

Summer Fun



Indoors or out, we keep moving and grooving @ LCAL! The heat & humidity offer a perfect excuse to come inside and get/stay active. Check out all our summer offerings in the newsletter!



Senior Fitness Day 2023

Sit, stand, dance? Whatever your level, we have fitness for you!



Beautification Team!



LaBlast was a blast!



Hat Making All Year Long

Beauty on display at Leader Center for Active Life

Crossett's Corner is stocked full of books & puzzles to keep your mind active during humid afternoons.



Painting Rocks

From the Director's Desk

It's Kim and Kathy taking over the Director's Notes ! We have been finalizing plans for **Melissa's Farewell Party** on July 21st at 11:00am, offering a continental breakfast and beverages. Anyone who wishes to speak will have an opportunity, time permitting. PLEASE no gifts (Melissa has enough to move already), but cards are fine. RSVP is necessary BY JULY 14. In closing, we thank Melissa for many years of leading us through the chaos and making our jobs fun, for leading us through a pandemic, a location move and so many fun events. We wish her well in her new adventure and we hope that she keeps a room ready for a visit! **WE WILL MISS YOU MELISSA !!**

~Kim & Kathy



Introducing our new ED Annamarie Fazzolari

We are excited to introduce Annamarie! She has a degree from Villanova University and earned a Master of Health Administration with a

long term care Certificate from Penn State. Annamarie has experience in memory support, activities, volunteer management, and marketing and development from positions in retirement communities and hospice. She taught for HACC's gerontology program and served on the Dauphin County Area Agency on Aging's Council on Aging. Annamarie and her husband, Mike, are parents of five children: Mark, Grace, Monica, Claudia and Gianna. She resides in Harrisburg. Outside of work, she enjoys cooking, baking, reading, and involvement in her church's and children's activities. Swing by LCAL on Friday, July 7 from 11—1 to meet her and enjoy some complimentary ice cream.

Travel 2023

Annapolis Cravings Land & 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. Must give count by July 14.

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.

Coming Events:

July 3 & 4—Closed for Holiday

Friday, July 7—Annamarie Meet and Greet Ice Cream Social—11:00-1:00

Friday, July 7—Tech Time—1:00pm—this month Kim covers Facebook do's and don'ts on iPhone/iPad.

Wednesday, July 12—Leader Learns—2:00PM. Clear Captions phone service helps those who have trouble hearing on the phone.

Thursday, July 13—Medicare 101—9:00AM. 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 MEDI coordinator at 717.780.6147 or svallier@dauphincounty.gov.

Friday, July 14—Friday Flix - 1:00pm. Air, the story of how Nike courted Michael Jordan.

Friday, July 21 — Farewell to Melissa Party—11:00-1:00. RSVP by July 14.

Monday, July 24 —Book Club—2:30 PM. Looking for Jane by Heather Marshall

Wednesday, July 26—Leader Learns—2:00PM. Assistant U.S. Attorney Ravi Sharma will cover scams that impact seniors, including grandparent, lottery, and sweepstakes schemes and what to do if you believe you've been a victim to a scam.

Friday, August 4—Tech Time—1:00pm—this month Kim covers the control center on iPhone/iPad.

Friday, August 11—Friday Flix - 1:00pm. This month join the crew to enjoy **Chicago**, the 2002 Oscar winning movie musical.

Wednesday, August 23 —Leader Learns—2:00PM. Gambling and it's effect on the aging population with Josh Mountz, training coordinator with Compass Mark and supported by DCAAA.

Monday, August 21—Leader Crafts—Scrappy Bowl Class—10:00AM—12:00PM. All supplies and instruction provided. Cost for class is \$15 and space is limited. Be prepared, you may get messy :-). Sign up today,

Tuesday, August 22 and Wednesday, August 23—Smart Driver Training—8:45am—1:00pm.

Friday, August 25 (note later date)—August Social. Country Meadows of Hershey caters a delicious meal of Herb roasted chicken, rice pilaf, sauteed mushrooms, garbanzo bean salad, and strawberry shortcake. We are then entertained by Tom Shultz. Cost is \$12.00 and RSVP is due by August 17.

Monday, August 28 —Book Club—2:30 PM. Hang the Moon by Jeannette Walls.

Wednesday, August 9 OR Thursday, August 10 —Leader Cooks—11:00am. Executive chef, Richard Dingle, will instruct us in the making of summer and fall vegetable soups including local, northwest, southwest, Italy, France, Spain, and Portugal. After cooking, enjoy the soups for lunch. Class charge is \$20, reserve one of the classes today!

* denotes RSVP needed

J U L Y

Monday	Tuesday	Wednesday
3 Closed For Holiday	4 Closed For Holiday	5 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
10 8:15 Silver Sneakers 8:30 Pilates 9:15 Strengthening w/ Sara 10:00 Stretch & Strength dvd 10:30 Line Dance 1:00 Knitting & Poker 1:00 Beginner Mah Jongg 1:30 Zumba Gold 6:00 Pilates @ CM	11 9:00 Tai Chi 9:00 Yoga 10:00 Chair Yoga 10:00 Stretch & Strength dvd 11:00 Advanced Tap *11:00 & 12:00 Drum Fitness 12:00 Intermediate Bridge 12:00 Hand & Foot 12:45 Pinochle	12 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
17 8:15 Silver Sneakers 8:30 Pilates 9:15 Strengthening w/ Sara 10:00 Stretch & Strength dvd 10:30 Line Dance 1:00 Knitting & Poker 1:00 Beginner Mah Jongg 1:30 Zumba Gold 6:00 Pilates @ CM	18 9:00 Tai Chi 9:00 Yoga 10:00 Chair Yoga 10:00 Stretch & Strength dvd *11:00 & 12:00 Drum Fitness 11:00 Advanced Tap 12:00 Intermediate Bridge 12:00 Hand & Foot 12:45 Pinochle	19 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
24 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 & Poker 1:00 Beginner Mah Jongg 1:30 Zumba Gold 2:30 Book Club 6:00 Pilates @ CM	25 9:00 Tai Chi 9:00 Yoga 10:00 Chair Yoga 10:00 Stretch & Strength dvd 11:00 Advanced Tap 12:00 Intermediate Bridge 12:00 Hand & Foot 12:45 Pinochle	26 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
31 8:15 Silver Sneakers 8:30 Pilates 9:15 Strengthening w/ Sara 10:00 Stretch & Strength dvd 10:30 Line Dance 1:00 Knitting & Poker 1:00 Beginner Mah Jongg 1:30 Zumba Gold 6:00 Pilates @ CM	<p align="center"><i>Still Zoomin' after all these years!</i></p> <p>We offer exercise opportunities each week via Zoom, in addition to the in-person class. The following classes offer Zoom instruction:</p> <p align="center"><i>Pilates * Yoga * Chair Yoga * Silver Sneakers</i></p> <p>An email link for each class is sent out by each instructor. To be added to a zoom, class, email us at info@leaderactivelife.org and we will contact the instructor.</p>	

Thursday	Friday
6 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	7 8:15 Silver Sneakers 9:00 Mah Jongg 9:15 Strengthening w/ Sara 10:00 Stretch & Strength dvd 10:15 Line Dancing 11:00—1:00 Meet & Greet Ice Cream Social 1:00 Tech Time
13 *9:00 Medicare 101 9:00 Yoga/Dolls 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)	14 8:15 Silver Sneakers 9:00 Mah Jongg 9:15 Strengthening w/ Sara 10:00 Stretch & Strength dvd 10:15 Line Dancing 1:00 Friday Flix
20 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	21 8:15 Silver Sneakers 9:00 Mah Jongg 9:15 Strengthening w/ Sara 10:00 Stretch & Strength dvd *11:00 Farewell Party *12:00 Summer Bridge
27 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	28 8:15 Silver Sneakers 9:00 Mah Jongg 9:15 Strengthening w/ Sara 10:00 Stretch & Strength dvd 10:15 Line Dancing 12:00 Intermediate Bridge

July Coordinator

Intermediate Bridge:

Gail Pauza
717-599-8993

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

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**TRADITIONS
of HERSEY**

INDEPENDENT LIVING WITH ENHANCED SERVICES
AND PERSONAL CARE

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

100 N. Larkspur Dr., Palmyra, PA 17078
www.traditionsofhersey.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/August Class Underwriting

Special Thanks to Dauphin County Area Agency on Aging for underwriting all of our classes for July and August including Zumba, Tap Dance, Pilates, Yoga, Chair Yoga, LaBlast, Chair LaBlast, Drum Fitness.

AUGUST

Monday	Tuesday	Wednesday
	1 9:00 Tai Chi 9:00 Yoga 10:00 Chair Yoga 10:00 Stretch & Strength dvd 11:00 Advanced Tap 12:00 Intermediate Bridge 12:00 Hand & Foot 12:45 Pinochle	2 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
7 8:15 Silver Sneakers 8:30 Pilates 9:15 Strengthening w/ Sara 10:00 Stretch & Strength dvd 10:30 Line Dance 1:00 Knitting & Poker 1:00 Beginner Mah Jongg 1:30 Zumba Gold 6:00 Pilates @ CM	8 9:00 Tai Chi 9:00 Yoga 10:00 Chair Yoga 10:00 Stretch & Strength dvd 11:00 Advanced Tap *11:00 & 12:00 Drum Fitness 12:00 Intermediate Bridge 12:00 Hand & Foot 12:45 Pinochle	9 8:30 Pilates 10:00 Stretch & Strength dvd 10:30 Line Dance 1:00 Bingo 1:15 Watercolor 1:30 Zumba Gold 11:00 Leader Cooks 3:15 Silver Sneakers 6:00 Pilates @ CM
14 8:15 Silver Sneakers 8:30 Pilates 9:15 Strengthening w/ Sara 10:00 Stretch & Strength dvd 10:30 Line Dance 1:00 Knitting & Poker 1:00 Beginner Mah Jongg 1:30 Zumba Gold 6:00 Pilates @ CM	15 9:00 Tai Chi 9:00 Yoga 10:00 Chair Yoga 10:00 Stretch & Strength dvd *11:00 & 12:00 Drum Fitness 11:00 Advanced Tap 12:00 Intermediate Bridge 12:00 Hand & Foot 12:45 Pinochle	16 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 Annapolis Trip
21 8:15 Silver Sneakers 8:30 Pilates 9:00 Board Meeting 9:15 Strengthening w/ Sara 10:00 Scrappy Bowl Class 10:00 Stretch & Strength dvd 10:30 Line Dance 1:00 Knitting & Poker 1:00 Beginner Mah Jongg 1:30 Zumba Gold 6:00 Pilates @ CM	22 9:00 Tai Chi 9:00 Yoga 10:00 Chair Yoga 10:00 Stretch & Strength dvd 11:00 Advanced Tap 12:00 Intermediate Bridge 12:00 Hand & Foot 12:45 Pinochle	23 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
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31 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	


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...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**



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717-533-1880
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**August
Coordinator**

Intermediate Bridge:
Sherry Miller
717-533-2564

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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, July 7—Ice Cream Social

July 7 & August 4—Tech Time

July 12 and August 23—Leader Learns

July 14 and August 11—Friday Flix

Friday July 21—Melissa Farewell

Friday, August 25—August Social