

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. As the area reopens from 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 x231 | 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

ENCORE women's cancer support and exercise group meets Tues. 6:30 – 8 PM, and Fri. 9:15 – 10:30 AM. Allentown YMCA, 425 S. 15th St. 610-351-9622 | allentownymcaywca.org

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

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

Men of Retirement Age club (MORA), 11:00 AM 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 PM. info@lvmac.org | www.lvmac.org | 484-788-0196

Palmer Senior Group 1:00 – 4:00 PM at the Charles Chrin Community Center, Palmer Township

Prayer & Share Together for Emotional Wholeness via Zoom, 2nd Tues. of the month, 7 – 8:30 PM.

Interested women call 610-395-8756 | linda3bart@gmail.com for Zoom link.

Healthy Living / Exercise

Bethlehem YMCA 518-439-4394 | ymcabethlehem.org

Allentown YMCA 610-351-9622 | allentownymcaywca.org

Third Street Alliance Easton YMCA | thirdstreetalliance.org | familyYMCA.org | 610-258-6158

Culture and Exhibits

Allentown Art Museum Seniors free on Sundays. Rotating exhibits.

Eclectic Collecting A romp through lesser-known areas of the collection, wonderful and unusual artworks that don't often make it on display. allentownartmuseum.org | 31 N. Fifth St., Allentown | 610-432-4333

Senior Science Mondays Da Vinci Science Center. Explore health topics with experts from St. Luke's University Health Network. Each session is a 1-hour presentation and light snacks and refreshments. Seniors 55+. Select Mondays from 1 – 2 PM. Free for members or included with special \$5 admission. Explore the Science Center too. Jen Pors at 484-664-1002 x118 | davincisciencecenter.org/senior-science-mondays

Caregiver Support Groups

St. Luke's Caregiver Support Virtual Group Informal group meets virtually (for now) to share tips, resources, and support Erica Coyne, (607) 744-1831

to register. You'll receive a link to join the meeting on 4th Thursdays.

Allentown First Thurs. of the month at Lehigh Valley Active Life, 11:00 AM. Second Wed. of the month at Parkland Community Library, 3:30 PM

Memory Cafe

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

Advent Moravian Church, 2nd and 4th 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. After the video, get outdoors for a walk! Every day until July 2nd, 2022. Join via Zoom at 10:00 AM or 5:45 PM. Like us on Facebook so you don't miss a walk: facebook.com/slhhn | 1-866-STLUKES | infolink@slhn.org

Lehigh County Aging has certified PA MEDI health insurance counselors who can answer questions related to Medicare and Medicaid. Contact them instead of a broker to get unbiased information about plans. | lehighcounty.org | 610-782-3200.

LV Senior Expo Seniors can learn about local businesses and resources. June 2, 9–noon. Agri-Plex, Allentown | Free | lehighvalleyseniorexpo.org