



*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 2022**

### **New This Issue!**

# **Annual Meeting**

**Wednesday, May 18th**

**1:00 p.m.**

**Elect members of the Board of Directors.**

**Get updates on the organization.**

**Meet the Tails of Valor puppies and have an ice cream!**

# **Arts Academy Now Open**

**No prior art experience necessary.**

**Check out all the creative ways you can  
express yourself through art!**

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

# Annual Meeting

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## Arts Academy Now Open

No prior art experience necessary.

Check out all the creative ways you can express yourself through art!

Try one class free. No obligation. Find out what you can do!

# Arts Academy

## Acrylic

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

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 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

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

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

Instructor: Judy Peters.

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

## Art For Everyone

**Wednesdays and Fridays at 12:00 p.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.

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.

Members Free. Non members \$5.00

## **Quilting and Sewing**

**Thursdays 11:00 a.m. to 2:00 p.m.**

This is a drop-in time for persons who enjoy embroidery, sewing and quilting. No instructor. Just a time to sew with others. Open to beginners and advanced alike.

## **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.**

May 11<sup>th</sup> Garden Fence Canvas

June 8<sup>th</sup> Sunflowers Canvas

July 6<sup>th</sup> Sea Shell Canvas

Aug 10<sup>th</sup> Tropical Sunset Canvas

Enjoy snacks and go home with a masterpiece of your own. Each painting will be emailed and on display prior to class. Supplies included. Instructor: Angela Faidley of Out of Our Minds Art Studio

\$15.00 per session for members. \$20.00 per session for nonmembers.

## **Card-making**

**Fridays at 9:30 a.m.**

Learn a multitude of techniques to make beautiful, handmade cards for any occasion. Most materials and tools will be provided. You will make up to four cards per class.

Instructor: Sue Steltz. Sue is a retired teacher and speech therapist. She has been making cards for donations and craft shows for more than 12 years.

\$7.00 per session for members. \$10 for non-members

## **Mixed Media Art**

**Wednesdays 9:30 a.m.**

What is mixed media? It's a freestyle method of using different art products and techniques on any one project. Journaling, collaging, painting, and up-cycling are just a few examples of mixed media projects. Having the freedom to create something new and original, rather than using strict, traditional forms of art, will give you the artistic license to express your imagination, creativity and inspiration. You will learn to use and combine countless methods of creating art. Come and express yourself. You'll love the results. No experience or talent required.

Instructor: Sue Steltz. Sue is a retired teacher and speech therapist. She has studied and practiced the joys of mixed media art for 10 years.

\$7.00 per session for members. \$10 for non-members

# Sports

## **Pickleball**

**Tuesdays: 4:00 p.m.**

**Beginner-Intermediate**

**Thursdays: 4:00 p.m.**

**Beginner-Intermediate**

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.

\$2.00 Members/\$4.00 Nonmembers per day

## **Billiards**

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

## **Bowling Anyone?**

Haja Rose Bowl

Mondays or Wednesdays at 11:00 a.m. \$2.75 per game per person

Call 610-437-3700 or email [barbara@lvactivelife.org](mailto:barbara@lvactivelife.org)

# **Meet the Puppies!**

**Tails of Valor, Paws of Honor Puppy Training**

Find out more about this program to help veterans with PTSD and traumatic brain injury.  
2<sup>nd</sup> and 4<sup>th</sup> Thursdays of each month from 1:00 p.m. to 1:30 p.m.

# 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.

## **Spiritual Holistic 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**

**Monday at 11:15 a.m.**

A Fun 45 minutes of fat burning cardio exercise that moves to the beat of the music This class is done completely standing.

Instructor: Michele Fisher. Michele's certifications include; 200hr Certified Yoga Teacher, SilverSneakers Splash Instructor and AFAA Group Fitness 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. Instructor: Michele Fisher.

## **Barre**

**Monday at 10:15 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 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.

# Aqua Aerobics

Yes this may be back.

Call 610-437-3700 for the latest update!



# 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

## **Don't Fall! 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](mailto:yendira@lvactivelife.org)

# Line Dance

## Beginning Line Dancing Class

**Mondays at 12:30 p.m.** \$2.00 Members/\$5.00 Nonmembers per session

Everyone is welcome. Try your first class for free!

## Intermediate Line Dancing Class

**Mondays at 1:15 p.m.** \$4.00 Members/\$7.00 Nonmembers per session

Some dance experience needed. Learn the latest, most popular dances as well as classics to all genres of music.

Led by Peggy Sue Tobias, who has taught country line dancing since 1991.

# Music

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

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

# 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.

Continue learning grammar and improve conversation. Instructor: Maria Azar

### **Advanced**

Tuesdays at 2:00 p.m.

Progress toward fluency and be confident when communicating in Spanish. Instructor: Maria Azar

\$44.00 for members. \$56.00 for nonmembers. For 8 sessions.

June 7<sup>th</sup> to July 26<sup>th</sup> and August 2<sup>nd</sup> to September 20<sup>th</sup>

# Lectures

## World War II

Friday 2:00 p.m.

May 6<sup>th</sup>

Jet Aircraft in WWII

Instructor: Dr. Charles Bonos

\$4.00 members \$6.00 Non members

## Bob Walker Missionary Trip to Zambia

Friday 12:30 p.m.

June 24<sup>th</sup>

Find out about Bob's recent experience ministering to children in Zambia.

Presenter: Robert Walker. Free

## Hollywood Reveiled

Fridays 12:30 p.m.

"The Golden Age of Hollywood...1927-1951". The actors and actresses who entertained Americans as they faced the Great Depression and then World War II.

Friday July 8<sup>th</sup>

"The Rat Pack"...The story of the five guys who headlined the entertainment field in the 1970-1990.

Friday July 22<sup>nd</sup>

Presenter: Al Skeath

\$4.00 members. \$6.00 Non members.

# A Better You

## Wellness Wednesdays

Wednesdays at 6:00 p.m.

A workshop to help you create a positive mindset using fun, playful ways to relax, reconnect and renew. Reusing items in a meditative process to create Transitional Mandala, Crinkle Art, Doodle Art, Sun Catchers and more. Each workshop creates a different craft in a meditative process. Check your email to get photos and specifics for dates and project descriptions.

Instructor: Nicole Ensmenger

\$15.00 includes instruction, supplies and refreshments!

# Spiritual Development/Meditation

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.

May 11- Raising your Vibration  
May 18- Breath of Life/ Breath of Love  
May 25- Truth and Harmony  
June 1- Self-Empowerment  
June 8- Psychic Development  
June 15- Chakra Balancing  
June 22- Meeting your Spiritual Healing Guides  
June 29- Awakening

July 6- Your Spiritual Heart  
July 13- Overcoming Fears  
July 20- Happiness  
July 27- Raising your Vibration  
August 3- Musical Acupuncture  
August 10- Ego/Soul  
August 17- Spiritual Healing  
August 24- I Am Light

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

8 week sessions on Wednesdays from 1:00 p.m. to 2:30 p.m. \$70.00 members and \$90.00 nonmembers

# Games

## ACBL Duplicate Bridge

Email Lois Fuini at [lafuini@yahoo.com](mailto:lafuini@yahoo.com) or Betsy Cutler at [betsy2955@gmail.com](mailto: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**

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

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

## **Cribbage**

**Tuesdays and Thursdays at 1:00 p.m.**

Drop in – no reservation needed. Info: Contact Carol

Sheen 610-965-4012

## **Mah Jongg**

**Tuesdays and Thursdays at 1:00 p.m.**

Lessons in this Chinese game are also available! Contact Beverly Saylor at 610-264-9164.

## **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. Moderator: David M. Bell

**Thursdays at 2:00 p.m. Free**

## **Life Sharing Discussion Group**

We are an informal group that meets to discuss our lives in general in an atmosphere of mutual respect.

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

## **Photography Composition Basics**

Want to improve your photography using your cell phone or any camera? Instructor: Ray Royer

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

## **Genealogy**

This is an informal meeting of those interested in creating a family tree. Using Ancestry to help you.

Please bring your laptop if you have one. Instructor: Judy nee Ritter Martens

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

# Movies

\$2.00

**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 29<sup>th</sup> at 12:30 p.m. and Wednesday, May 4<sup>th</sup> 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 13<sup>th</sup> at 12:30 p.m. and Wednesday, May 18<sup>th</sup> 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 27<sup>th</sup> at 12:30 p.m. and Wednesday, June 1<sup>st</sup> at 5:30 p.m.

**St. Vincent**- Maggie (Melissa McCarthy), a struggling single woman, having to work very long hours has no choice but to leave her son Oliver in the care of Vincent (Bill Murray), a bawdy misanthrope next door neighbor. The man is a mentor to the boy in his hedonistic way, and Oliver sees the good in Vincent that no one else can. Comedy/Drama.

Friday, June 3<sup>rd</sup> at 12:30 p.m. and Wednesday, June 8<sup>th</sup> at 5:30 p.m.

**Death on the Nile** - Belgian sleuth Hercule Poirot's Egyptian vacation aboard a glamorous river steamer turns into a terrifying search for a murderer when a picture-perfect couple's idyllic honeymoon is tragically cut short. Drama.

Friday, June 10<sup>th</sup> at 12:30 p.m. and Wednesday, June 15<sup>th</sup> at 5:30 p.m.

**The Unforgivable** - Ruth Slater, a woman released from prison after serving a sentence for a violent crime and attempts to re-enter society. She must try to put her life back together again in a world that refuses to forgive her past. Drama.

Friday, June 17<sup>th</sup> at 12:30 p.m. and Wednesday, June 22<sup>nd</sup> at 5:30 p.m.

**Belfast** - A semi-autobiographical film which chronicles the life of a working class family and their young son's childhood during the tumult of the late 1960s in the Northern Ireland capital. Drama.

Friday, July 1<sup>st</sup> at 12:30 p.m. and Wednesday, July 6<sup>th</sup> at 5:30 p.m.

**Master** - Three women strive to find their place at a prestigious New England university that may disguise something sinister. Thriller. Drama.

Friday, August 26<sup>th</sup> at 12:30 p.m. and Wednesday, August 31<sup>st</sup> at 5:30 p.m.

# Saturday Night Dances

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

<b>Country Dance</b>	<b>May 7<sup>th</sup></b>
<b>KATO</b>	<b>May 14<sup>th</sup></b>
<b>Johnny K</b>	<b>May 21<sup>st</sup></b>
<b>The Chas Band</b>	<b>May 28<sup>th</sup></b>
<b>Country Dance</b>	<b>June 4<sup>th</sup></b>
<b>KATO</b>	<b>June 11<sup>th</sup></b>
<b>Joe Vitale</b>	<b>June 18<sup>th</sup></b>
<b>Glenn Kakowski</b>	<b>June 25<sup>th</sup></b>
<b>Country Dance</b>	<b>July 2<sup>nd</sup></b>
<b>KATO</b>	<b>July 16<sup>th</sup></b>
<b>Altar Ego</b>	<b>July 23<sup>rd</sup></b>
<b>The Chas Band</b>	<b>July 30<sup>th</sup></b>
<b>Country Dance</b>	<b>August 6<sup>th</sup></b>
<b>KATO</b>	<b>August 13<sup>th</sup></b>
<b>Johnny K</b>	<b>August 20<sup>th</sup></b>
<b>The Chas Band</b>	<b>August 27<sup>th</sup></b>

\$10.00 per person

Beverages and snacks! Bring your own food too!

Lehigh Valley Active Life 1633 West Elm Street Allentown

610-437-3700



# 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

One Sunday Afternoon

2<sup>nd</sup> Sunday of each month

Except May will be on the 15th

2:00 p.m.

**\$25 package includes one coverall.**

Doors open at 12:30 p.m.

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

Bring your own food.

25 games. 1 coverall



# 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

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## 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.**