

ANNOUNCEMENTS

WELCOME Ben to the team! We are happy to “**Welcome**” **Ben Parker** on board as our new maintenance technician! Many of you have met Ben but he is now “officially” part of the Canvas staff.

Veterans Picture Day | If you are a veteran, please stop by the Great Room on Friday, **November 1st** for a group picture.

Canvas Craft Fair | Saturday, **November 2nd**, 10am to 3pm in the Great Room | Come do some early holiday shopping! Gifts, crafts done by your follow residents. Invite your friends!

SVJ Ask the Broker Event | Tuesday, **November 5th**, 4:30 pm in the Great Room | 2025 Medicare Changes Edition - Light refreshments

Wine Down Wednesday | **November 6th** - 6:00 pm - Great Room - Wine Down with neighbors new and old. This event is BYOB and starts at 6:00 pm in the Great Room.

SVJ Plan Reviews | Friday, **November 8th**, 9am to 4pm - Canvas Room. A follow up from the “Ask the Broker Event” of November 5th. Feel free to walk in with any follow-up questions.

Classical Concert Series | Sunday, **November 10th**, 7:00 pm - Lounge - Featuring Haerim Oh and Jonathan Okseniuk, students of Midori’s Studio.

Veterans Day | Monday, **November 11th**, 10:00 am in the Great Room. Come enjoy coffee and doughnuts and thank our fellow neighbor veterans for their service.

Medicare Annual Enrollment Period (AEP) | Monday, **November 11th**, 7:00 pm - Canvas Room | Resident Joe Hobin will present speak on changes and the new enrollment period. Light Refreshments. Joe will follow up on Wednesday the **13th of November** with residents if needed.

Canvas Crafting | Wednesday, **November 13th**, 2:30 pm, Canvas Room. “Stuffed Pumpkin” project. Look for more info to come!

Book Club | Thursday, **November 14th** , 7:00 pm - This month’s book is "Wandering Starts” by Tommy Orange. 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

Speaker Series | Thursday, **November 14th** 7:00 pm, Canvas Room. Topic is “All about Addiction”

Gobble Till You Wobble Friendsgiving Luncheon | Saturday, **November 16th**, 12:00 to 1:30 pm - Great Room. Come break bread with neighbors and enjoy a prepared meal by Classic Diner. RSVP is required. See sign-up sheet in mailroom. Deadline for sign up is , Friday, November 8th.

Poetry Reading | **November 19th**, 2:30 pm, Library. Come hear published poets Joyce Meyers and Bill Van Burskirk.

Wine Down Wednesday & Karaoke Night | **November 20th** - 6:00 pm - Great Room - Bring a Friend Night! Wine Down with neighbors new and old. This event is BYOB and starts at 6:00 pm in the Great Room followed by Karaoke 7:00pm.

Left Center Right Ladies Night | Friday, **November 22nd**, 7:00 pm, Great Room. BYOB and snacks to share are appreciated but not mandatory.

Comcast Visit & November Birthday Celebration | Tuesday, **November 26th**. 3:30 pm Great Room. Representatives from Comcast will be here to answer questions and also sponsor our November Monthly Birthdays! Stop by to visit and enjoy some cake!



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CANVAS STAFF:

Emily Bagushinski | Acting Property Manager
Joshua Hoffman | Leasing Manager
Barbara Easterling | Concierge
Gloria Spriggs | Lifestyle Director
Bryan Lacey | Lead Maintenance Technician
Benjamin “Ben” Parker | 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
<div>  <div> <h1>Give thanks not just on Thanksgiving</h1> <h2>but for every day in your life ...</h2> </div>  </div>						
3 Daylight Savings!  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	4 9:00 am Pilates/Barre/Fusion / FC 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	5 Election Day!  8:30 am Pilates / FC 1:00 pm Bingo / GR 3:30 pm Ladies Poker /PMR 4:30 pm SVJ Ask the Broker Event/CR	6 9:00 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 	7 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	1 9:00 am Dance Fitness /FC 10:00 am Pilates 10:00 am Veterans Picture taking / GR 10:00 am Intermed Bridge /L 2:30 pm Open Poker / L	2 9:00 am Balance Class / FC 9:30 am Stretch & Tone / FC <div> Canvas Craft Fair  10A - 3P Great Room Early holiday shopping! </div>
10 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 Classical Concert Series / L  7:00 pm Line Dancing /FC	11 VETERANS DAY  9:00 am Pilates/Barre/Fusion / FC 10:00 am Canasta / L 10:00 am Recognizing our Veterans / GR 11:00 am Billiards / GR 1:00 pm Mahjong / L 1:30 pm Acrylic Painting / CR  2:30 pm Poker / PMR 5:00 pm Scripture Study /PMR 7:00 pm Medicare Enrollment Presentation / CR	12 8:30 am Pilates / FC 1:00 pm Bingo / GR 3:30 pm Ladies Poker /L 7:00 pm Glass Painting / CR	13 9:00 am Dance / FC 10:00 am Ping Pong /GaR 1:00 pm Mahjong / L  2:30 pm Canvas Crafting / CR 2:30 pm Mens Poker / PMR	14 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 7:00 pm Book Club /LI 7:00 pm Speaker Series / CR	15 9:00 am Dance Fitness /FC 10:00 am Pilates / FC 10:00 am Intermed Bridge /L 2:30 pm Open Poker / L	16 9:00 am Balance Class / FC 9:30 am Stretch & Tone / FC <div>   </div>
17 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	18 9:00 am Pilates/Barre/Fusion / FC 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	19 8:30 am Pilates / FC  1:00 pm Bingo / GR 2:30 pm Poetry Reading /LI 3:30 pm Ladies Poker /L	20 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 & Karaoke /GR Event is BYOB & BAF (Bring a Friend!) 	21 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	22 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 Left Center Right / GR 	23 9:00 am Balance Class / FC 9:30 am Stretch & Tone / FC
24 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	25 9:00 am Pilates/Barre/Fusion / FC 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 Acrylic Painting /CR 	26 8:30 am Pilates / FC  1:00 pm Bingo / GR 3:30 pm Comcast & Birthday Cake! 3:30 pm Ladies Poker /L	27 9:00 am Dance / 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 	28 <i>Happy Thanksgiving to you and your family</i> 	29 9:00 am Dance Fitness /FC 10:00 am Pilates 10:00 am Intermed Bridge /L 2:30 pm Open Poker / L 	30 9:00 am Balance Class / FC 9:30 am Stretch & Tone / FC 
LOCATION KEY CYP = Courtyard Poolside CYN = Courtyard North CR = Canvas Room FC = Fitness Center	GR = Great Room GaR = Game Room LI = Library L = Lounge	PMR = Poker/Media Room P = Pool	A... ♦ Healthy ♦ ♦ Creative ♦ ♦ Playful ♦	♦ Mindful ♦ ♦ Inquisitive ♦ ♦ Social ♦	Life. ♦ Centered ♦	OFFICE HOURS 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