



*“I am thrilled by the passion that everyone here has to feel better, work hard and be committed to what interests them. I love the people here. Join my class. Try it out. We have a lot of fun.”*

*Sara Mercer  
Yoga Instructor*

## PROGRAMS OFFERED IN 2019

Learn: Bridge lessons, A Matter of Balance course, Introduction to Computers I and II, Introduction to iPads and iPhones, Spiritual Development, Living Well with Diabetes course, Healthy Steps in Motion.

Fitness: Golf league, Chair Balance class, Barre exercise, Zumba Gold, Aqua Aerobics, Low Impact Aerobics, Retro Aerobics, Tai Chi exercise and Traditional Tai Chi classes, Yoga, chair Yoga, Stretch and Strengthen classes, Pickleball, Piloxing, PIYO.

Fun: Karaoke, Party bridge, cribbage, Mah Jongg, Scrabble, Pinochle, movies, concerts, lunch, Saturday Night dances, Tap dance lessons, Line dance lessons, Opera, History lecture, Trivia games, Friday Night Entertainment and Potluck dinner, pool, ping pong, chess, library, bingo, Broadway trips.

Create: Ceramics, painting, Jazz workshop, orchestra, chorus, quilting and sewing, Latin Salsa band.

Share: Current Events discussion group, Life Share group, Genealogy group, TOPS weight loss group, Knit and Chat group, Singles group, Senior Activities for Growth and Enrichment group.

### Our value to the community

**Most of us realize that exercise and nutrition are important for good health. Research the world over shows that loneliness damages health. Positive interactions with people, especially when you retire, can turn your life**



# LEHIGH VALLEY ACTIVE LIFE

**Annual Report 2019**  
Programs and Services



## Finances

Total assets are \$1,296,938 and total liabilities are \$35,263. Income was \$645,633 and expenses were \$665,106. Gain on investments was \$86,324. Depreciation expense was \$49,175. Lehigh County provided \$119,760. Allentown provided \$15,000 and Mayor Ray O'Connell donated \$12,000 through his annual charity golf tournament. Fees for programs brought in \$196,600. Membership dues raised \$49,624. Harry C. Trexler Trust donated \$25,000. United Way provided \$20,000 for fall prevention work.

## Our Statistics

- Over 3,000 members
- Google reviews 4.5 out of 5
- Over 200 people visit each day
- Email list of over 2,600

## STAFF

Jack Cook	Lawrence Robinson
Ethelene Cross	Mark Sandrock
Rick Daugherty	Sally Saylor
Connie DeAngelo	Barbara Shattah
Julene Martin Morganelli	
Diane Nolan	Robert Walker

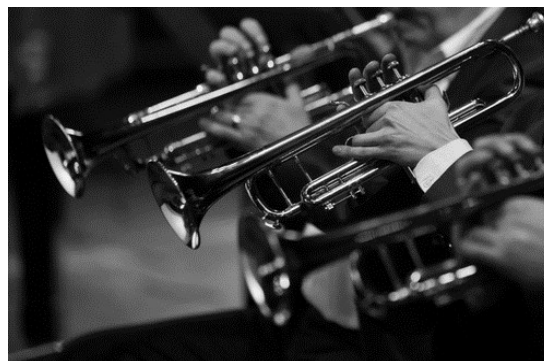
## Updates

New Lighting Lehigh County provided \$15,000 to install all LED lighting saving us \$300 a month.

Autumn Adventure A Basket Social led by Lori Paules raised \$15,000.

Bio-retention Pond A plan to clean rain runoff from the roof and parking lot was created. Funds to implement are still needed.

Sad News Charlie Pinto, President of the Board of Directors and a long time supporter of this organization, died unexpectedly in April. He is missed.



**The Elm Street Jazz Workshop!**

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

## Board of Directors

Lori Paules President  
Tynetta Alston 1st Vice President  
Pam Bartlett 2nd Vice President  
Gerry Alfano Treasurer  
Richard Warner Secretary

Connie Challingsworth, Jeff Dean,  
Basima Hamati, Suzanne Krause, Gene Parks,  
Susan Rutt, Israel Sackey

## Contact Us

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Visit us on the web:  
[www.lvactivelife.org](http://www.lvactivelife.org)