

O P E N H O U S E

**Wednesday,
October 19
9:00am—1:00pm**
@ Leader Center for Active Life

**FREE continental
breakfast**
Unveiling new Leader
Center for Active Life T-
Shirts

Community groups,
sponsors, & instructors
will answer questions
and provide screenings.

Door Prizes & Give Aways
Proclamation by Dauphin
County Commissioners
at 12:00pm.

**A great time to
invite your friends to
check us out!**
Come show your support!

From the Director's Desk

"The secret to change is to focus all of your energy not on fighting the old, but on building the new." Socrates

As we enter our 5th full month at 605 Cocoa Avenue and reflect, the staff wants to thank all of our members and community partners for hanging on for a wild ride. Your patience is appreciated as we navigate new systems, an influx of interest, and program growth which none of us could have anticipated. With just three part time staff working a total of 70 hours a week, we are thankful for those who have chipped in to help. Thanks, also, for giving us time to think before taking action. Your incredible adaptability is not lost on us, and we ask you to continue to give us grace as we figure out our new normal. Please search for the positives (great facility, interesting programs, member growth) and know that we are aware of the challenges and are acting accordingly. We face the future united and together!

~Melissa

Did you know...

Our youngest member is **54**,
our oldest **103**...

*Happy Birthday
Carmen Chango!*

We currently have **712** members who
come to us from **24** different towns.

Our farthest member travels **28** miles
to participate 3 times a week.

NEW PROGRAMS ALERT

SEATED LINE DANCE CLASS

It's an adapted form of line dancing that can be done while sitting in a chair or standing behind a chair with no turning or moving side to side. We will be using our arms, legs, & feet as we exercise our body & mind doing choreographed dances. Come & dance to great music—oldies, country, show tunes, and more. Join in to hoot, holler, stomp & kick and have fun. **Starts Wednesday, November 2. Class will be held weekly from 12:15—1:15pm for 8 weeks. No need to register—drop in for fun.**

CREATIVE CRANIUMS! A FUN WAY TO EXERCISE YOUR BRAIN!

Creative Craniums is a new class to promote brain health in an entertaining and engaging 4-week workshop. Enjoy facilitator led charades, interpretive dancing, improv comedy, and more. Exercise one of your most important body parts: YOUR BRAIN! No experience needed. Just bring yourself and an outgoing attitude. Taught by Dr. Greg Brown, someone who is passionate about helping people thrive as they age. His research is funded by the National Institute of Aging to identify brain network changes in cognitive decline. He packages cutting-edge principles of brain health into an amusing hour-long session to improve cognitive flexibility and emotional awareness.

Held Tuesdays:

**October 11th, 18th, 25th, and November 1st.
2:30-3:30 pm at Leader Center!**

Space is limited—Sign up TODAY!

Coming Events:

Friday, October 7—Tech Time with Kim—1:00 PM. This month we cover Calendars on iPhone/iPads. Stay after class to get one-on-one help with your device.

Tuesdays, 10/11, 10/18, 10/25, 11/1—Creative Craniums with Dr. Greg Brown—2:30pm. Exercise your brain and have fun. Space is limited, register today.

Wednesday, October 12—Leader Learns...Travel with Kim Reese to Alaska—2:00pm.

Friday, October 14—Friday Flix (Documentary) - 1:00pm. *The Queen*, starring Helen Mirren. After the tragic death of Princess Diana, Queen Elizabeth II faces public and political pressure while balancing the royal family's legacy.

Monday, October 17—Lunch and Learn with Go Comp—12:00pm. Medicare's annual election period is 10/15—12/7. You will see tons of advertising from companies claiming their plan is the best, but how do you really know who you can trust to give you clear guidance? Jay from Go Comprehensive is here to help with an easy-to-understand explanation of the Medicare program and what you need to know to avoid issues in the future. Lunch will be a chicken corn chowder with sandwich and dessert. RSVP by Thursday, October 13.

Wednesday, October 19—Open House at Leader Center for Active Life—9:00am—1:00pm.

**** Book Club ****

Monday, October 31 at 2:30 PM.

Ghost Boy by Martin Pistorius.

Friday, October 21—Friday Social—11:30am. Country Meadows caters a delicious meal of stuffed boneless pork chop, herb roasted potatoes, vegetable medley, pasta salad, and carrot cake. Then we will enjoy entertainment by Glenn Miller, The Big One Man Band. Cost is \$12.00 and you must RSVP by Tuesday, October 18

Wednesday, October 26 —Leader Learns—Prevention with Antioxidants—2:00pm.

Friday, October 28—Friday Flix (Movie) - 1:00pm. *Elvis*. Explore the life and music of "the king" :-). Elvis Presley in the epic film starring Austin Butler and Tom Hanks.

Monday, October 31—Lunch and Learn—12:00pm. Country Meadows is here with **SPooky** sandwiches and more. Wear a costume if you want. Eugene Henry from the Hershey Campus will lead us in some **SCARY** fun! RSVP by Thursday, October 20.

Wednesday, November 2—Leader Learns—Exercise and Your Brain—2:00pm. Kim Eichinger and Joel Kroft from Country Meadows.

Monday, November 7—Lunch and Learn with Beltone Hearing Center—12:00pm. 10 myths about your hearing with Vinny from Beltone. Lunch will be pizza, tossed salad and dessert. RSVP by Thursday, November 3.

Friday, November 11—Hearing Screening—9:00am-12:00pm. Sign up in the office for your free hearing screening and hearing aid cleaning courtesy of Beltone.

* donates RSVP needed

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	Monday	Tuesday	Wednesday
3	8:15 Silver Sneakers 8:30 Pilates 9:15 Strengthening w/ Sara 10:00 Stretch & Strength dvd 10:30 Line Dance 1:00 Knitting 1:00 Penny Poker 1:30 Zumba Gold 2:30 Rebag Project 6:00 Pilates @ CM	4 9:00 Tai Chi 9:00 Yoga 10:00 Chair Yoga 10:00 Stretch & Strength dvd *11 & 12 Drum fitness 11:00 Advanced Tap 11—2 Fiber & Friends 12:00 Intermediate Bridge 12:00 Hearts 12:45 Pinochle	5 8:30 Pilates 10:00 Stretch & Strength dvd 10:00 Beginner Line Dance 10:30 Line Dance 1:00 Bingo 1:15 Watercolor 3:15 Silver Sneakers 6:00 Pilates @ CM
10	8:15 Silver Sneakers 8:30 Pilates 9:00 Board Meeting 9:15 Strengthening w/ Sara 10:00 Stretch & Strength dvd 10:30 Line Dance 1:00 Knitting 1:00 Penny Poker 1:30 Zumba Gold 6:00 Pilates @ CM	11 9:00 Tai Chi 9:00 Yoga 10:00 Chair Yoga 10:00 Stretch & Strength dvd *11 & 12 Drum fitness 11:00 Advanced Tap 11—2 Fiber & Friends 12:00 Intermediate Bridge 12:00 Hearts 12:45 Pinochle	12 8:30 Pilates 10:00 Stretch & Strength dvd 10:00 Beginner Line Dance 10:30 Line Dance 1:00 Bingo 1:15 Watercolor 2:00 Leader Learns 3:15 Silver Sneakers 6:00 Pilates @ CM
17	8:15 Silver Sneakers 8:30 Pilates 9:15 Strengthening w/ Sara 10:00 Stretch & Strength dvd 10:30 Line Dance * 12:00 Lunch & Learn 1:00 Knitting 1:00 Penny Poker 1:30 Zumba Gold 6:00 Pilates @ CM	18 9:00 Tai Chi 9:00 Yoga 9-12 Fiber & Friends 10:00 Chair Yoga 10:00 Stretch & Strength dvd *11 & 12 Drum fitness 11:00 Advanced Tap 12:00 Intermediate Bridge 12:00 Hearts 12:45 Pinochle	19 Open House 9:00am 1:00pm Free continental breakfast LCAL t-shirts Bring your friends <hr/> 3:15 Silver Sneakers 6:00 Pilates @ CM
24	8:15 Silver Sneakers 8:30 Pilates 9:15 Strengthening w/ Sara 10:00 Stretch & Strength dvd 10:30 Line Dance 1:00 Knitting 1:00 Penny Poker 1:30 Zumba Gold 6:00 Pilates @ CM	25 9:00 Tai Chi 9:00 Yoga 9-12 Fiber & Friends 10:00 Chair Yoga 10:00 Stretch & Strength dvd 11:00 Advanced Tap *11 & 12 Drum fitness 12:00 Intermediate Bridge 12:00 Hearts 12:45 Pinochle	26 8:30 Pilates 10:00 Stretch & Strength dvd 10:00 Beginner Line Dance 10:30 Line Dance 1:00 Bingo 1:15 Watercolor 1:30 Zumba Gold 2:00 Leader Learns 3:15 Silver Sneakers 6:00 Pilates @ CM
31	8:15 Silver Sneakers 8:30 Pilates 9:15 Strengthening w/ Sara 10:00 Stretch & Strength dvd 10:30 Line Dance *12:00 Lunch & Learn 1:00 Knitting 1:00 Penny Poker 1:30 Zumba Gold 2:30 Book Club 6:00 Pilates @ CM	<div style="border: 2px solid black; padding: 10px; margin: 10px auto; width: 80%;"> <p><u>October</u> <u>Coordinator</u></p> <p>Intermediate Bridge: Anita Samples (717-979-6338)</p> </div>	

Thursday	Friday
6 9:00 Yoga 9:00 Dolls 10:00 Chair Yoga (video) 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	7 8:15 Silver Sneakers 8:30 Pilates 9:00 Mah Jongg 9:15 Strengthening w/ Sara 10:15 Line Dancing 1:00 Tech Talk—Calendars
13 9:00 Yoga 9:00 Dolls 10:00 Chair Yoga (video) 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	14 8:15 Silver Sneakers 8:30 Pilates 9:00 Mah Jongg 9:15 Strengthening w/ Sara 10:15 Line Dancing 1:00 Friday Flix
20 9:00 Yoga 9:00 Dolls 10:00 Chair Yoga (video) 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	21 8:15 Silver Sneakers 8:30 Pilates 9:00 Mah Jongg 9:15 Strengthening w/ Sara *11:30 Monthly Social
27 9:00 Yoga 9:00 Dolls 10:00 Chair Yoga (video) 10:00 LaBlast 10:00 Stretch & Strength dvd 10:15 Investment Club 11:00 Beginner Tap 11:00 Beach(ball) Volleyball 12:00 Hand & Foot Cards 12:30 Scrabble 12:45 Pinochle 1:00 Tai Chi	28 8:15 Silver Sneakers 8:30 Pilates 9:00 Mah Jongg 9:15 Strengthening w/ Sara 10:15 Line Dancing 1:00 Friday Flix

Country Meadows 1-2-1 Club

Thursday, October 13 1:30—2:30
 Authentic Handmade Turkish Coffee
 At Country Meadows of Hershey
 RSVP to Kris or Jen at 717-533-6996



HERSHEY Symphony

Dr. Sandra Dackow, Music Director

2022-2023 Season

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

Medicare Workshop

Clear advice from people who care.



Get clear, non-biased answers to your Medicare questions, and find out what option is best for you.

October 17 at 12:00



877-233-4212 • www.letsgocomp.com

Life gets better.®

Family is important to you. And us.



Country Meadows is family-owned and involved. We understand the value of taking care of families and have been serving seniors for over 30 years. We offer a full range of lifestyle options on a vibrant campus and welcome you to stop by for a personalized visit any day of the week

CountryMeadows.com



451 Sand Hill Road, Hershey (across from this center) • 717-533-1880

Independent Living | Personal Care
 Memory Care | Restorative Care



Medicare Annual Open Enrollment October 15 - December 7

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

Medicare Open Enrollment Event

October 24th 9:00am-2:00pm
November 9th 9:00am-2:00pm
November 21st 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

Review and Make Changes to Your Benefits

Make sure you have a plan that will meet your health needs and may save you money.

- Review your current coverage
- Check if you qualify for any cost saving programs
- Compare your plan with other options
- Search for plans on the internet that meet your prescription and medical needs
- Give you clear answers to your questions
- Help you enroll in a plan

Can't make it to the event?

PA MEDI Can Still Help

Call us for free, one-on-one help or to find out about our next enrollment event.

Call us today!

717-780-6130

We offer help over the phone or in-person.

Sponsored by Dauphin County Area Agency on Aging



Rebag Crocheting

Sign up for a fun craft recycling those dreaded grocery store plastic bags (example —>)



Class 1: Monday, October 3rd 2:30pm—cut bags to make “plarn” and start bag

Class 2: November 7th at 2:30pm—finish crocheting and leave with your own rebag.

A few spots left—RSVP today!

Living with Dementia

October 25 at 4:00pm

Presented by Penn State Health hosted at
Leader Center for Active Life

Topic: Resources for Dementia Caregivers

Register at 814-863-1048

Supervised Memory Café for loved ones
living with dementia available

GREAT GIFT IDEA:

Memory Pillows (from ties, shirts, etc)
Custom made for you by
our Fiber & Friends group.

\$40 and up
(100% donation to Center)

Get quote by contacting
Sharon at

Patience1148@gmail.com,

Call/text 717-533-1601, Or contact any
of the Fiber and Friends.



October Class Underwriting

Zumba: Anonymous member

Tap: Anonymous Tappers

Pilates: Anne Shadis

Yoga: Rosalyn Irby

Chair Yoga: In memory of Mary
Crossett

LaBlast: Diane Dohner

Drum Fitness: Brenda Berman

If you are interested in underwriting
the cost of a class, we accept donations
each month. \$300 per class per
month, but we will accept less and pair
it with other donations.

Smart Driver Schedule:

If you are due for a refresher, or looking to schedule a new class to received a discount on your automobile insurance, reach out to schedule your Smart Driver's Training, conveniently held at Leader Center for Active Life.

October 13 & 14:
8 Hour Class from
8:45am—1:00pm

November 3:
4 Hour Refresher Class from
8:45am—1:00pm.

Call Leader Center for Active Life to
register at 717-533-2002.

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.

Jack Bishop:
President of the Board of Directors
Melissa Weigle: Executive Director
Kim Reese: Office Coordinator
Kathy Giovanniello: Administrative Assistant

Dates to Remember

10/12—Leader Learns Alaska

10/ 17—Lunch & Learn Go Comp

10/ 19—Open House

10/21—Social

10/26—Leader Learns Beltone

10/31 Spooky Lunch & Learn