

Staying Active at Leader Center

As we wrap up '23 and look to '24,
let's "take inventory" here at
Leader Center for Active Life!

Total Members: 787

New Members in 2023: 179

Total Event Attendance in 2023: 36,659

Average Daily Attendance in 2023: 138

Some member stats:

70% Female; 30% Male

Age Breakdown: 50s = 2% 60s = 25% 70s = 45%

80s = 20% over 90 = 8%

Areas of Residence: Hershey, Palmyra, Lebanon,
Hummelstown, Middletown, Harrisburg, Steelton,
Jonestown, Mount Joy, Annville, Lititz, Elizabeth-
town, Grantville, Cleona, Manheim, Mechanicsburg,
Camp Hill, Dillsburg, Etters (WOW!)

What our members are doing at Leader Center:

*Fitness

*Education

*Crafts

*Socialization

*Games

*Volunteering

*Cooking

*Trips

From the Director's Desk

"Fast away the old year passes" - indeed! I hope you've been enjoying a wonderful holiday season and are entering the new year rested and refreshed. Perhaps early 2024 finds you thinking about new goals, resolutions, and plans—or looking for a little inspiration to arrive at them! Either way, Leader Center for Active Life can help.... This year, join a class that you've been thinking about trying. Stop into the office to suggest an activity that you'd like to see offered here. Or, strike up a conversation over coffee in the lobby and be introduced to fresh perspectives through a new friend. I can say without hesitation that interacting with our diverse membership provides me with inspiration each day! And in case you're wondering whether I've made any resolutions for 2024, the answer is "yes" (but probably too many, given my track record with keeping them)! I'll share two: exercising more, and picking up a new hobby. I'm publishing them here in writing partially to hold myself accountable! – and also to prepare you to (hopefully) see me pop in and out of LCAL classes more often in days ahead. After all, I happen to work in the *perfect* place for both getting more active and learning a new skill!

As the newsletter helps you get your year organized, you'll see information regarding two popular AARP programs that we are fortunate to be offering here again in 2024: Safe Driving and Tax Preparation for seniors. Thank you to the coordinators and volunteers who make these services possible. Again in January, we'll be making fabulous food in our kitchen—and we may even coordinate a day or two to get some help organizing our kitchen and pantry, for all of you who find such activities "fun" (I know you're out there!). Anyone looking for ways to move easier in the new year will find a great resource in FOX Rehab's pain management session. At the end of the month, LCAL will host a "Psychic Gallery" that also will serve as a fundraiser for our Center; please see page seven for details on what surely will be a thought-provoking and entertaining afternoon! Community members are welcome.

I am excited to see what 2024 will bring—



PROGRAM UPDATES:

Chair LaBlast Returns in Jan.!

Welcome back to our instructor, Georgi!

Schedule Change for the Living After Loss Support Group

Please note that starting in 2024, the group will meet once a month, on the 2nd Thursday, at 2:00PM. We are grateful to Rev. Howard West, Executive Director of Spiritual Life at Country Meadows, for continuing to serve as moderator.

Monthly Social Notes

We will bring back our popular 50/50 raffle for the January social! Also, a friendly reminder that unless otherwise publicized, socials are for members only, due to available space and catering cut-offs. Thank you for your understanding.

Drum Fitness & Leader Center Trips

Updates for both will be coming in the Feb. newsletter...stay tuned....

January Class Underwriting

Zumba: Anonymous

Tap Dance: Anonymous

Pilates: Sally Kurtz

Yoga: Anne Shadis

Chair Yoga: Betsy Kopec

LaBlast: Brenda Berman

Line Dancing: Diane Dohner

Thank you to our generous underwriters. Our programming depends on you A LOT! See Annamarie to learn more about underwriting classes in 2024!

Coming Events:

Friday, January 5—Tech Talk with Kim—1:00PM. This month Kim covers Safari on the iPhone/iPad. Stay after to get one on one help with your device.

Friday, January 12—Friday Flix—1:00PM. Join us for a story about fresh starts called *The Hundred Foot Journey*. When a talented, self-taught culinary novice (Manish Dayal) and his family are displaced from their native India, they settle into a quaint French village and decide to open an Indian eatery. However, the proprietress of an acclaimed restaurant just 100 feet away (Helen Mirren) strongly objects. War erupts between the two establishments—until the proven chef recognizes the impressive talents of her new neighbor and takes him under her wing.

Friday, January 19—Monthly Social—11:30PM. Join us for a delicious lunch of lasagna, buttered broccoli, garlic bread, and chocolate cake with peanut butter icing, catered by Country Meadows. Following lunch will be a beautiful performance from singer and keyboard player Giovanni Traino. Cost is \$12.00 and you must RSVP by Thursday, January 11.

Wednesday, January 24 OR Thursday, January 25—Leader Cooks—11:00AM. Member and Executive Chef Richard Dingle demonstrates how to prepare petite portions of “swimmy fish” (not shellfish) along with an Israeli Cous Cous Salad and Vegetable & Goat Cheese Torta. Participants will assist with preparation and get expert plating tips! Class fee is \$20. Call the office today to reserve your spot for one of this month’s dates.

Thursday, January 25—Leader Learns with FOX Rehab—1:30PM. Stop in for a presentation from FOX Rehabilitation Services and learn more about ways to avoid and reduce pain in the new year. Sponsored by Traditions of Hershey Retirement Community.

Monday, January 30—Book Club with Kathy—2:30PM. *Happiness Falls* by Angie Kim.

January Intermediate Bridge

Coordinator:

Mary Adams

717-641-4068

Smart Driver 2024

We one again will offer in-person AARP Smart Driver Training Classes at Leader Center for Active Life. Cost is \$20 for AARP members, \$25 for non-members. Checks payable to AARP. Register by calling 717-533-2002. Payment in advance will be sent to:

Jim Stough
1134 Cord Drive
Hummelstown, PA 17036


- **January 11: Refresher**
- **February 8 & 9: 8-Hour class**
- **March 14: Refresher**
- **April 18 & 19: 8-Hour class**
- **May 16: Refresher**
- **June 27: Refresher**
- **August 20 & 21: 8-Hour class**
- **September 19: Refresher**
- **October 10 & 11: 8-Hour class**
- **November 22: Refresher**

Call LCAL with questions or to schedule.

* denotes RSVP needed

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| Monday | Tuesday | Wednesday |
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| <p>1</p> <p style="text-align: center;">CLOSED! HAPPY NEW YEAR!</p> | <p>2</p> <p>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>3</p> <p>8:30 Pilates 10:00 Stretch & Strength dvd 10:00 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>8</p> <p>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 6:00 Pilates @ CM</p> | <p>9</p> <p>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</p> | <p>10</p> <p>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>15</p> <p>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 6:00 Pilates @ CM</p> | <p>16</p> <p>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>17</p> <p>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>22</p> <p>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 6:00 Pilates @ CM</p> | <p>23</p> <p>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>24</p> <p>8:30 Pilates 10:00 Stretch & Strength dvd 10:00 Beginner Line Dance 10:30 Line Dance *11:00 Leader Cooks 11:00 Lifestretch 1:00 Bingo 1:15 Watercolor 1:30 Zumba Gold 3:15 Silver Sneakers 6:00 Pilates @ CM</p> |
| <p>29</p> <p>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, Poker 1:30 Zumba Gold 2:30 Book Club 6:00 Pilates @ CM</p> | <p>30</p> <p>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>31</p> <p>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 |
|--|---|
| 4 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 | 5 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 Tech Talk! |
| 11 9:00 Yoga, Dolls, 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 | 12 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 |
| 18 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 | 19 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 |
| 25 9:00 Yoga, Dolls, 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 12:30 Scrabble 12:45 Pinochle 1:00 Tai Chi 1:30 Leader Learns | 26 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 |
|  | |

Life is good... when you can spend time with family and friends,

...when you have your favorite pet by your side



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 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




Hershey Symphony

55 Seasons of Musical Excellence

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

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.



AARP Free Tax Assistance is back!

This month, we will begin taking calls to schedule appointments. Taxes will be done on-site this year, by AARP preparers.

Appointments are available February through March: Mondays, Wednesdays, and Fridays, from 8:30AM to 1:00PM. Services are available to seniors only. Call us at 717-533-2002 or stop in o the office to schedule.

Staff Anniversaries

In January, we celebrate TWO staff anniversaries!



Thank You!

KIM REESE

Office Coordinator—10 years

KATHY GIOVANNIELLO

Administrative Assistant—4 years

Thank you to these two invaluable team members!

Community partnerships are so important to us! Special thanks



to **Hershey VFW Post 3502** and **Rotary Club of Hershey** for their

generous recent contributions, which go directly to support member programs.



WOW! LOOK WHAT WE DID!....

Thanks, members, for your incredibly generous response to our "giving projects" during the holidays. We collected HUGE amounts of toys, eyeglasses, and winter coats/gear for those in need!

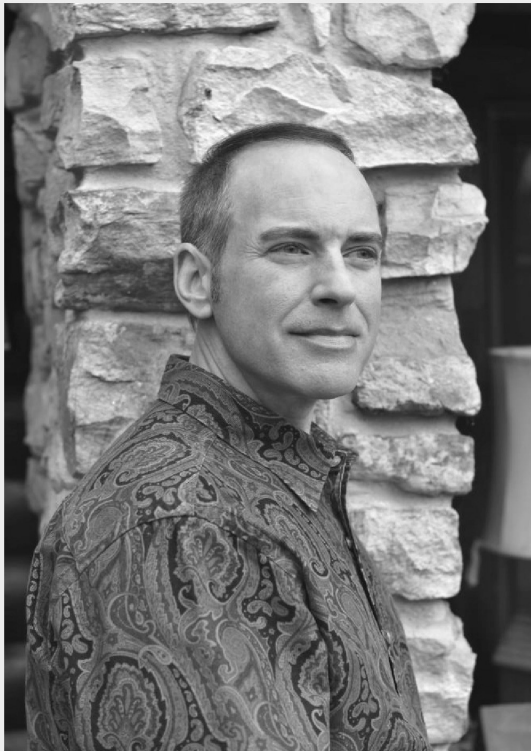
Inclement Weather

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) after 7:30 AM to listen to an "updates" message.

SPREAD THE WORD

A PORTION OF THE PROCEEDS FROM THIS EVENT WILL DIRECTLY SUPPORT PROGRAMMING AT LEADER CENTER!



SUNDAY, JANUARY 28, 2024 PSYCHIC GALLERY

WHAT IS A PSYCHIC GALLERY?

Expect the unexpected as acclaimed psychic William Stillman connects with the realm beyond as well as offering predictions and intuitive insights. If you are intrigued by popular TV shows like Hollywood Medium with Tyler Henry or The Long Island Medium, you will want to attend this “live” event! Bill works through divine grace and will say an opening blessing with audience members. For the first hour, he will communicate the intuitive information he receives; after intermission, the second hour is your opportunity to ask questions. **Seating is limited! Stop in Leader Ctr Monday-Friday, 8:00 am – 3:00 pm to purchase tickets.**

DISCLAIMER: The information William Stillman provides is subject to personal interpretation and does not constitute legal, psychological, medical, business or financial advice. Each attendee is responsible for his or her own choices and actions. Psychic readings are for entertainment purposes only.

PLEASE NOTE:

No one will be admitted once the gallery begins.

Please be seated 15 minutes before the event.

A psychic reading is not guaranteed.

Please bring pen and paper; electronic recording is prohibited.

Learn more about William Stillman at williamstillman.com

COST:
\$35 in advance/\$40

@ door

TIME:
1:00 – 3:30 PM

**Leader Center for
Active Life
605 Cocoa Ave.
Hershey, PA 17033
717-533-2002**

**Purchase tickets at
Leader Center**

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

1/5—Tech Talk

1/19—Monthly Social

1/24 or 1/25—Leader Cooks

1/25—Leader Learns

1/28—”Psychic Gallery” Fundraiser

1/30—Book Club