



# Leader Center Turns 3



Friday, June 13, 2025

Spend quality time here this month, enjoying  
all today's Center has to offer!

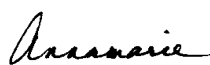
Help us celebrate our anniversary at the June social!  
To commemorate the occasion, we will have some fun  
with a "toast", 50/50 raffle, and special give-aways.

## From the Director's Desk

June seems to have come quickly! Perhaps it was the unusually rainy and chilly May that explains it! Weather aside, I hope that your summer's off to a happy start and that it already has brought you some good diversions from your regular routine, whether they be moments with loved ones, excursions, or just a little fun in the sun (which we're sure to see more of this month)!

Here at Leader Center this month, we're excited to announce that the Hershey Symphony Orchestra will be paying us a visit! We are lucky and grateful to be hosting the orchestra for a free "preview" of its annual July 4th concert that it performs at the Penn State Hershey Medical Center. Please see the next page of the newsletter for more details, mark your calendar for the June 25th evening performance here, and let us know that you'll be joining us. It's sure to be an enjoyable evening, and we're sure to be a great audience!

A special concert seems like a fitting way to mark our third year here as the "Leader Center". We'll also do a little celebrating of our past, present, and future at the June monthly social—hope to see you! Thank you to everyone who makes Leader Center a wonderful, vibrant place: the dedicated staff; our skillful instructors; our many volunteers; generous community partners; Derry Township Parks & Rec; the Leader family; and (saving the best for last) YOU, our fabulous, diverse, highly-contributory members!



## CLASS UPDATES for JUNE

- There will be **NO Beginner Mah Jongg**, June through August.
- There will be **NO Beginner Line Dance**, June through September.
- There will be **NO Fiber & Friends**, June through August.
- **Scrabble** is off the calendar temporarily until we reformulate the group. If you're interested in playing, please let Kim or Kathy know so we can keep a list and look for good timing to restart!

Please remember that in the summer months, some of our instructors make modifications to their regular schedules. As we learn about these changes, we will be sure to share! Many of our instructors also send out their own emails about changes, so keep an eye on your inbox!

Penn State Health  
proudly supports the  
Leader Center  
for Active Life



PennState Health

### June Class Underwriting

Chair Yoga: Betsy & Leon Kopec  
Pilates: Cary & Madelyn Twyman  
Pickleball: Carol Carr  
Friday Flix: Tann O'Donnell  
Bingo: Sue Nale

Thank you to our generous program underwriters! It is SO helpful!

Please see Annamarie for more info about underwriting a program or class.

## **Coming Events:**

**Friday, June 6—Tech Talk with Kim—1:00PM.** This month, Kim helps you explore ways to use your Apple watch.

**Friday, June 13—Friday Flix—1:00PM.** In honor of the Blue Angels' visit to our region last month, we will show the 2024 documentary, *"The Blue Angels"*. The Blue Angels flying squadron has been enthralling people for more than 75 years. Filmed for IMAX, this film contains immersive footage that puts you in the cockpit for a firsthand view of the Blue Angels' precision flying, while the aerial shots deliver a spectacular showcase of the breathtaking maneuvers that have made them the world's premier jet team. Go behind the scenes for a revealing look at what it takes to become a Blue Angel, from the careful selection process to the challenging training regimen, and on through the demanding eight-month show season. The film is a tribute to the extraordinary teamwork and passion the hundreds of men and women of the Navy and Marine Corps who have had the honor to serve in the Blue Angels squadron. Popcorn will be served!

**Thursday, June 19—Leader Tappers Perform—11:45AM to 12:45PM.** Last month our tappers "took their show on the road", to entertain the audience at Masonic Village. This month—lucky for us—we can catch their show *here*, at LCAL! Our tappers practice twice a week. Come to express your support for them and their hard work—and to see a great show!

**Friday, June 20—Members' Monthly Social—11:30AM.** Join us for a delicious lunch of Caesar salad, lasagna, roasted vegetables,

garlic bread, and almond cake. After lunch, lace up your blue suede shoes for our entertainment: Elvis impersonator Dennis Heckard! Cost is \$12.00. Please RSVP by Thursday, 6/12/25, to reserve your spot.

**Wednesday, June 25—Harrisburg Symphony Visit—6:30 to 7:30PM.** This year, Leader Center is the lucky site for The Hershey Symphony Orchestra's "dress rehearsal" for its annual Independence Day concert! You are cordially invited to join us as the Symphony performs here at Leader Center. This summer's concert, "A Salute to America", will showcase music from Broadway and the movies, as well as beloved patriotic selections. The Symphony will set up indoors for this free concert (we'll "pass the hat" for a freewill offering to benefit them). LCAL will provide water; treats will be available for purchase. Each LCAL member may RSVP for up to two people (if you'd like to bring a guest); please RSVP by 6/20/25 so we know whether we'll need to set up overflow seating on the patio.

**Thursday, June 26—Leader Learns—2:00-3:00PM.** Karen (our friend from the alcohol painting classes!) and Hurley Moll join us to share photos and stories from their African safaris. Come to be transported to the jungle and see amazing animals and sights!

**Monday, June 30—Book Club with Kathy—2:30PM.** *The Phoenix Crown* by Kate Quinn

### **OUR NEXT LEADER CENTER TRIP....**

....will be our annual "fall foliage" excursion. More details coming soon! Members will hear about it first, via email and advertisement at the Center.

\* denotes RSVP needed

**Monday**

**Tuesday**

**Wednesday**

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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  
1:00 Knitting  
1:00 Penny Poker  
1:30 Zumba Gold  
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  
1:00 Knitting  
1:00 Penny Poker  
1:30 Zumba Gold  
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  
1:00 Knitting  
1:00 Penny Poker  
1:30 Zumba Gold  
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  
1:00 Knitting  
1:00 Penny Poker  
1:30 Zumba Gold  
6:00 Pilates @ CM

30  
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 Book Club  
6:00 Pilates @ CM

3  
9:00 Tai Chi  
9:00 Yoga  
10:00 Chair Yoga  
10:00 Stretch & Strength dvd  
11:00 Advanced Tap  
12:00 Intermediate Bridge  
12:00 Hand & Foot  
12:30 Pinochle  
12:45 Chair Drum Fitness  
1:30 Drum Fitness

10  
9:00 Tai Chi,  
9:00 Yoga  
10:00 Chair Yoga  
10:00 Stretch & Strength dvd  
11:00 Advanced Tap  
12:00 Intermediate Bridge  
12:00 Hand & Foot  
12:30 Pinochle  
NO Chair Drum Fitness!  
NO Drum Fitness!

17  
9:00 Tai Chi  
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10:00 Chair Yoga  
10:00 Stretch & Strength dvd  
11:00 Advanced Tap  
12:00 Intermediate Bridge  
12:00 Hand & Foot  
12:30 Pinochle  
12:45 Chair Drum Fitness  
1:30 Drum Fitness

24  
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10:00 Stretch & Strength dvd  
11:00 Advanced Tap  
12:00 Intermediate Bridge  
12:00 Hand & Foot  
12:30 Pinochle  
12:45 Chair Drum Fitness  
1:30 Drum Fitness

4  
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

11  
8:30 Pilates  
10:00 Stretch & Strength dvd  
10:00 Beginner Line Dance  
10:30 Line Dance  
11:00 Lifestretch  
1:00 Bingo  
1:00 Art Club  
1:30 Zumba Gold  
6:00 Pilates @ CM

18  
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

25  
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  
\*6:30 Hershey Symphony  
Concert

**June Intermediate Bridge  
Coordinator:  
Anita Samples  
717-566-6592**

| Thursday                                                                                                                                                                                                                                                                    | Friday                                                                                                                                                                    |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>5</b><br>8:50 Dolls<br>9:00 Yoga<br>9:00 Chair LaBlast<br>10:00 LaBlast<br>10:00 Stretch & Strength dvd<br>11:00 Beginner Tap<br>11:00 Beach(ball) Volleyball<br>12:00 Hand & Foot<br>12:45 Pinochle<br>1:00 Tai Chi<br>2:00 Living After Loss SG                        | <b>6</b><br>8:15 Silver Sneakers<br>8:30 Pilates<br>9:00 Mah Jongg<br>9:15 Strengthening w/ Sara<br>10:00 Stretch & Strength dvd<br>10:15 Line Dance<br>1:00 Tech Talk    |
| <b>12</b><br>8:30 Dolls<br>9:00 Yoga<br>9:00 Chair LaBlast<br>10:00 LaBlast<br>10:00 Stretch & Strength dvd<br>11:00 Beginner Tap<br>11:00 Beach(ball) Volleyball<br>12:00 Hand & Foot<br>12:45 Pinochle<br>1:00 Tai Chi                                                    | <b>13</b><br>8:15 Silver Sneakers<br>8:30 Pilates<br>9:00 Mah Jongg<br>9:15 Strengthening w/ Sara<br>10:00 Stretch & Strength dvd<br>10:15 Line Dance<br>1:00 Friday Flix |
| <b>19</b><br>8:30 Dolls<br>9:00 Yoga, Chair LaBlast<br>10:00 LaBlast<br>10:00 Stretch & Strength dvd<br>11:00 Beginner Tap<br>11:00 Beach(ball) Volleyball<br>11:45 Leader Tappers Show<br>12:00 Hand & Foot<br>12:45 Pinochle<br>1:00 Tai Chi<br>2:00 Living After Loss SG | <b>20</b><br>8:15 Silver Sneakers<br>8:30 Pilates<br>9:00 Mah Jongg<br>9:15 Strengthening w/ Sara<br>10:00 Stretch & Strength dvd<br><b>*11:30 Monthly Social</b>         |
| <b>26</b><br>8:30 Dolls<br>9:00 Yoga<br>9:00 Chair LaBlast<br>10:00 LaBlast<br>10:00 Stretch & Strength dvd<br>11:00 Beginner Tap<br>11:00 Beach(ball) Volleyball<br>12:00 Hand & Foot<br>12:45 Pinochle<br>1:00 Tai Chi<br>2:00 Leader Learns                              | <b>27</b><br>8:15 Silver Sneakers<br>8:30 Pilates<br>9:00 Mah Jongg<br>9:15 Strengthening w/ Sara<br>10:00 Stretch & Strength dvd<br>10:15 Line Dance                     |
|                                                                                                                                                                                          |                                                                                                                                                                           |

*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**



You've worked hard to achieve success.  
 You deserve financial advisors who  
*work as hard for you.*  
**Call us today for the personal service you deserve.**

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**The 459 Club presents**

## *Summer Cooking with Julie*

**Thursday, June 12<sup>th</sup> 1:30-2:30pm**

Join our “Cooking for One” class and learn to create seasonal selections and light meals for one! Whether you’re a solo chef or just looking to expand your culinary skills, this program is for you! Julie will cover easy recipes, and tips to make dining alone a delightful experience. Don’t miss-out how to savor the job of cooking for yourself!

**Country Meadows of Hershey  
Colonnades Building**

**459 Sand Hill Road**

**RSVP to Kris Parmer or  
Shannon Dalto**

**717-533-6996**





Dear Friends and Family,

June is Alzheimer's Disease and Brain Awareness Month, and we at Country Meadows of Hershey are proud to support the Alzheimer's Association through *The Longest Day*, a team event that symbolizes the challenging journey of those living with Alzheimer's Disease.

Held annually on the summer solstice, *The Longest Day* represents the strength, love and dedication that is poured into the lives of those living with dementia, and their caregivers, from sunrise to sunset.

We invite you to join us on Friday, June 20<sup>th</sup> as we come together as a community to honor and support this important cause.

**Schedule of Events:**

- **7:00 AM- 10:00 AM**-Kick off the day with flavored iced coffee and donuts/pastries for sale in the Hershey bistro.
- **11:00 AM- 2:00 PM**-Enjoy delicious food prepared by our own culinary team. All proceeds from the food sale will go to the Alzheimer's Association.
- **1:30 PM-3:30 PM**- Explore various activities including:
  - ❖ Flower arranging
  - ❖ Jewelry sales
  - ❖ Photo booth
  - ❖ Baked sales
  - ❖ Craft sales
  - ❖ Fun activities for all ages!
- **2:15 PM**- A brief ceremony will be held to honor our loved ones impacted by Alzheimer's or Dementia.
- **3:30 PM**- Live music performance in front of the main building.

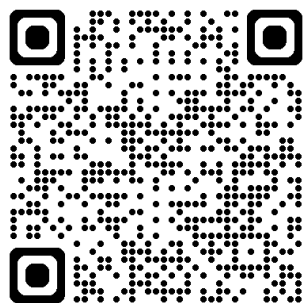
We also will be holding raffle basket drawings, with ticket sales through Thursday, June 26<sup>th</sup> at noon.

If you would like to donate to the Alzheimer's Association, checks can be made out to the Alzheimer's Association with "Team Hershey Kisses" in the memo line. You can also donate online at [alz.org](http://alz.org). Additional monetary and raffle items are welcomed (please contact Amy Stoner at [astoner@countrymeadows.com](mailto:astoner@countrymeadows.com))

This event is just the beginning, we'll continue fundraising for our Walk to End Alzheimer's on November 1<sup>st</sup>, 2025 at City Island in Harrisburg. Details to follow with our mini walk on Hershey's Campus.

*Thank you in advance for your support and  
for helping us make a difference in the fight against Alzheimer's.*

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



605 Cocoa Ave  
Hershey, PA 17033  
Phone: (717) 533-2002  
[www.leaderactivelife.org](http://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

6/13—Friday Flix

6/19—Leader Center Tappers Show

6/20—Members' Monthly Social

6/25—Hershey Symphony Visit

6/26—Leader Learns

6/30—Book Club