



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 2023

New This Issue!



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 - 2nd 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

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



You Belong

All are welcome!

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

Socrates Café

Begins with a question chosen by the group and ends with even more questions. For the curious who understand that “none of us is as smart as all of us”.

Moderator: Saul Coplan 941-350-9843 call after 10:00 a.m. for more info.

2nd and 4th Thursday at 10:30 a.m. Free

The Super Powers You Don't Know You Have

Confronting your challenges. Becoming your best self.

Eight weeks. Beginning January 17th to March 7th

All are welcome. Limit 10 people.

Group Facilitator: Bill Hightower

Tuesdays at 1:00 p.m. to 2:30 p.m. \$18.00 for all 8 weeks

Poetry Appreciation

For those who appreciate poetry and all it can offer. Thou art welcome.

Moderator: Maria Azar

Thursdays at 2:00 p.m. Free

Finances and Life Decisions

ReFireMent Coach Geoff Boyer and Next Chapter Coach George Mowrer combine their 50 plus years of experience to lead discussions on any and all aspects of life after your paycheck stops coming in. This is an open forum on how to add FOCUS and PURPOSE to your life while also keeping your financial world in order.

NOTE: Our comments should NOT be construed as personal investment advice.

Moderators: Geoff Boyer and George Mowrer

3rd Tuesday of each month at 2:00 p.m. Begins in February. Free

Veterans Brotherhood

Help us help veterans. Dedicated to prevent veteran suicide and homelessness. Providing mentoring, discussion and help. For veterans and those who care about them.

Leader: Clyde Hoch

1st Thursday at 7:00 p.m. Free

Memory Care Support Group

Discuss and share the hopes and challenges of dealing with memory loss by a loved one.

Sponsored by: Promedica

1st Thursday at 11:00 a.m. Free

Knit and Chat Group

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.

Thursdays at 9:00 a.m. Free

Tai Chi

Discover the many benefits.

Tai Chi Exercise

Wednesday at 12:30 p.m. and Friday at 10:30 a.m.

A holistic exercise that helps reduce stress and promote physical well-being. Using slow, flowing movement to coordinate breath and enhance strength, balance, and calmness.

Wednesday Instructor: Robert Comins black belts in Hap Ki Do and Kenpo Karate. He is a Sifu in Pai Lum Kung Fu and Tai Chi and an official Silver Sneakers instructor.

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: Robert Comins black belts in Hap Ki Do and Kenpo Karate. He is a Sifu in Pai Lum Kung Fu and Tai Chi and an official Silver Sneakers instructor.

Thursday Instructor: Robert Comins.

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

Tai Chi Advanced

Monday at 2:00 p.m.

Instructor: Robert Comins black belts in Hap Ki Do and Kenpo Karate. He is a Sifu in Pai Lum Kung Fu and Tai Chi and an official Silver Sneakers instructor.

EnerChi Express

Wednesdays at 2:00 p.m.

Move through a slow, flowing sequence as you shift your weight front to back and side to side. Often described as “meditation in motion,” slow things down, connect your body and mind with gentle movement, and let the stress of the day fade away.

Instructor: Robert Comins

Art

Acrylic

Fridays at 9:30 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 Art Institute of Pittsburgh. 25 years an artist.
\$7.00 per session for members/\$10 per session for nonmembers

Drawing

Mondays at 9:30 a.m.

Learn how to draw with pencils. An introduction to composition, outline and shading.

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, mixed media or pastels.

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!

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.

January 11 th	Wish Upon a Star
February 8 th	Dog With Flowers
March 8 th	Koi
April 5 th	Bunny

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 9:00 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

Fridays 10:30 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

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

Line Dancing

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.

Advanced Dancing Class

Thursdays at 1:00 p.m. \$2.00 Members/\$5.00 Nonmembers per session

Must be experienced. Try your first class for free!

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 is 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.

Low Impact Aerobics

Monday at 11:15 a.m.

45 minutes of fat burning cardio exercise that moves to the beat of the music. 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.

A strengthening and lengthening form of exercise that focuses on the core (abdomen and lower back) muscles. Strengthens the arms and legs. Is based on the original exercises of Joseph Pilates. Does not use the Pilates reformer. May 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 4th Wednesday of the month at 1:00 p.m. Sing or just listen. Free

Lehigh Valley Pops Orchestra

Rehearsals on Thursdays at 9:00 a.m. Join or just listen. Free

Conductor: George Fennell

Good Vibrations Chorus

Rehearsals on Tuesdays at 9:30 a.m. Join or just listen. Free

Director: Nancy Shumaker

Elm Street Jazz Workshop

Rehearsals on Fridays at 9:00 a.m. Join or just listen. Free

Conductor: Allan Meyerson

Lectures

World War II

Fridays at 2:00 p.m.

January 6 th	Famous Ships of WWII
February 3 rd	The Raid on St Nazaire
March 3 rd	Tobruk and El Alamein
April 14 th	27 th Infantry Division and 10 th Mountain
May 5 th	US Airborne Divisions in WWII

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

Transgender Explained

A General Introduction to being Transgender

Friday March 10th at 2:00 p.m.

"My grandchild says they're Non-Binary. I don't understand."

Friday, March 31st at 2:00 p.m.

Presenter: Amanda Glynn Hecker. Free

Sports

Bowling

Wednesdays at 1:30 p.m. Cost \$3.00 per game per person and \$4.00 for shoes.
Pay at the bowling alley when you arrive.

Pickleball

Two Indoor courts. Doubles. Play to 7.
Fast. Fun. Friendly.
Tuesdays and Thursdays 4:00 p.m.
\$2.00 for members

Pool

Regulation size table
Mondays, Tuesdays, Wednesdays and Fridays
\$1.00 all day for members.

Summer Golf League

Planning session
Tuesday, February 21st at 9:30 a.m.
Moderator: Richard Warner

Chess

Call first to let us know you plan to be here.
Wednesdays 11:00 a.m. to 1:00 p.m. in the lobby.
Led by chess enthusiast: Israel Sackey

Movies

\$2.00

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

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.

January 9th to February 27th and March 14th to May 2nd

Wednesday Afternoon Dances

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

Country Dance

January 18th

Johnny K

February 15th

Johnny K

March 15th

Glenn Kakowski

April 19th

Peggy Sue, Johnny K and Glenn Kakowski have gotten great reviews for their performances on Saturday nights. Enjoy a nice afternoon dancing and listening.

\$5.00

Refreshments provided. Bring your own food too!

Spiritual Development/Meditation

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

Dec 21- Holistic Health Healing
Dec 28- Clearing Negative Energies
Jan 4- Calling Your Higher Self
Jan 11- Chakra Balancing
Jan 18- Sound Healing
Jan 25- Finding Your True Self
Feb 1- Breath and Breathing
Feb 8- Kindness

Session Two

Feb 15- Being in the Light
Feb 22- Stress Reduction
March 1- Past Lives
March 8- Forgiveness
March 15- The Violet Flame
March 22- The Shamans Cave
March 29- The Power of Surrender
April 5- Spiritual Healing

Led by Susan Christman, a Holistic Health Counselor and Spiritual Teacher of 40 years, working locally, nationally and internationally. 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

Games

ACBL Duplicate Bridge

For more information or to find a partner contact Lois Fuini at lafuini@yahoo.com or at 610-767-7898 or Betsy Cutler at betsy2955@gmail.com.

Mondays at 12:30 p.m.

0-200 Masterpoints - 1st & 3rd Mondays every month

0-750 Masterpoints- every Monday

Fridays at 12:30 p.m.

Open Unlimited Masterpoints- every Friday

\$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 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!

Saturday Night Dances

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

Country Dance	January 7 th
Johnny K	January 14 th
The Chas Band	January 21 st
KATO	January 28 th
Country Dance	February 4 th
KATO	February 11 th
The Chas Band	February 18 th
Johnny K	February 25 th
Country Dance	March 4 th
KATO	March 11 th
The Chas Band	March 18 th
Glenn Kakowski	March 25 th
Country Dance	April 1 st
KATO	April 8 th
The Chas Band	April 15 th
Johnny K	April 29 th

\$10.00 per person

Beverages and snacks! Bring your own food too!

Zentangle For Fun

Thursdays at 10:00 a.m.

Do you like to doodle? Do you like to color? This class will teach you the fun art of Zentangle. Zentangle is the art of drawing in a doodle format to make designs. Patterns, some are 3D, will be available. All you have to bring are colored pencils and markers.

Instructor: Jean Burd. BS in Art Education and a BS in Fine Arts from Millersville University. Twenty-seven years of teaching art in New Jersey.

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

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
- 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

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.**