

Soak Up Summer!

Indoors or out, we keep busy at LCAL! Check out this newsletter for ways to enjoy remaining summer days!



Games, Puzzles & Books



Indoor Classes



Outdoor Fun



Friday Flix



From the Director's Desk

Have you ever found yourself thinking that at \$10 a month, Leader Center membership is a great value? Or, would you enjoy coming back to the Center some early evening and joining other members for a special "after hours" event? Or, maybe you've been at a party or casino and wanted to sit at a table to try your luck at a round of blackjack or roulette, but were too unsure to try? If any of these apply to you, our upcoming "Evening in Monte Carlo" fundraiser is for **YOU!**

The event, which will be held here at the Center on Friday, Sept. 11, 2026, from 5:00 to 8:00 PM, will be our **biggest fundraiser of the year to support our programs and services**. A professional gaming company will set up real casino tables, staffed by friendly, fun dealers who will teach you and help you feel comfortable trying out the games, whether you've played them before or not. With your admission (\$50 in advance/\$60 at the door), you'll receive raffle tickets (plus you can win more at the tables!) that you can deposit in the "prize room" for great prizes that range from gift cards and baskets to a free Leader Center trip to beautiful handmade items—and much more! We'll hold an optional 50/50 cash drawing. And on top of all this, your admission price includes fabulous heavy hors d'oeuvres and desserts, as well as beverages and "mocktails". Before the night ends, we'll draw for our great prizes. Many guests will go home with one of them, and all guests will receive a keepsake from the evening.

We are so excited to be able to bring you this fun evening that will raise much-needed funds for Leader Center. We also are excited to have the chance to welcome your friends and loved ones to spend time here with you—please spread the word to them and help them purchase tickets, either at the Center or online. Take home a flyer from the front desk or see the sign in the lobby for more details. If we all **play our cards right**, this event will be a **JACKPOT** win for Leader Center!

Ann Marie

Annual Cash Raffle

Proceeds Benefit Programming

Drawing at the September 18 Social

(need not be present to win)

Pick up your ticket packet in the lobby mid-July through mid-August. Any packets not picked up will be mailed. Please consider buying/selling your ticket packet—thank you for your support!

Ticket Price: \$1 Each

Prizes Awarded:

1st=\$300 2nd=\$150 3rd=\$50

Coming Events:

Monday, August 3—Treats in the Lobby—12:30 to 2:30 PM. Kris from Country Meadows of Hershey will be visiting to help us celebrate “National Watermelon Day”. Stop to say “hi” and grab a fun summer treat!

Friday, August 7—Leader Crafts: Jewelry Repair—10:00AM to 11:30AM. Need a jewelry repair? We have the service for you, courtesy of member Sabrina P.! Bring broken jewelry that does not require soldering nor need gold/silver replacement pieces. Sorry—we cannot help with elastic jewelry repairs. Repairs are free; donations of broken/unwanted jewelry accepted.

August 12—Special Art Club: Seasonal Cards—1:00PM. Members Beth H. and Karen H. help you make fabulous all-occasion 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 August 12 class by 8/7/26.

Friday, August 14—Friday Flix—1:00PM. We’ll show the 2026 film, *The Sheep Detectives*, featuring Hugh Jackman as a shepherd who loves to read murder mysteries to his sheep, never suspecting that they can understand him. When George is found dead under mysterious circumstances, the sheep decide to solve the crime themselves, even if it means leaving their meadow for the first time and facing the fact that the human world isn’t as simple as it appears in books. Hot dogs and popcorn will be served!

Thursday, August 20—Tech Talk with Kim—1:00 to 2:00PM. Kim will talk about “smart” tools like Alexa and Siri. All members welcome!

Friday, August 21—Members’ Monthly Social—11:30AM. Join us for a delicious lunch of potato salad, Ranch style turkey, Hasselback potatoes, peas and carrots, and strawberry shortcake, catered by Country Meadows. Our entertainment will be guitarist and vocalist Joe D’Alto. Plus, we’ll have some fun drawing the winners of our annual cash raffle (need not be present to win). Cost is \$12.00. RSVP by Thursday, 8/13/26. Please remember that the monthly social is a “members only” event.

Thursday, August 27—Leader Lunch & Learn: “Q&A w/ an Attorney”—Noon to 1:00PM. Our friends at Smith Advisory Group will bring us our guest speaker, attorney Jaron Castrianio from Johnson and Duffie, to answer members’ questions related to legacy and estate planning. Pizza lunch will be served. Please RSVP by 8/25/26.

Monday, August 31—Leader Learns: “Stop the Bleed”—12:15 to 1:15PM. PennState Health’s injury prevention and outreach coordinator, nurse Sunny Goodyear, will be here to deliver “Stop the Bleed”, a one-hour course that teaches participants how to manage life-threatening bleeding emergencies. All are welcome.

Monday, August 31—Book Club—2:30PM. *The House Maid* by F. McFadden

CLASS UPDATES

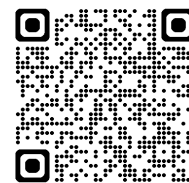
NO Pilates on Fridays in August!—Friday Pilates returns in September.

Lifestretch—This Mon/Wed class returns to the schedule on Monday, Aug. 24. A warm “welcome back” to instructor Deb.

Summer Sneakers—For Aug. and Sept., we often will be joined by guest instructors during this class period for “Summer Sneakers”. The class will be similar to our Silver Sneakers classes. For any class period when we don’t have a substitute instructor, we will show instructor Kathy S.’ Silver Sneakers video.

Meditation—In August, we’ll show a meditation video every during every Tuesday’s class period.

**Purchase tickets for
EVENING IN MONTE CARLO
at LCAL or online here:**



* denotes RSVP needed

AUGUST

Monday	Tuesday	Wednesday
3 8:15 Silver Sneakers 8:30 Pilates 9:15 Strengthening w/Sara DVD 10:00 Strength & Stretch dvd 10:30 Line Dance 1:00 Knitting 1:00 Penny Poker 1:30 Dance Party w/ Georgina 2:30 Beginner Ukulele 6:00 Pilates @ CM	4 9:00 Tai Chi, 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 DVD 2:00 Seated Video Workout	5 8:30 Pilates 10:00 Strength & Stretch dvd 10:30 Line Dance 1:00 Bingo 1:00 Art Club 1:30 Dance Party w/ Georgina 2:30 Summer Sneakers 6:00 Pilates @ CM
10 8:15 Summer Sneakers 8:30 Pilates 9:15 Strengthening w/ Sara 10:00 Strength & Stretch dvd 10:30 Line Dance 1:00 Knitting 1:00 Penny Poker 1:30 Zumba Gold 6:00 Pilates @ CM	11 9:00 Tai Chi, 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 DVD 2:00 Seated Video Workout	12 8:30 Pilates 10:00 Strength & Stretch dvd 10:30 Line Dance 1:00 Bingo *1:00 Art Club 1:30 Zumba Gold 2:30 Summer Sneakers 6:00 Pilates @ CM
17 8:15 Summer Sneakers 8:30 Pilates 9:15 Strengthening w/ Sara 10:00 Strength & Stretch dvd 10:30 Line Dance 1:00 Knitting 1:00 Penny Poker 1:30 Zumba Gold 2:30 Beginner Ukulele 6:00 Pilates @ CM	18 9:00 Tai Chi, 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 DVD 2:00 Seated Video Workout	19 8:30 Pilates 10:00 Strength & Stretch dvd 10:30 Line Dance 1:00 Bingo 1:00 Art Club 1:30 Zumba Gold 2:30 Summer Sneakers 6:00 Pilates @ CM
24 8:15 Summer 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 6:00 Pilates @ CM	25 9:00 Tai Chi, 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 DVD 2:00 Seated Video Workout	26 8:30 Pilates 10:00 Strength & Stretch dvd 10:30 Line Dance 11:00 Lifestretch 1:00 Bingo 1:00 Art Club 1:30 Zumba Gold 2:30 Summer Sneakers 6:00 Pilates @ CM
31 8:15 Summer 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 1:00 Leader Learns 1:30 Zumba Gold 2:30 Book Club 6:00 Pilates @ CM	August Intermediate Bridge Coordinators: Tuesdays: Kate S., 717-575-6877 Fridays: Gail P., 717-480-1383	

Thursday	Friday
6 8:30 Dolls 9:00 Yoga, Chair LaBlast 10:00 LaBlast 10:00 Improved Health dvd 11:00 Beginner Tap 11:00 Beach(ball) Volleyball 12:00 Hand & Foot, Scrabble 12:30 Pinochle 1:00 Tai Chi 2:00 Living After Loss SG	7 8:15 Summer Sneakers NO Pilates! 9:00 Mah Jongg 9:15 Strengthening w/Sara DVD 10:00 Strength & Stretch dvd 10:30 Line Dance 10:00 Jewelry Repair 12:00 Intermediate Bridge 1:00 1st Friday Bingo
13 8:30 Dolls 9:00 Yoga, Chair LaBlast 10:00 LaBlast 10:00 Improved Health dvd 11:00 Beginner Tap 11:00 Beach(ball) Volleyball 12:00 Hand & Foot, Scrabble 12:30 Pinochle 1:00 Tai Chi	14 8:15 Summer Sneakers NO Pilates! 9:00 Mah Jongg 9:15 Strengthening w/ Sara 10:00 Strength & Stretch dvd 10:30 Line Dance 11:00 Jewelry Repair 12:00 Intermediate Bridge 1:00 Friday Flix
20 8:30 Dolls 9:00 Yoga, Chair LaBlast 10:00 LaBlast 10:00 Improved Health dvd 11:00 Beginner Tap 11:00 Beach(ball) Volleyball 12:00 Hand & Foot, Scrabble 12:30 Pinochle 1:00 Tai Chi 1:00 Tech Talk 2:00 Living After Loss SG	21 8:15 Summer Sneakers NO Pilates! 9:00 Mah Jongg 9:15 Strengthening w/ Sara 10:00 Strength & Stretch dvd *11:30 Monthly Social 12:00 Intermediate Bridge
27 8:30 Dolls 9:00 Yoga, Chair LaBlast 10:00 LaBlast 10:00 Improved Health dvd 11:00 Beginner Tap 11:00 Beach(ball) Volleyball 12:00 Hand & Foot, Scrabble *12:00 Leader Lunch & Learn 12:30 Pinochle 1:00 Tai Chi	28 8:15 Summer Sneakers NO Pilates! 9:00 Mah Jongg 9:15 Strengthening w/ Sara 10:00 Strength & Stretch dvd 10:30 Line Dance 12:00 Intermediate Bridge
	<u>SCHEDULE CHANGE ALERT:</u> The Center will CLOSE at NOON on Friday, September 11, to allow us to set up for our "Evening in Monte Carlo". Get your ticket soon and join us that night for all the fun, starting at 5:00PM!

Life is good...

when you can spend time with family and friends, when there's always plenty to do and when delicious professionally prepared

...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**

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.



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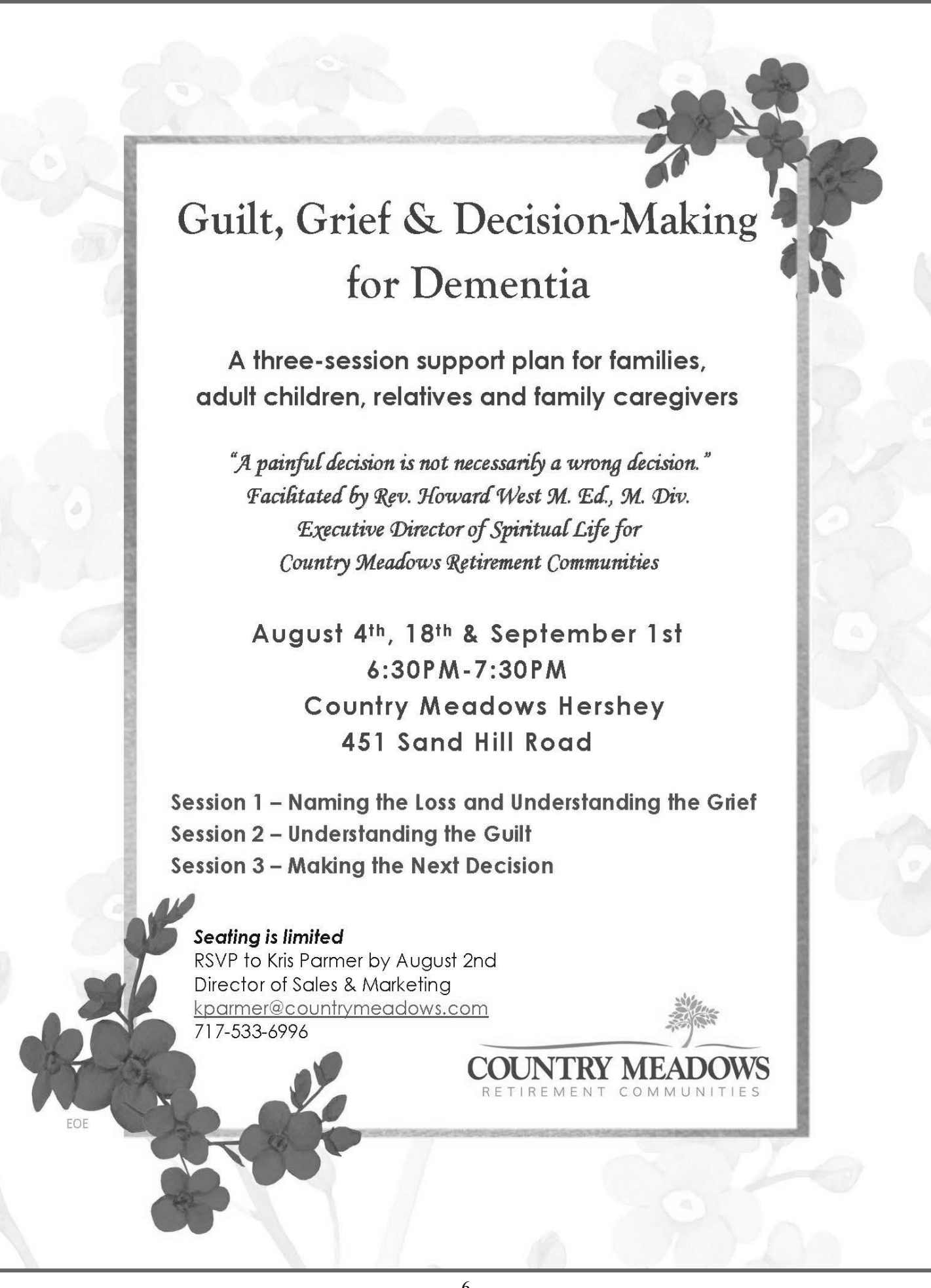
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Guilt, Grief & Decision-Making for Dementia

A three-session support plan for families,
adult children, relatives and family caregivers

"A painful decision is not necessarily a wrong decision."

Facilitated by Rev. Howard West M. Ed., M. Div.

*Executive Director of Spiritual Life for
Country Meadows Retirement Communities*

August 4th, 18th & September 1st

6:30PM-7:30PM

Country Meadows Hershey

451 Sand Hill Road

Session 1 – Naming the Loss and Understanding the Grief

Session 2 – Understanding the Guilt

Session 3 – Making the Next Decision

Seating is limited

RSVP to Kris Parmer by August 2nd

Director of Sales & Marketing

kparmer@countrymeadows.com

717-533-6996



EOE

Leader Travel



“SCHMIGADOON!” on Broadway—Wednesday, October 28, 2026

Everybody needs an escape. Welcome to 2026 Best Musical Tony Winner **Schmigadoon!**—the story of a magical town where every day is a musical. Everybody has a song for everything, the corn is as high as an elephant’s eye, and the only bridge out of town leads nowhere. When one couple accidentally wanders in, they discover the only way to escape is by finding true love—which may or may not be with each other. From *Saturday Night Live*’s Lorne Michaels and based on the award-winning Apple Original series from Universal Television, this brand-new comedy trapped inside a big Broadway musical is directed by Tony Award winner Christopher Gattelli (*Newsies*, *Death Becomes Her*) with a book and Emmy Award-winning score by Cinco Paul (*Despicable Me*, *The Secret Life of Pets*). Warning: You can never leave...without a smile.

We will depart Leader Center at 7:30 AM and return at approximately 9:00 PM. Before the show we will enjoy lunch at Yard House restaurant, where guests will choose at the table from the following: Steak Bowl, Beer Battered Fish & Chips, Spicy Jambalaya, and the three gluten sensitive options of Cilantro Lime Chicken, Carne Asada Tacos, and BBQ Chicken Salad. The restaurant is less than a five-minute walk to the theater. Ticket price is \$273 and includes orchestra seating for the show, meal and meal gratuity/tax, and transportation. Call or stop in today to make payment and reserve your spot for this very hot ticket!

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.



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Member Quote

“I was really struggling with ‘purpose’ - until I found this place.”

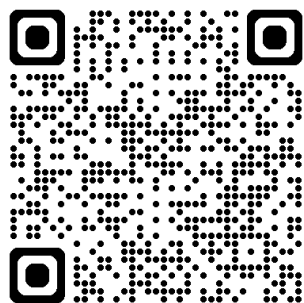
“Evening in Monte Carlo” Wish List

Some items that would make great prizes!:

- 1) A few days in a time-share
- 2) Gift certificates to local businesses

Can you or someone you know help with one of these?
Please see 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

8/7—First Friday Bingo

8/14— Friday Flix

8/21—Members’ Monthly Social

8/27—Leader Lunch & Learn

8/31—Leader Learns

8/31—Book Club