

No Luckier Place to Be!

Free Tax Preparation: We still have some appointments available for this AARP-supported program designed for low to middle income seniors. Call or stop in to schedule income tax appointments, which are available Mondays, Wednesdays, and Fridays. Have a rent rebate to file? Stop in any Wed. between 11:00AM and 1:00 PM.

Enjoy new activities like Meditation, Beginner Ukulele, and 1st Friday Bingo! Plus, there are many opportunities for ongoing education this month—check out our various “Leader Learns” sessions!

HAVE SOME EARLY SPRING FUN:

- **Fill plastic eggs for the Derry Township Parks & Recreation’s Annual Easter Egg Hunt!**
- **Enjoy Corned Beef & Cabbage at our Members’ Monthly Social!**
- **Sign up for our April trip to a Phillies home game!**

The newsletter contains details on all these activities, and much more....

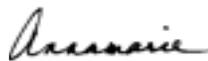
Learn more about Medicare Parts A,B,C, & D and also Medicare Advantage and Medicare Supplement plans in our first “Medicare 101” session of the new year.

Announcing the return of two favorite activities:
LEADER COOKS with Chef Dingle
and
**WEDNESDAY
AFTERNOON SILVER SNEAKERS**
with instructor Kathy S.!

From the Director's Desk

Depending on how you look at it, you could say that March is a month with a bit of an "identity crisis"! My own hope, though, is that the diverse month holds something for each of you.... We get to "spring forward" (*Daylight Saving Time starts on Sunday, March 8, this year—don't forget to set your clocks forward!*), beware its Ides, celebrate the luck of the Irish, cheer at the "madness" that always unfolds on college basketball courts, and enjoy watching little ones hunt for eggs while we may start partaking in some favorite treats ourselves! Undoubtedly, as the month that often "comes in like a lion" starts to "go out like a lamb", we begin looking forward to Spring.

If Winter is starting to feel long, hang in there and have a good March. Among the many interesting things said about March, it also is known to be the month of "persistence and expectation". And from what I see and hear throughout Leader Center, you, our members, practice those two things *regularly and well!*



March Class Underwriting

Silver Sneakers: Neal Rhoads

Pilates: Deb Trayer

Yoga: Nancy Spiker & Don Lander

Lifestretch: Tann O'Donnell

Book Club: Diane Dohner

Thank you to our generous underwriters!

Filling Easter Eggs

It's that time of year! We again will fill Easter Eggs for the Derry Township Parks & Rec Egg Hunt. Beginning March 12, join us any Thursday or Friday in March between noon and 2PM to help with the project for as little or as long as you'd like. There are lots of eggs to fill—but many hands will make light work!



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.

Save the Dates

- We are looking forward to our **Volunteer Recognition Luncheon** on Tuesday, April 14! More details coming in the April newsletter!
- **Rep. Mehaffie's Health & Resources Fair** will be held here on Thursday, May 7, from 10:00AM to Noon. There will be no regular programming at LCAL this day. Plan to attend the fair!

IMPORTANT CLASS UPDATES:

Wednesday afternoon Silver Sneakers is back!

Join instructor Kathy S. at 2:30 PM every Wednesday.

Beginner Ukulele 1st & 3rd Mondays, 2:30 PM

All are welcome, even if you don't have an instrument yet!

Monthly Meditation, 1st Tuesdays, 1:00 PM

Find the program description on page 3! Join us!

Leader Learns

Come for three great, diverse sessions this month, led by staff and guest speakers. Details on page 3!

Coming Events:

Monday, March 2—Rescheduled Book Club—2:30 PM. *The Three-Year Swim Club* by Julie Checkoway

Tuesday, March 3—Monthly Meditation—1:00PM. 45-min meditation session designed to help calm your mind and body. Move through body scans, mindful breathing, awakening your chakras, and visualizations to stimulate the senses and connect within. Join us one a month for group meditation to benefit your mental and physical health. Feel free to bring items to be comfortable, including a pillow to sit on or a mat for the floor if you'd like to lie down.

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

Monday, March 9—Treats in the Lobby—9:15-11:45AM. Stop by to say “hi” to friends from Traditions of Hershey Senior Living and grab a treat!

Wednesday, March 11—Art Club: Easter Cards—1:00PM. Members Beth H. and Karen H. help you make Easter cards using scrapbooking and watercolors techniques. Other Wednesdays, Karen will help you with a watercolor project, or bring your own project and supplies to work alongside friends.

Friday, March 13—Friday Flix—1:00PM. We'll show the 2024 *Lost on a Mountain in Maine*, based a true story and chronicled in a hit book by the same title. Young Donn Fendler becomes trapped on a treacherous mountain when a storm separates him from his family. Short on food and clothing, he must fight for survival in the harsh wilderness of northern Maine. Hot dogs and popcorn will be served!

Tuesday, March 17—Leader Learns: *Current Financial Frauds & Scams*—1:30PM. The gentlemen from Smith Financial Group return to share information about the most common frauds and scams being targeted against older persons, and ways to protect yourself. Refreshments will be served!

Friday, March 20—Members' Monthly Social—11:30PM. Join us for a delicious lunch of Irish pea salad, corned beef, cabbage, parslid redskin potatoes, and Stoudt chocolate cake, catered by Country Meadows. After lunch, we'll be entertained by singer

Chris Poje. Wear your green—and bring some green for our 50/50 raffle! May the “luck 'o the Irish” be with you! Cost is \$12.00. RSVP by Thurs., 3/12.

Tuesday, March 24—Leader Learns: *Volunteer to Help County Seniors*—1:30PM. Dauphin County Area on Agency joins us to talk about the PA Medi program and Ombudsman program. Each program relies on volunteers to serve seniors in Dauphin County. Learn how *you* can make a difference!

Thursday, March 26—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 A, B, C & D, comparisons between Medicare Advantage and Medicare Supplement Plans, and programs available to help save money! No RSVP needed.

Thursday, March 26—Leader Cooks—11:00AM. Chef Dingle is back in the kitchen, with his trusty sous chef, Susan! This first class of 2026 is **designed specifically for members who have not yet previously taken a cooking class with Chef or Susan.** We'd like to give more members the chance to prepare and taste some of the favorites that past classes have prepared! Our menu will feature several Italian dishes. After cooking, you'll enjoy a lunch of your class' creations, help with light kitchen clean-up, and be done around 1:15PM. Class fee is \$25.00. Attendance is capped and open only to those who have not participated in any prior “Leader Cooks”. Stop in or call to sign up/complete payment today!

Friday, March 27—Board Game Friday—1:00 to 3:00PM. What fun, to pass a Friday afternoon with board games with friends! We'll have games available, but feel free to bring your favorite to share!

Monday, March 30—Book Club—2:30PM. *The Boys in the Boat* by D. J. Brown

Tuesday, March 31—Leader Learns: *Life Enrichment with Kathy S.*—1:00 PM. Join us for, “*Ah, The Good Ol' Days,*” a reminiscence activity. You can learn a lot about your truer self by reflecting on memories/past experiences. Get to know *you* and other LCAL friends better by engaging in this group activity. Boost your mood, cognitive function, and self-identity while you have fun interacting with others.

* denotes RSVP needed

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	Monday	Tuesday	Wednesday
2	8:15 Silver Sneakers 8:30 Pilates 9:15 Strengthening w/ Sara 10:00 Strength & Stretch dvd 10:30 Line Dance 11:00 Lifestretch 1:00 Knitting 1:00 Penny Poker 1:30 Zumba Gold 2:30 Beginner Ukulele 6:00 Pilates @ CM	3 9:00 Tai Chi 9:00 Yoga 10:00 Chair Yoga 10:00 Strength & Stretch dvd 11:00 Advanced Tap NO Fiber & Friends in March! 11:30 Drum Fitness 12:00 Intermediate Bridge 12:00 Hand & Foot 12:30 Pinochle 1:00 Meditation	4 8:30 Pilates 10:00 Strength & Stretch dvd 10:00 Beginner Line Dance 10:30 Line Dance 11:00 Lifestretch 1:00 Bingo 1:00 Art Club 1:30 Zumba Gold 2:30 Silver Sneakers 6:00 Pilates @ CM
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Thursday	Friday
5 8:30 Dolls 9:00 Yoga, Chair LaBlast 10:00 LaBlast 10:00 Strength & Stretch dvd 11:00 Beginner Tap 11:00 Beach(ball) Volleyball 12:00 Hand & Foot Cards 12:00 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 Strength & Stretch dvd 10:30 Line Dance 1:00 First Friday Bingo
12 8:30 Dolls 9:00 Yoga, Chair LaBlast 10:00 LaBlast 10:00 Strength & Stretch dvd 11:00 Beginner Tap 11:00 Beach(ball) Volleyball 12:00 Hand & Foot Cards 12:00 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 Strength & Stretch dvd 10:30 Line Dance 1:00 Friday Flix
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26 8:30 Dolls 9:00 Yoga, Chair LaBlast 10:00 LaBlast 10:00 Strength & Stretch dvd 11:00 Beginner Tap 11:00 Beach(ball) Volleyball *11:00 Leader Cooks 12:00 Hand & Foot Cards 12:00 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 Strength & Stretch dvd 10:30 Line Dance 1:00 Fun & Games Friday

**March Intermediate Bridge
 Coordinator:**

Sara Zentmeyer
717-533-8421

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

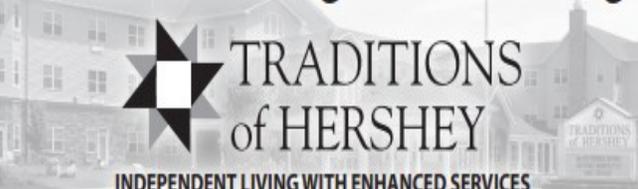
...when the food is fresh, tasty & nutritious


COUNTRY MEADOWS
 RETIREMENT COMMUNITIES

Independent Living | 451 Sand Hill Road, Hershey
 Personal Care | (near the Med. Center)
 Memory Care | 717-533-1880
 Restorative Care | CountryMeadows.com

Penn State Health
 proudly supports the
Leader Center
 for Active Life

 **PennState Health**

Award Winning Senior Living

TRADITIONS of HERSHEY
 INDEPENDENT LIVING WITH ENHANCED SERVICES AND PERSONAL CARE

Call **717-208-2437** for a tour!

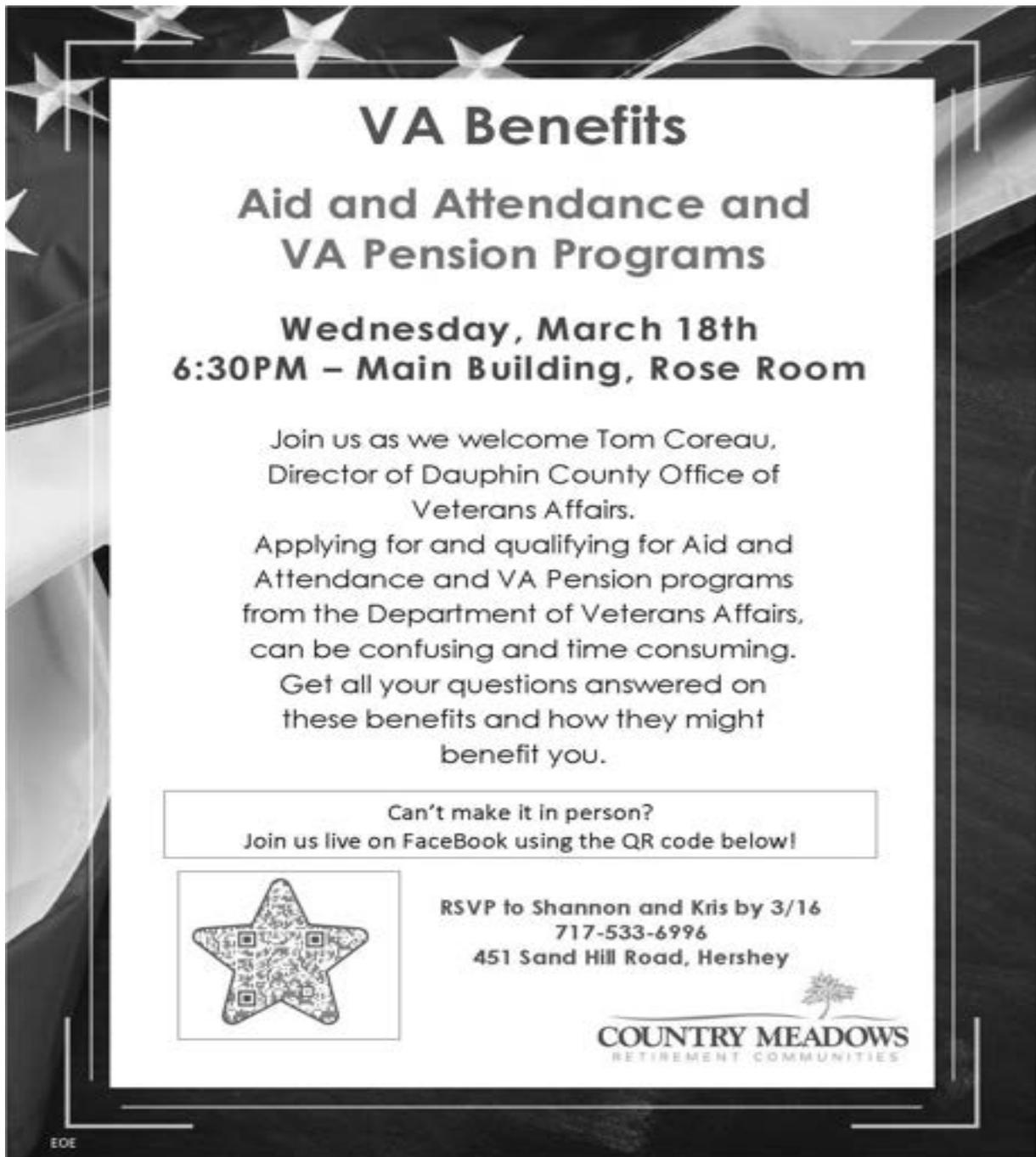
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www.traditionsofhersey.com

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.  

IMPORTANT ANNOUNCEMENT FOR ALL OUR MEMBERS USING COMCAST EMAIL

Leader Center increasingly receives reports from members using Comcast email that they are not receiving our emails. This includes things like the monthly emailed newsletter, weather updates, and even an email that a member of the staff may individually send. Our IT support has found that these emails are being sent; they often end up in Comcast users' Spam or Junk folders. We will continue to share guidance that may help our Comcast users. If you suspect you are not receiving our emails, here are some steps you may want to try:

1. **Check Spam/Junk:** First look for missed emails in your Spam/Junk folder. If you see messages from us, get in the habit of looking in that spot regularly to help ensure you don't miss our future communications.
2. **Disable Safe List:** Go to Settings > Mail > Advanced Settings and uncheck the "Safe List" (which only allows emails from listed senders).
3. **Review Filters:** Check your Mail Filter Rules to ensure they aren't deleting or redirecting messages.
4. **Check Blocked Senders:** Verify you haven't accidentally blocked senders from whom you expect mail.



VA Benefits

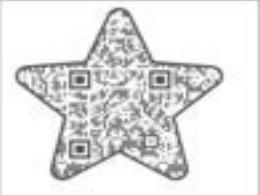
**Aid and Attendance and
VA Pension Programs**

**Wednesday, March 18th
6:30PM – Main Building, Rose Room**

Join us as we welcome Tom Coreau,
Director of Dauphin County Office of
Veterans Affairs.

Applying for and qualifying for Aid and
Attendance and VA Pension programs
from the Department of Veterans Affairs,
can be confusing and time consuming.
Get all your questions answered on
these benefits and how they might
benefit you.

Can't make it in person?
Join us live on FaceBook using the QR code below!



RSVP to Shannon and Kris by 3/16
717-533-6996
451 Sand Hill Road, Hershey

**COUNTRY MEADOWS**
RETIREMENT COMMUNITIES

EDE

Leader Travel



PHILADELPHIA PHILLIES GAME—Thursday, April 30

“Root, root , root for the home team” as they take on the San Francisco Giants! We will depart Leader Center at 9:30AM. On our way, we’ll enjoy a boxed lunch of a sandwich (choice of Italian, Ham & Cheese, Roast Beef & Cheese, or Turkey & Cheese sub), chips, cookie, and bottled water. We’ll arrive at Citizens Bank Park around noon for the 1:05PM game. Our seats are located in Section 145 (same great section as last year!). Also, that day is “Seniors Stroll the Bases” Day—you’ll have the option to participate if you’d like! We’ll depart for home after the game. Please note that this trip involves a fair amount of walking, from the parking lot to the stadium, to our seats, up steps, etc. Cost is \$137 per person. Stop in today to reserve your spot!

“REVOLUTIONARY PHILADELPHIA”—Tuesday, June 16

Explore Pennsylvania's Revolutionary War history with a day in Philadelphia! We’ll depart Leader Center at 7:00AM. First stop will be the Museum of the American Revolution, where guests will take a self-guided tour to include the special exhibit “The Declaration’s Journey,” which explores the history and global impact of the Declaration of Independence from 1776 to today. We’ll enjoy a boxed lunch at Franklin Square Pavilion (choice of Cheesesteak, Chicken Cheesesteak, Turkey Hoagie, Italian Hoagie, or Mozzarella & Tomato) and afterwards be joined on our motorcoach by a familiar face from the past. Our special guest narrates a 2-hr. guided driving tour through historical Philadelphia. We won’t go inside any of the historic sites, but here will be opportunities to get off the bus to take photos. On our way home, we’ll stop for a sweet treat before returning to the Center around 7:30PM. Cost is \$139 per person. Sign up 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.



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.

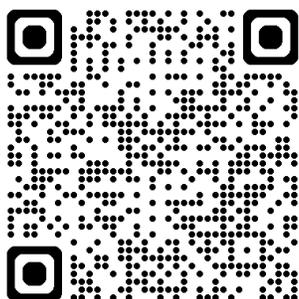
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Leader Center for Active Life
605 Cocoa Ave
Hershey, PA 17033



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

Dates to Remember

3/3—Monthly Meditation

3/6—First Friday Bingo

3/13—Friday Flix

3/17, 3/24, & 3/31—Leader Learns

3/20—Members' Monthly Social

3/27—Board Game Friday