

hello, **SPRING**

Volunteer Appreciation Luncheon

Tuesday, April 14 at 12:00 PM

**Free event for ALL OUR VOLUNTEERS,
including (but not limited to!):
volunteer instructors, receptionists, monthly social helpers, tax team,
Easter egg preparers, knitters, volunteer presenters,
Board members, fundraiser assistants, etc.**

On the Menu: Meatballs, Pasta, Sausage & Peppers, Salad & Dessert

Kindly RSVP by Wednesday, April 8

We hope you will join us!



“Life’s most persistent and urgent question is, ‘What are you doing for others?’”

-Dr. Martin Luther King, Jr.

From the Director's Desk

Happy Volunteer Appreciation Month! The benefits of volunteering cannot be overstated! It's good for your mental and physical health, provides purpose and connection, refreshes old friendships and creates new ones, and helps us practice past skills and explore new interests.

The benefits of volunteering at Leader Center are even **more** numerous! Our volunteers:

1. Are never bored!
2. Allow us to assist more people
2. Help keep our costs down
3. Give back to a worthy charity
4. Pick up a bit of "insider info" :-)
5. Laugh a lot!

Collectively each year, our volunteers contribute approximately 4000 hours to the benefit of our programs and services. Using the current "value of volunteer time" figure, our volunteers save the Center a total of well over \$100,000. But in truth, we know well that our volunteers are worth far more—in fact, they are *priceless!*

To all those who volunteer at Leader Center, we say a **BIG THANK YOU**. Please come celebrate with us at our Volunteer Appreciation Luncheon on Tuesday, April 14 (see the front cover of the newsletter for RSVP details). If you do not currently volunteer at LCAL but would like to, please pick up an application at any time. Most likely, you'll do so at our front desk, where you'll be warmly greeted by one of our smiling, ever-dedicated, priceless volunteers!

Gratefully,
Annamarie, Kathy G., Kim, & Kathy S.

April Class Underwriting

LaBlast: Betsy Hancock
Pilates: Anne Shadis
Yoga: Marsha Major
Zumba Gold: Megan Marshall
Book Club: Diane Dohner
Bingo: Sue Nale

Thank you to our generous underwriters!
If you are interested in learning more about class underwriting, please see Annamarie!

**MARK YOUR CALENDARS!
SPREAD THE WORD!
PLAN TO ATTEND!**

Leader Center's first *Evening in Monte Carlo*

We are thrilled to be announcing this exciting, enjoyable event to benefit Leader Center. It will feature casino-style gaming for prizes, delicious refreshments, 50/50 cash drawings, and opportunities to enjoy music and socialization – all here, in our beautiful center.

When: Friday, September 11, 2026

5:00 to 8:00PM

Where: Leader Center for Active Life

Who: Members, Friends, & the Community

How: Tickets go on sale this summer! Stay tuned for more details!



**DO YOU ENJOY EVENT PLANNING?
INTERESTED IN LENDING A HAND?**

Come learn more about ways you can help make our *Evening in Monte Carlo* a huge success, and enjoyable for all! Join Annamarie for an informational meeting on Tuesday, April 7, at 10:00 AM.

Coming Events:

Tuesday, April 7—Monthly Meditation—1:00PM. This 45-min meditation session is 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. 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. All are welcome!

Friday, April 10—Friday Flix—1:00PM. We'll show the 2025 film *Song Sung Blue*, a biographical musical drama based on the 2008 documentary film of the same name. The film stars Hugh Jackman and Kate Hudson as married, down-on-their-luck performers who form a Neil Diamond tribute band and in the process prove that it's never too late to find love and follow your dreams. "Boston Dogs," hot dogs, and popcorn will be served!

Tuesday, April 14—Volunteer Appreciation Luncheon—12:00PM. Please see front cover for details and RSVP info.

Wednesday, April 15—Special Art Club: Card-Making—1:00PM. Members Beth and Karen will help you make lovely general occasion cards using watercolors and/or scrapbooking techniques. Please RSVP by Friday, 4/10/26, so we can plan for supplies.

Thursday, April 16—Leader Learns: "Legacy Box" with Kim—1:00PM. Would you like to leave a keepsake that will be meaningful to and treasured by your family after you are gone? Come learn how to create a "Legacy Box" with our very own Kim R. She will bring the Legacy Box she is creating for her grandchildren and show you how to easily create one, too!

Friday, April 17—Members' Monthly Social—11:30AM. Join us for a delicious lunch of macaroni salad, herb-roasted chicken, potatoes au gratin, garlic broccoli, and cherry cheesecake.

After lunch, guitarist Matt Miski is back to entertain us. Cost is \$12.00. RSVP by Thursday, 4/9/26.

Tuesday, April 21—Leader Learns: Pelvic Floor Workshop—1:30 PM. Join us for an informative session focused on understanding the pelvic floor—what it is, how it functions, and how exercise and physical therapy can help address common symptoms such as pain, leakage, and core instability. This workshop is designed to empower participants to improve their pelvic health with knowledge and practical strategies. Our presenter will be Sarah "Tilly" Martz, DPT, COMT, a physical therapist at LHM Physical Therapy in Palmyra, who brings clinical expertise and an educational approach to pelvic health treatment.

Wednesday, April 22—Leader Cooks—11:00AM. Chef Dingle & Sous Chef Susan are back in the kitchen! April's class will be offered to **members who have not yet previously taken a cooking class with Chef or Susan, who were on the waitlist for the March class.** If that's you, you will receive a phone call and offered the chance to participate. Thank you!

Monday, April 27—Book Club—2:30PM. *Absolution* by Alice McDermott

Tuesday, April 28—Leader Learns: Life Enrichment with Kathy S.—1:00. Join us for a guided reminiscence activity that will lead you on a journey through your past and present, as you explore your preferences and memories. This interactive group experience is a wonderful way to learn more about yourself and others. Come ready to reflect, connect, and have fun!

CLASS UPDATE

On Tues. afternoons in April, at 2:00, we will show the seated workouts we streamed as a trial during the Fri. morning DVD sessions in Feb. These are the "Improved Health Chair Workouts", set to music, that many enjoyed. All are welcome to join us in the Event space for the new **Seated Video Workout!**

* denotes RSVP needed

Monday

Tuesday

Wednesday

**April Intermediate Bridge
Coordinator:
Brenda Erwin
717-503-9211**

1
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

6
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, Penny Poker
1:30 Zumba Gold
2:30 Beginner Ukulele
6:00 Pilates @ CM

7
9:00 Tai Chi
NO Yoga!
NO Chair Yoga!
10:00 Strength & Stretch dvd
11:00 Advanced Tap
11:30 Drum Fitness
12:00 Intermediate Bridge
12:00 Hand & Foot
12:30 Pinochle
1:00 Monthly Meditation
2:00 Seated Video Workout

8
8:30 Pilates
10:00 Strength & Stretch dvd
NO 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

13
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, Penny Poker
1:30 Zumba Gold
6:00 Pilates @ CM

14
9:00 Tai Chi
9:00 Yoga
10:00 Chair Yoga
10:00 Strength & Stretch dvd
11:00 Advanced Tap
NO Drum Fitness!
*12:00 Volunteer Luncheon
12:00 Intermediate Bridge
12:00 Hand & Foot
12:30 Pinochle
2:00 Seated Video Workout

15
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

20
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, Penny Poker
1:30 Zumba Gold
2:30 Beginner Ukulele
6:00 Pilates @ CM

21
9:00 Tai Chi
9:00 Yoga
10:00 Chair Yoga
10:00 Strength & Stretch dvd
11:00 Advanced Tap
11:30 Drum Fitness
12:00 Intermediate Bridge
12:00 Hand & Foot
12:30 Pinochle
1:30 Leader Learns
2:00 Seated Video Workout

22
8:30 Pilates
10:00 Strength & Stretch dvd
10:00 Beginner Line Dance
10:30 Line Dance
11:00 Lifestretch
*11:00 Leader Cooks
1:00 Bingo
1:00 Art Club
1:30 Zumba Gold
2:30 Silver Sneakers
6:00 Pilates @ CM

27
8:15 Silver Sneakers
8:15 Pilates
9:15 Strengthening w/ Sara
10:00 Strength & Stretch dvd
10:30 Line Dance
11:00 Lifestretch
1:00 Knitting, Penny Poker
1:30 Zumba Gold
2:30 Book Club
6:00 Pilates @ CM

28
9:00 Tai Chi
9:00 Yoga
10:00 Chair Yoga
10:00 Strength & Stretch dvd
11:00 Advanced Tap
11:30 Drum Fitness
12:00 Intermediate Bridge
12:00 Hand & Foot
12:30 Pinochle
1:00 Leader Learns
2:00 Seated Video Workout

29
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

**A
P
R
I
L**

Thursday	Friday
2 8:30 Dolls NO Yoga! 9:00 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	3 <p style="text-align: center;">CLOSED!</p> 
9 8:30 Dolls NO Yoga! 9:00 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	10 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
16 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 1:00 Leader Learns 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 Strength & Stretch dvd *11:30 Monthly Social
23 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	24 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
30 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	<p style="text-align: center;">Save the Dates</p> <p>Rep. Mehaffie's Health & Resources Fair—Thursday, May 7! No regular programming that day. Join us for the Fair!</p> <p>Hot Dogs on the Patio—Friday, May 29! All members welcome!</p>

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 (near the Med. Center)
Personal Care | 717-533-1880
Memory Care | CountryMeadows.com
Restorative Care



Comfort Keepers.
Elevating the Human Spirit™



AMERICA'S BEST OF THE BEST 2024
Newsweek
statista

COMFORT KEEPERS®
Proud National VA Provider

Award Winning Senior Living



TRADITIONS of HERSHEY
INDEPENDENT LIVING WITH ENHANCED SERVICES AND PERSONAL CARE

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

100 N. Larkspur Dr., Palmyra, PA 17078
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.



"Footprints in the Snow: George Washington's Continental Army of 1776"

presented by **Michael Jesberger**



Thursday, April 16th

6:30PM

Country Meadows of Hershey,
Colonnades

This presentation recounts the very real human story of those men who marched with General George Washington in the year of the Declaration of Independence. This was the year when the entire American cause was depending on their success, without which all possibility for independence would have been crushed and the sacred ideals of the Declaration would have amounted to simply words on a worthless piece of paper.

This is the story of Americans in the ranks of the army, men of every size, shape, and color, simple farmers, teachers, tradesmen, and mere boys turned into soldiers. These were the men that stayed with the Army and did not quit. They stayed because their commanding officer, General George Washington did not quit!

RSVP to Kris or Shannon
(717) 533-6996
459 Sand Hill Road, Hershey



HERSHEY COMMUNITY CHORUS TAKE-OUT OR DINE-IN SPAGHETTI DINNER FUNDRAISER, APRIL 16TH

Enjoy a dinner of spaghetti and meatballs with salad and roll.
Visit the dessert table to pick up a delicious treat to cap off your meal!
(leaving a donation there for the Chorus is appreciated!)

Dine-in or pick-up Thursday, April 16, 4:30-7:00PM
St. Joan of Arc Catholic Church, 359 W. Areba Ave., Hershey, PA 17033
\$15 per meal, pay at pick-up (cash or check to HCC)
Preorders are guaranteed a meal. Walk-ins are welcome!

*Preorder by April 13 via email: info@hersheycommunitychorus.org
*specify dine-in or take-out when ordering; enjoy cabaret music if you dine-in!

Leader Travel



“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.

Member Quote

“I hate to exercise. But I LOVE to dance. And every time I think about how I’m coming to Leader Center to do THAT, it makes me never want to miss!”

THANK YOU

to everyone who helped stuff Easter eggs for this year’s hunt hosted by Derry Township Parks & Rec. Thanks to you, many children had a great time discovering approximately 10,000 (wow!) filled eggs!



You’ve worked hard to achieve success. You deserve financial advisors who *work as hard for you.*

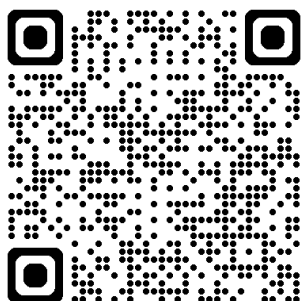
Call us today for the personal service you deserve.

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

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.

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 \$125 per year.

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

Dates to Remember

4/7—Monthly Meditation

4/10—Friday Flix

4/14—Volunteer Appreciation

4/16, 4/21 & 4/28—Leader Learns

4/17—Monthly Social

4/27—Book Club