

# WELCOME, 2026!

## A NEW DAY

The day is new.  
The year is, too.  
It's time to start anew.  
We celebrate the night before  
and then know what to do.

We start with resolutions,  
Ways to make the new year better,  
reflect, take stock, and make amends,  
Our self-improvement never ends.

When next year comes,  
we'll try again.  
Till then, we say with all good cheer,  
Best to all for this New Year!

-Denise Rodgers

## From the Director's Desk

Happy New Year! I hope that you've been enjoying a wonderful holiday season and are entering the new year rested and refreshed. At our monthly luncheon social in December, I sat at the table with a member who said, "It's been a good year for the Leader Center." It gave me reason to pause for a moment before thanking her for reflecting how I, too, feel: 2025 was a great year here! And there's every reason to expect the same for Leader Center in 2026!

I want to share some important news about the year.... Near the end of 2025, our diligent Board of Directors voted to raise the annual membership contribution to \$125 per person, effective March 1, 2026. The goals behind this increase are to continue to support high-quality programs and activities, help keep pace with rising costs, and ensure that we are properly positioned for the future. As the team here continues to strive to provide great opportunities for members, my sincere hope is that you'll find that at roughly \$10 a month, Leader Center remains a solid value to you. The \$125 annual contribution goes into effect on March 1, for new members joining after that time and members renewing after that time. Of course, for anyone for whom the change may pose difficulty or hardship, my door is always open to talk and help.

Please read on for information about January activities (including a fun bingo game for all and ongoing educational opportunities via our "Leader Learns" sessions), class updates, and some general policies and procedures to note (regarding monthly socials, inclement weather, etc.). Kathy G., Kim, Kathy S. and I are wishing you a happy and healthy new year and hoping to see a lot of you in 2026!



## Did you know...

- ⇒ **Swiping in at the front desk** when you are here for an activity helps us in **MULTIPLE** ways. Please be sure to take a minute to swipe your card and select your activities—thank you!
- ⇒ Leader Center members are asked to **refrain from wearing perfumes or heavily-scented products**, as some of our members are not able to be around fragrances.
- ⇒ **Our hours at Leader Center are Monday through Friday, 8:00 AM to 3:30 PM. We do not open the building up early**—as the staff needs some time each day to prepare it for the best member experience we can provide!—so please time your arrival to not have to wait outside in the cold.
- ⇒ If you are experiencing **illness symptoms or feeling unwell**, it's best to give yourself a little break from the Center and come back to see us when you are feeling better. The LCAL staff is wishing you all **GOOD HEALTH!**

## IMPORTANT PROGRAM UPDATES:

### 10:00AM DVD Exercise Class

In January, this class will be held in the Event Space every morning. Please see staff if you have questions.

### Tech Talk w/ Kim

This activity is taking a hiatus in the new year. In the meantime, we'll look for opportunities to bring you quality continuing education related to technology.

### 1:00PM Wednesday Art Club

At every Wednesday session in January, you will be able to make beautiful Valentines to give next month (see samples at the front desk). Supplies will be provided, and members Karen H. and Beth H. will be available to demonstrate for you and assist you with watercolors and scrapbooking techniques. Also, at all Wed. Art Club sessions, participants always are welcome to work on their own art projects if they choose; bring your supplies and enjoy creating among friends!

## Coming Events:

**Friday, January 2—Happy New Year Bingo—1:00 to 3:00PM.** All members are welcome to join us for bingo. Cards will be \$.25 each and we'll play for small prizes like snacks, toiletries, etc. Come test your new year's luck—or at least have fun trying!

**Friday, January 9—Friday Flix—1:00PM.** Our first film of the new year will be *Nyad*, a 2023 biographical sports drama about marathon swimmer Diana Nyad's attempt to swim from Cuba to Florida at age 60, starring Annette Bening as Nyad and Jodie Foster as her coach and best friend, Bonnie Stoll. The film chronicles Nyad's decades-long dream and her team's efforts to complete the 110-mile swim without a shark cage. It earned Bening and Foster Academy Award nominations. Popcorn will be served!

**Friday, January 16—Monthly Social—11:30PM.** Country Meadows will cater a delicious lunch of peach Waldorf salad, apple walnut pork loin, garlic mashed potatoes, dill butter carrots, and crème Brûlée. After lunch, our favorite one-man band, Nick DiSanto, brings his unique brand of entertainment back to start off our new year in a fun way! Cost is \$12.00 and your RSVP is required by Thursday, 1/8/26.

**PLEASE READ: IMPORTANT UPDATES for SOCIALS**  
**In 2026, if you sign up for a social but cannot make it, we will be unable to transfer your payment to the following month, as the Center already has paid for the food/entertainment. Instead, please consider your \$12 a donation to LCAL, with our thanks. Also, staff is unable to package "to go" meals for reasons related to food storage procedures and limited staffing. Lastly, please note that our socials are for MEMBERS ONLY, as there are limits to our event counts and we never want to have to turn away members! Thank you!**

**Tuesday, January 20—Leader Learns: Learn the Bhutanese Game “Tigers & Goats”—1:30PM.** LCAL member Amy Wimmesberger will join us with her neighbor and friend, a former Bhutanese Nepali refugee, to teach members

how to play this game popularized in refugee campus—often played there in the dirt with stones, but for us on a board—and important in Bhutanese culture. Please RSVP by 1/16/26.

**Friday, January 23—“Board Game Friday”—1:00-3:00PM.** What's better on a winter afternoon than a board game with friends? We'll have some games available, but feel free to bring your favorite along to share!

**Monday, January 26—Book Club—2:30PM.** *Before She Disappeared* by Lisa Gardner (Feb book is *Three Year Swim Club* by Julie Checkoway; March book is *The Boys in the Boat* by Daniel James Brown )

**Tuesday, January 27—Leader Learns: “Meditation 101”—1:00 PM.** Perfect for this time of refocusing and rejuvenation, staff member Kathy S., who has been practicing meditation for years, leads a session about meditation and how to conduct it. Come to practice techniques and learn about resources and benefits. All members are welcome!

## Annual Contribution Increase Effective March 1, 2026

The Leader Center for Active Life Board of Directors voted to increase members' annual contribution to \$125 / person.

Scholarship funds are available for those who are not able to contribute the full amount.

Questions or concerns?  
Please contact Annamarie at [annamarie@leaderactivelife.org](mailto:annamarie@leaderactivelife.org) or 717-533-2002.

(Increase will be at your individual time of renewal. There is no need to do anything until we mail you your renewal notification.)

\* denotes RSVP needed

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Monday	Tuesday	Wednesday
 <b>Comfort Keepers.</b> Elevating the Human Spirit™	<b>January Intermediate Bridge Coordinator:</b> <b>Gail Pauza</b> <b>717-480-1383</b>	
<b>5</b> 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	<b>6</b> 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	<b>7</b> 8:30 Pilates 10:00 Stretch & Strength dvd 10:30 Line Dance 11:00 Lifestretch 1:00 Bingo 1:10 Art Club 1:30 Zumba Gold 6:00 Pilates @ CM
<b>12</b> 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	<b>13</b> 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	<b>14</b> 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
<b>19</b> 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	<b>20</b> 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 *1:30 Leader Learns	<b>21</b> 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
<b>26</b> 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	<b>27</b> 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 4 1:00 Leader Learns	<b>28</b> 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

Thursday	Friday
1 <b>CLOSED!</b> 	2 NO Silver Sneakers! 8:30 Pilates 9:00 Mah Jongg 9:15 Strengthening w/ Sara 10:00 Stretch & Strength dvd 10:30 Line Dance 1:00 Happy New Year Bingo!
8 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 Hand & Foot Cards 12:30 Scrabble 12:30 Pinochle 1:00 Tai Chi	9 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 1:00 Friday Flix
15 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 Hand & Foot Cards 12:30 Scrabble 12:30 Pinochle 1:00 Tai Chi 2:00 Living After Loss SG	16 8:15 Silver Sneakers 8:30 Pilates 9:00 Mah Jongg 9:15 Strengthening w/ Sara 10:00 Stretch & Strength dvd <b>*11:30 Monthly Social</b>
22 9:00 Yoga, Dolls 9:00 Chair LaBlast 10:00 Stretch & Strength dvd 11:00 Beginner Tap 11:00 Beach(ball) Volleyball 12:00 Hand & Foot Cards 12:30 Scrabble 12:30 Pinochle 1:00 Tai Chi	23 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 1:00 Board Game Friday
29 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 Hand & Foot Cards 12:30 Scrabble 12:30 Pinochle 1:00 Tai Chi	30 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  <b>CLOSING AT NOON! STAFF IN-SERVICE</b>

*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.

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We are an equal opportunity housing provider. We do not discriminate on the basis of race, color, national origin, religion, sex, familial status or disability.



## AARP Free Tax Assistance is back!

This month, we will begin taking calls to schedule appointments. Taxes will be done on-site this year, by AARP preparers.

Appointments are available February through March: Mondays, Wednesdays, and Fridays, from 8:30AM to 1:00PM. Services are available to low to moderate income seniors. Call us at 717-533-2002 or stop in to the office to schedule.

### Staff Anniversaries

In January, we celebrate TWO staff anniversaries!



### KATHY GIOVANNIELLO

6 years

KIM REESE

12 years

Thank you to these two invaluable team members!

### Leader Center "Wishlist"

Doing any early-2026 cleaning out and organizing? If you are looking to rid your residence of any of the following, we may be able to give it a good home here at Leader Center: medium-sized paper shredder; small boom box; 3-disk CD player.

Please talk with a staff member if you may be able to pass along any of these items. Thank you!

## WOW! LOOK WHAT WE DID!

Thanks, members, for your incredibly generous response to our "giving projects" during the holidays. We collected **HUGE** amounts of toys, eyeglasses, and winter coats/gear for those in need!

### AND THE (COOKIE) WINNER IS.....

Thanks again to our friends Karen and Lisa for bringing us cookies to sample throughout December. They tallied up the "ballot box" and had this to report:

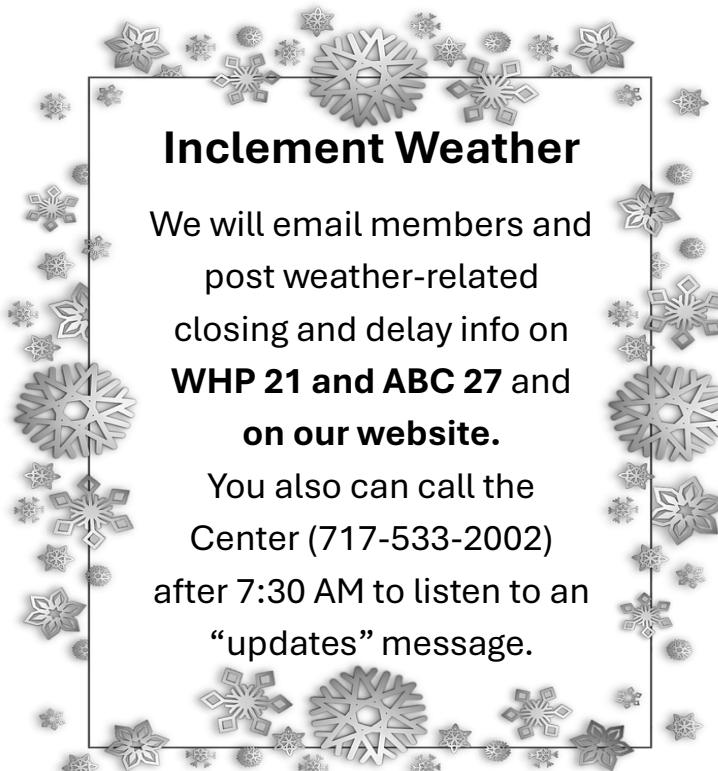
*"Snickerdoodles swept the 2025 Batter Battle Challenge with the kind of effortless charm only a cinnamon-sugar classic can pull off. Voters were moved by the warm spice and softness that tastes like nostalgia itself. That fresh-baked snickerdoodle proved that comfort and timeless flavor can take home a crown. We hope you will bring your best recipe and join the fun in next year's holiday cookie competition."*

Of course, all the cookies were "winners" - and so were those of us who got to sample them! Yum!

### Inclement Weather

We will email members and post weather-related closing and delay info on **WHP 21 and ABC 27** and on our website.

You also can call the Center (717-533-2002) after 7:30 AM to listen to an "updates" message.





January is National Soup Month...

## Ladle and Look Around

**Experience the flavors of our community! Tour our beautiful campus and enjoy a taste of our culinary team's three best creations! Pick your favorite to take home and enjoy!**

**Monday, January 26<sup>th</sup>**

**1-3PM in the Bistro**

Chef Sarah's Award-Winning Seafood Corn Chowder

Chef Todd's Signature Flavor – Creamy Cajun Sausage & Potato

Chef Sam's Specialty – Chicken Corn Soup with Rivel's

**RSVP by 1/19**

*From your friends at*

  
**COUNTRY MEADOWS**  
RETIREMENT COMMUNITIES  
451 Sand Hill Road, Hershey 717-533-6996

## "Leader Eats" Cookbook

You still can purchase our fabulous new cookbook, "Leader Eats." Stop at the Receptionist's Desk for a copy. Books are \$20 each.

Sometime next month, we'll have a get-together to which everyone will bring a cookbook recipe to share. Have fun trying out new recipes until then!



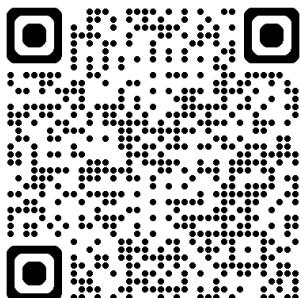
## NEW ACTIVITY ALERT!

### Calling all music lovers and/or aspiring musicians!

Starting in March, we'll be offering a new class designed to teach you the basics of playing the ukulele, including chord structure and strumming. Participants will spend time learning and playing easy, familiar songs. Classes will be offered twice a month by Leader Center member Ray Costanzo, on Mondays at 2:30. There is no cost for the program and music will be provided. Please keep this new activity in mind for your 2026 calendar. In the next newsletter, we will provide more details, including sign-up information and recommendations for where you can find a reasonably-priced instrument. What fun!

*"The life I love is making music with my friends." - Willie Nelson*

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



605 Cocoa Ave  
Hershey, PA 17033  
Phone: (717) 533-2002

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:  
President of the Board of Directors  
Annamarie Fazzolari: Executive Director  
Kim Reese & Kathy Sicher: Office Coordinators  
Kathy Giovanniello: Administrative Assistant

### Dates to Remember

1/2—Happy New Year Bingo!

1/9—Friday Flix

1/16—Members Monthly Social

1/20 & 1/27—Leader Learns

1/23—Board Game Friday

1/26—Book Club