

# Happenings: Events, Groups, Activities, and More

Submit your Happenings and corrections to [editor@lifestylesover50.com](mailto: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](http://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 x231 [rita@sightsforhope.org](mailto: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@610-927-8553](mailto:Emily.Southerton@610-927-8553)

**ENCORE** women's cancer support and exercise group Tues. 6:30–8 p.m., Fri. 9:15–10:30 a.m. Allentown YMCA, 425 S. 15<sup>th</sup> St. 610-351-9622 | [allentownymcaywca.org](http://allentownymcaywca.org)

**AARP #5415** 1<sup>st</sup> 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** 2<sup>nd</sup> 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](mailto:info@lvmac.org) | [www.lvmac.org](http://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, 2<sup>nd</sup> Tues. of the

month, 7–8:30 p.m. Interested women call 610-395-8756. Email [linda3bart@gmail.com](mailto:linda3bart@gmail.com) for Zoom link.

## Healthy Living / Exercise

**Bethlehem YMCA** For information, call 518-439-4394 | [ymcabethlehem.org](http://ymcabethlehem.org)

**Allentown YMCA** For information, call 610-351-9622 | [allentownymcaywca.org](http://allentownymcaywca.org)

**Third Street Alliance**, Easton YMCA | [thirdstreetalliance.org](http://thirdstreetalliance.org) | [familyYMCA.org](http://familyYMCA.org) | 610-258-6158

## Culture and Exhibits

**Allentown Art Museum** Seniors free on Sundays. 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](http://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.

## Memory Cafe

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

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

## Miscellaneous

**St. Luke's Walk with a Doc Program** Virtual walks include St. Luke's providers explaining healthy living topics to educate and promote wellness. See pages 16–17 of this issue for details!

**Lehigh County Aging** PA MEDI health insurance counselors answer questions about Medicare and Medicaid. Get unbiased information about plans. [lehighcounty.org](http://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](mailto:johncramsey2002@yahoo.com)