

Mohler Matters

Your direct line to center news

January 2012



You're invited to the Mohler Soup Cook-Off

Monday, January 16
at 12:00

All are welcome to attend this fun event!

Bring your special soup recipes to enter into the cook-off or simply come to taste all the delicious offerings.

\$5.00 TO ATTEND & VOTE FOR YOUR FAVORITES.

If you wish to enter:

When you sign up to attend, let us know the type of soup you will be making. On the day of participants in the contest are asked to prepare approximately 3 quarts of soup for tasting.

Mohler Cookbook - Recipes Needed!

Hi guys, this is **Alexa** your high school volunteer. For my **senior graduation project** I will be managing the production and sale of a **Mohler Center cookbook**. Forms are available in the office or via email for members to fill out with their favorite recipe (s) including a personal story. We are asking for pre-orders so we can order the appropriate amount. Cookbooks cost \$12 each or 2 for \$20. We need as many recipes as we can get—so please submit your favorites! Recipes must be submitted by January 21. Anticipated completion date is late May to early June. Thank you guys for all your help and I'm hoping that this will be a cookbook that you can share with your friends and family for years to come. ~ Alexa Glenn

From the Director's Desk

It is fun to look back at the end of the year and see how far we've come. 2011 was quite a busy year for us at Mohler.

We started the year with a goal of raising \$15,000. We got there with the help of the proceeds from Giant cash cards, Spring fashion show, coin wars, talent show, cash raffle, and roast beef dinner.

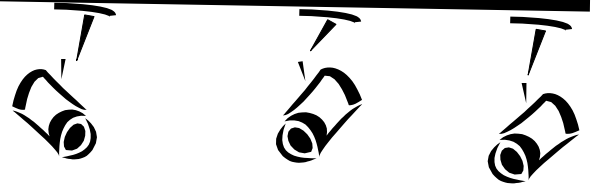
We had our busiest year to date with taxes and expect that trend to continue as more low to moderate income seniors hear about the great job being done by our AARP and Mohler volunteers.

We had some great new social performers entertain us including the unpredictable Seamus Kennedy. He had so much fun he is coming back in May 2012.

Our summer talent show was a blast and the committee has begun looking for talent for our 2012 show....get your act together!

2011 showered us with college interns including Amanda from Shippensburg and our four fellas, Matt, Zach, Callum, and Zach from Elizabethtown College. Of course, Alexa from Hershey High still hangs around until she departs for her freshman year at Marywood College in the fall.

We survived the flood, the Halloween snow storm, and all the other crazy weather to have another successful year at Mohler. We know 2012 will keep us on our toes too. Come out and be a part of it all!



Volunteer Spotlight - Bruce Dieffenbach

After 16 years as Board of Director President of the Mohler Senior Center, Bruce Dieffenbach has decided to step down. Bruce's dedication to this center is unmatched. He was instrumental in



raising the funds necessary for the center to move to its' current location and he has been a fixture at 25 Hope Drive ever since. Through his leadership, the center has grown in members and programs. He is remembered for his willingness to step in and do what needed to be done. His sense of humor always brought a smile to the face of staff and members. It is volunteers like Bruce that keep the doors open to vital community organizations like The Mohler Center. We thank Bruce for his commitment and wish him well in future endeavors.

The Mohler Center Staff



Bitner's Computer Services

Repairs, upgrades, tutoring, and more.

For more information or to schedule an appointment please call 717-541-8401

Web address: www.bitnerscomputer.com

Coming Events

Friday, January 13 – Luncheon Club - 11:30

AM. This month, join the luncheon club at Devon in Hershey. Call Mae Rader at 533-5972 to reserve your spot by Tuesday, January 10.

Monday, January 16—Soup Cook-Off

12:00—2:00 PM. Open to members and non-members! Enter your favorite soup or just come to sample! Tickets are \$5.00 each.

Reservations needed by Thursday, January 12.

Tuesday, January 17 – Breakfast in the

Lobby - 9:00 AM. Specialty Home Care will be here to offer treats and info about services.

Friday, January 20 – Social - 11:30 AM.

Come out to hear a local crowd favorite, Mick Cochran. Lunch will be stuffed chicken breast, mashed potatoes, carrots, fruit salad and apple pie, catered by Country Meadows. The cost is \$8.00 and registration is required by Tuesday, January 17.

Monday, January 30—Lunch and Learn—

12:00 PM. Derry township Supervisor, Sandy Ballard, will discuss the results of the recent survey that the Supervisors completed to determine the future growth of Derry Township. Lunch will be Sheppard's Pie and dessert. Cost is \$5.00. Register by Thursday, January 26.

Monthly Coordinators

Mah Jongg:

Intermediate Bridge:

Linda Knestrick (566-5010)

Free Income Tax Assistance

February 1 through April 16

AARP Tax-Aide is a free nationwide confidential tax preparation service for all individuals with low- to-moderate income with special attention given to those ages 50 and older. IRS-certified volunteers prepare individual tax returns and answer questions free of charge. The four types of returns prepared are: 1) Federal -1040, 2) Pennsylvania PA-40, 3) Local earned income tax, and 4) Pennsylvania Property / Rent Rebates.


Persons wanting their taxes prepared must bring all their statements that define wages, interest, dividends, pension, social security, unemployment, gambling, or any documentation they have received that contains instructions to “*save for income tax purposes*”. Also, documentation showing original purchase price of sold assets such as stock sales must be available. In addition, a copy of last year’s tax return with all supporting tax documentation is needed.

For Property or Rent rebates, bring in 2011 Property Tax Bills marked “paid” or a rent certificate signed by your landlord stating the amount of rent paid in 2011.

AARP Tax-Aide does not prepare forms for clients with large numbers of stock transactions, casualty losses, cancellation of debt, or income from farms, business or rental properties.

Please call the Hershey Mohler Senior Center at 533-2002 to schedule an appointment. You do not have to be a member of AARP or the Mohler Senior Center to receive free help.

J A N U A R Y

Monday	Tuesday	Wednesday
<p>2</p> <p>Closed</p> <p>Happy New Year!</p>	<p>3</p> <p>9:00 Tai Chi 10:10 Exercise 10:45 Strengthening with Sara 11:00 Yoga 12:30 Intermediate Bridge 12:30 Pinochle 1:00 Canasta 1:00 Oil Painting</p>	<p>4</p> <p>8:30 Advanced Tap Class 9:15 Beginner Tap Class 10:00 Beginner Line Dance 10:30 Line Dance 12:30 Beginner's Bridge 12:30 Hershey Bridge Club 12:30 Shuffleboard/ Wii 1:00 Bingo 1:00 Ping Pong</p>
<p>9</p> <p>8:30 Advanced Tap Class 9:00 Board Meeting 9:15 Beginner Tap Class 10:30 Line Dance 12:30 Shuffleboard 1:00 Knitting 1:00 Watercolor 2:00 Zumba Gold</p>	<p>10</p> <p>9:00 Tai Chi 10:10 Exercise 10:45 Strengthening with Sara 11:00 Yoga 12:30 Intermediate Bridge 12:30 Pinochle 1:00 Canasta 1:00 Oil Painting</p>	<p>11</p> <p>8:30 Advanced Tap Class 9:15 Beginner Tap Class 10:00 Beginner Line Dance 10:30 Line Dance 12:30 Beginner's Bridge 12:30 Hershey Bridge Club 12:30 Shuffleboard/ Wii 1:00 Bingo 1:00 Ping Pong</p>
<p>16</p> <p>8:30 Advanced Tap Class 9:15 Beginner Tap Class 10:30 Line Dance</p> <p>*12:00 Soup Cook Off!</p> <p>1:00 Knitting 1:00 Watercolor</p>	<p>17</p> <p>9:00 Tai Chi 9:00 Breakfast in lobby 10:10 Exercise 10:45 Strengthening with Sara 11:00 Yoga 11 & 1 Computers 12:30 Intermediate Bridge 12:30 Pinochle 1:00 Canasta 1:00 Oil Painting</p>	<p>18</p> <p>8:30 Advanced Tap Class 9:15 Beginner Tap Class 10:00 Beginner Line Dance 10:30 Line Dance 12:30 Beginner's Bridge 12:30 Hershey Bridge Club 12:30 Shuffleboard/Wii 1:00 Bingo 1:00 Ping Pong</p>
<p>23</p> <p>8:30 Advanced Tap Class 9:15 Beginner Tap Class 10:30 Line Dance 12:30 Shuffleboard 1:00 Knitting 1:00 Watercolor 2:00 Zumba Gold</p>	<p>24</p> <p>9:00 Tai Chi 10:10 Exercise 10:45 Strengthening with Sara 11:00 Yoga 11 & 1 Computers 12:30 Intermediate Bridge 12:30 Pinochle 1:00 Canasta 1:00 Oil Painting</p>	<p>25</p> <p>8:30 Advanced Tap Class 9:15 Beginner Tap Class 10:00 Beginner Line Dance 10:30 Line Dance 12:30 Beginner's Bridge 12:30 Hershey Bridge Club 12:30 Shuffleboard/Wii 1:00 Bingo 1:00 Ping Pong 4:00 OsteoBall Exercise</p>
<p>30</p> <p>8:30 Advanced Tap Class 9:15 Beginner Tap Class 10:30 Line Dance 12:00 Lunch & Learn 12:30 Shuffleboard 1:00 Knitting 1:00 Watercolor 2:00 Zumba Gold</p>	<p>31</p> <p>9:00 Tai Chi 10:10 Exercise 10:45 Strengthening with Sara 11:00 Yoga 11 & 1 Computers 12:30 Intermediate Bridge 12:30 Pinochle 1:00 Canasta 1:00 Oil Painting</p>	

*: Pre-registration needed
 Underlined font: Trips
 Bold font: Socials & luncheons

Thursday	Friday
5 9:00 Dolls 9:00 Zumba gold 10:10 Exercise 10:45 Strengthening with Sara 12:30 Pinochle 12:30 Hershey Bridge Club 1:00 Tai Chi 1:00 Scrabble 1:00 Canasta	6 9:00 Mah jongg 10:00 Shuffleboard/Wii 10:00 Line Dancing 12:30 Hershey Bridge Club
12 9:00 Dolls 9:00 Zumba gold 10:10 Exercise 10:45 Strengthening with Sara 12:30 Pinochle 12:30 Hershey Bridge Club 1:00 Tai Chi 1:00 Scrabble 1:00 Canasta	13 9:00 Mah jongg 10:00 Shuffleboard/Wii 10:00 Line Dancing 11:00 Ballroom Dance *11:30 Lunch Club—Devon 12:30 Pinochle 12:30 Hershey Bridge Club
19 9:00 Dolls 9:00 Zumba gold 10:10 Exercise 10:45 Strengthening with Sara 11 & 1 Computers 12:30 Pinochle 12:30 Hershey Bridge Club 1:00 Tai Chi 1:00 Scrabble 1:00 Canasta	20 9:00 Mah jongg 11:00 Blood pressure * 11:30 Social 12:30 Hershey Bridge Club
26 9:00 Dolls 9:15 Investment Club 10:10 Exercise 10:45 Strengthening with Sara 11 & 1 Computers 12:30 Pinochle 12:30 Hershey Bridge Club 1:00 Tai Chi 1:00 Scrabble 1:00 Canasta	27 9:00 Mah jongg 10:00 Shuffleboard/Wii 10:00 Line Dancing 11:00 Ballroom 12:30 Pinochle 12:30 Hershey Bridge Club
<div style="border: 1px solid black; padding: 10px; width: fit-content; margin: 0 auto;"> <p>Other activities outside the center</p> <p>*Aquatics: at BlueGreen Suites on Hershey Park Drive—call the office for days and times.</p> <p>*University Fitness Center Membership Discounts—call the office for details.</p> </div>	



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Hershey Bridge Club

January is Brush Up & Play Month!

Brush Up! *Three Brush Up Workshops*
Review a whole book in 4 hours

- ◆ Saturday, January 7, 2012—10 AM—2:30 PM
Brush-Up Workshop—Bridge Basics 1: An Introduction
- ◆ Saturday, January 14, 2012—10 AM—2:30 PM
Brush-Up Workshop—Bridge Basics 2: Competitive Bidding
- ◆ Saturday, January 21, 2012—10 AM—2:30 PM
Brush-Up Workshop—Bridge Basics 3: Popular Conventions

*\$15 each includes Workshop & Participant Package
Bring a packed lunch; sodas/water available for purchase

Regular Open Games
Every Wed./Thur./Fri. at 12:30 and

Play! *Every Sun. at 1:00 PM*
Including New Year's Day 2012

NEW COURSE OFFERINGS!!

Bridge Lessons at All Levels
Audrey Grant's Better Bridge Series

BB1 An Introduction

Six Tuesdays 9:30—11:30 AM
February 7—March 13

BB3 Popular Conventions

Six Thursday 9:30—11:30 AM
February 9—March 15

BB2 Competitive Bidding

Six Fridays 9:30—11:30 AM
February 10—March 16

\$48.00 includes six classes and textbook

Presented by ACBL & Better Bridge
Accredited Teacher, Tim LeVan

Register at The Mohler Center

For information about The Hershey Bridge Club
email: hersheybridgeclub@gmail.com

Closing and Delays Reminder

In case of bad weather, we will post our closing and delay information on ABC 27 (www.whtm.com), WGAL 8 (www.wgal.com), and WHP 21. You may also call the center and listen to the recorded message for the latest updates.

Osteoball returns in January

Build stronger bones by muscle power!
Osteoball returns Mondays from 9:00—10:00 AM starting Monday, January 9 and ending January 30. The program is suited for everyone and is able to be modified to fit individual's level of challenge. Space is limited—call the office to save your space today!

Safe Drivers 2012

These classes are offered through a cooperative partnership between AARP and Mohler Center. Completion of the courses could result in auto insurance discounts. Contact the office at 533-2002 to reserve your space. Classes fill quickly—don't delay!

8 hour classes for first time participants:

February 2 & 3 from 9:00 AM—1:00 PM

March 17 & 24 from 9:00 AM—1:00 PM

May 21 & 22 from 5:00 PM—9:00 PM

July 12 & 13 from 9:00 AM—1:00 PM

September 8 & 15 from 9:00 AM—1:00 PM

November 3 & 10 from 9:00 AM—1:00 PM

4 Hour refresher courses for those who have already completed the 8 hour introductory course (proof necessary)

April 19 from 5:00 PM—9:00 PM

June 18 from 9:00 AM—1:00 PM

August 20 from 5:00 PM—9:00 PM

November 5 from 9:00 AM—1:00 PM

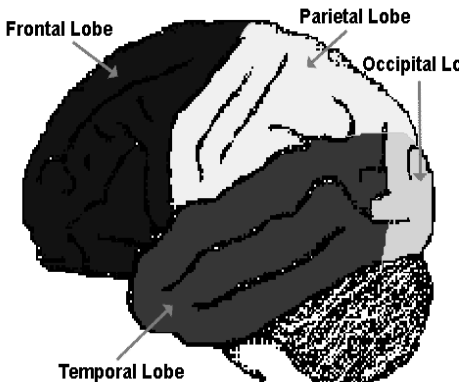
NEW 8 WEEK EXERCISE CLASS

USE IT, DON'T LOSE IT!

You can learn to do a lot more than you think you can safely!

Create Change Through Exercise

Meets Fridays from 9:00—10:00 starting February 2



- *Motivating and challenging*
- *Gain balance, strength, flexibility, and endurance.*
- *Create a personal goal*
- *Learn strategies to stay active, healthy, and safe.*
- *Overcome barriers to an active lifestyle*
- *Achieve social & psychological benefits of group exercise*

We all know of the overwhelming positive benefits of exercise for your health and well being. Yet barriers to participate in an exercise program limit the benefits to many. This class is designed to help you fully participate in life. It will help you delay & reduce impact of disease such as osteoporosis, arthritis, Parkinson's Disease, Stroke, impaired memory from mild forms of dementia, diabetes. We invite you to learn more about Use it, Don't Lose It Exercise!

*Also included is a FREE health screening and a home exercise program.
Informational sessions scheduled for Wednesday, Jan 4 at 11:00 AM and Monday, Jan 16 at 11:00 AM at Mohler Center—come learn more!

Cost: \$10 Mohler members, \$15 non-members

call 717-533-2002 to register by January 20th

Classes conducted by Christine Brussock PT,DPT, MS (Physical Therapist)

For more information contact Christine at 717-541-0281

E-mail: enhancedtherapy@gmail.com

Mohler Center
25 Hope Drive
Hershey, PA 17033
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Do Not Delay**

MOHLER SENIOR CENTER

25 Hope Drive

Hershey, PA 17033

Phone: (717) 533-2002

E-mail: information@mohlerseniorcenter.com

Website: www.mohlerseniorcenter.com

The Mohler Senior Center strives to make a positive difference in the lives of any person in the greater Hershey Area who is fifty years or older. We provide a wide range of physical exercise opportunities, games, travel, educational courses, and social and volunteer opportunities in a pleasant, safe, and welcoming atmosphere. Our goal is to insure that older citizens can stay physically active, mentally stimulated, and independent for as long as possible.

The Mohler Senior Center is an independent, non-profit agency, 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 \$65 per year.

Bruce Dieffenbach:

President of the Board of Directors

Melissa Weigle: Executive Director

Sheri Africa: Administrative Assistant

Phyllis Noll: Administrative Assistant

Bethany Ryndock: Administrative Assistant

Dates to Remember

Monday, January 2—Closed

Friday, January 13—Luncheon Club

Monday, January 16—Soup Cook-off

Tuesday, January 17—Breakfast

Friday, January 20—Social

Monday, January 30—Lunch and Learn

