



Find Local Help

TRANSPORTATION

People Mover (Derry): 717-533-3642
CAT (Dauphin Co): 1-800-632-9063
COLT (Lebanon): 717-274-3664

MEALS

Hershey Food Bank: 717-520-3143
Meals on Wheels Dauphin County:
717-780-6130
Meals on Wheels Lebanon County:
717-274-2801
SNAP: 1-800-692-7462

UTILITIES

LiHEAP: 1-866-857-7095
Weatherization Assistance Program:
1-866-466-3972

MISCELLANEOUS

Love INC : 717-835-0101

*See LCAL staff with questions or for
more info. We are here to help.*

Ways to Give

LCAL is helping local charities!
Look for these collection bins in
our lobby this holiday season:

- NEW TOYS, unwrapped, for children aged newborn to young teen, for the United States Marine Corps Reserve's "Toys for Tots" campaign.
- USED EYEGLASSES for West Hanover Lions Club. Any glasses are helpful: prescription glasses, reading glasses, sunglasses, etc.
- GENTLY USED COATS and BLANKETS for the Helping the Harrisburg Family organization.

Thank you for your generosity!

From the Director's Desk

In October, I attended the annual conference of the Pennsylvania Association of Senior Centers (PASC). It definitely was "time well spent"! At the conference, I was enlightened and inspired by hearing great speakers, learning new information, and interacting with personnel from centers across the state. I am very grateful to be working in the senior center environment and—most especially—to be doing so here at Leader Center, with all of you.

In this season of gratitude, what do *you* find yourself reflecting on with thanks? The Roman philosopher Cicero reminds us that it's important to do so, as "Gratitude is not only the greatest of virtues, but the parent of all others." Be sure to add flexing your "gratitude muscle" to your regime, as an important way to help improve your health and well-being!

Thank you to you, our members, for all you invest in our Center and all you do to brighten the days for the staff and for each other. Have a fun November here.... Join us for an early turkey dinner at the monthly social (remember, it's for members only!), take advantage of Beltone's services, come for a movie, surprise yourself by making Pysanky eggs that always turn out beautifully, and dance an afternoon away with one of the professionals from "Dancing with the Stars"! We'll be happy and grateful to spend time with you—

Anna Marie

November 11, 2025

**THANK YOU,
VETERANS**

Honoring all who served.



CLASS UPDATES for NOVEMBER

Drum Fitness will stay on the November calendar, on some Tuesdays at 11:30AM! Check the calendar in this newsletter for class dates. No pre-registration required. Class will be a seated one (though participants are welcome to stand).

Art Club will be held on Nov. 5 and Nov. 12. Bring your own favorite paint, sketch, or coloring project to work on, or bring your paints and work on a painting project with guidance from member Karen Holliman. All are welcome!

Did you know...

We've noticed among our many new members an increase in men. So we ran a report to see what portion of our general membership currently is male. It is...drumroll please...18.5 percent!

If you know a gentleman who would benefit from membership, please spread the word and tell him that he'll be among great company (male *and* female)!

GREAT GIFT IDEA!



Memory Pillows

custom-made for you, from special clothing, by our Fiber & Friends group.

\$40 and up

(100% donation to Center)

Interested in having a special pillow made? Please call us at 717-533-2002 and leave your information. Someone from the group will get back to you!

November Class Underwriting

Pilates: Nancy Spiker & Don Lander

Chair Yoga: Tann O'Donnell

Yoga: Marsha Major

Lifestretch: Aura Hill

Tap: Brenda Berman

Thank you to our generous underwriters!

You help make our fabulous list of class offerings possible!

Coming Events:

Monday, November 3—Leader Lunch & Learn—12:15 to 1:00PM. Beltone will be here 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.

Friday, November 7—Free Hearing Screenings from Beltone—10AM to Noon. See details above. Sign up for a slot by 11/6/25!



Thursday, November 13—Tech Talk with Kim—1:00PM. Just in time for holiday shopping, Kim helps you explore shopping apps like Amazon, Etsy, and Wal-Mart.

Friday, November 14—Jewelry Repair—10AM 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, November 14—Friday Flix—1:00PM. Join us for *The Thursday Murder Club*, a movie adaptation of the bestselling book by Richard Osman, starring Helen Mirren, Pierce Brosnan, Ben Kingsley, and Celia Imrie. The film follows four friends in a retirement home who solve cold cases but are pulled into a real-life murder investigation that happens on their doorstep. Hot dogs and popcorn will be served!

Wednesday, November 19—Leader Crafts: Christmas Pysanky Eggs—Noon to 3:00 PM. LCAL member Sue Copenhagen leads us in making lovely Christmas Pysanky eggs. Each participant will make two eggs to take home. Seating is limited so call today to reserve your spot. Class fee is \$30.



Friday, November 21—Members' Monthly Social—11:30AM. Country Meadows caters a lunch of creamy cucumber and tomato salad, roast turkey, bread stuffing, baked corn custard, and pumpkin pie. After lunch, we will be entertained by the always-energizing JCM Band. Cost is \$12; please RSVP by 11/13/25.

Friday, November 21—Open "Master Class" with Louis Van Amstel—2:30 to 3:30 PM. A long-time advocate for healthy living, Louis created LaBlast to promote fitness and make working out fun—all through the power of dance. How fun for us that Louis will be bringing us a special program this month! Join him for an hour of fun and fitness, catering to everyone from absolute beginner to the experienced dancer!



Cost to attend:

- \$25 for dancing LCAL members
- \$30 for dancing non-members
- \$10 for viewing gallery (watch, not dance)

Post-program pictures available, time permitting. Space is limited, register today!

Monday, November 24—Book Club—2:30PM. *My Friends* by Fredrik Buckman

* denotes RSVP needed

NOVEMBER

	Monday	Tuesday	Wednesday
3	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 1:00 Penny Poker 1:30 Zumba Gold 6:00 Pilates @ CM	4 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	5 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
10	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 Beginner Mah Jongg 1:00 Knitting 1:00 Penny Poker 1:30 Zumba Gold 6:00 Pilates @ CM	11 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	12 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
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24	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 Beginner Mah Jongg 1:00 Knitting 1:00 Penny Poker 1:30 Zumba Gold 2:30 Book Club 6:00 Pilates @ CM	25 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	26 8:30 Pilates 10:00 Stretch & Strength dvd 10:00 Beginner Line Dance 10:30 Line Dance 11:00 Lifestretch 1:00 Bingo NO Art Club! 1:30 Zumba Gold 6:00 Pilates @ CM
November Bridge Coordinator: Sherry Miller 717-533-2564			
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Thursday	Friday
6 8:30 Dolls 9:00 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	7 8:15 Silver Sneakers 8:30 Pilates 9:00 Mah Jongg 9:15 Strengthening w/ Sara *10:00-Noon Hearing Screening w/ Beltone 10:00 Stretch & Strength dvd 10:30 Line Dance
13 8:30 Dolls 9:00 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 1:00 Tech Talk	14 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 Friday Flix
20 8:30 Dolls 9:00 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!	21 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 *2:30 LaBlast "Master Class" with Louis Van Amstel
27 CLOSED! Happy Thanksgiving!	28 CLOSED! 



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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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

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 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





HOLIDAY SALE



**Stop in to Leader Center November 17 through
November 21 for our annual holiday sale!**

Items available for purchase include beautiful goods
and crafts made by talented members, Kim's photos,
LCAL t-shirts, Leader Loot, & LCAL gift certificates.

Find one-of-a-kind holiday gifts while supporting a
great cause—all proceeds benefit LCAL!

Are you a "maker" with items to donate? Please stop in to talk with us!

Medicare Annual Open Enrollment is October 15 - December 7!

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

Medicare Open Enrollment Event

Thursday, November 13, 9:00am-2:00pm

Monday, December 1, 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

Sponsored by Dauphin County Area Agency on Aging



pennsylvania

Medicare Education and Decision Insight

Getting the Care You Want & Avoiding What You Don't

Presented by Dr. Joan Harrold



**Thursday, November 13th at 1:30PM
Country Meadows of Hershey
459 Sand Hill Road – Colonnades**

Join us for an informative session with Dr. Joan Harrold, Medical Director for Lifesong Hospice & Palliative Care. Dr. Harrold brings over 20 years of experience with deep expertise in end-of-life care and pain management.

In this session, Dr. Harrold will guide you through:

- What is important to you—your values, goals, and preferences
- Who should make decisions with or for you
- The key documents everyone should have in place
- "Dress rehearsals": Using your past experiences to shape future plans
- How hospice can help—and when it's time to consider it

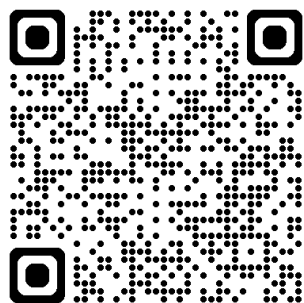
These conversations aren't easy, but they are essential. Come learn how to take control of your care and prepare for the future with clarity and confidence.

**Country Meadows of Hershey
459 Sand Hill Road
RSVP to Kris or Shannon at 717-533-6996**

EOE



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

- 11/3—Leader “Lunch & Learn”
- 11/7—Hearing Screenings w/Beltone
- 11/14—Friday Flix
- 11/19—Pysanky Eggs
- 11/21—Members’ Monthly Social
- 11/21—LaBlast “Master Class”