

*IDEAS FROM LEADER CENTER FOR
YOUR OCTOBER "TO DO" LIST*

Attend a Shakespeare-
themed Leader Learns!

And, Leader Cooks
returns this month!

Come to a "spooky"
Members Monthly
Social on 10/16/26.
And have fun
wearing your
orange and black at
the end of the month!

GIANT Pharmacy will
offer a Flu Shot Clinic
on Tuesday, 10/20/26,
9:30-11:30 AM.
Details inside!

Sign up to
create a fun
Zentangle
Pumpkin
on Tuesday,
October 13.



Receive expert Medicare
Open Enrollment
guidance here on October
12 and October 26.

From the Director's Desk

I'm lucky to be able to watch signs of Fall through my office windows... students coming and going from school, leaves starting to change color, and - my favorite - more of our members back from summer plans and jumping into their regular activities here at Leader Center! Just like school communities that start their academic year with renewed resolve and purpose, the LCAL team is feeling energized and excited as we see so many of you here regularly, getting back to your routines. And, happily, there's so much going on here this month that we can barely fit it all in the newsletter! You'll find opportunities to learn more about 2027 Medicare changes, explore Shakespeare with a local expert, and create great seasonal crafts. Check out page 7 for information about our Flu Shot Clinic. We'll have some Halloween fun this month and Chef and Susan Dingle are back in the kitchen to make delectable Italian favorites. It's a great time of year to *fall* into all the activity, fun, and learning that's in the air at LCAL!

This seems, too, like a good time of year to share a few reminders:

- ⇒ Please remember to take a break from the Center if you're not feeling well. Allow yourself time to get back to your "good 'ol self," as you help promote others' good health!
- ⇒ Don't forget to sign in for your activities at the front desk, every visit. It's important for many reasons, such as planning and safety/security.
- ⇒ Please do exercise time and care in the parking lot, where there are lots of vehicles and people coming and going.

Lastly, never hesitate to ask any of us on staff for assistance. We're here to help you get the most out of every one of your seasons at LCAL!

Annette



CASH RAFFLE RESULTS

THANK YOU to everyone who purchased/sold tickets for our annual cash raffle. We made **\$3816** to benefit the Center! **CONGRATS** to our winners, Steve W., Allison C., and Diane E. (who all have been notified)!

MARK YOUR CALENDARS: Holiday Sale! CALLING ALL MAKERS: Contribute Your Wares!



We'll hold our annual Holiday Sale November 16-20. Our sale features the beautiful handmade goods of our talented members, and all proceeds directly support programs and activities at Leader Center.

If you are a crafter, creator, or artist with goods to donate to the sale, please talk with us and plan to bring items to Leader Center in November. We will be happy and grateful to include your contributions in our sale!

October Class Underwriting

Silver Sneakers: Janice Smith

Yoga: Barbara Grotta

Beginner Ukulele: Aruntha Sivarajah

Zumba Gold: Leslie Nagle

Drum Fitness: Annette Koll

Thank you to our generous underwriters!

Medicare Annual Open Enrollment October 15 - December 7

**Not sure which Medicare plan is right for you?
Let us help you sort it out.**

Medicare Open Enrollment Event

October 26th 9:00am-2:00pm

November 12th 9:00am-2:00pm

December 2nd 9:00am-2:00pm

Leader Center for Active Life

605 Cocoa Avenue, Hershey, PA 17033

To make an appointment:

Call PA MEDI, Dauphin County
717-780-6130

Review and Make Changes to Your Benefits

Make sure you have a plan that will meet your health needs and may save you money.

- Review your current coverage
- Check if you qualify for any cost saving programs
- Compare your plan with other options
- Search for plans on the internet that meet your prescription and medical needs
- Give you clear answers to your questions
- Help you enroll in a plan

Can't make it to the event?

PA MEDI Can Still Help
Call us for free, one-on-one help or to find out about our next enrollment event.

Call us today!
717-780-6130

We offer help over the phone or in-person.

Sponsored by Dauphin County Area Agency on Aging



Coming Events:

Friday, October 2—Leader Crafts: Jewelry Repair—9:30 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 are accepted.

Friday, October 9—Friday Flix—1:00PM. We'll show the 1993 comedy *Hocus Pocus*. After moving to Salem, Mass., three teenagers explore an abandoned house and accidentally free a coven of witches (Bette Midler, Sarah Jessica Parker, Kathy Najimy) who used to live there. With the help of a magical cat, the kids must steal the witches' book of spells to stop them from becoming immortal. Hot dogs and popcorn will be served!

Monday, October 12—Leader Lunch & Learn—12:15 to 1:15PM. Medicare has announced changes to 2027 coverage. Get updated so you can make good decisions for *you*. Jay from Go Comprehensive, who has worked within the Medicare system since 2008, is here to help. His organization's only focus is giving clear and honest guidance. Join Jay for an easy-to-understand explanation of the Medicare program. Sandwiches will be served. Please RSVP by 10/8/26.

Tuesday, October 13—Leader Crafts: "Zentangle Pumpkin"—1:00PM. Come make a fun, stylish pumpkin for Fall! Our instructor will be member Karen Holliman. Attendance is capped; RSVP today to reserve your spot. Cost is \$5 and covers all supplies.



Wednesday, October 14—Special Art Club: Seasonal Cards—1:00PM. Members Beth H. and Karen H. help you make fun seasonal cards using scrapbooking and watercolors techniques. Other Wednesdays this month, bring your own project/supplies to work alongside friends. Please RSVP for the Oct. 14 class by 10/12/26.

Friday, October 16—Members' Monthly Social—11:30AM. Country Meadows caters a delicious "Fall feast" of German potato salad, bratwurst, mashed potatoes with apples, brown butter cabbage, and apple strudel. Then, the Zembo Shrine String Band is back, with their enjoyable performance for us that benefits Shriners Hospitals for Children. Cost is \$12; please RSVP by 10/8/26.

Tuesday, October 20—Flu Shot Clinic—9:30 to 11:30 AM. See page 7 for details.

Wednesday, October 21 OR Thursday, October 22—Leader Cooks—11:00AM. In honor of Italian Heritage Month, Executive Chef Richard Dingle will help participants prepare Italian favorites. You'll enjoy your creations for lunch and help with light kitchen cleanup before wrapping up around 1:00PM. Class charge is \$25—reserve your spot in one of the classes today!

Friday, October 23—Leader Learns: "Lord, What Fools These Mortals Be"—12:30 to 3:30 PM. We are thrilled to be joined by two local community members, Joe Dreiss and Jim Thomas, for a viewing of the 1999 film version of William Shakespeare's "A Midsummer Night's Dream". Jim, an accomplished theater director and educator, will introduce the film—Shakespeare's most famous comedic work—and, at its conclusion, facilitate a 30-minute discussion/exploration with our audience. Please join us for this new, enlightening offering!

Monday, October 26—Medicare Clinic—9:00AM-2:00PM. The PA MEDI Program will be on-site to answer questions about Medicare and Open Enrollment. See the ad on page 2 for details/info on how to make an appointment.

Monday, October 26—Book Club—2:30PM. *The Nightengale* by L. Hannah

October 29 & 30—Halloween in the Air! If you'd like, wear your orange & black or a costume to your activities. There's sure to be leftover candy and holiday treats around, and fun music in our classes and hallways!

* denotes RSVP needed

Monday

Tuesday

Wednesday

**O
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October Bridge Coordinators

Tuesdays: Sandra Hennigan, 717-877-4309

Fridays: Sara Zentmyer, 717-533-8421

5

8:15 Silver Sneakers
8:30 Pilates
9:15 Strengthening w/ Sara
10:00 Strength & Stretch dvd
10:30 Line Dance
11:00 Lifestretch
*12:15 Beginner Mah Jongg
1:00 Knitting; 1:00 Penny Poker
1:30 Zumba Gold
2:30 Beginner Ukulele
6:00 Pilates @ CM

6

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

7

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

12

8:15 Silver Sneakers
8:30 Pilates
9:15 Strengthening w/ Sara
10:00 Strength & Stretch dvd
10:30 Line Dance
11:00 Lifestretch
*12:15 Beginner Mah Jongg
*12:15 Leader Lunch & Learn
1:00 Knitting; 1:00 Penny Poker
1:30 Zumba Gold
6:00 Pilates @ CM

13

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
*1:00 Leader Crafts
2:00 Seated Video Workout

14

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 Special Art Club: Cards
1:30 Zumba Gold
2:30 Silver Sneakers
6:00 Pilates @ CM

19

8:15 Silver Sneakers
8:30 Pilates
9:15 Strengthening w/ Sara
10:00 Strength & Stretch
10:30 Line Dance
11:00 Lifestretch
*12:15 Beginner Mah Jongg
1:00 Knitting; 1:00 Penny Poker
1:30 Zumba Gold
2:30 Beginner Ukulele
6:00 Pilates @ CM

20

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

21

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

26

8:15 Silver Sneakers
8:30 Pilates
9:15 Strengthening w/ Sara
10:00 Stretch & Strength
10:30 Line Dance
11:00 Lifestretch
*12:15 Beginner Mah Jongg
1:00 Knitting; 1:00 Penny Poker
1:30 Zumba Gold
2:30 Book Club
6:00 Pilates @ CM

27

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
42:00 Seated Video Workout

28

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

Thursday	Friday
1 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	2 8:15 Silver Sneakers 8:30 Pilates 9:00 Mah Jongg 9:15 Strengthening w/Sara 9:30 Jewelry Repair 10:00 Strength & Stretch dvd 10:30 Line Dance 12:00 Intermediate Bridge 1:00 1st Friday Bingo
8 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	9 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 12:00 Intermediate Bridge 1:00 Friday Flix
15 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	16 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 12:00 Intermediate Bridge
22 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 *1:00 Leader Cooks 12:00 Scrabble 12:00 Hand & Foot 12:30 Pinochle 1:00 Tai Chi	23 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 12:00 Intermediate Bridge 12:30 Leader Learns: Shakespeare Film w/ Discussion
29 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	30 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 12:00 Intermediate Bridge



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.

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Medicare Workshop

Clear advice from people who care.



Get clear, non-biased answers to your Medicare questions, and find out what option is best for you.

Oct 12th @ 12:15



877-233-4212 • www.letsgocomp.com

We do not offer every plan available in your area. Currently we represent 9 organizations which offer 101 products in your area. Please contact Medicare.gov, 1-800-MEDICARE, or your local State Health Insurance Program (SHIP) to get information on all of your options.

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



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



THANK YOU

to everyone who helped make our **Evening in Monte Carlo**
one of our biggest fundraisers to date!

When it comes to fun nights together, we hit the **JACKPOT!**

All proceeds directly benefit activities and programs at Leader Center.



Leader Travel



“WINTER WONDERLAND” AT AMERICAN MUSIC THEATER **Wednesday, November 18**

Step into the magic of the season with **Winter Wonderland**, American Music Theater’s 2026 Christmas show! From a charming Bavarian village to the festive North Pole, this dazzling production features stunning sets, gorgeous costumes, and live performances of your favorite sacred and secular holiday songs. With a sensational cast, live orchestra, and even a visit from Santa, it’s a joyful experience for all. Come enjoy this memorable holiday tradition!

We will depart Leader Center at 11:15 AM. Our first stop will be lunch at the “fan favorite” Hershey Farms Smorgasbord. After lunch, the bus will take us to American Music Theater for the 3:00PM show. We’ll depart after the show and return to Leader Center around 6:30PM. The cost of the trip is \$140 and includes transportation, lunch and meal gratuities, and the show ticket. Hope you can join us!

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.



FLU SHOT CLINIC **Offered at Leader Center by GIANT Pharmacy**

Date: Tuesday, October 20, 2026

Time: 9:30 to 11:30 AM—Schedule appt. at front desk

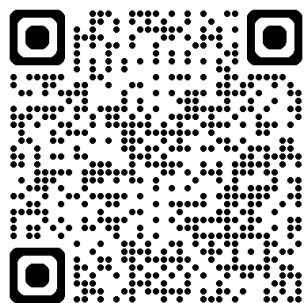
Location: Leader Center for Active Life

Open To: Members and Non-Members age 50 and Older

Both the standard flu shot for those under age 65 and the High Dose/Adjuvanted Flu shot for those age 65 and older will be available. Participants should bring their Medicare card and/or their pharmacy insurance card. Those who are not recommended for getting a flu shot are those with an allergy to any component of the shot or those who have had severe reactions to the shot in the past.

Call Leader Center (717-533-2002) or stop in to schedule your 10-minute appointment. Everyone getting a vaccine will fill out a consent form. Please arrive five minutes before your scheduled visit to complete your form. Thank you!

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>
10/9—Friday Flix
10/12—Leader Lunch & Learn
10/13—"Zentangle Pumpkin"
10/16—Monthly Social
10/23—Leader Learns
10/29 & 10/30—Halloween in the Air