



HAPPY NATIONAL SENIOR CENTER MONTH!

This year's theme is
**“Powering Possibilities:
Flip the Script”**

More than 10,000 senior centers across the country are leading the charge to ***flip the script*** on aging by creating inclusive, engaging spaces where older adults thrive. From their beginnings in the 1940s to their recognition in the Older Americans Act in 1973 to today, senior centers have evolved continually to meet the changing needs of older adults and their communities.

**Let Leader Center help YOU flip your
own script this month!**
Join us for the activities and opportunities inside....

From the Director's Desk

Happy National Senior Center Month! This year's theme, chosen by the National Center on Aging, is "**Powering Possibilities: Flip the Script**". The theme is designed to challenge past perceptions of aging and senior centers. It celebrates the dynamic role that centers play in fostering creativity, connection, purpose, and resilience in later life. To anyone who wants to see a thriving, engaging, senior center, I say, "*Come to 605 Cocoa Avenue!*" - and I thank the members, staff, instructors, volunteers, and community partners who make us so. Leader Center demonstrates daily that when it comes to healthy aging, the possibilities are limitless!

This month, Leader Center staff will be flipping its script a bit in another way.... Our very own Kim, a valued member of the team for over 11 years, will be celebrating a big birthday (who would ever guess?!) and joining the ranks of the semi-retired. Instead of seeing her here three days a week, we'll start seeing her on Thursdays only. On Tuesdays and Fridays, we'll be joined by new team member Kathy Sicher. Kathy holds an undergraduate degree from the



University of Maryland, a Master of Health Administration with a Long-Term Care Certificate from Penn State University, and a Master of Social Work from Temple University. A licensed Social Worker, she has a diverse background in memory support, older adult activities, volunteer management, marketing, and development through her work in continuing care retirement communities. In addition, Kathy brings expertise in financial management and small business operations through her involvement in her husband's dental practice in Hershey.

Please join me and Kathy G. in thanking Kim and welcoming Kathy S.! One good place to spend "quality time" with both of them—and hopefully with many of the new members who have joined us this summer!—will be at our Hot Dog & Covered Dish Social on Friday, Sept. 5 (see page 3 for details). During this National Senior Center Month, we'll be working hard to "power possibilities" for our members. We hope you'll join us often!

Annamarie



LAST CALL to submit recipes for the Leader Center Cookbook!

If you still have a recipe or two you'd like to contribute, please do so by **SEPTEMBER 15**. Please make sure your name is on your recipe and drop it off to the front desk or with a team member. Cookbooks will be on sale at our annual Holiday Sale!

LCAL'S CENTENARIAN CLUB

Happy 100th Birthday

on September 21 to **Clarence Brockman**, founding member of the Mohler Center who served as construction liaison during the building of our first center! Thanks & Best Wishes, Clarence!



CLASS UPDATES for SEPTEMBER

- **Fiber & Friends** is back! It is a drop-in activity where people work on their fabric-based creative projects, help each other, and socialize. All are welcome!
- **Friday Line Dance** now starts at 10:30.
- **Friday Pilates class** is back!
- **Drum Fitness is back on the calendar on Tuesdays, at 11:30AM! Join instructor Pamra B!** While we are wishing our most recent instructor, Bonnie, well as she recovers from an injury, we will be joined by former instructor Pamra for three Drum Fitness sessions in September and three in October. Check each month's newsletter calendar for dates. No pre-registration required. Class will be a seated one (though participants are welcome to stand).
- At Wed. **Art Club**, members work on their own projects or get assistance from member Karen H., who has project books members can work through. Bring art supplies; LCAL supplies paper. All are welcome!

Coming Events:

Friday, September 5—Hot Dogs & Covered Dish on the Patio—Noon to 1:30PM.

Stop in for lunch on the patio (or inside, if you prefer)! Leader Center will provide the hot dogs and drinks. Members, if you'd like, please bring a snack, side dish, or dessert to share! Bring your item in a disposable container or one that you plan to take with you when you leave; we cannot store containers that are left behind. Also, please remember that we cannot refrigerate your item ahead of time. Bring it with you "ready to go", to be placed right on the serving table. If your item has nuts or any other common potential allergen, be sure to label it well. Looking forward to enjoying the end of summer with you! Please RSVP by 9/3/25.

Thursday, September 11—Tech Talk with Kim—1:00PM. This month, Kim helps you explore and utilize Facebook, Instagram, TikTok, Twitter, etc—in other words, social media! Please note the change of date, from first Friday to second Thursday.

Friday, September 12—Leader Crafts: Jewelry Repair—11:00AM to Noon. Need a jewelry repair? We have the service for you, courtesy of LCAL members Cathy Griffith and Sabrina Patrone! You may bring broken jewelry that does not require soldering nor need gold/silver replacement pieces. Repairs are free; donations of broken or unwanted jewelry are accepted.

Friday, September 12—Friday Flix—1:00PM. Join us for the 2021 film, "Finch". In post-apocalyptic America, a dying robotics engineer named Finch (Tom Hanks) builds a robot to care for his dog after his death. The film follows their journey as

they venture into the desolate American West, encountering challenges and learning about life, love, and the meaning of humanity. Popcorn will be served!

Friday, September 19—Members' Monthly Social—11:30AM. Country Meadows caters a lovely lunch of: Carrot, Pineapple and Raisin Salad; Bacon Wrapped Meatloaf; Baked Potato; Harvard Beets; and Tres Leche. After lunch, our friend Chris Poje, former winner of PA Senior Idol, returns to entertain us. Special guests from Derry Township—some Supervisors as well as the Township Manager and Director of Parks & Rec—will join us for lunch to help celebrate National Senior Center Month. Cost is \$12; RSVP by 9/12/25.

Tuesday, September 23—Leader Lunch & Learn—11:00AM to Noon. Kris from Country Meadows visits to present on the topic of "Navigating the Senior Living Maze". Come learn about the different senior care levels/settings and ways to finance aging care and services. Bring your questions, too! Please RSVP by 9/19/25.

Thursday, September 25—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.

Friday, September 26—Board Game Friday—1:00 to 3:00PM. We'll have games available, but feel to bring your favorite to share!

Monday, September 29—Book Club with Kathy G.—2:30PM. *The Rent Collector* by Camron Wright

S E P T E M B E R

Monday	Tuesday	Wednesday
1 CLOSED! 	2 9:00 Tai Chi 9:00 Yoga 10:00 Chair Yoga 10:00 Stretch & Strength dvd 11:00 Advanced Tap 11—2 Fiber & Friends NO Drum Fitness! 12:00 Intermediate Bridge 12:00 Hand & Foot 12:30 Pinochle	3 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
8 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 6:00 Pilates @ CM	9 9:00 Tai Chi, 9:00 Yoga 10:00 Chair Yoga 10:00 Stretch & Strength dvd 11:00 Advanced Tap 11—2 Fiber & Friends 11:30 Drum Fitness 12:00 Intermediate Bridge 12:00 Hand & Foot 12:30 Pinochle	10 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
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29 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	30 9:00 Tai Chi 9:00 Yoga 10:00 Chair Yoga 10:00 Stretch & Strength dvd 11:00 Advanced Tap 11:30 Drum Fitness 12:00 Intermediate Bridge 12:00 Hand & Foot 12:30 Pinochle 4	October Book Club Book: Atmosphere by Taylor Jenkins Reid

Thursday	Friday
4 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	5 8:15 Silver Sneakers 8:30 Pilates 9:00 Mah Jongg 9:15 Strengthening w/ Sara 10:00 Stretch & Strength dvd 10:30 Line Dance Noon-1:30 Hot Dogs & Covered Dish on the Patio
11 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	12 8:15 Silver Sneakers 8:30 Pilates 9:00 Mah Jongg 9:15 Strengthening w/ Sara 10:00 Stretch & Strength dvd NO Line Dance! 11:00 Leader Crafts: Jewelry Repair 1:00 Friday Flix
18 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 NO Living After Loss SG!	19 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
25 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	26 8:15 Silver Sneakers 8:30 Pilates 9:00 Mah Jongg 9:15 Strengthening w/ Sara 10:00 Stretch & Strength dvd NO Line Dance! 1:00 Board Game Friday
September Intermediate Bridge Coordinator: Gail Pauza 717-480-1383	

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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Comfort Keepers.

Elevating the Human Spirit™

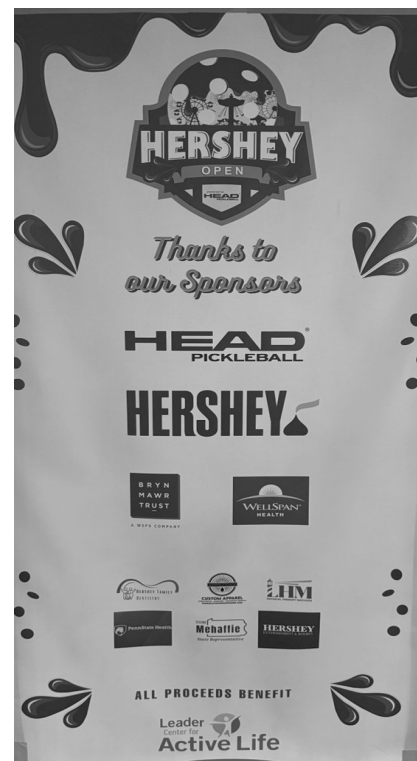
THANK YOU

to everyone who helped make this year's Hershey Open Pickleball Tournament one of our biggest fundraisers to date!



We welcomed over 340 athletes from 14 states - and enjoyed lots of great pickleball and fun moments!

All proceeds directly benefit activities and programs at Leader Center.



HERSHEY SOUP COOK-OFF!

Saturday, September 27

The 19th Annual Soup Cook-Off will be held from 11am to 2pm at 21 W. Caracas Avenue, Hershey, 17033. The event is provided by the Hershey Partnership, with proceeds benefitting the Hershey Volunteer Fire Company.



Sample tasty soups, support a great cause, and watch our friends from Country Meadows Hershey defend their 1st PLACE title from 2024!

(You may remember the winning soup that they brought us to sample—yum!)



Find more info and tickets at:
www.hersheysoupcookoff.com



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

This popular series is back, starting in October!

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 7-session 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.

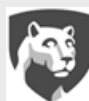
Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

Classes will be held at Leader Center once a week, Wednesday afternoons, over 7 sessions.

**10/22, 10/29, 11/5, 11/12,
11/19, 12/3 and 12/10
1:00-3:00 PM**

While attendance is not required at every class, please do not register unless you are able to plan on attending at least six.

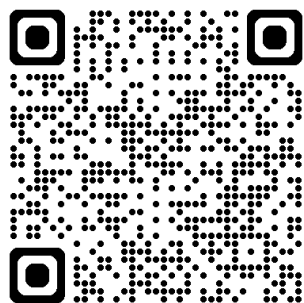
**To register, please call
717-533-2002 or stop in at the
Leader Center Receptionist desk.
Seating is capped—call to
reserve your spot!**



PennState Health
Holy Spirit Medical Center



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 & Kathy Sicher: Office Coordinators
Kathy Giovanniello: Administrative Assistant

Dates to Remember

- 9/5—Hot Dogs & Covered Dish on Patio
- 9/11—Tech Talk
- 9/12—Jewelry Repair, Friday Flix
- 9/19—Members’ Monthly Social
- 9/23—Leader Lunch & Learn
- 9/29—Book Club