

ANNOUNCEMENTS

New Fitness Classes! | Tuesday & Thursday afternoons - Pilates, Cardio & Strength, and Line Dancing! Classes start **February 13th**.

Traveling Forks Group | Monthly meetings are not listed on the calendar. However, if you are interested in future outings with the current residents, please contact Bonnie Wettersten directly at bonniewettersten@gmail.com.

Tech Time with Gloria | Previously on Fridays - Please call Gloria at 484-681-9071 to **schedule an appt**.

VERIZON | Tuesday, **February 6th**, 10:00 a.m., representatives from Verizon will speak on services offered or answer questions you may have. Stop by the Great Room for some doughnuts and chat with our local representatives.

Wine Down Wednesdays | Wine Down Wednesday - Come meet or greet new neighbors! The first of two Wine Down Wednesdays hosted by Floors 4 & 5, will be held on **February 7th** starting at 5:00 pm in the Great Room. The second Wine Down Wednesday hosted by Floors 2 & 3, is scheduled for **February 21st**. Please look out for flyers & email reminders to come which will explain what floors will host (bring appetizers) those evenings. If you are new to Canvas and would like more information about Wine Down Wednesday which is a resident run event, contact Judy Warshal at JWarshal@aol.com or Cindy Lapidus at clapidus28@gmail.com.

Canvas Mobile Massage hosted by Ciao Bella Salon & Spa | Thursday, **February 8th** between 1 & 2pm. Stop by the salon for a complementary chair massage and meet massage therapist - Mobile Services - Melissa Drimer.

Book Club | Thursday, **February 8th**, 7:00 pm - This month's book is "The Foundling" by Ann Leary. The Book Club will meet once a month, every second Thursday in the Library, at 7:00 pm. For more info, contact Rebecca Keim at keimre@gmail.com

Canvas Monthly Brunch Update | Saturday, **February 10th** , 12:00 pm, Great Room. RSVP Required no later than Wednesday, February 7th. This month we will change it up a bit and will have a lunch to celebrate the Chinese New Year!

Super Bowl Sunday Watch Party | Sunday, **February 11th**, 6:00 pm, Great Room. Resident run - If you are interested in participating, please sign up in the Mail Room as to what "Tailgate Party Snack" you will bring. Beer and soda will be provided.

Party "Hearty" Pizza Party | Wednesday, **February 14th**, 6:30 pm, Great Room - Sport your red or pink attire, enjoy pizza and music by DJ Michael Lazar.

Canvas Concert Series | Sunday **February 18th**, 7:00 pm - Performance by Jordon Dodson (Guitar) and Beomjae Kim (Flute).

Left Center Right Ladies Night | LCR is held once a month. Anyone interested in joining, please contact Claire Hawkins at Nanoclaire54@gmail.com

This month's LCR night will be on Friday, **February 23rd** at 7:00 pm in the Great Room. BYOB and snacks to share are appreciated but not mandatory.

ACSIA Partners, LLC | Thursday, **February 15th**, at 7:00 pm, resident Joe Hoban will present on "What You Need to Know About Long Term Care Planning."

IGC Inc. Concierge Jewelers | Bob the jeweler will be in the Great Room on **February 16th and 17th** from 9:00 am to 3:00 pm.

The Art of Wine Making | Wednesday, **February 28th**, Canvas Room. Ever thought about making your own wine? Join resident David Smith (who makes his own wine!) for a presentation with hopes on starting a resident-run wine making event for those interested.



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Emily Bagushinski| Assistant Property Manager
Barbara Easterling | Concierge
Ashley Watson | Leasing Manager
Gloria Spriggs | Lifestyle Director
Bryan Lacey | Lead Maintenance Technician

OFFICE PHONE:
659-901-1627

For Maintenance Emergency,
Follow Prompt

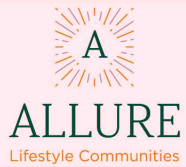
**FOR ALL OTHER EMERGENCIES,
PLEASE DIAL 911**

OFFICE HOURS

Mon-Thurs 9am -6pm
Fri - 8am - 5 pm
Sat - 10 am - 5pm
Sun - 12pm - 5pm

CIAO BELLA SALON

Tues 11:00 am - 7:00 pm
Thurs 11:00 am - 7:00 pm
Fri 9:00 am - 2:00 pm
Sat 9:00 am - 3:00 pm
Phone: (610) 990-7557
info@ciaobellasalon.com



Canvas at Valley Forge
101 Bryce Lane, King of Prussia, PA 19406



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 12:00 pm Pinochle / L 1:00 pm Canasta / L 2:30 pm Poker / PMR 4:00 pm Chair Yoga / FC 5:00 pm Yoga / FC	2 9:00 am Dance Fitness / FC 10:00 am Intermed Bridge / PMR 2:30 pm Open Poker / L Groundhog Day 	3 9:00 am Balance Class / FC 9:30 am Stretch & Tone / FC
4 9:00 am Yoga Class / FC 10:15 am Chair Yoga / FC 11: 15 am Meditation / LI 2:00 pm Rummikub / L 2:00 pm Canasta / L	5 10:00 am Canasta / L 11:00 am Billiards / GaR 12:00 Pinochle / L 1:00 pm Mahjong / L 2:30 pm Poker / PMR 5:00 pm Scripture Study / PMR	6  10:00 am Verizon Fios / GR 1:00 pm Bingo / GR 3:30 pm Ladies Poker / PMR Ladies Poker / GR	7 9:00 am Dance Fitness / FC 10:00 am Ping Pong / GaR 1:00 pm Mahjong / L 2:30 pm Mens Poker / PMR 5:00 pm Wine Down Wednesday (Host: 4& 5)/GR 	8 12:00 pm Pinochle / L 1:00 pm Canasta / L 1:00 pm Complementary Chair Massages (Salon) 2:30 pm Poker / PMR 4:00 pm Chair Yoga / FC 5:00 pm Yoga / FC 7:00 pm Book Club / LI	9 9:00 am Dance Fitness / FC 10:00 am Intermed Bridge / PMR 2:30 pm Open Poker / PMR	10 9:00 am Balance Class / FC 9:30 am Stretch & Tone / FC  12:00 to 1:30pm Great Room RSVP Required
11 9:00 am Yoga Class / FC 10:15 am Chair Yoga / FC 11: 15 am Meditation / LI 2:00 pm Rummikub / L 2:00 pm Canasta / L 6:00 pm Super Bowl Watch Party / GR 	12 10:00 am Canasta / L 11:00 am Billiards / GaR 12:00 Pinochle / L 1:00 pm Mahjong / L 1:30 pm Acrylics w/Shayna / CR 2:30 pm Poker / PMR 5:00 pm Scripture Study / PMR	13  1:00 pm Bingo / GR 2:00 pm Pilates / FC 3:00 pm Cardio & Strength/FC 3:30 pm Ladies Poker / L	14 9:00 am Dance Fitness / FC 10:00 am Ping Pong / GaR 11:00 am Ash Wed Mass / L 1:00 pm Mahjong / L 2:30 pm Mens Poker / PMR 6:30 pm Party "Hearty" Pizza Party / GR 	15 1:00 pm Pinochle / L 1:00 pm Canasta / L 2:00 pm Pilates / FC 3:00 pm Line Dancing / FC 2:30 pm Poker / PMR 4:00 pm Chair Yoga / FC 5:00 pm Yoga / FC 7:00 pm ACSIA Partners, LLC/CR	16 9:00 am Dance Fitness / FC 9:00 am Bob the Jeweler / L 10:00 am Intermed Bridge / PMR 2:30 pm Open Poker / L	17 9:00 am Balance Class / FC 9:00 am Bob the Jeweler / L 9:30 am Stretch & Tone / FC
18 9:00 am Yoga Class / FC 10:15 am Chair Yoga / FC 11: 15 am Meditation / LI 2:00 pm Rummikub / L 2:00 pm Canasta / L 7:00 pm Canvas Concert Series / L	19 10:00 am Canasta / L 11:00 am Billiards / GaR 12:00 Pinochle / L 1:00 pm Mahjong / L 2:30 pm Poker / PMR 5:00 pm Scripture Study / PMR	20 1:00 pm Bingo / GR 2:00 pm Pilates / FC 3:00 pm Cardio & Strength / FC 3:30 pm Ladies Poker / L 7:00 pm Glass Painting / CR	21 9:00 am Dance Fitness / FC 10:00 am Ping Pong / GaR 1:00 pm Mahjong / L 2:30 pm Mens Poker / PMR 4:00 pm Chair Yoga / FC 5:00 pm Yoga / FC 5:00 pm Wine Down Wednesday (Host 2&3) / GR 	22 12:00 pm Pinochle / L 1:00 pm Canasta / L 2:00 pm Pilates / FC 3:00 pm Line Dancing / FC 2:30 pm Poker / PMR 4:00 pm Chair Yoga / FC 5:00 pm Yoga / FC	23 9:00 am Dance Fitness / FC 10:00 am Intermed Bridge / PMR 2:30 pm Open Poker / L 7:00 pm LCR / GR 	24 9:00 am Balance Class / FC 9:30 am Stretch & Tone / FC
25 9:00 am Yoga Class / FC 10:15 am Chair Yoga / FC 11: 15 am Meditation / LI 2:00 pm Rummikub / L 2:00 pm Canasta / L	26 10:00 am Canasta / L 11:00 am Billiards / GaR 12:00 Pinochle / L 1:00 pm Mahjong / L 2:30 pm Poker / PMR 5:00 pm Scripture Study / PMR 7:00 pm Acrylics w/Shayna / CR	27 1:00 pm Bingo / GR 2:00 pm Pilates / FC 3:00 pm Cardio & Strength / FC 3:30 pm Ladies Poker / L 4:00 Afternoon Tea / GR 	28 9:00 am Dance Fitness / FC 10:00 am Ping Pong / GaR 1:00 pm Mahjong / L 2:30 pm Mens Poker / PMR	29 12:00 pm Pinochle / L 1:00 pm Canasta / L 2:00 pm Pilates / FC 3:00 pm Line Dancing / FC 2:30 pm Poker / PMR 4:00 pm Chair Yoga / FC 5:00 pm Yoga / FC 7:00 pm The Art of Wine Making / CR 	 	