

Outdoor Activities

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Minimize risk to others: Individuals should only go out if they feel healthy and have not been exposed to someone who has tested positive for COVID-19.

Practice good hygiene: Wash hands often with soap and warm water for 20 seconds. If soap and water are not available, use a hand sanitizer containing at least 60 percent alcohol. Avoid surfaces that are touched often, such as doorknobs and handrails.

Have a plan: Create a safety plan before heading outdoors. Explain to children the need to keep their distance from others, even if they happen to see a friend while outside. Discuss with partners, social distancing while on the golf course. Think through how to avoid other runners when waiting to safely cross a street at the same time.

"Practicing social distancing takes a little planning and patience but it is necessary if we want to continue to flatten the curve while ensuring that Pennsylvanians have opportunities to de-stress and get exercise," Wolf said. "Finding the balance between enjoying the outdoors and staying safe is only possible when all Pennsylvanians are abiding by the same precautions. It's critical that all Pennsylvanians adhere to the safety guidelines to allow for these outdoor activities to remain available to the public."

District Office Reminder for Rep. Joe Emrick

During the COVID-19 pandemic, my offices are closed to in-person visits. If you have any questions or concerns, or if we can help in any way, please contact one of my offices below.

Bangor Office

610-588-8011

Hours: Monday through Friday

9 a.m. to 5 p.m.

Nazareth Office

610-746-5090

Hours: Monday through Friday

8:30 a.m. to 4:30 p.m.

Closed Noon to 1 p.m.

Capitol Office

717-260-6159

GET HELP

Connecting with community services is as easy as dialing 2-1-1.

2-1-1 is a free one-stop information and referral service for Monroe County that provides easy access to human services in our community.



2-1-1 will help eliminate guessing, confusion, and helplessness.

Services and resources we can help you find:

- Shelters/housing
- Food/clothing
- Rent/utility assistance
- Transportation
- Opioid abuse information
- Early Intervention Services
- Mental health services
- Development
- Legal/consumer
- Credit counseling
- Public assistance programs
- Where to donate food, clothes, furniture, & time
- Aging parent assistance
- Support groups
- And more

(855) 567-5341
poconoinfo.org
info@poconoinfo.org



Pocono Mountains
United Way



COVID-19 REOPENING PHASES

WORK & CONGREGATE SETTINGS

SOCIAL SETTINGS

RED PHASE

- LIFE-SUSTAINING BUSINESSES ONLY
- RESTRICTIONS IN PLACE FOR PRISON + CONGREGATE CARE
- SCHOOLS CLOSED FOR IN-PERSON INSTRUCTION
- MOST CHILD CARE CLOSED

- STAY AT HOME ORDERED
- LARGE GATHERINGS PROHIBITED
- RESTAURANTS/BARS LIMITED TO CARRY-OUT + DELIVERY
- ONLY TRAVEL FOR LIFE-SUSTAINING PURPOSES

YELLOW PHASE

- TELEWORK MUST CONTINUE WHERE FEASIBLE
- BUSINESSES WITH IN-PERSON OPERATIONS MUST FOLLOW SAFETY ORDERS
- CHILD CARE OPEN WITH WORKER + BUILDING SAFETY ORDERS
- RESTRICTIONS IN PLACE FOR PRISON + CONGREGATE CARE
- SCHOOLS CLOSED FOR IN-PERSON INSTRUCTION

- STAY AT HOME RESTRICTIONS LIFTED IN FAVOR OF AGGRESSIVE MITIGATION
- LARGE GATHERINGS PROHIBITED
- IN-PERSON RETAIL ALLOWED CURBSIDE/DELIVERY PREFERRED
- INDOOR RECREATION, HEALTH AND WELLNESS FACILITIES (SUCH AS GYMS, SPAS), AND ALL ENTERTAINMENT (SUCH AS CASINOS, THEATERS) REMAIN CLOSED
- RESTAURANTS/BARS LIMITED TO CARRY-OUT + DELIVERY

GREEN PHASE

- ALL BUSINESSES MUST FOLLOW CDC AND PA DEPARTMENT OF HEALTH GUIDELINES

- AGGRESSIVE MITIGATION ORDERS LIFTED
- INDIVIDUALS MUST FOLLOW CDC AND PA DEPARTMENT OF HEALTH GUIDELINES

FOR SALE



Blow Out Sale
\$1999
Expires 5/11/20

2005 MXZ 600 HO SKI DOO

Good Condition, Reverse, Heated Hand Grips, Studded Track, New Battery, New WindShield, Storage Cover, Gagage Kept, Purchased and Serviced by Horn's Outdoor. 5550 miles. \$3100.00 OBO
'Also Lots Of Accessories Available'

Also Available Excelent Condition : 2007 Blaze Snowmobile trailer. All Aluminum, Tilting, Spare Tire, Run up Tracks for loading Sleds. **\$850.00**

Please Call 570-856-7617

If no answer please leave message I'll call back

Blue Valley Times

SERVING THE SLATE BELT, LOWER POCONOS AND NORTHERN N.J.
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FOR SALE



Blow Out Sale
\$4599
Expires 5/11/20

2009 MXZ 800R PTEK-E ADRENALINE SKI DOO 50TH ANNIVERSARY EDITION

Excelent Condition, Electrict Start, Reverse, Studded Track, Heated Hand Grips, Rear Removable Storage bag, New Battery, Gagage Kept, Storage Cover, Purchased and Serviced by Horn's Outdoor. 5460 miles. \$5500.00 OBO
'Also Lots Of Accessories Available'

Also Available Excelent Condition : 2007 Blaze Snowmobile trailer. All Aluminum, Tilting, Spare Tire, Run up Tracks for loading Sleds. **\$850.00**

Please Call 570-856-7617

If no answer please leave message I'll call back

Please Contact Your Church For any Cancellations Due To The Corona Virus

NOTICE

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

Community Presbyterian

1755 S Delaware Drive, Mt. Bethel
Sun. - SS 9:15am, Worship service 10:30am, Coffee hour on last Sunday of every month following service.
www.mtbethelpresbyterian.org, (570) 897-6766.

Cross Road Baptist Church 201 Second St., Bangor

Sun- 9:15am Praise Sing, 9:30am SS, 10:45am Worship; Wed- 7pm Prayer/Bible Study. Rev. Jay VanHorn, Pastor (610) 588-3966,
www.crossroadbaptistbangor.org

The Lady's Guild of Our Lady of Victory R.C. Church, Tannersville will hold a Chicken Cordon Blue Dinner on April 28th. We would appreciate your help in advertising this year's event without cost to the church.

EAST BANGOR UNITED METHODIST COMMUNITY CHURCH

**136 W. Central Ave.
East Bangor, PA 18013**

Sun., May 10 - 10:00 a.m. Worship Service (Online) Tues., May 12 - 7:00 p.m. Bible Study (Online) FOR MORE INFO., CONTACT eastbangorumc@gmail.com
Pastor Dave Goss (610-588-4453) Dial-A-Message (610-588-3896) www.ebumc.org

Faith Alive Community Church 10 Mechanic St, Wind Gap

Tues- 6pm Ladies Prayer Meeting (2nd Tues); Wed- 6:30pm Revival Prayer, 7:15pm Adult Bible Study; Sat- 10-2pm Prayer Stop (1st Sat); Sun- 9:15am Family Fellowship, 9:30am Intercessory Prayer, 10am Worship, 10:45am Children's Church, Communion at 10:30am (1st Sun). Pastor Matthew Whistler. (610) 863-6911,
www.faccpa.org

Family Life Community Church 1115 Richmond Rd, Bangor

Wed- Kidz Night Out at The Hub 6:30-8pm (kids 6 thru 6th gr.); Thurs- Teen Night Out at The Hub 6:30-8pm (gr. 7-9); Sun- 10am Celebration Service. Pastor Mike Poppa. 610-588-3736,
www.flccbangor.com.

First United Evangelical 25 S 2nd St., Bangor

Sun. - 7pm Prayer Meeting & Bible Study; Jan 20- 9am Prayer Meeting, 9:30am Church School, 10:30am Worship. Pastor Ronald Shipman at (610) 588-3226

First United Methodist Church 55 N. Third St., Bangor

Worship every Sunday at 11am, Adult and Children Sunday Schools 9:45am, Communion first Sunday of month, Wednesday evening Bible Study 6:30pm. Pastor Chris Hardy (610) 588-4673.

First United Methodist 19 West & Water St., Wind Gap

Sun.- 9am SS, 10am Worship/Communion, 11am Fellowship on 1st Sunday of each month. Pastor John Vidal (570) 426-0645

Flicksville United Church of Christ

1337 Lower South Main Street Bangor, PA 18013
Pastor Ken Hess 610-588-4648
www.flicksvilleucc.com
Sunday School at 9:30 AM
Worship at 10:45 AM
All are welcome!

God's Missionary Church of Northampton

4965 Nor. Bath Blvd (Rt 329), Northampton, PA

Sun- SS 9:30am, Service 10:30 & 7pm, Youth Service 6:30pm; Wed- Prayer Meeting 7:30pm. Rev. Rodney Keister. (610) 262-4412.
http://GMC-N.com

Good Shepherd Evangelical Lutheran Church,

2904 Church Rd, Martins Creek PA
Sunday Worship Service 9:00 am. Adult Bible Study Following Worship. Pastor Louise Williams.
www.goodshepherdmc.com

Grace Lutheran Church 5907 Sullivan Trail, Nazareth

Tue. - 6:30pm Choir; Jan 20- 9am Service/Communion, 10:15am SS, 10:30am Confirmation/Adult Forum. (610) 759-9080, www.gracebelfast.org

Grace United Methodist 404 Mountain Ave., Pen Argyl

Sun.- 8:30am Contemporary, 10am Blended, 10am SS. Rev. J. Timothy Fisher. (610) 863-4811. www.worshipat-grace.org

Holy Trinity Orthodox Church 1501 Trinity Court, Stroudsburg

Divine Liturgy Sundays 9:30 AM; Vespers Saturday 6:30 PM. (570) 421-4455, www.holytrinitypoconos.org.

Hopesprings Community of Faith 301 Market Street, Bangor

Sun-Services 10am. Jonathan Almanzar, Lead Pastor. 855-INFO-HOPE. www.hopespringscommunity.org.

Hope UCC

2nd & Cherry St., Wind Gap

Sun- 10:30am Worship (Communion 1st Sunday of the month). All are welcome! SS 9:30 Sunday Morning. Pastor Emily B. Hall. (610) 863-4474

Living Waters Christian Church 396 Sterling Rd. Unit D, Tobyhanna

Thurs- 6pm Christian Edu Sun- 9:15am Christian Edu, 10:30am Worship. Rev. Dr. Jacqueline R. Walters 570-350-4710

Mt. Bethel Church

**A Church of the Lutheran Brethren
1270 Belvidere Cr. Rd, Mt. Bethel**

Sun.- 8:30am Traditional Service ,

11am Contemporary Service Visit our website www.mountbethelchurch.org or call (570) 897-7142 for info.

Our Lady of Good Counsel

436 South 2nd Street Bangor, PA 18013
Rectory (610) 588-5445
Parish Website: www.ourladystvincet.com Mass Schedule
Weekdays 8AM excluding Thursdays (See Church Website)
Saturday 4 PM Sunday 8:30 AM
Holy Days (See Church Website)
Saturday Confessions 3:25-3:45 PM

Our Lady of Victory R.C. Church,

Tannersville, PA will hold a Free Community Dinner on Sunday, July 21st from 3pm to 4pm. They would appreciate your assistance in advertising this dinner without cost to the Church.

Portland Baptist Church 601 Delaware Ave., Portland

Sun- Sunday School 9am, Service 10:30am; Wed- Bible Study 10:30 with Prayer Meeting to follow. Elevator and ramps We are handicap accessible with automatic doors, elevator and restroom. (570) 897-6866
www.portlandbaptistchurch.com

Prince of Peace Lutheran Church 2445 Lake Minsi Dr., Bangor

Saturday Worship: 1st & 3rd 5:30 pm. Sunday School starts at 8:30am (September-May)
Sunday Service- 9:45am
Holy Communion is served weekly. All are welcome!

Richmond United Methodist Church 8538 Delaware Dr, Bangor

Palm Sunday, worship at 10:00 am. Maundy Thursday, Soup at 6:00 pm and Worship at 7:00 pm. Good Friday 12:00 pm to 3:00 pm for Personal Meditation, Devotion and Prayer
Easter Sunrise Service at 7:00 am (followed by breakfast) Easter Traditional Worship 10:00 am Rev. Ed Van Arsdale 610-588-7317

Slate Belt Church

1620 Church Rd, Pen Argyl
(Across from the Wind Gap Middle School) www.slatebeltchurch.com
Sun.- 9:30am SS, 10:30am Worship & Children's Church (nursery provided) 5:30pm Bible Study, Youth Group & Kids Program Pastor Steve Rebert 610-863-9274

St. Brigid's Episcopal Church, Nazareth.

Delete Sunday school Holy Eucharist @ 9:30 a.m. St. Brigid's Episcopal Church 310 Madison Avenue Nazareth, PA 18064 Phone: 610-746-3910 Fax: 610-746-4515

St. Elizabeth's Parish

300 West Babbitt Ave., Pen Argyl
Sun.- Masses 8am, 9:30am & 11am. Rev. Msgr. Vincent P. York. 610-863-4777

St. John's Evangelical Lutheran 12 N. Westbrook, Pen Argyl

Sun.- 8:45am SS, 10am Worship/Holy Communion. (610) 863-4332

St. Joseph's Episcopal 1440 Verona Dr., W. Bangor

Jan 20- Eucharist 11am; Christmas Eve Service 4pm. Rev Joel Atkinson. Coffee hour after service.

St. Luke's U.C.C. Belfast 471 Belfast Rd., Nazareth (Belfast)

SS 9am, Worship 10:30am. Rev. Cecelia Baxter and Rev. Jameson Baxter. 610-759-0244.
www.stlukesuccbelfast.com

St. Mary's Episcopal 340 Lehigh St., Wind Gap

Sun.- service 9am. Coffee hour follows service. Rev. Joel Atkinson. Maundy Thursday Service will be held at St. Mary's Episcopal Church Wind Gap at 5:30 P.M. Easter Morning Service will be held at St. Mary's Episcopal Church Wind Gap at 9:00 a.m.

St. Peter's Evangelical Lutheran 1422 Church Rd, Pen Argyl

(610) 863-6859
Sunday Worship/Communion 8am and 10:15am; 9am SS
www.stpetersplainfield.com

St. Vincent dePaul

720 Delaware Avenue Portland, PA 18351
Rectory (610) 588-5445
Mass Schedule Weekdays (at OLCG) Saturday 6 PM Sunday 10:30 AM
Holy Days (See Church Website)
Saturday Confessions 5:40-5:50 PM

The Pentecostal Christian Church the Truth

**(Iglesia Pentecostal La Verdad)
4 Jory Ave Pen Argyl**
Sun.- Prayer 14- Sunday School (Escuela Dominical) 12 noon, Praise & Worrship (Cuho Evangelistico) 1pm.

Temple Israel of the Poconos Egalitarian Conservative Synagogue

660 Wallace Street, Stroudsburg
Sabbath Services: Friday evening 7pm followed by a Traditional Oneg Shabbat. Saturday morning 9:30am followed by a traditional Kiddush. Dr. Sandra Alfonsi 570-223-7062.

Trinity United Church of Christ

632 S Delaware Dr. Mt Bethel Pa 18343 Sunday Worship 10:30 am SS and Confirmation 9:00 am Rev. Rodney Wells pastor

Trinity Evangelical Lutheran 404 Broadway, Bangor

Thur - Christian Ed 6:30pm, Choir 7:30pm; Jan 20- SS 9am, Worship/Communion 10am. Pastor Laine. (610) 588-2023, www.tlcbangor.com.

Zion Presbyterian Church Water St., Wind Gap

Sun.- Rev. Albert Martin will be speaking at the 9:30am service. Children SS during the service. Visitors welcome. (610) 863-8896.

**Ackermanville United Methodist
1410 Ackermanville Road, Bangor**
Sun 10am Worship. Rev. Sukja Bang (610) 588-7818,
www.ackermanvilleumc.org

Bangor Church of the Nazarene 150 Bunny Trail, Bangor

Sun 9:30am SS, 10:40am Worship (Children's Church to grade 2), 5pm Powerhouse Praise Practice, 6pm Teen Straight Talk & Small Groups. Kenneth L. Bean, Pastor (610) 588-6929

Belfast Bible

483 Belfast Rd., Belfast

Sunday School (all ages) 9:30am, Worship 10:45am, Evening Service 7pm. Pastor Michael Yaworski.

Belfast Wesley United Methodist 607 School St., Belfast

Children's SS & Adult SS 9am, Worship 10am, coffee fellowship following worship. Pastor Paul Milligan. (610) 746-3652.

Benders Mennonite Church

975 Benders Church Rd., Pen Argyl
Sun Worship service every Sunday at 10:10am; Food Bank 3rd Saturday of the month 9-11am. 610-863-9114.

Bethel Bible Church of Mt. Zion 7742 N. Delaware Dr. (Rt. 611), Martins Creek

Free Bread Every Saturday, 3eryone welcome, questions 908-483-8231; Sunday School 9am, Sunday Morning Worship 10am. Pastor Rick Tunis, 610-250-9890. Learn about us online www.bethelbiblechurchofmtzion.org.

Christ Presbyterian Church of the Slate Belt

332 Kennedy Dr., Bangor
Sun.-Worship 10:30 a.m. Rev Albert Martin (610)588-4864
e mail - presbyterianbr@frontiernet.net
www.facebook.com/Presbyterybr

Christ Ev. Lutheran Church 703 South Delaware Drive

Mt Bethel, PA 18343
610-588-7056
The Rev. Larry Laine
Worship at 9 AM
Sunday School 10 AM

Clearfield Bible Holiness Church 1502 Bushkill Ctr Rd, Wind Gap

Sun- SS 10:15am, Worship 11:15am & 3pm. Pastor Donald Herrick. (812) 653-3975.

Community Baptist

Weona Park Center, Pen Argyl

Sun - Bible study 7pm. Separate class for age 10 & under.