

ANNOUNCEMENTS

**Krafty Klatsch & Monthly Craft Project | February 3rd** - Canvas Room. This month's Craft Project will take place during the weekly Krafty Klatch hour. Come create a cute Valentine's wreath.

**Celebrate February Birthdays | February 5th** - 2:00 pm, Great Room - Sponsored by "We Are Responsible Home Care Agency LLC" - Come celebrate our February birthdays with cake and a beverage! Learn about different ways our sponsor's agency may be of help with some of your daily needs.

**Canvas Speaker Series | February 6th** - 7:00 pm - Canvas Room - Valley Forge Park - Come learn about the history of nearby Valley Forge Park and all it has to offer by presenter Don Naimoli. A surprise in store! Sign up in mail room by Tuesday, February 4th if you plan to attend.

**Chinese New Year Luncheon | February 8th** - 11:30 am - 1:00 pm - Great Room. Celebrating the Chinese New Year here at Canvas. RSVP is required. See sign-up sheet in mail room. RSVP deadline is Monday, February 3rd.

**Super Bowl LIX Party | February 9th** - 6:00 pm - Great Room - Eagles are in!! Let's get together for some football fun, snacks, drinks and camaraderie with a little smack talk in between. Sport YOUR favorite team jersey even if your team isn't in it to win it! Please sign up in mail room no later than Feb 6th if you plan to participate.

**Wine Down Wednesday | February 12th** - 6:30 pm - Great Room - Join your neighbors, new and old at Wine Down Wednesday followed by "Love Tunes" Karaoke at 7:30 pm. Send your "Love Songs" of choice to gspriggs@allurelife.com no later than 5:00 pm on February 10th.

**Book Club | February 13th** - 7:00 pm - This month's book is "The Many Lives of Mama Love: A Memoir of Lying, Stealing, Writing, and Healing" by Lara Love Hardin. The Book Club meets once a month, every second Thursday in the Library, at 7:00 pm.

**Palentine's Day Party | February 14th** - 7:00 pm - Great Room - Let's celebrate good neighbors with our pals here at Canvas.

**Opera - Madame Butterfly | February 16th** - 1:00 pm - Media/Poker Room - Opera streamed by resident Joe Liebreich.

**Recognizing Black History Month | February 19th** - 7:00 pm Great Room - Look out for more info to come!

**Left Center Right Ladies Night | February 21st** - 6:30 pm, Great Room. BYOB and snacks to share are appreciated but not mandatory.

**Canvas Concert Series | February 23rd** - 7:00 pm, Lounge. Come enjoy artists from the Dolce Suono Ensemble. Meet the artists post-concert.

**Senior Scam Seminar | February 25th** - 7:00 pm, Canvas Room - Presenters Jim DeStefano of Cross Country Mortgage and Allison Carbone of Keller Williams Realty Group will speak on some of the various scams that are targeting seniors. Learn how you can prevent being a victim!

**Wine Down Wednesday | February 26th** - 6:30 pm - Great Room - Wine Down with neighbors new and old. This event is BYOB and starts at 6:30 pm in the Great Room followed by a "Friendly" Canvas Winter Olympics competition at 7:30pm. It's also BAF "Bring a Friend" night to partake in the fun.

**Sunday Night Line Dancing** | 7:00 pm, Fitness Center. All are invited to learn various line dances. Beginners welcome! **Note:** there will be no Line Dancing on Feb. 9th due to the Super Bowl or Feb. 23rd due to the Concert Series.



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CANVAS STAFF:

Emily Bagushinski | Property Manager  
Eileen Speck | Assistant Property Manager  
Barbara Easterling | Concierge  
Gloria Spriggs | Lifestyle Director  
Ben Parker| Head Maintenance Technician

OFFICE PHONE:

484-747-6975

For Maintenance Emergency, Follow Prompt

FOR ALL OTHER EMERGENCIES

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  
Phone: (610) 990-7557  
info@ciaobellasalon.com














Wake Up Each  
Morning with a  
Grateful Heart



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





SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div> <div>  <p><i>friends</i> are the family you choose</p> </div> <div>  <p>February</p> </div> <div> <p><i>nurture</i> those relationships</p>  </div> </div>						
<p>2 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</p>	<p>3 9:00 am Pilates/Barre/Fusion / FC 10:00 am Canasta / L 10:00 am Krafty Klatsch &amp; Monthly Craft Project /CR 11:00 am Billiards / GaR 1:00 pm Mahjong / L 2:30 pm Poker / PMR 5:00 pm Scripture Study /PMR</p>	<p>4 8:30 am Pilates / FC 1:00 pm Bingo / GR 3:30 pm Ladies Poker /PMR</p>	<p>5 9:00 Dance / FC 10:00 am Ping Pong /GaR 1:00 pm Mahjong / L 2:00 pm Celebrate February Birthdays / GR 2:30 pm Mens Poker / PMR</p> 	<p>6 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 6:30 pm Rummikub /L 7:00 pm Speaker Series /CR</p>	<p>7 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 Live-Streamed Sabbath Service /PMR</p>	<p>8 9:00 am Balance Class / FC 9:30 am Stretch &amp; Tone / FC</p> <p>Chinese New Year Lyncheon 11:30 am _ 1:00 pm Great Room</p> 
<p>9 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 6:00 pm Super Bowl Party / GR</p> 	<p>10 9:00 am Pilates/Barre/Fusion / FC 10:00 am Canasta / L 10:00 am Krafty Klatsch /CR 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</p> 	<p>11 8:30 am Pilates / FC 1:00 pm Bingo / GR 3:30 pm Ladies Poker /L 7:00 pm Glass Painting/ CR</p> 	<p>12 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 followed by "Love Tunes" Karaoke at 7:30 pm</p> 	<p>13 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 6:30 pm Rummikub /L 7:00 pm Book Club /LI</p> 	<p>14 9:00 am Dance Fitness /FC 10:00 am Pilates / FC 10:00 am Intermed Bridge /L 2:30 pm Open Poker / L 7:00 pm "Palentine's" Day Party /GR</p> 	<p>15 9:00 am Balance Class / FC 9:30 am Stretch &amp; Tone / FC</p>
<p>16 9:00 am Yoga Class / FC 10:15 am Chair Yoga / FC 11: 15 am Meditation /LI 1:00 pm Opera / PMR 2:00 pm Rummikub /L 2:00 pm Canasta / L 7:00 pm Line Dancing / FC</p> 	<p>17 9:00 am Pilates/Barre/Fusion / FC 10:00 am Canasta / L 10:00 am Krafty Klatsch/CR 11:00 am Billiards / GR 1:00 pm Mahjong / L 2:30 pm Poker / PMR 5:00 pm Scripture Study /PMR</p>	<p>18 8:30 am Pilates / FC 1:00 pm Bingo / GR 3:30 pm Ladies Poker /L</p>	<p>19 9:00 Dance / FC 10:00 am Ping Pong /GaR 1:00 pm Mahjong / L 2:30 pm Mens Poker / PMR 7:00 pm / Recognize and Celebrate / GR</p> <p>Celebrate Black HISTORY month</p> 	<p>20 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 6:30 pm Rummikub /L</p>	<p>21 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</p> 	<p>22 9:00 am Balance Class / FC 9:30 am Stretch &amp; Tone / FC</p>
<p>23 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 Concert Series / L</p> 	<p>24 9:00 am Pilates/Barre/Fusion / FC 10:00 am Canasta / L 10:00 am Krafty Klatsch / CR 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</p> 	<p>25 8:30 am Pilates / FC 1:00 pm Bingo / GR 3:30 pm Ladies Poker /L 7:00 pm Seminar on Senior Scams / CR</p> 	<p>26 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 &amp; a Canvas Competition Winter Olympics (Bring a Friend night)</p> 	<p>27 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 6:30 pm Rummikub /L</p>	<p>28 9:00 am Dance Fitness /FC 10:00 am Pilates 10:00 am Intermed Bridge /L 2:30 pm Open Poker / L</p>	