

HAPPY NATIONAL SENIOR CENTER MONTH!

This year's theme is
**HAPPIER BIRTHDAYS
HAPPEN HERE**

"Happier birthdays don't start with candles or cake—they start with connection, purpose, support, and community. This is where happier birthdays begin."
-National Council on Aging



**Let Leader Center help you
make this one of *your*
BEST years!**

**Join us for the activities
and opportunities inside....**

From the Director's Desk

Happy National Senior Center Month! This year's theme, chosen by the National Center on Aging (NCOA), is "**Happy Birthdays Happen Here**". As the NCOA says, "Every day at senior centers across the nation people walk through the doors and find the relationships, resources, and opportunities that make each year richer than the last." More than 10,000 senior centers across the country strive to provide inclusive, engaging spaces where older adults thrive. To anyone who wants to see a thriving, engaging, senior center, I say, "*Come to 605 Cocoa Avenue!*" - and I thank the members, staff, instructors, volunteers, and community partners who make us so. You, our members, demonstrate daily that when it comes to healthy aging, the possibilities are limitless—and that age truly is, as they say, *just a number!*

Here at Leader Center, we'll be working hard to make your year the best it can be. Check out this month's opportunities for fitness and wellness, arts and crafts, ongoing education, and fun and fellowship. We hope to see many of you (this includes you, newer members!) when we usher out Summer and welcome Fall at our "**Hot Dogs & Covered Dish Social**" on the patio on Friday, September 25; please see page 3 for details and RSVP info. During this patio event, when member Ray C. regales us again with our favorite ukulele tunes, he'll be joined by his Leader Center Beginner Ukulele students. I can vouch for the fact that they've been working hard since starting class in March—and sound great already!

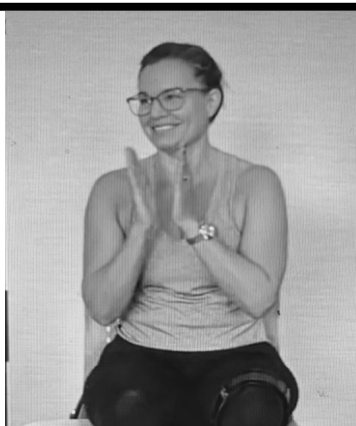
And speaking of special times together: If you haven't gotten your tickets yet for our biggest fundraiser of the year, our September 11 "**Evening in Monte Carlo**," be sure to do so **ASAP!** Tickets are going fast! We are going to have a fabulous evening here, playing casino games with fun, friendly dealers, dropping raffle tickets into drawings for great prizes, enjoying delicious foods and beverages, and spending the evening with each other and community members (all included in your admission ticket)! Find more details on pages 3 and 4 of this newsletter. In supporting the event, you'll help us raise much-needed funds for Leader Center, which in turn enables us to continue to offer high-quality services at a great value and promote happy, healthy birthdays for all our members! Thank you for your support -

Ana Marie

Staff Anniversary

In August, we celebrated 1 year of service at Leader Center for Kathy Sicher, Office Coordinator (and Silver Sneakers instructor)!

Wishing you many more wonderful years at Leader Center, Kathy!



Thank You!

CLASS UPDATES

- **Friday Pilates** is back starting in September!
- **Beginner Mah Jongg** will start in October, on Mondays at 12:15 PM. Please preregister by calling the office or stopping in. All members are welcome!
- **Beginner Line Dance**, held Wednesdays from 10:00 to 10:30 AM, will restart on October 7.
- **Lifestretch** will trial a slightly different format for the near future. The Monday class will be mostly seated and the Wednesday class will feature primarily standing exercises (but participants still may sit if they choose).
- **Silver ("Summer") Sneakers** in September will be a mix of guest instructors and Kathy S.'s Silver Sneakers video. We will do our best to keep you updated week-to-week about class formats that particular week.

Coming Events:

Friday, September 4—Leader Crafts: Jewelry Repair—10:00 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.

Friday, September 11—"Evening in Monte Carlo"—5:00 to 8:00PM. Please come to our biggest fundraiser of the year! Tickets are on sale now at the Center. Invite your friends and family—they can get tickets at the Center or by scanning the QR code located on the event ad on p. 6. We need the event to be a BIG success for the Center—and we need YOU there, to help make it even more fun! Thank you! **(PLEASE NOTE: Leader Center will close at Noon that day to allow for event set-up!)**

Thursday, September 17—Leader Crafts: Rock Painting with Kim—1:00PM. Use markers and temporary tattoos to turn ordinary rocks into lasting treasures. Supplies included. Please RSVP by 9/14/26. Beginners welcome!

Friday, September 18—Members' Monthly Social—11:30AM. Country Meadows caters a lovely lunch of Caesar salad, lasagna, roasted vegetables, garlic bread, and cannoli. After lunch, entertaining pianist Adriano Sica will be back to perform. Plus we'll have some fun celebrating National Senior Center Month and drawing the winners of our Annual Cash Raffle (need not be present to win)! Cost is \$12; please RSVP by 9/10/26.

Tuesday, September 22—Leader Learns—1:00PM. Kris from Country Meadows visits to present the topic "Navigating the Senior Living Maze". Learn about the different senior care levels/settings and ways to finance aging care and services. Bring your questions, too! Please RSVP by 9/18/26. Refreshments served!

Thursday, September 24—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, comparisons between Advantage and Supplement Plans, and programs available to help save money. No RSVP needed.

Friday, September 25—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, chips, and drinks—and the fabulous entertainment (the LCAL ukulele players!). Members, if you'd like, please bring one of the following to share: **side salad; baked beans; or dessert.** 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. Looking forward to enjoying the day with you! RSVP by 9/23/26 and if you are bringing one of the categories of covered dishes, please let us know at that time.

Monday, September 28—Book Club—2:30PM. *Mad Honey* by Jodi Picoult

SAVE THE DATE

Giant Pharmacy Flu Shot Clinic at LCAL
Tuesday, October 20, 9:30-11:30
More information in the October newsletter!

Book Club List Through April 2027

October: *The Nightengale*, L. Hannah

November: *Someone Else's Shoes*, J. Moyes

December: *Theo of Golden*, A. Levi

January: *Calamity Club*, K. Stockett

February: *How to Read a Book*, M. Wood

March: *The Astral Library*, K. Quinn

April: *The Correspondent*, V. Evans

Book Club meets monthly, on the last Monday of the month, 2:30-3:30 PM. All members welcome!

* denotes RSVP needed

S E P T E M B E R

Monday	Tuesday	Wednesday
	1 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	2 8:30 Pilates 10:00 Strength & Stretch dvd 10:30 Line Dance NO Lifestretch! 1:00 Bingo 1:00 Art Club 1:30 Zumba Gold 2:30 Summer Sneakers 6:00 Pilates @ CM
7 CLOSED! 	8 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 Meditation 2:00 Seated Video Workout	9 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
14 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 2:30 Beginner Ukulele 6:00 Pilates @ CM	15 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	16 8:30 Pilates 10:00 Strength & Stretch dvd 10:30 Line Dance 11:00 Lifestretch 1:00 Bingo 1:30 Zumba Gold 2:30 Summer Sneakers 6:00 Pilates @ CM
21 8:15 Summer Sneakers 8:30 Pilates 9:15 Strengthening w/ Sara 10:00 Strength & Stretch 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	22 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 1:00 Meditation 2:00 Seated Video Workout	23 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
28 8:15 Summer Sneakers 8:30 Pilates 9:15 Strengthening w/ Sara 10:00 Stretch & Strength 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	29 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	30 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

Thursday	Friday
3 8:30 Dolls 9:00 Yoga; 9:00 Chair LaBlast 10:00 LaBlast 10:00 Improved Health dvd 11:00 Beginner Tap 11:00 Beach(ball) Volleyball 12:00 Scrabble 12:00 Hand & Foot 12:30 Pinochle 1:00 Tai Chi 2:00 Living After Loss SG	4 8:15 Summer Sneakers 8:30 Pilates 9:00 Mah Jongg 9:15 Strengthening w/Sara 10:00 Strength & Stretch dvd 10:30 Line Dance 10:00 Jewelry Repair 12:00 Intermediate Bridge 1:00 1st Friday Bingo
10 8:30 Dolls NO Yoga!; 9:00 Chair LaBlast 10:00 LaBlast 10:00 Improved Health dvd 11:00 Beginner Tap 11:00 Beach(ball) Volleyball 12:00 Scrabble 12:00 Hand & Foot 12:30 Pinochle 1:00 Tai Chi	11 8:15 Summer 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- FOR EVENT SET-UP! See you at our "Evening in Monte Carlo" (5-8 PM)
17 8:30 Dolls 9:00 Yoga; 9:00 Chair LaBlast 10:00 LaBlast 10:00 Improved Health dvd 11:00 Beginner Tap 11:00 Beach(ball) Volleyball 12:00 Scrabble 12:00 Hand & Foot 12:30 Pinochle 1:00 Tai Chi *1:00 Rock Painting 2:00 Living After Loss SG	18 8:15 Summer Sneakers 8:30 Pilates 9:00 Mah Jongg 9:15 Strengthening w/Sara 10:00 Strength & Stretch dvd *11:30 Monthly Social 12:00 Intermediate Bridge
24 8:30 Dolls 9:00 Yoga; 9:00 Chair LaBlast 9:00 Medicare 101 10:00 LaBlast 10:00 Improved Health dvd 11:00 Beginner Tap 11:00 Beach(ball) Volleyball 12:00 Scrabble 12:00 Hand & Foot 12:30 Pinochle 1:00 Tai Chi	25 8:15 Summer Sneakers 8:30 Pilates 9:00 Mah Jongg 9:15 Strengthening w/Sara 10:00 Strength & Stretch dvd 10:30 Line Dance 12:00 Intermediate Bridge *12:00 Hot Dogs & Covered Dish on the Patio
September Intermediate Bridge Coordinator: Tuesdays: Anita S., 717-979-6338 Fridays: Brenda I., 717-503-9211	

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
Personal Care
Memory Care
Restorative Care

451 Sand Hill Road, Hershey (near the Med. Center)
717-533-1880
CountryMeadows.com

Penn State Health
proudly supports the
Leader Center
for Active Life

 **PennState Health**



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Join us for a FABULOUS evening!

FRIDAY, SEPTEMBER 11

5:00 to 8:00 PM

605 Cocoa Avenue, Hershey

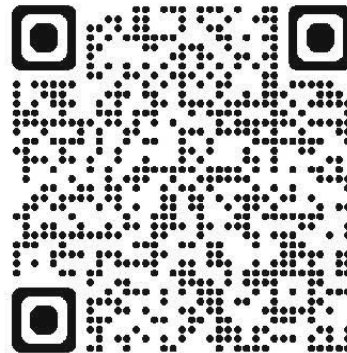
- ♦ Play your favorite casino games
- ♦ Get chances for great raffle prizes
- ♦ Enjoy delicious refreshments

ALL INCLUDED WITH YOUR TICKET!

\$50 IN ADVANCE/\$60 AT THE DOOR

Buy tickets at Leader Center or scan here:

Must be age 21 to participate; all sales final.
Proceeds benefit members of Leader Center for Active Life,
a private, non-profit organization serving older adults.



HERSHEY COMMUNITY CHORUS TAKE-OUT OR DINE-IN SPAGHETTI DINNER FUNDRAISER & CABARET—THURSDAY, OCTOBER 1

Enjoy a dinner of spaghetti and meatballs with salad and roll. Desserts by donation.
\$15 per meal, pay at pick-up (cash, card, or check to HCC).

Pick-up or Dine-in (w/ music!) on Thursday, October 1, 4:30-7:00PM
St. Joan of Arc Catholic Church, 359 W. Areba Ave., Hershey, PA 17033

Preorders are guaranteed a meal. Walk-ins are welcome!
Preorder by September 24 via email: info@hersheycommunitychorus.org

HERSHEY SOUP COOK-OFF!

Saturday, September 26

The 19th Annual Soup Cook-Off will be held from 11am to 2pm at 21 W. Caracas Avenue, Hershey, 17033. The event is provided by the Hershey Partnership, with proceeds benefitting the Hershey Volunteer Fire Company.



Sample tasty soups, support a great cause, and watch our friends from Country Meadows Hershey defend their 1st PLACE titles from 2024 & 2025!



Find more info and tickets at:
www.hersheysoupcookoff.com



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

This popular series is back, starting this month!

Any Leader Center member who has not participated here before is welcome to register.

Sunny Goodyear from Penn State Health and Lauren Smeltzer from Hospice for All Seasons return to teach "A Matter of Balance." This 7-session series combines education and activity designed to help participants reduce fall risk, respond to falls, and increase strength and balance. Please find the details below.

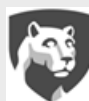
Many older adults experience concerns about falling and restrict their activities. A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.

Classes will be held at Leader Center once a week, Wednesday afternoons, over 7 sessions.

**9/30, 10/7, 10/14, 10/28,
11/4, 11/11 & 11/18
12:30 to 2:30 PM**

While attendance is not required at every class, please do not register unless you are able to plan on attending at least six.

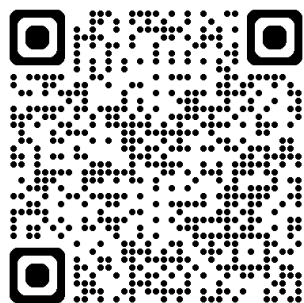
**To register, please call
717-533-2002 or stop in at the
Leader Center Receptionist desk.
Seating is capped—call to
reserve your spot!**



PennState Health
Holy Spirit Medical Center



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



Leader

Center for

Active Life



605 Cocoa Ave

Hershey, PA 17033

Phone: (717) 533-2002

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 Giovanniello: Administrative Assistant

Kim Reese : Membership Coordinator

Kathy Sicher: Office Coordinator

<u>Dates to Remember</u>
9/11—"Evening in Monte Carlo"
9/17—Leader Crafts
9/18—Members' Monthly Social
9/22—Leader Learns
9/25—Hot Dogs on the Patio
9/28—Book Club

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