



*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 Fall 2021**

**United Way of the  
Greater Lehigh Valley  
Wants you healthy and strong!**

Join us on

**Wednesday, September 22nd  
9:00 a.m. to Noon**

for

## **Fall Prevention Awareness Day**

- Check out an exercise class.
- Get screened for fall risk.
- Learn how to prevent falls.
- Get a prescription drug evaluation
- Connect with community resources.
- Enjoy a healthy lunch.

Call the Monday before to reserve

## **New This Issue!**

- Mat Pilates
- Barre Exercise class
- Saturday Night Dances
- Life Share Discussion Group
- Friday Afternoon Movies
- Woodcarving
- Acrylic Pour Art class
- Water Color Painting class
- Spiritual Development/Meditation class
- Photography Composition
- Healthy Steps in Motion
- Living a Healthy Life with Diabetes
- Matter Of Balance class
- Genealogy

**[lvactivelife.org](http://lvactivelife.org)**

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# 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**

**Monday and Friday at 12:30 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 at 12:30 p.m. and Friday at 11:00 a.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 11:00 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.

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

**Friday Instructor:** Robert Comins black belts in Hap Ki Do and Kenpo Karate. He is a Sifu in Pai Lum Kung Fu and Tai Chi.

## **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.

## **Tai Chi Beginner**

**Monday at 12:30 p.m. and Thursday at 9:00 a.m.**

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

**Thursday Instructor:** Robert Comins black belts in Hap Ki Do and Kenpo Karate. He is a Sifu in Pai Lum Kung Fu and Tai Chi.

## **Tai Chi Intermediate**

**Friday at 9:00 a.m.**

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

## **Tai Chi Advanced**

**Monday at 11:00 a.m.**

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

## **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 at 11:00 a.m.**

**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.

## **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 9:30 a.m.**

Instructor: Grace Conti

**Tuesday and Thursday at 9:00 a.m. and Fridays at 11:00 a.m.**

Instructor: Ed Nickles

\$1.00 per session

## **Water Aerobics**

SilverSneakers® Splash/ at Muhlenberg College

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.

## **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.

## **Fall Prevention**

Yendira Rosario is our Community Outreach Worker and a Community Health Specialist. If you or a loved one is concerned about falling, she can help. She can be reached at 610-437-3700 or [yendira@lvactivelife.org](mailto:yendira@lvactivelife.org).

## **Barre**

**Monday at 10:00 a.m.**

A low impact toning class that blends the principals of Pilates, Yoga, Strength Training and Ballet to activate your entire body. Your body weight, as well as equipment such as bands, core balls, and light handheld weights will be used to "tighten and tone" (TNT) your body. Focus will be on proper body alignment, balance and stability as well as flexibility and strength; targeting the hips, glutes, abs and arms. Standing and floor work will be incorporated and the Ballet Barre is used for some portions of class, but this is not a dance class! No previous experience is required.

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.

## **Mat Pilates**

**Thursday at 10:30 a.m.**

Mat Pilates is a strenghtening and lenghtening form of exercise that focuses on the core (abdomen and lower back) muscles, but also strengthens the arms and legs. It is based on the original exercises of Joseph Pilates and does not use the Pilates reformer. All you need is a Pilates or Yoga mat, but you make can use a chair for modifications. Mat Pilates is a mind, body and spirt practice with multipule benefits. Some benefits included better coordination and balance, improved concentration and focus, injury prevention and stress reduction.

Instructor: Robert Comins. After retiring from the Air Force he attended ESU and got his B.S. in Exercise Science. He is a Certified Exercise Physiologist. He holds black belts in Hap Ki Do and Kenpo Karate and he is a Sifu in Pai Lum Kung Fu and Tai Chi.

## **Fall Golf League**

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](mailto:warnerr@enter.net)

Lyndon Kellogg [eljaykae@aol.com](mailto:eljaykae@aol.com)

Rich Lyons [rmlyons1@aol.com](mailto:rmlyons1@aol.com)

## **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.

<b>Tuesday:</b>	<b>4:00 p.m.</b>	<b>Beginner-Intermediate</b>
<b>Tuesday:</b>	<b>6:00 p.m.</b>	<b>Intermediate-Advanced</b>
<b>Thursday:</b>	<b>4:00 p.m.</b>	<b>Beginner-Intermediate</b>
<b>Thursday:</b>	<b>6:00 p.m.</b>	<b>Intermediate-Advanced</b>

\$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

## **Line Dancing**

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.**

\$4.00 Members/\$7.00 Nonmembers per session



# Music

## **Lehigh Valley Pops Orchestra Welcome Back Concert!**

Thursday, September 30, 2021 at 9:30 a.m.

Amazing Grace, Golden Oldies arranged by our own Ron DeGradis, Broadway Tunes, Tchaikovsky's Romeo and Juliet.

Conductor: George Fennell

Free and enjoy coffee and donuts.

## **Good Vibrations Chorus**

Tuesdays at 9:30 a.m.

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

All singers are welcome to join!

Led by: Nancy Shumaker

Free

## **Elm Street Jazz Workshop**

Fridays at 9:00 a.m.

We are a community-based jazz ensemble. If you play an instrument and want to explore jazz, join us. Proficiency on your instrument and read music is required.

Conductor: Allan Meyerson

Free

## **Karaoke - with your host Bobby James**

2nd and 4<sup>th</sup> 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

# Creative Arts

## Acrylic

**Fridays at noon.**

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 9:00 a.m. to Noon. Morning session. Noon to 3:00 p.m. Afternoon session.**

Embroidery, sewing and quilting. Create pot warmers, baby blankets, wall hangings, table runners, placemats, small quilts, large quilts and more. Open to beginners and advanced alike. Need a quilt repaired? We can help with that too.

Instructor: Gina

\$4.00 per session for Members. \$5.00 Nonmembers

## **Crafts**

**Beginning in October**

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**

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

## **Woodcarving/Water Color/Acrylic Pour**

Let us know which class you are interested in attending. The class with the most interest will be offered first.

**Wednesdays at 2:00 p.m.**

Instructor: Terri Cole

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

# Saturday Night Dances

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

\$10.00 per person

KATO	August 28, 2021
Bootschootin w/ Peggy Sue Country Music	September 11 <sup>th</sup>
Joe Vitale	September 25 <sup>th</sup>
Bootschootin w/ Peggy Sue Country Music	October 9 <sup>th</sup>
KATO	October 23 <sup>rd</sup>
DJ Jerry Deane	October 30 <sup>th</sup>
Bootschootin w/ Peggy Sue Country Music	November 6 <sup>th</sup>
Alter Ego	November 13 <sup>th</sup>
KATO	November 20 <sup>th</sup>
DJ Jerry Deane	November 27 <sup>th</sup>
Bootschootin w/ Peggy Sue Country Music	December 11 <sup>th</sup>
DJ Jerry Deane	December 18 <sup>th</sup>

Beverages and snacks! Bring your own food too!

## Movies

Fridays at 12:30 p.m.

\$2.00

Hillbilly Elegy	September 3 <sup>rd</sup>
Ford vs Ferrari	September 17 <sup>th</sup>
The Father	September 24 <sup>th</sup>
Minari	October 1 <sup>st</sup>
My Octopus Teacher	October 15 <sup>th</sup>
The Irishman	October 22 <sup>nd</sup>
Marriage Story	October 29 <sup>th</sup>
News World	November 5 <sup>th</sup>
Parasite	November 19 <sup>th</sup>
Greyhound	November 26 <sup>th</sup>
The Midnight Sky	December 3 <sup>rd</sup>

# 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.

**Mondays 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!

# Wellness

## **Spiritual Development/Meditation Class**

This class offers a deeper study into the many levels of Spirit and the Spiritual realm, assisting you in your growth and healing by experiencing a holistic approach to your well being.

Led by Susan Christman, a Holistic Health Counselor and Spiritual Teacher of 40 yrs, working locally, nationally and internationally. [www.SusanChristman.com](http://www.SusanChristman.com)

1st week- 4 Levels of Being- physical, mental, emotional, spiritual

2nd week- Breath and Breathing

3rd week- Healing the Self

4th week- Inner Peace

5th week- Spirit guides and Angels

6th week- Connecting with your Animal Guides

7th week- Color Healing

8th week- Empowerment

Wednesdays 1:00 p.m. to 2:30 p.m.

\$70.00 members and \$90.00 non-members

## **Matter of Balance**

A course offered by The Allentown Health Bureau. Participants learn to view falls and fear of falling as controllable, set realist goals to increase activity, change their environment to reduce fall risk factors, and exercise to increase strength and balance. Dates and times to be determined. Classes are 2.5 hours, once a week for 8 weeks.

Contact: Barbara at 610-437-3700 or at [barbara@lvactivelife.org](mailto:barbara@lvactivelife.org) to sign up.

Free

## **Living Well with Diabetes**

A course offered by Lehigh County Aging and Adult Services and the PA Department of Aging. Developed by Stanford University, let by certified trainers, proven to help people with Type 2 Diabetes. Family members and caregivers are welcome.

Tuesdays at 12:30 p.m. to 3:00 p.m. October 12 to November 16<sup>th</sup>

Contact: Barbara at 610-437-3700 or at [barbara@lvactivelife.org](mailto:barbara@lvactivelife.org) to sign up.

Free

## **Healthy Steps in Motion**

Learn the right way to do an exercise routine which includes a ten-minute warmup, aerobic activity, balance and strength exercises, a cooldown and stretching. An 16 week program.

**Wednesdays at 2:00 p.m.** October 4<sup>th</sup> to December 8<sup>th</sup>

Contact: Barbara at 610-437-3700 or at [barbara@lvactivelife.org](mailto:barbara@lvactivelife.org) to sign up.

# 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.** Free

## **Life Share**

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

All are welcome.

**Fridays at 1:00 p.m.** Free

## **Photography Composition Basics**

Want to improve your photography using your cell phone or any camera? An informal way to learn more about photography.

**Thursday at 12:30 p.m.** Free

Instructor: Ray Royer is an accomplished photographer since 1964, graduated from Brooks Institute of Photography in Santa Barbara, CA. Worked at various commercial studios and advertising companies. Enjoys sharing with others the fun of photography.

## **Genealogy**

This is an informal meeting of those interested in creating a family tree. Using Ancestry Judy Martens will guide you through finding your roots. Please bring your laptop if you have one. Free. All are welcome.

Instructor: Judy nee Ritter Martens has been doing genealogy on and off since she was 15 years old. She is a member of the Lehigh and Bucks County Historical Societies. She has many genealogy books. She hopes to teach people where to find their roots and how to go about enjoying the genealogy chase

**Fridays at 9:00 a.m.**

# Bingo

## Wednesday Evenings

**6:00 p.m.** (new time)

\$20 package includes one coverall.

Doors open at 4:30 p.m. (new time)

Progressive Jackpot \$600 to \$1,100 (consolation \$200+)

Bring your own food.

25 games. 1 coverall

Every Wednesday!

## Sunday Afternoon

**2:00 p.m.**

\$25 package includes one coverall and one bullseye.

Doors open at 1:00 p.m.

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

Bring your own food.

25 games. 1 coverall

September 12<sup>th</sup> and 26<sup>th</sup>

October 10<sup>th</sup> and 24<sup>th</sup>

November 14<sup>th</sup> and 28<sup>th</sup>

December 12<sup>th</sup>

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# 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](http://LVActiveLife.org)
- SIGN UP and BENEFIT TODAY!**

NON-PROFIT ORG.

US POSTAGE

PAID

LEHIGH VALLEY,

PA

PERMIT #1450

## Information & Policies

**Lehigh Valley Active Life**

***[www.lvactivelife.org](http://www.lvactivelife.org)***

**Rick Daugherty: [Rick@lvactivelife.org](mailto:Rick@lvactivelife.org)**

***Executive Director***

**[Info@lvactivelife.org](mailto:Info@lvactivelife.org) . 610-437-3700**

**1633 West Elm St., Allentown, PA 18102**

**Hours: Monday - Friday 8:30 a.m. - 4:30 p.m.**

Lehigh County Senior Citizens, Inc., DBA Lehigh Valley Active Life is a private, nonprofit, charitable organization. LV Active Life and our programs are funded, in part, by the County of Lehigh, the City of Allentown, the townships of Hanover (in Lehigh County), Salisbury, Lower Macungie, Upper Macungie, Upper Milford, Upper Saucon, Whitehall, South Whitehall, Borough of Slatington, Harry C. Trexler Trust, The Charles H. Hoch Foundation, The Verna O Canova Foundation, The Charles H. Hoch Foundation, The Donald B. and Dorothy L. Stabler Foundation, other local foundations, and LV Active Life members.

***A senior center, the official registration and financial information of Lehigh County Senior Citizens, Inc. (DBA Lehigh Valley Active Life) may be obtained from the Pennsylvania Department of State by calling toll-free, within Pennsylvania, 1-800-732-0999. Registration does not imply endorsement. For more information on this organization call 610-437-3700.***

**Membership \$30 per year. \$55 per household.  
Free for most insurance plans.**