

## In this Season of Giving...

### Qualified Charitable Distribution (QCD)

If you 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 including gifts of cash, stocks, life insurance, real estate, or personal property including bequests, retirement assets, life insurance, charitable gift annuities, and charitable remainder trusts.

**Don't forget  
Leader Active Life**



### From the Director's Desk

In an effort to make us your one stop shop, I am reminding you that membership to Leader Center for Active Life lasts ALL YEAR LONG! Gift Certificates for membership are available in the office for \$100. Or, you can buy your friends and family some "Leader Loot" in denominations of \$10 to be used for socials, travel, or membership. Finally, you can visit our Holiday Sale during the week of November 7. Items available for purchase include hand crafted items, Kim's framed photos, t-shirts, and gift certificates. Happiest of holidays to our members, volunteers, instructors, and community partners. We are who we are because of all of you!

*~Melissa, Kim & Kathy*

### Cocoa Packs Presents

During November, donate gifts in the large box in our vestibule, for children actively enrolled in Cocoa Packs at Derry Township. Check out their Amazon wish list or their gift ideas at [www.cocoapacks.org/presents/](http://www.cocoapacks.org/presents/)

### Now Accepting

New and Gently Used  
Coats & Blankets  
Benefitting

### *Helping the Harrisburg Family*

Drop off your donation in our box in the lobby vestibule.

### New Program Alert

#### Seated Line Dancing

Drop in class meets Wednesdays from 12:15—1:15pm.

#### Beginner Mah Jongg

3 week class meets Mondays at 10:00—12:00pm starting November 7. Drop in to learn.

#### Beginner Hand & Foot Cards (variation of Canasta)

Email [brascina@gmail.com](mailto:brascina@gmail.com) to schedule instruction.

#### Creative Craniums

Come see what all the fun is about. Meets Tuesdays 2:30—3:30pm for 4 weeks starting January 10. Space is limited, register today!

### Coming Soon

Chair Lablast Starts in January—details in next newsletter.

### Nov/Dec Class Underwriting

Zumba: Brenda Berman

Beginner Tap: Minette Bauer

Pilates: Grateful Cyberlander

Yoga: Anne Shadis

Chair Yoga: In memory of Mary Crossett

LaBlast: Brenda Berman

Drum Fitness: Anne Shadis

## **Coming Events:**

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

**Friday, November 4—Tech Time with Kim—1:00 PM.** This month we cover email on iPhone/iPads. Stay after to get one on one help with your device.

**Week of November 7—Holiday Sale in the Lobby.** Do your shopping with Leader Active Life! Stop by any day to see our offerings.

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

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

**Friday, November 11—Friday Flix - 1:00pm.** This month we show, *Mrs. Harris Goes to Paris*, starring Lesley Manville as a widowed cleaning lady in 1950's London.

**Friday, November 18—Monthly Social—11:30am.** Country Meadows caters a delicious meal of roast turkey, stuffing, green bean casserole, tossed salad and pumpkin pie. Then we will enjoy entertainment by JCM band. Cost is \$12.00 and you must RSVP by Tuesday, November 15.

**Monday, November 28 —Book Club—2:30 PM.** *Horse* by Geraldine Brooks.

**Friday, December 2—Tech Time with Kim—1:00 PM.** This month we cover contacts on iPhone/iPads. Stay after to get one on one help with your device.

**NOTE EARLIER DATE!!!!**

**Friday, December 9—Monthly Social—11:30am.** Country Meadows caters a delicious meal of baked ham, candied sweet potatoes, baked corn, carrot, pineapple, and raisin salad, and chocolate layer cake. Then we will enjoy entertainment by Lower Dauphin Chamber Singers. Cost is \$12.00. RSVP by Tuesday, December 6.

**Friday, December 16—Friday Flix - 1:00pm.** This month we show, *Meet Me in St. Louis*.

**Monday, December 19 —Book Club—2:30 PM.** *The Personal Librarian* by Marie Benedict

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*Now Available for Purchase!*

**LEADER LOOT  
\$ 10.00**

For use at Leader Center for Active Life only  
Not redeemable for cash

## **Newsletter change in 2023**

Starting in January, our newsletter will be emailed only. Paper copies are also available for pick up at the center during the last week of the month.

Check us out on

Good Day PA

Friday, November 18

10:00—11:00am

\* donates RSVP needed

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	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>
		<b>1</b> 9:00 Tai Chi 9:00 Yoga 10:00 Chair Yoga 10:00 Stretch & Strength dvd 11:00 Advanced Tap 11 & 12 Drum fitness 10—2 Fiber & Friends 12:00 Intermediate Bridge 12:00 Hand & Foot Cards 12:45 Pinochle	<b>2</b> 8:30 Pilates 10:00 Stretch & Strength dvd 10:00 Beginner Line Dance 10:30 Line Dance 12:15 Seated Line Dance 1:15 Bingo & Watercolor 1:30 Zumba Gold 2:00 Leader Learns 3:15 Silver Sneakers 6:00 Pilates @ CM
	<b>7</b> 8:15 Silver Sneakers 8:30 Pilates 9:15 Strengthening w/ Sara 10:00 Stretch & Strength dvd 10-12 Beginner Mah Jongg 10:30 Line Dance *12:00 Lunch & Learn 1:00 Knitting & Poker 1:30 Zumba Gold 2:30 ReBag Class 2 6:00 Pilates @ CM	<b>8</b> 9:00 Tai Chi 9:00 Yoga 10:00 Chair Yoga 10:00 Stretch & Strength dvd 11:00 Advanced Tap 11 & 12 Drum fitness 10—2 Fiber & Friends 12:00 Intermediate Bridge 12:00 Hand & Foot Cards 12:45 Pinochle	<b>9</b> 8:30 Pilates 10:00 Stretch & Strength dvd 10:00 Beginner Line Dance 10:30 Line Dance 12:15 Seated Line Dance **NO BINGO** 1:15 Watercolor 1:30 Zumba Gold 3:15 Silver Sneakers 6:00 Pilates @ CM
	<b>14</b> 8:15 Silver Sneakers 8:30 Pilates 9:00 Board Meeting 9:15 Strengthening w/ Sara 10-12 Beginner Mah Jongg 10:00 Stretch & Strength dvd 10:30 Line Dance 12:00 Lunch & Learn 1:00 Knitting & Poker 1:30 Zumba Gold 6:00 Pilates @ CM	<b>15</b> 9:00 Tai Chi 9:00 Yoga 10:00 Chair Yoga 10:00 Stretch & Strength dvd 10—2 Fiber & Friends 11 & 12 Drum fitness 11:00 Advanced Tap 12:00 Intermediate Bridge 12:00 Hand & Foot Cards 12:45 Pinochle	<b>16</b> 8:30 Pilates 10:00 Stretch & Strength dvd 10:00 Beginner Line Dance 10:30 Line Dance 12:15 Seated Line Dance 1:15 Bingo & Watercolor 1:30 Zumba Gold 3:15 Silver Sneakers 6:00 Pilates @ CM
	<b>21 *Open Enrollment 9—3</b> 8:15 Silver Sneakers 8:30 Pilates 9:15 Strengthening w/ Sara 10-12 Beginner Mah Jongg 10:00 Stretch & Strength dvd 10:30 Line Dance 1:00 Knitting & Poker 1:30 Zumba Gold 6:00 Pilates @ CM	<b>22</b> 9:00 Tai Chi 9:00 Yoga 10:00 Chair Yoga 10:00 Stretch & Strength dvd 10—2 Fiber & Friends 11:00 Advanced Tap 11 & 12 Drum fitness 12:00 Intermediate Bridge 12:00 Hand & Foot Cards 12:45 Pinochle	<b>23</b> 8:30 Pilates 10:00 Stretch & Strength dvd 10:00 Beginner Line Dance 10:30 Line Dance 12:15 Seated Line Dance 1:15 Bingo & Watercolor 1:30 Zumba Gold 3:15 Silver Sneakers 6:00 Pilates @ CM
	<b>28</b> 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 1:30 Zumba Gold 2:30 Book Club 6:00 Pilates @ CM	<b>29</b> 9:00 Tai Chi 9:00 Yoga 10:00 Chair Yoga 10:00 Stretch & Strength dvd 11:00 Advanced Tap 11 & 12 Drum fitness 10—2 Fiber & Friends 12:00 Intermediate Bridge 12:00 Hand & Foot Cards 12:45 Pinochle	<b>30</b> 8:30 Pilates 10:00 Stretch & Strength dvd 10:00 Beginner Line Dance 10:30 Line Dance 12:15 Seated Line Dance 1:15 Bingo & Watercolor 1:30 Zumba Gold 3:15 Silver Sneakers 6:00 Pilates @ CM

Thursday	Friday
<b>3</b> 9:00 Yoga 9:00 Dolls 10:00 LaBlast 10:00 Stretch & Strength dvd 11:00 Beginner Tap 11:00 Beach(ball) Volleyball 11:30 Hand & Foot Cards 12:30 Scrabble 12:45 Pinochle 1:00 Tai Chi	<b>4</b> 8:15 Silver Sneakers 8:30 Pilates 9:00 Mah Jongg 9:15 Strengthening w/ Sara 10:15 Line Dancing
<b>10</b> 9:00 Yoga 9:00 Dolls 10:00 LaBlast 10:00 Stretch & Strength dvd 11:00 Beginner Tap 11:00 Beach(ball) Volleyball 11:30 Hand & Foot Cards 12:30 Scrabble 12:45 Pinochle 1:00 Tai Chi	<b>11</b> 8:15 Silver Sneakers 8:30 Pilates *9-12 Beltone Screening 9:00 Mah Jongg 9:15 Strengthening w/ Sara 10:15 Line Dancing 1:00 Friday Flix
<b>17</b> 9:00 Yoga 9:00 Dolls 10:00 LaBlast 10:00 Stretch & Strength dvd 10:00 Investment Club 11:00 Beginner Tap 11:00 Beach(ball) Volleyball 11:30 Hand & Foot Cards 12:30 Scrabble 12:45 Pinochle 1:00 Tai Chi	<b>18</b> 8:15 Silver Sneakers 8:30 Pilates 9:00 Mah Jongg 9:15 Strengthening w/ Sara <b>11:30 Monthly Social</b>

*Closed for the Holiday*



*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](http://CountryMeadows.com)



**COUNTRY MEADOWS**  
RETIREMENT COMMUNITIES

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



Independent Living | Personal Care  
Memory Care | Restorative Care

### Country Meadows 1-2-1 Club

Robotic Arm Assisted  
 Joint Replacements  
 Thursday, November 10  
 1:30—2:30 Pm at  
 Country Meadows of Hershey  
 459 Sand Hill Road  
 RSVP to Kris or Jen at 717-533-6996

November  
Coordinator  
**Intermediate Bridge:**  
 Enie (717-576-6952)



# Beltone™

\* donates RSVP needed

**Monday**

**Tuesday**

**Wednesday**



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**5**  
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  
1:30 Zumba Gold  
2:30 Book Club  
6:00 Pilates @ CM

**6**  
9:00 Tai Chi  
9:00 Yoga  
10:00 Chair Yoga  
10:00 Stretch & Strength dvd  
11:00 Advanced Tap  
11 & 12 Drum fitness  
10—2 Fiber & Friends  
12:00 Intermediate Bridge  
12:00 Hand & Foot Cards  
12:45 Pinochle

**7**  
8:30 Pilates  
10:00 Stretch & Strength dvd  
10:00 Beginner Line Dance  
10:30 Line Dance  
12:15 Seated Line Dance  
1:15 Bingo & Watercolor  
1:30 Zumba Gold  
3:15 Silver Sneakers  
6:00 Pilates @ CM

**12**  
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

**13**  
9:00 Tai Chi  
9:00 Yoga  
10:00 Chair Yoga  
10:00 Stretch & Strength dvd  
11:00 Advanced Tap  
11 & 12 Drum fitness  
10—2 Fiber & Friends  
12:00 Intermediate Bridge  
12:00 Hand & Foot Cards  
12:45 Pinochle

**14**  
8:30 Pilates  
10:00 Stretch & Strength dvd  
10:00 Beginner Line Dance  
10:30 Line Dance  
12:15 Seated Line Dance  
1:15 Bingo & Watercolor  
1:30 Zumba Gold  
3:15 Silver Sneakers  
6:00 Pilates @ CM

**19**  
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  
1:30 Zumba Gold  
2:30 Book Club  
6:00 Pilates @ CM

**20**  
9:00 Tai Chi  
9:00 Yoga  
10:00 Chair Yoga  
10:00 Stretch & Strength dvd  
11:00 Advanced Tap  
11 & 12 Drum fitness  
10—2 Fiber & Friends  
12:00 Intermediate Bridge  
12:00 Hand & Foot Cards  
12:45 Pinochle

**21**  
8:30 Pilates  
10:00 Stretch & Strength dvd  
10:00 Beginner Line Dance  
10:30 Line Dance  
12:15 Seated Line Dance  
1:15 Bingo & Watercolor  
1:30 Zumba Gold  
3:15 Silver Sneakers  
6:00 Pilates @ CM

Leader Center for Active Life  
will be closed from  
Monday, December 26 - Friday, December 30.  
We will reopen on Monday, January 2.

Thursday	Friday
<b>1</b> 9:00 Yoga 9:00 Dolls 10:00 LaBlast 10:00 Stretch & Strength dvd 11:00 Beginner Tap 11:00 Beach(ball) Volleyball 11:30 Hand & Foot Cards 12:30 Scrabble 12:45 Pinochle 1:00 Tai Chi	<b>2</b> 8:15 Silver Sneakers 8:30 Pilates 9:00 Mah Jongg 9:15 Strengthening w/ Sara 10:15 Line Dancing 1:00 Tech Talk
<b>8</b> 9:00 Yoga 9:00 Dolls 10:00 LaBlast 10:00 Stretch & Strength dvd 11:00 Beginner Tap 11:00 Beach(ball) Volleyball 11:30 Hand & Foot Cards 12:30 Scrabble 12:45 Pinochle 1:00 Tai Chi	<b>9</b> 8:15 Silver Sneakers 8:30 Pilates 9:00 Mah Jongg 9:15 Strengthening w/ Sara <b>11:30 Monthly Social</b>
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<b>22</b> 9:00 Yoga 9:00 Dolls 10:00 LaBlast 10:00 Stretch & Strength dvd 10:00 Investment Club 11:00 Beginner Tap 11:00 Beach(ball) Volleyball 11:30 Hand & Foot Cards 12:30 Scrabble 12:45 Pinochle 1:00 Tai Chi	<b>23</b> 8:15 Silver Sneakers 8:30 Pilates 9:00 Mah Jongg 9:15 Strengthening w/ Sara 10:15 Line Dancing  <b>Closing at Noon</b>

**December**  
**Coordinator**

**Intermediate Bridge:**  
Bill (717-733-6974)

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**Family is important to you.  
And us.**



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 Independent Living | Personal Care  
Memory Care | Restorative Care

**HERSHEY**  
*Symphony*  
Dr. Sandra Dackow, Music Director

**2022-2023 Season**

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

**Country Meadows 1-2-1 Club**  
Holiday Bingo  
Thursday, December 8  
1:30—2:30 Pm at  
Country Meadows of Hershey  
459 Sand Hill Road  
RSVP to Kris or Jen at 717-533-6996

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

11/2 Leader Learns

11/4 & 12/2—Tech Time

11/7—Lunch and Learn

Week of 11/7—Holiday Sale

11/18 & 12/9—Monthly Socials

11/28 & 12/19—Book Club