



*“It is an honor to serve as President of the Board of LVAL with such a wonderful staff, Board of Directors, members and volunteers. As I speak to people throughout the community, many have commented on what they enjoy at our facility. It seems everyone I speak with has a different favorite, whether it be the facility itself, the easy parking, the hot and cold lunch program, bingo, pickleball, bridge, dances, art classes, tap dancing, yoga and exercise, movies, golf, Autumn Adventure, the orchestra and chorus, paint and sip, income tax and flu shots, to name a few of the way our members can participate.*

*“After the pandemic, LVAL is well on its way to being stronger than ever.”*

**Susan Rutt**  
**Board President**

## Updates

Our attendance at programs and the number of people served climbed. Over half of our attendance is in group exercise.

Exercise instructors Sara Mercer, Michele Fisher, Grace Conti, and Ed Nichols were outstanding with full classes. Michele Fisher began a Jetti Pole walking class at the Allentown Rose Garden that filled quickly.

Card games never got back to their past glory of a decade ago. Both bridge and pinochle numbers dropped a lot.

Using the Copilot database system and implementing a number of efficiencies, we went from 8 to 3 office staff, greatly cutting our expenses.

## Our Statistics

- Over 1,000 members
- 3,200 person email list to get new programs started.
- Attendance over 54,000.

## **Our value to the community**

**Post-retirement continues to be a time of increased risk for greater social isolation and personal dislocation.**

**LVAL provides a facility, programs, activities, and events to help retired persons meet new friends, stay active, get involved and have a new purpose in life.**



# **LEHIGH VALLEY ACTIVE LIFE**

**Annual Report 2023**  
**Programs and Services**



## Finances

Total assets are \$1,467,438 and total liabilities are \$17,073. Income was \$359,301 and expenses were \$639,797. Gain on value of investments was \$25,843. Depreciation expense was \$63,243. Lehigh County provided \$254,303. Allentown provided \$5,000 and Mayor Matt Tuerk donated \$9,000 through his annual charity golf tournament. Other municipalities donated \$16,150. Fees for programs brought in \$150,990. Membership dues raised \$18,891. Harry C. Trexler Trust donated \$25,000. United Way provided \$40,000 for a community Hub that funded our Shared Housing program, mental health programs and social services.

## STAFF

Dwyane Borden  
Rick Daugherty  
Robert Hayes  
Alberto Martinez  
Mark Sandrock  
Barbara Shattah  
Robert Walker  
Lynne Walls



## A Community Hub United Way of the Greater Lehigh Valley

Our designation by United Way as one of five community hubs for older adults in the Lehigh Valley improved our operations in a number of ways.

First we were able to hire Alberto Martinez in June to launch a Lehigh Valley Shared Housing program.

Second, we expanded programs that helped with relationships, mental health and living better. Edie Glover and William Hightower, both retired social workers, led the effort with a variety of programs.

Finally, AmeriCorp volunteer Darnell Scott joined us to help people find and secure benefits.

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

## Who We Are

Imagine a place where practitioners of yoga join musicians, artists, card players, and exercise enthusiasts to enjoy life to its fullest. A place where people meet, move and create. A place of vibrant color, good music, and friendly people. A place open morning to night seven days a week. That is us! For 60 years music programs, exercise classes, lunch, social events, seminars, lectures, bingo, cards, art, dances, swimming, quilting and more have happened here. Join us!

## Board of Directors

Susan Rutt, President  
Gail Hoover, 1st Vice President  
Thomas Applebach, 2nd Vice President  
Louella Torrence, Treasurer  
Maria Santacoloma, Secretary

Jessica Rodriguez Colon, Lois Fuini, Suzanne Krause, Adria Laboy, William McQuilken, Israel Sackey, Mary Jo Shields, Robert Velez

## Contact Us

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