

hello, **SPRING**

Volunteer Appreciation Luncheon

Wednesday, April 24 at 12:00 PM

**Free event for ALL OUR VOLUNTEERS,
including (but not limited to!):
volunteer instructors, receptionists, dining room helpers, tax team,
Easter egg fillers, volunteer presenters, Board members,
fundraiser assistants, crafters, etc.**

Kindly RSVP by Friday, April 19
We hope you will join us!

"Life's most persistent and urgent question is, 'What are you doing for others?'"
-Dr. Martin Luther King, Jr.



Interested in helping the Beautification Team design and fill our outdoor planters for the season? Join us for a planning meeting on Wednesday, April 17, at 10:30 AM. All are welcome!

From the Director's Desk

Happy Volunteer Appreciation Month! The benefits of volunteering cannot be overstated! It's good for your mental and physical health, provides purpose and connection, refreshes old friendships and creates new ones, and helps us practice past skills and explore new interests.

The benefits of volunteering at Leader Center are even **more** numerous! Our volunteers:

1. Are never bored!
2. Allow us to assist more people
2. Help keep our costs down
3. Experience sometimes unexpected reconnections with past neighbors, co-workers, and classmates
4. Give back to a worthy charity
5. Pick up a bit of "insider info" :-)
6. Laugh a lot!

Collectively each year, our volunteers log in the neighborhood of 4,000 hours to the benefit of our programs and services. If they were to be paid minimum wage, our volunteers would be saving us a total of over \$100,000. But in truth, we know well that our volunteers are worth far more—in fact, they are *priceless!*

To all those who volunteer at Leader Center, we say a **BIG THANK YOU**. Please come celebrate with us at our Volunteer Appreciation Luncheon on Wednesday, April 24th (see the front cover of the newsletter for RSVP details). If you do not currently volunteer at LCAL but would like to, please fill out our Volunteer Application located on page 6 of the newsletter and turn it in at any time. Most likely, you'll do so at the front desk—and be warmly greeted by one of our smiling, ever-dedicated, priceless volunteers!

Gratefully,
Annamarie, Kim, & Kathy

DRUM FITNESS PREVIEW CLASSES, APRIL 5 AND APRIL 26, 1:00PM

Seats in each class are capped. Please pre-register for **one** of the two preview sessions by calling the office or using MyActiveCenter.

April Class Underwriting

Pilates: Anonymous

Yoga: Marsha Major

Chair Yoga: Diane Dohner

Bingo: Sue Nale

Beach(ball) Volleyball: Anne Shadis

Zumba: Carol & Jay Carr

Thank you, all! For info about underwriting a class, please see Annamarie.

Did you know...

Leader Center always has had access to AED machines here in the building. But now we have one here in our space, in the cabinet above the sink at the coffee bar (look for "AED" sticker). Thank you to Derry Township Parks & Rec for placing a new AED here and maintaining it.

APRIL is National Advance Planning Month

LCAL members and members of the community are invited:

**"What Does a Death Doula Have To Do With
Advance Care Planning?"**
Thursday, April 18, 2:00-3:30PM

Special thanks to the Leader Center Book Club, whose great conversation about end-of-life considerations after reading *The Collective Regrets of Clover* ignited interest in this timely presentation!

Our program will feature Mary Lawhead, a certified "death doula", who is a member of the Advance Care Planning Coalition of Lebanon County. She will explain her role in assisting individuals as they control how they spend their time and energy at the end of their lives. As part of the presentation, attendees also will receive valuable free materials that can help them review and discuss (with the people who need to know) the things that bring meaning and purpose to their lives and their wishes.

Come to hear how planning in advance can help you live life to the fullest! Reservations are being requested for this program to enable the Coalition to have enough materials for participants. Please RSVP to 717-533-2002 by 4/15/24.

Coming Events:

Tuesdays April 2, 9, 16, 23, & 30—Leader Learns—1:00 to 3:00PM. Our “A Matter of Balance” series continues through April for those who started the classes in March. If you weren’t on the class participant list this time, no worries—our friends from PennState Health will be back again in the near future to hold another series of classes!

Friday, April 5—Tech Talk with Kim—1:00PM. This month Kim covers Facebook on the iPhone/iPad.

Friday, April 12—Friday Flix—1:00PM. Enjoy *A Beautiful Day in the Neighborhood*, the 2019 biographical drama based on the life of TV personality Fred Rogers, aka “Mr. Rogers”. Lloyd Vogel is an investigative journalist who is wary about his assignment to profile Mr. Rogers, skeptical that anyone can be of such good nature. But Roger's empathy and decency soon chip away at Vogel's jaded outlook on life. Popcorn served!

Monday, April 15—Mid-morning—Our friends from Country Meadows will supply a friendly greeting and fun treat in the lobby!

Thursday, April 18—Leader Learns—2:00 to 3:30PM. The Advance Planning Coalition of Lebanon County joins us for a presentation during this National Advance Planning Month. See page 2 for details.

Friday, April 19—Members’ Monthly Social—11:30PM. Join us for a delicious lunch of cucumber salad, stuffed pork loin, wild rice, roasted vegetable medley, and lemon merengue pie catered by Country Meadows. Our entertainment is the JCM Band. Cost is \$12.00. RSVP by Thurs., 4/11.

Monday, April 22—Leader Learns—2:30 to 3:30PM. We all have a family story, but it often is filled with missing information and questions. Join LCAL member Joanne Durbin to find out how to go about discovering some of the answers. Learn sources and methods for doing family history and genealogy research. In honor of Arbor Day this year, instead of planting a tree find out how to learn the stories of *your* family tree!

Thursday, April 25—Leader Learns—2:00 to 3:00PM. Jay from Go Comprehensive is back to discuss strategies for managing some of the challenges of retirement, such as inflation and medical need. Refreshments from the Philly Pretzel Factory will be served!

Monday, April 29—Book Club with Kathy—2:30PM. *Tom Lake* by Ann Patchett

Join Country Meadows’ 459 Club for “**Eating a Healthy Rainbow: A Guide to Nutritious Eating**” on Thursday, April 11, from 1:30 to 2:30 PM. Licensed dietician and VP of Dining & Culinary Services, Kathy Thomas, will discuss the importance of eating a variety of colorful fruits and vegetables and share how each color contributes unique benefits to our bodies. RSVP to Kris or Shannon at 717-533-6996. Program will held at Country Meadows of Hershey.

Save the Date

- Representative Mehaffie’s Health Fair will be held at Leader Center on May 2nd from 10:00AM to Noon. There will be no regular programming at LCAL this day. Instead, plan to join us for the fair!
- Our very own Leader Center TAP DANCERS will be performing at the Masonic Villages on Tuesday, May 7, at 2:00PM. All are welcome! More details next newsletter!

* denotes RSVP needed

A
P
R
I
L

	Monday	Tuesday	Wednesday		
1	NO 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	2	9:00 Tai Chi NO Yoga! NO 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 “A Matter of Balance”	3	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
8	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	9	9:00 Tai Chi, Yoga 10:00 Philosophers’ Roundtable 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 “A Matter of Balance”	10	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
15	8:15 Silver Sneakers 8:30 Pilates 9:15 Strengthening w/ Sara 10:00 Stretch & Strength dvd 10:30 Line Dance NO Lifestretch! 1:00 Knitting 1:00 Poker 1:30 Zumba Gold 6:00 Pilates @ CM	16	9:00 Tai Chi, 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 “A Matter of Balance”	17	8:30 Pilates 10:00 Stretch & Strength dvd 10:00 Beginner Line Dance 10:30 Line Dance NO Lifestretch! 1:00 Bingo 1:15 Watercolor 1:30 Zumba Gold 3:15 Silver Sneakers 6:00 Pilates @ CM
22	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 Leader Learns 6:00 Pilates @ CM	23	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 “A Matter of Balance”	24	8:30 Pilates 10:00 Stretch & Strength dvd 10:00 Beginner Line Dance 10:30 Line Dance 11:00 Lifestretch *12:00 Volunteer Lunch 1:00 Bingo 1:15 Watercolor 1:30 Zumba Gold 3:15 Silver Sneakers 6:00 Pilates @ CM
29	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	30	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 “A Matter of Balance”	MONDAY, APRIL 8, IS THE AFTERNOON OF THE TOTAL SOLAR ECLIPSE! JUST A REMINDER THAT THROUGHTOUT MOST OF THE ECLIPSE, IT IS NOT SAFE TO LOOK DIRECTLY AT THE SUN—RESEARCH HOW TO PROTECT YOUR EYES IF YOU PLAN TO VIEW!	

Thursday	Friday
4 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	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 *1:00 Drum Fitness Preview Class
11 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	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 & Dolls NO Chair or Regular 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 Leader Learns 2:00 Living After Loss SG	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 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 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 *1:00 Drum Fitness Preview Class
<div style="border: 2px solid black; padding: 10px; width: fit-content; margin: 0 auto;"> <p>April Intermediate Bridge Coordinator:</p> <p>Gail Pauza 717-599-8993</p> </div>	

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

RETIREMENT CHANGES

Inflation, risk, and medical needs have wreaked havoc on retirees over the past three years. Join Jay to get informed on how to help avoid those challenges.




April 25th at 2:00pm
Leader Center

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.





Monday – Friday from 8:00AM – 3:30PM
605 Cocoa Avenue, Hershey, PA 17033
(In Derry Township Community Center)
717-533-2002

Volunteer Application

Applicant Information

Full Name: _____ Date: _____
Last First M.I.

Address: _____
Street Address Apartment/Unit #

_____ *City State ZIP Code*

Phone: _____ Email _____

Interests

Please check all that interest you:

- Receptionist/Greeter: Answer phones, greet members, offer tours, light office work – 3-hour shifts
- Dining Room: set tables, serve – 3-hour shift
- Volunteer Program Leader (i.e., pickleball, walking club, book club, other _____)
- Kitchen Help: assist with meal planning, prep, clean up, dishes, etc. – 3-hour shift
- Office Work: Mailings, data entry, etc.- 3-hour shift
- People Mover (Drivers, Driving Assistants, Dispatchers) 4-hour shifts
- AARP Tax Wise (Greeters, Preparers, Reviewer – January through April Commitment) – 4–8-hour shift
- Grant Writing Travel Escort for day trips – 8+ hour shift
- Technology Help: teach use, fix devices Set-up for Events – 2-hour shift
- Presenter: topic idea _____

Other Areas of Specialization:

Stop by, call (717.533.2002) or email kathy@leaderactivelife.org for more information or to submit your application.

Leader Travel



CHERRY BLOSSOMS in Washington, DC—Thursday, April 11

We begin by stepping aboard the all-glass *Odyssey* for a 2-hour luncheon cruise, where we will take in the views of Washington and the cherry blossoms while experiencing delectable dining. After our lunch cruise, we will enjoy a private, guided tour of the monuments and DC highlights, from the comfort of our motorcoach. We will depart Leader Center at 8:30AM and return by 7:00PM. \$170 ticket price—SOLD OUT, BUT WE ARE TAKING NAMES FOR THE WAITLIST!

PHILADELPHIA PHILLIES GAME—Wednesday, June 19

“Root, root , root for the home team” as they take on the San Diego Padres! We will depart Leader Center at 9:30AM. On our way, we’ll enjoy a boxed lunch of a sandwich (choice of Italian, Ham & Cheese, Roast Beef & Cheese, and Turkey & Cheese), chips, cookie, and bottled water. We’ll arrive at Citizens Bank Park around noon for the 1:05PM game. Our seats are located in Section 145. We’ll depart for home after the game (with a food stop on the way if needed). Please note that this trip involves a fair amount of walking, from the parking lot to the stadium, to our seats, up steps, etc. Cost is \$125 per person. Stop in today to reserve your spot!

HERSHEY COMMUNITY CHORUS TAKE-OUT OR DINE-IN SPAGHETTI DINNER FUNDRAISER, APRIL 10TH

Enjoy a dinner of spaghetti and meatballs with salad and roll. Desserts by donation.

Pick-up Wednesday, April 10, 4:30-7:00PM

St. Joan of Arc Catholic Church, 359 W. Areba Ave., Hershey, PA 17033

\$12 per meal, pay at pick-up (cash or check to HCC)

Preorders are guaranteed a meal. Walk-ins are welcome!

Preorder by April 7th via email:

info@hersheycommunitychorus.org

****specify dine-in or take-out when ordering***

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

Tuesdays—"A Matter of Balance"

4/5 & 4/26—Drum Fitness Preview

4/15—AM Snacks w/ Country Meadows

4/18, 4/22 & 4/25—Leader Learns

4/19—Members' Monthly Social

4/24—Volunteer Appreciation Luncheon