

# 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](mailto:bonniewettersten@gmail.com).

**Speaker Series** | Tuesday, **August 6th** - Canvas Room - Ken Sklar will present on the subject of Ukraine.

**Book Club** | Thursday, **August 8th**, 7:00 pm - This month's book is "West with Giraffes" by Lynda Rutledge. 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](mailto:keimre@gmail.com)

**Fla-mingle Friday Resident Open House** | Friday, **August 9th**, 4:00 pm Poolside. Have a friend or friends looking to downsize? Bring them to the Canvas experience. Bring them by for a signature drink and tour! Ask about the Resident Referral Program.

**Chinese Valentines Day Luncheon** | Saturday, **August 10th**, 12:00-1:30 pm, Great Room |The Qixi Festival celebrates the ancient love story of Zhinu and Niulang. While Zhinu was a weaver girl with celestial lineage, Niulang was a cowherd. The legend goes that the two lovers were separated by the Milky Way, so they could meet only once a year. RSVP required. Sign-up sheet in mailroom.

**Opera at Canvas** | Sunday, **August 11th**, 1:00 pm - Come enjoy viewing the Opera "AIDA" in the Poker/Media Room.

**Movie Night at Canvas** |Monday, **August 12th**, 7:00 pm | Sport your "fun" PJ's and enjoy an outdoor movie (Courtyard non-pool side) with snacks and drinks provided. Movie Title - Look for flyer to come!

**Frozen Yogurt Social** | Hosted by Oak St. Health - Tuesday, **August 13th**, Great Room from 3-4PM. Come and enjoy a treat of frozen yogurt and meet community resources to help you stay active and healthy.

**Left Center Right Ladies Night** | LCR is held once a month. Anyone interested in joining, please contact Claire Hawkins at [Nanoclaire54@gmail.com](mailto:Nanoclaire54@gmail.com) This month's LCR night will be on Friday, **August 16th** at 7:00 pm in the Great Room. BYOB and snacks to share are appreciated but not mandatory.

**Wine Down Wednesday** | Wine Down Wednesday will take place once a month. It is BYOB. Look for flyers for more information. . The goal of this event is to meet and greet neighbors, new and old. This month, Wine Down Wednesday is scheduled for **August 21st**. Please contact Gloria Spriggs at [gspriggs@allurelife.com](mailto:gspriggs@allurelife.com) if you have any other questions.

**Dog Days of Summer** | Monday, **August 26th** is National Dog Day. Bring your dog to the dog park for some dog-gone fun! Treats, toys and a chance to meet your other neighbors with dogs.

**Character Karaoke** | Wednesday, **August 27th**, 7:00 pm | Dress your artist! Do it solo or with a group. Send your songs to [gspriggs@allurelife.com](mailto:gspriggs@allurelife.com)

**Farewell to Summer Bash** | Friday, **August 30th**, 6:00 - 8:00 pm | Say good-bye to summer Poolside with Music, Food and Dance!



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## CANVAS STAFF:

Robert Alcavage | Property Manager  
Emily Bagushinski | Assistant Property Manager  
Kimberly Benson | Leasing Manager  
Barbara Easterling | Concierge  
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

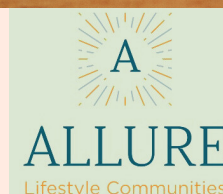
**Mon-Thurs 9am -6pm**  
**Fri - 8am - 5 pm**  
**Sat - 10 am - 5pm**  
**Sun - 12pm - 5pm**



## 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](mailto:info@ciaobellasalon.com)

# August



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



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
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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  
7:00 pm Line Dancing

5 9:00 am Pilates/Barre/Fusion / FC  
10:00 am Water Aerobics / P  
10:00 am Canasta / L  
11:00 am Billiards / GaR  
1:00 pm Mahjong / L  
2:30 pm Poker / PMR  
5:00 pm Scripture Study /PMR

6 10:00 am Verizon / GR  
1:00 pm Bingo / GR  
3:30 pm Ladies Poker /PMR  
7:00 Speaker Series - Ken Sklar

7 9:00 Dance / FC  
10:00 am Ping Pong /GaR  
1:00 pm Mahjong / L  
2:30 pm Mens Poker / PMR

8 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  
7:00 pm Book Club /LI

9 9:00 am Dance Fitness /FC  
10:00 am Pilates  
10:00 am Intermed Bridge /L  
1:00 pm "Fla-mingle Friday Resident Open House / Poolside  
2:00 pm Water Aerobics / P  
2:30 pm Open Poker / PMR  
7:00 pm "Streamed" Shabbat Service/PMR

10 9:00 am Balance Class / FC  
9:30 am Stretch & Tone / FC  
  
**Chinese Valentines Day Luncheon**  
12:00 - 1:30 pm  
Great Room

11 9:00 am Yoga Class / FC  
10:15 am Chair Yoga / FC  
11: 15 am Meditation / LI  
1:00 pm Opera AIDA /PMR  
2:00 pm Rummikub / L  
2:00 pm Canasta / L  
7:00 pm Line Dancing

12 9:00 am Pilates/Barre/Fusion / FC  
10:00 am Water Aerobics / P  
1:30 pm Acrylic Painting / CR  
10:00 am Canasta / L  
11:00 am Billiards / GaR  
1:00 pm Mahjong / L  
2:30 pm Poker / PMR  
5:00 pm Scripture Study /PMR  
7:00 pm PJ Movie Night /  
Courtyard Non-Pool Side

13 1:00 pm Bingo / GR  
3:00 pm Oak Street Health "Frozen Yogurt Social" / GR  
3:30 pm Ladies Poker / PMR

14 9:00 am Dance / FC  
10:00 am Ping Pong /GaR  
1:00 pm Mahjong / L  
2:30 pm Mens Poker / PMR  
7:00 pm - Glass Painting/CR

15 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

16 9:00 am Dance Fitness /FC  
10:00 am Pilates / FC  
10:00 am Intermed Bridge /L  
2:00 pm Water Aerobics / P  
2:30 pm Open Poker / L  
7:00 pm Left-Center-Right / GR

17 9:00 am Balance Class / FC  
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 Line Dancing / FC

19 9:00 am Pilates/Barre/Fusion / FC  
10:00 am Water Aerobics / P  
10:00 am Canasta / L  
11:00 am Billiards / GR  
1:00 pm Mahjong / L  
2:30 pm Poker / PMR  
5:00 pm Scripture Study /PMR

20 1:00 pm Bingo / GR  
3:30 pm Ladies Poker /L

21 9:00 am Dance / FC  
10:00 am Ping Pong /GaR  
1:00 pm Mahjong / L  
2:30 pm Mens Poker / PMR  
6:30 pm Wine Down  
Wednesday /GR

22 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

23 9:00 am Dance Fitness /FC  
10:00 am Pilates  
10:00 am Intermed Bridge /L  
2:00 pm Water Aerobics /P  
2:30 pm Open Poker / L

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  
7:00 pm Line Dancing /FC

26 9:00 am Pilates/Barre/Fusion / FC  
10:00 am Water Aerobics / P  
10:00 am Canasta / L  
11:00 am Billiards / GaR  
1:00 pm Mahjong / L  
2:30 pm Poker / PMR  
3:00 pm Dog Days of Summer /Dog Park  
5:00 pm Scripture Study /PMR  
7:00 pm Acrylic Painting /CR

27 1:00 pm Bingo / GR  
3:30 pm Ladies Poker / L  
7:00 pm Character Karaoke/GR

28 9:00 am Dance / 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  
2:30 pm Poker /PMR  
4:00 pm Chair Yoga / FC  
5:00 pm Yoga / FC

30 9:00 am Dance Fitness /FC  
10:00 am Pilates  
10:00 am Intermed Bridge /L  
2:00 pm Water Aerobics /P  
2:30 pm Open Poker / L  
7:00 pm Farewell to Summer Bash

31 9:00 am Balance Class / FC  
9:30 am Stretch & Tone / FC

LOCATION KEY	CYP = Courtyard Poolside	GR = Great Room	PMR = Poker/Media Room	A... ♦Healthy♦ ♦Mindful♦ ♦Life.	OFFICE HOURS	Monday - Thursday 9:00 am to 6:00 pm
	CYN = Courtyard North	GaR = Game Room	P = Pool			
	CR = Canvas Room	LI = Library		♦Playful♦ ♦Social♦	Saturday 10:00 am to 5:00 pm	Sunday 12:00 pm to 5:00 pm
	FC = Fitness Center	L = Lounge				