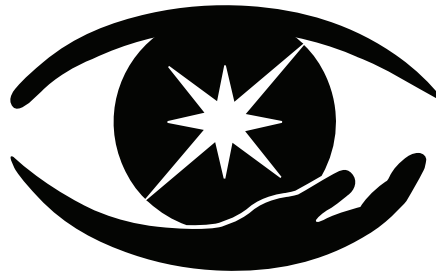


# **SIGHTS FOR HOPE™**



Seize Independence **Now™**

## **Client Bulletin**

**January 2026 | Volume 15, Issue 7.1**

### **Program Listings**

Lehigh Valley: Pages 3-4, and 9

Monroe: Pages 9-11

### **Pullout Calendars**

Lehigh Valley: Pages 5 and 8

Monroe: Pages 6-7

### **How to Schedule Transportation**

Call Monday-Friday from 8:30 a.m.-4:30 p.m.

#### **Lehigh Valley**

Call Brian Schell, 610.433.6018, Ext. 226

#### **Monroe County**

Call Lisa DePietro, 570.992.7787, Ext. 224

# Announcements for Clients

- Sights for Hope will be closed on Thursday, January 1, in observance of New Year's Day, and on Monday, January 19, in observance of Martin Luther King, Jr. Day. No services will be available on those dates.
- Sights for Hope provides one (1) free extra-large 2026 calendar to every client who requests one. Additional calendars will be available for \$10.60 each. Please ask your caseworker if you are interested. The free calendars are provided courtesy of the estate of Jane Kiscadden, who was a Sights for Hope client.
- The American Action Fund offers up to three (3) free 2026 Braille calendars for each person with a visual impairment or blindness. To receive your calendars, call 410.659.9315, or go to [ActionFund.org](http://ActionFund.org).

## Did You Know?

**January is Glaucoma Awareness Month.** Glaucoma is an eye disease that effects the optic nerve, and it is a leading cause of blindness for people over the age of 60. There are often no symptoms or warning signs. Glaucoma is frequently attributed to high blood pressure. Make sure you and your loved ones get regular physical exams, monitor their blood pressure, and get regular eye exams to check their eye pressure.

# Lehigh Valley Programs

Held at the Lehigh Valley Services Center unless noted.

**Programs with transportation are marked with a (T).**

**To register, call Rita Lang at 610.433.6018, Ext. 225, unless noted.**

## **Living through Depression Support Group Meetings**

Monday, January 5, and Monday, January 26, 2-3 p.m.

Held by phone at 1.848.777.1212, passcode 219-9686#.

Call Jennifer Pandolfo at 570.992.7787, Ext. 222, or Rita Lang at 610.433.6018, Ext. 225, to register.

## **Mall Walks (T)**

Wednesdays, January 7, 14, 21, and 28, 9-10:30 a.m.

South Mall, 3300 Lehigh St., Allentown, PA

## **Lehigh Valley Client Support Group (T)**

Thursday, January 8, 10-11:30 a.m.

## **Tech Talks**

Thursday, January 8, 2-3:30 p.m.

## **Books and Bagels**

This month's book is *Calling All Invisible Women* by Jeanne Ray.

Friday, January 9, 10 a.m.-12 p.m.

Phone access: 1.848.777.1212, passcode 219-9686#.

Call Jennifer Pandolfo at 570.992.7787, Ext. 222, or Rita Lang at 610.433.6018, Ext. 225, to register.

## **Greater LV Chapter-Nat. Federation of the Blind Meeting**

Saturday, January 10, 1-3 p.m.

Applebee's Bar & Grill, 3730 Nazareth Pike, Bethlehem, PA

Call Kirk Hunger at 484.239.0741 for details.

# **Lehigh Valley Programs**

## **Beginner Braille Class (T)**

Consistent attendance is required.

Monday, January 12, 10-11:30 a.m.

## **Grief Care Client Support Group**

Monday, January 12, 2-3 p.m.

Held by phone at 1.848.777.1212, passcode 219-9686#.

Call Jennifer Pandolfo at 570.992.7787, Ext. 222, or Rita Lang at 610.433.6018, Ext. 225, to register.

## **Women's Client Support Group**

Tuesday, January 13, 10-11 a.m.

## **Crafters Corner Activity**

Tuesday, January 13, 11 a.m.-1 p.m.

## **Self-Defense Training - Session One (T)**

This is the first of three sessions led by Paul Miller, founder and CEO of Lehigh Valley Martial Arts, who lives with blindness.

Thursday, January 15, 10-11:30 a.m.

## **Lehigh Valley Council of the Blind Meeting**

Saturday, January 17, 10 a.m.-12 p.m.

Write to [info.lvcb1993@gmail.com](mailto:info.lvcb1993@gmail.com) for details.

## **iOS Device Workshop**

Wednesday, January 21, 11 a.m.-1 p.m.

**Descriptions Continue on Page 9**

# January 2026

## Lehigh Valley Client Calendar

Thursday	Friday	Saturday
<b>1</b>  Closed for Holiday	<b>2</b>	<b>3</b>
<b>8</b>  Lehigh Vly Group 10-11:30 (T)	<b>9</b>  Book Club 10-12	<b>10</b>  GLVNFB 1-3
<b>15</b>  Self-Defense Session 1 10-11:30 (T)	<b>16</b>	<b>17</b>  LVCB 10-12
<b>22</b>  Brunch Bunch 10:30-1:30 (T)	<b>23</b>	<b>24</b>
<b>29</b> Visionaries 10-12 (T)  Lions Club 12-1:30 (T)	<b>30</b>	<b>31</b>

### Weekly Programs

**Mall Walks**  
January 7, 14,  
21, and 28,  
9-10:30. (T)

**Tech Talks**  
January 8,  
2-3:30.

(T) Programs with available transportation

# January 2026

## Monroe Client Calendar

Sunday	Monday	Tuesday	Wednesday
<b>4</b>	<b>5</b> Monroe Grp 10-11:30 (T) Holiday Party 11:30-1 (T) Dep. Grp 2-3	<b>6</b>	<b>7</b>
<b>11</b>	<b>12</b> Grief Care Group 2-3	<b>13</b>	<b>14</b>
<b>18</b>	<b>19</b> Closed for Holiday	<b>20</b>	<b>21</b> Men's Group 2-3
<b>25</b>	<b>26</b> Depression Grp 2-3	<b>27</b>	<b>28</b>

# January 2026

## Monroe Client Calendar

Thursday	Friday	Saturday
<b>1</b>  Closed for Holiday	<b>2</b>	<b>3</b>
<b>8</b>	<b>9</b>  Book Club 10-12	<b>10</b>
<b>15</b>  Improv (T) 10-11:30	<b>16</b>	<b>17</b>
<b>22</b>	<b>23</b>  Swim at Shawnee (T) 10-11:30	<b>24</b>
<b>29</b>	<b>30</b> NuVisions 10:30- 12:30 (T) Lions Club 1-2 (T)	<b>31</b>

### Weekly Programs

**Tech Talks**  
January 8,  
2-3:30.

(T) Programs with available transportation

# January 2026

## Lehigh Valley Client Calendar

Sunday	Monday	Tuesday	Wednesday
<b>4</b>	<b>5</b> Depression Grp 2-3	<b>6</b>	<b>7</b>
<b>11</b>	<b>12</b> Braille 10-11:30 (T) Grief Care Grp 2-3	<b>13</b> Women's Group 10-11 Crafters 11-1	<b>14</b>
<b>18</b>	<b>19</b>  Closed for Holiday	<b>20</b>	<b>21</b> iOS Workshop 11-1  Men's Group 2-3
<b>25</b>	<b>26</b>  Depression Grp 2-3	<b>27</b>	<b>28</b>

# Lehigh Valley Programs - Continued

## **Men's Den Client Support Group**

Wednesday, January 21, 2-3 p.m.

Held by phone at 1.848.777.1212, passcode 219-9686#.

Call Jennifer Pandolfo at 570.992.7787, Ext. 222, or Rita Lang at 610.433.6018, Ext. 225, to register.

## **The Brunch Bunch (T)**

Learn how to make tasty frittatas and more.

Thursday, January 22, 10:30 a.m.-1:30 p.m.

## **Visionaries Client Group Activity (T)**

Open to all Lehigh Valley clients. This month's activity is a learning session about the symptoms of dry eye disease and options for treatment. Please bring a lunch or money to order.

Thursday, January 29, 10 a.m.-12 p.m.

## **Lehigh Valley Sights for Hope Lions Club Meeting (T)**

Thursday, January 29, 12-1:30 p.m.

Find out more at [SightsforHope.org/LVLionsClub](https://SightsforHope.org/LVLionsClub).

# Monroe Programs

Held at the Monroe Services Center unless noted. **Programs with transportation are marked with a (T). To register, call Lisa DePietro at 570.992.7787, Ext. 224, unless noted.**

## **Monroe Client Support Group (T)**

Monday, January 5, 10-11:30 a.m.

# Monroe Programs

## **Monroe Client Holiday Party (T)**

Monday, January 5, 11:30 a.m.-1 p.m.

Please bring a dish to share. If you wish to participate in a gift exchange, please bring a gift that costs less than \$10.00 and labeled if it is specifically for a male or female.

## **Living through Depression Support Group Meetings**

Monday, January 5, and Monday, January 26, 2-3 p.m.

Held by phone at 1.848.777.1212, passcode 219-9686#.

Call Jennifer Pandolfo at 570.992.7787, Ext. 222, or Rita Lang at 610.433.6018, Ext. 225, to register.

## **Tech Talks**

Thursday, January 8, 2-3:30 p.m.

## **Books and Bagels**

This month's book is *Calling All Invisible Women* by Jeanne Ray.

Friday, January 9, 10 a.m.-12 p.m.

Lehigh Valley Services Center, 845 West Wyoming St., Allentown, PA.

Phone access: 1.848.777.1212, passcode 219-9686#.

Call Jennifer Pandolfo at 570.992.7787, Ext. 222, or Rita Lang at 610.433.6018, Ext. 225, to register.

## **Grief Care Client Support Group**

Monday, January 12, 848.777.1212, passcode 219-9686#.

Call Jennifer Pandolfo at 570.992.7787, Ext. 222, or Rita Lang at 610.433.6018, Ext. 225, to register.

# Monroe Programs

## **Introduction to Improv (T)**

Come and express your creative and theatrical self with this client-led activity.

Thursday, January 15, 10-11:30 a.m.

## **Men's Den Client Support Group**

Wednesday, January 21, 2-3 p.m.

Held by phone at 1.848.777.1212, passcode 219-9686#.

Call Jennifer Pandolfo at 570.992.7787, Ext. 222, or Rita Lang at 610.433.6018, Ext. 225, to register.

## **Swimming at Shawnee Inn (T)**

Enjoy a swim at the Shawnee Inn's new-and-improved pool.

Please bring a bathing suit and towel. Swimming is at your own risk.

Friday, January 23, 10-11:30 a.m.

Shawnee Inn, 100 Shawnee Inn Drive, Shawnee on Delaware, PA

## **NuVisions Client Group Activity (T)**

This month's activity is a presentation on managing stress and anxiety through preventative measures is open to all Monroe clients.

Friday, January 30, 10:30 a.m.-12:30 p.m.

Call Jennifer Pandolfo at 570.992.7787, Ext. 222, to register.

## **Monroe Sights for Hope Lions Club Meeting (T)**

Friday, January 30, 1-2 p.m.

Find out more at [SightsforHope.org/MonroeLionsClub](http://SightsforHope.org/MonroeLionsClub).

## Client Bulletin

**This bulletin is a public service  
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