

ANNOUNCEMENTS

Mardi Gras Celebration | March 4th - 7:00 pm Sport your Mardi Gras Masks and enjoy the sounds of jazz played by members of the Blackbird Society Orchestra. Prizes for most elaborate, creative and prettiest masks.

Ash Wednesday Church Service - March 5th - 11:00 am, Lounge - Resident run by Monsignor Don Leighton.

Craft Project Night - March 5th, 7:00 pm, Canvas Room - Make an Irish Gnome for your shelf!

LA Fitness Event | March 6th - 12:00 pm - Canvas Room - Meet representatives who will tell you about classes available, special senior programs offered, and how you may be eligible for special rates.

Tony Luke Food Truck Comes to Canvas - March 6th, 5:00 - 7:00 pm, Austin Way Circle (behind building, by loading dock) Grab a quick bite and chow down in the Great Room before heading to the speaker series at 7:00!

Canvas Speaker Series | March 6th - 7:00 pm - Canvas Room - Guest Speaker Mike Levy will speak on the Constitution.

Wine Down Wednesday | March 12th - 6:30 pm - Great Room - Join your neighbors, new and old at Wine Down Wednesday followed by a game of Charades.

Book Club | Thursday, March 13th - 7:00 pm - This month's book is "The Confidante: The Untold Story of the Woman Who Helped Win WWII and Shape Modern America" by Christopher C. Gorman. The Book Club meets once a month, every second Thursday in the Library, at 7:00 pm.

Luncheon | Saturday, **March 15th** - 12:00 - 1:30 pm - Great Room. Wear your green! **RSVP is required.** See sign-up sheet in mail room. RSVP deadline is Friday, March 7th.

Classical Concert Series | March 16th - 7:00 pm, Lounge. Come listen to violinist Mei-Ching Huang with Cellist Hai-Ye Ni.

St. Patty's Day Gathering | March 17th - 6:30 pm - Great Room - Sign up in mail room no later than March 12th if you plan to participate.

RSVP is required.

Celebrate March Birthdays | March 18th- 2:30 pm, Great Room - Finish up Bingo with Birthday cake and Cold Brew Coffee Tasting provided by Amenity Housekeeping. Learn about the services they provide to help with upkeep of your apartment

Guest Speaker | March 20th - 7:00 pm, Canvas Room. Jill Littman | A trip to Kenya: Resident Phyllis Littman's daughter will share pictures and stories of her trip to Kenya.

Left Center Right Ladies Night | March 21st - 7:00 pm, Great Room. BYOB and snacks to share are appreciated but not mandatory.

Wine Down Wednesday | March 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 Line Dancing. A few simpler Line Dances will be taught for those who would like to learn! 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 March 16th due to the Classical Concert Series.

CANVAS STAFF:

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

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>  <div> RISH You Wealth, Health and Happiness! </div> </div>   </div>						
2 <div> 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 </div>	3 <div> 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 </div>	4 <div>  <div> 8:30 am Pilates / FC 1:00 pm Bingo / GR 3:30 pm Ladies Poker /PMR 7:00 pm Mardi Gras Night/GR </div> </div>	5 <div> 9:00 Dance / FC 10:00 am Ping Pong /GaR 11:00 am Ash Wednesday Mass / L 1:00 pm Mahjong / L 2:30 pm Mens Poker / PMR 7:00 pm Craft Night / CR </div> 	6 <div> 12:00 pm Pinochle /L 12:00 pm LA Fitness Event /CR 1:00 pm Canasta / L 2:30 pm Poker /PMR 4:00 pm Chair Yoga /FC 5:00 pm Yoga / FC 5:00 pm Food Truck! 6:30 pm Rummikub /L 7:00 pm Speaker Series /CR </div> 	7 <div> 9:00 am Dance Fitness /FC 10:00 am Pilates 10:00 am Intermed Bridge /L 2:30 pm Open Poker / PMR </div>	8 <div> 9:00 am Balance Class / FC 9:30 am Stretch & Tone / FC </div>
9 <div> Spring Forward!  <div> 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 </div> </div>	10 <div> 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 </div> 	11 <div> 8:30 am Pilates / FC 1:00 pm Bingo / GR 3:30 pm Ladies Poker /L </div>	12 <div> 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 games of Charades / GR </div> 	13 <div> 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 </div> 	14 <div> 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 Live-Streamed Sabbath Service /PMR </div>	15 <div> 9:00 am Balance Class / FC 9:30 am Stretch & Tone / FC A WEE FEAST LUNCHEON 12:00 -1:30 pm Great Room </div> 
16 <div> 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 </div> 	17 <div> 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 6:30 pm St. Paddy's Day Gathering / GR </div> 	18 <div>  <div> 8:30 am Pilates / FC 1:00 pm Bingo / GR 2:30 pm March Birthdays / GR 3:30 pm Ladies Poker /L </div> </div>	19 <div> 9:00 Dance / FC 10:00 am Ping Pong /GaR 1:00 pm Mahjong / L 2:30 pm Mens Poker / PMR </div>	20 <div> 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 Guest Speaker /CR </div>	21 <div> 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 </div> 	22 <div> 9:00 am Balance Class / FC 9:30 am Stretch & Tone / FC </div> 
23 <div> 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 </div>	24 <div> 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 </div>	25 <div> 8:30 am Pilates / FC 1:00 pm Bingo / GR 3:30 pm Ladies Poker /L </div>	26 <div> 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 followed by some Line Dancing! (Bring a Friend night) </div> 	27 <div> 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 </div>	28 <div> 9:00 am Dance Fitness /FC 10:00 am Pilates 10:00 am Intermed Bridge /L 2:30 pm Open Poker / L </div>	29 <div> 9:00 am Dance Fitness /FC 10:00 am Pilates 10:00 am Intermed Bridge /L 2:30 pm Open Poker / L </div>