



“As a retired educator I know the value of keeping your mind active. Bridge is a challenging and fun game. LVAL has three games, and they are attracting a variety of people from beginner to expert. It is interesting to see friendships established amid the challenging but wonderful game of bridge.”

*Frank Kubler
ACBL Bridge Director*

Gene Parks has run our Saturday Night Dances and AARP Tax Assistance Program for many years. It is a lot of work but Gene makes it look easy. He is a Lucent retiree. He was an electronic engineer in senior management positions where he developed and manufactured integrated circuits. A veteran, he proudly served in the Army Security Agency in the European theater of operations.

Gene discovered Lehigh Valley Active Life after his wife died, and he was looking for volunteer activities. A friend suggested he check us out. He began as a computer instructor and saw the value of what we offer and now is very active in many areas. Gene believes LVAL is a worthy organization and does wonderful things for people; and he is glad to be a part of it.

Our value to the community

Most of us realize that exercise and nutrition are important for good health, but even more important is to be with others. 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 2017
Programs and Services



Finances

Net assets are 1.3 million. There is no long term debt. Income was \$642,421 and expenses were \$705,999 including \$80,000 in depreciation. Lehigh County provided \$110,473. Allentown provided \$15,000 and Mayor Ed Pawlowski donated \$11,000 through his annual charity golf tournament. Fees for programs brought in \$178,941. Membership dues were \$36,096.

- \$40,000 gain on investments
- \$ 7,118 in-kind contributions
- \$30,000 spent for facility improvements

Our Statistics

- Over 3,000 members
- Over 200 people visit each day
- Email list of over 1,900

STAFF

Donald Becker	Julene Martin Morganelli
Ethelene Cross	Diane Nolan
Rick Daugherty	Mark Sandroek
Connie DeAngelo	Sally Saylor
Samir Ibrahim	Barbara Shattah
	Robert Walker

New Programs

Social Engagement Initiative

Retirement can be the beginning of a shrinking social network. Loneliness damages health. The goal of this program was to get lonely people to attend a program twice a week. An Outreach Worker was hired to help make that happen. Over 80 people were identified, a dozen attended a class and six stayed active for a few weeks. The program continues.

Whitehall Classes The township opened a senior center at 2301 Pine Street and asked us to run it. Called the Whitehall Lifestyle Center, lunch, bingo and exercise classes have become popular.



Mah Jongg players enjoying a challenging round.

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 57 years music programs, exercise classes, lunch, social events, seminars, lectures, bingo, cards, art, dances, swimming, quilting and more have happened here.

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Contact Us

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Visit us on the web:
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