**Spring 2024**

**HSIM Classes:**

Lehigh Valley Active Life

1633 Elm St. Allentown, PA 18102

**Fridays, March 1- April 19**

12:30- 1:30pm

Contact: Barbara Shattah 610-437-3700

Coopersburg Senior Center

538 Thomas St. Coopersburg, PA 18036

**Tuesdays, April 23 – June 11**

9:30am-10:30am

Contact: Nan Beitel- Vessels 610-282-2330

Fountain Hill Senior Center

1101 Seneca St. Fountain Hill 18015

**Thursdays, April 25- June 13**

12:30 PM- 1:30 PM

Contact: Toni Liadis 610-861-0816

Ridge Manor Senior Center

333 Ridge St. Emmaus 18049

**Tuesdays, March 5- April 23**

12:30- 1:30pm

Contact: Rachel Cubellis 610-965-2171

B’nai B’rith Apartments

1616 Liberty St. Allentown

**Tuesdays and Thursdays, May 7 – May 30**

11:00am- 12:00pm

Contact: Jenn Leffler 610-821-0207

Cedar View Senior Center

4230 Dorney Park Rd. Allentown 18104

**Tuesdays, February 20 – April 9**

10:00 AM- 11:00 AM

Contact: Anne Milne 610-972-4886

Gross Towers

1339 Allen St. Allentown 18102

**Fridays, March 1- April 26**

10:00am-11:00am

Contact: Maria Miller 610-351-9082

Central Park Senior Center

683 Wahneta St. Allentown, PA 18109

**Thursdays, March 7 – April 28**

10:00- 11:00 am

Contact: Sherri Brockel 610-351-1080

**Tai Chi for Arthritis**

Cedar View Senior Center

4230 Dorney Park Rd. Allentown 18104

**Mondays, January 22 - April 15**

10:30 AM - 11:30 AM

Contact: Anne Milne 610-972-4886

Slatington Senior Center

425 Kuntz St. Slatington, PA 18080

**Wednesdays, March 6th – May 22nd**

10:00 AM – 11:00 AM

Contact: Stacy Creyer 610-767-1250

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**CDSME Classes- In person:**

Coopersburg Senior Center- **CDSMP**

538 Thomas St. Coopersburg

Tuesdays March 12- April 23

9:30 am- 12 noon

Contact to register:

Heather Nicolella 610-782-3253

Cedar View Senior Center – **Chronic Pain**

4230 Dorney Park Rd. Allentown 18104

**Thursdays- March 7th to April 11th**

12:30-3:00 pm

Contact: Anne Milne 610-972-4886

Cedar View Senior Center – **DSMP**

4230 Dorney Park Rd. Allentown 18104

**Tuesdays, April 30- June 4**

12:30-3:00 pm

Contact: Anne Milne 610-972-4886

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**Virtual Options!**

DSMP- starts April 2

1:00- 3:30 pm

Tuesdays for 8 weeks

Chronic Pain – starts April 4

1:00- 3:30 pm

Tuesdays for 8 weeks

Contact Heather Nicolella at 610-782-3253 for more information on our Virtual Classes