



*“Having asked to be President of the Board of Directors for LVAL was a pleasure. I did a lot and learned a lot. Helping to update the restrooms, having bright colors on the walls and upgrading for bingo was the best. Do onto others to help others is what I believe.”*

*Lori Paules  
Board President*

## Updates

New Game Room Two pinball machines and an arcade game were added to the east vestibule. All are fun and all are free.

Lounge A small lounge area was created where a spare office was in the middle of the building. It is a great space to read a book or wait for a class to start.

New Space A 6,500 square foot space combines the Trexler and Mullin Rooms for large events and social distancing. A wall was replaced by a moveable wall. Enhanced audio and video systems were put in place. When needed the space can be divided three ways.

A wall was removed between the Kathy and Ted LaRose room and room 105 making that area available for more exercise classes, card games, lectures and movies.

### Our value to the community

During the pandemic we delivered frozen food to senior citizens in Lehigh County. From Trexlertown to West Bethlehem and from Allentown to Slatington, those in need received up to 10 meals delivered to their door once a week.



## LEHIGH VALLEY ACTIVE LIFE

Annual Report 2020  
Programs and Services



## Finances

Total assets are \$1,503,691 and total liabilities are \$66,944. Income was \$484,133 and expenses were \$304,015. Gain on investments was \$34,763. Depreciation expense was \$43,524. Lehigh County provided \$100,500. Allentown provided \$15,000 and Mayor Ray O'Connell donated \$8,240 through his annual charity golf tournament. Fees for programs brought in \$47,304. Membership dues raised \$6,585. 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 60 people received home-delivered meals.
- Email list of over 2,600

## STAFF

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



## Covid 19 Pandemic

Covid19 had a devastating impact on senior citizens and Lehigh Valley Active Life was the wrong place to be during the pandemic before a vaccine was available.

We closed our doors on Friday March 13, 2020 and never reopened that year. Lehigh County Aging and Adult Services came to the rescue with funding to keep us afloat and funds to renovate the facility.



**The facility was renovated.**

## 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 59 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

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

## Contact Us

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