



We will be OPEN
a few mornings
between
Christmas Day
and New Year's
Day this year—
see more details
inside, on p. 3.

Please remember
LEADER CENTER
in your year-end
giving!
We rely a great deal
on the generous
contributions of our
members. No
donation too big or
too small!

Note these days
that we will be
CLOSED during
the holiday
season:

- Tues., Dec. 24
- Wed., Dec. 25
- Thurs., Dec. 26
- Wed., Jan 1

From the Director's Desk

Wow! How did it happen, that we are nearing the end of another year?! This final month of 2024 surely will bring hustle and bustle and busy days. Even so, hopefully we see a lot of you here at Leader Center! Please refer to this newsletter for the schedule of when we will be open and closed (front of the newsletter, and pages 4-5). Please also note that in the week between Christmas Day and New Year's Day, we will offer three mornings of special programming. Check the next page of the newsletter for more details, mark your calendars, and plan to join us for anything - or everything!

Most days since I have been here, one of you (at minimum!) has said something to me about your Leader Center experience that has given me a new idea or a fresh perspective. Thank you for the inspiration! You've seen me sometimes include these inspiring "member quotes", anonymously, here in the newsletter. As we wrap up one year and head into another, I'd like to share with you a quote from psychologist Carl Rogers: "The good life is a process, not a state of being. It is a direction, not a destination." I hope you continue to find that Leader Center helps you in your pursuit of the good life. I also hope that each of you knows that you are an important part of the journey others are taking. On behalf of myself, Kim, and Kathy, I extend sincere wishes for a happy, healthy, memorable holiday season — ENJOY!



Inclement Weather Updates

We will email members
and post weather-related
closing and delay
information on

WHP 21 and ABC 27 as well
as on the homepage
of our website.

You also can call Leader
Center (717-533-2002) and
listen to an update message
after 7:30AM.

Class Schedule Updates:

- Beginner Mah Jongg will be offered the first three Mondays in Dec., 12:30 to 2:30. If you would like to join us to learn how to play, please pre-register for a Monday session by calling the office or using MyActiveCenter.com
- Drum Fitness will return in January 2025. Instructor Tina sends her best!

December Class Underwriting

Tai Chi: Michael & Karen Leader
Line Dancing: Tann O'Donnell
Chair Yoga: Diane Dohner
Tap: Kathy Hetrick
Pilates: Anonymous

Thank you to our generous underwriters!
The cost of underwriting a class for the month is \$300. Every underwriting gift helps—please see Annamarie for info!

Coming Events:

Wednesday, December 4—Leader Crafts—12:00PM. LCAL member Sue Copenhaver joins leads us in making lovely Pysanky eggs. Each participant will make eggs to take home. Seating is limited so call today to reserve your spot. Class fee is \$30.

Friday, December 6—Tech Time with Kim—1:00PM. Kim talks about what you can do with Google Assist, Alexa, and Siri.

Tuesday, December 10—Coffee & Conversation—10:00AM. Offered every second Tuesday, it's a great way to expand your mind and get to know fellow members!

Friday, December 13—Friday Flix (Movie)—1:00PM. *Prancer.* Young Jessica discovers an injured reindeer in the woods, which she believes to be Prancer. With the help of a sympathetic veterinarian (Abe Vigoda), Jessica takes care of the wounded creature. It's supposed to be a secret, but eventually a store Santa Claus (Michael Constantine), the girl's dad (Sam Elliott), and the entire town find out about Prancer, leading to big problems. Popcorn will be served!

Wednesday, December 18—Special Art Club: Paper Quilling—1:15 to 3:00PM. Join Renee Rubey, daughter of member Joanne Durbin, to paper quill—the process of making spirals with paper and pressing them into different shapes to be assembled into images. Create a special card or decoration for the season! Cost is \$15, which covers all supplies. Call the office by 12/12/24 to reserve your spot.



Friday, December 20—Members Monthly Social—11:30AM. Country Meadows caters a delicious meal of Mediterranean pasta salad,

baked ham, candied sweet potatoes, and cherry cheesecake. After lunch, we will enjoy a performance by the Milton Hershey Middle School Select Choir. Cost is \$12.00 and you must RSVP by Thurs., 12/12/24.

Monday, December 23—Book Club with Kathy—2:30PM. *The Thursday Murder Club* by Richard Osman

Three Mornings of Special Holiday Hours/ Programming—8AM to Noon

Friday, December 27

9:00AM, Holiday Workout with Sally—A 45-minute fusion workout using a chair that blends the fitness of Kim's Silver Sneakers, strength training with Sara, core focus from Sally's Pilates, and flexibility from Karen's Yoga. The class will provide a wide range of exercises that are safe and effective, regardless of your experience or fitness level. All are welcome!

10:00AM, Line Dance

10:00AM, Strength & Stretch DVD

Monday, December 30

9:00AM, Holiday Workout with Sally—See class description above.

10:00AM, Line Dance

10:00AM, Strength & Stretch DVD

Tuesday, December 31

9:00AM, Strengthening w/ Sara DVD

10:00AM, Strength & Stretch DVD

10:00AM, “Happy Medium Zumba” with Debbie Kurtz—This 45-minute Zumba features slow turns and no jumping, to fun and familiar songs with a beat a little faster than Zumba Gold. All are welcome!

11:00 to Noon, Hot Dogs & (optional!) Sauerkraut, with a Toast at Noon—Join us for an early lunch capped off by an early toast to the new year with your LCAL friends! If you'd like, bring along a plate of your leftover holiday treats to share! Kindly RSVP by 12/27/24.

*** donates RSVP needed**

DECEMBER

Monday	Tuesday	Wednesday
2 8:15 Silver Sneakers 8:30 Pilates 9:15 Strengthening w/ Sara 10:00 Stretch & Strength dvd 10:30 Line Dance 11:00 Lifestretch <i>*12:30 Beginner Mah Jongg</i> 1:00 Knitting 1:00 Penny Poker 1:30 Zumba Gold 6:00 Pilates @ CM	3 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	4 8:30 Pilates 10:00 Stretch & Strength dvd 10:00 Beginner Line Dance 10:30 Line Dance 11:00 Lifestretch <i>*12:00 Leader Crafts</i> 1:00 Bingo 1:15 Art Club 1:30 Zumba Gold 3:15 Silver Sneakers 6:00 Pilates @ CM
9 8:15 Silver Sneakers 8:30 Pilates 9:15 Strengthening w/ Sara 10:00 Stretch & Strength dvd 10:30 Line Dance 11:00 Lifestretch <i>*12:30 Beginner Mah Jongg</i> 1:00 Knitting 1:00 Penny Poker 1:30 Zumba Gold 6:00 Pilates @ CM	10 9:00 Tai Chi, Yoga 10:00 Chair Yoga 10:00 Stretch & Strength dvd 10:00 Coffee & Conversation 11:00 Advanced Tap 11—2 Fiber & Friends 12:00 Intermediate Bridge 12:00 Hand & Foot 12:45 Pinochle	11 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 Art Club 1:30 Zumba Gold 3:15 Silver Sneakers 6:00 Pilates @ CM
16 8:15 Silver Sneakers 8:30 Pilates 9:15 Strengthening w/ Sara 10:00 Stretch & Strength dvd 10:30 Line Dance 11:00 Lifestretch <i>*12:30 Beginner Mah Jongg</i> 1:00 Knitting 1:00 Penny Poker 1:30 Zumba Gold 6:00 Pilates @ CM	17 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	18 8:30 Pilates 10:00 Stretch & Strength dvd 10:00 Beginner Line Dance 10:30 Line Dance 11:00 Lifestretch 1:00 Bingo <i>*1:15 Art Club: Learn How to Paper Quill!</i> 1:30 Zumba Gold 3:15 Silver Sneakers 6:00 Pilates @ CM
23 8:15 Silver Sneakers 8:30 Pilates 9:15 Strengthening w/ Sara 10:00 Stretch & Strength dvd 10:30 Line Dance 11:00 Lifestretch NO Beginner Mah Jongg! 1:00 Knitting, Penny Poker 1:30 Zumba Gold 2:30 Book Club 6:00 Pilates @ CM	24 CLOSED!	25 CLOSED!
30 OPEN 8:00 AM- NOON 9:00 Holiday Workout w/ Sally 10:00 Line Dance 10:00 Stretch & Strength dvd	31 OPEN 8:00 AM- NOON 9:00 Strengthening w/ Sara dvd 10:00 Stretch & Strength dvd 10:00 “Happy Medium Zumba” w/ Debbie <i>*11:00 Hot Dogs w/ Sauer-</i> <i>kraut & a Toast at Noon</i>	1 CLOSED! HAPPY NEW YEAR! Leader Center regular hours begin Thurs- day, January 2nd!

ALL ARE INVITED TO AN OPEN HOUSE TO CELEBRATE 50 YEARS OF

THE PEOPLE MOVER

JANUARY 11, 2025

2:00 p.m. to 4:00 p.m.

LEADER CENTER FOR ACTIVE LIFE

MEET & GREET WITH VOLUNTEERS

TAKE A TOUR OF THE VAN

VIEW MEMORABILIA FROM THE PAST 50 YEARS

SIGN UP TO VOLUNTEER

SIGN UP TO RIDE



***Enjoy Hors d'oeuvres and a celebratory cake offered by our friends at
Country Meadows of Hershey***

*Country Meadows of Hershey
459 Club
Holiday Social*

*Please join us for a fun hour
of great food and drinks,
music and friendship!*

*Thursday, Dec 12th from
1:30-2:30pm*

RSVP to Kris or Shannon

717-533-6996

Country Meadows of Hershey
Colonnades Building
459 Sand Hill Road


COUNTRY MEADOWS
RETIREMENT COMMUNITIES

Leader Travel



“RIVERDANCE 30th Anniversary” at American Music Theater Sunday, March 2, 2025

Since **Riverdance** first emerged onto the world stage, its fusion of Irish and international dance and music has captured the hearts of millions worldwide. To celebrate this incredible 30th year milestone, Riverdance will embark on a special anniversary tour, bringing its magic to audiences around the world. This spectacular production rejuvenates the much-loved original show with new innovative choreography and costumes and state of art lighting, production, and motion graphics. And for the first time Riverdance welcomes “The New Generation” of performers, all of whom were not born when the show began 30 years ago!

We will depart Leader Center at 10:30 AM and begin the day with a traditional Amish family-style meal at Plain & Fancy Farm. Lunch includes fried chicken, eye round of beef, meat-loaf, mashed potatoes, brown buttered noodles, vegetable and salad, and desserts made in-house. After lunch, we will head to American Music theater for the 2:00 PM show. Our anticipated return to Leader Center is 5:30 PM. Cost of the trip is \$165 and includes transportation, lunch, meal gratuities, and the show. Hope you can join us!

Notes: Payment must be received in order for your ticket to be secured. No refunds for cancellations unless LCAL is able to resell your ticket. Trips are open to non-members. Guests under 18 years of age must be approved by the Director.

Thank you to everyone who supported our
2024 HOLIDAY SALE by donating handmade goods or
stopping in to shop—or both!

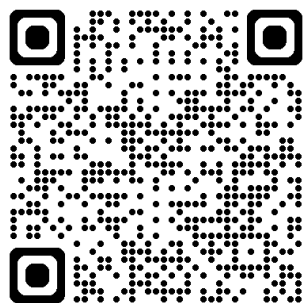
We made a little over **\$1500** to benefit LCAL. **WOW!**
And it was great fun to see so much
member talent on full display!



All members are invited to donate their
handmade wares any time we hold a sale.
Please be on the lookout for future sales.
We appreciate your generosity.



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



Leader
Center for
Active Life
605 Cocoa Ave
Hershey, PA 17033
Phone: (717) 533-2002
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
Annamarie Fazzolari: Executive Director
Kim Reese: Office Coordinator
Kathy Giovanniello: Administrative Assistant

Dates to Remember

12/4—Leader Crafts

12/6—Tech Talk

12/13—Friday Flix

12/18—Special Art Club

12/20—Members Monthly Social

12/31—Hot Dogs & a New Year's Toast