



*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 Spring 2026**

### **New This Issue!**

## *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.

### **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 Qigong**

**Tuesday 2:10 p.m. Beginning in February.**

Very beginner friendly, meditative and peaceful. 2 sets of 18 movements each.

Instructor: Alice Perry

### **YijinJing**

**Thursday 2:10 p.m. Beginning in February.**

Improve your range of motion and physical and mental suppleness with these flowing sets of moves known as Yijin-Jing, which translates to "the muscle-, tendon-, ligament- and bone- changing method." Sets are made up of tensing and releasing movements done with a coordinated focus on calming, supportive breath, so they strengthen and build flexibility even as they bring both the body and the mind into a relaxed state. Classes are beginner-friendly because the movements are simple, flowing and easy to follow; each will include a mix of standing, walking, seated and even reclining sequences.

Instructor: Alice Perry

### **Sen Lin Chuan Martial Arts Demonstration**

**Wednesdays January 7th and 14th at 9:00 a.m. Free**

Developed by Grand Master Tim Hawk in the Lehigh Valley. Grand Master Hawk; who studied and trained in Japanese and Chinese martial arts was able to create a blended system of both styles; consisting of Judo, Shorin Ryu, Shotokan, Kung Fu, Tai Chi and Aikido. Hard and soft; fluid and powerful depending on the situation. The benefits for anyone that trains in Sen Lin Chuan Martial Arts are discipline, inner/outer development, self-defense, self-awareness, conditioning, dedication, commitment and self-confidence.

Instructor: Victor Lauer, 5th degree Black Belt

**lvactivelife.org**

# Great Explorations

## **Record Your Story Because It Matters**

Call 610-437-3700 to find out more. An introductory session will be held to go over how it works.

Sound Engineer: Stephen Cee

Free. Sponsored by United Way of the Lehigh Valley

## **Coping Skills**

**Wednesdays at 12:30 p.m.**

How to develop positive coping skills. An open discussion group where everyone is welcome.

Instructor: Brenda Mason, MSW, MSS/MLSP

Free. Funded through United Way of the Greater Lehigh Valley

## **World War II**

The Brandenbergers

Wednesday at 2:00 p.m. January 7<sup>th</sup>

The Acqui Division at Cephalonia

Wednesday at 2:00 p.m. February 4<sup>th</sup>

Zeke, Emily, and Frank

Wednesday at 2:00 p.m. March 4<sup>th</sup>

USS Enterprise

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

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

# 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**

# **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**

Dec 3- Forgiveness  
Dec 10- Stress Management  
Dec 17- Opening the Chakras  
Dec 24- Meeting your Spirit Guide  
Dec 31- Biofeedback-Heart, Breath, Blood Pressure  
Jan 7- Evoking the Gods of Healing  
Jan 14- Journey of Empowerment  
Jan 21- I Am

## **Session 2**

Jan 28- Your animal Spirit guide  
Feb 4- Chakra clearing  
Feb 11- Your Spirit Guide  
Feb 18- Inner Peace  
Feb 25- Heart Chakra  
March 4- Self Love  
March 11- Meditation for Personal Healing  
March 18- Living a Miraculous Life

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

# **Genealogy Group**

**Wednesdays at 1:00 p.m.**

As a member of Lehigh Valley Active Life you have access to Ancestry and Newspapers.com. Join a group of people interested in the journey of genealogy where we help each other.

Led by Susan Layland and Edward Beers

# **Savvy Caregiver class**

**Online class via Zoom. Wednesdays January 14<sup>th</sup> to February 18<sup>th</sup> 12:00 p.m. to 2:00 p.m.**

Is recognized nationally as a leading evidence-based dementia family caregiver training program. Decrease family caregiver distress, burden, depression. Increase competence and confidence.

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

Call 610-807-5713 to register.

# **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](mailto:shfbseniors@caclv.org)

# Haircuts

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

Call 610-437-3700 to schedule an appointment.

Cosmetologist & Barber Tokai Bellamy

Men's \$12.00 and Women's \$15.00

# Housing

**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

# Dominoes

**1<sup>st</sup> and 3<sup>rd</sup> Mondays at 6:30 p.m.**

Everyone is welcome. Beginner and expert!

Led by: Carmelo Caban Call him at 484-425-0797 for more information.

# Book Club

## **Between The Lines**

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

Books are listened to or read out loud. Books announced by email. Usually 8 to 10 sessions. \$10.00

Leader: Barb JuDon-Chatmon

# 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

# 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

## **Pool/Billiards**

**Monday, Wednesday and Friday all day**

**Tuesday afternoon for women**

\$1.00 all day for members

**Pin Pong Thursdays** Everyone is welcome.

## **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

# 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

## **Women's Group**

**Mondays at 10:00 a.m.** Free.

This informal group is just forming. Enjoy discussions on all topics.

Moderator: Stephanie Abner

## **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 10:00 a.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? 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

# Piano Lessons

Anyone interested in learning to play the piano? Stephen Cee is willing to teach. Days, times and cost to be determined. Just looking to see if there is interest. Call 610-437-3700 to let us know if you are interested.



# 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.

CLASSES BEGIN THE WEEK OF JANUARY 5TH

## **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

# BINGO

Wednesdays

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

## ***Cash Prizes!***

*Everyone welcome. Free parking. Open to the Public.  
Only \$24.00 to play all games.*

## **Saturday Night Dances**

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

Country Dance  
KATO  
Latin Salsa  
Johnny K  
Dave and Brenda  
County Dance  
KATO  
Latin Salsa  
Johnny K  
Country Dance  
KATO  
Latin Salsa  
Johnny K  
County Dance  
KATO  
Latin Salsa  
Johnny K

January 3<sup>rd</sup>  
January 10<sup>th</sup>  
January 17<sup>th</sup>  
January 24<sup>th</sup>  
January 31<sup>st</sup>  
February 7<sup>th</sup>  
February 14<sup>th</sup>  
February 21<sup>st</sup>  
February 28<sup>th</sup>  
March 7<sup>th</sup>  
March 14<sup>th</sup>  
March 21<sup>st</sup>  
March 28<sup>th</sup>  
April 4<sup>th</sup>  
April 11<sup>th</sup>  
April 18<sup>th</sup>  
April 25<sup>th</sup>

Beverages and snacks! Bring your own food too!  
Open to the Pubic. Large Dance Floor. Free parking! \$10.00

# Music

## **Pop Music Jam Session led by Stephen Cee**

Every Thursday at 1:00 p.m. Bring your instruments and your voice! Free

## **Song Writing**

Every Tuesday at 11:00 a.m. Bring your poems, lyrics and musical talents! Free

Instructor: Stephen Cee

## **Karaoke**

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

## **Sunday Open 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.

January 7<sup>th</sup>

Grumpy Cat

February 4<sup>th</sup>

Valentine's Day Mouse

March 4<sup>th</sup>

Looking for Spring Bunny

April 1<sup>st</sup>

Gnome\*

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

\*\$20.00 for the Gnome for members and \$25.00 for nonmembers. Sorry No Refunds

# Wednesday Afternoon Dance

January 28<sup>th</sup>, February 25<sup>th</sup>, March 25<sup>th</sup>, April 22<sup>nd</sup>

**4<sup>th</sup> Wednesday**  
1:00 p.m. to 3:00 p.m.

Featuring Johnny K

\$5.00 includes refreshments!

# Friday Night DJ Dance

January 16<sup>th</sup>, February 20<sup>th</sup>, March 20<sup>th</sup>, April 17<sup>th</sup>

**3<sup>rd</sup> Friday**  
7:00 p.m. to 10:00 p.m.

Featuring Music by the Spinnin' Simmons

\$10.00 includes refreshments!

# Movies

Fridays @ 12:30 p.m.

**\$2.00**

Popular Movies that audiences and critics love.  
Fliers posted in lobby and check your email for details and movie information.

Wednesdays @ 3:00 p.m.

**Free**

Documentaries, foreign films and off-beat movies.  
Fliers posted in lobby and check your email for details and movie information.

# 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

## **Social 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, Wednesday and Friday at 1:00 p.m.** Everyone welcome.

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

## **Dominoes**

**1<sup>st</sup> and 3<sup>rd</sup> Mondays at 6:30 p.m.** Everyone is welcome. Beginner and expert!

Led by Carmelo Caban Call him at 484-425-0797 for more information.

## **Left, Center, Right Dice Game**

**Days and Times to be Determined.** A new, fun game that is easy to learn and fun for the whole family. Everyone is welcome. Call 610-437-3700 to get on the interest list.

Led by: Stephanie Abner and Ron Christman

# Chess

**Wednesday 11:00 a.m. to 1:00 p.m.**

Everyone is welcome. Lessons available too.

Led by: Israel Sackey

# Spanish

## **Beginner Spanish**

Beginning Wednesday, January 14<sup>th</sup> to February 18<sup>th</sup> at 10:00 a.m.

\$30.00

## **Intermediate Spanish**

Beginning Wednesday, January 14<sup>th</sup> to February 18<sup>th</sup> at 11:30 a.m.

\$30.00

Taught by: LydiaElana Godoy, MS Sp.Ed.

## **Conversational Spanish**

Fridays at 9:30 a.m. Bring a cup of coffee and have fun speaking Spanish. All levels are welcome.

Led by: Maria Rubio, Americorp Community Resource Navigator

Free

# Spanish Programs

Discussion groups, movies, crafts, dominoes, and more.

Wednesdays 10:00 a.m. to 1:00 p.m.

Led by: Maria Rubio, Americorp Community Resource Navigator

Free

# More Exercise Classes

## **On The Way In the New Year**

Classes will most likely be in the afternoon.

Check emails and fliers in the lobby for updates and more information.

Instructor: Michele Fisher

# 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, 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.**