

Happenings: Events, Groups, Activities, and More

Submit your Happenings and corrections to editor@lifestylesover50.com.

Please note: As of our research at press time, the following information was deemed accurate. In the aftermath of COVID, things change rapidly. Please use the contact information to verify event details.

Volunteers Needed

Meals on Wheels Volunteers needed to deliver meals to homebound seniors in the Greater Lehigh Valley. 610-691-1030 | mowglv.org

Sights for Hope seeks volunteers to assist people with visual impairments as companions and drivers. Office assistants and vision screeners also needed. Training provided. 610-433-6018 x225 rita@sightsforhope.org

Compeer of LV Volunteer 4 hrs. a month with a person with mental illness. Listen, go for a walk, watch a movie, enjoy a cup of coffee, etc. Main duty: Have fun! 610-432-3919 x2261

Heartland Hospice seeks volunteers to offer bedside support and presence to those facing terminal illness. Training, flex. hours. Robin Trexler, 610-266-0134

Compassionate Care seeks volunteers to help others with companionship, doula, end-of-life, biography writers. Call Elena at 610-770-6500.

Social Support

Spirit Alive is a pastoral care program for individuals in mid-to-late stages of dementia. Addresses spiritual needs of residents with cognitive impairment. Incorporates best practices in dementia care, Godly Play methods, and Montessori concepts to create an interactive, faith-based experience. 610-794-5119 | Emily.Southerton@lvmac.org | 610-927-8553

Beautiful You Cancer support group for women recovering from breast and female cancer. Provides a free facility membership that includes exercise classes. Support group meetings provide encouragement and sharing of personal experiences with women in similar circumstances. Tues. 6:30–8 p.m., Fri. 9:00–10:30 a.m. Allentown YMCA, 425 S. 15th St. 610-509-0894 | allentownymcayca.org

AARP #5415 1st Thurs., St. Timothy's Church, 140 S. Ott St., Allentown. Social hour, refreshments noon, business meeting 1:00. Guests welcome. Bring non-perishable food for Allentown Food Bank. 610-437-4265

Jordan United Church of Christ 2nd Sat., 10:30 a.m. Like gardening? Rt. 309 and Walbert Ave., Allentown, Peace Garden, custom peace sculpture, peace pole, worship areas, biblical plants, children's bed, gazebo, swing, trails. 610-395-2218

Men of Retirement Age club (MORA), 11:00 a.m. every Wednesday, Advent Moravian Church, 3730 Jacksonville Rd., Bethlehem

Salvation Army Senior Program Varied social programs every Thur. 10:45, lunch at noon. 521 Pembroke Rd., Bethlehem. Seniors 50 and over. 610-867-4681

LVMAC Third Wednesday of the month. Saucon Manor, Hellertown, noon – 1:30. info@lvmac.org | www.lvmac.org | 484-788-0196

Palmer Senior Group

1:00–4:00 p.m., Charles Chrin Community Center, Palmer Township

Prayer & Share Together for Emotional Wholeness

via Zoom, 2nd Tues. of the month, 7–8:30 p.m. Interested women call 610-395-8756. Email linda3bart@gmail.com for Zoom link.

Healthy Living / Exercise

Bethlehem YMCA For information, call 610-867-7588 ymcabethlehem.org

Allentown YMCA For information, call 610-351-9622 | allentownymcayca.org

Easton YMCA familyYMCA.org | 610-258-6158

Culture and Exhibits

Allentown Art Museum Free admission for all every day! Rotating exhibits. Eclectic **Collecting** is a romp through lesser-known areas of their collection, wonderful and unusual artworks that don't often make it on display. allentownartmuseum.org 31 N. Fifth St., Allentown 610-432-4333

Caregiver Support Groups

St. Luke's Caregiver Support Virtual Group *Sometimes You Just Need To Share with Someone Who Understands.* Informal groups meet virtually until further notice. These are open groups. Members can join any time, no registration needed. Alzheimer's Association caregiver support groups

with trained facilitators, a safe place for caregivers, family, friends of persons with dementia. Develop a support system, exchange information, talk through issues and coping, feelings, needs, concerns, learn about community resources. Erica Coyne 484-526-5706 or 1-866-ST-LUKES (785-8537).

Allentown First Thurs. of the month at Lehigh Valley Active Life, 11:00 a.m. Second Wed. of the month at Parkland Community Library, 3:30 p.m. Visit lvactivelife.org for the latest schedule and many activities.

Memory Cafe

Join us for coffee and conversation, specifically for people with dementia and caregivers.

Advent Moravian Church, 2nd and 4th Thursday, 10:00 – noon. 3730 Jacksonville Rd., Hanover Township, Bethlehem.

Miscellaneous

Lehigh County Aging PA MEDI health insurance counselors answer questions about Medicare and Medicaid. Get unbiased information about plans. lehighcounty.org | 610-782-3200

Lower Macungie Senior Citizens meet first and third Tuesdays at noon. Community Center, 3450 Brookside Rd., Macungie. Speakers, entertainment, food for LMT residents 60 and older. johncramsey2002@yahoo.com