



*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 2024

### New This Issue!

# Glow Confidence Workshop

by InnaStar

Enhance your self-confidence through self-development,  
creative expression and personal growth.

Taught by Jacinth Headlam

Film producer, Author, Actress and QVC Television Talent!

#### **Six Sessions:**

Introduction To Confidence

Communication Skills

Embracing Inner Strengths

Etiquette and Social Graces

Make Over and Photo Shoot

Public Speaking, Recital and Awards

\$60.00 (Scholarships Available)

**Questions? Interested by not sure yet?**

Find out more at a free introductory seminar  
about what this program can do for you.

Wednesday May 22nd at 2:00 p.m.

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

**For Homeowners!**



**For Renters!**

If you live in Northampton County contact Alberto Martinez  
at 484-894-2961 or [alberto@lvactivelife.org](mailto:alberto@lvactivelife.org)

If you live in Lehigh County contact Annette Rodriguez  
at 610-936-0017 or [annette@lvactivelife.org](mailto:annette@lvactivelife.org)

Sponsored by the Pennsylvania Department of Aging

## 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. May through June. Then starting again in September.**

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. Bring glue sticks, magazines, scissors. 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 extra.

Instructor: Trisha Baker

Free Members. \$5.00 Nonmembers

## **Paint and Sip Evenings**

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

May 1 <sup>st</sup>	Foxy
June 5 <sup>th</sup>	Will Work For Cheese
July 10 <sup>th</sup>	Flip Flop
August 14 <sup>th</sup>	Mushroom 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. Sorry No Refunds

## **Candle Making**

**Wednesday at 9:30 a.m. June 26<sup>th</sup>, July 24<sup>th</sup> and August 21<sup>st</sup>**

Make a Vanilla, Coconut or Lavender scented candle or make an unscented candle. The candle making class is hand-on learning experience. All supplies are included and everyone will be able to take home their finished creation.

Instructor: Guerldine Morose, Owner of Creole Scented Candles.

\$15.00 per person per session. \$25.00 for two sessions.

# Learning

## **World War II**

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

May 1 <sup>st</sup>	Celebrates In Uniform In WWII
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Instructor: Dr. Charles Bonos \$4.00 members \$6.00 Non members

## **Matter Of Balance class**

**Wednesday at 9:00 a.m. June 3<sup>rd</sup> to July 22<sup>nd</sup>**

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

## **Black In the USA**

**Mondays at 2:00 p.m. to 4:00 p.m. Four sessions beginning May 6<sup>th</sup> to June 3<sup>rd</sup>**

A discussion about the issues of living as a person of color. Mainly dealing with being Black in this world from a personal perspective, these discussions will be about the legacy of colonialism, Jim Crow, and Apartheid and how it has affects Black people. Please come with an open mind. All questions are valid.

Group Facilitator: Stephen Cee

**Free.**

## **Human Nature**

**Wednesday at 1:0 p.m. to 2:30 p.m. May 29<sup>th</sup> and June 5<sup>th</sup>**

Discovering yourself. An introspective look at who we are, who you are, and how we got to be. Exploring the external forces that impact who we are today.

All are welcome. Limit 15 people

Group Facilitator: Bill Hightower

**Free. Funded through United Way of the Greater Lehigh Valley**

## **Silver Boxes (The uplifting gifts of affirmations)**

**Wednesday May 22<sup>nd</sup> at 10:30 a.m. to 12:00 p.m.**

The unexpected things that make us feel good and how it can enhance your life. See yourself in a more positive life and improve your relationships. All are welcome.

Limit 15 people

Instructor: Edie Glover

**Free. Funded through United Way of the Greater Lehigh Valley**

## **Understanding the Real You (lifting your self esteem)**

**Wednesday, June 12<sup>th</sup> at 10:30 a.m. to 12:00 p.m.**

We say we know ourselves but do we really. Limit 15 people.

Instructor: Edie Glover

**Free. Funded through United Way of the Greater Lehigh Valley**

## **The Gift of Anger**

**Wednesday, June 19<sup>th</sup> at 10:30 p.m. to 12:00 p.m.**

Everyone gets angry. Anger is vital to us all when used well.

Limited 15 people.

Instructor: Edie Glover

**Free. Funded through United Wy of the Greater Lehigh Valley**

## **Communicating Positively with Others**

**Wednesday, August 17<sup>th</sup> at 10:30 a.m. to 12:00 p.m.**

We all communicate but how we do it makes all the difference.

Instructor: Edie Glover

**Free. Funded through United Way of the Greater Lehigh Valley**

## **Health Wellness Coaching Sessions**

**By appointment. Beginning April 24, 2024. Three to six one-hour sessions. \$10.00**

Individual sessions that focus on ways for you to be healthier. For everyone from those looking to tweak their exercise routine to those dealing with chronic conditions. Call 610-437-3700.

Coach: Kathy P. Yandle, RRT, M.S., RYT-200

## **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 1

May 15 - Getting Ready for Guidance  
May 22- Divine Blue Healing Ray  
May 29- Meditation for a Miraculous Life  
June 5- Finding Love in Our Life  
June 12- Awakening Self Acceptance  
June 19- Vibrational Sound Healing  
June 26- 17 Chakra Meditation  
July 3- Mindfulness Meditation

### Session 2

July 10- Discovering Balance and Harmony  
July 17- The Shamans Cave  
July 24- Spiritual Discernment  
July 31- Relaxation Meditation  
August 7- Musical Biofeedback  
August 14- The Peaceful Warrior Within  
August 21- Daily Healing Meditation  
August 28- I Am Truth

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. \$80.00 a session.

## **A Ladies Book Signing and Talk**

**Wednesday, May 22<sup>nd</sup> 2:00 p.m. to 3:00 p.m.**

Co-authors, Amy Ensinger and Mary Lilley-Thompson invite you to an interactive workshop to discuss their book, Sixty Shades of Purple Wisdom And Whimsy On Sex After Sixty. Do you know how your body works? Ever wonder why it sometimes doesn't? Have you thought about being intimate but something always seems to stop you? Are you afraid to discuss your concerns with your partner? Doctor? Friends? You're not alone.

Join us for an afternoon of laughter, learning and discussion of Mary's and Amy's book, Sixty Shades of Purple: Wisdom and Whimsy On Sex After Sixty. Bring a friend and your questions for a candid conversation on sex and intimacy. Leave with some tips and tricks to have the sex life you desire and deserve. Amy and Mary will answer any questions you might have and promise you a lot of fun! \$20.00 includes a signed copy of their book.

## **Healthy Steps in Motion class**

**Summer session 12:30 p.m. to 1:30 p.m. Free**

**Start Date: Friday, May 3<sup>rd</sup>**

**End Date: Friday, June 21<sup>st</sup>**

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

## **Chronic Pain Self Management program**

Summer session 12:00 p.m. to 2:30 p.m. Free

Start Date: Thursday, July 11<sup>th</sup>

End Date: Thursday, August 15<sup>th</sup>

Developed by Stanford University. Learn ways to combat depression, pain, fatigue, stress and isolation. Research has shown participants experience more energy, less pain and lower depression.

Taught by certified instructors. Free.

Instructors: Chelsea Shekailo and Ken Bartynski

## **Medication Education Events**

Wednesdays, 9:00 a.m. to 10:30 a.m. May 15<sup>th</sup>, June 5<sup>th</sup>, July 17<sup>th</sup>, August 21<sup>st</sup>

The Allentown Health Bureau will have 2-3 Allentown Volunteer Medical Reserve Corps on site to answer questions about medications. If individuals have specific concerns that need to be addressed directly with their provider, they have the capability to relay those concerns. Bring your medication list or medication bottles. Free.

## **When You Do and Don't Need An Attorney**

Mondays, 2:00 p.m. to 4:00 p.m. June 10<sup>th</sup> and August 12<sup>th</sup>

Joe Holko, a retired attorney from Lehigh County, will give a presentation on his career and background in the legal field, and discuss when you do and do not need an attorney. Bring your issues, questions and dilemmas. Very casual.

## **Overcoming Stubborn Emotional Barriers**

Thursdays, Noon to 1:30 p.m. June 6<sup>th</sup>, June 13<sup>th</sup>, June 20<sup>th</sup>, June 27<sup>th</sup>

Edwin Friedman was an ordained rabbi, family therapist, and leadership consultant. Among the books he wrote is Friedman's Fables, a collection of 24 illustrative tales that offer fresh perspectives on familiar human foibles. Friedman takes on resistance and other 'demons' to show that neither insight, nor encouragement, nor intimidation can in themselves motivate an unmotivated person to change. These tales playfully demonstrate that new ideas, new questions, and imagination, more than accepted wisdom, provide each of us with the keys to overcoming stubborn emotional barriers and facilitating real change both in ourselves and others. Presentation followed by discussion.

Facilitator: Richard Schaffer

## **Clairvoyance, ESP, Intuition and Emotions**

Wednesday, July 17<sup>th</sup> and July 24<sup>th</sup> from 1:00 p.m. to 2:30 p.m.

Explore mysteries of unexplained and paranormal phenomena. Share your stories and learn what researchers have uncovered.

Facilitator: Bill Hightower

**Free. Funded through United Way of the Greater Lehigh Valley**

# Groups

## **Grief Support Group**

**Wednesdays at 6:00 p.m. Drop In Anytime.**

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.

Moderator: Brenda Mason, MSS/MLSP

## **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. Shoot some pool too.

Moderator: Darnell Scott

## **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.

## **Fine Art Photography**

**Thursday at 12:30 p.m. Free**

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

Moderator: 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.

## **Socrates Cafe**

**Days and Times to be Determined. Free**

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: Dr. Charles Brooks

Call 610-437-3700 if interested.



# 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. Good 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

## **Evening Wind Down Yoga**

**Wednesdays at 6:00 p.m.**

A gentle mindful yoga practice focused on balance and strength. First class free. Try it out!

Beginning May 1<sup>st</sup>. You are welcome to join any class.

Instructor: Nora

# Tai Chi

## Tai Chi For Balance

**Monday at 1:45 p.m. (starting June 3<sup>rd</sup>) 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. (starting June 3<sup>rd</sup>)**

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

## *Invitation to ... A Taste of Mindfulness*

### Meditation

**Wednesdays at 4:00 p.m. Call for beginning date.**

A 5-week beginner's journey into the experience of mindfulness meditation, you will get a "taste" of mindfulness meditation and the tools you need to establish and expand your own practice. Mindfulness is exercise for your brain. Even just a few minutes a day can make a big difference. The potential benefits include: stress reduction, improved sleep, reduced symptoms of loneliness, reduced blood pressure, strengthened immune system, improved focus. Teacher: Heather Turoczi

Come exactly as you are and join us. Each class will include: Guided mindfulness meditation practice. Short talk on the practice theme of the day. Q&A, group reflections, tips and suggestions to try during the week.

# Sports

## Summer Golf League

<b>May</b>	7 & 14	Wedgewood - T Bethlehem
	21 & 28	Municipal - T
<b>June</b>	4 & 11	Berkleigh - T
	18 & 25	Butter Valley
<b>July</b>	2 & 9	Twin Lakes
	16 & 23	Allentown Municipal
	30	Ravens Claw
<b>Aug.</b>	6	Macoby Run
	13	Riverview
	20	White Tail - T
	27	Southmore - T

If you are new, contact Richard Warner to register for play. Plan to play on a particular date? please notify our scheduler, Lyndon Kellogg. Scheduled tee off time will be around 9:00 a.m. Please plan to arrive at the course by 8:30 a.m. Proper dress is required. No jeans or T-shirts. The letter T, following course name, indicates course accepts the Tee Time Golf pass.

Contacts:

Richard Warner	warnerr@enter.net
Lyndon Kellogg	eljaykae@aol.com
Rich Lyons	rmlyons1@aol.com

## 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 801 North 15<sup>th</sup> Street Allentown

## Pickleball

**Tuesday and Thursday 4:00 p.m. Saturday at 10:00 a.m.**

Two Indoor courts. Doubles. Play to 7. Fast. Fun. Friendly.

**\$2.00 for members**

## Chess

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

Call first to let us know you plan to be here. 610-437-3700

Led by chess enthusiast: Israel Sackey

## Pool/Billiards

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

Regulation size table

# Saturday Night Dances

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

Country Dance  
KATO  
Johnny K  
Country Dance  
KATO  
Johnny K  
Country Dance  
KATO  
Johnny K  
Country Dance  
Johnny K  
KATO

May 4<sup>th</sup>  
May 11<sup>th</sup>  
May 25<sup>th</sup>  
June 1<sup>st</sup>  
June 15<sup>th</sup>  
June 22<sup>nd</sup>  
July 6<sup>th</sup>  
July 13<sup>th</sup>  
July 20<sup>th</sup>  
August 3<sup>rd</sup>  
August 10<sup>th</sup>  
August 17<sup>th</sup>

Beverages and snacks! Bring your own food too!

Open to the Public. Free parking!

\$10.00

# Wednesday Afternoon Dances

May 22<sup>nd</sup>, June 26<sup>th</sup>, July 24<sup>th</sup>, August 28<sup>th</sup>

4<sup>th</sup> Wednesday of each month

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

Featuring Johnny K

\$5.00 includes refreshments!

# Movies

Friday afternoons! Closed Captioning! Big Screen!

\$2.00

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

# 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

# Social Services

**Darnell Scott** with Americorps/Vista of United Way of the Greater Lehigh Valley will help you find the benefits you need. He is in the office each morning from Monday to Thursday.

He can be reached at 484-284-9710

## **Lehigh County Mental Health Office**

Staff will help you and your family, friends, and neighbors find the mental health assistance you need.

**Thursday, May 23, 2024 10:00 a.m. to 2:00 p.m.**

## **Second Harvest Food Bank PA Senior Food Box Program**

Each box contains 8 cans of vegetables, 3 cans of fruit, 1 bottle of juice, 3 protein options, 2 cereals, 2 pounds of pasta or rice, 2 shelf-stable milks, 2 meat items, and 1 block of cheese.

Aged 60 or older. Income limit household of 1 is \$18,954. Household of 2 is \$25,636

Must have verification of date of birth and current address.

Contact 484-821-2404 or shfbseniors@caclv.org

# Games

## ACBL Duplicate Bridge

Contact Lois at lafuini@yahoo.com or at 610-767-7898 or Betsy 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.

## Cribbage

**Tuesday and Thursday at 1:00 p.m.** 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!

# BINGO

Wednesdays

Doors Open 4:30 p.m. Games Begin 6:00 p.m.

# *Cash Prizes!*

*Everyone welcome. Free parking. Open to the Public.*

# 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, 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.**