



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 2024

New This Issue!



For Homeowners!

Have an extra room? Need help with chores?
Could use some extra money? Tired of living alone?

Or

For Renters!

Need an affordable place to stay? Make a new friend.
You decide. Safe. Supportive.

We can help. Find out more. No obligation.
If you live in Northampton County contact Alberto Martinez at
484-894-2961 or alberto@lvactivelife.org

If you live in Lehigh County contact Annette Rodriguez at
610-437-3700 or annette@lvactivelife.org

Sponsored by the Pennsylvania Department of Aging

lvactivelife.org

BINGO

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

Board of Directors

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Susan Rutt Retired City of Allentown Administrator, Center member

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Israel Sackey Retired Psychologist, Center member

Mary Jo Shields Retired Nurse, Center member

Robert Velez PR Director, Puerto Rican Cultural Preservation Society

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

Art

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.

January 10th Wishing for a Wonderful New Year

February 7th Love Birds

March 6th Easter Bunny

April 3rd Florida Sunset

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.

Lectures

World War II

Wednesdays at 2:00 p.m.

January 3rd

February 7th

March 6th

April 3rd

The Ruhr Pocket

War Movies

Eisenhower and Bedell Smith

Nimitz, Spruance and Halsey

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

Matter Of Balance class

Wednesday at 9:00 a.m. January 10th to February 28th

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.

Not By Bread Alone

For those willing to walk through the doorway to creativity, psychologist Jordan Peterson and others lead us on a journey exploring creativity in our lives via unlimited possibilities such as: ESP, Intuition, Imagination, Perception, Dreams, Transcendence, Insights, Intimacy, Clairvoyance. All are welcome. Limit 10 people

Eight sessions beginning January 10th to February 28th

Group Facilitator: Bill Hightower

Wednesday at 11:30 a.m. to 1:00 p.m.

Free. Funded through United Way of the Greater Lehigh Valley

Making Ends Meet

An exploration and discussion on how we survive. Sharing life stories can be a way to empower us and others to appreciate where we have come from and to help us on our journey now. All are welcome. Limit 10 people

March 20th and March 27th

Group Facilitator: Bill Hightower

Wednesday at 11:30 a.m. to 1:00 p.m.

Free. Funded through United Way of the Greater Lehigh Valley

Understanding Why People Are Difficult

This workshop will provide knowledge and strategies for understanding why some people “push our buttons” making it difficult to interact with them without feeling anxious. Although we cannot stop others from being difficult, we can understand what is taking place so that we can decide what we need to do to maintain and protect ourselves in order to be productive and happy. All are welcome. Limit 15 people

April 3rd and April 17th

Instructor: Edie Glover

Wednesday at 11:30 a.m. to 1:00 p.m.

Free. Funded through United Way of the Greater Lehigh Valley

Humor The Quicker Picker Upper!

Humor is that wonderful emotion that evokes joy and happiness in us all! This seminar will explore the importance of humor; how it happens in our bodies and its positive outcomes that extend and enhance our lives. Come prepared to laugh and tell us your jokes and funny stories. Learn how to bring this marvelous emotion into our lives every day without a lot of effort and much fulfillment. You will see how humor and laughter are the stress relievers that frees us all. Limit 15 people.

March 6th and March 13th

Instructor: Edie Glover

Wednesday at 11:30 a.m. to 1:00 p.m.

Free. Funded through United Way of the Greater Lehigh Valley

Goodbye Things

(Letting Go of the Things That Hold Us)

Did you know that the collection and keeping of so many things reduce the level of joy and happiness in our lives? Losing things becomes easier, finding them becomes harder and we are more frustrated than ever. This need not be. There is a whole world out there that is calling us to enjoyment and freedom. This fun-filled seminar will show us how to apply the concept of minimalism and get out from under the burden of stuff, thus giving us more time and freedom to enjoy the life of our own choosing. Limited 15 people.

April 17th and April 24th

Instructor: Edie Glover

Wednesday at 1:30 p.m. to 2:30 p.m.

Free. Funded through United Wy of the Greater Lehigh Valley

How to Really Live a Long, Healthy & Happy Life

(The Merging of Body and Soul)

We all wish to live a joyous, prosperous, and fulfilling life, but how we do it is often not as easy as we thought. Obstacles (people, money, and tragedy) often get in our way and before we know it our focus changes to things that are far from our path to happiness. What went wrong? This seminar will not only guide the way to happiness, but will highlight how to avoid, sidestep, and overcome the pitfall on the way. Come join us because you really deserve it!

May 1st

Instructor: Edie Glover

Wednesday at 11:00 a.m. to 1:00 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.

Jan 17- Spiritual Healing

Jan 24 – Finding Your True Self

Jan 31- Preparing To Meet Your Spiritual Guides

Feb 7 - Breath and Breathing

Feb 14 -Your Heart Chakra

Feb 21 - Journey of Empowerment

Feb 28 – Grounding Mind, Body and Spirit

March 6 – Three Masters Meditation

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.

Movies

Friday afternoons

\$2.00

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

Groups

Grief Support Group

We all experience loss. Loss can have us feel deeply alone. Loss can isolate us from others. Loss can be that sadness that never seems to leave us. Meeting and sharing with others can begin the healing process. Healing is not the absence of pain, but a way to go on with life that is more fulfilling for us and those we love.

Forming in January. Let us know if you are interested. More details to follow.

Saturday Men's Group

Saturday 11:00 a.m. to 2:00p.m. Drop In Anytime.

Retirement can be tough, especially for men. Relationships change, whether we like it or not. Being able to adapt is crucial to live successfully. Being able to have a good conversation is just plain fun and helps us feel better. Sports, work, relatives, politics, neighbors ... a chance to "blow off steam", share and laugh. Watch sports too.

Forming in January. Let us know if you are interested.

Current Events Discussion

Thursdays at 2:00 p.m. Free

A place to express your opinions and listen to others. Includes world, national, state and local topics. All are welcome. Moderator: David M. Bell

Life Sharing Discussion Group

Fridays at 1:00 p.m. Free

We are an informal group that meets to discuss our lives in general in an atmosphere of mutual respect. No politics please.

Photography Composition Basics

Thursday at 12:30 p.m. Free

Want to improve your photography using your cell phone or any camera?

Instructor: Ray Royer

Knit and Chat Group

Thursdays at 9:00 a.m. Free

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.

Savvy Caregiver class

Tuesday March 5th – April 9th from 2:00 pm-4:00 pm Free

Is recognized nationally as a leading evidence-based dementia family caregiver training program. Decrease family caregiver distress, burden, depression. Increase confidence. Presenter: Carol Gonzalez. United Way of the Greater LV and The Fleming Foundation.

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

Jetti Fitness Walks

Thursday at 9 a.m.

Transforming a regular walk into a full body workout! Burning up to 56% more calories, and work the upper body muscles too using specially designed Jetti Poles.

More than a walk. Wear good walking sneakers, bring a water bottle and an open mind!

Where: Pavilion #2- 2841 Honochick Dr parking lot, Allentown (additional locations to be added as weather conditions change- call for updates in rain, cold and snow)

Cost: members \$4, non-members \$8. *plus \$1 pole rental (required)

Instructor Michele Fisher

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.

Aqua Aerobics

Tuesdays at 11:00 a.m.

Muhlenberg College Swimming pool.

Instructor: Michele Fisher. Lifeguard: Jan Sudermiester

Yoga Flow

Wednesday at 12:30 p.m. and Friday at 11:00 a.m.

Energizing, moderately paced yoga flow designed to increase your flexibility, mobility and strength, manage stress and replenish your spirits. Appropriate for beginners to moderate

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

Tai Chi

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.

Tai Chi Qigong

Tuesday 2:10 p.m.

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

Instructor: Alice Perry

Healthy Steps in Motion class

January session 12:30 p.m. Free

Start Date: Tuesday, January 9th

End Date: Tuesday, February 27th

March session 12:30 p.m. Free

Start Date: Friday, March 1st

End date: Friday, April 19th

A two-hour class to reduce your risk of falling and improve your health. Taught by certified instructors. Free.

Instructors: Chelsea Shekailo and Ken Bartynski

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. At the Haja Rose Bowl in Allentown.

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. 610-437-3700

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

Led by chess enthusiast: Israel Sackey

Pool/Billiards

Regulation size table

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

Wednesday Afternoon Dances

January 24th, February 28th, March 27th, April 24th

4th Wednesday of each month

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

Featuring Johnny K

\$5.00 includes refreshments!

Saturday Night Dances

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

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

January 6th
January 13th
January 20th
January 27th
February 3rd
February 10th
February 17th
February 24th
March 2nd
March 9th
March 16th
March 23rd
April 6th
April 13th
April 20th
April 27th

Beverages and snacks! Bring your own food too!

Open to the Public

\$10.00

Music

Pop Music Jam Session led by Stephen Cee

Every Thursday at 1:00 p.m.

Bring your instruments and your voice! Free

Song Writing

Every Tuesday at 11:00 a.m.

Bring your poems, lyrics and musical talents! Free

Instructor: Stephen Cee

Karaoke - with your host Bobby James

2nd 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: Ron DeGrandis

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

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 1:00 p.m. Single deck of cards. Six 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!

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!

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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.**