Lehigh Valley Active Life

Programs, activities and resources for seniors

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 2026

Keep Moving. Exercise. Stay Active. Socialize. Say Hello. Meet New People. Learn Something New. Have a Purpose.

OPEN TO SEE ALL THAT WE HAVE TO OFFER!



lvactivelife.org

Spanish Class

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

Instructor: Sandra Del Cueto

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	Session 2
July 29– Breathing/Heart Meditation	Sept 23- Healing Meditation
Aug 5- Touching the Soul	Sept 30- Living in Joy
Aug 12- Opening the Chakras	Oct 7- Blessings and Gratitude
Aug 19- The Wake for the Inner Child	Oct 14- Blessings of Love
Aug 26- Love, Joy, and Optimism	Oct 21- Chakra Clearing
Sept 2- I am Harmoniously Balanced	Oct 28- 3 Masters Meditation
Sept 9- Being in the Moment	Nov 4- I am Truth
Sept 16- Biofeedback- Heart, Breath, and Blood Pressure	Nov 11- Overcoming Fears

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

Lunch

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

Piano Lessons

$20.00 per session. Call 610-437-3700

Instructors: Stephanie Shelton and Stephen Cee

Great Explorations

Treasure Hunt

2nd 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

Coping Skills

Wednesdays at 10:00 a.m. Beginning September 20th

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

Reuniting with Family

Wednesdays at 10:00 a.m. Beginning October 15th

Want To Learn Effect Communication Tools? Learn How to Heal Old Wounds!

Want to see those grandkids? Do you miss your children?
The pain in your heart is real. Let's begin the journey to reconciliation.

Instructor: Brenda Mason, MSW, MSS/MLSP

Free. Funded through United Way of the Greater Lehigh Valley

World War II

Merrill's Marauders

Wednesday at 2:00 p.m. September 2nd

The Loss of the USS Juneau

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

The Night Bombing Campaign

Wednesday at 2:00 p.m. November 4th

The Capture of Aachen

Wednesday at 2:00 p.m. December 2nd

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

Haircuts

2nd and 4th Wednesdays

Call 610-437-3700 to schedule an appointment.
Cosmetologist & Barber Tokai Bellamy
Men's $15.00 and Women's $20.00

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

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

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

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

1st and 3rd 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 15th 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**
Monday and Tuesday 3:00 p.m. – 6:00 p.m. 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: Stephanie Abner

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.

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

Afternoon Tea and Chat

Mondays at 1:00 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: Mike White

Knot Just Knitting

Thursdays at 9:00 a.m. Free

All levels are welcome – Make new friends. Bring a project – knitting, crocheting, needlework of all kinds – beading too.

Lehigh People with Parkinson's

4th 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

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 Sewards (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.

$2.00

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

Exercise/Fitness

$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 & 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

Muscle & Mobility

Wednesdays at 3:15 p.m.

Combining strength training with mobility exercises, using dumbbells, resistance bands, mobility sticks and bodyweight 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

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.

Instructors: Pai Ma Shen (Bob Donnelly) an official Silver Sneakers instructor and Rob Comins

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

Saturday Night Dances

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

Country Dance	**September 2nd**
KATO	**September 12th**
Spinnin' Simmons DJ	**September 19th**
Johnny K	**September 26th**
County Dance	**October 3rd**
KATO	**October 10th**
Spinnin' Simmons DJ	**October 17th**
Johnny K	**October 24th**
Dave and Brenda	**October 31st**
Country Dance	**November 7th**
KATO	**November 14th**
Spinnin' Simmons DJ	**November 21st**
Johnny K	**November 28th**
County Dance	**December 5th**
KATO	**December 12th**
Spinnin' Simmons DJ	**December 19th**
Johnny K	**December 26th**

Beverages and snacks! Bring your own food too!

Open to the Pubic. Large Dance Floor. Free parking! $10.00

Wednesday Afternoon Dance

September 23rd, October 28th, November 25th, December 23rd

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

Featuring Johnny K

$5.00 includes refreshments!

Music

Pop Music Jam Session led by Stephen Cee

Every Thursday at 1:00 p.m. 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.

September 2nd	Black Crow
October 7th	If The Shoe Fits
November 4th	Cement Elf Gnome*
December 2nd	I am the Reason For the Naughty List

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.
*$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

Tuesday and Thursday at 1:00 p.m.

Everyone welcome.

$10.00 in quarters. Led by**:** Stephanie Abner

Dominoes

1st and 3rd 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.
Watch your emails for dates, times and topics.

Enjoy Life at Lehigh Valley Active Life!

Lehigh Valley Active Life
Programs, activities and resources for seniors

1633 West Elm Street, Allentown, PA 18102

TWO WAYS TO SIGN UP:
• Phone: 610-437-3700
• Online: LVActiveLife.org
SIGN UP and BENEFIT TODAY!

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LEHIGH VALLEY, PA
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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.