



Leader Center Turns 1



The year in numbers:

<i>100</i>	<i>Percentage Increase in Event Sign Ups</i>
<i>266</i>	<i>New Members</i>
<i>802</i>	<i>Total Members</i>
<i>20</i>	<i>Percentage Revenue Growth</i>
<i>135</i>	<i>Average Daily Attendance</i>

Celebrate our One-Year Anniversary
at our June Social!

To commemorate the occasion, we will have
prizes, give-aways, and a special toast.

From the Director's Desk

After 18 years at the helm, my time with Leader Center for Active Life is coming to an end. Both of my children will be attending the University of Florida and my husband works remotely, so we are taking this opportunity to be closer to the kids and start a new chapter. My last day will be July 31.

When I started here in August of 2005, I was armed with 2 little babies and sleep deprivation. This job made sense for my growing family and I will be forever grateful to Sheri Africa for “picking her boss” as she likes to say :-). No weekends or holidays in those early years were so appreciated after coming from the 24/7 world of senior care. But would I miss the competitive aspect of working in sales as I entered this new non-profit arena? I found out quickly that this really is a sales job, selling our programs to potential members, our center to the community, and myself to the staff, Board of Directors, and volunteers. Armed with that comfort, I hit the ground running and never looked back.

We had smooth sailing for a few years, with a healthy endowment to help with the monthly bills and a great location to grow. Then the global financial crisis of 2008 hit and our endowment suffered losses. Subsequently, our rent went up, and our quiet Hope Drive was exploding around us. We held on for a few years, increasing our fund raising efforts and recruiting members, but in 2015, we saw our financial future and it was bleak. Our lease holder, Hershey Medical Center gave us a break on our monthly rent and in return, we agreed to vacate our home in 2020, allowing them to expand their medical offerings on Hope Drive.

But 2020 had other plans. The program that I had carefully sculpted and the job as I knew it changed in a day. No longer could we recruit sponsors, throw fund raising events, and meet in person. We spent the next 18 months completely recrafting our outreach. We had zoom Parties, hosted drive through meals, played games online, and taught a lot of people how to use their laptop and smart phone cameras! Countless members have communicated that our outreach during one of the most difficult times in their lives was life altering. After all that's been accomplished during my time here, leading us through a global pandemic tops the list.

Once we were able to catch our breath and life “normalized,” we moved into our new facility on Cocoa Avenue. I am so proud of the home we have established and the programs that our team has created. While leaving will not be easy, I feel a great sense of accomplishment at what I have helped build and the team that is here to continue the mission.

There are way too many people to thank for making this job the BEST, but I want to mention a few contributors. Special thanks to Jack Bishop, Sheri Africa, Phyllis Noll, Bethany Ryndock and Jen Karcesky for their roles in our growth over the years. To our current and past Board of Directors for trusting, supporting and counseling me over the years. To my current team, Kim Reese & Kathy Giovanniello, I feel honored to have been your leader and hope to remain your forever friend. I leave this place with a big smile on my face and the confidence that Leader Center for Active Life will positively impact peoples lives for years to come.

Your friend, *Melissa*

P.S....The Board is working on hiring a new Executive Director—details in July newsletter.

Coming Events:

Friday, June 2—Tech Time—1:00pm—this month Kim covers apps (adding and organizing) on iPhone/iPad. Stay after to get one on one help with your device.

Wednesday, June 7—Leader Learns—2:00PM. Rescheduled from April—Jay from Go Comprehensive has an impactful conversation about inflation, how to stretch IRAs, and how not to run out of money. He promises to have the right start time :-)

Friday, June 9—Friday Flix - 1:00pm. 80 for Brady

Wednesday, June 14—Leader Cooks—11:00am. Let's put that big kitchen to use! Executive chef, Richard Dingle, with 44 years in the Culinary field, will instruct us in the making of Slowly Roasted Local Tomatoes on Sourdough Croutons and Wild Mushroom Risotto with locally foraged mushrooms, fresh herbs, Locatelli Pecorino, and Black Truffle essence. Chefs will enjoy the "fruits" of their labor with lunch and conversation immediately following class. Class is free, but space is limited, register today!

Wednesday, June 14—Leader Learns #1—2:00PM. Smart Phone Photo Classes—Smart phone photography optimization. Learn how to take great pictures with your cell phone and organize your photos. Retired cardiologist Mark Glick will be teaching the class. Please plan to attend both classes to get the most out of the teaching.

Save the Date:

Melissa's Farewell Party
Friday, July 21 from 11:00AM—?
Details coming in July Newsletter

Thursday, June 15—Living After Loss Support Group—2:00PM

Friday, June 16 — Monthly Social and Anniversary Party—11:30am. Celebrate our "paper" anniversary with a fun look back, prizes, and a special toast. After Country Meadows caters a meal of pulled pork, baked potato, baked beans, fruit salad, and chocolate cake with peanut butter icing, Jay Smar will entertain, with 2 guitars, baritone vocals, claw-hammer banjo, and fiddling, singing, and flat-footin, serving his audience an "acoustic buffet" of traditional American and original folk, old time mountain music, bluegrass and gospel tunes, as well as coal mining songs of Northeast Pennsylvania preceded by their origin. Cost is \$12.00 and you must RSVP by Thursday, June 8.

Monday, June 26 —Book Club—2:30 PM. The Seven Husband of Evelyn Hugo by Taylor Jenkins Reid.

Wednesday, June 28—Leader Learns #2—2:00PM—Smart Phone Photo Class. (See class description to the left)

Thursday, June 29—AARP Smart Driver 4-Hour Refresher Class. 8:45AM—1:00PM. Call the office to register.


Class Changes for June:

We are adding **Stretch and Strength DVD** class to Fridays at 10:00AM in Classroom 2.

Drum Fitness Class will meet on Tuesdays only in June, July and August. Classes will meet at 11:00AM and 12:00PM and pre-registration is still necessary. Review the calendar for class cancellations throughout the summer. We will return to Tues/Wed Schedule in September.

* denotes RSVP needed

J U N E

Monday	Tuesday	Wednesday
	<div> <div>June Coordinator</div> <div>Intermediate Bridge:</div> <div>Joyce Nolan (717-298-3140)</div> </div>	
5 8:15 Silver Sneakers 8:30 Pilates 9:15 Strengthening w/ Sara 10:00 Stretch & Strength dvd 10:30 Line Dance 1:00 Knitting 1:00 Poker 1:30 Zumba Gold 6:00 Pilates @ CM	6 9:00 Tai Chi 9:00 Yoga 10:00 Chair Yoga 10:00 Stretch & Strength dvd 11:00 Advanced Tap 10—2 (drop in) Fiber Friends *11:00 & 12:00 Drum Fitness 12:00 Intermediate Bridge 12:00 Hand & Foot 12:45 Pinochle	7 8:30 Pilates 10:00 Stretch & Strength dvd 10:30 Line Dance 1:00 Bingo 1:15 Watercolor 1:30 Zumba Gold 2:00 Leader Learns 3:15 Silver Sneakers 6:00 Pilates @ CM
12 8:15 Silver Sneakers 8:30 Pilates 9:15 Strengthening w/ Sara 10:00 Stretch & Strength dvd 10:30 Line Dance 1:00 Knitting 1:00 Poker 1:30 Zumba Gold 6:00 Pilates @ CM	13 9:00 Tai Chi 9:00 Yoga 10:00 Chair Yoga 10:00 Stretch & Strength dvd 10—2 (drop in) Fiber Friends *11:00 & 12:00 Drum Fitness 11:00 Advanced Tap 12:00 Intermediate Bridge 12:00 Hand & Foot 12:45 Pinochle	14 8:30 Pilates 10:00 Stretch & Strength dvd 10:30 Line Dance 1:00 Bingo 1:15 Watercolor 1:30 Zumba Gold 2:00 Leader Learns 3:15 Silver Sneakers 6:00 Pilates @ CM
19 8:15 Silver Sneakers 8:30 Pilates 9:15 Strengthening w/ Sara 10:00 Stretch & Strength dvd 10:30 Line Dance 1:00 Knitting 1:00 Poker 1:30 Zumba Gold 2:30 Book Club 6:00 Pilates @ CM	20 9:00 Tai Chi 9:00 Yoga 10:00 Chair Yoga 10:00 Stretch & Strength dvd 10—2 (drop in) Fiber Friends 11:00 Advanced Tap 12:00 Intermediate Bridge 12:00 Hand & Foot 12:45 Pinochle	21 8:30 Pilates 10:00 Stretch & Strength dvd 10:30 Line Dance 1:00 Bingo 1:15 Watercolor 1:30 Zumba Gold 3:15 Silver Sneakers 6:00 Pilates @ CM
26 8:15 Silver Sneakers 8:30 Pilates 9:00 Board Meeting 9:15 Strengthening w/ Sara 10:00 Stretch & Strength dvd 10:30 Line Dance 1:00 Knitting 1:00 Poker 1:30 Zumba Gold 6:00 Pilates @ CM	27 9:00 Tai Chi 9:00 Yoga 10:00 Chair Yoga 10:00 Stretch & Strength dvd 10—2 (drop in) Fiber Friends 11:00 Advanced Tap *11:00 & 12:00 Drum Fitness 12:00 Intermediate Bridge 12:00 Hand & Foot 12:45 Pinochle	28 8:30 Pilates 10:00 Stretch & Strength dvd 10:30 Line Dance 1:00 Bingo 1:15 Watercolor 1:30 Zumba Gold 2:00 Leader Learns 3:15 Silver Sneakers 6:00 Pilates @ CM

Thursday	Friday
1 9:00 Yoga & Dolls 9:00 Chair LaBlast 10:00 LaBlast 10:00 Stretch & Strength dvd 11:00 Beginner Tap 11:00 Beach(ball) Volleyball 12:00 Hand & Foot Cards 12:30 Scrabble 12:45 Pinochle 1:00 Tai Chi	2 8:15 Silver Sneakers 8:30 Pilates 9:00 Mah Jongg 9:15 Strengthening w/ Sara 10:00 Stretch & Strength dvd 10:15 Line Dancing 1:00 Tech Time
8 9:00 Yoga & Dolls 9:00 Chair LaBlast 10:00 LaBlast 10:00 Stretch & Strength dvd 11:00 Beginner Tap 11:00 Beach(ball) Volleyball 12:00 Hand & Foot Cards 12:30 Scrabble 12:45 Pinochle 12:15 Tai Chi (TIME CHANGE)	9 8:15 Silver Sneakers 8:30 Pilates 9:00 Mah Jongg 9:15 Strengthening w/ Sara 10:00 Stretch & Strength dvd 10:15 Line Dancing 1:00 Friday Flix
15 9:00 Yoga & Dolls 9:00 Chair LaBlast 10:00 LaBlast 10:00 Stretch & Strength dvd 11:00 Beginner Tap 11:00 Beach(ball) Volleyball 12:00 Hand & Foot Cards 12:30 Scrabble 12:45 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 Stretch & Strength dvd *11:30 Monthly Social
22 9:00 Yoga & Dolls 9:00 Chair LaBlast 10:00 LaBlast 10:00 Stretch & Strength dvd 11:00 Beginner Tap 11:00 Beach(ball) Volleyball 12:00 Hand & Foot Cards 12:30 Scrabble 12:45 Pinochle 1:00 Tai Chi	23 8:15 Silver Sneakers 8:30 Pilates 9:00 Mah Jongg 9:15 Strengthening w/ Sara 10:00 Stretch & Strength dvd 10:15 Line Dancing 12:00 Intermediate Bridge
29 9:00 Yoga & Dolls 9:00 Chair LaBlast 10:00 LaBlast 10:00 Stretch & Strength dvd 11:00 Beginner Tap 11:00 Beach(ball) Volleyball 12:00 Hand & Foot Cards 12:30 Scrabble 12:45 Pinochle 1:00 Tai Chi	30 8:15 Silver Sneakers 8:30 Pilates 9:00 Mah Jongg 9:15 Strengthening w/ Sara 10:00 Stretch & Strength dvd 10:15 Line Dancing Closing at noon

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

RETIREMENT CHANGES

Inflation, risk, and medical needs have wreaked havoc on retirees over the past three years. Join Jay to get informed on how to help avoid those challenges.



**Wednesday, June 7 at 2:00PM
at Leader Center**

Award Winning Senior Living

TRADITIONS of HERSHEY

INDEPENDENT LIVING WITH ENHANCED SERVICES AND PERSONAL CARE

Call **717-208-2437** for a tour!

100 N. Larkspur Dr., Palmyra, PA 17078
www.traditionsofhershey.com

We are an equal opportunity housing provider. We do not discriminate on the basis of race, color, national origin, religion, sex, familial status or disability.

July Schedule Note:
Leader Center will be closed on Monday, July 3 & Tuesday, July 4

June Class Underwriting

Zumba: Aura Bunn

Tap Dance: Hershey Rotary

Pilates: Hershey Rotary

Yoga: Anne Shadis

Chair Yoga: Hershey Rotary

LaBlast: Brenda Berman

Chair LaBlast: Brenda Berman

Drum Fitness: Pamra Bowser

Bingo: Sue Nale

Interested in underwriting the cost of a class? We accept donations each month. \$300 per class per month, but every little bit helps. Thanks for your continued support of our programs.

Farmers Market Vouchers:

This year, Dauphin County Area Agency on Aging (DCAAA) will distribute the Farmer's Market Vouchers by mail. The voucher can be obtained by completing an application and mailing/emailing it to DCAAA. Visit their website at www.dauphincounty.org to download the application or stop by Leader Center for a copy.

Medicare 101 at Leader Active Life

July 13 at 9:00 AM

September 14 at 9:00 AM

These seminars will go over the basics of Medicare Parts A, B, C, & D, comparisons between Medicare Advantage and Medicare Supplement plans and programs available to help save money.

Questions or to reserve your space, contact Shannon Vallier, PA MEDl local coordinator at 717.780.6147 or svallier@dauphincounty.gov.

Living After Loss Support Group 1st & 3rd Thursdays at 2:00PM Starts Thursday, June 15

Living After Loss is a program designed to help people recover from loss by focusing on re-building a more meaningful life after surviving loss.

Group facilitator Reverend Howard West, M.Ed., M.Div. is a trained counselor and ordained Presbyterian minister. West also serves as Executive Director of Spiritual Life at Country Meadows Retirement Communities.

Open to members and non-members.

RSVP to Kris or Jen at 717-533-6996

kparmer@countrymeadows.com

jwolfe@countrymeadows.com

Travel 2023

Annapolis Cravings by Land and Sea Wednesday, August 16

A day of decadence in MD's Capital City, we start our day at historic London Town and Gardens for a sweet treat. Then, a motorcoach tour of historic Annapolis and a warm savory treat. Next we head to the US Naval Academy to enjoy a stroll through the "Yard." Visits to the Beaux Arts building, Main Chapel, and crypt of John Paul Jones are scheduled. A quick visit to the USNA Museum and then an afternoon Tea at the Naval Academy Club. Finally, enjoy a beverage and boat cruise of Annapolis Bay. Motorcoach departs Leader Center at 6:30AM and arrives home around 10:00PM. Cost of the trip is \$225. Reservations necessary by June 30.

Fall Foliage in the Mountains—Jim Thorpe, PA Thursday, September 28

Our trip starts at Olde Jail Museum, a fortress standing guard over the town of Jim Thorpe. From there we head to Mauch Chunk Museum, focusing on Lenape Indians, coal, waterways, and the unique railroad. Lunch is at The Broadway Grille & Pub at the historic Inn at Jim Thorpe. Following lunch, all aboard the Lehigh Gorge Scenic Railway for a 16 mile, 45 minute excursion. The narrated round trip follows the majestic Lehigh River. A stop at Chantilly Goods on the way home ends our trip with a sweet treat. Trip Departs Leader Center for Active Life at 7:45AM (please park in back left section of lot) and arrive home around 7:00PM. Cost for trip is \$175 and reservations are necessary by August 25.

"A Beautiful Noise" The Neil Diamond Musical Thursday, November 2

Back to Broadway we go, this time enjoying a buffet luncheon at John's Pizzeria, a famous and unique Times Square landmark located in the old Gospel Tabernacle Church, with its perfectly intact stained glass ceiling and massive footprint not visible from the street. Our buffet will include salad, pizza, pasta, and dessert, all served in the largest pizzeria in the United States. Then we head to the Broadhurst Theater where the life and story of Neil Diamond comes to life with musical featuring his hit songs, "Sweet Caroline", "America", and "Cracklin' Rosie." "A Beautiful Noise" is an uplifting musical that explores the life of a rock icon through the music that made him a national treasure. We will depart Leader Center at 7:30 AM and return home at approximately 9:00PM. Cost of the trip is \$260 and includes motorcoach transport, deluxe buffet, and orchestra seats to the show. Reservations necessary by September 22.

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 \$100 per year.

Megan Marshall
President of the Board of Directors
Melissa Weigle: Executive Director
Kim Reese: Office Coordinator
Kathy Giovanniello: Administrative Assistant

Programs to Remember

Friday, June 2—Tech Time

Wednesday, June 7 —Leader Learns

Friday, June 9—Friday Flix

Wednesday June 14 & 28—Leader Learns

Friday, June 16—Social/Anniv. Party

Monday, June 26—Book Club