



*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 2022

### New This Issue!



## Friday Night Comedy Featuring Larry Adamson! Back by popular demand!

September 23rd & October 21st  
7:00 p.m. to 8:00 p.m.

\$10.00 pp

Refreshments too!

## Prepare to laugh!

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

# Autumn Adventure Basket Social

Saturday November 5<sup>th</sup>

2:00 p.m. to 5:00 p.m.

Doors open at 12:00 p.m. Tickets deposited by 1:45 p.m.

All types of baskets to win!  
Food for Purchase! Lots of fun

\$20.00 advance/ \$25.00 at the door (includes 100 tickets)

Needed: donations of new, unexpired items  
Liquor, wine, gift cards, kitchen items, household  
Items, and 12' or larger baskets.

Wanted: Energetic people  
Join Our Team!  
Call Lori Paules 610-477-9223

Clip here

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Name \_\_\_\_\_ phone \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_

# of event tickets \_\_\_\_\_ x \$20.00 = \$ \_\_\_\_\_ enclosed

Pay for tickets now and pick them up at door day of event!

Mail form to: LVAL 1633 West Elm Street Allentown, PA 18102

Questions: Call Lori Paules at 610-477-9223

Send this bottom portion with check

# Art

## **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. Associates Degree from the Art Institute of Pittsburgh. 25 years an artist.

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

## **Drawing**

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

Learn how to draw with pencils. 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.**

Bring an open mind and adventurous spirit. No experience needed. No supplies needed. Learn watercolor, pen & ink, scratchboard, acrylic or mixed media, pastels, and more.

Instructor: Suzanne Bauder. Self-taught artist and former program administrator.

\$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

## **Wood Carving**

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

## **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

## **Paint and Sip Evenings**

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

Sept 14 <sup>th</sup>	Evening on the Lake
Oct 12 <sup>th</sup>	Van Gogh Black Cat and Pumpkins
Nov 9 <sup>th</sup>	Winter Deer
Dec. 14 <sup>th</sup>	Bear on Skates

Enjoy snacks and go home with a masterpiece of your own. 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.**

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. Have the freedom to create something new and original. No experience or talent required.

Instructor: Sue Steltz.

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

## **Acrylic Pour**

**Wednesdays: 2:00 p.m. – 4:30 p.m.**

Using acrylic paint and resin create landscapes, seascapes or abstract paintings. Each four week session begins the first week of each month.

Instructor: Terri Cole — An experienced artist with a BA in Art Education.

\$7.00 Members; \$10.00 Nonmembers.

# **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.

## **Beginner**

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

This class is for those who have had some tap experience. Dust off those tap shoes.

## **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

# 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.

## **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

## **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.

## **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., Thursday at 9:00 a.m. and Friday 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.

**Friday** 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.

## **Tai Chi Seated**

**Wednesdays at 12:30 p.m.**

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

## **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. Done standing.

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

## **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**

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

Muhlenberg College Swimming pool.

Instructor: Michele Fisher. Lifeguard: Jan Sudermiester



# 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

# 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 and classics

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

# Pickleball Lessons

**Wednesdays 3 sessions September and October \$4.00 per session**

**Intermediate: 12:30 p.m. Beginner: 1:45 p.m.**

# 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.

October 11<sup>th</sup> to November 29<sup>th</sup>

# Lectures

## World War II

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

September 9<sup>th</sup>

September 16<sup>th</sup>

September 30<sup>th</sup>

October 7<sup>th</sup>

October 14<sup>th</sup>

October 28<sup>th</sup>

November 4<sup>th</sup>

November 11<sup>th</sup>

November 18<sup>th</sup>

December 2<sup>nd</sup>

Invasion of Sicily

WWII Correspondents and Photographers

Infantry Weapons (Axis and Allied)

Iwo Jima

Famous Ships of WWII

The Raid on St Nazaire

Tobruk and El Alamein

27<sup>th</sup> Infantry Division

US Airborne Divisions in WWII

The USO

Instructor: Dr. Charles Bonos \$4.00 members \$6.00 Non members

## **TV Tunes**

**Thursday at 12:15 p.m. September 15<sup>th</sup>**

Thursday, From the 1950's to the 1970's, television shows became an important part of American culture. Listen to a selection of the best themes from sitcoms, dramas, westerns, cartoons cop shows and more and learn who created them. Add your favorites and discuss what they meant to you. Free.

Instructor: Tom Repasch

## **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.

### Session One

August 31- Color Healing  
Sept 7- The Power of Affirmations  
Sept 14- Chakra Cord Cutting  
Sept 21- Chakra Balancing  
Sept 28- Healing with the Celtic Runes  
Blood Pressure  
Oct 5- Self Value, Self Love  
Oct 12- Angel/Arch Angel Guides  
Oct 19- Breath and Heart Meditation

### Session Two

Oct 26- Blessings and Gratitude  
Nov 2- Past Lives  
Nov 9- Sound Healing  
Nov 16- Money and Abundance  
Nov 23- Biofeedback-Heart, Breath,  
Nov 30- Inspired Writing Meditation  
Dec 7- Self Forgiveness  
Dec 14- Living in Joy

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. \$75.00 members and \$90.00 nonmembers

## **Lunch**

Monday through Friday served from 11:15 a.m. to 12:15 p.m.

\$2.50 suggested donation

# 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 12:30 p.m.** 0-100 pairs and 0-750 pairs

**First and Third Thursday at 12:30 p.m.** 0-750

**Fridays at 12:30 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 a fun card game.

## **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**

# Wednesday Afternoon Dances

**1:00 p.m. to 3:00 p.m.**

Dave Marchetti

KATO

Jim and Robin

KATO

Jim and Robin

Dave Marchetti

August 17<sup>th</sup>

August 31<sup>st</sup>

September 21<sup>st</sup>

October 19<sup>th</sup>

November 16<sup>th</sup>

November 30<sup>th</sup>

## Friday Night Concert

Italian American Band Christmas concert

December 16<sup>th</sup>

\$5.00 per person

Beverages and snacks! Bring your own food too!

**Sponsored by the Musician's Union AFM Local 45  
through the Music Performance Trust Fund**

# Movies

\$2.00

Fliers posted in lobby  
and  
Check your email for details and movie info.

# Saturday Night Dances

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

Country Dance  
KATO  
Johnny K  
Glenn Kakowski  
Country Dance  
NO DANCE  
KATO  
Johnny K  
The Chas Band  
Country Dance  
KATO  
Altar Ego  
The Chas Band  
Country Dance  
Johnny K  
KATO

September 3rd  
September 10th  
September 17<sup>th</sup>  
September 24th  
October 1<sup>st</sup>  
October 8<sup>th</sup>  
October 15<sup>th</sup>  
October 22<sup>nd</sup>  
October 29<sup>th</sup>  
November 5<sup>th</sup>  
November 12<sup>th</sup>  
November 19<sup>th</sup>  
November 26<sup>th</sup>  
December 3<sup>rd</sup>  
December 10<sup>th</sup>  
December 17<sup>th</sup>

\$10.00 per person

Beverages and snacks! Bring your own food too!

# Bingo

Every Wednesday Evening

6:00 p.m.

**\$20 package includes one  
coverall.**

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

2:00 p.m.

\$25 package includes one coverall.

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

Bring your own food. 25 games. 1 coverall

## *Christmas Concert*

**Italian American Band**

**Friday, December 16<sup>th</sup>**

**7:00 p.m.**

**Sponsored by the Musician's Union AFM Local 45  
through the Music Performance Trust Fund**

# 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.**