

ANNOUNCEMENTS & EVENTS

Krafty Klatsch & Coffee | **Mondays**, 10:00 am, Great Room - A time for working on your craft, whether it be knitting, crocheting, drawing, etc. Sitting around with neighbors as you work on your own projects. Enjoy Coffee and small sweets.

Water Aerobics | **Tuesdays at 10 am** and **Thursdays at 10:30 am** , Pool- Enjoy a water aerobic workout in the beautiful Canvas pool

Canvas Cruisers | **Wednesdays at 10 am**, Meet out front and walk the Town Center with your neighbors to get some fresh air and exercise

Bocci Ball | **Sundays at 2 pm**, Bocci Court- Join fellow neighbors and showcase your Bocci skills

Game Night | **Saturdays, 7:00 pm**, Great Room -| Join fellow neighbors and play table games. Any ideas for games are welcome!

Classical Music Concert Series | **Sunday, May 31st, 7 pm-** The Freivogel Duo: Rachel Henderson Freivogel, cello and J Freivogel, violin

Allstate Insurance Presentation | **Tuesday, June 2nd**, 11 am - Learn about insurance options along with a light lunch

Glass Painting with Nancy | **Tuesday, June 2nd**, 6 pm Canvas Room- Create fun designs on glass with step by step instructions and lots of fun!

Tony Luke's Food Truck | **Wednesday,, June 3rd**, 5:00 pm, Behind the Building- No need to cook! Grab dinner from Tony Lukee's Food Truck

Wine Down Wednesday | **Wednesday, June 3rd**, 6:30 pm, Great Room - Enjoy some wine and light snacks and mingle with fellow residents

Ice Cream Social | **Tuesday, June 9th, 7 pm**, Great Room - Make a sundae or grab a scoop of some delicious ice cream from Brusters!

A Day in Cape May | **Thursday, June 11th, 8 am-** Enjoy a Day Trip to Cape May and spend the day your way! Shopping, dining, or a day on the beach!

Billiards and Beer | **Friday, June 12th, 3:00 pm**, Game Room - Calling all pool players! Stop in for a game and enjoy some brew and a snack.

Left Center Right - Ladies Night | **Friday, June 12th, 7:00 pm**, Great Room. This event is resident-run. BYOB and snacks to share are appreciated but not mandatory. Friends welcome.

Big Energy Bingo | **Saturday, June 13th 2 pm**, Great Room- Join us for some Big Energy Bingo on Saturday afternoon with Eileen calling!

Acrylic Painting | **Monday, June 15th**, 1:30 pm, Canvas Room - No matter your artistic skill level, Shayna will give you step-by-step instructions to create a beautiful piece to take home.

Senior Expo Event | **Tuesday, June 16th**, Canvas Room- "Shop" vendors from Lifestly and Beauty to Technology to Meal Services and More!

Celebrate June Birthdays | **Wednesday, June 17th, 2:00 pm**, Great Room - Come enjoy cake and wish all our June Birthdays a Happy Day!

Wine Down Wednesday | **Wednesday, June 17th, 6:30 pm**, Great Room - Enjoy some wine and light snacks and mingle with fellow residents

Coffee with a Cop | **Thursday, June 18th, 9 am** Great Room- Mingle with an Upper Merion Police Officer and his K-9 partner for an informal meet & greet

Juneteenth Celebration | **Friday, June 19th 7 pm**, Great Room - Enjoy light bites, drinks and an evening of dancing to celebrate Juneteenth!

Book Club | **Thursday, June 18th 7:00 pm**, Library - This month's book is "The Correspondent" by Virginia Evans. The Book Club meets once a month, every second Thursday in the Library, at 7:00 pm.

Father's Day Giveaway | **Sunday, June 21st** - All men are welcome to stop by the Leasing Office to pick up a small token of appreciation

Movie Night | **Tuesday, June 23rd 7:00 pm** - Media/Poker Room - Sit, relax and enjoy movie snacks and watch a movie. (Movie TBD)

Lobster Mobster Food Truck | **Wednesday,, June 24th** 5:00 pm, Behind the Building- No need to cook! Grab dinner from the Lobster Mobster Food Truck

Spintopia | **Wednesday, June 24th 6:30 pm** Great Room - Enjoy a fun "Wheel of Fortune" type of night with some dessert after the food truck

Acrylic Painting | **Monday, May 25th**, 7:00 pm Canvas Room - Intuitive painting. Relax and let you mind go with this one! No painting is alike and all are a reflection of you!

250th Fourth of July Star Spangled Celebration | **Monday, June 29th- Thursday, July 2nd**- We have a ton of Patriotic activities and events planned for each day- Stay tune for more details but be prepared to party!

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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

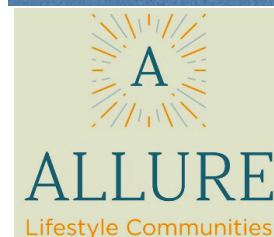
Fri 9:00 am - 2:00 pm

Phone: (610) 990-7557

info@ciaobellasalon.com



NOTE: Weekly On-going Resident-Run Activities on calendar are noted in **BLUE print on calendar**. All welcome to participate!



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



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
31 9:00 am Yoga Class / PMR 10:15 am Chair Yoga / PMR 11:15 am Meditation / LI 2:00 pm Bocci Ball 7:00 pm Classical Music Concert / L	1 9:00 am Pilates/Barre/Fusion 10:00am Canasta / L 10:00 am Krafty Klatsch & Coffee / GR 10: 00 am Billiards /GaR 12:30 pm Pinochle / PMR 1:00 pm Mahjong / L 5:00 pm Scripture Study /PMR 7:00 pm Mahjong /L 7:00 pm Rummikub/ L	2 9:00 am Pilates / FC 10:00 am Water Aerobics / Pool 11:00 am Allstate Insurance Presentation w/ Light Lunch/ GR 1:00 pm Bingo / GR 3:30 pm Ladies Poker / L 7:00 pm Glass Painting / CR	3 9:00 am Dance / FC 10:00 am Canvas Cruisers 10:00 am Ping Pong / GaR 11:00 am Mahjong / L 2:30 pm Mens Poker / PMR 4:00 pm Chair Yoga /FC 5:00 pm Yoga / FC 5:00 pm Tony Luke's Food Truck 6:30 pm- Wine Down Wednesday / GR 	4 10:00 am Billiards / GaR 10:30 am Water Aerobics /Pool 12:00 pm Pinochle / L 2:00 pm Men's poker / GR 4:00 pm Chair Yoga /FC 5:00 pm Yoga / FC 6:30 Rummikub / L	5 9:00 am Dance Fitness /FC 10:00 am Pilates 10:00 am Intermed Bridge 2:30 pm Open Poker / PMR 	6 9:00 am Balance Class / FC 9:30 am Stretch & Tone / FC 1:00 pm Mah Jongg /L 7:00 pm Game Night / GR	
7 9:00 am Yoga Class / PMR 10:15 am Chair Yoga / PMR 11:15 am Meditation / LI 2:00 pm Bocci Ball	8 9:00 am Pilates/Barre/Fusion 10:00am Canasta / L 10:00 am Krafty Klatsch & Coffee / GR 10: 00 am Billiards /GaR 12:30 pm Pinochle / PMR 1:00 pm Mahjong / L 5:00 pm Scripture Study /PMR 7:00 pm Mahjong /L 7:00 pm Rummikub/ L	9 9:00 am Pilates / FC 10:00 am Water Aerobics/Pool 1:00 pm Bingo / GR 3:30 pm Ladies Poker / L 4:00 pm Chair Yoga /FC 5:00 pm Yoga / FC 7:00 pm Ice Cream Social /GR 	10 9:00 am Dance / FC 10:00 am Canvas Cruisers 10:00 am Ping Pong / GaR 11:00 am Mahjong / L 2:30 pm Mens Poker / PMR 4:00 pm Chair Yoga /FC 5:00 pm Yoga / FC	11 8 am- A Day in Cape May Trip 10:00 am Billiards / GaR 10:30 am Water Aerobics /Pool 12:00 pm Pinochle / L 2:00 pm Men's poker / GR 6:30 Rummikub / L	12 9:00 am Dance Fitness /FC 10:00 am Pilates 10:00 am Intermed Bridge 2:30 pm Open Poker / PMR 3:00 pm Billiards & Beer /GaR 7:00 pm Live-Streamed Shabbat Service / MPR 7:00 pm Ladies Night - Left, Center, Right / GR 	13 9:00 am Balance Class / FC 9:30 am Stretch & Tone / FC 1:00 pm Mah Jongg / L 2:00 pm Big Energy Bingo/ GR 7:00 pm Game Night / GR	
14 9:00 am Yoga Class / PMR 10:15 am Chair Yoga / PMR 11:15 am Meditation / LI 2:00 pm Bocci Ball	15 9:00 am Pilates/Barre/Fusion 9:00 am Yoga Class / PMR 10:15 am Chair Yoga / PMR 10:00am Canasta / L 10:00 am Krafty Klatsch & Coffee /GR 10: 00 am Billiards /GaR 12:30 pm Pinochle /PMR 1:30 pm Acrylic Painting / CR 1:00 pm Mahjong / L 3:00 pm Scrabble 5:00 pm Scripture Study /PMR 7:00 pm Mahjong /L 7:00 pm Rummikub / L	16 Senior Expo Tour/ GR 9:00 am Pilates / FC 10:00 am Water Aerobics /Pool 1:00 pm Bingo / GR 3:30 pm Ladies Poker / L	17  9:00 am Dance / FC 10:00 am Canvas Cruisers 10:00 am Ping Pong /GaR 1:00 pm Mahjong / L 2:00 pm June Birthdays /GR 2:30 pm Mens Poker / PMR 6:30 pm Wine Down Wednesday 	18 9:00 am Coffee with Cops 10:00 am Billiards / GaR 10:30 am Water Aerobics /Pool 12:00 pm Pinochle / L 2:00 pm Men's poker / GR 4:00 pm Chair Yoga /FC 5:00 pm Yoga / FC 6:30 pm Rummikub / L 7:00 pm Book Club / LI 	19 9:00 am Dance Fitness /FC 10:00 am Intermed Bridge 2:30 pm Open Poker / L 7:00 pm Juneteenth Celebration / GR 	20 9:00 am Balance Class / FC 9:30 am Stretch & Tone / FC 1:00 pm Mah Jongg / L 7:00 pm Game Night / GR	
21 9:00 am Yoga Class / FC 10:15 am Chair Yoga / FC 11: 15 am Meditation / LI 2:00 pm Bocci Ball Fathers Day Giveaway	22 9:00 am Pilates/Barre/Fusion 10:00am Canasta / L 10:00 am Krafty Klatsch & Coffee / GR 10: 00 am Billiards /GaR 12:30 pm Pinochle /PMR 1:00 pm Mahjong / L 5:00 pm Scripture Study /PMR 7:00 pm Mahjong /L 7:00 pm Rummikub/L 	23 9:00 am Pilates / FC 10:00 am Water Aerobics / Pool 1:00 pm Bingo / GR 3:30 pm Ladies Poker/ L 7:00 pm Movie Night / PMR 	24 9:00 am Dance / FC 10:00 am Canvas Cruisers 10:00 am Ping Pong /GaR 1:00 pm Mahjong / L 2:30 pm Mens Poker / PMR 5-7 pm- Lobster Mobster Food Truck 6:30 PM Spintopia & Dessert	25 10:00 am Billiards / GaR 10:30 am Water Aerobics /Pool 12:00 pm Pinochle / L 2:00 pm Men's poker / GR 4:00 pm Chair Yoga /FC 5:00 pm Yoga / FC 6:30 pm Rummikub / L	26 9:00 am Dance Fitness /FC 10:00 am Pilates 10:00 am Intermed Bridge 2:30 pm Open Poker / L 4:00 pm Chair Yoga /FC 5:00 pm Yoga / FC	27 9:00 am Balance Class / FC 9:30 am Stretch & Tone / FC 1:00 pm Mah Jongg / L 7:00 pm Game Night / GR	
28 9:00 am Yoga Class / FC 10:15 am Chair Yoga / FC 11: 15 am Meditation / LI 2:00 pm Bocci Ball	29 9:00 am Pilates/Barre/Fusion 10:00am Canasta / L 10:00 am Krafty Klatsch & Coffee / GR 10: 00 am Billiards /GaR 12:30 pm Pinochle /PMR 1:00 pm Mahjong / L 5:00 pm Scripture Study /PMR 7:00 pm Mahjong /L 7:00 pm Rummikub / L 7:00 pm Acrylics Painting / CR	30 9:00 am Pilates / FC 10:00 am Water Aerobics/ Pool 1:00 pm Bingo / GR 3:30 pm Ladies Poker/ L	 <p>June 29th - July 2nd: A Star Spangled 4 -Day Celebration!! Details to Come</p>				

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

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