

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.

Cinco De Mayo | Sunday, May 5th, Stop by the kitchen at 2:00 pm for a snack of Chips and Dip. Sit a bit and enjoy the sounds of Mexican Folk music.

Celebrating Mothers of Canvas | Saturday, May 11th, 12:00 - 1:30 pm, Great Room. Important: RSVP Deadline Wednesday, May 1st.

Wine Down Wednesdays | Come meet or greet new neighbors! Wine Down Wednesdays in May are May 1st (floors 2 & 3 to host) and May, 22nd (floors 4 & 5 to host). These events will take place in the Great Room from 5:00 to 7:00 pm. 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.

Book Club | Thursday, May 9th, 7:00 pm - This month's book is "Tom Lake" by Ann Patchett. 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

GC Inc. Concierge Jewelers | Bob the jeweler will be in the Great Room on Friday, May 17th and Saturday, May 18th, from 8:30 am to 5:00 pm (time subject to change).

Music Trivia and Dance Party | Tuesday, May 28th, 7:00 pm, Great Room. First Hour of Music Trivia followed by Dancing to the music of DJ Mike Lazar. We will also recognize our Canvas resident May Birthdays.

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, May 31st at 7:00 pm in the Great Room. BYOB and snacks to share are appreciated but not mandatory.

CANVAS STAFF:

Robert Alcavage | Property Manager
Emily Bagushinski | Assistant Property Manager
Barbara Easterling | Concierge
Gloria Spriggs | Lifestyle Director
Bryan Lacey | Lead Maintenance Technician
Steve Lisa | Maintenance Technician

OFFICE HOURS

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

OFFICE PHONE:

484-747-6975

For Maintenance Emergency,
Follow Prompt

FOR ALL OTHER EMERGENCIES,
PLEASE DIAL 911



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
<p align="center">Observing</p> <p align="center">Cinco de Mayo, Mother's Day and Memorial Day</p> 			<p>1</p> <p>9:00 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</p> 	<p>2</p> <p>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</p>	<p>3</p> <p>9:00 am Dance Fitness /FC 10:00 am Pilates / FC 10:00 am Intermed Bridge /L 2:30 pm Open Poker / L</p>	<p>4</p> <p>9:00 am Balance Class / FC 9:30 am Stretch & Tone / FC</p>
<p>5</p> <p>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 Chips & Dip /GR 2:00 pm Canasta / L</p> 	<p>6</p> <p>9:00 am Pilates/Barre/Fusion / FC 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</p>	<p>7</p> <p>1:00 pm Bingo / GR 3:30 pm Ladies Poker /PMR</p>	<p>8</p> <p>9:00 Stretch & Tone / 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</p>	<p>9</p> <p>12:00 pm Pinochle /L 1:00 pm Canasta / L 2:30 pm Poker /PMR 7:00 pm Book Club /LI</p>	<p>10</p> <p>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</p>	<p>11</p> <p>9:00 am Balance Class / FC 9:30 am Stretch & Tone / FC</p> <p align="center">  Celebrating Mothers of Canvas </p>
<p>12</p> <p align="center">  HAPPY Mother's Day </p> <p>9:00 am Yoga Class /FC 10:00 am Canasta / L 10:15 am Chair Yoga / FC 2:00 pm Rummikub /L 2:00 pm Canasta / L</p>	<p>13</p> <p>9:00 am Pilates/Barre/Fusion / FC 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</p>	<p>14</p> <p>1:00 pm Bingo / GR 3:30 pm Ladies Poker / PMR</p>	<p>15</p> <p>9:00 am Stretch & Tone / 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</p>	<p>16</p> <p>1:00 pm Pinochle / L 1:00 pm Canasta / L 2:30 pm Poker /PMR</p>	<p>17</p> <p>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</p>	<p>18</p> <p>9:00 am Balance Class / FC 9:00 am Bob the Jeweler /GR 9:30 am Stretch & Tone / FC</p>
<p>19</p> <p>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</p>	<p>20</p> <p>9:00 am Pilates/Barre/Fusion / FC 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</p>	<p>21</p> <p>1:00 pm Bingo / GR 3:30 pm Ladies Poker /L</p>	<p>22</p> <p>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</p> 	<p>23</p> <p>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</p>	<p>24</p> <p>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</p>	<p>25</p> <p>9:00 am Balance Class / FC 9:30 am Stretch & Tone / FC</p>
<p>26</p> <p>2:00 pm Rummikub /L 2:00 pm Canasta / L</p>	<p>27</p> <p>9:00 am Pilates/Barre/Fusion / FC 10:00 am Canasta / L 11:00 am Yoga Class / FC 12:15 am Chair Yoga / FC 1:15 am Meditation /LI 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</p> 	<p>28</p> <p>1:00 pm Bingo / GR 3:30 pm Ladies Poker / L 7:00 pm Music Trivia & Dance Party /GR</p>	<p>29</p> <p>9:00 am Stretch & Tone / FC 10:00 am Ping Pong /GaR 1:00 pm Mahjong / L 2:30 pm Mens Poker / PMR</p>	<p>30</p> <p>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</p>	<p>31</p> <p>9:00 am Dance Fitness /FC 10:00 am Pilates 10:00 am Intermed Bridge /L 2:30 pm Open Poker / L</p> 	<p align="center">  hello JUNE </p>
<p>LOCATION KEY</p> <p>CYP = Courtyard Poolside CYN = Courtyard North CR = Canvas Room FC = Fitness Center</p>	<p>GR= Great Room GaR = Game Room LI = Library L = Lounge</p>	<p>PMR = Poker/Media Room P = Pool</p>	<p>A...</p> <p>♦Healthy♦ ♦Mindful♦ ♦Life♦ ♦Creative♦ ♦Inquisitive♦ ♦Centered♦ ♦Playful♦ ♦Social♦</p>	<p align="center">OFFICE HOURS</p> <p>Monday - Thursday 9:00 am to 6:00 pm Friday 8:00 am to 5:00 pm Saturday 10:00 am to 5:00 pm Sunday 12:00 pm to 5:00 pm</p>		