Leader Center for Active Life

November 2026



Find Local Help

TRANSPORTATION
People Mover (Derry): 717-533-3642
CAT (Dauphin): 717-232-5657
COLT (Lebanon): 717-274-3514

MEALS
Hershey Food Bank: 717-520-3143
Meals on Wheels Dauphin County: 717-780-6130
Meals on Wheels Lebanon County: 717-273-9262
SNAP: 1-800-692-7462

UTILITIES
LiHEAP: 1-866-857-7095
Weatherization Assistance Program: 1-866-466-3972

MISCELLANEOUS
Love INC : 717-835-0101

See LCAL staff with questions or for more info. We are here to help.

Ways to Give

LCAL is helping local charities! Look for these collection bins in our lobby this holiday season:

- NEW TOYS, unwrapped, for children enrolled in Cocoa Packs. Shop off the organization's Amazon wishlist at: www.cocoapacks.org/presents.
- USED EYEGLASSES for West Hanover Lions Club. Any glasses are helpful: prescription glasses, reading glasses, sunglasses, etc.
- GENTLY USED COATS and BLANKETS for the Helping the Harrisburg Family organization.

Thank you for your generosity!

From the Director's Desk

In Novembers past, I have reflected on the health benefits of practicing gratitude and recommended some simple techniques for doing so, including making "gratitude lists". This November, as I mentally compile my own list, I note happily that Leader Center continues to give me new additions to it!... I very much appreciate all the **new members** who continue to walk through our doors and support our mission. I am thankful to **our staff and volunteers**, whose dedication and hard work make it possible for us to do what we do. I am thankful to and for our **instructors**, who teach, guide, and lead with skill and care. I say "thanks" to our **community partners**, who help us meet our goals and make ends meet, and to our **Board** and all those who have played **leadership roles** here in years past, providing us with our fabulous foundation. And I am grateful **to and for each of you, our members,** for all you do to make our center successful and enjoyable and for brightening the days for me, the staff, and each other.

Please remember that in addition to helping you stay healthy and well this busy time of year, LCAL can be a great place to find gift items! Gift certificates for membership are available in the office for $125. Or, buy your friends and family some "Leader Loot" in de-nominations of $10. Your recipients can use their Leader Loot to help pay for socials, trips, activities, our cards & cookbooks, and membership. Finally, find unique gifts at our Holiday Sale during the week of November 15 (see page 6 for more details); all proceeds support our programs and activities.

The LCAL team is wishing you happiness and health for the remainder of the year. We look forward to sharing fun moments with you and are thinking, too, about the Center's continued success and growth in 2027 and beyond. To that end**, please take a few minutes to participate in a Member Feedback Survey that will be sent out via email in November.** You can complete it any time during the month. It is anonymous and won't take long. Your time is appreciated and **your feedback is helpful and valued!**

Gratefully,

Annamarie

November Class Underwriting

Silver Sneakers: Janice Smith
Yoga: Marsha Major
Lifestretch: Tann O'Donnell
Zumba Gold: Annette Koll
LaBlast: Leslie Nagle
Drum Fitness: Barbara Grotta

Thank you to our generous underwriters! The cost of underwriting a class for a month is $300. Every underwriting gift helps—please see Annamarie for more information!

SAVE THE DATES

(and sign up now!):

MAKE HOLIDAY KINUSAIGA

Come to two sessions - December 2 and December 9 - to complete yours!



Kinusaiga was Invented in Japan in the 1980s by artist Maeno Takashi, evolved from older traditional *oshie* techniques. You create detailed, mosaic- or quilt-like picture designs by tucking fabric scraps into pre-cut grooves on a board. The technique will be taught here by member Beth Hanlon. $10 covers all supplies. Attendance is capped so call or stop in soon to reserve your spot/make payment!

Did You Know...

We REALLY need you to swipe in each time you are here and record the activities in which you are participating! It is important for safety reasons and also for our planning and grant-writing activities. Thank you for always taking the time to SWIPE IN!

Coming Events:

Thursday, November 5—Treats in Lobby—Midmorning. Our friends from Country Meadows will be here in the lobby to help us celebrate "National Donut Day" in the best possible way (yum)! Stop by their table!

Friday, November 6 and 13—Leader Crafts: Jewelry Repair—10:00 to 11:30 AM. 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 pieces. Sorry – we cannot help with elastic jewelry repairs. Repairs are free; donations of broken/unwanted jewelry are accepted.

Monday, November 9—Leader Lunch & Learn w/ Beltone—12:15 to 1:00 PM. Beltone will be here to discuss common hearing-related issues and answer your questions. They will be back on Nov. 13 to offer free, on-site hearing screenings, consultations, and hearing aid cleanings. Sign up for one or both events by stopping at the front desk or calling the office.

Tuesday, November 10—Leader Learns w/ Senior Helpers—1:00 to 2:00 PM. November is National Home Care Month. It's a great time to welcome Terri from Senior Helpers, to present *There's Help for That: Resources You May Not Know About***.** Sometimes the hardest part about finding help is simply knowing what's available. This informative session will highlight resources and support that can make a difference for older adults, family caregivers, and those they care about – whether the need is happening now or may arise down the road. All are welcome! Refreshments served!

Friday, November 13—Free Hearing Screening from Belone—9AM to Noon. Also available: consultations and hearing aid cleanings. Sign up for a slot by 11/12/26!

Friday, November 13—Friday Flix —1:00PM. We will show the 1987 comedy *Planes, Trains and Automobiles*. Steve Martin stars as uptight advertising executive Neal Page and John Candy plays good-natured, talkative traveling salesman Del Griffith. After a snowstorm grounds their flight home to Chicago for Thanksgiving, the mismatched pair are forced to travel together across the country. Hilarity and true human connection ensue. Hot dogs and popcorn will be served!

Tuesday, November 17—Leader Learns*: To Downsize or Not to Downsize*?—1:00 to 2:00 PM. Ryan Smith from Ameriprise will visit with Trudy Stewart, local realtor from Iron Valley Real Estate. Topics they will explore include: the decision to stay in one's home vs. downsizing/moving to a retirement community; understanding home equity, reverse mortgage, and HELOC; and protecting against real estate scams. Enjoy a great conversation as well as cupcakes from Desserts Etc., courtesy of Ryan!

Monday, November 16-Friday through Friday, November 20. LCAL's "Holiday Sale" all week, during our normal hours. More details on page 6!

Friday, November 20—Monthly Social—11:30AM. Country Meadows caters a delicious meal of tossed salad, roasted turkey, baked corn custard, potato filling, and pumpkin pie. Then, we'll enjoy entertainment by the JCM Band. Cost is $12.00. The last day to RSVP is Thursday, November 12. Please remember that socials are "Members Only" events.

Monday, November 30—Book Club—2:30PM. *Somone Else's Shoes* by J. Moyes

*** denotes RSVP needed**

NOVEMBER

Monday	Tuesday	Wednesday
2 8:15 Silver Sneakers 8:30 Pilates 9:15 Strengthening w/ Sara 10:00 Stretch & Strength 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 Beg Ukulele, & Book Club 6:00 Pilates @ CM	**3** 9:00 Tai Chi, 9:00 Yoga 10:00 Chair Yoga 10:00 Stretch & Strength 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	**4** 8:30 Pilates 10:00 Stretch & Strength 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
9 8:15 Silver Sneakers 8:30 Pilates 9:15 Strengthening w/ Sara 10:00 Stretch & Strength 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	**10** 9:00 Tai Chi, 9:00 Yoga 10:00 Chair Yoga 10:00 Stretch & Strength 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 Learns 2:00 Seated Video Workout	**11** 8:30 Pilates 10:00 Stretch & Strength 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
16 8:15 Silver Sneakers 8:30 Pilates 9:15 Strengthening w/ Sara 10:00 Stretch & Strength 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	**17** 9:00 Tai Chi, 9:00 Yoga 10:00 Chair Yoga 10:00 Stretch & Strength 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 Learns 2:00 Seated Video Workout	**18** 8:30 Pilates 10:00 Stretch & Strength 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
23 8:15 Silver Sneakers 8:30 Pilates 9:15 Strengthening w/ Sara 10:00 Stretch & Strength dvd 10:30 Line Dance 11:00 Lifestretch *12:15 Beginner Mah Jongg 1:00 Knitting, 1:00 Penny Poker 1:30 Zumba Gold 6:00 Pilates @ CM	**24** 9:00 Tai Chi, 9:00 Yoga 10:00 Chair Yoga 10:00 Stretch & Strength 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	**25** 8:30 Pilates 10:00 Stretch & Strength 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
30 8:15 Silver Sneakers 8:30 Pilates 9:15 Strengthening w/ Sara 10:00 Stretch & Strength 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 Book Club		

SENIOR Helpers®

Thursday	Friday
5 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	**6** 8:15 Silver Sneakers 8:30 Pilates 9:00 Mah Jongg 9:15 Strengthening w/ Sara 10:00 Stretch & Strength dvd 10:30 Line Dance 12:00 Intermediate Bridge 1:00 1st Friday Bingo
12 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	**13** 8:15 Silver Sneakers 8:30 Pilates 9:00 Mah Jongg *9:00 Hearing Screenings 9:15 Strengthening w/ Sara 10:00 Stretch & Strength dvd 10:30 Line Dance 12:00 Intermediate Bridge 1:00 Friday Flix
19 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	**20** 8:15 Silver Sneakers 8:30 Pilates 9:00 Mah Jongg 9:15 Strengthening w/ Sara 10:00 Stretch & Strength dvd ***11:30 Monthly Social** 12:00 Intermediate Bridge
26 **CLOSED!** **Happy Thanksgiving!**	**27** **CLOSED!** 

November Intermediate Bridge Coordinator

Tuesdays and Fridays:
Gail Pauza, 717-480-1383

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

Beltone™



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.**

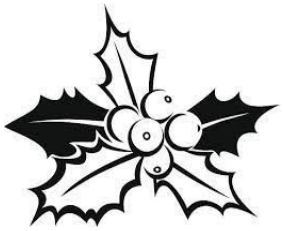
Smith Advisory Group

A private wealth advisory practice of Ameriprise Financial Services, LLC

320 West Chocolate Avenue, Hershey, PA
717.520.6120

ameripriseadvisors.com/team/ smith-advisory-group

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HOLIDAY SALE



Stop into Leader Center November 16 through November 20 for our holiday sale!

Items available for purchase include beautiful goods made by talented members, Kim's photos, R. & S. Dingle's homemade soups and breads, and LCAL items like t-shirts, Leader Loot, & LCAL gift certificates *(a great gift for a loved one!)*.

Find one-of-a-kind holiday gifts while supporting a great cause. All proceeds benefit LCAL!

Are you a "maker" with items to donate? Please stop in to talk with us!

Medicare Annual Open Enrollment is October 15 - December 7!

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

Medicare Open Enrollment Event

Thursday, November 12, 9:00am-2:00pm
Wednesday, December 2, 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

Sponsored by Dauphin County Area Agency on Aging

Leader Lunch & Learn

Monday
November 9, 2026
12:15 PM
'Your Hearing Health'

Presented by:

Beltone

Event Sponsor Presentation

- Why we lose our hearing
- Symptoms of hearing loss
- Causes and effects
- Hearing loss and dementia
- How hearing works
- Answering all your questions

Pizza Lunch will be Served; Sign up by Friday, 11/6/26



This year, our LCAL KNITTERS have distributed hundreds of hats, plus scarves and lap blankets, to area charities and oncology departments. Thank you for spreading your special warmth, knitters!



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

Dates to Remember

11/5—Donuts in the Lobby

11/6 & 11/13— Jewelry Repair

11/9, 11/10, 11/17— Leader Learns

11/13—Hearing Screenings

11/16 through 11/20—Holiday Sale

11/20—Members' Monthly Social