

March 25, 2013



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Donate today and help make Allentown's great park system even better.

PARK PICKS by FRIENDS OF THE ALLENTOWN PARKS

Donate



Community Volunteer Projects We Need You

Mark your calendars and sign up today!

Looking for a group project? Interested in community service? We have two great events coming up and are in need of volunteers!



Date: April 20, 2013 Time: noon-4 p.m.

Celebrate Earth Day and join us at Muhlenberg Lake for a major cleanup and beautification effort

Meeting location: Cedar Beach parking lot near the basketball courts



We will remove debris from the lake, as well as debris and non-native (ie, invasive) plants along the shore and on the island.

APRIL EVENTS

April 6 @ 10:00 a.m. - Lehigh Parkway-Mike Molovinsky leads us on a discovery of the park's historical 1930s WPA Stoneworks Projects

April 6 @ noon - Bucky Boyle Park-Master Kitemaker Clifford Quinn treats us to an afternoon of kitemaking fun!

April 13 @ 8:30 a.m. - Daddona Lake & Terrace-Kids Gone Fishin' fishing contest for youth aged 15 and under; \$5/participant. Space limited. Register early.

April 20 @ 10:00 a.m. - Muhlenberg Lake-Scott Burnet of the Lehigh Valley Audubon Society leads us on a Birdwatching Expedition (special bilingual session)

April 27 @ 10:00 a.m. - South Mountain Reservoir-Botanist Claudia Steckel shows us the remarkable splendor of Mosses, Lichen and more

Back by popular demand!



Moderate Level Yoga in the beauty of Allentown's Rose Garden!

Two options offered with a highly qualified instructor with 11 years teaching experience. Payments made at class time; ten percent goes to Friends of the Allentown Parks! Classes best for experienced students or those new to Yoga and already in good fitness. All classes include postures, breathing techniques, and mind/body relaxation. No preregistration needed. Payment by cash or check only.

Tuesday mornings 6:30-7:30AM, May 21- Aug. 6

Meet at the gazebos for posture flow and get your day going with ease. Bring a beach towel, mat, block, and water bottle. \$10/class or prepay 5 classes for \$40 (no refunds). Find weather cancellations on the home page of www.pranajoy.com by 10pm Monday.

Thursday evenings 7:00-8:30PM, May 23- Aug. 8 (no class July 4)

Meet at the pavilions on Honochick Dr. (near Cedar Crest College) for easy parking and bathrooms. Then we'll take a brisk warm-up walk to our Yoga site near the gazebos. Bring a beach towel, mat, block, and water bottle. \$12/class or prepay and commit to five classes for \$50 (no refunds). Find weather cancellations on the home page of www.pranajoy.com before 6pm Thursday.

All classes taught by Lisa D. Bryan - MA, E-RYT500 610-248-5020 lisa@pranajoy.com www.pranajoy.com



Date: May 11, 2013 Time: 8:00 a.m.-noon

Help us plant trees at Cedar Creek Parkway to replace those lost during Hurricane Sandy.

Meeting location: Cedar Beach parking lot near the pool

Our sincere thanks to the individuals and organizations who donated to our Hurricane Sandy Tree Replacement Fund. Your generosity will revitalize the park, improve the landscape and replace lost habitat. Thank-you for your support!

Friends of the Allentown Parks 2700 Parkway Blvd. Allentown, PA 18104



Phone: 610-432-7275 info@allentownparks.org www.allentownparks.org



(3/22/13) Lola, Baxter and Bingo out for a stroll with their favorite companions in Cedar Creek Parkway.