

**NATIONAL SENIOR HEALTH & FITNESS DAY**

**CELEBRATE ALL  
DAY!  
WEDNESDAY,  
MAY 31**

*SCHEDULE OF EVENTS*

8:30 PILATES

9:30—12:00 SMOOTHIES IN LOBBY  
COURTESY OF COUNTRY MEADOWS

10:00 STRETCH & STRENGTH DVD

10:00 BEGINNER LINE DANCING

12:15 DRUM FITNESS (MUST RSVP)

1:00—3:00 MAKE YOUR OWN TRAIL  
MIX W/ TRADITIONS

1:00—3:00 PICKLEBALL QUEEN OF THE  
COURT (@ DTCC OUTSIDE COURTS)

1:30 ZUMBA GOLD

2:00 LEADER LEARNS W/DRAYER  
"HOW TO INCORPORATE MOVEMENT  
INTO YOUR EVERYDAY LIFE"

3:15 SILVER SNEAKERS

**"MOVE MORE TO DO MORE"**

## From the Director's Desk

As a program host of the 2023 National Senior Health and Fitness Day, we have been provided with video links, articles, and online tools to keep you focused and energized for health and fitness. Join Leader Center for Active Life in celebrating the 30th anniversary!

Here are a few of the tidbits:

### Fitness:

- 10 minutes of stretching is equivalent to walking the length of a football field
- 1 hour of dancing weekly is like walking from Chicago to Indianapolis
- 20 minutes of vacuuming is like walking one mile
- 1 hours of grocery shopping a month is like walking a marathon in a year

### Fall Prevention:

- Falls are the #1 cause of death from injuries in older Americans
- Falls increase with age
- An older adult falls every second every day
- Talk to your doctor if you are falling
- Keep moving
- Annual vision checks
- Make your home safe

### Nutrition:

- Check out the links for ways to reduce salt, sugars, increase spice, and eat better. (Hand outs available in the center).

I have included many links for online exercise classes and nutritional resources with your newsletter email. Print outs available at the center. Lets all look for ways to incorporate health and fitness into our daily routines and focus on moving more this May!

*Melissa*

## May Class Underwriting

Zumba: Aura Bunn

Tap Dance: Anonymous

Pilates: Very Thankful Zoomer

Yoga: Anne Shadis

Chair Yoga: Anonymous

LaBlast: Brenda Berman

Chair LaBlast: Brenda Berman

Drum Fitness: Pamra Bowser

Bingo: Sue Nale

For info about underwriting a class, see Melissa.

## BEGINNER

## MAHJONGG



MAY 1, 8, 15, & 22

FROM 1:00—3:00PM

MAH JONGG IS A CHINESE GAME WHERE YOU COLLECT WINNING SETS OF TILES. FOR THOSE WHO WANT TO LEARN THE GAME, OR A REFRESHER, JOIN OUR MAH JONGG INSTRUCTORS ON MONDAYS IN MAY TO LEARN.

SPOTS ARE LIMITED, CONTACT THE OFFICE TO REGISTER.

## Coming Events:

**Thursday, May 4 & May 18—Living After Loss 6-part series—2:00—3:30PM.**

**Friday, May 5—Tech Time—1:00pm**—this month Kim covers Notes app on iPhone/iPad. Stay after to get one on one help with your device.

**Wednesday, May 10—Leader Learns—2:00PM.** Hope Springs Farm will educate us about their innovative program for adults with intellectual disabilities and autism to experience meaningful activities on a working local farm.

**Thursday, May 11—Medicare 101—8:30-11:00AM.** See details on page 6.

**Friday, May 12—Friday Flix - 1:00pm.** This month we will get together to watch the recording of Lower Dauphin's 2023 musical production of *Annie*.

**Wednesday, May 17—Leader Learns—2:00PM.** A Susquehanna Service Dogs Ambassador team consisting of a human handler and a 2 year+ canine will present about SSD from puppies to placement and will allow time in their presentation for Q&A and meet/greets with the dog.

**Thursday, May 18—AARP Smart Driver 4-Hour Refresher Class. 8:45AM—1:00PM.** Call the office to register.

**Friday, May 19 —Monthly Social—11:30am.** We have a treat for you! New Horizons from MHS sings, dances, and entertains. Country Meadows caters a meal of BBQ ribs, macaroni & cheese, stewed tomatoes, potato salad, and sweet potato pie. Cost is \$12.00 and you must RSVP by Thursday, May 11.

**Monday, May 22 —Book Club—2:30 PM.** The Secret Life of Sunflowers by Marta Molnar.

**Wednesday, May 24—Leader Learns—2:00PM.** Older Americans Month's theme is "Aging Unbound". Come create with your friends to decorate rocks with inspirational messages to combat ageism.

**Monday, May 29—Closed**

**Wednesday, May 31—National Senior Health and Fitness Day. "Move More to Do More".** Check out our planned schedule events on the front page!

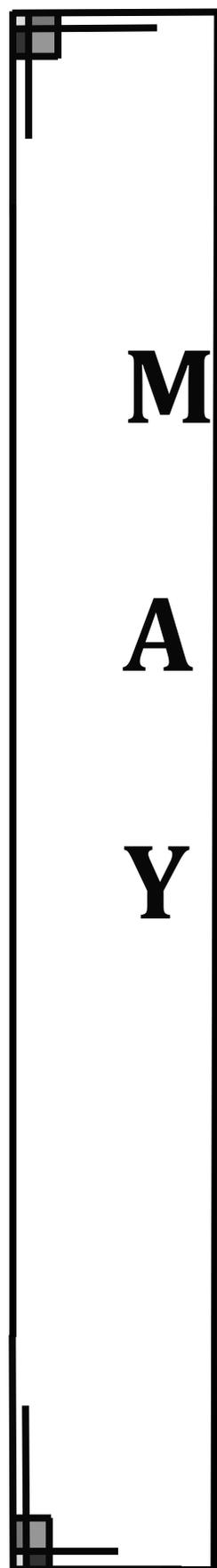
### Beginner Pickleball

Friday, May 26, Tuesday, May 30, and Friday, June 2 at 11:00AM at Granada Gym  
**REGISTRATION REQUIRED**

We have a few spots for anyone looking to learn pickleball. Contact the office to reserve your space. A few things to consider:

- ⇒ This is for fun, but injuries can happen. Consult your doctor to discuss your fitness level and whether it is right for you.
- ⇒ We will have loner paddles available, but if you decide to continue after the instruction is done, you will need to purchase a paddle.
- ⇒ Dress in work out wear, you will break a sweat.
- ⇒ Pickleball is easier than tennis, but IT IS NOT EASY. There is side to side and front and back movements, a basic fitness level is necessary.
- ⇒ Contact Melissa with questions.
- ⇒ Register in the office or by calling 717-533-2002.

\* denotes RSVP needed



	Monday	Tuesday	Wednesday
	<b>1</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 1:00 Beginner Mah Jongg 1:30 Zumba Gold 6:00 Pilates @ CM	<b>2</b> 9:00 Tai Chi 9:00 Yoga 10:00 Chair Yoga 10:00 Stretch & Strength dvd 11:00 Advanced Tap *11:00 Drum Fitness 10—2 (drop in) Fiber Friends 12:00 Intermediate Bridge 12:00 Hand & Foot/Hearts 12:45 Pinochle	<b>3</b> 8:30 Pilates 10:00 Stretch & Strength dvd 10:00 Beginner Line Dance 10:30 Line Dance *12:15 Drum Fitness 1:00 Bingo 1:15 Watercolor 1:30 Zumba Gold 3:15 Silver Sneakers 6:00 Pilates @ CM
	<b>8</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 1:00 Beginner Mah Jongg 1:30 Zumba Gold 6:00 Pilates @ CM	<b>9</b> 9:00 Tai Chi 9:00 Yoga 10:00 Chair Yoga 10:00 Stretch & Strength dvd 11:00 Advanced Tap *11:00 Drum Fitness 10—2 (drop in) Fiber Friends 12:00 Intermediate Bridge 12:00 Hand & Foot/Hearts 12:45 Pinochle	<b>10</b> 8:30 Pilates 10:00 Stretch & Strength dvd 10:00 Beginner Line Dance 10:30 Line Dance *12:15 Drum Fitness 1:00 Bingo 1:15 Watercolor 1:30 Zumba Gold 2:00 Leader Learns 3:15 Silver Sneakers 6:00 Pilates @ CM
	<b>15</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 1:00 Beginner Mah Jongg 1:30 Zumba Gold 6:00 Pilates @ CM	<b>16</b> 9:00 Tai Chi 9:00 Yoga 10:00 Chair Yoga 10:00 Stretch & Strength dvd 10—2 (drop in) Fiber Friends *11:00 Drum Fitness 11:00 Advanced Tap 12:00 Intermediate Bridge 12:00 Hand & Foot/Hearts 12:45 Pinochle	<b>17</b> 8:30 Pilates 10:00 Stretch & Strength dvd 10:00 Beginner Line Dance 10:30 Line Dance *12:15 Drum Fitness 1:00 Bingo 1:15 Watercolor 1:30 Zumba Gold 2:00 Leader Learns—Dogs 3:15 Silver Sneakers 6:00 Pilates @ CM
	<b>22</b> 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 & Poker 1:00 Beginner Mah Jongg 1:30 Zumba Gold 2:30 Book Club 6:00 Pilates @ CM	<b>23</b> 9:00 Tai Chi 9:00 Yoga 10:00 Chair Yoga 10:00 Stretch & Strength dvd 10—2 (drop in) Fiber Friends 11:00 Advanced Tap *11:00 Drum Fitness 12:00 Intermediate Bridge 12:00 Hand & Foot/Hearts 12:45 Pinochle	<b>24</b> 8:30 Pilates 10:00 Stretch & Strength dvd 10:00 Beginner Line Dance 10:30 Line Dance *12:15 Drum Fitness 1:00 Bingo 1:15 Watercolor 1:30 Zumba Gold 2:00 Leader Learns—Ageism 3:15 Silver Sneakers 6:00 Pilates @ CM
	<b>29</b>  <p style="text-align: center;"><b>Closed Memorial Day</b></p>	<b>30</b> 9:00 Tai Chi 9:00 Yoga 10:00 Chair Yoga 10:00 Stretch & Strength dvd 11:00 Advanced Tap *11:00 Drum Fitness 10—2 (drop in) Fiber Friends 12:00 Intermediate Bridge 12:00 Hand & Foot/Hearts 12:45 Pinochle	<b>31 Senior Health &amp; Fitness</b> 8:30 Pilates 10:00 Stretch & Strength dvd 10:00 Beginner Line Dance 10:30 Line Dance *12:15 Drum Fitness 1:00 Bingo 1:15 Watercolor 1:30 Zumba Gold 2:00 Leader Learns 3:15 Silver Sneakers 6:00 Pilates @ CM

Thursday	Friday
<b>4</b> 9:00 Yoga/Dolls 9:00 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	<b>5</b> 8:15 Silver Sneakers 8:30 Pilates 9:00 Mah Jongg 9:15 Strengthening w/ Sara 10:15 Line Dancing 1:00 Tech Time
<b>11</b> *8:30 Medicare 101 9:00 Yoga/Dolls 9:00 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 12:15 Tai Chi (TIME CHANGE)	<b>12</b> 8:15 Silver Sneakers 8:30 Pilates 9:00 Mah Jongg 9:15 Strengthening w/ Sara 10:15 Line Dancing 1:00 Friday Flix
<b>18</b> 9:00 Yoga/Dolls 9:00 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	<b>19</b> 8:15 Silver Sneakers 8:30 Pilates 9:00 Mah Jongg 9:15 Strengthening w/ Sara <b>*11:30 Monthly Social</b>
<b>25</b> 9:00 Yoga/Dolls 9:00 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	<b>26</b> 8:15 Silver Sneakers 8:30 Pilates 9:00 Mah Jongg 9:15 Strengthening w/ Sara 10:15 Line Dancing

**May  
Coordinator**

**Intermediate Bridge:  
Enie Musser 717-576-6952**

*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](http://CountryMeadows.com)

**COUNTRY MEADOWS 1-2-1 CLUB**  
**THURSDAY, MAY 11**  
**1:30—2:30 PM**

**JOIN CERTIFIED LIFE COACH LISA KAHLER HELP INDIVIDUALS MAKE HABIT CHANGES TO CREATE HEALTHY LIFESTYLES.**

**RSVP TO JEN OR KRIS AT 717-533-6996**

*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](http://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.



## Medicare 101 at Leader Active Life

Are you new to Medicare? Do you have unanswered questions about Medicare? Dauphin County PA Medi will be conducting educational presentations at Leader Center for Active Life on the following dates:

May 11 at 9:00AM  
July 13 at 9:00 AM  
September 14 at 9:00 AM

These seminars will go over the basics of Medicare Parts A, B, C, & D, comparisons between Medicare Advantage and Medicare Supplement plans and programs available to help save money.

Questions or to reserve your space, contact Shannon Vallier, PA MEDI local coordinator at 717.780.6147 or [svallier@dauphincounty.gov](mailto:svallier@dauphincounty.gov).

### Pennsylvania 211: Get Connected. Get Help



If you need to connect with resources in your community, PA 211 is a great place to start.  
⇒ Utilities \* housing \* insurance \* counseling \* disaster assistance \* employment \* Veterans\* and more. Dial 211 from anywhere in PA to connect. Or go to [www.pa211.org](http://www.pa211.org)

## OLDER AMERICANS MONTH



AGING UNBOUND: MAY 2023

Every May, the Administration for Community Living leads the nation's observance of Older Americans Month (OAM). The 2023 theme is *Aging Unbound*, which offers an opportunity to explore diverse aging experiences and discuss how communities can combat stereotypes. **Join us on Wednesday, May 24 at 2:00 in promoting flexible thinking about aging** – and how we all benefit when older adults remain engaged, independent, and included.

### Facts about Ageism

- Ageism refers to how we think (stereotypes), feel (prejudice) and act (discrimination) towards others or ourselves based on age •
- Ageism is everywhere
- Ageism affects us throughout life and exists in our institutions, relationships and ourselves
- Ageism intersects and exacerbates other forms of disadvantage including those related to sex, race and disability
- Ageism is harmful
- It has far-reaching impacts on all aspects of our health
- It takes a heavy economic toll on individuals and society
- Ageism can be combatted through policy and laws to address discrimination and inequality based on age
- Educational activities can help enhance empathy

# **Travel 2023**

## **Annapolis Cravings by Land and Sea Wednesday, August 16**

A day of decadence in MD's Capital City, we start our day at historic London Town and Gardens for a sweet treat. Then, a motorcoach tour of historic Annapolis and a warm savory treat. Next we head to the US Naval Academy to enjoy a stroll through the "Yard." Visits to the Beaux Arts building, Main Chapel, and crypt of John Paul Jones are scheduled. A quick visit to the USNA Museum and then an afternoon Tea at the Naval Academy Club. Finally, enjoy a beverage and boat cruise of Annapolis Bay. Motorcoach departs Leader Center at 6:30AM and arrives home around 10:00PM. Cost of the trip is \$225. Reservations necessary by June 30.

## **Fall Foliage in the Mountains—Jim Thorpe, PA Thursday, September 28**

Our trip starts at Olde Jail Museum, a fortress standing guard over the town of Jim Thorpe. From there we head to Mauch Chunk Museum, focusing on Lenape Indians, coal, waterways, and the unique railroad. Lunch is at The Broadway Grille & Pub at the historic Inn at Jim Thorpe. Following lunch, all aboard the Lehigh Gorge Scenic Railway for a 16 mile, 45 minute excursion. The narrated round trip follows the majestic Lehigh River. A stop at Chantilly Goods on the way home ends our trip with a sweet treat. Trip Departs Leader Center for Active Life at 7:45AM (please park in back left section of lot) and arrive home around 7:00PM. Cost for trip is \$175 and reservations are necessary by August 25.

## **"A Beautiful Noise" The Neil Diamond Musical Thursday, November 2**

Back to Broadway we go, this time enjoying a buffet luncheon at John's Pizzeria, a famous and unique Times Square landmark located in the old Gospel Tabernacle Church, with its perfectly intact stained glass ceiling and massive footprint not visible from the street. Our buffet will include salad, pizza, pasta, and dessert, all served in the largest pizzeria in the United States. Then we head to the Broadhurst Theater where the life and story of Neil Diamond comes to life with musical featuring his hit songs, "Sweet Caroline", "America", and "Cracklin' Rosie." "A Beautiful Noise" is an uplifting musical that explores the life of a rock icon through the music that made him a national treasure. We will depart Leader Center at 7:30 AM and return home at approximately 9:00PM. Cost of the trip is \$260 and includes motorcoach transport, deluxe buffet, and orchestra seats to the show. Reservations necessary by September 22.

Leader Center for Active Life  
605 Cocoa Ave  
Hershey, PA 17033



605 Cocoa Ave  
Hershey, PA 17033  
Phone: (717) 533-2002  
Www.leaderactivelife.org

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  
**Melissa Weigle:** Executive Director  
**Kim Reese:** Office Coordinator  
**Kathy Giovanniello:** Administrative Assistant

### Programs to Remember

Beginner Mah Jongg Classes

Living After Loss Series

Medicare 101 Program

Leader Learns Opportunities

Monthly Social with New Horizons

National Sr. Health & Fitness Day