

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 2025

New This Issue!

Celebrate with Music



Pop Active Rock Concert

May 16th Friday at 5:00 p.m. to 7:00 p.m. Free
Led by: Stephen Cee

Lehigh Valley Pops Orchestra Concert

Thursday, June 12th at 10:00 a.m. Free
Conductor: Ron DeGrandis

Friday Night DJ Dances

Motown Dance May 23rd 7:00 p.m. to 10:00 p.m. Free

DJ Dance

June 20th 7:00 p.m. to 10:00 p.m. Free

Jazz Vibe Concert

Friday, June 27th at 6:00 p.m. to 8:00 p.m. Free

Jazz Jam Session

Second Sunday of each month at 2:00 p.m. Free
Hosted by: Allan Meyerson and the quartet.

These programs are supported by the Administration for Community Living (ACL), U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$423,000 with 100 percent funding by ACL/HHS. The contents are those of the author(s) and do not necessarily represent official views of, nor endorsement, by ACL/HHS or the U.S. Government.

Learning

AARP Safe Driving classes

Wednesdays July 9th and July 16th at 1:00 p.m.

Eight-hour course gets you a 5% discount on any insurance in PA for people 55 and older. Class is limited to 20. AARP members \$20.00. Non-AARP members \$25.00. Free for those with United Healthcare Traditional Medicare supplement through AARP. Gwen Herzog at 610-379-6823 for questions. Pay day of class. Register at 610-437-3700 with name and contact information.

Skeletons In Your Closet? So Did The Icons

Tuesdays, July 1st, July 8th and July 15th at 1:00 p.m.

William Penn, Gandhi, Francis of Assisi all had amazing strengths, but they were human too. Find out more and maybe feel better about yourself.

Instructor: Ed Curran

Free. Funded through United Way of the Greater Lehigh Valley

Finding Your Strength & Balance In Your Life

Mondays, May 12th to June 16th at 10:00 a.m.

From the moment we learn to walk, we are finding strength and balance in our lives. We go on to live a lifetime of finding balance in other parts of our lives as well. This discussion group will use Dr Bill Heller's model he called The Six Dimensions of Wellness to explore how we might discover our strengths and use them to find a more balanced life, and deal with the difficult times. Limit 12 people.

Weekly agenda:

1. An overview of the crisis, strength and wellness.
2. A Mindful approach to discovery of strength
3. What is a balanced life?
4. How can we adapt to life changes using strength and balance?
5. How are we using Lehigh Valley Active Life to find balance?
6. What can men and women teach each other about balance?

Instructor: Gary Stone, MSW

Free. Funded through United Way of the Greater Lehigh Valley

World War II

The Battle of the Coral Sea

Wednesday at 2:00 p.m. May 7th

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

WWII Facts, Figures and Cronies

Tuesdays July 22nd, July 29th, August 5th and August 12th at 1:00 p.m.

Instructor: Ed Curran \$15.00 members. \$25.00 Non members

Russian History Thru Putin's Eyes

Tuesday, May 13th and May 20th at 1:00 p.m.

Instructor: Ed Curran

Alzheimer's Seminars

Healthy Living for Brain and Body

Wednesday, June 18th at 2:30 p.m.

Dementia is not a normal part of aging. Learn about positive everyday actions for healthy brain and body that can potentially reduce the risk of cognitive decline.

Understanding Alzheimer's and Dementia

Wednesday, July 23rd at 2:30 p.m.

This program will help you to recognize how Alzheimer's affects the brain. We will list the risk factors, identify the stages of the disease, discuss current FDA approved treatments and discuss the advances occurring in research.

10 Warning Signs of Alzheimer's

Wednesday, August 6th at 2:30 p.m.

This program is designed for those who want to learn more about the warning signs of Alzheimer's and other dementias, and those who have noticed memory or thinking changes in themselves or others.

In this program, we will talk about typical age-related memory, thinking or behavior changes.

- o Recognize common warning signs of Alzheimer's and dementia.
- o Discuss the tips for approaching someone about memory concerns.
- o Explain the importance of early detection and benefits of diagnosis.
- o Identify possible tests and assessments for the diagnostic process.
- o Name the resources available through the Alzheimer's Association.

Evolution vs. Aging

Wednesdays June 4th to July 2nd at 11:00 a.m.

Your Authentic Self
Aging with Finesse and Intention
Keeping Doors Open
Reviving Creativity
Paradox of Aging

A discussion as we journey on this path called aging.

Moderator: Bill Hightower

Coping Skills

Wednesdays at 11:00 a.m. April 30th to May 21st

How do 20th Century people cope in a 21st Century world.

Instructor: Brenda Mason, MSW, MSS/MLSP

Who Doesn't Talk To You Anymore and Why

Wednesdays at 1:00 p.m. June 18th to July 2nd

A chance to share, vent, learn, mourn and find a better way forward.

Instructor: Brenda Mason, MSW, MSS/MLSP

Book Clubs

More on the way. Watch your emails for updated information.

The Hindu Religion

Wednesday, May 7th at 9:30 a.m. Free

Not only a religion but a lifestyle. Find out about how yoga, meditation and Ayurveda, a Sanskrit term meaning “the science of life,” stems from the Vedas — the vast collection of knowledge that was passed down orally for thousands of year, are integral components to Hinduism.

Diabetes Chat Circle

Wednesdays, May 7th to June 25th 12:00 p.m. to 1:00 p.m. Free

An informal peer-to-peer support group that shares the successes and challenges with managing diabetes. Informative topics and fun conversation. Email: diabeteschatcircle@gmail.com for more info.

Facilitators: Annette Rodriguez and Myra Pena

Spiritual Development/Meditation

Wednesdays from 1:00 p.m. to 2:30 p.m.

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

April 23- Grounding Body, Mind, and Spirit
April 30- Mindfulness of Breathing
May 7- Awaken Your Heart
May 14- Connecting to Your Divine Spark
May 21- Living in Joy
May 28- Divine Blue Healing Ray
June 4- Chakra Clearing
June 11- Peace and Love

Session 2

June 18- Inner Peace
June 25- Heart Chakra
July 2- Self Love
July 9- Health Meditation
July 16- Overcoming Fears
July 23- Releasing Fear, Doubt & Worry
July 30- Awakening Self-Acceptance
Aug 6- Healing Relationships

Led by Susan Christman, a Holistic Health Counselor and Spiritual Teacher of 40 years, working locally, nationally and internationally. www.SusanChristman.com \$80.00 per session

Engineering Mini Courses

Monday, June 2nd at 1:00 p.m. Safety Design

Case studies: Challenger, Thresher Submarine, Hyatt Regency Sky Walk. What went wrong? What would you do? Money and Schedule vs Safety. An interactive discussion on causes and fixes. Video and Slide Show.

Monday, June 9th at 1:00 p.m. Reliability

Mean Time Before Failure and other fun concepts and ideas concerning reliability. Infant mortality, car test tracks, and more are part of Reliability and important to our safety.

Instructor: Ed Sokalski
Free.

Haircuts 2nd and 4th Wednesdays

Cosmetologist & Barber Tokai
Men's \$10.00 and Women's \$15.00

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 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

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

Lunch

Every Monday through Friday
Served from 11:15 a.m. to 12:15 p.m.
Hot Entree or Salad/Sandwich
Check our menu online or in our lobby
Suggested donation: \$2.50

Annual Meeting

Wednesday, May 28th at 2:00 p.m.
Elect Members of the Board of Directors.
Receive updates on 2024 programs and finances.
Help us plan for 2025 and beyond.

Cultural Awareness

Wednesdays July 9th and July 23rd at 10:30 a.m.

To define and explore the behaviors of various cultures and their impact.

Instructor: Edie Glover, MSW, LSW

How To Remember Names

Wednesdays August 13th and August 27th at 10:30 a.m.

How to remember names for once and for all, and how to remember almost everything else.

Instructor: Edie Glover, MSW, LSW

Dance Classes

African Dance Master Class

Mondays at 1:00 p.m. May 7th to June 11th Get up and groove to the rhythm of African drums and Afro-Caribbean beats in this energizing African dance master class. Movements can be modified to fit the participant's abilities and limitations. What a great way to learn African dance, which has influenced cultures world-wide. Plus, get some exercise in a fun environment.

Instructor: Mahogany Reynolds-Clarke. A six-week workshop series taught by professional dancer Mahogany Reynolds-Clarke profiled in The Morning Call & featured on Lehigh Valley Live. Free. Funded through United Way of the Greater Lehigh Valley

Tap Beginner

Tuesdays at 9:00 a.m.

Always wanted to learn? This class is for you. Tap shoes are required.

Tap Advanced Beginner

Tuesdays at 10:15 a.m.

For those who have had some tap experience. Dust off those tap shoes.

Instructor: Grace Conti

\$1.00 per session

Chair Dancing Beginner

Tuesdays at 2:15 p.m.

If you love music and love to dance but are having problems with aching joints and mobility issues, come and enjoy all types of dancing in a chair. Variety of music. Variety of dancing. A lot of fun!

Instructor: Grace Conti

\$1.00 per session

Intro to Line Dancing / Absolute Beginner

Mondays at 1:45 p.m. Learn the basic steps and proper technique with fun, easy dances to all genres of music. No prior experience necessary!

\$2.00 Members/\$5.00 Nonmembers per session

Advanced Line Dancing

Thursdays at 12:00 p.m. You are good and you know it and want to get better. The newest, most popular line dances as well as some of the classics. We dance to all genres of music!

\$2.00 Members/\$5.00 Nonmembers per session

Line Dancing

Mondays at 12:30 p.m. Must have some previous experience. You will be learning the newest, most popular line dances as well as some of the classics. We dance to all genres of music!

\$2.00 Members/\$5.00 Nonmembers per session

Square Dancing

2nd and 4th Sundays at 2:00 p.m. to 5:00 p.m. (This is an outside group)

Call Stan or Gail at 610-847-8101. Lehigh Valley B&B's \$8.00 per person. Light refreshments.

Art

Junk Journaling/Book Making

Thursdays at 9:30 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. 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. This includes watercolor and pastels. Live demonstrations every week. Bring your own supplies. Everyone welcome, beginners and experienced.

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 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

Groups

After A Loss ... What Comes Next?

Wednesdays at 3:00 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

Table Pool Club

Wednesdays 3:00 p.m. Free.

Play pool 9 ball and 8 ball. Learn to play pool. Enjoy discussions on all topics.

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

4th Monday of each month at 4:00 p.m. Spanish and English. Free

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

Moderator: Dave Rivera.

Women's Group

Wednesdays 2:00 p.m. Free

Discussions on all topics.

Moderator: Brenda Mason, MSW, MSS/MLSP

Veterans

Veterans Brotherhood

1st 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: 4th Wednesday of each month from 2:00 p.m. to 4:00 p.m.

Battle Borne Veterans Resource Center 36 South 6th 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

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

Northampton County: 610-829-4875

Movies

Fridays @ 12:30 p.m. Closed Captioning! Big Screen!

\$2.00

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

Exercise/Fitness

NEW! \$30.00 monthly fee for all exercise classes!

\$4.00 per session members / \$8.00 nonmembers per session

We accept most insurance plan payments

Sample any class for free

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 or the South Mall in Allentown.

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

Instructor Michele Fisher

Gentle Floor 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 will stretch and relax. Standing poses will help with balance and strength. NOTE: You must be able to get up and down by yourself.

Instructor: Sara Mercer

Chair Yoga

Tuesday and Thursday at 11 a.m.

An effective and gentle way to improve strength and flexibility. Will increase mobility and range of motion. The chair-supported standing poses improve balance and boosts circulation.

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 is great cardio. Using weights, exercise balls, bands and standing aerobic movement, you will increase your heart rate, improve balance, build strength and endurance.

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.

This advanced energizing, moderate-to-fast paced floor yoga class is designed to increase flexibility, mobility, and strength. Working on balance is a priority. NOTE: This class is more advanced than the Gentle Floor Class and you should be experienced in yoga. 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 Beginning January 13th

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

Bingocize

Mondays and Wednesdays at 9:00 a.m. June 23rd to August 27th

A new program that combines bingo, health education, and exercise in a fun and engaging way.

The course runs for 10 weeks, meeting twice a week for a one-hour session. During each class, we'll play bingo and incorporate exercises in between. There will be prizes too! Limit 20 people. Free.

Taught by certified Instructors from the Allentown Health Bureau

Neuro Warrior

Thursdays at 9:00 a.m.

This class consist of dynamic movements from Martial Arts techniques ranging from boxing, Hapkido, Karate, Kung Fu, Tai Chi, Qigong and more. Developed by Robert Comins to aid with a variety of neurological disorders ranging from Parkinson Disease, Stroke recovery, Spinal Cord Injuries and Traumatic Brain Injuries. This class is beneficial for any individual that wants to move and improve activities of daily living. This class is structured to help improve balance, cognitive functions, coordination, endurance, strength, and relive stress. Classes consist of a 10 minute warm-up, followed by the body of the class, ending with a 10 minute cool down. Classes can be down seated or standing.

Instructor: Rob Comins

Tai Chi

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. This mind-body practice has value in treating or preventing many health problems. Get started even if you are not in the best of health. Research is building a compelling case for Tai Chi as an adjunct to standard medical treatment for the prevention and rehabilitation of many conditions commonly associated with aging.

Tai Chi Instruction

Fridays at 9:00 a.m. and another class at 10:30 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. Free

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

Homeowners who 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

If you live in **Lehigh County** contact **Annette Rodriguez**
at 610-936-2082 or annette@lvactivelife.org

A Program of the Pennsylvania Department of Aging

Golf

Summer League

May

| | | |
|---------|---------------------|--|
| 6 & 13 | Wedgewood | www.distinctgolf.com |
| 20 & 27 | Bethlehem Municipal | www.bethlehemgc.com |

June

| | | |
|---------|---------------|--|
| 3 & 10 | Berkleigh | www.berkleighgolf.com |
| 17 & 24 | Butter Valley | www.buttervalley.com |

July

| | | |
|---------|---------------------|--|
| 1 | Green Pond | www.greenpondcc.com |
| 8 | Twin Lakes | www.theclubattwinlakes.com |
| 15 & 22 | Allentown Municipal | www.allentowngolf.org |
| 29 | Ravens Claw | www.ravensclawgolfclub.com |

August

| | | |
|----|------------|--|
| 5 | Macoby Run | www.macobyrun.com |
| 12 | Riverview | www.riverviewcountryclub.com |
| 19 | Whitetail | www.whitetailgc.com |
| 26 | Southmoore | www.southmooregolf.com |

Important

1. If you have not played with the group, please contact Lyndon Kellogg 610-967-2605 to register to play.
2. A notice will be sent out the week prior to play. If you plan on playing, please respond by that Saturday so the proper number of tee times can be obtained
3. We try to schedule tee times around 9 AM depending on course availability. Tee times and groupings will be announced by email the Sunday before play.
Please plan to arrive at the course 30 minutes prior to your scheduled tee time.
4. Proper dress is required at all courses. No jeans or tee shirts.

BINGO

Wednesdays

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

Cash Prizes!

Everyone welcome. Free parking. Open to the Public.

Saturday Night Dances

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

| | |
|-----------------|-------------------------|
| Country Dance | May 3 rd |
| KATO | May 10 th |
| Latin Salsa | May 17 th |
| Johnny K | May 24 th |
| To Be Announced | May 31 st |
| County Dance | June 7 th |
| KATO | June 14 th |
| Latin Salsa | June 21 st |
| Johnny K | June 28 th |
| Country Dance | July 5 th |
| KATO | July 12 th |
| Latin Salsa | July 19 th |
| Johnny K | July 26 th |
| County Dance | August 2 nd |
| KATO | August 9 th |
| Latin Salsa | August 16 th |
| Johnny K | August 23 rd |
| Dave and Brenda | August 30 th |

Beverages and snacks! Bring your own food too!

Open to the Public. Free parking!

\$10.00

Wednesday Afternoon Dances

May 28th , June 25th , July 23rd , August 27th

4th Wednesday

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

Featuring Johnny K

\$5.00 includes refreshments!

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.

Mah Jongg and Cribbage

Tuesday and Thursday at 1:00 p.m.

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!

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 15th Street Allentown

Pickleball

True Beginners Monday 3:30 p.m. to 5:00 p.m.

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.

Led by Ron and Jenny Simmons

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

Pin Pong

Thursdays all day. Everyone is welcome. Beginner to Advanced.

Music

Pop Active Rock Band led by Stephen Cee

Every Thursday at 1:00 p.m. We need horn players and singers! 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 and 3rd 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

Jazz Jam Session

Second Sunday of each month at 2:00 p.m.
Hosted by Allan Meyerson

Paint and Sip Evenings

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

| | |
|-------------------------|--------------|
| May 7 th | Sea Shell |
| June 11 th | Beach Sign |
| July 9 th | Flip Flops |
| August 13 th | Beach Babies |

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

Poetry Appreciation

Thursdays at 2:00 p.m. Free

If you enjoy poetry or are curious about poetry, please join us. Bring your favorite poem to share.

Socrates Café

Fridays at 10:00 a.m. 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

Book Clubs

More to come. Watch your emails for what is next.

Americans are alone. Historically, unprecedentedly alone.

Going back decades in official government data, I could find no period in U.S. history when the typical teenager or adult has ever spent less time with other people than they do today. This surge in solitude isn't just altering the way we spend our time. It's reshaping the economy, changing our personalities, and darkening our politics.

As I spent more time reporting, I realized that this phenomenon required a name. We needed a way to see how 21st-century aloneness had affected nearly every aspect of modern life. I decided to call it “the anti-social century,” and it is the subject of my new cover story in *The Atlantic*.

But there is a difference between a moment's quiet and a decade-over-decade plunge in socialization. From the 1960s to the 1990s, Americans became less likely to hang out, join clubs, and invite friends over for dinner. Then came the real crash. In the past 25 years, face-to-face socialization has collapsed for every age, ethnicity, and demographic. The pandemic did not create these trends, but it did exacerbate many of them.

The erosion of companionship has created odd and depressing distortions in American life:

Men who watch TV now spend seven hours in front of the tube for every hour they spend with somebody outside their home. The typical female pet owner spends more time caring for her pet than she spends in face-to-face contact with friends of her own species. Today's teenagers have fewer friends than previous generations, and they spend one out of every three minutes of waking life staring at a screen.

My story visits some dark corners of American life. I consider the way that excessive alone time might be a major force behind the rise in anxiety, our deep political divisions, and our unhappiness. I report from the frontier of “AI companions,” which already have tens of millions of users, and think about how the age of artificial intelligence could deepen our retreat from the physical world.

But my story ends with hope. If excessive solitude is bad for us, then at least this is a malady with a known, effective, and affordable cure: hanging out. One study by researchers at the University of Chicago concluded that many people “mistakenly seek” too much solitude for themselves. We withdraw from much social exchange out of anxiety or fear, when in fact even self-described introverts are often happier when they are forced to behave just a little bit more like extroverts.

We seem to live in an age of tremendous fear, anxiety, and reclusion. I believe a happier life is possible. But I believe that happier life will require that we take a risk, leave our homes, and spend more time with other people.

From an article in *The Atlantic* by staff writer Derek Thompson

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!**

NON-PROFIT ORG.

US POSTAGE

PAID

LEHIGH VALLEY,

PA

PERMIT #1450

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, North 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.