



Leader Center Turns 4



**Happy Anniversary,
LCAL!**

Spend quality time here this month, enjoying
all today's Center has to offer.

Help us celebrate our anniversary at the June
social, on Friday, June 19!

We'll have some fun
with special giveaways,
a 50/50 raffle, and old photos!

From the Director's Desk

June seems to have come quickly! Perhaps it was the unusually chilly May that explains it. I do hope that your summer's off to a happy start and that it already has brought you some good diversions from your regular routine, whether they be moments with loved ones, excursions, or just a little fun in the sun (which we're sure to see more of this month)!

I learned something about June as my children passed through their school years, and that is to not squander it! In the years when I saved summer plans for July and August, I often regretted it because those final two months of summer break seemed to pass so quickly. I found myself wanting to squeeze more in and wishing I had started earlier! In that spirit, just a reminder that the RSVP date for this month's social, June 11, will be here soon! We hope you can join us for the June 19 social, when we'll mark our fourth year here as the "Leader Center" by doing a little celebrating of our past, present, and future. Thank you to everyone who makes LCAL a wonderful, vibrant place: the dedicated staff; our skillful instructors; our many volunteers; generous community partners; Derry Township Parks & Rec (our "landlord"!); the Leader family; and (saving the best for last) YOU, our fabulous, diverse, highly-contributory members!

Annamarie

CLASS UPDATES for JUNE

- There will be **NO Beginner Line Dance, June through September.**
- There will be **NO Silver Sneakers in June.** Thank you for your patience as we attempt to onboard a new instructor and while instructor Kathy S. is recovering. We will be sure to update you on any positive developments!
- **Pamra will be back for Drum Fitness in June.** Special thanks to Georgina for the fabulous job she did filling in during Pamra's absence!

Please remember that in the summer months, some of our instructors make modifications to their regular schedules. As we learn about these changes, we will be sure to share! Many of our instructors also send out their own emails about changes, so keep an eye on your inbox!

Penn State Health
proudly supports the
Leader Center
for Active Life



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. And every time you do that, please also select "Socialization" (top left corner of the screen), because no matter what you're here for, you'll surely get some of *that*, too!
- ⇒ While we want Leader Center to be as welcoming and friendly as possible, please understand that **we are unable to accommodate members' pets and young grandchildren/relatives in the building during regular operating hours.** This is for a variety of reasons, not the least of which are space and safety. Thank you for understanding!

June Class Underwriting

Chair Yoga: Betsy & Leon Kopec
Yoga: Marsha Major
Pilates: Susan & Paul Kreider
Chair LaBlast: Diane Dohner
Friday Flix: Tann O'Donnell
Bingo: Sue Nale

Thank you to our generous program underwriters! It is SO helpful!

Coming Events:

Tuesday, June 2 and June 23—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!

Friday, June 5—Leader Crafts: Jewelry Repair—11:00AM to Noon. Need a jewelry repair? We have the service for you, courtesy of friends Cathy G. and Sabrina P.! Bring broken jewelry that does not require soldering nor need gold/silver replacement pieces. Repairs are free; donations of broken/unwanted jewelry accepted.

Friday, June 5—First Friday Bingo—1:00 to 3:00PM. All members welcome! Cards will be \$.50 each. Every game will have a cash payout!

Tuesday, June 9—Leader Learns—1:30PM. Jaime from BrightStar Care will visit for an informative wellness talk about strategies for staying independent at home. Topics will include aging well, managing health concerns, preventing hospitalizations, and support services available to help you thrive at home. Refreshments served.

Wednesday, June 10—Special Art Club: Seasonal Cards—1:00PM. Members Beth H. and Karen H. help you make lovely seasonal 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 June 10 class by 6/8/26.

Thursday, June 11—Leader Bakes (and Cooks!)—11:00AM. Good news for us: the Dingles are back in the kitchen! If you have not already participated in one of their past scone-making classes, sign up today for this fun learning opportunity! Besides the scones, you

will help prepare a seasonal soup and shrimp and avocado salad. 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. Stop in or call to sign up/complete payment today!

Friday, June 12—Friday Flix—1:00PM. We'll show the newly-released mystery drama *Remarkably Bright Creatures*, an adaptation of the 2022 novel of the same title by Shelby Van Pelt (which our Leader Center Book Club read and explored!). Through unlikely bonds formed during night shifts at a local aquarium, Tova, an elderly widow, learns of a life-changing discovery that may bring her joy and wonder once again. The movie stars Sally Field and Lewis Pullman, with Alfred Molina providing the voice of Marcellus the octopus. Hot dogs and popcorn will be served!

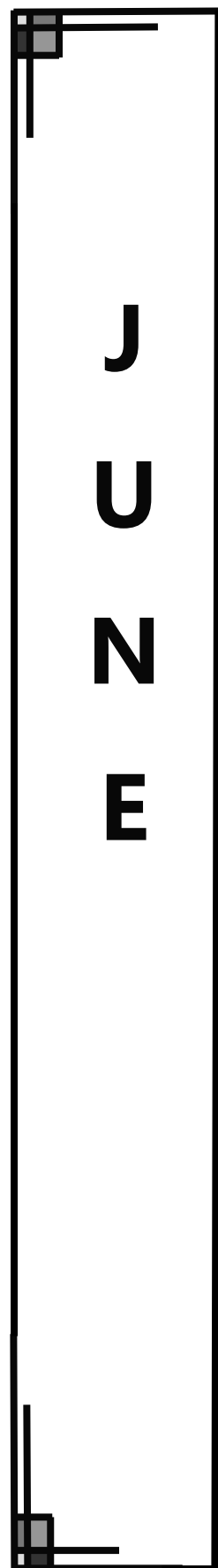
Friday, June 19—Members' Monthly Social—11:30AM. Join us for a delicious lunch of cole slaw, bourbon BBQ chicken, macaroni and cheese, stewed tomatoes and Fruit of the Forest pie. After lunch, we are happy to welcome back guitarist and vocalist Matt Miskie. Cost is \$12.00. Please RSVP by Thursday, 6/11/26, to reserve your spot.

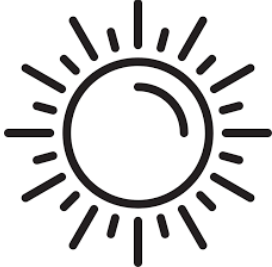
Thursday, June 25—Tech Talk with Kim—1:00-2:30PM. This popular offering is back on the calendar! Kim will help you learn how to use your iPhone or iPad to stay connected with loved ones by sharing photos, including on Facebook. She'll also review helpful topics such as using your iPhone in emergencies, plus features like screenshots, magnifier and calculator. All members welcome!

Monday, June 29—Book Club —2:30PM. *The Blue Orchard* by Jackson Taylor

BrightStarCare®

* denotes RSVP needed



	Monday	Tuesday	Wednesday
1	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	2 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	3 8:30 Pilates 10:00 Strength dvd 10:30 Line Dance 11:00 Stretch dvd 1:00 Bingo 1:00 Art Club 1:30 Zumba Gold 6:00 Pilates @ CM
8	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 6:00 Pilates @ CM	9 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	10 8:30 Pilates 10:00 Strength dvd 10:30 Line Dance 11:00 Stretch dvd 1:00 Bingo *1:00 Art Club 1:30 Zumba Gold 6:00 Pilates @ CM
15	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	16 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	17 8:30 Pilates 10:00 Strength dvd 10:30 Line Dance 11:00 Stretch dvd 1:00 Bingo 1:00 Art Club 1:30 Zumba Gold 6:00 Pilates @ CM
22	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 6:00 Pilates @ CM	23 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	24 8:30 Pilates 10:00 Strength dvd 10:30 Line Dance 11:00 Stretch dvd 1:00 Bingo 1:00 Art Club 1:30 Zumba Gold 6:00 Pilates @ CM
29	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	30 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	

Thursday	Friday
4 8:30 Dolls NO Yoga! NO Chair LaBlast! NO La Blast! 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	5 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
11 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	12 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
18 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	19 8:30 Pilates 9:00 Mah Jongg 9:15 Strengthening w/ Sara 10:00 Strength & Stretch dvd *11:30 Monthly Social
25 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 Tech Talk	26 8:30 Pilates 9:00 Mah Jongg 9:15 Strengthening w/ Sara 10:00 Strength & Stretch dvd 10:30 Line Dance
<div style="border: 2px solid black; padding: 10px; width: fit-content; margin: auto;"> <p>June Intermediate Bridge Coordinator:</p> <p>Donna Friedrich</p> <p>717-329-0945</p> </div>	

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Music on chocolate DOWNTOWN HERSHEY

FREE MUSIC
SATURDAY, JUNE 13TH
6:30PM - 9:30PM
CHOCOLATETOWN SQUARE PARK



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The Leader Family Companies



Leader Travel



“Piano Man Meets Rocket Man: Tribute to Elton John & Billy Joel” Wednesday, September 30

We will depart Leader Center by bus in the morning for Penn’s Peak, a beautiful mountaintop entertainment venue located in Jim Thorpe, PA. We’ll enjoy a buffet luncheon at the theater followed by a matinee concert. Mark your calendars now and save the date. More details, including pricing, will be in the July newsletter. We cannot sell tickets until July (and are not taking reservations). Thank you!

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.



SAVE THE DATE!

“Evening in Monte Carlo”

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

WHERE: Leader Center for Active Life

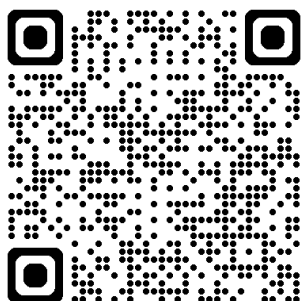
WHAT: Casino-style gaming for prizes—plus refreshments and other fun!

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 **IN JULY!**
- 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.

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
Kathy Sicher: Office Coordinator
Kathy Giovanniello: Administrative Assistant
Kim Reese: Membership Coordinator

Dates to Remember

6/5—First Friday Bingo

6/9—Leader Learns

6/12—Friday Flix

6/19—Members' Monthly Social

6/25—Tech Talk

6/29—Book Club