

# 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 fellow 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**

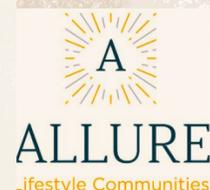
## OFFICE HOURS

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

# Happy November



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



SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY



Give thanks not just on Thanksgiving but for every day in your life ...



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  
**Canvas Craft Fair**  **10A - 3P Great Room**  
Early holiday shopping!

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

8 9:00 am Dance Fitness /FC  
9:00 am SVJ - Plan Reviews Open House /CR  
10:00 am Pilates  
10:00 am Intermed Bridge /L  
2:30 pm Open Poker / PMR

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

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  
*Gobble 'Til You Wobble* *Friendsgiving Luncheon*  
 12-1:30pm Great Room

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 *Happy Thanksgiving to you and your family*  


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♦ ♦Mindful♦ ♦Life.  
♦Creative♦ ♦Inquisitive♦ ♦Centered♦  
♦Playful♦ ♦Social♦

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