



*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 2026**

### **New This Issue!**

#### **Michele Fisher Announces Two New Afternoon Classes:**

##### **Muscle & Mobility**

**Wednesdays at 3:15 p.m.**

Combining strength training with mobility exercises, using dumbbells, resistance bands, mobility sticks and body-weight movements. The focus is on dynamic stretching, balance drills, and mobility routines to enhance range of motion, build strength increase stamina and prevent stiffness.

##### **Wild Card Wednesdays**

**Wednesdays at 4:30 p.m.**

This dynamic senior exercise class is designed to keep participants engaged, energized, and motivated by offering a new experience every week. Each session features a different theme or workout style, ensuring that no two classes are alike. Whether you are looking to stretch, strengthen or simply have fun, this class will have participants discover new favorites and challenge themselves in different ways.

Instructor: Michele Fisher an official Silver Sneakers instructor

#### **Spanish Class is Back!**

**Wednesdays at noon**

Beginner and intermediate are welcome. Drop in – no need to register. \$5.00 per session.

Instructor: Sandra Del Cueto



#### **GOLF LEAGUE BEGINS!**

**lvactivelife.org**

# 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.**

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

Instructor: Alice Perry

## YiJinJing

**Thursday 2:10 p.m.**

Improve your range of motion and physical and mental suppleness with these flowing sets of moves known as YiJinJing, 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

## 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 8- Cherishing Others  
April 15- Finding Your True Self  
April 22- Breathe of Life, Breathe of love  
April 29- Radical Forgiveness  
May 6- Forgiveness, Loving the Inner Child  
May 13- Frequency Meditation  
May 20- Integration and Polarity Meditation  
May 27- Releasing Fear, Doubt and Worry

### Session 2

June 3- Grounding Body, Mind and Spirit  
June 10-Relationship Well-being  
June 17-Screen of Your Mind  
June 24-The Power of Surrender  
July 1- Gateway to the Soul  
July 8- Rainbow Color Healing  
July 15-The Spiritual Heart  
July 22- Applications of Mindfulness

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

# Great Explorations

## Treasure Hunt

2<sup>nd</sup> Wednesday at 11:00 a.m.

A discussion group focused on finding great buys and getting tips. Share your story, your great purchases and more. Thrift stores, flea markets, consignment stores, Restore, college end of semester sales, estate sales.

Once a month.

Led by: Bill Hightower

Free

## Innastar Glow Confidence Empowerment Seminars

**Mondays at 12:30 p.m. Six sessions. May 4<sup>th</sup> to June 15<sup>th</sup>**

Confidence is an overall belief in one's abilities, qualities and judgement. Self-esteem is closely related to confidence but it refers more specifically to an individual's overall sense of self-worth.

These sessions will help you overcome barriers, accomplish goals and achieve results.

Instructor: Jacinth Headlam

\$20.00

## 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

Rokosofski and Vatutin

Wednesday at 2:00 p.m. May 6<sup>th</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**

# 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

# 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)

# Housing

**Do You Have A Room to Share?  
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

## **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

# 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

# Chess

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

Everyone is welcome. Lessons available too.

Led by: Israel Sackey

# 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

# 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.*

# 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.

# Golf

## Summer League

### April

7 Rich Maiden  
14 Shepherd Hills  
21 Twin Lakes  
28 Berkleigh

### May

5 Wedgewood  
12 Allentown Muni  
19 Bethlehem Muni  
26 Butter Valley

### June

2 Southmoore  
9 Golden Oaks  
16 Ravens Claw  
23 Macoby Run  
30 Mainland

### July

7 Turtle Creek  
12 Rich Maiden  
21 Shepherd Hills  
28 Twin Lakes

### August

4 Berkleigh  
11 Wedgewood  
18 Allentown Muni  
25 Bethlehem Muni

### September

1 Southmoore  
8 Golden Oaks  
15 Butter Valley  
22 Blackwood  
29 Twin Ponds

### 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.

# 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 Natalie. 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 Afternoon Tea Social**

**Mondays at 1:45 p.m.** Free.

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 Discussion Group**

**Fridays at 1:00 p.m.** Free

An informal group to discuss a variety of topics in an atmosphere of mutual respect. Listen, share or just enjoy being with others.

## **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

# 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.

# 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 & Strength**

**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

## **Silver Warrior**

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

This class consist of dynamic movements and static stretches. The dynamic movements come from a mix of multiple mind and body arts including Tai Chi, Qigong, Kung Fu, Pilates and Yoga. This class is designed to promote health benefits, including but not limited to improved agility, balance, coordination, flexibility, stamina, and strength. Along with the physical benefits Silver Warrior promotes cognitive functions, social interactions and stress reduction. Classes can be down seated or standing.

Instructor: Rob Comins

# 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  
Dave and Brenda

May 2<sup>nd</sup>  
May 9<sup>th</sup>  
May 16<sup>th</sup>  
May 23<sup>rd</sup>  
May 30<sup>th</sup>  
June 6<sup>th</sup>  
June 13<sup>th</sup>  
June 20<sup>th</sup>  
June 27<sup>th</sup>  
July 4<sup>th</sup>  
July 11<sup>th</sup>  
July 18<sup>th</sup>  
July 25<sup>th</sup>  
August 1<sup>st</sup>  
August 8<sup>th</sup>  
August 15<sup>th</sup>  
August 22<sup>nd</sup>  
August 29<sup>th</sup>

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

## Wednesday Afternoon Dance

May 27<sup>th</sup>, June 24<sup>th</sup>, July 22<sup>nd</sup>, August 26<sup>th</sup>  
1:00 p.m. to 3:00 p.m.

Featuring Johnny K

\$5.00 includes refreshments!

## Friday Night DJ Dance

May 15<sup>th</sup> , June 19<sup>th</sup> , July 17<sup>th</sup> , August 14<sup>th</sup>  
7:00 p.m. to 10:00 p.m.

Featuring Music by the Spinnin' Simmons  
\$10.00 includes refreshments!

# 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.**

May 6 <sup>th</sup>	Paint Brush
June 3 <sup>rd</sup>	Beach Chair
July 11 <sup>th</sup>	Lighthouse
August 12 <sup>th</sup>	3 Foot Wooden Porch Leaner*

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 for members. \$20.00 for nonmembers. \* \$25.00 for Porch Leaner. Sorry No Refunds

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

# 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.

# Cooking Class

## Blue Zones

Learn about healthy, delicious and fun foods to make and enjoy.

Look for emails to find out more and sign up.

**Third Wednesday at 2:00 p.m. June 17<sup>th</sup>, August 19<sup>th</sup>**

# Enjoy Life at Lehigh Valley Active Life!



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**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.**