Derry Township Community Center is offering an **AQUATIC ARTHRITIS CLASS** every Wednesday, 10:45-11:45 AM in the leisure pool. There is a fee entailed. Sign up at the Community Center— but get more info there or at LCAL!

* donates RSVP needed

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Monday	Tuesday	Wednesday
<p>November Intermediate Bridge Coordinator: Anita Samples 717-979-6338</p>		<p>1 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>6 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 1:00 Beginner Mah Jongg 1:30 Zumba Gold 6:00 Pilates @ CM</p>	<p>7 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</p>	<p>8 8:30 Pilates 10:00 Stretch & Strength dvd 10:00 Beginner Line Dance 10:30 Line Dance 11:00 Leader Cooks 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>
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<p>27 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, Beginner Mah Jongg 1:30 Zumba Gold 2:30 Book Club 6:00 Pilates @ CM</p>	<p>28 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 4:1:00 Leader Crafts</p>	<p>29 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>

Thursday	Friday
2 9:00 Yoga 9:00 Dolls 9:00 Chair 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	3 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 1:00 Tech Time
9 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 12:15 Tai Chi 12:30 Scrabble 12:45 Pinochle	10 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
16 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	17 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
23 <div style="text-align: center;"> <p>CLOSED!</p> <p>Happy Thanksgiving!</p> </div>	24 <div style="text-align: center;"> <p>CLOSED!</p>  </div>
30 *8:45 AARP Smart Drivers 9:00 Yoga & Dolls 9:00 Chair 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 1:00 Leader Learns	

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.  



Hershey Symphony

*55 Seasons
of Musical Excellence*

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

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

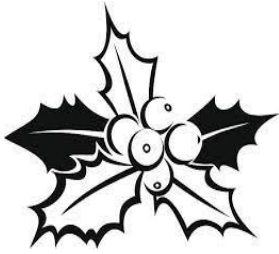
RETIREMENT COMMUNITIES

Independent Living
Personal Care
Memory Care
Restorative Care



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

CountryMeadows.com



HOLIDAY SALE



**Stop into Leader Center November 13 through
November 17 for our holiday sale.**

Items available for purchase include beautiful crafts
made by talented members, Kim's photos,
LCAL t-shirts, Leader Loot, & LCAL gift certificates.

Find one of-a-kind holiday gifts while supporting a
great cause—all proceeds benefit LCAL!

Medicare Annual Open Enrollment is October 15 - December 7!

**Not sure which Medicare plan is right for you?
Let us help you sort it out.**

Medicare Open Enrollment Event

Wednesday, November 15, 9:00am-2:00pm
Friday, December 1, 9:00am-2:00pm

Leader Center for Active Life

605 Cocoa Avenue, Hershey, PA 17033

To make an appointment:

Call PA MEDI, Dauphin County
717-780-6130

Sponsored by Dauphin County Area Agency on Aging

November Class Underwriting

Zumba: Brenda Berman

Pilates: Deb Trayer

Tap: Brenda Berman

Yoga: Anne Shadis

Chair LaBlast: Dauphin County Aging

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! Thanks for your support!

Did you know...

Signing in at the front desk when you are here for an activity helps us in MULTIPLE ways! Please be sure to take a minute to sign in—thank you!

Thank you to Willi & Bea Gyger for sharing cupcakes with us to help Willi celebrate his 99th BIRTHDAY!



We look forward to welcoming you into our Centenarian Club next year, Willi!

WE ♥ OUR SPONSORS!

We are grateful to all our sponsors, for their ongoing support of our center....

Gold: COUNTRY MEADOWS

Silver: Traditions of Hershey

Supporting: Go Comprehensive, Paramount Senior Living

Friend: Dedicated Nursing Associates

If you know of a business that would benefit from sponsoring Leader Center, please have them stop in or reach out to:

annamarie@leaderactivelife.org



CASH RAFFLE RESULTS

THANK YOU to everyone who purchased/sold tickets for our annual cash raffle. We made \$3150 to benefit the Center!

CONGRATS TO OUR WINNERS!

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

11/8 & 11/28—Leader Crafts

11/8 or 11/9—Leader Cooks

11/13 through 11/17—Holiday Sale

11/15—PA MEDI Clinic

11/17—Monthly Social

11/30—Photography Slideshow