











Fun Fitness Family

O'Grady Quinlan has classes for preschoolers through young adults and all skill levels!



Whether your ambition is to dance recreationally or competitively, O'Grady Quinlan has a class for you!

Locations in Allentown & Easton

Interested in Classes?
get all our links and info
here!





Red Cross Club: <u>Disaster Kits</u>



What is It:

This is a disaster kit drive activity in which essential preparedness items are collected, assembled in a pack and delivered to those who need it most.

Why it is important:

Having a preparedness kit is a simple way to ensure that you have vital items available in case of a disaster.

Where they will go:

These Disaster Kits will go to shelters, food banks churches, or retirement homes.

What we need:

- First Aid kits
- Bandaids
- Bandages
- Flashlights
- Water
- Food
- Batteries
- Moist towelette
- Sleeping bag
- Blankets
- Pillows

- Hand Sanitizer
- Personal hygiene products
- Paper towels
- Toilet paper
- Baby products
- Disinfectant wipes
- · soap

Ps: you can put these items in the disaster kit boxes around the school or hand them in to the office

HOP ON OVER

GERTRUDE HAWK CANDY DELIVERY



Thursday, March 23, 2023



Candy pick up will start on

Thursday, March 23, 2023

from 3:15 PM until 3:45 PM

and

Friday, March 24, 2023

from 8:00 AM until 3:30 PM.

Thank you so much for your support!



Lehigh Valley Senior All-Star Classic Hall of Fame & Combine Clinic

Sunday, March 19 @ Northampton CC 11:00am-1:30pm



The Hall of Fame Clinic is designed to excite kids about the game of basketball with age specific drills and fundamentals.

St. Luke's Combine Clinic tests athletes at competitive skills stations. These clinics are for beginners to the advanced. All student athletes from 3rd to 10th grade are welcome.



\$20/ATHLETE
WALK-UPS WELCOME

Visit our website for more information and to register for the event!



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www.lvsallstarclassic.org

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