

Summer Fun



Indoors or out, we keep busy at LCAL! The heat & humidity offer a perfect excuse to come inside and get/stay active. Check out our summer offerings in the newsletter!



Standing Exercise



Socialization



Books, Puzzles,
& Games



Entertainment



Friday
Flix



Seated Exercise

From the Director's Desk

These may be the “lazy, hazy, crazy days of summer” - but here at Leader Center (LCAL), you'll still find lots of ways to keep yourself active and entertained! This newsletter provides the monthly calendars and highlights of special events for both July and August. As we have additions or changes to the schedule, we'll keep you apprised via email and announcements at the Center.

Read on and you will find that back on the calendar, by popular demand, are some one-day travel opportunities! We have two trips planned for late Summer and early Fall. Page 7 of the newsletter contains the details.

Staff and volunteers are hard at work on two important fundraisers that are critical to LCAL's mission and success. Our annual Cash Raffle will begin in the next few weeks. A packet of 10 tickets will be prepared for every member; please see the ad below to learn how to get your tickets. Purchase or sell them (and you can request more, too!) in preparation for the raffle we'll hold at the September social. All proceeds support our activities and programs. Thank you! Also, our annual Hershey Open Pickleball Tournament will be held July 26 and 27 at the Hershey Racquet Club. This is our biggest fundraiser of the year. We're still looking for some volunteers to help at the event—please see me if you are able to lend a hand that weekend for a couple hours and have some fun with us! Enjoy Summer!

Annamarie

Annual Cash Raffle

Proceeds Benefit Programming

Drawing at the September 19 Social

(need not be present to win)

Pick up your ticket packet in the lobby mid-July through mid-August. Any packets not picked up will be mailed. Please consider buying/selling your ticket packet—thank you for your support!

Ticket Price: \$1 Each

Prizes Awarded:

1st=\$300 2nd=\$150 3rd=\$50

Coming Events:

NO Tech Talk July and August! Kim will see you in September!

Friday Flix w/ Popcorn—1:00PM.

Fri., July 11—*The King's Speech* (2010 Drama): England's Prince Albert, who has a speech impediment, must ascend the throne as King George VI. Knowing that the country needs her husband to be able to communicate effectively, his wife hires an Australian actor and speech therapist to help him. A great friendship develops between the two men, as they explore unconventional means to teach the monarch how to speak with confidence.

Fri., August 8—*Ghost Town* (2008 Romantic Comedy): Dentist Bertram Pincus is a man whose people skills leave much to be desired. When Pincus dies unexpectedly, but is miraculously revived after seven minutes, he wakes up to discover that he now has the annoying ability to see ghosts. Even worse, they all want something from him, particularly Frank Herlihy, who pesters him into breaking up the impending marriage of his widow, Gwen. That puts Pincus squarely in the middle of a triangle, with "spirited" results!

Members' Monthly Socials—11:30AM.

Fri., July 18—Our menu is Watermelon Salad, Ranch Style Turkey, Loaded Mashed Potatoes, Butter Peas, and Strawberry Shortcake, catered by Country Meadows. We are thrilled to welcome students from the Hershey School of Dance as our entertainment! Cost is \$12; please RSVP by 7/10/25.

Fri., August 15—Our menu is Quinoa Salad, Greek Chicken, Roasted Redskin Potatoes, Brussels Sprouts with Bacon, and Lemon Cake, catered by Country Meadows. Entertainment is wonderful acoustical guitarist Matt Miski, playing Bob Dylan, James Taylor, Simon & Garfunkle, Johnny Cash, John Denver and more. Cost is \$12; please RSVP by 8/7/25.

Thursday, July 24—Leader Learns—2:00 to 3:00PM. We continue to travel vicariously through friends! Come hear LCAL member Joette Derricks talk about her adventures climbing Mt. Kilimanjaro and gorilla trekking in Rwanda.

Thursday, July 24—Medicare 101—9:00 to 11:00AM. Shannon Vallier from the PA MEDI Program will be on-site to go over the basics of Medicare parts, comparisons between Medicare Advantage and Medicare Supplement Plans, and programs available to help save money. No RSVP needed.

Book Club with Kathy—2:30PM.

Mon., July 28—*James* by Percival Everett

Mon., August 25—*Eternal* by Lisa Scottoline

Thursday, July 31—Midmorning. Comfort Keepers will visit us in the lobby. Stop in to meet them and ask questions about non-medical care and services in the home.

Friday, August 1—Fun & Games Friday—1:00 to 3:00PM. We'll have some fun outdoor games available: cornhole, bocci, and tabletop ping-pong. Or, bring your favorite board game and arrange to meet a friend or two for some indoor fun.

Thursday, August 28—Leader Learns—Noon to 1:00 PM. We'll welcome Paul Navinsky from Vision Resources of Central PA and learn about the agency's mission and services. Bring your questions, too, about vision-related issues.



Please submit your recipes for the LEADER CENTER COOKBOOK by September 1! Drop them off at the office. Please be sure to include your name!
Thank you!

* denotes RSVP needed

J U L Y

Monday	Tuesday	Wednesday
	1 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	2 8:30 Pilates 10:00 Stretch & Strength dvd 10:30 Line Dance 11:00 Lifestretch 1:00 Bingo 1:00 Art Club 1:30 Zumba Gold 6:00 Pilates @ CM
7 NO 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 12:00 Intermediate Bridge 12:00 Hand & Foot 12:30 Pinochle 12:45 Chair Drum Fitness 1:30 Drum Fitness	9 8:30 Pilates 10:00 Stretch & Strength dvd 10:30 Line Dance 11:00 Lifestretch 1:00 Bingo 1:00 Art Club 1:30 Zumba Gold 6:00 Pilates @ CM
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28 8:15 Silver Sneakers 8:30 Pilates 9:15 Strengthening w/ Sara 10:00 Stretch & Strength dvd 10:30 Line Dance NO Lifestretch! 1:00 Knitting 1:00 Penny 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 12:00 Intermediate Bridge 12:00 Hand & Foot 12:30 Pinochle 12:45 Chair Drum Fitness 1:30 Drum Fitness	30 8:30 Pilates 10:00 Stretch & Strength dvd 10:30 Line Dance NO Lifestretch! 1:00 Bingo 1:00 Art Club 1:30 Zumba Gold 6:00 Pilates @ CM

Thursday	Friday
3 8:30 Dolls 9:00 Yoga, Chair LaBlast 10:00 LaBlast 10:00 Stretch & Strength dvd 11:00 Beginner Tap 11:00 Beach(ball) Volleyball 12:00 Scrabble 12:00 Hand & Foot 12:30 Pinochle 1:00 Tai Chi 2:00 Living After Loss SG	4 CLOSED! HAPPY 4TH OF JULY! 
10 8:30 Dolls 9:00 Yoga, Chair LaBlast 10:00 LaBlast 10:00 Stretch & Strength dvd 11:00 Beginner Tap 11:00 Beach(ball) Volleyball 12:00 Scrabble 12:00 Hand & Foot 12:30 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, NO Chair LaBlast/NO LaBlast! 10:00 Stretch & Strength dvd 11:00 Beginner Tap 11:00 Beach(ball) Volleyball 12:00 Scrabble 12:00 Hand & Foot 12:30 Pinochle 1:00 Tai Chi 2:00 Living After Loss SG	18 NO Silver Sneakers 8:30 Pilates 9:00 Mah Jongg 9:15 Strengthening w/ Sara 10:00 Stretch & Strength dvd *11:30 Monthly Social
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CLASS UPDATES for SUMMER

- There will be **NO Beginner Mah Jongg**, July and August.
- There will be **NO Beginner Line Dance**, July, August, and September.
- There will be **NO Fiber & Friends**, July and August.
- There is **NO Pilates on FRIDAYS** in August.
- **Scrabble is back on the calendar on Thursdays**, now starting at noon. Anyone interested in playing is welcome!

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!

Life is good...

when you can spend time with family and friends, when there's always plenty to do and when delicious professionally prepared



...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**

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.



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



Comfort Keepers.

Elevating the Human Spirit™

* denotes RSVP needed

AUGUST

Monday	Tuesday	Wednesday
	August Intermediate Bridge Coordinator: Margaret Trott 903-714-6206	
4 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	5 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	6 8:30 Pilates 10:00 Stretch & Strength dvd 10:30 Line Dance 11:00 Lifestretch 1:00 Bingo 1:00 Art Club 1:30 Zumba Gold 6:00 Pilates @ CM
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LEADER TRAVEL



“Night Fever: An Afternoon of the Bee Gees at Penn’s Peak” **Tuesday, August 26**

We will leave Leader Center at 9:00 AM for Penn’s Peak, a beautiful mountaintop entertainment venue located in Jim Thorpe, PA. We’ll enjoy a buffet luncheon at the theater. The 1:00 PM show features an all-Canadian cast that has been touring the world for ten years, recreating the look and sound of the Bee Gees. We’ll depart after the show to return back to Leader Center around 6PM. Cost is \$129.00 per person and includes transportation, luncheon and meal gratuity, and show.

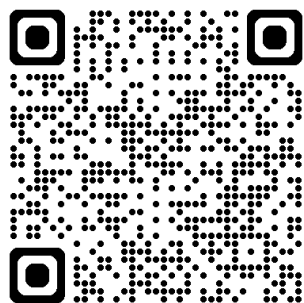
“Lake Raystown Sails & Rails” **Friday, September 26**

The bus will depart Leader Center at 7:30 AM. We’ll begin at Lake Raystown Resort, where we’ll board the Proud Mary for a 2-hour sightseeing cruise with luncheon buffet. After lunch, we will take a 1-hour train ride from the Orbisonia Station through the route used to transport coal across the hills, forests and farms. After the train ride, we’ll step back in time to experience a vintage trolley ride. We’ll make a “sweet stop” for ice cream on our way home and return to Leader Center around 7:00 PM. Cost is \$154.00 per person and includes transportation, luncheon cruise with gratuity, train and trolley rides, and ice cream treat.

AS OF 7/29/25, BOTH THESE TRIPS CURRENTLY ARE FULL. BUT WE ARE TAKING NAMES FOR THE WAITLISTS!

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 for Active Life
605 Cocoa Ave
Hershey, PA 17033



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

Dates to Remember

7/11 & 8/8—Friday Flix

7/18 & 8/15—Members Monthly Social

7/24—Medicare 101

7/24 & 8/28— Leader Learns

7/28 & 8/25—Book Club

8/1—Fun & Games Friday