

Free Confidential Tax Preparation For Low to Moderate Income Seniors



TAX TIME

Appointments
available
Mondays,
Wednesdays, and
Fridays. Call
Leader Center at
717-533-2002
to schedule.

**What We Prepare: Federal—1040; Pennsylvania PA-40;
Local Earned Income Tax ; PA Property/Rent Rebates**

**What We CANNOT Do: Large number of stock transactions; casualty losses;
income from farms, businesses, or rental properties**

What to Bring:

- Photo ID and Social Security Card
- **MANDATORY:** A blank check, if you are expecting a refund that you would like to have directly deposited
- All statements defining wages including interest , dividends, pension , social security , gambling, unemployment, etc.
- Affordable care insurance payments
- Any documents marked “save for income tax purposes”
- Documentation showing original purchase price of sold assets such as stock sales
- A copy of last year’s tax return with all supporting tax documentation
- For Property or rent rebates, bring 2025 property tax bills marked paid or a rent certificate signed by your landlord stating the amount of rent paid in 2025

We are happy to be preparing taxes in-person this year! Please allow an hour for your appointment.

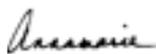
From the Director's Desk

There's been a lot of hustle and bustle here at the Center in early 2026! We are fortunate to be welcoming many new members. To all of you who are new, I extend a warm welcome! We are happy you are here and also happy to help you as you get acclimated to Leader Center and all we offer. To any of you who have recommended us to these new members, the team here extends our sincere thanks!

Besides having fun seeing new faces, we are steadily receiving phone calls from members and non-members looking to schedule appointments for free AARP tax preparation services. We still have appointments available in February and March. Please stop by the office if you'd like one, and feel free to share our number with others you know who may benefit from this fabulous, high-quality service.

This month, we'll be conducting a Member Feedback survey. Members will be receive a link in their email to complete the online survey. We sincerely hope that each of you will take a moment to provide your feedback; it is valuable and helpful to us.

Also this month, we have a packed calendar of activities and programs—truly, something here for everyone! We are excited and hope you will be, too, as you read on!...



IMPORTANT CLASS UPDATES:

10:00AM Strength DVD Class

Every Friday in February, we will show an alternative (also seated) to our typical workout video and solicit participant feedback about continuing to show it!

Fiber & Friends Break

This activity remains on hiatus temporarily. More details in the next newsletter.

New Activity: Life Enrichment Leader Learns

One Tuesday a month, team member Kathy S. will present a topic designed to expand your horizons and enrich your life. Please join her for the great opportunity and enjoyable "quality time" with other members!

Inclement Weather

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

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

Member Quote

"I am enjoying my retirement so much more since coming to Leader Center."

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 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.)

Coming Events:

Tuesday, February 3—Rescheduled Leader Learns: “Meditation 101”—1:00PM. 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!

Friday, February 6—First Friday Bingo—1:00 to 3:00PM. All members are welcome to join us for bingo. Cards will be \$.50 each and every game will have a cash payout!

Wednesday, February 11—Treats in the Lobby—Mid-morning. Our friends from Country Meadows will be visiting with sticky buns (Feb. 21 is National Sticky Bun Day!). Stop by to say “hi” and grab a sweet treat!

Wednesday, February 11 & 25—Special Art Clubs: Card-Making with Watercolor Paints and Scrapbooking—1:00 PM. Members Beth H. and Karen H. will assist you in making lovely Easter cards. Supplies will be provided. RSVP the Monday before the special class! For the other Wednesdays in February, bring your own projects (and your supplies) to Art Club and have fun creating alongside friends!

Friday, February 13—Friday Flix—1:00PM. Happy Valentine’s Day! Join us for the 1987 rom/com “*Moonstruck*”. No sooner does Italian-American widow Loretta (Cher) accept a marriage proposal from her doltish boyfriend, Johnny (Danny Aiello), than she finds herself falling for his younger brother, Ronny (Nicolas Cage). She tries to resist, but Ronny lost his hand in an accident he blames on his brother, and has no scruples about aggressively pursuing her while Johnny is out of the country. As Loretta falls deeper in love, she comes to learn that she's not the only one in her family with a secret romance. Hot dogs and popcorn will be served!

Wednesday, February 18—Leader Lunch & Learn: “Marijuana Update”—12:30PM. We are thrilled to welcome Dr. Kent Vrana, Director of the Center for Cannabis and Natural Product Pharmaceuticals at the PennState College of Medicine, for a fascinating presentation that reviews the status of the medical cannabis program in PA and focuses on the myriad unappreciated effects associated with cannabis use. In addition, the program will introduce a free on-line tool for predicting interactions between cannabis and prescription drugs. We will serve a sandwich lunch. Please RSVP by Fri., 2/13/26.

Friday, February 20—Members’ Monthly Social—11:30AM. Join us for a delicious lunch of garden pasta salad, chicken marsala, rice pilaf, green beans Amandine, and blueberry coffee cake. After lunch, guitarist Quentin Jones returns to entertain us. Cost is \$12.00. RSVP by Thursday, 2/12/26.

Monday, February 23—Book Club—2:30PM. *Three Year Swim Club* by Julie Checkoway

Tuesday, February 24—Leader Learns: Senior Living—1:00PM. Kris from Country Meadows visits to present “Navigating the Senior Living Maze”. Learn about different senior care levels/settings and ways to finance aging care/services. Bring your questions, too! RSVP by Fri., 2/20/26.

Friday February 27—”Cookbook Buffet”—12:15 PM. We bet you’ve been having as much fun exploring your copy of our new cookbook, “Leader Easts,” as we are! This event is the perfect opportunity to share your favorite cookbook recipe and try new ones! To participate, you must sign up at the front desk with your name and item from the cookbook you’ll be bringing to share. We’ll arrange the items in a buffet for registered participants to sample. Bring your item ready-to-go at noon; we’ll start the buffet around 12:15 PM. Still need a copy of the cookbook? Stop at the front desk any time to purchase. Cost is \$20 each; proceeds support programming. Thank you!

* denotes RSVP needed

**F
E
B
R
U
A
R
Y**

	Monday	Tuesday	Wednesday
2	8:15 Silver Sneakers 8:30 Pilates 9:15 Strengthening w/ Sara 10:00 Strength dvd 10:30 Line Dance 11:00 Lifestretch 1:00 Knitting 1:00 Penny Poker 1:30 Zumba Gold 2:30 Rescheduled Book Club 6:00 Pilates @ CM	3 9:00 Tai Chi 9:00 Yoga 10:00 Chair Yoga 10:00 Strength dvd 11:00 Advanced Tap NO Fiber & Friends in Feb! 11:30 Drum Fitness Video 12:00 Intermediate Bridge 12:00 Hand & Foot 12:45 Pinochle 1:00 Leader Learns	4 8:30 Pilates 10:00 Strength dvd 10:30 Line Dance 11:00 Lifestretch 1:00 Bingo 1:00 Art Club 1:30 Zumba Gold 6:00 Pilates @ CM
9	8:15 Silver Sneakers 8:30 Pilates 9:15 Strengthening w/ Sara 10:00 Strength dvd 10:30 Line Dance 11:00 Lifestretch 1:00 Knitting 1:00 Penny Poker 1:30 Zumba Gold 6:00 Pilates @ CM	10 9:00 Tai Chi 9:00 Yoga 10:00 Chair Yoga 10:00 Strength dvd 11:00 Advanced Tap 11:30 Drum Fitness Video 12:00 Intermediate Bridge 12:00 Hand & Foot 12:45 Pinochle	11 8:30 Pilates 10:00 Strength dvd 10:30 Line Dance 11:00 Lifestretch 1:00 Bingo *1:00 Art Club 1:30 Zumba Gold 6:00 Pilates @ CM
16	8:15 Silver Sneakers 8:30 Pilates 9:15 Strengthening w/ Sara 10:00 Strength dvd 10:30 Line Dance 11:00 Lifestretch 1:00 Knitting 1:00 Penny Poker 1:30 Zumba Gold 2:30 Ukelele Info Meeting 6:00 Pilates @ CM	17 9:00 Tai Chi 9:00 Yoga ZOOM Only! 10:00 Chair Yoga ZOOM Only! 10:00 Strength dvd 11:00 Advanced Tap 11:30 Drum Fitness w/ Pamra 12:00 Intermediate Bridge 12:00 Hand & Foot 12:45 Pinochle	18 8:30 Pilates 10:00 Strength dvd 10:30 Line Dance 11:00 Lifestretch *12:30 Leader Lunch & Learn 1:00 Bingo 1:00 Art Club: 1:30 Zumba Gold 6:00 Pilates @ CM
23	8:15 Silver Sneakers 8:30 Pilates 9:15 Sara's DVD 10:00 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	24 9:00 Tai Chi, Yoga 10:00 Chair Yoga 10:00 Strength dvd 11:00 Advanced Tap 11:30 Drum Fitness w/ Pamra 12:00 Intermediate Bridge 12:00 Hand & Foot 12:45 Pinochle *1:00 Leader Learns	25 8:30 Pilates 10:00 Strength dvd 10:30 Line Dance 11:00 Lifestretch 1:00 Bingo *1:00 Art Club 1:30 Zumba Gold 6:00 Pilates @ CM
<div data-bbox="472 1734 1084 1969" data-label="Text"> <p>February Intermediate Bridge Coordinator: Howie Smith 717-979-5062</p> </div>		<div data-bbox="1170 1755 1503 1948" data-label="Text"> <p>March Book Club Book: <i>The Boys in the Boat</i> by D. J. Brown</p> </div>	

Thursday	Friday
5 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	6 8:15 Silver Sneakers 8:30 Pilates 9:00 Mah Jongg 9:15 Strengthening w/ Sara 10:00 Trial seated dvd! 10:30 Line Dance 1:00 "First Friday Bingo"
12 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	13 8:15 Silver Sneakers 8:30 Pilates 9:00 Mah Jongg 9:15 Strengthening w/ Sara 10:00 Trial seated dvd! 10:30 Line Dance 1:00 Friday Flix
19 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	20 8:15 Silver Sneakers 8:30 Pilates 9:00 Mah Jongg 9:15 Strengthening w/ Sara 10:00 Trial seated dvd! *11:30 Monthly Social
26 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	27 8:15 Silver Sneakers 8:30 Pilates 9:00 Mah Jongg 9:15 Strengthening w/ Sara 10:00 Trial seated dvd! 10:30 Line Dance *12:15 "Cookbook Buffet"



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

SAVE THE DATE! Annual Health Fair!

Rep. Mehaffie's Health Fair will be held at Leader Center on Thursday, May 7, from 10AM to Noon. There will be no regular LCAL programming on that day. All are welcome to attend the fair!

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 W. Chocolate Avenue, Hershey, PA 17033
717.520.6120 | ameripriseadvisors.com/team/smith-advisory-group

Not FDIC or NCUA Insured | No Financial Institution Guarantee | May Lose Value

Ameriprise Financial, Inc. does not offer tax or legal advice. Consult with a tax advisor or attorney. Securities offered by Ameriprise Financial Services, LLC. Member FINRA and SIPC. © 2024 Ameriprise Financial, Inc. All rights reserved.



Memory Loss and Dementia

Presented by Dr. Timothy Kocher, DO
Assistant Professor of Neurology, Psychiatry and Behavioral Health

Thursday, February 26th
6:30PM – Rose Room, Main Building

Topics covered include:

- The memory loss spectrum of mild cognitive impairment and dementia
- Identifying risk factors for dementia
- Understanding the work-up of dementia and what to expect at the doctor's office
- Reviewing the treatment options for dementia including new anti-amyloid medications
- Q & A opportunity following the presentation



RSVP to Shannon at 717-533-6996 by 2/23
451 Sand Hill Road, Hershey



Join us live
on Facebook



EOE

Leader Travel



A PREVIEW OF WHERE WE'RE HEADED IN 2026

FLIGHT 93 MEMORIAL
Stoystown, PA

PHILLIES GAME

BROADWAY

BILLIE JOEL/ELTON JOHN
TRIBUTE CONCERT AT
PENNS PEAK

HOLIDAY SHOW AT
AMERICAN MUSIC
THEATER

Our first trip sales start with the March newsletter!

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.



Calling all music lovers and/or aspiring musicians!

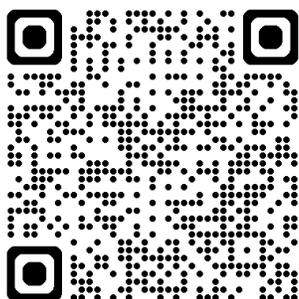
Starting in March, we'll be offering a new class designed to teach you the basics of playing the ukelele, including chord structure and strumming. Participants will spend time learning and playing easy, familiar songs. Classes will be offered twice a month by Leader Center member Ray Costanzo, on the first and third Mondays at 2:30 PM. There is no cost for the program and music will be provided. Please keep this new activity in mind for your 2026 calendar. What fun!

INFO MEETING MONDAY, FEBRUARY 16, 2:30 PM!

All are welcome!

Come learn more details, including sign-up information and recommendations for where you can find a reasonably-priced instrument. And even if you cannot make the meeting, you can still participate!

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



605 Cocoa Ave
Hershey, PA 17033
Phone: (717) 533-2002
www.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:
President of the Board of Directors
Annamarie Fazzolari: Executive Director
Kim Reese & Kathy Sicher: Office Coordinators
Kathy Giovanniello: Administrative Assistant

Dates to Remember

2/3, 2/18, 2/24—Leader Learns

2/6—"First Friday Bingo"

2/11 & 2/25—Special Art Clubs

2/13—Friday Flix

2/20—Members' Monthly Social

2/23—Book Club

2/27—"Cookbook Buffet"