



Retirement Changes Everything!

Retirement planning is more than financial planning. Your finances may change, but so will your relationships, your leisure activities, and much more. Are you ready for all the changes? Do you even know what to expect? Pathways to Vital Living, a series of fun and informative classes to help you in your personalized planning, is brought to you through the cooperation of the Center for Humanistic Change and Lehigh Valley Alliance on Aging, a strategic partnership of United Way of the Greater Lehigh Valley.

Relationships

While you may be saying good-bye to coworkers you truly enjoyed working with, you are also gaining the time to create new friendships and nurture existing relationships.



Intentional Recreation

Love to bike? Swim? Sew? Make a point of finding time to do the things you really enjoy, the things you always said you'd do if you had the time.

Meaningful Service

Are you familiar with the joy and fulfillment that comes with helping others? Maybe now is the time to spend some time helping out at the animal shelter, soup kitchen or other community services.

Supportive Spaces

Is your current living situation one you can age comfortably in? If you should need a walker or wheelchair in the future, is your home equipped to accommodate it? And if not, what are your options?



Employment

Even though you're retiring, have you considered another job or career to meet your personal or financial needs? Where should you look? What kind of work would fulfill your financial and emotional needs?



Pathways to Vital Living classes are taught by trained volunteer Peer Coaches. You can take as many classes as you like and skip the ones that don't interest you. Classes are available in Allentown, Bethlehem and Easton. Please contact one of the following locations for dates, times and topics.

Bethlehem

JoAnn Frey
Senior Centers of Bethlehem
720 Old York Road
Bethlehem, PA 18018
610-867-4233

Easton

Joan Schafer
Third Street Alliance
41 North Third Street
Easton, PA 18042
610-258-6271

Allentown

Lois Fuini
Allentown YWCA/YMCA
425 South 15th Street
Allentown, PA 18102
610-434-9333

Rick Daugherty
Lehigh County Senior Center
1688 West Elm Street
Allentown, PA 18102
610-437-3700