



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 2023

New This Issue!

Summer Concerts



Allentown Marine Band

Sunday, May 21st 3:00 p.m.

Lehigh Valley POPS Orchestra

Thursday, June 8th 9:30 a.m.

Thursday August 31st 9:30 a.m.

Good Vibrations Chorus

Tuesday, June 27th 9:30 a.m.

Elm Street Jazz Workshop

Friday, July 14th 10:00 a.m.

Free and Open To the Public

Bring family. Bring a friend.

lvactivelife.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

Aging With Finesse

Overcoming Lies We Have Told Ourselves

1. Surpassing Our Rituals
2. Realizing Unlimited Possibilities?
3. Perspectives Change After "60"
4. Anger is a Secondary Emotion ... Feelings
5. Eat to Live, Not as an Addiction
6. Risk Taking for Seniors
7. What's it all about Alfie ... Love vs Lust
8. On a Clear Day, You Can See Forever (Beliefs)
9. Invest In More Than One Dream
10. What is Intimacy?

May 2nd to June 20th . All are welcome. Limit 10 people. We will pick 8 of 10 sessions.

Group Facilitator: Bill Hightower

Tuesdays at 1:00 p.m. to 2:30 p.m. \$25.00

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. 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

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.

Instructor: Robert Comins

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 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.

Instructor: Robert Comins

Art

Zentangle For Fun

Thursdays at 10:00 a.m.

Do you like to doodle? color? This class will teach the fun art of Zentangle. Drawing in a doodle format to make designs. Patterns, some are 3D, available. Bring colored pencils.

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

Acrylic

Fridays at 9:30 a.m.

Paint beautiful acrylic landscape scenery and subjects with brush techniques on canvas. Bring a 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.

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.

May 3rd

Mouse In The Rain

June 7th

Window To The World

July 26th

Sunflowers

August 9th

Red Truck With Sunflowers

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 10:00 a.m. – 12:00 p.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 is a retired teacher and speech therapist. 12 years art experience.

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

Mixed Media Art

Fridays 8:30 a.m. – 10:00 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. All are welcome!

Instructor: Sue Steltz.

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

Tap Dancing

True Beginner

Tuesdays at 9:00 a.m.

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 11:00 a.m.

This class is for those who know what you are doing and want more! Bring 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

Intermediate Line Dancing Class

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

Advanced Dancing Class

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

Lectures

World War II

Fridays at 2:00 p.m.

May 5th

USO in WWII

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

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 for beginners through all skill levels. A majority of the poses done on the floor, you'll be able to relax and stretch. Please bring a mat.

Instructor: Sara Mercer

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.

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

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. Is based on the original exercises of Joseph Pilates.

Instructor: Robert Comins.

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

Bluegrass Jam Session

Rehearsals on first and third Wednesdays at 7:30 p.m. Join 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

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. Saturdays at 10:00 a.m.

\$2.00 for members

Sports

Summer Golf League

May 2nd Wedgewood - T
9th Wedgewood - T
16th Bethlehem Municipal - T
23rd Bethlehem Municipal - T
30th Olde Homestead

June 6th Berkleigh - T
13th Berkleigh - T
20th Butter Valley
27th Butter Valley

July 5th Twin Lakes
11th Twin Lakes
18th Allentown Municipal
25th Allentown Municipal

August 1st Macoby Run
8th Riverview
15th Southmore - T
22nd Southmore - T
29th White Tail - T

Most tee times are 9:00 a.m. Get there half hour early. No jeans or T-shirts. Courses with a T accept Tee Time golf pass.

New? Contact Richard Warner at warnerr@enter.net

Planning to play? Contact Lyndon Kellogg at eljaykae@aol.com

Questions? Rich Lyons at rml Lyons1@aol.com

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

Pool/Billards

Regulation size table

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

Movies

Friday afternoons
Wednesday evenings
\$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.

Class sessions are May 16th till July 11th and July 25th to September 19th

Annual Meeting

Get updates on what is happening, planned and hoped for at LVAL. Elect members to the Board of Directors. Refreshments provided. RSVP to 610-437-3700.

Date: Wednesday, May 17, 2023 at 4:00 p.m.

Pam Bartlett, President of the Board of Directors

Wednesday Afternoon Dance

Ice Cream Social

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

Country Dance
Johnny K
Glenn Kakowski
Johnny K

May 17th
June 21st
July 19th
August 16th

Enjoy a nice afternoon dancing and listening.
Refreshments provided. Bring your own food too! \$5.00

Saturday Night Dances

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

Country Dance
KATO
The Chas Band
Johnny K
Country Dance
The Chas Band
KATO
Johnny K
Country Dance
KATO
The Chas Band
Johnny K
Country Dance
KATO
The Chas Band
Johnny K

May 6th
May 13th
May 20th
May 27th
June 3rd
June 10th
June 17th
June 24th
July 1st
July 8th
July 15th
July 29th
August 5th
August 12th
August 19th
August 26th

Beverages and snacks! Bring your own food too! \$10.00

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

April 12- Mindfulness of Breathing
April 19- Blessings of Love
April 26- Meeting Your Higher Self
May 3- Chakra Balancing
May 10- Our Animal Spirit Guides
May 17- Truth and Harmony
May 24- Messages from Spirit
May 31- Color Healing

Session 2

June 7- Living in Joy
June 14- Inspired Writing Meditation
June 21- Self Forgiveness
June 28- Healing with the Celtic Runes
July 5- Frequency Meditation
July 12- your Spiritual Self
July 19- Journey to Serenity
July 26- Self Acceptance

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

Diabetes Self-Management Classes

Tips for managing symptoms and education

Led by certified instructors from Lehigh County Aging Services.

May 4th to June 8th 1:00 p.m. to 3:30 p.m. Free

Call 610-437-3700 to register.

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!

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

**NON-PROFIT ORG.
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PAID
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, South Whitehall, Borough of Slatington, Harry C. Trexler Trust, The Charles H. Hoch Foundation, The Verna O Canova 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.**