

**NOTICE**  
**ALL SUBMISSIONS MUST BE**  
**EMAILED ONLY TO**  
**BVTIMES@RCN.COM**  
**BY FRIDAYS NOON**

**Mission of Love Food Hub**

Every Tuesday- Located at 555 North Main St., Bangor, 8am-12pm. All are invited. Dr. Pastor Frank Pons. (570) 807-7794

**Explore Warren County Tourism at:**  
**ExploreWarren.org**

Located at 165 County Route 519  
 South - Belvidere, NJ 07823  
 908-475-6580 / 800-554-8540

**Portland Upper Mt. Bethel Food Bank**

Located at 111 State St. Portland Pa. are open every Monday 8am to Noon

**Biking**

Delaware Water Gap National Recreation Area - River Road Bushkill, PA (570) 426-2452 Levee Loop Trail - Biking East Stroudsburg, PA (570) 426-1512 info@srosr.org

**BIKE TRAIN**

**ALL ABOARD THE SCENIC BIKE TRAIN!**

Hop on the Bike Train and step back in time. Enjoy a relaxing 25 mile train ride through the Lehigh Gorge. Then, pedal your bike back down to Jim Thorpe at your own pace along the Lehigh Gorge Rail Trail.

Advance Tickets/reservations Are Required For The Bike Train And Can Be Made By Calling The Blue Mountain & Northern Railroad (Aka Lehigh Gorge Scenic Railway) Directly At

the student's successful completion of the week of school. Registration is open now at [www.ncjcs.org](https://ncjcs.org). Please fill out the online application at <https://ncjcs.org/preapp/> to register for the 2024 session.

**Jacobsburg Environmental Education Center**

**Community Programs, August 2025 Weekly Weeders**

**Monday, August 11, 18, & 25 at 8:30am to 10:30am**

**Interested in learning more about gardening with native plants? Volunteer to mulch, pull weeds, divide plants, and amend soil in the center's native plant garden Monday mornings from 8:30 AM to 10:30 AM. We provide instruction, tools, and weeding mats. Registration is required.**

**Hike for Health**

Wednesday, August 13, 2025 5:30pm to 7pm

Get moving after work with a brisk hike at Jacobsburg! These guided monthly hikes are 2 to 3 miles over uneven terrain. You must be able to maintain a hiking pace of two miles per hour to attend. Dogs are welcome to hike on a leash. Meet at the Visitor Center flagpole at 400 Belfast Road. Registration is not required. Join the email reminder list by contacting us at 610-746-2801 or [jacobsburgsp@pa.gov](mailto:jacobsburgsp@pa.gov).

Family Science Night - Observation and Nature Journaling

Friday, August 15, 2025 6:30pm to 7:30pm

Celebrate National Relaxation Day with a reflective science night! We'll learn to hone our science observation skills and record our findings using artistry and other nature journaling techniques. Journals and art supplies will be provided. You are welcome to bring your own science or nature journal to use if you already have one. This program is best for children 5 and up. Registration is required.

**Henrys Woods History Hike**

Sunday, August 17, 2025 9am to 11am

Join us for a hike through Henrys Woods! We will stop along the way to learn about the historic sites that made the woods a hub of activity and industry in the late 1800's. See what remains of the former camp, icehouse, gun factory, and mill pond. This hike is 2.5 miles on moderate terrain with some steep and narrow sections with exposed roots. Please wear sturdy shoes and dress for the weather. Counting down to America's 250th birthday on July 4, 2026, DCNR has partnered with America250PA to celebrate the role of Pennsylvania's public outdoor spaces and their impact on the Commonwealth. Focusing on America250PA's theme of "Educate, Preserve, Innovate, and Celebrate" (EPIC), DCNR is helping to engage citizens in all 67 counties to commemorate this momentous occasion. The distance walked/hiked during this event and any other hosted by DCNR can be used for America250PA's Road to 2026 Celebrate Pennsylvania challenge. Registration is required.

Botanical Treasures of Jacobsburg  
 Saturday, August 23, 2025 3:30pm to 5:30pm

Join us as we explore the park and search for late-summer blooms. Be prepared for a moderate hike that may involve muddy slopes and uphill climbs. Please bring water, a snack, and wear sturdy shoes. This program is best for families with children ages 8 and up. Registration is required.

**Magnificent Moths!**

Saturday, August 23, 2025 8:30pm to 10pm

Moths are everywhere and come in a variety of colors, shapes and sizes. Join local moth enthusiast Steve Kloiber as we search for moths and other insects of the night. This program is best for families with children ages 8 and up. Please bring a flashlight. Registration is required.

Butterfly & Wildflower Walk for Adults  
 Wednesday, August 27, 2025 10am to 12pm

Join butterfly enthusiast and conservation volunteer, Doug Burton, for a leisurely walk through the center to find different types of butterflies, learn about their host plants, and discuss conservation issues that may threaten populations. Prepare for a 1.5 mile walk in sunny conditions by wearing hat, sunscreen, loose fitting long layers, and sturdy shoes. Bring a water bottle. This program is for adults only. Registration is required.

Fishing Equipment Available  
 When: Monday thru Friday, 8:00am to 2:30pm

Where: Jacobsburg Visitor Center, 400 Belfast Road, Nazareth  
 Borrow fly rods, spinning rods, fly boxes, and tackle to use in Jacobsburg's creeks! To borrow equipment, you must provide a driver's license or other form of state issued identification. Persons age 16 and older must possess a current fishing license to fish. Adults can help children under 16 fish without a license. Bait is not provided. For more information call 610-746-2801 or email [jacobsburgsp@pa.gov](mailto:jacobsburgsp@pa.gov).

DiscoverE Adventure Backpacks Available  
 When: Monday thru Friday, 8:00am to 2:30pm

Where: Jacobsburg Visitor Center, 400 Belfast Road, Nazareth  
 Borrow a backpack full of kid-friendly tools to explore Jacobsburg! These backpacks are best for families with young children. Each backpack includes binoculars, notepad, colored pencils, magnifying lens, bug box, dip net, and five field guides for exploring the pond, insects, birds, trees, butterflies and moths. For more information call 610-746-2801 or email [jacobsburgsp@pa.gov](mailto:jacobsburgsp@pa.gov).

**Lehigh Valley Jewish Events**

610.821.5500 | [mailbox@jflv.org](mailto:mailbox@jflv.org) | [www.jewishlehighvalley.org](http://www.jewishlehighvalley.org)

**THURSDAY, JULY 17**

**Maimonides Happy Hour**

5:30-7:30 p.m., West End Taproom, Allentown

Join your fellow Maimonides Society healthcare professionals for delicious cocktails, brews, and appetizers (dietary laws observed). Registration required

**MONDAYS**

**Yiddish Club**

2-3:30 p.m., JCC via Zoom

Experience the joys of Yiddish via Zoom as part of Adults at the J. The group meets weekly to discuss topics like cooking, humor, music and all kinds of entertainment in the Yiddish language. All are welcome to join this lively weekly discussion. There is something for everyone no matter if you know a few words or are a fluent speaker. Enjoy fun, fellowship, stories and more. Participants Zoom in from five states. No cost. Call 610-435-3571, ext. 501.

**WEDNESDAYS**

Yoga with Miriam Sandler: Chair-Supported Yoga

1-2 p.m., Congregation Brith Sholom  
 Participants sit in a comfortable chair, preferably armless (folding works well). Some standing poses holding onto a chair are offered, though students may choose to remain seated. Modifications are given. Open to the public in person, and live stream available to all via Zoom. \$10 drop-in fee payable to Congregation Brith Sholom. For more information, email [mbserow@gmail.com](mailto:mbserow@gmail.com). Join the Zoom meeting here.

**WEDNESDAYS**

Torah Studies: A Weekly Journey into

the Soul of Torah

7 p.m., Chabad of the Lehigh Valley and via Zoom

Torah Studies by the Jewish Learning Institute presents Season Three 5785, a 12-part series offered in person and via Zoom. Cost is \$54 for the course, including textbook. For more information, call 610-351-6511 or email [rabbi@chabadlehighvalley.com](mailto:rabbi@chabadlehighvalley.com).

**THURSDAYS**

**Basic Yiddish Class**

4-5:30 p.m., Jewish Community Center via Zoom

Learn to read, write, speak and comprehend Yiddish. Textbooks from the Yiddish Book Center available for purchase. Call 610-435-3571, ext. 501.

**FRIDAYS**

**Kol HaEmek**

9-10 a.m., WMUH 91.7

Radio show with Cantor Wartell. For information go to [muhlenberg.edu/wmuh](http://muhlenberg.edu/wmuh).

**SECOND FRIDAY OF THE MONTH**

**KI Shabbat Friends**

5 or 5:30 p.m., Congregation Keneseth Israel

If you attend Shabbat services alone and feel awkward, join this enthusiastic group for pre-Shabbat dinner and conversation. Bring your own food, drink, and topics for discussion. Call 610-435-9074 for more information or to register. Shabbat Friends is not scheduled for October.

**SATURDAYS**

**KI Torah Study**

9:30-11 a.m., Congregation Keneseth Israel

Join Rabbi Shoshanah Tornberg for a study session making sense of the week's Torah portion. Enter the building through the 23rd Street door. For more information, contact Rabbi Tornberg using the form at [kilv.org/torah-study.html](http://kilv.org/torah-study.html).

**SATURDAYS**

**Wisdom of the Talmud Class**

After Shabbat Lunch and Schmooze, Congregation Brith Sholom  
 Join Rabbi Michael Singer in a discussion about Jewish law, ethics, customs and history as found in the pages of the Talmud. Any necessary books are available in the synagogue office. No previous Talmud study required. For information email [tammy@brithsholom.net](mailto:tammy@brithsholom.net) or call 610-866-8009.

**SECOND SATURDAY OF THE MONTH**

**Shabbat Out of the Box**

10 a.m., Congregation Keneseth Israel  
 Celebrating the sixth year of creative and interesting activities to inspire your Shabbat experience. Monthly programs and locations vary. Outdoor activities are weather permitting. Everyone is welcome so feel free to bring friends and family. All events are free. Registration is required. Click on the particular date to register.

**LAST SATURDAY OF THE MONTH**  
**Shabbat Yoga**

10:30-11:30 a.m., Congregation Keneseth Israel  
 Jett Ulaner Saracheck and Ann

Friedenheim lead this experience of Shabbat through movement. Bring a mat, blocks, or anything else that will bring you comfort in the practice. All are welcome.

For questions, call Ann at 610-462-2549 or Jett at 610-762-1450. Register.

**DAILY**

**Jewish Broadcasting Service**

JBS is a Jewish television channel featuring daily news from Israel; leading Jewish figures, issues and events of Jewish importance; call-in programs; Jewish studies; 92nd Street Y; live Friday and holiday services for those at home; children's programs; films; music; books; and entertainment. Click here.

**DAILY**

Congregation Sons of Israel Minyanim  
 Shacharit 6:30 a.m. Mondays and Thursdays; 6:45 a.m. Tuesdays, Wednesdays and Fridays; and 8:30 a.m. Sundays

Congregation Sons of Israel welcomes all to its daily Shacharis and Mincha/Maariv services in the main sanctuary of the synagogue. Please check the synagogue website for the weekly listing of the starting time for Mincha/Maariv. If you have any questions regarding the minyan, please call the synagogue office at 610-433-6089.

**MONDAY THROUGH FRIDAY**

**Daily Online Meditation**

12:30 p.m., Institute for Jewish Spirituality

One of the master teachers leads a live daily guided meditation. Join with people from around the world to share 30 minutes of Jewish mindfulness. Open to all. No experience needed. Sign up now.

Pocono Decorative Artists wants to bring to your attention an event that we will sponsor on Saturday, September 13th from 10:00 am to 2:30 pm. This Zoom Class will feature Lydia Steeves color pencil artistry titled "Snug as a Bug". Class is \$40; and sign up is available through Artroom2Create. Here is the link: Sept. 13, 2025 - Snug as a Bug by Lydia Steeves / Pocono Decorative Painters

Pocono Decorative Artists is a non-profit group that offers members the opportunity to broaden their knowledge of decorative painting through classes and seminars, as well as becoming involved in community service projects. Our purpose is to raise and maintain a local level of high-quality painting and teaching of Decorative painting, as well as providing our members an opportunity to be involved in an annual community service projects. In the past, we have helped to support local women's shelters, the American Cancer Society, Women's Resources of Monroe County, Pregnancy Resource Center of the Poconos, Meals on Wheels, as well as several animal rescue facilities.