



*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 2024**

### **New This Issue!**



# *Autumn Adventure Basket Social*

***Food! Baskets! Fun!***

**Saturday, October 12, 2024**

Doors Open at Noon

***Basket Drawing begins at 2:15 p.m.***

**100 Tickets**

Tickets \$20.00 in advance & \$25.00 at door.

***This sells out so get your tickets early!***

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



# Homeowners!

**Have Space to Share?  
Need Companionship? Need Extra Income?  
Need Help with Chores?**

**We can help!**

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 610-936-2082 or [annette@lvactivelife.org](mailto:annette@lvactivelife.org)

A Program of the Pennsylvania Department of Aging

**Find Out More**

**Tuesday, August 27<sup>th</sup> 1:00 p.m.  
Thursday, October 24<sup>th</sup> 1:00 p.m.  
Tuesday, November 19<sup>th</sup> 1:00 p.m.**

Call 610-437-3700 to register for one of the above seminars.

# 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 12:00 p.m. \$2.00 Members/\$5.00 Nonmembers per session

# Social Services

Social Worker Brenda Mason, MSS/MLSP here Monday through Friday from 11:00 a.m. to 1:00 p.m. She will be hanging out in the lobby and Trexler room during lunch. She is here to welcome you to lunch and talk about anything and everything. Sponsored by United Way of the Greater Lehigh Valley.

## Second Harvest Food Bank PA Senior Food Box Program

Food drop-off here is on the first Tuesday of each month. 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

# Art

## **Junk Journaling/Book Making**

**Thursdays at 10:00 a.m. Beginning October 17<sup>th</sup>**

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 and scrapbooking supplies.

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.

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

## **Card Making**

**Every other Friday at 9:30 a.m. to 12:00 p.m.**

Make your own cards for all and any occasion. Three cards per class usually. Bring any supplies you want to use. We have supplies too.

Instructor: Natalie Papp

\$7.00 per session for members/ \$10.00 for non-members

# Religion

## **Bible Study: Book of Colossians**

**Mondays at 9:30 a.m. October 7<sup>th</sup> to November 11<sup>th</sup>**

The Inheritance We Have in Christ. Looking at what the Bible says, asking what it could mean, and how it might apply to our lives.

Facilitator: Susan Spengler Cervin

Free

## **“The Entire Bible For Everybody”**

**Saturdays at 10:30 a.m. to 12:00 p.m. Nine sessions beginning September 7<sup>th</sup> to November 16<sup>th</sup> (no classes the last two Saturdays in October)**

For Christian believers, it starts from the assumption that the Bible answers the most important questions in life. For atheists, agnostics and skeptics, the course is entirely scientific, based on the latest information and archaeology. Difficult questions are welcomed.

Instructor: Pastor Richard Mathisen, Interim Pastor at St. Lukes' Lutheran Allentown

\$10.00

## **Islam**

**Wednesday at 1:00 p.m. October 9<sup>th</sup>**

A basic introduction to Islam. All questions are welcome.

Instructor: Jamal Ahmed

Free.

## **Judaism**

**Monday at 9:30 a.m. September 23<sup>rd</sup>**

A basic introduction to Judaism. All questions are welcome.

Instructor: Martina Obenski

Free.

## **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

Sept 4- Your Inner Light

Sept 11- Breathing Meditation

Sept 18- Surrender Stress and Fear

Sept 25- Forgiveness

Oct 2- Chakra Meditation

Oct 9- Raising your Vibration

Oct 16- Blessings and Gratitude

Oct 23- Breath of Life, Breath of Love

### Session 2

Oct 30- Chakra Clearing

Nov 6. Touching the Soul

Nov 13- Forgiveness

Nov 20- Connecting with Your Animal Spirit Guide

Nov 27- Peace of Mind

Dec 4- Heart Meditation

Dec 11- I am Wishes Fulfilled

Dec 18- Power of Surrender

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.

# Learning

## Emotional Intelligence

**Wednesdays, September 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, and 25<sup>th</sup> 3:30 p.m. to 4:30 p.m.**

What is emotional intelligence? How can learning more about emotional intelligence improve how I communicate with others? And how better communication means a better quality of life for me and those I love.

Instructor: Brenda Mason, MSS/MLSP

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

## Dealing with Post Traumatic Stress Disorder (PTSD)

**Wednesday, October 2<sup>nd</sup> at 3:30 p.m.**

Are past traumas affecting your life or the life of a loved one? Do you or they find themselves often reliving these experiences? If so, this is the workshop for you. Come fill your tool bag with new ways to cope and thrive. This may become an ongoing support group if there is interest.

Instructor: Brenda Mason, MSS/MLSP

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

## American Vortex

**Wednesdays, 2:30 p.m. to 4:00 p.m. September 11<sup>th</sup> to October 9<sup>th</sup>**

Our nation is divided. Where do we go from here? Join the conversation to find personal solutions.

Instructor: Stephen Cee

**Free.**

## Aging Options

**Wednesdays at 11:00 a.m. September 18<sup>th</sup> through October 9<sup>th</sup>**

Now is the time to access our options. There is still a lot of living to do ... especially for seniors. A re-set is in order. This is an offer of five considerations as we greet the future:

1. The importance of belonging.
2. The significance of a bucket list.
3. Be the real you – at last!
4. Do I or will I need assisted living.
5. Having a purpose is still critical.

Instructor: Bill Hightower

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

## World War II

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

September 4<sup>th</sup>

October 2<sup>nd</sup>

November 6<sup>th</sup>

December 4<sup>th</sup>

Two Targets: Ploesti and Akita

The Alamo Scouts

Ghost Army

Rabaul, New Britain

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

## **Overcoming Stubborn Emotional Barriers**

**Thursdays, Noon to 1:30 p.m. Dates and Topics Will Be Announced by email**

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

## **Changes, Changes & More Changes**

### **How will I ever keep up?**

**Wednesday, 10:30 a.m. to noon. September 4<sup>th</sup>**

This training is designed to help us understand and appreciate the changes happening in our society almost daily and not be overwhelmed by them. Instead, we will learn how to welcome the changes and how to use them when they are to our benefit.

Facilitator: Edie Glover, MSW, LSW

Free. Funded through United Way of the Greater Lehigh Valley

## **Learn About the Power of Love & Then Pass it On**

**Wednesday, 10:30 a.m. to noon. October 16<sup>th</sup>**

We ALL desire to feel and keep love in our lives, but how do we do it? This powerful emotion is essential to everyone and long lasting when we learn how to recognize it, use it, appreciate it and keep it alive in us wherever we go.

Facilitator: Edie Glover, MSW, LSW

Free. Funded through United Way of the Greater Lehigh Valley

## **How to have a 27 Hour Day**

**Wednesday, 10:30 a.m. to noon. October 30<sup>th</sup>**

Why does our time go by so quickly? It doesn't have to be that way! Come learn how to live your dreams and still find time to keep the essentials in order. This fun training will surprise and encourage you to have three extra hours each day for anything your choose !!!

Facilitator: Edie Glover, MSW, LSW

Free. Funded through United Way of the Greater Lehigh Valley

# Lunch

Every Monday through Friday

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

Hot Entree or Salad/Sandwich

Check our menu out online or in our lobby

**Suggested donation: \$2.50**

# Groups

## **Grief Support Group**

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

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

## **Men's Group**

**Wednesdays 4:00p.m.** Free

Discussions on all topics relating to the world of being a man. Be ready to have an open mind and an open heart as we discuss our lives as men. We are looking to take trips so we may meet on other days and at other places. Snacks too.

Moderator: Stephen Cee

## **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. Yes, politics too! 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.

## **Lehigh People with Parkinson's**

**4<sup>th</sup> Monday of each month at 4:00 p.m.** Free

The support group empowers people with Parkinson's and their caretakers on their journey to live their best lives.

Moderator: Dave Rivera.

# Café

Open Monday through Friday  
Enjoy Snacks, Coffee, Ice cream, Pastries



# Veterans

## Veterans Brotherhood

**1<sup>st</sup> Thursday at 7:00 p.m. Free**

Help us help veterans. Dedicated to prevent veteran suicide and homelessness. Providing mentoring, discussion and help. For veterans and those who care about them.

Moderator: Clyde Hoch

## LV Veterans History Project

**Last Thursday each month at 7:00 p.m. Free**

Our primary mission is to collect, document and preserve the personal experiences of U.S. wartime veterans. Our objective is to honor their service and share their stories with current and future generations, historians and equally important, the veteran's family members.

Chairman/Founder/Historian: Mike Sowards (610) 434-5210

## Military Share Food Program

**Distribution: 4<sup>th</sup> Wednesday of each month from 2:00 p.m. to 4:00 p.m.**

Battle Borne Veterans Resource Center 36 South 6<sup>th</sup> Street Allentown. Milk, produce, eggs, meat and staples provided. A program of Second Harvest Food Bank.

Register by contacting Tara Rose at 717-507-3228 or [Tara.L.Rose.civ@army.mil](mailto:Tara.L.Rose.civ@army.mil)

## Veterans Services

Did you know that there is an Office of Veterans Affairs in every county in Pennsylvania? And the best thing is that there is never a charge for their services. Veterans and their families should never pay to apply for benefits. Each county office is staffed with VA-accredited Veteran Service Officers who directly assist veterans, their families, and survivors to obtain the federal, state, and county benefits for which they are eligible as a result of military service.

Have questions or need assistance? The feel free to contact your county's Office Veterans Affairs

Lehigh County: 610-782-3295 or [veteransaffairs@lehighcounty.org](mailto:veteransaffairs@lehighcounty.org)

Northampton County: 610-829-4875

# Movies

Friday afternoons! Closed Captioning! Big Screen!

**\$2.00**

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

# 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!

Instructor: Nora

## **Paint and Sip Evenings**

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

September 4<sup>th</sup> Dragon Fly

October 2<sup>nd</sup> Witch

November 6<sup>th</sup> Fall Cat

December 4<sup>th</sup> Ornament

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

# Tai Chi

## Tai Chi For Balance

**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

### Tai Chi 24 Steps, Simplified

**Tuesday 3:15 p.m. – 3:45 p.m.**

A form of 24 steps moving across the floor. A form that is standardized throughout China.

Instructor: Alice Perry

## Healthy Steps in Motion class

**Tuesdays at 12:30 p.m. October 8<sup>th</sup> to November 26<sup>th</sup>**

A one-hour class to reduce your risk of falling and improve your health. Free.

Taught by certified 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 801 North 15<sup>th</sup> Street Allentown

## Pickleball

**Tuesday and Thursday 3:30 p.m. to 6:00 p.m. Saturday at 10:00 a.m. – 12:00 p.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

KATO

Johnny K

September 7<sup>th</sup>

September 14<sup>th</sup>

September 21<sup>st</sup>

October 5<sup>th</sup>

October 12<sup>th</sup>

October 19<sup>th</sup>

November 2<sup>nd</sup>

November 9<sup>th</sup>

November 16<sup>th</sup>

December 7<sup>th</sup>

December 21<sup>st</sup>

December 28<sup>th</sup>

Beverages and snacks! Bring your own food too!

Open to the Public. Free parking!

\$10.00

# Wednesday Afternoon Dances

September 25<sup>th</sup>, October 23<sup>rd</sup>, November 27<sup>th</sup>

4<sup>th</sup> Wednesday

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

Featuring Johnny K

\$5.00 includes refreshments!

## Music

### Pop Music Jam Session led by Stephen Cee

Every Thursday at 1:00 p.m. Music of the 60's and 70's

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

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

## Motown Memories Dance

Friday, September 6<sup>th</sup> Noon to 2:00 p.m.

Refreshments, Music, Dancing, Crafts, Swag Bags, and Raffle Baskets.

Free and sponsored by: UWGLV AmeriCorps Program in partnership with Age-Friendly LV

# 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 \$8 members and \$9 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.**