

Let's Raise the Curtain

Lower Dauphin HS
ANNIE

\$5 Seniors

March 2, 3 & 4 @ 7pm

March 5 at 3PM

Dinner Theater on 5/3

Tickets available by
calling 717-566-5393

Hershey High School
OLIVER

\$10

March 3, 4, & 5 @ 7pm

Free Senior (65+)

Show 3/2 @ 6:30pm

Order Tickets online
www.hershey.12.pa.us

Palmyra High School
BIG FISH

March 9, 10, 11, & 12

\$12

Call the high school for
ticket info
717-838-7915

Bishop McDevitt:

The Music Man

March 24 & 25. Call High School for info
(717) 236-7973

Central Dauphin:

42nd Street:

March 3 & 4 @ 7pm, March 5 @ 2:00PM.
Senior Citizens Show March 2 at 1:30PM.
Email box office at
cdmusical@gmail.com

CD East:

Legally Blond

March 18, 19, & 20

Call the High School for info at
717-541-1662

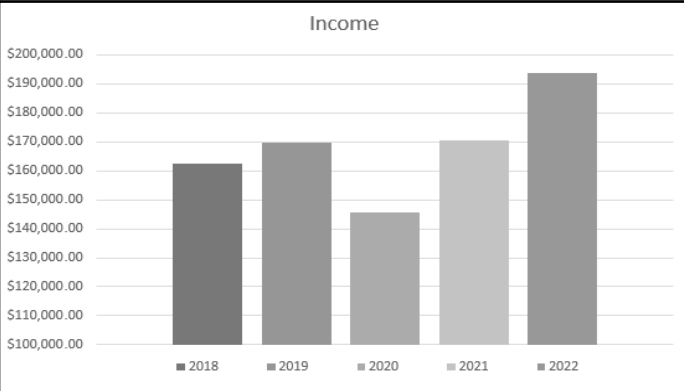
And support local high school musicals

From the Director's Desk

It's a good time to take a deep dive into our 2022 financials and let you know some of the trends we are seeing.

Regarding income, membership contributions are up 100% since 2021, which can be attributed to the increase in suggested donation and that membership has grown by 35% since we reopened after the pandemic shut down.

Approximately 25% of our annual income comes from additional member contributions. The



reminder that we accept qualified charitable distributions, stocks, securities, and other tax deductible donations has fueled this increase. Thanks to all who continue to give. We appreciate the support and accept it year round.

Our underwriting program covered our 2022 instructor costs, so thanks to all who have given. We pay over \$15,000 a year to our very talented instructors. Because those classes are free, we must raise that money from somewhere. If you participate and benefit from our free fitness

classes, please consider making an underwriting donation in 2023. Our goal is to raise \$300 per class each month.

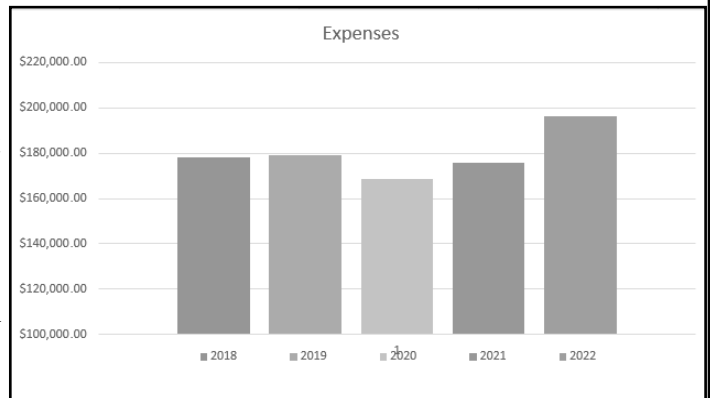
The pandemic wreaked havoc on our fund raisers and sponsorships, but we are looking to come back strong in 2023. If you know a business who would benefit from being a sponsor, please tell them to reach out.

We've had 3 strong years for memorial contributions. Remember, you can bequeath us cash, stocks, life insurance, personal property, life insurance, charitable gift annuities and charitable remainder trusts in your will. Speak to your financial advisor or attorney for more info. What a wonderful way to give back to a charity that has helped so many!

Regarding expenses, costs increased 11% in 2022. Most of that increase can be attributed to expenses surrounding the move and new center.

Our rent remains virtually the same but now

includes our portion of the utilities, janitorial services, and maintenance. Through a diligent audit, we were able to cut our insurance premiums in half without sacrificing our coverage. Because of the ever rising cost of postage, we have changed the way we send our newsletter and we anticipate savings of \$3000 in 2023.



Looking ahead, we anticipate some new costs in 2023, including monthly website maintenance, IT help as needed, and our Constant Contact Email Program. All of these new programs free up staff time and volunteers to devote to our members, which is our #1 priority. I hope this info helps our members understand the comings and goings of Leader Center for Active Life.

~Melissa

Coming Events:

Friday, February 10—Friday Flix - 1:00pm. Join us to watch **Ticket to Paradise**, featuring George Clooney and Julia Roberts. A lighthearted romcom about a divorced couple the travels to Bali to stop their daughter from making the same mistake they did 25 years ago.

Thursday, February 16—Hot Chocolate in the Lobby—9:00—11:00AM.

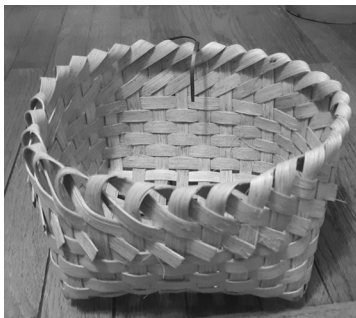


Drop in for a warm and yummy drink courtesy of Country Meadows of Hershey.

Wednesday, February 15—Basket Making Class—10:00

AM—2:00 PM.

Register to make a rimless basket with Joan Betzold, local, award-winning crafter and basket weaving teacher for



30 years who has devoted her second career to the arts. Cost for the class is \$35, which includes all supplies. Space is limited, reserve your spot by February 10.

Friday, February 17 —Monthly Social— 11:30am. Join us for lunch and a show with The cast of *Annie* at Lower Dauphin. A delicious meal of Stuffed Chicken Breast, Mashed Potatoes, Roasted Baby Carrots, Broccoli Salad, and Orange Flan is catered by Country Meadows of Hershey. Cost is \$12.00 and you must RSVP by Tuesday, February 14.

Annie

Tuesday, February 21—Sticky Bun Day at Leader Active Life—9:00 -11:00AM.

Stop by the lobby for a sticky bun, courtesy of Country Meadows of Hershey.

Monday, February 27 —Book Club— 2:30 PM. *Demon Copperhead* by Barbara Kingsolver.

Tuesday, February 28—Maze Challenge at Leader Active Life—9:00—11:00AM.

Representatives from Country Meadows of Hershey will be in our lobby to help you “Navigate the Maze of Senior Living”. Complete your maze to be entered to win a prize.

February Class Underwriting

Zumba: Anonymous

Tap Dance: Anonymous

Pilates: Anne Shadis

Yoga: Anne Shadis

Chair Yoga: Anonymous

LaBlast: Brenda Berman

Chair LaBlast: Diane Dohner

Drum Fitness: Brenda Berman

For more info about underwriting our classes, see Melissa.

February Coordinator

Intermediate Bridge:

Kate Stehman
(717.575.6877)

* denotes RSVP needed

FEBRUARY

Monday	Tuesday	Wednesday
FEBRUARY		1 8:30 Pilates 10:00 Stretch & Strength dvd 10:00 Beginner Line Dance 10:30 Line Dance 1:00 Bingo 1:15 Watercolor 1:30 Zumba Gold 3:15 Silver Sneakers 6:00 Pilates @ CM
		8 8:30 Pilates 10:00 Stretch & Strength dvd 10:00 Beginner Line Dance 10:30 Line Dance 1:00 Bingo 1:15 Watercolor 1:30 Zumba Gold 3:15 Silver Sneakers 6:00 Pilates @ CM
6 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 1:30 Zumba Gold 6:00 Pilates @ CM	7 9:00 Tai Chi 9:00 Yoga 10:00 Chair Yoga 10:00 Stretch & Strength dvd 11:00 Advanced Tap *11 & 2:30 Drum fitness 10—2 (drop in) Fiber Friends 12:00 Intermediate Bridge 12:00 Hand & Foot/Hearts 12:45 Pinochle	15 8:30 Pilates 10:00 Stretch & Strength dvd 10:00 Beginner Line Dance *10-2 Basket Making 10:30 Line Dance 1:00 Bingo 1:15 Watercolor 1:30 Zumba Gold 3:15 Silver Sneakers 6:00 Pilates @ CM
13 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 1:30 Zumba Gold 6:00 Pilates @ CM	14 9:00 Tai Chi 9:00 Yoga 10:00 Chair Yoga 10:00 Stretch & Strength dvd 10—2 (drop in) Fiber Friends *11 & 2:30 Drum fitness 11:00 Advanced Tap 12:00 Intermediate Bridge 12:00 Hand & Foot/Hearts 12:45 Pinochle	22 8:30 Pilates 10:00 Stretch & Strength dvd 10:00 Beginner Line Dance 10:30 Line Dance 1:00 Bingo 1:15 Watercolor 1:30 Zumba Gold 3:15 Silver Sneakers 6:00 Pilates @ CM
20 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 1:30 Zumba Gold 6:00 Pilates @ CM	21 Sticky Buns in Lobby 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 & 2:30 Drum fitness 12:00 Intermediate Bridge 12:00 Hand & Foot/Hearts 12:45 Pinochle	
27 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 1:30 Zumba Gold 2:30 Book Club 6:00 Pilates @ CM	28 Maze Challenge-Lobby 9:00 Tai Chi 9:00 Yoga 10:00 Chair Yoga 10:00 Stretch & Strength dvd 11:00 Advanced Tap *11 & 2:30 Drum fitness 10—2 (drop in) Fiber Friends 12:00 Intermediate Bridge 12:00 Hand & Foot/Hearts 12:45 Pinochle	

Thursday	Friday
2 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 11:30 Hand & Foot Cards 12:30 Scrabble 12:45 Pinochle 1:00 Tai Chi	3 8:15 Silver Sneakers 8:30 Pilates 9:00 Mah Jongg 9:15 Strengthening w/ Sara 10:15 Line Dancing 1:00 Tech Talk
9 9:00 Yoga/Dolla 9:00 Chair LaBlast 10:00 LaBlast 10:00 Stretch & Strength dvd 11:00 Beginner Tap 11:00 Beach(ball) Volleyball 11:30 Hand & Foot Cards 12:30 Scrabble 12:45 Pinochle 1:00 Tai Chi	10 8:15 Silver Sneakers 8:30 Pilates 9:00 Mah Jongg 9:15 Strengthening w/ Sara 10:15 Line Dancing 1:00 Friday Flix
16 Hot Chocolate in Lobby 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 11:30 Hand & Foot Cards 12:30 Scrabble 12:45 Pinochle 1:00 Tai Chi	17 8:15 Silver Sneakers 8:30 Pilates 9:00 Mah Jongg 9:15 Strengthening w/ Sara *11:30 Monthly Social
23 9:00 Yoga/Dolls 9:00 Chair LaBlast 9:30 Investment Club 10:00 LaBlast 10:00 Stretch & Strength dvd 11:00 Beginner Tap 11:00 Beach(ball) Volleyball 11:30 Hand & Foot Cards 12:30 Scrabble 12:45 Pinochle 1:00 Tai Chi	24 8:15 Silver Sneakers 8:30 Pilates 9:00 Mah Jongg 9:15 Strengthening w/ Sara 10:15 Line Dancing
<p>Megabucks Investment Club is looking for new members! For more information, contact Beu at 717-566-2984 Dave at 717-554-9188</p>	

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

Country Meadows 1-2-1 Club Valentine Social
 Thurs, February 9, 2-3pm
 At Country Meadows Colonnades
 Must RSVP by 2/6
 Call 717-533-6996 to reserve

HERSHEY
Symphony
 Dr. Sandra Dackow, Music Director

2022-2023 Season

For the season schedule and ticket information, go to
HersheySymphony.org

AARP Free Tax Assistance is back!

Call Leader Center to schedule your free AARP Tax-Aide Appointment. This will be a **low contact** method of completing tax returns. Detailed information will be mailed after you schedule an appointment.

Appointments are available Mondays, Wednesdays, and Fridays starting in February. Call 717-533-2002.

Medicare 101 at Leader Active Life

Are you new to Medicare? Do you have unanswered questions about Medicare? Dauphin County Pa Medi will be conducting educational presentations at Leader Center for Active Life on the following dates:

March 9 at 9:00AM

May 11 at 9:00AM

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 program available to help save money.

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

Special Guest coming to Leader Center for Active Life



Louis Van Amstel
"Dancing with the Stars"

A long time advocate for healthy living, Louis created LaBlast to promote fitness and make working out fun – all through the power of dance. And he will bring his LaBlast Master Class to Leader Center for Active Life on:

Saturday, March 25 at 5:00PM.

It will be an hour of fun and fitness, catering to everyone from absolute beginner to the experienced dancer!

Cost to attend:

\$25 for dancing Leader members

\$30 for dancing non-members

\$10 for viewing gallery (watch, not dance)

Post-program pictures available, time permitting.

Space is limited, register today!

Inclement Weather

We will email members and post weather related closing and delay info on **WHP 21 and ABC 27.**

You may also call the center (717-533-2002) and listen to message after 7:30AM.

Leader Travel



2023 Travel

Funny Girl on Broadway * Wednesday, April 19

This bittersweet comedy is the story of indomitable Fanny Brice, a girl from the Lower East Side who dreamed of a life on the stage. Everyone told her she'd never be a star, then something funny happened....she become one of the most beloved performers in history, shining brighter than the brightest lights of Broadway. But before the show, we will dine at Gossip in Hells Kitchen. Your lunch choice is: Salmon, Chicken Marsala, Shepherds Pie, or Vegetarian. We will depart Leader Center at 7:30 AM and will return around 9:00 PM. Trip includes motorcoach transport, lunch, and show tickets. Cost for trip is \$250. Our shows have been selling out quickly—don't delay in registering.

Phillies Baseball * Wednesday, May 24

You asked, so we are “taking you out to the ballgame” to see the Phillies battle the Arizona Diamondbacks. Trip includes luxury motorcoach transportation, and ticket to the game (seats located in section 145 in the outfield). We will depart Leader Center for Active Life at 9:30 AM. We should have about an hour before the game to grab a bite to eat and check out the stadium. We depart for home after the game with a food stop on the way (if needed). Approximate arrival home is 6:00 pm. Cost for the trip is \$100. Reservations necessary by April 3.

Tentative Plan 2023—tickets not on sale yet)

Summer– Annapolis Cravings

Early Fall - Jim Thorpe

Late Fall , Broadway

December – Holiday Trip TBD

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



605 Cocoa Ave
Hershey, PA 17033
Phone: (717) 533-2002

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

Dates to Remember

2/10—Friday Flix
2/16 Hot Chocolate
2/15 Basket Making
2/17 Monthly Social
2/21 Sticky Bun Day
2/28 Maze Challenge