



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 Spring 2022

Make Your New Year's Resolution Come True Here!

**Get
Fit!**

**Join a fitness class for FREE!
Make new friends!**

Try something you always wanted to do



Tails of Valor, Paws of Honor Puppy Training



Find out more about this program to help veterans with PTSD and traumatic brain injury.

Meet the puppies and help socialize them to new people and new situations.

2nd and 4th Thursdays of each month from 12:30 p.m. to 1:30 p.m.

lvactivelife.org

Exercise/Fitness

\$4.00 per session members / \$8.00 nonmembers

We accept most insurance plan payments

Sample any class for free and attend only when you want

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. Please bring a mat.

Instructor: Sara Mercer. Sara, a certified Yoga teacher, has been practicing yoga for more than 25 years. She's 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! Instructor: Sara Mercer.

Chair 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. Instructor: Sara Mercer.

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! A chair is always available for support. Instructor: Sara Mercer.

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 to moderate practice.

Instructor: Sara Mercer.

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.

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

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

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.

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. Learn to relax muscles and lessen anxiety. Create a more positive attitude while having fun. **Instructor:** Grandmaster Pai She Li (Brian H. Kunsman)

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

Low Impact Aerobics

Seated and/or standing. 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®

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. Instructor: Michele Fisher.

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. Focus on proper body alignment, balance, stability, flexibility and strength; targeting hips, glutes, abs and arms. Standing and floor work and the Ballet Barre is used for some portions of class, but this is not a dance class! Instructor: Michele Fisher.

Mat Pilates

Thursday at 10:30 a.m.

Mat Pilates is a strengthening and lengthening 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.

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.

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.

Tuesdays: 4:00 p.m. Beginner-Intermediate

Thursdays: 4:00 p.m. Beginner-Intermediate

\$2.00 Members/\$4.00 Nonmembers per day

Pool

Mondays, Tuesdays and Fridays all day. \$1.00 for members.

Golf Lessons

Tuesdays at 9:00 a.m.

Session 1 Short Game

Session 2 Putting

Session 3 Chipping

Session 4 Full Swing Mechanics

95% of golfers never took a lesson. That is a mistake.

Instructor: Tom Wilson, Masters Level member US Golf Teachers Federation

\$3.00 members \$6.00 Non members per 1 hour session

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

Fall Prevention Help is Here!

Yendira Rosario is our Community Outreach Worker and a Community Health Specialist.

If you or a loved one is concerned about falling, Yendira can help.

Yendira can be reached at 610-437-3700 or yendira@lvactivelife.org

Intermediate Line Dancing Class

Mondays at 1:00 p.m.

Led by Peggy Sue Tobias, who has taught country line dancing since 1991. Some dance experience needed. Learn the latest, most popular dances as well as classics to all genres of music.

Beginning Line Dancing Class

Mondays at 2:30 p.m.

Led by Peggy Sue Tobias. Everyone is welcome. Try your first class for free!

\$4.00 Members/\$7.00 Nonmembers per session

Music

Karaoke - with your host Bobby James

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

Lehigh Valley Pops Orchestra

Rehearsals on Thursdays at 9:00 a.m. Free

Conductor: George Fennell

Good Vibrations Chorus

Rehearsals on Tuesdays at 9:30 a.m. Free

Director: Nancy Shumaker

Elm Street Jazz Workshop

Rehearsals on Fridays at 9:00 a.m. Free

Conductor: Allan Meyerson

Latin Salsa Band

Rehearsals on Tuesday evenings at 8:00 p.m. Free

Director: Hector Rosado

History

World War II Lectures

Fridays 2:00 p.m.

January 21st Invasion of Sicily
February 11th Biak Neomfor and Sansapor
March 11th Battle of the Coral Sea
April 8th Odd Stuff in World War II

Instructor: Dr. Charles Bonos

\$4.00 members \$6.00 Non members

Strange Stories. Amazing Facts of America's Past.

Fridays 2:00 p.m.

February 25th

March 4th

Astonishing, intriguing, hair-raising, amusing stories that will delight and amaze you.

Instructor: Ted LaRose **Free**

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

8 week sessions on Wednesdays from 1:00 p.m. to 2:30 p.m.

1. Feb 16- Healing Breath
2. Feb 23- Anger Releasing
3. March 2- Forgiveness
4. March 9- Balance and Harmony
5. March 16- Connecting to your Divine Spark
6. March 23- Abundance and Prosperity
7. March 30- Psychic Development
8. April 6- Awakening

\$70.00 members and \$90.00 non-members

Language

Spanish

Beginner

Tuesdays at 10:30 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.

Instructor: Maria Azar

Intermediate

Tuesdays at 12:30 p.m.

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

Instructor: Maria Azar

Advanced

Tuesdays at 1100 a.m.

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

Instructor: Maria Azar

\$44.00 for members. \$56.00 for nonmembers

Beginning January 11th for 8 sessions.

Movies

\$2.00

MLK/FBI- Dr. Martin Luther King Jr. is remembered today as an American hero: a bridge-builder, a shrewd political tactician, and a moral leader. Yet during his public life he was often treated by U.S. intelligence and law enforcement as an enemy of the state. Drama.

Friday, January 14th at 12:30 p.m. and Wednesday, January 19th at 5:30 p.m.

Judas and The Black Messiah- FBI informant William O'Neal infiltrates the Illinois Black Panther Party and is tasked with keeping tabs on their charismatic leader, Chairman Fred Hampton. A career thief, O'Neal revels in the danger of manipulating comrades and handler. Drama.

Friday, January 28th at 12:30 p.m. and Wednesday, February 2nd at 5:30 p.m.

Passing- In 1920s New York City, a Black woman finds her world upended when her life becomes intertwined with a former childhood friend who's passing as white. Drama
Friday, February 18th at 12:30 p.m. and Wednesday, February 23rd at 5:30 p.m.

Becoming Cousteau- Adventurer, filmmaker, inventor, author, unlikely celebrity and conservationist: For over four decades, Jacques-Yves Cousteau and his explorations under the ocean became synonymous with a love of science and the natural world. Documentary.
Friday, March 4th at 12:30 p.m. and Wednesday, March 9th at 5:30 p.m.

No Time To Die- James Bond has left active service. His peace is short-lived when Felix Leiter, an old friend from the CIA, turns up asking for help, leading Bond onto the trail of a mysterious villain armed with dangerous new technology. Action.
Friday, March 18th at 12:30 p.m. and Wednesday, March 23rd at 5:30 p.m.

In The Heights- A film version of the Broadway musical in which Usnavi, a sympathetic New York bodega owner, saves every penny as he imagines and sings about a better life. Musical.
Friday, April 1st at 12:30 p.m. and Wednesday, April 6th at 5:30 p.m.

CODA- As a CODA (Child of Deaf Adults) Ruby is the only hearing person in her deaf family. When the family's fishing business is threatened, Ruby finds herself torn between pursuing her love of music and her fear of abandoning her parents. Drama.
Friday, April 15th at 12:30 p.m. and Wednesday, April 20th at 5:30 p.m.

Dune- Feature adaptation of Frank Herbert's science fiction novel, about the son of a noble family entrusted with the protection of the most vital element in the galaxy. Sci-fi.
Friday, April 29th at 12:30 p.m. and Wednesday, May 4th at 5:30 p.m.

King Richard – A look at how tennis superstars Venus and Serena Williams became who they are after the coaching from their father Richard Williams. Drama.
Friday, May 13th at 12:30 p.m. and Wednesday, May 18th at 5:30 p.m.

Worth- An attorney in Washington D.C. battles against cynicism, bureaucracy and politics to help the victims of 9/11. Drama.
Friday, May 27th at 12:30 p.m. and Wednesday, June 1st at 5:30 p.m.

Saturday Night Dances

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

Bootschootin w/Peggy Sue Country Dance	January 8 th
KATO	January 15 th
DJ Jerry Deane	January 29 th
KATO	February 5 th
Bootschootin w/Peggy Sue Country Dance	February 12 th
DJ Jerry Deane	February 26 th
Bootschootin w/Peggy Sue Country Dance	March 12 th
KATO	March 19 th
DJ Jerry Deane	March 26 th
Bootschootin w/Peggy Sue Country Dance	April 9 th
KATO	April 23 rd
DJ Jerry Deane	April 30 th

\$10.00 per person

Beverages and snacks! Bring your own food too!

Lunch

Enjoy a hot entry, salad or sandwich.

Check out our menu online.

Eat in or Take out.

Monday through Friday

11:15 a.m. to 12:15 p.m.

Suggested donation \$2.50

Please Order in Advance

Creative Arts

Acrylic

Fridays at noon.

Learn how to paint beautiful acrylic landscape scenery and subjects with brush techniques on canvas. Bring your favorite photo for inspiration, canvas, palette 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. Her calling is to help others express their creative talent.

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

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.

\$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.

Instructor: Sue Bauder

\$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! 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.

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!

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.

Instructor: Gina

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

Crafts

Monday and Wednesday at 9:00 a.m.

Work on your own project or get ideas from Trisha. Class projects too! Supplies may be extra.

Instructor: Trisha Baker

Free Members. \$5.00 Nonmembers

Water Color

Wednesdays at 2:00 p.m.

Learn how to use water color to make paintings that stand out.

Instructor: Terri Cole

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

Paint and Sip Evenings

Wednesdays 6:00 p.m. to 8:00 p.m.

January 12th “Warm Winter Wishes”

February 9th “Kiss Under the Tree”

March 9th “Irish Cottage”

April 13th “Lighthouse”

Enjoy snacks and go home with a masterpiece of your own. Each painting will be emailed and on display at LVAL prior to class. All supplies included.

Instructor: Angela Faidley of Out of Our Minds Art Studio

\$15.00 per session for members \$20 per session for nonmembers

Games

ACBL Duplicate Bridge

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

First and Third Thursday at 1:00 p.m.

0-750

Fridays at 1:00 p.m.

0-500 NLM and Open

\$7 members and \$8 nonmembers

Party Bridge

Friendly and welcoming. Join us for fun, stimulating card games.

Mondays at 11:00 a.m.

Cribbage

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! Contact Millie Hoimes 610-625-0620

Tuesdays and Thursdays at 1:00 p.m.

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!

Groups

Current Events Discussion

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

Moderator: David M. Bell

Life Sharing Discussion Group

We are an informal group that meets to discuss our lives in general. We share our joys, sorrows and challenges among empathetic friends. We are comforted by congenial companionship and the knowledge that we're not alone. We appreciate each other as unique individuals, in an atmosphere of mutual respect. Last but not least, we have fun together... enjoying the humor in life's funnier moments!

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. Please bring your laptop if you have one.

Fridays at 9:00 a.m. Free

Instructor: Judy nee Ritter Martens 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.

Bingo

Every Wednesday Evening

6:00 p.m.

\$20 package includes one coverall.

Doors open at 4:30 p.m.

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

Bring your own food.

25 games. 1 coverall

Every Wednesday!

One Sunday Afternoon

2nd Sunday of each month

2:00 p.m.

\$25 package includes one coverall.

Doors open at 1:00 p.m.

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

Bring your own food.

25 games. 1 coverall

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TWO WAYS TO SIGN UP:
• Phone: 610-437-3700
• Online: LVActiveLife.org
SIGN UP and BENEFIT TODAY!

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LEHIGH VALLEY,
PA
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Information & Policies

Lehigh Valley Active Life

www.lvactivelife.org

Rick Daugherty: Rick@lvactivelife.org

Executive Director

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.**