



NATIONAL SENIOR HEALTH & FITNESS DAY

**CELEBRATE ALL
DAY!
WEDNESDAY,
MAY 27**

SCHEDULE OF EVENTS

- ⇒ 8:30 PILATES
- ⇒ 9:30–12:00 SMOOCHIES IN THE LOBBY, COURTESY OF COUNTRY MEADOWS
- ⇒ 10:00 STRENGTH DVD
- ⇒ 10:00 BEGINNER LINE DANCING
- ⇒ 10:30 LINE DANCING
- ⇒ 11:00 STRETCH DVD
- ⇒ 12:45–1:30 OUTDOOR GROUP WALK AROUND OUR CAMPUS (OR, IF THE WEATHER IS BAD, A FUN INDOOR LIGHT EXERCISE CLASS)
- ⇒ 1:00–2:30 MAKE YOUR OWN TRAIL MIX IN THE LOBBY
- ⇒ 1:30 ZUMBA GOLD
- ⇒ 2:30 SILVER SNEAKERS

From the Director's Desk

Happy Older Americans Month (OAM)!

Every May, the Administration for Community Living leads the nation's observance of OAM. This year's theme, **Champion Your Health**, focuses on factors such as prevention, wellness, and personal responsibility



as cornerstones of healthy aging. It encourages older persons to take an active role in managing their health, by advocating for themselves, pursuing preventive care, and making informed decisions that support independence.

Congratulations—because by choosing to become a Leader Center member, you have taken a great step towards championing your health! Just this month, there are many opportunities here to do so. In addition to our regular programs and classes, we'll host a health and resources fair that will be full of vendors and helpful information. Dauphin County Aging joins us later in May to provide valuable Medicare education. As featured on the front cover, we'll take breaks on Senior Health & Fitness Day to stroll around the campus and share healthy snacks. And plan on joining us at the end of the month for our first "Hot Dogs & Covered Dish" event of the season, at which we'll get together on our lovely patio for food, fresh air, fellowship, and fun!

A handwritten signature in cursive script, appearing to read "Anne Shadis".

LCAL Book Club "Member Selections" June through December

June: The Blue Orchard, J. Taylor
July: The Best of Friends, L. Berry
August: The House Maid, F. McFadden
September: Mad Honey, J. Picoult
October: The Nightengale, K. Hannah

This list represents the books with the most votes from Book Club participants—thanks for voting!

All LCAL members welcome at our monthly Book Club!

SPECIAL THANKS TO THE AARP TAX TEAM, LED BY LCAL MEMBER ANNE SHADIS!

It was another busy and rewarding season of free tax preparation services for seniors at Leader Center.

The AARP team filed nearly 900 returns for hundreds of happy customers this year—what a remarkable public service!

Thank you, also, to those who made donations to Leader Center in appreciation for the services they received. All contributions support programming.

IMPORTANT CLASS UPDATES: LIFESTRETCH & SILVER SNEAKERS

Until further notice, we will not be having **LIFESTRETCH** classes on Mon/Wed mornings. Our instructor has to take a leave of absence. While she is out, we will show the "Stretch DVD" during our regular Lifestretch class time.

After many wonderful years, longtime **SILVER SNEAKERS** instructor **Kim Eichinger is retiring from LCAL**. Please come take her last class on Monday, May 11, at 8:15AM. We'll spend some of it celebrating Kim's service and wishing her well. For the next few weeks, please keep your eye on the calendar in this newsletter and on email updates for info regarding the Silver Sneakers schedule. We'll be trying to offer class as often as possible as we work on next steps!

Award Winning Senior Living



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Coming Events:

Friday, May 1—Leader Crafts: Jewelry Repair—11:00AM to Noon. Need a jewelry repair? We have the service for you, courtesy of LCAL friends Cathy Griffith and Sabrina Patrone! You may 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, May 1—First Friday Bingo—1:00 to 3:00PM. All members welcome! Cards will be \$.50 each. Every game will have a cash payout!

Tuesday, May 5 and May 19—Meditation—1:00PM. Offered twice this month! 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!

Thursday, May 7—Health Fair—10:00AM to Noon. Leader Center will host Representative Mehaffie's Health Fair. All are welcome! **Reminder: There will be NO regular Leader Center classes this day!**

Friday, May 8—Friday Flix—1:00PM. Join us for *Nonnas*, a 2025 comedy-drama starring Vince Vaughn, Susan Sarandon and Lorraine Bracco. The movie is based on a true story about a man who opens a restaurant staffed by local grandmothers to honor his late mother. Popcorn and hot dogs will be served!

Friday, May 15—Members' Monthly Social—11:30AM. Join us for a delicious lunch of 3-Bean Salad, Meatloaf, Mashed Potatoes, Corn O'Brien, and Apple Blossom, catered by Country Meadows. After lunch, we will enjoy high-energy pianist/vocalist/entertainer Adriano

Sica. Cost is \$12.00. RSVP by Thursday, 5/7/26, to reserve your spot!

Monday, May 18—Book Club—2:30PM. *The Road to Bittersweet* by Diane Everhart

Wednesday, May 20—Special Art Club: Seasonal Cards—1:00PM. Members Beth H. and Karen H. help you make lovely 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. Please RSVP for the May 20 class by 5/13/26.

Wednesday, May 27—Senior Health & Fitness Day—all day! Check out the front cover of the newsletter for some special fun going on this day!

Thursday, May 28—Medicare 101—9:00 to 11:00AM. Shannon Vallier from the PA MEDI Program will be on-site to go over the basics of the parts of Medicare, comparisons between Medicare Advantage and Medicare Supplement Plans, and programs available to help save money! No RSVP needed.

Friday, May 29—Hot Dogs & Covered Dish on the Patio—Noon to 1:30PM. Stop in for lunch on the patio (or inside, if you prefer)! Leader Center will provide the hot dogs and drinks (and, hopefully, some light ukulele music!). Members, if you'd like, please bring a snack, side dish, or dessert to share! Bring your item in a disposable container or one that you plan to take with you when you leave; we cannot store containers that are left behind. Also, please remember that we cannot refrigerate your item ahead of time. Bring it with you "ready to go", to be placed right on the serving table. If your item has nuts or any other common potential allergen, be sure to label it well. Please RSVP by 5/25/26. Looking forward to kicking off summer with you!

* denotes RSVP needed

Monday

Tuesday

Wednesday

**May Intermediate Bridge
Coordinator:
Saundra Hennigan
717-877-4309**

**M
A
Y**

4
8:15 Silver Sneakers
8:30 Pilates
9:15 Strengthening w/ Sara
10:00 Strength dvd
10:30 Line Dance
11:00 Stretch dvd
1:00 Knitting
1:00 Penny Poker
1:30 Zumba Gold
2:30 Beginner Ukulele
6:00 Pilates @ CM

5
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 Meditation
2:00 Seated Video Workout

6
8:30 Pilates
10:00 Strength dvd
10:00 Beginner Line Dance
10:30 Line Dance
11:00 Stretch dvd
1:00 Bingo
1:00 Art Club
1:30 Zumba Gold
2:30 Silver Sneakers!
6:00 Pilates @ CM

11
8:15 Silver Sneakers
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10:00 Strength dvd
10:30 Line Dance
11:00 Stretch dvd
1:00 Knitting
1:00 Penny Poker
1:30 Zumba Gold
6:00 Pilates @ CM

12
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12:00 Intermediate Bridge
12:00 Hand & Foot
12:30 Pinochle
2:00 Seated Video Workout

13
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10:00 Strength dvd
10:00 Beginner Line Dance
10:30 Line Dance
11:00 Stretch dvd
1:00 Bingo
1:00 Art Club
1:30 Zumba Gold
NO Silver Sneakers!
6:00 Pilates @ CM

18
8:15 Silver Sneakers w/ KS
8:30 Pilates
9:15 Strengthening w/ Sara
10:00 Strength dvd
10:30 Line Dance
11:00 Stretch dvd
1:00 Knitting, Penny Poker
1:30 Zumba Gold
2:30 Beginner Ukulele
2:30 Book Club
6:00 Pilates @ CM

19
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 Meditation
2:00 Seated Video Workout

20
8:30 Pilates
10:00 Strength dvd
10:00 Beginner Line Dance
10:30 Line Dance
11:00 Stretch dvd
1:00 Bingo
*1:00 Art Club
1:30 Zumba Gold
NO Silver Sneakers!
6:00 Pilates @ CM

25
CLOSED!
HAPPY MEMORIAL DAY!

26
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
2:00 Seated Video Workout

27
8:30 Pilates
10:00 Strength dvd
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10:30 Line Dance
11:00 Stretch dvd
1:00 Bingo
1:00 Art Club
1:30 Zumba Gold
2:30 Silver Sneakers
6:00 Pilates @ CM

Thursday	Friday
	1 NO 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
7 HEALTH FAIR 10:00AM TO NOON NO REGULAR CLASSES AT LEADER CENTER THIS DAY!	8 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
14 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	15 8:15 Silver Sneakers w/ KS 8:30 Pilates 9:00 Mah Jongg 9:15 Strengthening w/ Sara 10:00 Strength & Stretch dvd *11:30 Monthly Social
21 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	22 NO Silver Sneakers! 8:30 Pilates 9:00 Mah Jongg 9:15 Strengthening w/ Sara 10:00 Strength & Stretch dvd 10:30 Line Dance CLOSING AT NOON!
28 8:30 Dolls 9:00 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	29 8:15 Silver Sneakers w/ KS 8:30 Pilates 9:00 Mah Jongg 9:15 Strengthening w/ Sara 10:00 Strength & Stretch dvd 10:30 Line Dance 12:00 Hot Dogs on the Patio

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... of 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



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SAVE THE DATE!

"Evening in Monte Carlo"

WHEN: Friday, September 11, 5:00-8:00PM

WHERE: Leader Center for Active Life

WHAT: Casino-style gaming for prizes—plus refreshments and other fun!

Why: To benefit programming at Leader Center



Ways YOU can help make our event successful, even RIGHT NOW:

- 1) Mark your calendar and plan to attend! Tickets go on sale this summer.
- 2) Invite your family and friends—members of the community are welcome!
- 3) Are you someone with a connection to a business that would be a good raffle prize donor or event sponsor? Please stop in to chat with Annamarie.

We are going to have a fun, fabulous time!
All proceeds help fund programming here at Leader Center.
We appreciate your support!


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. **Tickets are going fast—stop in or call to 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.



“Unsung Women of the 18th Century”
presented by Joe & Dolores McDevitt

Thursday, May 7th
1:00PM

Country Meadows of Hershey,
Colonnades Dining Room

In celebration of America's 250th anniversary, we invite you to discover the remarkable women whose stories shaped the nation long before they were ever written into history. This special lecture shines a light on the innovators, thinkers, and leaders of the 18th century whose contributions have too often gone unrecognized. Join us as we explore their resilience, creativity, and quiet influence—voices that helped build the foundations of the country we commemorate today.

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

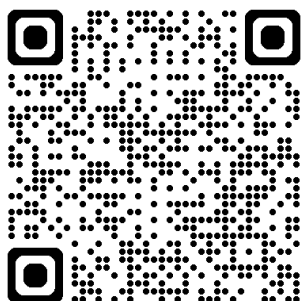
Member Quote

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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

5/1—First Friday Bingo

5/7—Health Fair

5/5 and 5/19—Meditation

5/15—Members' Monthly Social

5/18—Book Club

5/29—Hot Dogs on the Patio