



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 2023

New This Issue!

Bingo!

BINGO				
14	90	23	47	8
29	75	34	85	53
67	44	★	65	91
30	56	12	48	77
82	96	7	10	5

Wednesdays 6:00 p.m.

Doors Open at 4:30 p.m.

**Everyone welcome. Open to the Public.
Bring your own food! Make a party out of it!**

Cash Prizes

lvactivelife.org



**Autumn Adventure
Basket Social**

Saturday, October 14, 2023

Doors Open At Noon • Food Available For Sale

\$20.00 Advanced Purchase 100 Tickets

\$25.00 at the door

Lots of Great Baskets!

**Donations Accepted Only During September
Call Cathy Seidel at 610-462-8860**

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 Fridays at 10:00 a.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

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 1100 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

Lunch

Hot entry or sandwich and salad. You choose.

Served Monday through Friday

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

Order a day in advance. Menus online and in the lobby. \$2.50 suggested donation.

Art

Zentangle II

Thursdays at 1:00 p.m.

Make projects that can be used in your home. The art of doodling to create a design. Projects will be corner book marks, Folio book, picture frame, Alphabet picture, gift bag, 2024 calendar and 3-D Christmas Ornaments. Bring fineline sharpies, colored pencils and markers. No experience necessary.

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

Junk Journaling/Book Making

Thursdays at 10:00 a.m.

Remember Scrapbooking of the 1990's? Well it is back with a twist! No rules. Let's have fun making a book and filling it with themed pages. All you need to bring is glue sticks, magazines, scissors. I will provide the rest. If you have scrapbooking supplies bring them. No experience needed.

Instructor: Jean Burd

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

Acrylic

Fridays at 9:30 a.m.

Paint beautiful acrylic landscape scenery and various subjects with brush techniques on canvas. Bring a photo for inspiration, canvas, palette and an acrylic set with basic brushes. Live demonstrations every week.

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, charcoal, pastels and ink. An introduction to composition, outline and shading. Live demonstrations every week. Bring your own supplies.

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: \$7.00 Members; \$10.00 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.

September 6 th	Cactus
October 11 th	Scaredy Cat
November 8 th	Skates
December 6 th	Winter Birds

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.

Shared Housing Program

Have an extra room? Need help with chores? Could use some extra money?

Or

Need an affordable place to stay?

Contact Alberto Martinez at 484-894-2961 or alberto@lvactivelife.org

Lectures

World War II

Wednesdays at 2:00 p.m.

September 6th

October 4th

November 1st

December 6th

US Airborne divisions in WWII

The Assault on Corregidor 1945

The First Canadian Army in WWII

The Australian Armed Forces in WWII

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

Spiritual Challenges

Guidance for Today's World

Wednesdays at 12:45 p.m. October 4th to November 8th

e-book discussions based on Eckankar, the path of Spiritual Freedom

Karma & Reincarnation (Solving the Mystery)

Divine Guidance (Gifts of Intuition, Dreams, Nudges & Signs)

Secrets of Divine Creativity (All Problems Come with Answers)

Hu (Your Key to Spiritual Living)

Spiritual Stress Relief (Techniques and Inspiration To Survive and Thrive)

The Power of Gratitude (Secret to Spiritual Living)

Facilitators: Rosalie Alosi & Theresa Gress. Free.

Hosted by LVAL & Sponsored by Eckankar the path of Spiritual Freedom

Great Decisions 2024

Produced by the Foreign Policy Association

Great Decisions is America's largest discussion program on world affairs. Learn about, discuss and debate eight critical foreign policy challenges facing Americans. Then complete a national opinion poll to get your views known to Congress and the White House. April and May 2024 Wednesday afternoons. Topics to be Announced January

Leader: Dr. Roger Whitcomb \$50.00.

Call or email Barbara at 610-437-3700 or barbara@lvactivelife.org if you are interested in being on a list to find out more.

The Elephant In The Room

Popular/Unpopular Issues People Avoid

September 6 th	Defining Y O U
September 13 th	Overcoming Loneliness
September 20 th	Gratitude and Grief
September 27 th	Paradox of Choice
October 4 th	The Delusion of Time
October 11 th	Anger/Feelings – A Secondary Emotion
October 18 th	What is Intimacy?
October 25 th	Paradox of Aging

All are welcome. Limit 10 people.

Group Facilitator: Bill Hightower

Wednesday at 11:00 a.m. to 12:30 p.m.

Free. Funded through United Way of the Greater Lehigh Valley

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	Session Two
Aug 2- Heart Chakra Meditation	Sept 27- Awaken Your Spiritual Heart
Aug 9- Inner Peace	Oct 4- Radiating Unconditional Love
Aug 16-Breath and Breathing	Oct 11- I am Truth
Aug 23- Chakra Balancing	Oct 18- Connecting to Your Divine Spark
Aug 30- Musical Acupuncture	Oct 25- Integration & Polarity Chakra Balance
Sept 6- Egyptian Past Life	Nov 1- Remove Blocks to Connecting w/ Spirit
Sept 13- Relaxation & Stress Reduction	Nov 8- Self Love
Sept 20- Peace and Love	Nov 15- Meditation for a Miraculous Life

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.

\$80.00 a session. \$10.00 each class.

Matter Of Balance class

Wednesdays September 6, 2023 through November 1, 2023 9:30 a.m.

Do you have concerns about falling? A Matter of Balance can help reduce the fear of falling and increase activity levels. Barb Hasler of the Allentown Health Bureau to teach eight two-hour sessions. Class is limited to 12. Sign up early.

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: Michele Fisher

Aqua Aerobics

Tuesdays at 11:00 a.m.

Muhlenberg College Swimming pool.

Instructor: Michele Fisher. Lifeguard: Jan Sudermiester

Tai Chi

Discover the many benefits.

Tai Chi Exercise

Monday at 1:45 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.

Monday Instructor: Helaine Young.

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.

Instructor: Helaine Young

Tai Chi Intermediate

Friday at 9:00 a.m.

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

Tai Chi Practice Sessions

Wednesday at 12:30 p.m. and Thursday at 9:00 a.m.

Practice of Tai Chi first, second and third form.

Tai Chi Qigong

Tuesday 2:10 p.m.

Very beginner, friendly, meditative and peaceful. 2 sets of 18 movements each.

Instructor: Alice Perry

Sports

Bowling

Wednesday 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.

Tuesday and Thursday 4:00 p.m. Saturday at 10:00 a.m.
\$2.00 for members

Chess

Call first to let us know you plan to be here.

Wednesday 11:00 a.m. to 1:00 p.m. in the lobby.

Led by chess enthusiast: Israel Sackey

Pool/Billards

Regulation size table

Monday, Tuesday, Wednesday and Friday. \$1.00 all day for members

Communicate To Be Heard

September 20 th	Why communication is so important 1
September 27 th	Why communication is so important 2
October 4 th	How communication happens
October 11 th	Communication Pitfalls

This is a discussion group format. A chance to share and learn. +All are welcome.

Group Facilitator: Edie Glover, MSW LSW

Wednesday at 12:45 p.m. to 1:45 p.m.

Free. Funded through United Way of the Greater Lehigh Valley

Saturday Night Dances

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

Country Dance	September 2 nd
Johnny K	September 9 th
KATO	September 16 th
The Chas Band	September 23 rd
Country Dance	October 7 th
KATO	October 14 th
The Chas Band	October 21 st
Johnny K	October 28 th
Country Dance	November 4 th
KATO	November 11 th
The Chas Band	November 18 th
Johnny K	November 25 th
Country Dance	December 2 nd
The Chas Band	December 9 th
KATO	December 16 th
Johnny K	December 23 rd

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

Movies

Friday afternoons

Wednesday evenings

\$2.00

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

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 7:00 p.m. Join or just listen. Free

Lehigh Valley Pops Orchestra

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

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

Info

Savvy Caregiver class

Tuesday September 19, 2023 through October 24, 2023 at 2:00 p.m.

Is recognized nationally as a leading evidence-based dementia family caregiver training program. Decrease family caregiver distress, burden, depression. Increase confidence.

Presenter: Carol Gonzalez of United Way of the Greater LV. Free

Lehigh County

Find out what these departments do and how they impact you!

Wednesday October 11th at 9:00 a.m.

Sheriff's Department

Wednesday October 18th 9:00 a.m.

Coroner's Office

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.

Monday at 12:30 p.m.

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

0-750 Masterpoints- every Monday

Friday at 12:30 p.m.

Open Unlimited Masterpoints- every Friday

\$7 members and \$8 nonmembers

Party Bridge

Monday at 11:00 a.m. Friendly and welcoming. Join us for a fun card game.

Cribbage

Tuesday and Thursday at 1:00 p.m. Drop in – no reservation needed.

Info: Contact Carol Sheen 610-965-4012

Mah Jongg

Tuesday and Thursday at 1:00 p.m.

Contact Beverly Saylor at 610-264-9164.

Pinochle

Tuesday at 1:00 p.m. Single deck of cards. Six games, must stay for all games.

Sunday at 1:30 p.m. Single deck of cards. Eight games, must stay for all games.

Monday and Friday at 7:00 p.m. Single deck of cards. Eight games, 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!

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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.**