



“In doing Tai Chi a body in motion stays in motion. The name Active Life Center depicts what happens here every day. This is a shining light of active people.”

Grand Master Pai Shen Li

Tai Chi instructor



Lori Paules is a member, a volunteer and she serves on the Board of Directors. She runs Autumn Adventure, our premier fundraising event, and works each week at Bingo. She is always willing to help. She answers calls, shops for supplies, and represents us at senior fairs.

Lori retired from First Commonwealth Federal Credit union, but has never slowed down. She helps this organization be the best it can be. We are proud, honored and lucky to have Lori Paules involved with LVAL. Thank you!

Our value to the community

Good health is more than just seeing your doctor. Exercise and nutrition are important. Even more important is to be with other people. Research the world over shows that isolation damages health. Positive interactions with people, especially when you retire, can turn your life around. It happens here every day.



**LEHIGH VALLEY
ACTIVE LIFE**

**Annual Report 2016
Programs and Services**



Finances

Net assets are 1.4 million. There is no long term debt. Income was \$635,552 and expenses were \$690,059. Lehigh County provided \$104,908. Allentown provided \$15,000 and Mayor Ed Pawlowski donated \$11,000 through his annual charity golf tournament. Fees for programs brought in \$192,945. Membership dues were \$42,082.

Our Statistics

- Over 3,000 members
- Over 200 people visit each day
- Email list of over 1,800

STAFF

Donald Becker	Samir Ibrahim
Ethelene Cross	Diane Nolan
Rick Daugherty	Sally Saylor
Connie DeAngelo	Richard Simmeth
Sue Gilbert	Barbara Shattah
Julene Martin Morganell	

Our Success Stories

Pickleball Led by volunteer John Caviston, it is a very popular evening activity. A game like tennis, using a paddle and whiffle-type ball, exciting to watch, challenging to play.

Ceramics And old favorite is back! Be an artist and create great pieces to display and give as gifts. Instructor Bonny Batman is there to help every step of the way. More people are joining each week.

Aqua Aerobics Taught by Jerry Vogwill. Warm water, nice locker rooms, friendly people, and a large pool make the perfect way to exercise, feel good, and improve your life. Located at Muhlenberg College, our aqua aerobics class is growing.



Who We Are

Imagine a place where practitioners of yoga join musicians, artists, card players, and exercise enthusiasts to enjoy life to its fullest. A place where people meet, move and create. A place of vibrant color, good music, and friendly people. A place open morning to night seven days a week. That is us! For 56 years music programs, exercise classes, lunch, social events, seminars, lectures, bingo, cards, art, dances, swimming, quilting and more have happened here.

Board of Directors

Gerry Alfano - President
Holly Thomas - 1st Vice President
Charlie Pinto, 2nd Vice President
Jeff Rogers. Treasurer
Lori Paules, Secretary

Tynetta M. Alston, Annemarie Dralus, Jeff Dean, Barbara Korpics, George McCracken, Lori Paules, Rebecca Price, Esq., Angela Scott Ferencin, Richard Warner

Contact Us

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Visit us on the web:
www.lvactivelife.org