



Enjoy Life at Lehigh Valley Active Life!

1633 West Elm Street, Allentown, PA 18102 • 610-437-3700 • Fax 610-437-6252

Schedule of Programs and Classes Summer 2021

Annual Meeting Open House

Wednesday, June 23, 2021 at 1:00 p.m.

**Elect a new Board of Directors • Review 2020 financial information
Tour the building • Ask questions • Greet old friends • Make new friends
Hear from Clayton JR Reed, Executive Director of Lehigh County Aging
and Adult Services, and Carmen Bell of
the United Way of the Greater Lehigh Valley**

Enjoy refreshments too! • If you are not vaccinated, please wear a mask!

Programs Resume July 1, 2021!

Facility and Operational Improvements:

**HVAC virus/germ disinfectant system • Continuous Air circulation
Class start times spaced apart for cleaning
Walls removed for less crowded classes • 25 hand sanitizer stations**

**NOTICE: Volunteers for Greeting Visitors and
providing Tours needed. Contact Rick Daugherty at
610-437-3700 or rick@lvactivelife.org.**

Exercise/Fitness

\$4.00 per session members / \$8.00 nonmembers

We accept most insurance plan payments

Gentle Yoga

Monday and Wednesday at 11 a.m.

This slow and gentle floor class is created for beginners through all skill levels. With a majority of the poses done on the floor, you'll be able to relax and stretch. You'll be guided through simple warm-ups to ease the body into motion and a variety of accessible yoga postures that gradually increase in challenge and intensity. There will be some standing poses that will help with balance and agility. Back on the floor, enjoy cool down stretches and a relaxing shavasana.

Overall, this therapeutic class targets range of motion, flexibility, strength and mind-body integration. Breathing exercises and guidance will link your mind and movement as you gently move from one pose to another. As you coordinate movement and breath, you'll enhance focus, deepening your power of concentration. The class can be modified, depending on the needs of the student. Please bring a mat.

Instructor: Sara Mercer. Sara, a certified Yoga teacher, has been practicing yoga for more than 25 years. She's also certified in Silver Sneakers Foundations, Yoga, Circuit Training and Stability Training.

Chair Yoga

Tuesday and Thursday at 11 a.m.

If you ever wanted to try yoga, or in need of a gentler form without the up and down motions of traditional yoga, this class is for you! Chair Yoga is an effective and gentle way to improve your strength and flexibility in a way that can complement your current health, medical interventions, therapies and exercises.

Using a supportive chair, you'll warm up with seated poses that strengthen upper and lower body; moving up to chair-supported standing, for balance and strength; finishing with cool down stretches and relaxation on the chair

Since the chair allows you to stay stabilized, you'll increase mobility and range of motion, become more flexible and stronger, improve your balance, and boost circulation. You'll learn breathing techniques that will manage stress and improve mental focus.

Suitable for all ages, modifications will be provided for all fitness levels and physical conditions

Instructor: Sara Mercer. Sara, a certified Yoga teacher, has been practicing yoga for more than 25 years. She's also certified in Silver Sneakers Foundations, Yoga, Circuit Training and Stability Training.

Strength Training

Tuesday and Thursday at 1 p.m.

This chair class is designed to enhance strength, balance and flexibility; along with promoting mobility and increasing your range of motion. In addition, Strength Training wards off age-related muscle loss and keeps your bones strong.

Class begins with warm up stretches seated on the chair preparing you for the following light weight strength training program, primarily working the upper body. Chair supported standing exercises using weights will follow and is designed to strengthen the lower body, aiding with balance, enhancing stamina. Class finishes with cool down stretches and relaxation on the chair. You can bring your own light weights for this class or just use your own body resistance

Suitable for all ages, modifications will be provided for all fitness levels and physical conditions

Instructor: Sara Mercer. Sara, a certified Yoga teacher, has been practicing yoga for more than 25 years. She's also certified in Silver Sneakers Foundations, Yoga, Circuit Training and Stability Training.

Fit Circuit

Wednesday and Friday at 2:30 p.m.

This low-impact circuit style class, featuring upbeat choreography mixed with strength training, is a great overall cardio workout! Fit Circuit starts with a warm up to stretch and prepare your upper and lower body, along with some core work.

The class then moves into circuits of standing low-impact aerobics-style choreography, alternating with deep body stretches and seated or standing strength work, using hand-held weights. You'll end with a seated cool down

The class builds endurance and improves balance, increases muscular strength, flexibility and range of motion. Plus, Fit Circuit will boost your metabolism and cardiovascular endurance – keeping you strong and fit.

A chair is always available for standing support. Please bring your own hand-held weights.

Instructor: Sara Mercer. Sara, a certified Yoga teacher, has been practicing yoga for more than 25 years. She's also certified in Silver Sneakers Foundations, Yoga, Circuit Training and Stability Training.

Yoga Flow

Wednesday and Friday at 12:30 p.m.

Enjoy an energizing, moderately paced yoga flow designed to increase your flexibility, mobility and strength, manage stress and replenish your spirits.

Appropriate for beginners and those with a moderate practice, this class links breath, mind and movement as you flow from seated to standing poses, finishing with shavasana, a relaxation pose that allows the body a chance to regroup and reset itself.

Yoga Flow will improve muscle tone and enhance focus as you deepen your power of concentration. You'll coordinate movement and breath as you gently move from one pose to another. This yoga class will focus on balance, coordination, endurance, stamina and core strength.

Instructor: Sara Mercer. Sara, a certified Yoga teacher, has been practicing yoga for more than 25 years. She's also certified in Silver Sneakers Foundations, Yoga, Circuit Training and Stability Training.

Tai Chi Exercise

Wednesday at 11:30 a.m. and Friday at 10:30 a.m.

A holistic exercise that helps reduce stress and promote physical well-being. Using slow, flowing and adaptable movement to coordinate breath and enhance strength, balance, and calmness. Memorizing sequences is not required.

Tai Chi Traditional

Consisting of a series of slow, flowing movements that promotes holistic benefits for the individual practitioner. These benefits include improved balance and coordination, leg strength, cardiovascular health, mental concentration, stress relief. Movements can be modified to accommodate different capabilities.

Instructor: Grandmaster Pai She Li (Brian H. Kunsman) a practitioner of Pai Lum Family Martial Arts.

Instructor: Pai Ma Shen (Bob Donnelly) an official Silver Sneakers instructor.

Tai Chi Beginner

Monday at 12:30 p.m.

Tai Chi Intermediate

Wednesday and Friday at 9:00 a.m.

Tai Chi Advanced

Monday at 11:00 a.m.

Chi Kung

Wednesdays at 12:30 p.m.

Learn stress-free meditative movement to feel good. Increase your life-force energy. Manage aches and pains in your bones and joints. Learn to relax muscles and lessen anxiety. Create a more positive attitude while having fun.

Instructor: Grandmaster Pai She Li (Brian H. Kunsman) a practitioner of Pai Lum Family Martial Arts.

Low Impact Aerobics

Seated and/or standing using light weights, bands and balls. A great workout!

Monday and Wednesday at 11:00 a.m.

Instructor: Miriam Andrews - certified Silver Sneakers® and Fitour instructor

Stretch & Strengthen

Monday, Wednesday and Friday at 9:00 a.m.

This chair fitness class with some standing will focus on increasing mobility, balance and strength for the whole body while making every day activities easier to achieve. We will start with breath focus while seated and progress through full body movement seated before transitioning to standing.

While standing, balance and strength will be incorporated followed by a cool down, stretch and seated meditation to finish class. Light weights will be used, but not required. Please wear clothing that allows movement and suitable shoes for standing exercise.

This class can be modified to most levels and can be taken completely seated without standing if necessary. The goal of this class is to assist in keeping the participants moving in a strong healthy way as related to everyday activities.

Instructor: Michele Fisher. Michele's certifications include; 200hr Certified Yoga Teacher, ChildLight Yoga Teacher, Mad Dogg Athletics Spinning® Instructor, Barre Above® Instructor and Silver Sneakers® Instructor.

Water Aerobics

SilverSneakers® Splash/ at Muhlenberg College

May begin in September.

The pool is in the Sports Complex just east of the stadium at 2400 Liberty Street. Please park on the street.

Enter the campus through the stadium gates and walk to the other side of the building. On your first visit, get there a half-hour early. Upon entering the building ask the receptionist for directions to the locker room. This is an ongoing class. Sign up and register for the class at LVAL, and drop in to pay at the pool as you go.

Mondays, Wednesdays, Fridays at 10:00 a.m.

Instructor: Jerry Vogwill is a water safety instructor.

Summer/Fall Golf League

June	1 & 8	Berkleigh
	15 & 22	Butter Valley
	29	Riverview Country Club
July	6 & 13	Iron Lakes
	20 & 27	Allentown Municipal
Aug.	3 & 10	Macoby Run
	17 & 24	Southmore
	31	White Birch
Sept.	7	Mountain Laurel
	14	Golden Oaks
	21	Olde Homestead
	28	Twin Ponds
Oct.	5	Blue Shamrock
	12	Bella Vista
	19	Mainland
	26	Fox Hollow

Price depends on course.

Tee times, usually in morning, vary. For more information, contact one of the players listed below.

Richard Warner warnerr@enter.net
rmylons1@aol.com

Lyndon Kellogg

eljaykae@aol.com Rich Lyons

Pickleball

Pickleball is a sport in which two or four players use solid paddles made of wood or composite materials to hit a perforated polymer ball, similar to a wiffle ball, over a net. Bring your own racquet or use one of ours.

Monday:	4:00 p.m.	Open Play
Tuesday:	4:00 p.m.	Beginner-Intermediate
Tuesday:	6:00 p.m.	Intermediate-Advanced
Thursday:	4:00 p.m.	Beginner-Intermediate
Thursday:	6:00 p.m.	Intermediate-Advanced

\$2.00 Members/\$4.00 Nonmembers per day

Tap Dancing

True Beginner

Tuesdays at 9:00 a.m.

If you have always wanted to learn to tap dance, this class is for you. Tap shoes are required.

Instructor: Grace Conti

Beginner

Tuesdays at 10:00 a.m.

This class is for those who have had some tap experience. Dust off those tap shoes.

Instructor: Grace Conti

Advanced Beginner

Tuesdays at 1100 a.m.

This class is for those who know what you are doing and want more! Bring those tap shoes!

Instructor: Grace Conti

\$1.00 per session

Zumba Gold

Dancers and non-dancers will enjoy this Latin-inspired, dance-fitness class, which is designed for seniors. The pace is slower than regular Zumba classes. Exercise and have fun!

Monday and Wednesday at 1:00 p.m.

Instructor: Grace Conti

Monday at 9:30 a.m. and Friday at 11:00 a.m.

Instructor: Ed Nickles

\$1.00 per session

Music

Good Vibrations Chorus

Mondays at 9:30 a.m. Beginning in September!

Nancy was a vocal music teacher in Bethlehem Area School District for 35 years.

All singers are welcome to join in the fun!

Led by: Nancy Shumaker

Free

Elm Street Jazz Workshop

Fridays at 9:30 a.m.

The jazz band is designed to bring out the creativity in music through improvisation. If you play an instrument and want to explore jazz, join us. We play standards and learn how to go past the melody bringing out your musical virtuosity. Some proficiency on your instrument and some reading ability is a plus.

Led by: Allan Meyerson

Free

Karaoke - with your host Bobby James

2nd and 4th Wednesday of the month at 1:00 p.m.

Join us for fun and entertainment and have a blast. Singing along to your favorite tunes!

Free

Latin Salsa Band

Tuesday evenings at 8:00 p.m.

Bring your instrument and explore and learn the music of Latin Salsa.

Led by: Hector Rosado

Free

Lehigh Valley Pops Orchestra

Thursdays at 9:00 a.m.

We invite anyone who is interested and knows how to play an instrument to join us for our rehearsals. The orchestra performs at a number of sites throughout the Lehigh Valley.

Director: George Fennell

Free

Creative Arts

Acrylic

Fridays at noon. Beginning July 9th

Learn how to paint beautiful acrylic landscape scenery and subjects with brush techniques on canvas. Explore color mixing, composition, and your individual style of painting. Bring your favorite photo for inspiration, canvas, palette (or paper plate) and an acrylic set with basic brushes.

Instructor: Judy Peters. Judy obtained her Associates Degree from the Art Institute of Pittsburgh. She has worked as a professional artist for 25 years. It is her calling to help others express their creative talent.

\$7.00 per session for members/\$10 per session for nonmembers

Art For Everyone

Wednesdays at noon.

Friday morning at 9:00 a.m.

Welcome to studio arts, drop-in sessions to work on your art projects. Whatever medium you choose, help is available. Both new and advanced students are welcome. Come join in the fun. Please pay teacher per class session!

Instructor: Dolly Fleischmann has been involved in the art field for over 50 years.

\$3.50 Members; \$7 Nonmembers per session

Ceramics

Tuesdays: 9:00 – 11:30 a.m. or 12:30 – 3:00 p.m.

Come join our fun ceramics ongoing classes! These classes feature new techniques and new pieces. Formed pieces give everyone a starting point. Stencils, hand-painting and imagination give everyone a chance to express themselves. Price includes paints! Drop-in class.

PLEASE PAY TEACHER PER CLASS! First Class is FREE!

Instructor: Bonny Batman—Bonnie is an artist and a Certified Ceramics Teacher.

Half Day: \$4.00 Members; \$5.00 Nonmembers. All Day: \$8.00 members; \$10.00 nonmembers

Knit and Chat Group

Thursdays at 9:00 a.m.

Join us every Thursday morning as we knit a little, chat a little. All levels are welcome and it's FREE to members!

Just bring your project – knitting, crocheting, or other needlework.

Free Members. \$5.00 Nonmembers

Quilting and Sewing

Thursdays 8:30 a.m. to 4:30 p.m.

Feel welcome to join us as we make hand-sewn quilts. All skill levels are welcome! Learn how to quilt, if you are a beginner.

Instructor: Alverna Erney

Free Members. \$5.00 Nonmembers

Crafts

Work on your own project or get ideas from Trisha. Class projects too!

All skill levels are welcome! Supplies may be extra.

Monday and Wednesday at 9:00 a.m.

Instructor: Trisha Baker

Free Members. \$5.00 Nonmembers

Special Project costs will vary.

Drawing

Learn how to draw with pencils and paper. This course is an introduction to composition, outline and shading techniques.

Mondays at noon Beginning July 9th

Instructor: Judy Peters. Judy obtained her Associates Degree from the Art Institute of Pittsburgh. She has worked as a professional artist for 25 years. It is her calling to help others express their creative talent.

\$7.00 per session for members/\$10 per session for nonmembers

Dance

Line Dancing

Beginning in September

Led by Peggy Sue, who has taught country line dancing since 1991. This class is for those with some dance experience. You will continue to dance your favorites, and learn the latest, most popular dances as well as classics to all genres of music. No partner needed and new dancers welcome. Enjoy the many physical, mental, emotional and social benefits!

Mondays at 1:00 p.m.

\$5.00 Members/\$7.00 Nonmembers per session

Saturday Night Dances

Dates to be announced!

DJ's

Live Music

Country

Stay Tuned for Updates!

7:00 p.m. to 10:00 p.m.

\$10.00 per person

Games

ACBL Duplicate Bridge

Lehigh Valley Active Life and Lehigh Valley Bridge Association join together to provide both learning and playing opportunities. Email Lois Fuini at lafuini@yahoo.com or Betsy Cutler at betsy2955@gmail.com for help finding a partner. Must be fully vaccinated and show proof of vaccination. Masks are optional.

Mondays at 1:00 p.m.

0-100 pairs and 0-750 pairs

Every other Thursday at 1:00 p.m.

0-750

Fridays at 1:00 p.m.

0-500 NLM and Open

\$7 members and \$8 nonmembers

Cards and Games

Want to play chess, party bridge, monopoly or a board game? Bring a friend. Call to find out what is being played.

Tuesdays at 11:30 a.m.

Cribbage

Learn to play cribbage and enjoy the game! New players are welcome!

Info: Contact Carol Sheen 610-965-4012

Tuesdays and Thursdays at 1:00 p.m.

Drop in - no reservation needed

Mah Jongg

Lessons in this Chinese game are also available!

Tuesdays and Thursdays at 1:00 p.m.

Contact Millie Hoimes 610-625-0620

Pinochle

Tuesdays at 1:00 p.m. Single deck of cards. Six games, must stay for all games.

Sundays at 1:30 p.m. Single deck of cards. Eight games, must stay for all games.

Mondays and Fridays at 7:00 p.m. Single deck of cards. Eight games, must stay for all games.

\$1.50, pay at door. Prizes given away too!

Fun!

Pool

Enjoy playing on our regulation size table.

Monday, Wednesday and Friday.

\$1 per person for the full day.

Pinball

Enjoy our two fun pinball machines and arcade game with PacMan, Frogger and more!

All the bells, sounds and excitement you remember. Can you beat the high score?

Free

Ping Pong

Tuesdays

\$1 per person for the full day.

Groups

Current Events Discussion

Moderator: David M. Bell

A place to express your opinions and listen to others. Includes world, national, state and local topics.

All are welcome.

Thursdays at 2:00 p.m.

Education

Spanish classes to begin in September

Beginner Spanish

Mondays at 11:45 a.m.

This class will start with the very basics, including the alphabet. Some basic vocabulary will be taught as well as basic conversation by way of repetition and games.

\$7.00 members/\$10 nonmembers per session

Instructor: Maria Azar is a retired teacher who instructs classes in salsa dancing, advanced and conversational Spanish

Intermediate Spanish

Mondays at 1:30 p.m.

This ongoing class is a continuation of learning grammar and conversation.

\$7.00 members/\$10 nonmembers per session

Instructor: Maria Azar is a retired teacher who instructs classes in salsa dancing, advanced and conversational Spanish

Advanced Conversational Spanish

Mondays at 3:00 p.m.

This class is aimed at both reviewing what the student has learned and progressing toward fluency in speaking, in order to be confident when communicating in Spanish.

\$7.00 members/\$10 nonmembers per session

Instructor: Maria Azar is a retired teacher who instructs classes in salsa dancing, advanced and conversational Spanish

Bingo

Wednesday Evenings

6:30 p.m.

\$20 package includes one coverall.

Doors open at 5:00 p.m.

Progressive Jackpot \$500 to \$1,100 (consolation \$200)

Bring your own food.

20 games. 1 coverall

Every Wednesday!

Sunday Afternoon

2:00 p.m.

\$25 package includes one coverall and one bullseye.

Doors open at 12:30 p.m.

Progressive Jackpot \$700 to \$1,100 (consolation \$300)

Bring your own food.

20 games. 1 coverall

July 11th and July 25th

August 8th and August 22nd

*If you are not vaccinated, you must
wear a mask! Thank you!*

**Thank you to Mayor Ray O'Connell
for hosting the
15th Annual Mayor's Charity Golf Classic
June 4, 2021
Allentown Municipal Golf Course.**

**\$10,000 was raised for
Lehigh Valley Active Life.**

**Major Sponsors were:
Karoly Law Offices, LLC
Marquette Associates, Inc.
Capital Blue Cross
Allentown Municipal Golf Course
Country Meadows of Allentown**

Nominations Committee Report

The Board of Directors currently has twelve members. Board members Lori Paules, Tynetta Alston, Pam Bartlett, and Gerry Alfano are at the end of their second and final term. Pam Bartlett has agreed to serve as Board President, and therefore she can continue to serve on the Board, per the bylaws.

Board members Suzanne Krause and Mary Jo Shields are at the end of their initial term. Suzanne Krause is completing her first full three-year term. Mary Jo Shields is completing a term for Basima Hamati who resigned. All have agreed to be nominated for another term. Louella Torrence, Lois Fuini, and Carmen Diaz have agreed to be nominated.

Suzanne Krause

Suzanne Krause is an experienced Senior Loan Officer. She is skilled in Branch Operation, Commercial Lending, Banking, Home Equity, and Branch Management. She is currently employed at Homebridge Financial Services and has worked at Wells Fargo and Citibank. She is a former member of the Board of Associates of Kidspeace and the Society of the Arts, Allentown Art Museum. She has been an active member of this Board for three years.

Mary Jo Shields

Mary Jo was a registered nurse for 10 years in hospitals and a nursing home. She was an office manager in a cardiology practice. She earned a degree in business management from DeSales University and an MBA from Moravian College. She has served on the Board of Renaissance Medical Management (now Tandigm Health) and the Executive Committee of the Friends of the Southern Lehigh Library. She is a member and participant of LVAL.

Carmen Diaz

Carmen Diaz is the cofounder of Casa Oasis Senior Assistance Center. She is a licensed assisted living administrator, who has been operating a home care business for over 3 years. She has a Master's Degree in Public Administration with a concentration in Healthcare Management. She has well over 10 years of experience working in the social service field. Carmen is a member St. Luke's Chronic Disease Committee and is an advisor for the Ross Grant Committee. Carmen is part of the Emergency Response Committee through Red Cross.

Lois Fuini

Lois Fuini worked at the Allentown YMCA and YWCA for more than 20 years as Membership and Marketing Director, Development Director, Associate Director and Co-Interim Executive Director. She currently serves on the Lehigh Valley Bridge Association board of directors. She is a member and participant of LVAL.

Louella Torrence

Louella Torrence joined the LV Active Life almost 5 years ago after her husband passed away. She met some wonderful new friends, exercised and even took an art class or two. She is currently closing her business, Drop Me A Line Costume Shop, after 34 years to retire. She also serves on the board of directors of The National Costumers Association.

The Nominations Committee recommends Mary Jo Shields, Carmen Diaz, Lois Fuini and Louella Torrence for three-year terms beginning in June 2021. Suzanne Krause is recommended for a second three-year term also beginning in June 2021. Pam Bartlett is recommended to serve as Board President. The Nominations Committee recommends that the Board of Directors remain at twelve members.

On behalf of committee members Tynetta Alston and Gerry Alfano.

Enjoy Life at Lehigh Valley Active Life!



1633 West Elm Street, Allentown, PA 18102

TWO WAYS TO SIGN UP:

- Phone: 610-437-3700
 - Online: LVActiveLife.org
- SIGN UP and BENEFIT TODAY!**

NON-PROFIT ORG.

US POSTAGE

PAID

LEHIGH VALLEY,

PA

PERMIT #1450

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