

ANNOUNCEMENTS

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.

March Madness Championship Watch Party | **April 8th**, Great Room - Resident Run (more details to follow)

Guest Speaker | Tuesday, **April 9th**, 7:00 pm, Canvas Room. Presentation: "The Innocence Project"

Poetry Reading | Thursday, **April 11th**, 2:30 pm, Library - Readings by Joyce Meyers, Lisa DeVuono, & Bill Van Buskirk

Book Club | Thursday, **April 11th**, 7:00 pm - This month's book is "The Women" by Kristin Hannah. 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

"Spring It On" Luncheon | Saturday, **April 13th**, 12:00 - 1:30 pm, Great Room. Reminder: **RSVP** Deadline, Saturday, April 5th. Please sign up only if you plan to attend.

Opera - La Boheme | Sunday, **April 14th**, 1:00 pm in the Media/Poker Room

Verizon | Tuesday, **April 16th**, 10:00 am to 12:00 pm, Great Room. Representatives from Verizon will be here to help or answer any questions you may have.

Understanding the Impact of Taxes | **April 16th**, 7:00 pm, Canvas Room. Michael Helveston, Author of Achieving Financial Fulfillment and Founder of Whitford Financial Planning, will be presenting 'Understanding the Impact of Taxes.' Copies of Michael's book will be distributed to the participants at no cost.

Wine Down Wednesdays | Wine Down Wednesday - Come meet or greet new neighbors! The month of April , there will only be one Wine Down Wednesday held due to the holidays.. Come celebrate the monthly April birthdays at this event to be held on **April 17th** from 5:00 to 7:00 pm in the Great Room. This event will be hosted by Floors 4 and 5. 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.

GC Inc. Concierge Jewelers | Bob the jeweler will be in the Lounge on **April 19 & 20th**, from 9:00 am to 3:00 pm.

Spring Fling Karaoke Sing | April 23rd, 6:30 pm, Great Room. Due to "too much fun in March" Karaoke is back for another night.

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, **April 26th**, at 7:00 pm in the Great Room. BYOB and snacks to share are appreciated but not mandatory.

CANVAS STAFF:

D C I A R N E V C A T S O R Y
Robert Alcavage | Property Manager
Emily Bagushinski| Assistant Property Manager
Barbara Easterling | Concierge
Ashley Watson | Leasing Manager
Gloria Spriggs | Lifestyle Director
Bryan Lacey | Lead Maintenance Technician

OFFICE PHONE:

484-747-6975

**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


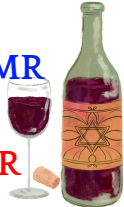



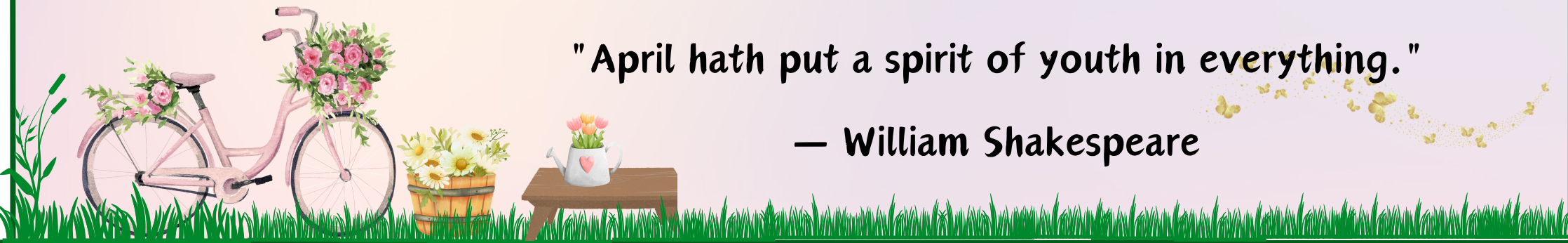
Phone: (610) 990-7557

info@ciaobellasalon.com



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



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 9:00 am Yoga Class / FC 10:00 am Canasta / L 10:15 am Chair Yoga / FC 11:00 am Billiards / GaR 11: 15 am Meditation / LI 12:00 Pinochle / L 1:00 pm Mahjong / L 2:30 pm Poker / PMR 5:00 pm Scripture Study /PMR	2 1:00 pm Bingo / GR 3:30 pm Ladies Poker /PMR	3 9:00 Stretch & Tone / FC 10:00 am Ping Pong /GaR 11:00 am Mass w/Monsignor Don / L 1:00 pm Mahjong / L 2:30 pm Mens Poker / PMR	4 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	5 9:00 am Dance Fitness /FC 10:00 am Pilates / FC 10:00 am Intermed Bridge /L 2:30 pm Open Poker / L	6 9:00 am Balance Class / FC 9:30 am Stretch & Tone / FC
7 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	8 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 TBD pm March Madness Championship Watch Party	9 1:00 pm Bingo / GR 3:30 pm Ladies Poker /PMR 7:00 pm Guest Speaker: “The Innocence Project.”/CR	10 9:00 Stretch & Tone / FC 10:00 am Ping Pong /GaR 1:00 pm Mahjong / L 2:30 pm Mens Poker / PMR	11 12:00 pm Pinochle /L 1:00 pm Canasta / L 2:30 pm Poetry Reading / LI 2:30 pm Poker /PMR 4:00 pm Chair Yoga / FC 5:00 pm Yoga / FC 7:00 pm Book Club /LI	12 9:00 am Dance Fitness /FC 10:00 am Pilates 10:00 am Intermed Bridge /L 2:30 pm Open Poker / PMR 7:00 pm “Streamed” Shabbat Service / PMR	13 9:00 am Balance Class / FC 9:30 am Stretch & Tone / FC  Spring It On Luncheon 11:30 am - 1:00 pm Great Room
14 9:00 am Yoga Class /FC 10:00 am Canasta / L 10:15 am Chair Yoga / FC 1:00 pm Opera-La Boheme/PMR 2:00 pm Rummikub /L 2:00 pm Canasta / L	15 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	16 10:00 am Verizon / GR 1:00 pm Bingo / GR 3:30 pm Ladies Poker / PMR 7:00 pm Guest Speaker: 'Understanding the Impact of Taxes' /CR	17 9:00 am Stretch & Tone / FC 10:00 am Ping Pong /GaR 1:00 pm Mahjong / L 2:30 pm Mens Poker / PMR 5:00 pm Wine Down  Wednesday /GR	18 1:00 pm Pinochle / L 1:00 pm Canasta / L 2:30 pm Poker /PMR 4:00 pm Chair Yoga / FC 5:00 pm Yoga / FC	19 9:00 am Dance Fitness /FC 10:00 am Pilates / FC 9:00 am Bob the Jeweler / GR 10:00 am Intermed Bridge /L 2:30 pm Open Poker / L	20 9:00 am Balance Class / FC 9:00 am Bob the Jeweler /GR 9:30 am Stretch & Tone / FC
21 9:00 am Yoga Class / FC 10:15 am Chair Yoga / FC 11: 15 am Meditation /LI 1:00 pm Opera-La Boheme/PMR 2:00 pm Rummikub /L 2:00 pm Canasta / L	22  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	23 1:00 pm Bingo / GR 3:30 pm Ladies Poker /L 6:30 pm “Spring Fling Karaoke Sing” / GR 	24 9:00 am Stretch & Tone / FC 10:00 am Ping Pong /GaR 1:00 pm Mahjong / L 2:30 pm Mens Poker / PMR	25 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	26 9:00 am Dance Fitness /FC 10:00 am Pilates 10:00 am Intermed Bridge /L 2:30 pm Open Poker / L 7:00 pm LCR / GR 	27 9:00 am Balance Class / FC 9:30 am Stretch & Tone / FC
28 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	29 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	30 1:00 pm Bingo / GR 3:30 pm Ladies Poker / L	 <p>"April hath put a spirit of youth in everything." — William Shakespeare</p>			