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3X WORLD BALLROOM CHAMPION**



**OPEN CLASS
w/Louis!:**

**FRIDAY, NOV. 21ST
2:30-3:30PM**

LOCATION:

**LEADER CENTER FOR ACTIVE LIFE
605 COCOA AVE.
HERSHEY, PA 17033**

COST:

**\$25 MEMBERS
\$30 NON-MEMBERS
\$10 VIEWING GALLERY**

TO REGISTER:

**VISIT LEADER CENTER FOR ACTIVE LIFE
OR CALL: 717-533-2002**

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LABLASTFITNESS.COM**

From the Director's Desk

Fall is in the air! Like so many of you, I welcome so much that the change of seasons brings... cooler days, young people heading to and from school, leaves changing, holiday planning, and all things pumpkin! It's also wonderful to be seeing the return of those of you who we don't see much over the summer months—we're so happy to have you back! You are just in time for a monthly activities calendar that is packed full! In October, we have many opportunities for fitness, fun, learning, and socialization. This newsletter also shares some early info about November activities, including our special "cover event", which is sure to be a great afternoon and a helpful fundraiser to support our programs. We hope that as you read on, you'll find lots of reasons to spend your early Fall days here at Leader Center!

This seems, too, like a good time of year to share a few reminders:

- ⇒ Please remember to take a break from the Center if you're not feeling well. Allow yourself the time you need to get back to your "good 'ol self," as you help promote others' good health!
- ⇒ Don't forget to sign in for your activities at the front desk, at every visit. It is important for many reasons, including planning and safety/security.
- ⇒ Please do exercise time and care in the parking lot, where there are lots of vehicles and people coming and going.

Lastly, and most importantly, do not hesitate to ask any of us on the staff for assistance. We are here to help you get the most out of every one of your seasons at LCAL!



CASH RAFFLE RESULTS

THANK YOU to everyone who purchased/sold tickets for our annual cash raffle. We made \$3383 to benefit the Center! **CONGRATS** to our winners!

CLASS UPDATES for OCTOBER

- **Beginner Line Dance** is back, Wednesdays at 10:00AM. All are welcome!
- **Drum Fitness is back on the October calendar, on some 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 October. Check the calendar in this newsletter calendar for dates. No pre-registration required. Class will be a seated one (though participants are welcome to stand).
- **Beginner Mah Jongg will be offered Mondays beginning in October, from 12:15 to 2:30.** If you would like to join us to learn how to play, please pre-register for a few Monday sessions by calling the office.

MARK YOUR CALENDARS: Holiday Sale!
CALLING ALL MAKERS: Contribute Your Wares!



We'll hold our annual Holiday Sale from November 17 to November 21. Our sale features the beautiful handmade goods of our talented members, and all proceeds directly support programs and activities at Leader Center.

If you are a crafter, creator, or artist with goods to donate to the sale, please talk with us and plan to bring items to Leader Center in November. We will be happy and grateful to include your contributions in our sale!

SAVE THE DATES/REGISTER NOW for November Lunch & Learn and /or Hearing Screening!

Beltone will host a Lunch & Learn on Nov. 3 to discuss common hearing-related issues and answer your questions. They will be back on Nov. 7 to offer free, on-site hearing screenings, consultations, and hearing aid cleanings. Sign up for one or both events by stopping at the front desk or calling the office.

October Class Underwriting

Pilates: Deb Trayer
Zumba: Aruntha Sivarajah
Yoga: Marsha Major
Lifestretch: Aura Hill
Tap: Brenda Berman
Book Club: Diane Dohner

Thank you to our generous underwriters!

Coming Events:

Friday, October 3—Jewelry Repair—11:00AM to Noon. Need a jewelry repair? Come see members Cathy and Sabrina! 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, October 3—Tailgate Social—1:00 to 3:00PM. Wear your favorite team's gear and pop in for tailgate-themed games. Bringing a "tailgate snack" to share is optional!

Monday, October 6—Leader Crafts: Lighted Art—10:00AM to Noon. Kate Shaker will help you make a decorative lidded jar with fairy lights. See lovely samples at the front desk! All supplies will be provided. Attendance is capped; RSVP today to reserve your spot. Cost is \$10.

Wednesday, October 8—Special Art Club: "Zentangle Pumpkin"—1:00PM. Come make a fun, stylish pumpkin for Fall! Our instructor will be member Karen Holliman. Attendance is capped; RSVP today to reserve your spot. Cost is \$5 and covers all supplies.



Thursday, October 9—Tech Talk with Kim—1:00PM. Kim discusses devices that can be app-controlled, like security cameras, garage doors, thermostats, TVs, etc.

Friday, October 10—Friday Flix—1:00PM. We'll show *Death Becomes Her*, the 1992 film version of the Broadway musical we are traveling to see! The movie stars Meryl Streep, Goldie Hawn, Bruce Willis, and Isabella Rossellini, and tells the story of two women who drink a magic potion promising eternal youth but discover that immortality has a price. Popcorn will be served!

Monday, October 13—Leader Lunch & Learn—12:15 to 1:15PM. Medicare has an-

nounced big changes to 2026 coverage. Get updated so you can make good decisions for *you*. Jay from Go Comprehensive, who has worked within the Medicare system since 2008, is here to help. His organization's only focus is on giving clear and honest guidance. Join Jay for an easy-to-understand explanation of the Medicare program. Sandwiches will be served. Please RSVP by 10/9/25.

Thursday, October 16—Lobby Visit /Fall Treat—Midmorning. Stop to say "hi" to Jaime from BrightStar Home Care. She's happy to chat/answer questions about care and services, medical and non-medical, that can be brought into a personal residence.

Friday, October 17—Members' Monthly Social—11:30AM. Country Meadows caters a lunch of German potato salad, stuffed pork chop, butter spaetzle, braised cabbage and apples, and baked apple blossom. Then, guitarist Ricky Koons, self-professed "Beatles freak" and former member of E Z RideR band, will entertain us with hits of the '60s and '70s. Cost is \$12; RSVP by 10/10/25.

Monday, October 20—Leader Lunch & Learn—12:15 to 1:15PM. Our friends from Ameriprise return to discuss common financial considerations for seniors. Over pizza lunch, explore "2025 market & economic update" and "How new tax law changes may impact you". Kindly RSVP by 10/15/25.

Wednesday, October 22—A Matter of Balance—1:00PM. Class starts for those who signed up in September.

Monday, October 27—Book Club—2:30PM. *Atmosphere* by Taylor Jenkins Reed

October 30 & 31—Halloween in the Air. If you'd like, wear your orange & black or a costume to your activities. There's sure to be leftover candy and holiday treats around, and fun music in our classes and hallways!

* denotes RSVP needed

OCTOBER

Monday	Tuesday	Wednesday
October Bridge Coordinator: Kate Stehman 717-575-6877 		1 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
6 NO Silver Sneakers! 8:30 Pilates 9:15 Strengthening w/ Sara 10:00 Stretch & Strength dvd *10:00 Leader Crafts 10:30 Line Dance 11:00 Lifestretch *12:15 Beginner Mah Jongg 1:00 Knitting, Penny Poker 1:30 Zumba Gold 6:00 Pilates @ CM	7 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	8 8:30 Pilates 10:00 Stretch & Strength dvd 10:30 Line Dance 11:00 Lifestretch 1:00 Bingo *1:00 Zentangle Pumpkin 1:30 Zumba Gold 6:00 Pilates @ CM
13 8:15 Silver Sneakers 8:30 Pilates 9:15 Strengthening w/ Sara 10:00 Stretch & Strength dvd 10:30 Line Dance 11:00 Lifestretch *12:15 Leader Lunch & Learn *12:15 Beginner Mah Jongg 1:00 Knitting, Penny Poker 1:30 Zumba Gold 6:00 Pilates @ CM	14 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	15 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
20 8:15 Silver Sneakers 8:30 Pilates 9:15 Strengthening w/ Sara 10:00 Stretch & Strength dvd 10:30 Line Dance 11:00 Lifestretch *12:15 Leader Lunch & Learn *12:15 Beginner Mah Jongg 1:00 Knitting, Penny Poker 1:30 Zumba Gold 6:00 Pilates @ CM	21 9:00 Tai Chi, 9:00 Yoga *9:30-11:30 Flu Shot Clinic 10:00 Chair Yoga 10:00 Stretch & Strength dvd 11:00 Advanced Tap 11:45—2 Fiber & Friends 11:30 Drum Fitness 12:00 Intermediate Bridge 12:00 Hand & Foot 12:30 Pinochle	22 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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Thursday	Friday
2 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	3 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 11:00 Leader Crafts: Jewelry Repair 1:00 Tailgate Social
9 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. Tech Talk	10 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 Friday Flix
16 8:30 Dolls NO Yoga! 9:00 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!	17 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
23 8:30 Dolls NO Yoga! 9:00 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	24 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
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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.

Smith Advisory Group A private wealth advisory practice of Ameriprise Financial Services, LLC
320 West Chocolate Avenue, Hershey, PA 17033
717.520.6120 | ameripriseadvisors.com/team/smith-advisory-group

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Medicare Workshop

Clear advice from people who care.



Get clear, non-biased answers to your Medicare questions, and find out what option is best for you.

Oct 13th @ 12:15



877-233-4212 • www.lets gocomp.com

We do not offer every plan available in your area. Currently we represent 9 organizations which offer 101 products in your area. Please contact Medicare.gov, 1-800-MEDICARE, or your local State Health Insurance Program (SHIP) to get information on all of your options.

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

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717-533-1880
CountryMeadows.com



HERSHEY COMMUNITY CHORUS TAKE-OUT OR DINE-IN SPAGHETTI DINNER FUNDRAISER & CABARET—OCTOBER 16, 2025

Enjoy a dinner of spaghetti and meatballs with salad and roll. Desserts by donation.
\$15 per meal, pay at pick-up (cash or check to HCC).

Pick-up or Dine-in (w/ music!) on Thursday, October 16, 4:30-7:00PM
St. Joan of Arc Catholic Church, 359 W. Areba Ave., Hershey, PA 17033

Preorders are guaranteed a meal. Walk-ins are welcome!
Preorder by October 13 via email: info@hersheycommunitychorus.org

Special thanks to the Chorus, which will be our entertainment at the Dec. social!

Medicare Annual Open Enrollment October 15 - December 7

Not sure which Medicare plan is right for you?
Let us help you sort it out.

Medicare Open Enrollment Event

October 27th 9:00am-2:00pm
November 13th 9:00am-2:00pm
December 1st 9:00am-2:00pm

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

To make an appointment:
Call PA MEDI, Dauphin County
717-780-6130

Review and Make Changes to Your Benefits

Make sure you have a plan that will meet your health needs and may save you money.

- Review your current coverage
- Check if you qualify for any cost saving programs
- Compare your plan with other options
- Search for plans on the internet that meet your prescription and medical needs
- Give you clear answers to your questions
- Help you enroll in a plan

Can't make it to the event?

PA MEDI Can Still Help
Call us for free, one-on-one help or to find out about our next enrollment event.

Call us today!
717-780-6130
We offer help over the phone or in-person.

Sponsored by Dauphin County Area Agency on Aging



Leader Travel



“RADIO CITY CHRISTMAS SPECTACULAR”—Tuesday, December 9

A staple of the holidays in New York City, the *Christmas Spectacular* stars the incomparable **Radio City Rockettes®**, the longest-running precision dance company in America, admired worldwide for their talent and athleticism, in addition to their iconic style of dance. Since their debut at Radio City Music Hall in 1932, the Rockettes have inspired and delighted audiences from around the world and helped fans of all ages create holiday memories to last a lifetime. The *Christmas Spectacular* combines classic holiday music, technological innovation, and show-stopping choreography, leaving audiences with a sense of wonder and amazement.

We will depart Leader Center at 7:00AM. Once in NYC, we'll enjoy lunch at Gossip, an Irish Restaurant & Bar in Hells Kitchen. Your choice of lunch is Salmon, Shepherd's Pie, Chicken Marsala, or Vegetarian Pasta. We'll depart after the 2:00PM show and return to Leader Center around 9:00PM. Cost is \$230.00 per person and includes transportation, lunch and gratuities, and orchestra seating. Visit or call the office to get your ticket today!

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.



FLU SHOT CLINIC Offered at Leader Center by GIANT Pharmacy

Date: Tuesday, October 21, 2025

Time: 9:30 to 11:30 AM—Schedule appt. at front desk

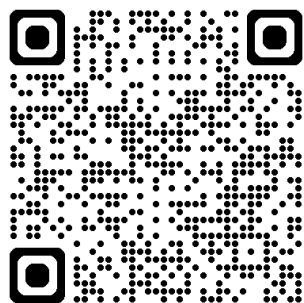
Location: Leader Center for Active Life

Open To: Members and Non-Members age 50 and Older

Both the standard flu shot for those under age 65 and the High Dose/Adjuvanted Flu shot for those age 65 and older will be available. Participants should bring their Medicare card and/or their pharmacy insurance card. Those who are not recommended for getting a flu shot are those with an allergy to any component of the shot or those who have had severe reactions to the shot in the past.

Call Leader Center (717-533-2002) or stop in to schedule your 10-minute appointment. Everyone getting a vaccine will fill out a consent form. Please arrive five minutes before your scheduled visit to complete your form. Thank you!

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

10/3—Tailgate Social

10/6—Leader Crafts

10/8—Zentangle Pumpkin

10/13 & 10/20—Leader Lunch & Learn

10/17—Members’ Monthly Social

10/30 & 10/31—Halloween in the Air