



*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 2025**

### **New This Issue!**

# *Autumn Adventure Basket Social*

**Saturday, October 11<sup>th</sup>, 2025**

Doors Open at Noon, Raffle Starts at 2:00 p.m.

**100 Tickets \$25.00 in advance \$30.00 at the door.**

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

Donations gratefully accepted from September 2nd to September 30th

## **Wednesday Afternoon Dance**

September 24th, October 22nd, November 26th (4th Wednesday)

1:00 p.m. to 3:00 p.m. Featuring Johnny K  
\$5.00 includes refreshments!

## **Friday Night DJ Dance**

September 19th, October 17th, November 21st, December 19th (3rd Friday)

7:00 p.m. to 10:00 p.m. Featuring Music by the Spinnin' Simmons  
\$10.00 includes refreshments!

**lvactivelife.org**

# Great Explorations

## **Enjoy Delicious Wines and Great Food**

**Saturday, September 20<sup>th</sup> 2:00 p.m. to 4:00 p.m.**

Kevin Campbell, Chair of the Lehigh Valley Chapter of the American Wine Society, will be guiding a tasting of **6 Chairman Select wines**. There will be a mix of white, rose and red wines from prominent wine regions across the world. The tasting will feature some varieties which we are all familiar: and, some we might be tasting for the first time. The selected wines will showcase the diversity, quality and value available to us through Pennsylvania's Chairman Select Program. A **seventh Chairman Select wine** will be enjoyed with the meal following the tasting.

Meal provided by Suppers by Sisters Catering will include: Traditional Lasagna, Tossed Salad, French Bread with whipped butter and Puff pastries topped with cream and fresh berries. coffee, tea, water.

Cost of the Event is \$65 per person.

Registration closes September 11<sup>th</sup>. Call 610-437-3700 or email [lynne@lvactivelife.org](mailto:lynne@lvactivelife.org)

## **Make Music. Record a Podcast.**

**Sessions by appointment only. \$50.00 for two hours.**

Record, edit and have a professional product with the assistance and guidance of a skilled sound engineer. Call 610-437-3700 to leave a message for more information.

**Learn How To Class:** Learn how to use the equipment and make a podcast or record music.

Four classes are held on Thursdays 10:00 a.m. to 12:00 p.m. Beginning mid-October.

Cost: \$15.00    Sound Engineer: Stephen Cee

## **Coping Skills**

**Wednesdays at 12:30 p.m. September 10<sup>th</sup> to October 3<sup>rd</sup>**

How do develop positive coping skills.

Instructor: Brenda Mason, MSW, MSS/MLSP

Free. Funded through United Way of the Greater Lehigh Valley

## **Senior State of Mind**

**Wednesdays at 12:30 p.m. October 8<sup>th</sup> to October 22<sup>nd</sup>**

From 1933 through 2025 what is new? Customer service is a dying art. What happens after dark?

Who are these people sending me emails? What are my grandchildren talking about? Tech language?

Instructor: Brenda Mason, MSW, MSS/MLSP

Free. Funded through United Way of the Greater Lehigh Valley

## **Who is Coming for Thanksgiving Dinner/ or Not?**

**Wednesdays at 12:30 p.m. November 12<sup>th</sup> and November 19<sup>th</sup>**

What's on the menu? Green Eggs and Ham? What topics are off limits? Happy endings!

Instructor: Brenda Mason, MSW, MSS/MLSP

Free. Funded through United Way of the Greater Lehigh Valley

# **World War II**

## The Wartime Pope

Wednesday at 2:00 p.m. September 3<sup>rd</sup>

## The Battle for Okinawa

Wednesday at 2:00 p.m. October 1<sup>st</sup>

## The Invasion of Southern France

Wednesday at 2:00 p.m. November 5<sup>th</sup>

## Three Fighter Planes P 38, P47, P51

Wednesday at 2:00 p.m. December 3<sup>rd</sup>

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

# **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

Aug 13- The Light of the Soul  
Aug 20- The Cave  
Aug 27- Anger Release  
Sept 3- Rainbow Color Healing  
Sept 10- Gateway to the Soul  
Sept 17- Surrender to Self Healing  
Sept 24- The Gift of the Present  
Oct 1- Physical Well Being

## Session 2

Oct 8- The Map of Fate and Destiny  
Oct 15- The 4 Applications of Mindfulness  
Oct 22- Blessings of Love  
Oct 29- Relaxation Meditation  
Nov 5- Energizing Your Body to Raise Your Vibration  
Nov 12- Daily Healing Meditation  
Nov 19- Chakra Clearing  
Nov 26- Love, Joy, and Optimism

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) \$80.00 per session

# **Explorations with Imagination**

**Wednesdays at 11:00 a.m. September 10<sup>th</sup> to October 8<sup>th</sup>**

Imagination has a major impact on our life. Explore what it means. How can it help us live better?

Precursor to Creation.  
Active Imagination = Fantasies.  
Self Dialogue and Collective Unconscious.  
Feeling vs. Thinking. Intuition vs Logic.  
Mind as a Breeding Ground.

Moderator: Bill Hightower

Free. Funded through United Way of the Greater Lehigh Valley

## **Genealogy Group**

### **Days and Times to be determined**

As a member of Lehigh Valley Active Life you have access to Ancestry and Newspapers. If you are interested in finding out more, please call us at 610-437-3700. We are looking to create a group of people interested in the journey of genealogy where we help each other.

Led by Susan Layland and Edward Beers

## **Ms. Mahogan's African Dance Master Class for Beginners**

**Tuesdays at 2:00 p.m. September 23rd to November 18<sup>th</sup> 9 sessions**

**Recital December 2<sup>nd</sup> at 2:00 p.m.**

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 influenced cultures world-wide. Plus, get some exercise.

Instructor: Mahogany Reynolds-Clarke. \$45.00

## **Savvy Caregiver class**

**Wednesday October 8<sup>th</sup> – November 12<sup>th</sup> 1:00 p.m.- 3:00 p.m. Free**

Is recognized nationally as a leading evidence-based dementia family caregiver training program.

Decrease family caregiver distress, burden, depression. Increase confidence.

Presenter: Annette Rodriguez. United Way of the Greater LV and The Fleming Foundation.

## **Cultural Awareness**

**Wednesdays October 15<sup>th</sup> and 22<sup>nd</sup> at 10:30 a.m.**

How we as individuals become who we are without realizing it. Join us to find out when this happens and how to use it for the betterment of you and others.

Instructor: Edie Glover, MSW, LSW

## **How To Beat the Holiday Blues**

**Wednesdays November 5<sup>th</sup> and 19<sup>th</sup> at 10:30 a.m.**

Stress can develop when our needs and expectations for the holidays are not met. Come learn how to celebrate the spirit of your holiday without stress, loneliness, and anxiety. Holidays are for joy & giving.

Instructor: Edie Glover, MSW, LSW

## **Scams and How to Protect Yourself**

**Wednesday October 8<sup>th</sup> at 3:00 p.m.**

The latest scams, red flags, and what to do if scams are successful

Instructor: Alyssa Jennewine, Outreach Educator Crime Victims Council of the Lehigh Valley, Inc.

## **Personal Safety**

**Wednesday October 15<sup>th</sup> at 3:00 p.m.**

Keeping you and your assets safe and what resources are there to help.

Instructor: Alyssa Jennewine, Outreach Educator Crime Victims Council of the Lehigh Valley, Inc.

# 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 [shfbseiors@cacvl.org](mailto:shfbseiors@cacvl.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**

## Haircuts 2<sup>nd</sup> and 4<sup>th</sup> Wednesdays

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

**Do You Know a Young Person  
Looking for an Affordable Place to Live?  
Someone friendly, honest and kind?**

## 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

# Dance Classes

## Tap Beginner

**Tuesdays at 9:00 a.m.**

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

## Tap Advanced

**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

## 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

## Intro to Line Dancing

**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

## Blue Zones Project Allentown Get Involved!

Blue Zones Project Allentown is a well-being improvement initiative designed to change the way people experience the world around them. We are empowering our local community in Allentown, PA to live longer, better.



### Take the Pledge

The Personal Pledge is just 5 steps, 5 promises, and 5 actions to transform your life. Learn more on our website!



### Join our Newsletter

Sign up for the Blue Zones newsletter to learn about free events, and activities in Allentown.



### Register to Volunteer

Join Blue Zones Project Allentown and help make a difference in your community



### Visit our Website

Get involved as an individual or within organizations in all the places where we live, work, learn and play.

# 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

## **Card Making**

**Every Other Friday at 9:30 a.m.**

Work on your own project or get ideas from Trisha. Class projects too! Supplies extra.

Instructor: Natalie Papp

\$7.00 per session

# 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.

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

An informal group 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

We knit a little, chat a little. All levels are welcome! Bring a project – knitting, crocheting, needlework.

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

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

We empower people with Parkinson's and their caretakers on their journey to live their best lives.

Moderator: Dave Rivera.

## **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.

Moderator: David

## **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



# 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? They 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

**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 13<sup>th</sup>

**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

## **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

# Paint and Sip Evenings

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

September 3<sup>rd</sup>

Scarecrow

October 1<sup>st</sup>

Cat In The Window

November 12<sup>th</sup>

Cardinal

December 3<sup>rd</sup>

Santa Moon

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

# Golf

## Fall League

|           |         |                     |
|-----------|---------|---------------------|
| September | 2       | Southmoore          |
|           | 9       | Twin Lakes          |
|           | 16      | Allentown Municipal |
|           | 23 & 30 | Golden Oaks         |
| October   | 7       | Bella Vista         |
|           | 14      | Twin Lakes          |
|           | 21      | Wedgewood           |
|           | 28      | Twin Ponds          |

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   | September 6 <sup>th</sup>  |
| KATO            | September 13 <sup>th</sup> |
| Latin Salsa     | September 20 <sup>th</sup> |
| Johnny K        | September 27 <sup>th</sup> |
| County Dance    | October 4 <sup>th</sup>    |
| KATO            | October 11 <sup>th</sup>   |
| Latin Salsa     | October 18 <sup>th</sup>   |
| Johnny K        | October 25 <sup>th</sup>   |
| Country Dance   | November 1 <sup>st</sup>   |
| KATO            | November 8 <sup>th</sup>   |
| Latin Salsa     | November 15 <sup>th</sup>  |
| Johnny K        | November 22 <sup>nd</sup>  |
| Dave and Brenda | November 29 <sup>th</sup>  |
| County Dance    | December 6 <sup>th</sup>   |
| KATO            | December 13 <sup>th</sup>  |
| Latin Salsa     | December 20 <sup>th</sup>  |
| Johnny K        | December 27 <sup>th</sup>  |

Beverages and snacks! Bring your own food too!

Open to the Public. Free parking!

\$10.00

## Music

### **Pop Active Rock Band led by Stephen Cee**

Every Thursday at 1:00 p.m. We need horn players! 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 3<sup>rd</sup> Wednesday of the month at 1:00 p.m. Sing or just listen. Free

### **Sunday Open Jazz Jam Session**

Second Sunday of each month at 2:00 p.m.

Hosted by Allan Meyerson

# 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!

## **Po Ke No**

**Every Tuesday at 1:00 p.m. 1<sup>st</sup> and 3<sup>rd</sup> Sundays at 1:00 p.m.** Everyone welcome.

\$2.00 in quarters. Led by: Stephanie Abner 484-951-5047

# 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**

**Beginner Lessons 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.** Led by: chess enthusiast: Israel Sackey

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

**Pin Pong Thursdays all day.** Everyone is welcome.

## **Love Letters Play and Discussion**

A two-character play about two childhood friends whose correspondence spans fifty years. The play explores their lifelong relationship through the letters they exchange.

On a Friday evening this fall. Look for an announcement soon.

Free and refreshments.

Actors: John Bracali and Teri DeBiase

## **Friday Night DJ Dances**

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

Check your email and fliers in the lobby for more information

\$10.00 includes refreshments

## **Tell Your Story**

**By appointment only.**

You matter and your story matters. For anyone who would like to record their history or a story.

Feel free to call 610-437-3700 to schedule a two-hour recording session. You will receive a profession grade MP3 and Wave file.

\$25.00

Sound Engineer and Guide: Stephen Cee

## **Lehigh Valley Pops Orchestra Holiday Concert**

**Thursday, December 14<sup>th</sup> at 10:00 a.m.**

We Three Kings, Silent Night, Have Yourself a Merry Little Christmas

Sleigh Ride, The Christmas Song Winter Wonderland, Jingle Bell Rock

Free

Conductor: Ron DeGrandis

## **Elm Street Jazz Halloween Concert**

**Friday, October 31, 2025 at 10:00 a.m.**

Wear your Halloween costume. A tribute to the Blues Brothers and much more.

Free

Director: Allan Meyerson

## **Smart Phone Help**

From September to December on select days from 10:00 a.m. to 2:00 p.m. Half hour private appointments to help with any issues you have with your phone.

Free

Helpers: Students from Cedar Crest College School of Nursing



## **Healthy Steps for Older Adults**

**Monday, September 29th & Wednesday, October 1st**

**Time: 12:30 p.m. -2:30 p.m.**

HSOA is a fall risk prevention workshop designed to raise awareness while providing tools necessary to reduce your risk of falling and improve overall health. Participants will learn the basics of home safety, managing medications, how to do things safely, exercise and balance training and much more. Upon completion of the two-day (two hours each day) HSOA workshop, an individual fall risk assessment is available to all participants.

Free

## **Healthy Steps in Motion**

**Thursday, October 16th- December 11th (off Nov. 27th for Thanksgiving)**

**Time: 9:30 a.m. - 10:30 a.m.**

HSIM is the exercise portion of our fall prevention program. It is designed for older adults of all fitness levels and is endorsed by Silver and Fit. Regular physical activity is the best protection against disease and disability. Participants learn the value of a comprehensive warmup, balance and coordination exercises, cardiovascular health, strength and stretching exercises, ending with cool-down activities. The program is a one-hour session, once a week, for 8 weeks and is taught by a certified instructor.

Free

## **Dominos**

**2<sup>nd</sup> and 4<sup>th</sup> Mondays at 6:30 p.m.**

We are looking to build a dominos game. If you are interested, please call Carmelo and help us get this game established.

Free

Leader: Carmelo Caban 484-425-0797

## **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