

hello, **SPRING**

Volunteer Appreciation Luncheon

Wednesday, April 30 at 11:30 PM

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

On the Menu: Chicken & Mushrooms, Meatballs, Pasta, Salad & Dessert

Kindly RSVP by Wednesday, April 23

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.

From the Director's Desk

April, when the sun shines longer and the plants and flowers begin to color our surroundings, seems like the perfect time to celebrate *volunteers!* There's no doubt that here at Leader Center, our volunteers bring beauty and brightness to our operations and our days! To all those who volunteer here, we say a **BIG THANK YOU**. Please come celebrate with us at our Volunteer Appreciation Luncheon on Wednesday, April 30 (see the front cover of the newsletter for RSVP details). It's impossible to list all the ways in which members volunteer at and for Leader Center—so if you have a question about whether your role makes you “eligible” to join us for lunch, please know that the answer is “yes”! Likewise, it's impossible to try to thank you all—but please know that whatever volunteer role you play, it is an important, valuable, and appreciated one. We simply could not do what we do without **YOU!**

Gratefully,
Annamarie, Kim, & Kathy

CLASS UPDATES

Drum Fitness: Join new instructor Bonnie Nelson Tuesday afternoons for one or both of her classes. Participants in the first session sit, stand, or both. Participants in the second session stand and travel to the tunes. Both classes feature great music that you know and love!

Penny Poker: Our Monday “regulars” are looking for some new players to join in the fun. All are welcome—bring your pennies for friendly wagering!

Instructional Bridge: Let our Bridge players teach you how to play or help you refresh your skills. Come to the Hershey Public Library, Mtg. Room 1, on Monday, April 28, 11:00-1:00. No registration needed—just come for friendship and fun!



Filling Easter Eggs

The candy is here! We've begun filling Easter eggs for the Derry Township Parks & Rec Egg Hunt. Join us any Thursday or Friday between noon and 2PM to help with the project for as little or as long as you'd like. There are lots of eggs to fill—but many hands will make light work!



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

This popular series is back, beginning in May! Any Leader Center member who has not participated here before is welcome to register.

Sunny Goodyear from PennState Health and Lauren Smeltzer from Hospice for All Seasons return to teach “A Matter of Balance.” This 8-week series combines education and activity designed to help participants reduce fall risk, respond to falls, and increase strength and balance. Please find the details below.

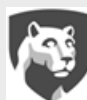
Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

Classes will be held at Leader Center once a week, Monday afternoons, for eight weeks.

**5/5, 5/12, 5/19, 6/2, 6/9, 6/16, 6/23, 6/30
1:00-3:00 PM**

While attendance is not required at every class, please do not register unless you are able to attend 6 or more!

**To register, please call
717-533-2002 or stop in at the
Leader Center
Receptionist desk.**



PennState Health
Holy Spirit Medical Center



Coming Events:

Friday, April 4—NO Tech Talk with Kim. Kim will be back in May!

Thursday, April 10—Leader Lunch & Learn—11:45AM. Ryan and Nathan from Smith Financial Group will visit to talk about topics of interest to our members: charitable giving and navigating volatile markets. Come with your questions about RMDs, economic fluctuations, etc. Lunch will be provided. RSVP by Tuesday, 4/8!

Friday, April 11—Friday Flix—1:00PM. We'll show the 1998 film, *The Truman Show*. He doesn't know it, but everything in Truman Burbank's (Jim Carrey) life is part of a massive TV set. Executive producer Christof (Ed Harris) orchestrates "The Truman Show," a live broadcast of Truman's every move captured by hidden cameras. As Truman gradually discovers the truth, he must decide whether to act on it. Popcorn will be served!

Monday, April 14—Leader Learns—2:30PM. Join Leader Center member David Whitenack, who will present E-bike safety tips he practices around town and while touring thousands of miles across the United States. An E-bike will be in the classroom to check out. Come learn more about how riding an E-bike can help you ride more often, travel more miles, and have more fun!

Wednesday, April 16—Art Club: Alcohol Painting—1:00PM. Two new friends of Leader Center from the community, Karen and Lisa, will be teaching members how to make "alcohol ink cards". No experience re-

quired and all supplies provided. Check out the beautiful sample of what you'll make at the receptionist's desk. Seating is limited, so RSVP by 4/11 to reserve your spot!

Tuesday, April 22—Leader Learns—12:45PM. Medicare fraud costs taxpayers nearly \$100 billion annually while compromising the care of millions of beneficiaries. The Center for Advocacy for the Rights and Interests of Elders (CARIE) will be here to speak about Medicare fraud and provide attendees with the information and tools needed to better safeguard themselves. You will learn about current scams, best practices for protecting one's personal information, and how to appropriately report suspected fraud.

Friday, April 25—Members' Monthly Social—11:30PM. PLEASE NOTE THIS DATE CHANGE FOR THE APRIL SOCIAL, DUE TO THE EASTER HOLIDAY! Join us for a delicious lunch of garbanzo bean salad, lemon basil chicken, rice pilaf, dill butter carrots, and cherry cheesecake. After lunch, our favorite NYC detective turned Pennsylvania Senior Idol winner, Chris Poje, will be here to entertain us with his wonderful vocals. Cost is \$12.00. RSVP by Thurs., 4/17.

Monday, April 28—Book Club with Kathy—2:30PM. *Here One Moment* by Liane Moriarty

Save the Dates

- **Rep. Mehaffie's Health Fair** will be held here on May 22nd from 10:00AM to Noon. There will be no regular programming at LCAL this day.
- The **Hershey Open Pickleball Tournament** to benefit LCAL is July 26 and 27 at the Hershey Racquet Club. Players and volunteers welcome!

* denotes RSVP needed

A P R I L

Monday	Tuesday	Wednesday
	1 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 12:45 Chair Drum Fitness 1:30 Drum Fitness	2 830 Pilates 10:00 Stretch & Strength dvd 10:00 Beginner Line Dance 10:30 Line Dance 11:00 Lifestretch 1:00 Bingo 1:00 Art club 1:30 Zumba Gold 6:00 Pilates @ CM
7 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 Penny Poker 1:30 Zumba Gold 6:00 Pilates @ CM	8 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 12:45 Chair Drum Fitness 1:30 Drum Fitness	9 8:30 Pilates 10:00 Stretch & Strength dvd 10:00 Beginner Line Dance 10:30 Line Dance 11:00 Lifestretch 1:00 Bingo 1:00 Art Club 1:30 Zumba Gold 6:00 Pilates @ CM
14 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 Penny Poker 1:30 Zumba Gold 2:30 Leader Learns 6:00 Pilates @ CM	15 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 12:45 Chair Drum Fitness 1:30 Drum Fitness	16 8:30 Pilates 10:00 Stretch & Strength dvd 10:00 Beginner Line Dance 10:30 Line Dance 11:00 Lifestretch 1:00 Bingo *1:00 Art Club: Alcohol Painting 1:30 Zumba Gold 6:00 Pilates @ CM
21 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 Penny Poker 1:30 Zumba Gold 6:00 Pilates @ CM	22 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 12:45 Leader Learns 12:45 Chair Drum Fitness 1:30 Drum Fitness	23 8:30 Pilates 10:00 Stretch & Strength dvd 10:00 Beginner Line Dance 10:30 Line Dance 11:00 Lifestretch 1:00 Bingo 1:00 Art Club 1:30 Zumba Gold 6:00 Pilates @ CM
28 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	29 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 12:45 Chair Drum Fitness 1:30 Drum Fitness	30 8:30 Pilates 10:00 Stretch & Strength dvd NO Beginner Line Dance! NO Line Dance! 11:00 Lifestretch *11:30 Vol. Appreciation 1:00 Bingo 1:00 Art Club 1:30 Zumba Gold 6:00 Pilates @ CM

Thursday	Friday
3 8:30 Dolls 9:00 Yoga 10:00 Happy Medium Zumba 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	4 8:15 Silver Sneakers 8:30 Pilates 9:00 Mah Jongg 9:15 Strengthening w/ Sara 10:00 Stretch & Strength dvd 10:15 Line Dance NO Tech Talk
10 8:30 Dolls 9:00 Yoga 10:00 Happy Medium Zumba 10:00 Stretch & Strength dvd 11:00 Beginner Tap 11:00 Beach(ball) Volleyball *11:45 Leader Lunch & Learn 12:00 Hand & Foot Cards 12:30 Scrabble 12:45 Pinochle 1:00 Tai Chi	11 8:15 Silver Sneakers 8:30 Pilates 9:00 Mah Jongg 9:15 Strengthening w/ Sara 10:00 Stretch & Strength dvd 10:15 Line Dance 1:00 Friday Flix
17 8:30 Dolls 9:00 Yoga 10:00 Happy Medium Zumba 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	18 CLOSED!
24 8:30 Dolls 9:00 Yoga 10:00 Happy Medium Zumba 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	25 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
April Intermediate Bridge Coordinator: Kate Stehman 717-575-6877	

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****Notice****

**Change in date and
time for April
Meeting**

****Notice****

**Change in date and
Time for April
Meeting**

Ryan the Bug Man

Thursday, April 17th 2-3pm

This program will offer a quick look at insect relatives, such as scorpions and spiders! Discussion on ecology and importance of insects, followed by defense strategies and life cycle will lead to some incredible displays of world-wide insects, many of which are the largest species in the world!

Are you brave enough to pet or hold live bugs?

Country Meadows of Hershey

459 Sand Hill Road Hershey

RSVP to Kris or Shannon at 717-533-6996



Leader Travel



PHILADELPHIA PHILLIES GAME—Wednesday, May 14

“Root, root , root for the home team” as they take on the St. Louis Cardinals! 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 (same great seats as last year!). 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 \$127 per person. Stop in today to reserve your spot!

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.

Leader Center is putting together a COOKBOOK!

Share the love by sharing your favorite recipe(s) with us all! Please bring them handwritten or typed to the office or front desk receptionist. Make sure your name is on your recipe and that it has a title. If you’d like to include a category for your recipe (dessert, appetizer, main dish, etc.), please do!



We’ll be collecting members’ favorite recipes through the upcoming months and will be sure to let you know when the cookbook is ready for purchase!



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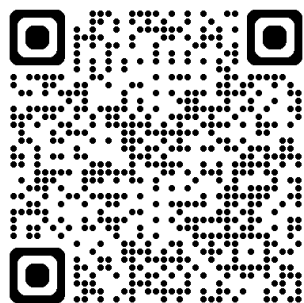
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Leader Center for Active Life
605 Cocoa Ave
Hershey, PA 17033



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:
Chair of the Board of Directors
Annamarie Fazzolari: Executive Director
Kim Reese: Office Coordinator
Kathy Giovanniello: Administrative Assistant

Dates to Remember

4/10, 4/14 & 4/22—Leader Learns

4/11—Friday Flix

4/16—Art Club: Alcohol Painting

4/25—Monthly Social

4/28—Book Club

4/30—Volunteer Appreciation