Daylight Savings
Remember to turn your clocks forward one hour before retiring on Saturday, March 7.

Sarah Karl, Bulletin Editor

Resident Art Gallery
Features Three Artists
Sunday, March 8 from 3:00 p.m. - 4:30 p.m.
Resident Conference Room

A new show will open in the Resident Art Gallery next Sunday, March 8, with a reception from 3:00 p.m. to 4:30 p.m. The work of three of the many artists living at Pennswood is to be hung for everyone’s enjoyment. The artists chosen by the Resident Artists of Pennswood Committee are Nancy, Alice, and Jill. All bring long experience and very individual approaches to their work.

Come to sample the art and the refreshments. Newer residents will have the opportunity to get to know the artists and to appreciate the high level of their work. Residents who have been here longer will appreciate another chance to see the work of Alice and Nancy.

Yoma, Resident Art Gallery
Care Partners Meeting
Monday, March 9 at 1:30 p.m., Barclay Meeting Room
Lori Russo, Social Work

Bereavement Group Meeting
Thursday, March 12
10:00 a.m., The Barclay
Contact Amy Keiper-Shaw or Angelo De Lorenzo for further information. Keiper-shaw@pennswood.org or delorenzo@pennswood.org, 215-504-1148.
Amy Keiper-Shaw
Director of Resident Life

Dan Murray’s Fireside Chat
Wednesday, March 11
8:30 a.m., Penn Hall Lounge
Sally Marrington
Sr. Administration Coordinator

预算展示
呈现金毛，首席财务官
周三，3月11日，下午2:00，游戏房
Sarah Karl，Bulletin编辑

COME TO THE NEXT NEWS TABLE
周三，3月11日，下午5:15，主餐厅
把您感兴趣的新闻文章或话题带来，与我们一起分享。交换想法，了解不同观点在一个友好、同事的氛围中。
如果您是新居民，来结识新朋友。来吧，让我们共进晚餐，和有趣的人分享您的见解。
我们周三下午5:15在主餐厅见面。
报名是必要的，以确保充足的座位。
报名表位于公告板，位于旅行公告板对面。
Tony，新闻桌

恐龙回归！
周五，3月13日，上午11:00，大堂
传统的延续！纽敦朋友幼儿园学生将前来分享几首恐龙歌曲，他们将在大堂做一次展示，然后前往拓宽中心。请来欣赏这场生动而温馨的恐龙庆祝活动。
Pam Reifsneider，NFS联系人

The Dinosaurs Are Returning!
Friday, March 13, 11:00 a.m., Lobby
The tradition continues! Newtown Friends Pre-Kindergarten students are coming to share a few short dinosaur songs, They will do a presentation in the Main Lobby and then head to the Enrichment Center. Please stop by and enjoy this lively and heartwarming celebration of the dinosaurs.
Pam Reifsneider, NFS Liaison
PENNSWOOD BOOK CLUB
Tuesday, March 10 at 10:30 a.m.,
Resident Conference Room
Two Books: Olive Kitteridge and Olive, Again both by Elizabeth Strout
Everyone is welcome. Please bring a book title with the author’s name that you would enjoy reading and share a bit about your own reading interest.
Julia and Beth, Book Group

Clay Space
Come play in clay! Everyone is welcome!
• Monday, March 9
• 1:00 p.m. - 3:00 p.m.
• Wednesday, March 11
• 10:00 a.m. - 12:00 p.m.
• Friday, March 13
• 10:00 a.m. - 12:00 p.m.
Elaine, Clay Space

TED Talk Tuesdays!
Tuesday, March 10
2:00 p.m., Game Room
Topic will be: Brain-changing effects of exercise. What happens to our brains when we work out? It's more than you think. This TED talk features neuroscientist Wendy Suzuki who has a lot to teach us about the brainy benefits of exercise. Come join us next week as we watch this video followed by discussion.
Amy Keiper-Shaw, Director of Resident Life

Rebroadcast of March Community Meeting
It will be shown on the following dates and times on channel 1970:
Tuesday, March 10
10:30 a.m., 2:00 p.m., and 7:00 p.m.
Wednesday, March 11
11:00 a.m., 3:00 p.m., and 6:00 p.m.
Friday, March 13
10:00 a.m., 2:30 p.m., and 7:00 p.m.
Lori Heading, Communications Manager

A Note From Dining Services & the Concerts Committee
On Tuesday, March 10 (concert night) the Main Dining Room will be opening at 4:45 p.m. to allow residents more time to enjoy their meal before the concert. After dinner service and prior to the concert, the servers will be clearing as many soiled dishes from tables as possible by 7 p.m.
Since safety is our first priority, we ask that chairs are not placed in aisles that would block walkways. Pathways need to remain open in the event of an emergency.
Thank you for your cooperation and flexibility with these requests. We hope you enjoy the concert.
The Concerts Committee and Mary Cooley, Dining Services Director
Pennswood Concert

Landscape and Love in
Music and Poetry

Tuesday, March 10 at 7:15 p.m.
Main Dining Room

Almost every great composer of the western classical tradition has been inspired to set poetry to music, typically for a single voice with piano accompaniment. Such musical literature could be enjoyed in private homes, drawing rooms and salons without the need to marshal large forces of musicians. German-speakers refer to this musical treasury as *lieder*, which is the plural of *lied*, or song. English-speakers have adopted the term to refer to this large collection of classical art songs.

The form is closely associated with Ludwig van Beethoven, Franz Schubert, Robert Schumann, Johannes Brahms, Richard Strauss, Gustav Mahler and Hugo Wolf, who set texts by Johann Wolfgang von Goethe, Heinrich Heine, and other notable authors to music.

The art song idea quickly spread to other cultures and languages. Ralph Vaughan Williams, Benjamin Britten, Samuel Barber and Ned Rorem have set English poems to music for a vocalist and pianist; Hector Berlioz, Gabriel Faure, Claude Debussy and Francis Poulenc have worked with French texts; and Modeste Moussorgsky and Sergei Rachmaninoff have used Russian texts. Spanish art song concerts at Carnegie Hall by soprano Victoria de los Angeles and pianist Alicia de Larrocha became legendary in the mid-twentieth century. Some Pennswood Village residents may remember them.

It is characteristic of the genre that the piano part is not merely an “accompaniment,” but the score for the piano is an integral part of the expressive characteristics of the music. The presentation is thus a co-equal collaboration between vocalist and pianist.

Although this repertoire of chamber music has been absent from Pennswood Village concert offerings, the gap will begin to be filled on March 10, 2020 when soprano Lauren Eberwein and pianist Amy Yang will present a lieder program featuring works by Henri Duparc, Michael Djupstrom, and Robert Schumann.

Composers frequently have worked with sets of poems, or “cycles,” tied together by a single theme, and usually by a single author. The centerpiece of the March 10 recital, Robert Schumann’s song cycle, Opus 39, is often referred to as the *Eichendorff Liederkreis*. (Eichendorff is the poet’s name; liederkreis means song cycle). It is regarded as one of the greatest examples of the genre, encapsulating as it does the Romantic period’s preoccupation with both romantic love and with landscape as a signifier of human emotions.

Attenders at the recital will receive side-by-side English translations of the songs’ French and German texts. Please plan to be with us for what promises to be an extraordinary concert: Tuesday, March 10, 2020; 7:15 p.m.; Main Dining Room.

Dan, Concerts Committee
EarthCare Committee Presents

Pennsylvania’s “Green Amendment”—What it Means, How it Protects Our Water and Air

Thursday, March 12 at 7:00 p.m., Game Room

Maya van Rossum, Environmental Attorney and Delaware Riverkeeper

Pollution kills more people than war. Our bodies don’t develop “defenses” against air and water pollution; we fall victim to them. Air and water pollution have a greater impact on the youngest and the oldest among us, causing developmental disorders, autism, allergies, asthma, cancers, dementia, and Alzheimer’s. As humans, we need access to nature to support our health and well-being, to enhance longevity and energize our spirits.

The Delaware Riverkeeper Network is the premier organization championing the rights of over 17 million people to a free-flowing, clean, and healthy Delaware River and its tributary streams (half our water at Pennswood comes directly from the Delaware River). Maya van Rossum has been its Executive Director for 24 years. She is a licensed attorney in three states (Pennsylvania, New Jersey, and the District of Columbia). Since 2002 she’s served as adjunct professor and founding director at Temple University’s Environmental Law Clinic.

In 2013, van Rossum was one of the original petitioners in the landmark Robinson Township v. Commonwealth of Pennsylvania case. This led to a watershed legal victory to strengthen our state’s Environmental Rights Amendment, protecting our rights as citizens to pure water, clean air and a healthy environment. The fight to pass Article 1 Section 27 to our state constitution that safeguards our environment took more than 40 years. Come and hear about its current status and current challenges.

Jenny
EarthCare Committee

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The Library Committee Invites You To “Spring into Reading”

The Library’s Spring Book Sale in the Activities Center

- Wednesday, March 11
  - 8:30 a.m. to 7:00 p.m.

- Thursday, March 12
  - 8:30 a.m. - 12:00 p.m.

Books and DVDs from 25 cents to $5

Volunteer sign-up on the Items of Interest Bulletin Board located in Penn Hall hallway.

Caroline
Library Committee
Elliot and Dorothy

Arrived at Pennswood: December 2019

Elliot and Dorothy have been together 41 years, having met at a singles discussion group in Princeton, NJ.

Elliot has lived in New Jersey his entire life, in Paterson, Edison and West Windsor. After working in civil engineering after college, and not really enjoying the field, he discovered Sociology while stationed in the Army in Washington, DC and after being discharged, he obtained a Master’s Degree in Sociology from Rutgers Univ. Elliott worked for the State of New Jersey for more than 30 years, first in land use planning and then as a grants manager primarily for homeless shelters. After retirement, he took a part-time job at his local West Windsor library and so enjoys it that he is continuing to travel and work there three days a week. Their two sons and their families live in New Jersey. He has been involved in sports throughout his life, playing softball, bowling, volleyball, then bocce in his later years. He has also kept a daily journal since 1973. In West Windsor he was active with the Friends of West Windsor Open Space, a group that facilitates the preservation of land in the Township.

Dorothy grew up in Chapel Hill, NC, and obtained her Bachelor’s Degree in Biology at the Women’s College of NC in Greensboro. She worked in genetics research labs at UNC-Chapel Hill but wanted a desk job.

After moving to NJ, she became a technical writer, but her most interesting job was in human factors at AT&T, designing user interfaces so humans could use them, not just the computer programmers who created them.

She is a “naturalist at heart” and is a birder, a gardener and has already joined the EarthCare committee at Pennswood. She has a daughter who lives in New Hope, PA. Travel has been a big part of their life together. So has family life: they took each of Elliot’s three grand-daughters separately on Road Scholar intergenerational trips to the Grand Canyon, Yellowstone and Steamboat Springs. On other trips, Elliot enjoyed white-water rafting. Together they went “safari-ing” in Southern Africa and now Dorothy sponsors a little girl to go to school in Zimbabwe. Cuba was one of her most fascinating trips, as the culture and political system are so different from the USA. Her absolute favorite city in the world is Florence, Italy, and she took an in-depth trip to Florence with Road Scholar.

Having lived in college towns with their rich cultural opportunities, Dorothy feels at home in Pennswood with the intellectual stimulation here and especially the Quaker values and friendliness. Elliot has already joined a Scrabble group, is assisting in the Pennswood Library, has joined the Bocce committee and has been playing Wii bowling. Welcome to Pennswood!

The Biographies Committee
CyberCycle Madness Challenge

*Calling all our CyberCyclists! Ride for Team Pennswood!*

Starting Tuesday, March 10, every Tuesday and Wednesday for five weeks, teams will have 48 hours to ride as many miles as they can. **In the Qualifying Round, the entire field of 259 teams, most teams ever to compete, will battle for the most miles with the top 16 teams moving forward into the SUPER SIXTEEN and seeded accordingly.** The remainder of the tournament will be single elimination head-to-head play. The team that rides the most miles in each matchup will continue to move forward to the next round occurring on the following week.

We will need **EVERYONE** to help in this challenge; **residents, staff, and family members** may join in on the challenge! We will have sign-up sheets available to reserve your time; Pennswood residents will get first choice but everyone can reserve a time. For those of you who haven’t tried the CyberCycle yet and are interested in learning how to use the bike, stop on by the Passmore Fitness Center today. This is a fun and encouraging way to be active. Plus we need you!

Beth Vollberg, Passmore Fitness

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Essential Tips To Better Sleep And Better Health

1. **Know the value of your sleep.** Sleep is the secret sauce. There isn’t one facet of your mental, emotional or physical performance that’s not affected by the quality of your sleep. Sleep is when your brain detoxifies, and your body heals. Studies have shown that just one night of sleep deprivation can make you as insulin-resistant as a person with type 2 diabetes. This means that you start aging faster, storing more body fat; and continuous sleep problems are a catalyst for many modern-day diseases. So, as you can see, sleep really matters, so turn off Netflix, get some more shut-eye and watch the magic happen.

2. **Get more sunlight during the day.** A great night’s sleep begins the moment you wake up in the morning. Starting your day with natural light exposure helps reset your biological clock. It also balances your body’s melatonin and cortisol levels, and serves as a natural source of vitamin D. In fact, research shows that vitamin D deficiency may be linked to sleep disorders (and it’s estimated that 84% of New Zealanders are deficient in vitamin D). Try going for an early morning walk or leaving the office during your lunch hour to get your dose of sunshine.

Amy Keiper-Shaw, Director of Resident Life
NY TIMES SCIENCE DISCUSSION GROUP

The Princeton Plasma Physics Lab has an open lecture series on Saturdays at 9:30 a.m. We will telecast it here in the Game Room on the following weeks:

- **Saturday, March 7** - *Witnessing Climate Change: What I Have Learned From My Expeditions to the Greenland Ice Sheet*  
  Asa Rennermalm, Rutgers University
- **Saturday, March 14** - Title to be announced (still pending at this printing)  
  Arvind Narayanan, Princeton University

Helen, Moderator

Dan Murray’s Fireside Chat

**Wednesday, March 25, 2:30 p.m., Café**

Sally Marrington  
Sr. Administration Coordinator

NEW IN THE LIBRARY

Are you looking for a good book? Check out the GRAB-AND-GO collection. Fresh paperback copies have been added to catch your eye and serve your reading pleasure.

One example is Sally Rooney’s *Normal People*. This is a tender story of romantic love and friendship in the modern age.

And, *Educated* by Tara Westover, enjoyed by millions. The daughter of survivalists, who is kept out of school, educates herself enough to leave home for university. Keep looking for more great reading.

Rosemarie, a Pennswood reader

Curious About What Goes on at the Memory Round Table of Pennswood?

Our discussions are far-ranging, about our senses and feelings as well as memory, thinking and cognition… and in general, how best to live life and have fun as we age.

All PV residents are welcome to attend. Typically the fourth Friday of the month at 10:00 a.m. in the Game Room. Cookies and cider are always on offer!

Even if you can’t make our lively sessions there’s a way to keep abreast. Just let the secretary know your interest, preferably including your e-mail address. You will go on our mailing list for detailed minutes of our meetings.

Jack, Secretary, Memory Round Table -by residents, for residents-
OPPORTUNITIES TO EXPERIENCE THE NEW VOTING MACHINES

It’s easy! Walk through the paper ballot voting process with officials as guides – Takes about 20 minutes

SOME DRIVING OPTIONS: In order to save seats on the bus for those who cannot drive, we encourage all who can drive to do so, and if possible, to take others with you. (Additional driving options are listed on the Pennswood Bulletin Board.)

• Bensalem Municipal Building (2400 Byberry Road, Bensalem, PA 19010) Left into parking lot; drive all the way back.) On Tuesday, March 10, 1:00 p.m. to 4:00 p.m.

• Bucks County Community College (275 Swamp Road, Newtown, PA 18940) Gallagher Room in Charles Rollins Center; Visitor Parking Lot 2. On Tuesday, March 17, 5:00 p.m. to 8:00 p.m.

• Board of Elections Administration Building R110 (55 East Court Street, Doylestown, PA 18901) – Use first floor, Main Street entrance; park in parking garage. On Monday, March 23, 5:00 p.m. – 8:00 p.m.

• Juniper Village Bucks County (3200 Bensalem Blvd., Bensalem; Use main door with canopy) On Tuesday, April 7, 1:00 p.m. to 4:00 p.m.

Please see the article in the next collum if you need to take the Pennswood bus on Tuesday, April 7.

Anne, LWV of Bucks County

TRY THE PAPER BALLOT VOTING PROCESS

A free shuttle bus will be available from Pennswood on the afternoon of April 7th for those who wish to experience the new paper ballot voting process. You will hear an explanation of the process, fill out a “demonstration” ballot, and learn how to feed your ballot into the scanner. You will also have opportunities to ask questions during the event.

The event is at Juniper Village at Bucks County located at 3200 Bensalem Boulevard in Bensalem. Pick-up and approximate return times are noted on the sign-up sheet, now on the Trips Bulletin Board.

To save space on the bus, those who are able to drive are encouraged to do so. If you are driving, please take others with you either on this date or on one of the other dates on the County of Bucks listing on the Bulletin Board. For those who are driving, open times are between 1:00 p.m. and 4:00 p.m. on Tuesday, April 7. (Other dates may have different open times.)

Dan Walters
Transportation Supervisor
**PENNSWOOD BOOK CLUB**

Please join our lively group reading both fiction and non-fiction on the second Tuesday of alternate months at 10:30 a.m. in the Resident Conference Room.

**Tuesday, May 12**  
*Born a Crime*  
by Trevor Noah

**Tuesday, July 14**  
*The Dutch House* by Ann Patchett

Everyone is welcome. Please bring a book title with the author’s name that you would enjoy reading and share a bit about your own reading interest.

Julia and Beth, Book Group

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**News From the Pennswood Village Residents Association**

The 2020 PVRA Activity Fund Appeal has collected $62,478!

Movies, bocce, the library, our community gardens, concerts, flowers, the Forums and many more activities and committees are made possible thanks to charitable donations.

If you would like to support our goal of $85,000, please make your donation today.

Collection envelopes can be found at the front desk or on the Pennswood Village Foundation Bulletin Board.  
Please make checks payable to:  
**Pennswood Village Foundation** and memo: **PVRA Activities Fund**.

The PVRA thanks you for your generous support of its 2020 Activities Appeal.

Alice  
President PVRA

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**Care Partners Meeting**

**Monday, March 23**  
1:30 p.m., Barclay Meeting Room

**Lori Russo**, Social Work
Friday Friends at Pennswood
Tech Help is on the Way!
Friday, March 27, 11:00 a.m., Activities Center

Now is the time to... Get INDIVIDUAL help from our imported Tech Experts. (That's the 6th graders from Newtown Friends School.)

Sign up NOW! Sign-up sheets are on the Newtown Friends School bulletin board in Penn Hallway. Be there on Friday, March 27 at 11:00 a.m. in the Activities Center. Bring your portable Tech Device (iPad, iPhone, Kindle, PC or Mac or any device you can bring with you).

Questions? Contact Barbara. Sign up before all the spaces are filled!

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Emergency Preparedness

Emergencies can happen anywhere at any time. Will you be ready if disaster strikes? Consider putting together a “go-bag” if you are ever expected to evacuate in a hurry.

Here are some items to consider putting in your “go-bag”:

- Emergency supply of medications
- Eyeglasses/contacts and contact solution
- Hearing Aids
- Cellphone and cellphone charger
- Change of clothes for at least one night (be thoughtful of current weather conditions)
- Toothbrush and toothpaste
- Hairbrush
- Sanitary products
- Non-perishable snacks
- Money (preferably cash)
- State ID

Alyssa Singleton, Life Safety Coordinator

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HAPPY BIRTHDAY

Rosalee - 8
Louise - 9
Richard - 9
Lucy - 10
Judy - 10
Betsy - 10
Toni - 11
Nancy Worthington - 11
Barry Coppock - 13
Claire Arnold - 14
Lise Esser - 14

Are You Wearing Your Name Tag?

Wear your name tag to help others and to encourage your fellow residents to wear theirs as well!
The Quecreek Coal Mine coal miners were trapped, then found. Nine men were brought to the surface, saved.

A Retrospective by Mark Schweiker, Former Governor of Pennsylvania

Followed by Q&A from you and your fellow residents on how such a positive outcome was achieved in a time when disasters seem more likely to turn worse than better.

Tuesday, March 17, 7:00 p.m., in The Game Room

David, Forum Committee

Weekly Dish

- St. Patrick’s Day Tuesday, March 17 at dinner, Chef and his team will offer a traditional corned beef, cabbage and boiled potato option.

- Join us on Thursday, March 19, from 11:30 a.m. to 1:30 p.m., outside the Café when Alli Salvitti-Nelson, our registered dietitian, will highlight the benefits of dark chocolate and other foods that support mind health. She will provide nutrition information on dark chocolate’s role in cardiovascular health, antioxidant benefits and brain food including berries, Concord grape punch. In the Café at lunch, Chef Steve will provide a chicken mole dish to provide another application of chocolate.

- March Birthday Night will be Thursday, March 26. Please check next week’s dish for all the additional details and the theme.

Jim Thoma, Dining Services Manager

03-06-20
MUSICAL REVUE PARTICIPATION

Are you interested in being a part of the 2020 Musical Revue, Wednesday, May 6 and Thursday, May 7? There will be a meeting on Monday, March 9 in the Barclay Meeting Room at 10:00 a.m. for anyone who thinks they might be interested. We want to know about your interest. You do not need to make a commitment on that date. As has been the custom, the participants who were in last year’s performance will again be a part of this year’s show if they are willing. But every year we need a few replacements. Also, this year the stage will be handicapped-accessible, and we are expecting to have on-stage support devices for folks having balance or mobility problems.

Kurt Martin will listen to your voices if you are interested in being a part of the cast so that he will have an idea how he will use you. Besides the cast on stage, we need support people to make the Revue a success, everything from technical assistance with Art, to publicity, to program cover design and preparation, to stage props with Elaine and perhaps other tasks that we will become aware of after rehearsals start. Please inform Mary or Rhoda by telephone or with a note in their mailboxes, if you plan to attend this meeting.

Submitted by Mary

Friday Evening Sabbath Services

Friday evening Sabbath services are moving back to the George School Library Building.

The next service will be held on:
Friday, March 13 at 6:30 p.m.

All are welcome to attend. Please ask Dorothy Solomon for information about transportation to George School.

Tzedek V’ Shalom

Submitted by Dorothy

In Memory Of

Elizabeth

Moved to Pennswood: November 11, 2010
Are You **EpiCurious**?

Epicureans are devoted to the sensual enjoyment of fine food and drink. At Pennswood many of us are Epicureans who are also **EpiCurious** — interested in learning how to eat a more plant-based diet. But all kinds of questions come up.

- How do I get enough protein, if I don’t eat meat every day?
- What kind of milk is right for me? Soy milk? Almond milk? Oat milk?
- Are nuts good for me or bad for me?

So, your EarthCare and Peace & Social Justice Committees are partnering to offer a new program designed to explore fine food and drink, but with an eye to learning more about how a plant-based diet will contribute to our own health and to the health of our planet. We appreciate the enthusiastic support of Mary Cooley and her staff.

Here’s how **EpiCurious** will work. Later this month, you’ll have the opportunity to sign up to eat dinner in the Private Dining Room. You’ll order as usual off the regular menu (or the supplemental menu), but much of the conversation will be focused on learning more about eating a plant-based diet. In the six or seven minutes between when the soup and salad are served and your entree arrives, you might hear a guest speaker talk about minimizing meat in your menu. You might get a chance to sample all the different kinds of milk. You might take a quiz about how to get non-meat protein in your diet. You might learn more about how eating plant-based helps to slow climate change. You might learn more about how to make Pennswood more of a Blue Zone. Blue Zones are the places around the world where people are the healthiest and happiest — and have the most centenarians.

Watch for the **EpiCurious** sign-up sheets on the Peace & Social Justice Bulletin Board. The first three dates in this six-month Pilot Program will be on **Monday, March 30, Thursday, April 9, and Wednesday, April 29 at 5:15 p.m. in the Private Dining Room**. Sign up for one dinner or many depending on your schedule and your interest.

**Lynne**

Peace & Social Justice Committee

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**February Birthday Night!**

*Photo Submitted by Carolyn*
Where’s Kermit?  
(Something Like Where’s Waldo?)

My guess is that you all remember our friend Kermit the frog. He was last seen several months ago in the Passmore Lounge. Right now he is in hiding, but he would really like to have a connection with all of you again. Beginning March 9th he will be somewhere in the community building here at Pennswood. He will be at a different location each week for eight weeks. Your job is to find him and write his location for the week on the blank below. At the end of the eight weeks you can turn in your blank at the front desk and the people having all locations correct will be recognized.

**CLUE FOR WEEK 1: Variety and Convenience**

*Please tear and save*

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THE WAR IN SYRIA – The Continuing Conflict

Tuesday, March 24 at 7:00 p.m., in the Game Room

The Bucks County Chapter of the United Nations Association will host a talk by Jim Fine

Jim Fine served most recently in the Middle East as Mennonite Central Committee interim representative for Iraq, Iran, and Jordan, based in Amman, Jordan from March through June 2019. The MCC supports internally displaced Syrians and Syrian refugees in Jordan and Lebanon.

Jim and his wife, Deborah, also served as MCC service workers in Iraq from 2010 to 2014 based in Erbil the capital of the Kurdish Region in northern Iraq, where many Syrian refugees sought safety.

Jenny, UNA

Intergenerational Model United Nations

Bucks County Chapter of the United Nations Association will host an Intergenerational Model United Nations on:

Saturday, April 4 in Man Dining Room
11:00 a.m. to 4:00 p.m.
Lunch is included.

Bristol Borough High School will be leading the event.

You are invited to sign up on the United Nations bulletin board with your name and e-mail address. You will then receive a name of a country you will be representing with a student with whom you will be working.

Observers are also welcome from 2:00 p.m. – 4:00 p.m. (no sign-up necessary)

Jenny, UNA

Aquatics News

Re-Open House on Tuesday, March 17!

Look for more details in the next bulletin

Beth Vollberg
Passmore Fitness

A Request from the Fitness Staff:

Please help keep our gym clean. Use the wipes we have around the gym to clean the machines when you are done.

Thank you.

Beth Vollberg, Passmore Fitness
Pennswood Art Gallery
Opens Exhibition for John Slavin, Sunday, March 22

Photographer John Slavin will give an illustrated talk in the Game Room from 2:00 p.m. to 3:00 p.m. on Sunday, March 22, kicking off an opening wine and cheese reception from 3:00 p.m. to 4:30 p.m. for his exhibition in the Pennswood Art Gallery — open to residents and the public at large.

Slavin was employed from 1984 to 2007 as a photographer for the Philadelphia Inquirer, where he developed an enormous body of work focusing on human interest themes.

Born in Philadelphia in 1954, Slavin bought his first camera at age 11 on the boardwalk in Atlantic City after seeing the Beatles' movie "Help" in 1965. The next year he acquired his first paper route, and as he would say, "........starting a long career in the newspaper biz." He was able to buy his first car at 17, a 1965 Comet Cyclone GT, with money earned from several paper routes; and so his career as a grease monkey began.

After graduating from Cardinal Dougherty High School, he drove a truck, worked as a mechanic in an auto body shop, became a machinist, played drums in rock bands that never became famous, and finally settled in as a newspaper photographer after a chance meeting with the photographer Ansel Adams, who, as Slavin tells it, "suggested working at a newspaper as I would probably starve as a landscape photographer."

When he isn't taking photographs, or building and restoring vintage Chevrolets, or drag racing his favorite 69 Camaro SS396 L78 in a nostalgia class, he is the drummer with the popular Philly Rock band "Tropical Disease."

This is your chance to see the work of and meet this renaissance man, John Slavin. Make a note of the date on your calendar — Sunday, March 22 — starting in the Game Room, and then moving to the Pennswood Art Gallery for a wine and cheese opening reception and a chance to meet this outstanding artist from 3:00 p.m. to 4:30 p.m.

Alice

Transportation News

Due to a popular trip on Wednesday, March 11, both of our buses will be in use.

Our Wednesday morning & afternoon shopping trips will be capped at three residents per trip.

Please let us know if you have any questions.

Dan Walters, Transportation Supervisor
**Sarah’s Corner**

- If you would like to be added to the Bulletin E-mail listing, please e-mail me at karl@pennswood.org, give me a call at 267-759-1073, or drop at note for me at the Reception Desk.
- Check out the attachment after the menus for the tornado safety tips.

Sarah Karl, Bulletin Editor

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**WORSHIP OPPORTUNITIES AT PENNSWOOD**

Interdenominational Worship Service  
**Sunday, March 8, 10:15 a.m.- 10:55 a.m. Sunday Social in the Café. Service in the Enrichment Center at 11:00 a.m.**  

**Claire**, IWC Board Chair

Friends Meeting for Worship  
**Sunday, March 8, 11:00 a.m. in Barclay Meeting Room**  
*Everyone is welcome.*

**Margaret**, Friends Meeting for Worship

Resident Usher Schedule  
Resident ushers scheduled for programs for the week starting: **Sunday, March 8**  
**Team #2**: Verena, Elaine, Irene, Jackie, Jill

**Dewey**, Chair Resident Ushers
MARYLAND’S EASTERN SHORE
Friday, October 2 to Sunday October 4

Are you interested in a three-day trip to Maryland’s Eastern Shore and Chesapeake Region? If so, there is an “Interest Sheet” posted on the Transportation Bulletin Board. This is not a commitment, just an interest sheet.

This trip is offered through Starr Tours Friday, October 2 to Sunday October 4. The cost of the trip is:

- Double Occupancy: $689.95 plus tax, plus $84 trip insurance (per person);
- Single Occupancy: $919.95 plus tax, plus $120 trip insurance (per person).

The PV bus will transport you to the Best Western Hotel in Bensalem where you will depart on the Starr Tour luxury motor coach.

The itinerary is as follows:

Day 1: October 2
- Travel to Cambridge, MD
- Lunch on your own
- Visit Harriet Tubman Museum and Education Center
- Visit Bucktown Village Store
- Travel to Hurlock, MD
- Dinner at Suicide Bridge Restaurant
- Travel to Easton, MD
- Two overnights at Fairfield Inn

Day 2: October 3
- Breakfast at hotel
- Travel to St. Michaels, MD
- Narrated boat cruise with Patriot cruises
- Lunch and free time on your own in St. Michaels
- Admission to the Chesapeake Bay Maritime Museum
- Dinner at Crab Claw Restaurant
- Return to hotel

Day 3: October 4
- Breakfast at hotel
- Check out
- Travel to Tilghman Island
- Tour Phillips Wharf Environmental Center
- Lunch at Two if by Sea Restaurant
- Travel home
- Rest Stop en route

Once we have determined that there is interest in this multi-day trip we will then require a commitment.

Dori Colton, Trips Committee
Grounds for Sculpture
and Rats Restaurant
Tuesday, April 14

Grounds for Sculpture is a 42-acre sculpture park in Hamilton, NJ on the former site of the New Jersey State Fairgrounds. Founded by John Seward Johnson, the venue is dedicated to promoting an understanding and appreciation for contemporary sculpture. The park shows the work of 80 artists. We will depart Pennswood from the Link Door at 9:30 a.m. and should be home by about 3:30 p.m. The cost per person for the entrance fee to the park is $18 and transportation will be $18 and will be shown on your monthly bill.

Our lunch reservation is at 1 p.m. at charming Rats, the restaurant at the Sculpture Park and will be compulsory for those making the trip. It is recommended that everyone bring cash for their portion of the bill.

A five-person tram is available (reserved for 11:00 a.m.) and the seating on the tram is “first come, first serve.” The Tram tour is one hour.

There are also good cement paths for walkers and plenty of places to sit. There is also a coffee shop situated in the main building along with bathroom facilities. A sign-up sheet is posted on the Transportation Bulletin Board outside of Penn Hall.

Nancy, Trips Committee

The Coney Island Express
Thursday, July 16

From roller-coasters to go-karts, to live entertainment and boardwalk games, beachfront Coney Island has it all! The world-famous Coney Island is a year-round destination full of fun things to do, both historic and new. The birthplace of the amusement park, Coney Island is home to an aquarium, action-packed rides, restaurants, shops and sideshows. Coney Island has something for everyone, including a museum. For those Pennswood residents who hail from the Brooklyn, NY area, it will be a trip down memory lane.

The PV bus will depart from the Link Door at 7:30 a.m. and travel over to Hamilton, NJ where you will board the Starr Luxury Motor coach for a trip to Coney Island. The Starr Bus will depart from Hamilton, NJ at 8:30 a.m. The bus will arrive in Coney Island at approximately 10:30 a.m. You will be dropped off in the heart of the town, where the action is, and Nathan’s hot dogs, your landmark for your return pick-up at 4:30 p.m.

The cost of the Starr trip is $74.95 (includes $10 for trip insurance). This cost and the cost of the PV transportation of $12 will be billed on your monthly statement.

A sign-up sheet is posted on the Transportation Bulletin Board outside of Penn Hall.

Dori Colton, Trips Committee
Glenn Miller Orchestra - A Legend Lives On
Thursday, October 22
Penn's Peak mountain - top entertainment venue

The legendary Glenn Miller was one of the most successful of all dance bandleaders back in the Swing Era of the 1930's and 1940's. A matchless string of hit records, the constant impact of radio broadcasts and the drawing power at theatres, hotels and dance pavilions built and sustained the momentum of popularity. Today, the 18 member ensemble continues to play many of the original Miller arrangements both from the civilian band and the AAFB libraries.

Additionally, it also plays some more modern selections arranged and performed in the Miller style and sound. Since January 2012, vocalist Nick Hilscher leads the band. Just as it was in Glenn’s day, the Glenn Miller Orchestra today is still the most-sought-after big band in the world. Join us on Thursday, October 22 for a trip to Penn’s Peak for a luncheon and “Glen Miller Orchestra - A Legend Lives on.”

All luncheon shows come complete with a family-style meal, including popular Penn's Peak Pot Roast, and all non-alcoholic beverages (alcohol is available for purchase).

Penn's Peak, is a beautiful mountaintop entertainment venue located in Jim Thorpe, Pennsylvania. Enjoy a spacious dance floor, lofty ceilings, concert bar/concession area, and a full-service restaurant and bar aptly named Roadies. Penn's Peak patrons enjoy a breathtaking overlook of nearby Beltzville Lake, plus a commanding, picturesque, 50-mile panoramic view of northeastern Pennsylvania's Appalachian Mountains.

The cost of the trip is $129.95 plus tax and $20 per person for trip insurance.

The PV bus will transport you to the Best Western Hotel in Bensalem where you will board the Starr Tour luxury motor coach. The $12 transportation charge to Bensalem as well as the cost of the Starr Trip will be billed on your monthly statement.

The PV bus will depart from the Link Door at 8:30 a.m. The estimate time of return to Bensalem is about 5:45 p.m.

A sign-up sheet is posted on the Transportation Bulletin Board outside of Penn Hall.

Dori Colton, Trips Committee
MONDAY & SATURDAY EVENING FILM

Ex Libris: The New York Public Library (2017)
Monday, March 9 and Saturday, March 14 at 7:00 p.m.
Rating: NR
Running time: 3 hr 26 mins
Directed by: Frederick Wiseman

Filmmakers delve into the New York Public Library, discovering a world of devoted bibliophiles and beneficiaries across 92 branches.

FRIDAY EVENING FILM

Friday, March 13 at 7:00 p.m.
Big Miracle (2012)
Rating: PG
Running time: 1 hr 47 min
Featured Players: Drew Barrymore, John Krasinski, Kristen Bell, Dermot Mulroney, Tim Blake Nelson, Vinessa Shaw, Ted Danson

An animal-loving volunteer and a small-town news reporter are joined by a native Alaskan boy to rally an entire community - and eventually rival world superpowers - to save a family of majestic gray whales trapped by rapidly forming ice in the Arctic Circle.
# Upcoming Movies:

### MONDAY EVENING FILM

**It’s a Beautiful Day in the Neighborhood (2019)**

- **Monday, March 16 at 7:00 p.m.**
- Rating: PG
- Running time: 1 hr 49 mins
- Featured Players: Tom Hanks, Matthew Rhys, Susan Kelechi Watson, Chris Cooper

### FRIDAY EVENING FILM

**1917 (2019)**

- **Friday, March 20 at 7:00 p.m.**
- Rating: R
- Running time: 1 hr 59 min
- Featured Players: George MacKay, Dean-Charles Chapman, Richard Madden, Colin Firth, Benedict Cumberbatch

### SATURDAY EVENING FILM

**Pay it Forward (2000)**

- **Saturday, March 21 at 7:00 p.m.**
- Rating: PG-13
- Running time: 2 hr 3 min
- Featured Players: Kevin Spacey, Helen Hunt, Haley Joel Osment, Jay Mohr, James Caviezel, Jon Bon Jovi, Angie Dickinson
# TRANSPORTATION SCHEDULE

March 8 through March 14

All trips on this schedule will depart from the link door. **Please Note:** In order to be added to any trips listed here you must contact the Transportation Office

## Sunday, March 8, 2020

7:45 a.m.-12:30 p.m...Travel to Newtown & Langhorne for Worship (requires prior signup in the Transportation office)
12:45 p.m....Academy of Music; Philadelphia, PA (signup closed)
1:45 p.m...Delaware Valley University; Doylestown, PA (signup closed)
6:45 p.m...Community Chorus at George School; Newtown, PA

## Monday, March 9, 2020

1:00 p.m.…Shop Rite; Yardley, PA (return at 2:30 p.m.)

## Tuesday, March 10, 2020

10:15 a.m…Summit Shopping Center (return noon)
1:00 p.m.…Newtown Shopping Center (return 2:30 p.m.)

## Wednesday, March 11, 2020

9:30 a.m...Special Shopping to Target; Langhorne, PA (return at 11:30 a.m.)
9:45 a.m….Philadelphia Mummers Museum; Philadelphia, PA (signup closed)

## Thursday, March 12, 2020

12:30 p.m…Farmer’s Market and Newtown Shopping Center (return 2:15 p.m.)

## Friday, March 13, 2020

10:15 a.m….Newtown Shopping Center (return 12:00)
1:00 p.m….Summit Shopping Center (return 2:30)
6:00 p.m….All Saints Episcopal Church; Princeton, NJ (signup closed)

## Saturday, March 14, 2020

10:15 a.m. …Shopping at Neshaminy Mall, Bensalem, PA (return 1:00)
12:15 a.m….United Artist Theater; Langhorne, PA (signup closed)

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Sign-up sheets for Shopping Transportation are posted on the Transportation Bulletin Board. Sunday Worship transportation requires sign-up in the Transportation Office. If you are interested in the “closed trips,” please see Dori Colton
### Sunday, March 8

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>7:45 a.m. to 12:30 p.m.</td>
<td>Transportation to Area Churches and Newtown Friends Meeting</td>
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<tr>
<td>10:15 a.m.</td>
<td>Interdenominational Worship Get Acquainted with Coffee—Cafe</td>
</tr>
<tr>
<td>11:00 a.m.</td>
<td>Friends Meeting for Worship—Barclay Meeting Room</td>
</tr>
<tr>
<td>11:00 a.m.</td>
<td>Interdenominational Worship Service—Enrichment Center</td>
</tr>
<tr>
<td>3:00 p.m.</td>
<td><strong>Resident Art Gallery Opening</strong>—Resident Enrichment Center</td>
</tr>
</tbody>
</table>

### Monday, March 9

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:45 a.m.</td>
<td>ABC’S Class Aerobics, Balance, Coordination, Strength—Aerobics Room</td>
</tr>
<tr>
<td>9:00 a.m.</td>
<td>Aqua Blend—Both Pools</td>
</tr>
<tr>
<td>9:00 a.m.</td>
<td>Quilting Group—Activities Center</td>
</tr>
<tr>
<td>10:00 a.m.</td>
<td>Strong Core Healthy Backs—Warm Exercise Pool</td>
</tr>
<tr>
<td>11:00 a.m.</td>
<td>Ai Chi—Warm Pool (30 minutes)</td>
</tr>
<tr>
<td>1:00 p.m.</td>
<td>Duplicate Bridge—Game Room</td>
</tr>
<tr>
<td>1:00 p.m.</td>
<td>Clay Space—Activities Center</td>
</tr>
<tr>
<td>1:30 p.m.</td>
<td>Care Partners Meeting—Barclay Meeting Room</td>
</tr>
<tr>
<td>1:30 p.m.</td>
<td>B &amp; B Class: Balance and Bands Kick Start—Aerobics Room</td>
</tr>
<tr>
<td>2:30 p.m.</td>
<td><strong>BCCC Class - Presidential Impeachment</strong>—Resident Conference Room</td>
</tr>
<tr>
<td>2:30 p.m.</td>
<td>Parkinson’s Group—Barclay Meeting Room</td>
</tr>
<tr>
<td>2:30 p.m.</td>
<td>Sunbeam @ Pennswood—Aerobics Room (Closed group)</td>
</tr>
<tr>
<td>4:00 p.m.</td>
<td>The Round-abouts—Aerobics Room</td>
</tr>
<tr>
<td>7:00 p.m.</td>
<td>Movie—Game Room or Barclay Meeting Room</td>
</tr>
</tbody>
</table>

### Tuesday, March 10

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 a.m.</td>
<td>Drum’s Alive—Aerobics Room (sign-up required- arrive 5 minutes early)</td>
</tr>
<tr>
<td>9:00 a.m.</td>
<td>Aqua Blend—Both Pools</td>
</tr>
<tr>
<td>10:00 a.m.</td>
<td>BCCC Class - <em>The Art of Hitchcock</em>—Game Room</td>
</tr>
<tr>
<td>10:00 a.m.</td>
<td>Dance—Aerobics Room</td>
</tr>
<tr>
<td>10:00 a.m.</td>
<td>Strong Core Healthy Backs—Warm Exercise Pool</td>
</tr>
<tr>
<td>10:30 a.m.</td>
<td><strong>Pennswood Book Club</strong>—Resident Conference Room</td>
</tr>
<tr>
<td>11:00 a.m.</td>
<td>Pilates—Aerobics Room (sign-up required)</td>
</tr>
<tr>
<td>1:00 p.m.</td>
<td>Silver Strong Class—Aerobics Room</td>
</tr>
<tr>
<td>1:30 p.m.</td>
<td>Sit and Stretch—Barclay Meeting Room</td>
</tr>
<tr>
<td>2:00 p.m.</td>
<td><strong>TED Talk Tuesday</strong>—Game Room</td>
</tr>
<tr>
<td>2:30 p.m.</td>
<td>Chair Yoga—Aerobics Room</td>
</tr>
<tr>
<td>7:15 p.m.</td>
<td><strong>Concert</strong>—Main Dining Room</td>
</tr>
</tbody>
</table>

### Wednesday, March 11

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30 a.m.</td>
<td>Fireside Chat—Penn Hall Lounge</td>
</tr>
<tr>
<td>8:30 a.m.</td>
<td><strong>Spring Book Sale Opens</strong>—Activities Center</td>
</tr>
<tr>
<td>8:45 a.m.</td>
<td>ABC’S Class Aerobics, Balance, Coordination, Strength—Aerobics Room</td>
</tr>
<tr>
<td>9:00 a.m.</td>
<td>Aqua Blend—Both Pools</td>
</tr>
<tr>
<td>10:00 a.m.</td>
<td>Arthritis—Warm Exercise Pool</td>
</tr>
<tr>
<td>10:00 a.m.</td>
<td>Clay Space—Activities Center</td>
</tr>
<tr>
<td>10:00 a.m.</td>
<td><strong>BCCC Class - Introduction to Drawing</strong>—Activities Center</td>
</tr>
<tr>
<td>10:30 a.m.</td>
<td>B &amp; B Class: Balance &amp; Bands Progressive (testing required)—Aerobics Room</td>
</tr>
<tr>
<td>11:15 a.m.</td>
<td>Tai Chi—Passmore Aerobics Room</td>
</tr>
<tr>
<td>1:00 p.m.</td>
<td>Artists Without Boarders (But With Friends)—Activities Center</td>
</tr>
<tr>
<td>1:15 p.m.</td>
<td>Volleyball—Lap Pool</td>
</tr>
<tr>
<td>1:30 p.m.</td>
<td>B &amp; B Class: Balance and Bands Kick Start—Aerobics Room</td>
</tr>
<tr>
<td>2:00 p.m.</td>
<td>Budget Presentation—Game Room</td>
</tr>
<tr>
<td>2:30 p.m.</td>
<td>Restorative Yoga March Session (sign-up required) —Aerobics Room</td>
</tr>
<tr>
<td>5:15 p.m.</td>
<td><strong>News Table</strong>—Main Dining Room</td>
</tr>
<tr>
<td>7:00 p.m.</td>
<td><strong>Spring Book Sale Closes</strong>—Activities Center</td>
</tr>
</tbody>
</table>
### Weekly Activities

#### Thursday, March 12

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30 a.m.</td>
<td><a href="#">Spring Book Sale Opens</a>—Activities Center</td>
</tr>
<tr>
<td>9:00 a.m.</td>
<td>Drum’s Alive—Aerobics Room (sign-up required- arrive 5 minutes early)</td>
</tr>
<tr>
<td>9:00 a.m.</td>
<td>Aqua Blend—Both Pools</td>
</tr>
<tr>
<td>10:00 a.m.</td>
<td>Bereavement Group—The Barclay</td>
</tr>
<tr>
<td>10:00 a.m.</td>
<td>Strong Core Healthy Backs—Warm Exercise Pool</td>
</tr>
<tr>
<td>11:00 a.m.</td>
<td>Science Times—Game Room</td>
</tr>
<tr>
<td>11:00 a.m.</td>
<td>Pilates—Aerobics Room</td>
</tr>
<tr>
<td>12:00 p.m.</td>
<td><a href="#">Spring Book Sale Closes</a>—Activities Center</td>
</tr>
<tr>
<td>1:00 p.m.</td>
<td>Silver Strong Class—Aerobics Room</td>
</tr>
<tr>
<td>2:30 p.m.</td>
<td>Sunbeam @ Pennswood—Aerobics Room (Closed group)</td>
</tr>
<tr>
<td>7:00 p.m.</td>
<td>EarthCare Committee Presentation—Game Room</td>
</tr>
</tbody>
</table>

#### Friday, March 13

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:45 a.m.</td>
<td>ABC’S Class, Aerobics,Balance,Coordination, Strength—Aerobics Room</td>
</tr>
<tr>
<td>9:00 a.m.</td>
<td>Aqua Blend—Both Pools</td>
</tr>
<tr>
<td>10:00 a.m.</td>
<td>Ai Chi—Warm Pool</td>
</tr>
<tr>
<td>10:00 a.m.</td>
<td>Clay Space—Activities Center</td>
</tr>
<tr>
<td>10:30 a.m.</td>
<td>B &amp; B Class: Balance &amp; Bands Progressive (testing required)—Aerobics Room</td>
</tr>
<tr>
<td>11:00 a.m.</td>
<td><a href="#">NFS Dinosaur Presentation</a>—Main Lobby</td>
</tr>
<tr>
<td>11:00 a.m.</td>
<td>Pennswood Singers—Barclay Meeting Room</td>
</tr>
<tr>
<td>11:15 a.m.</td>
<td>B &amp; B Class: Balance and Bands Kick Start—Aerobics Room</td>
</tr>
<tr>
<td>1:30 p.m.</td>
<td>Chair Chi—Aerobics Room</td>
</tr>
<tr>
<td>1:30 p.m.</td>
<td>Joyful Hearts—Barclay Meeting Room</td>
</tr>
<tr>
<td>2:30 p.m.</td>
<td>Yoga—Aerobics Room</td>
</tr>
<tr>
<td>4:00 p.m.</td>
<td>Poetry Buffs—Resident Conference Room</td>
</tr>
<tr>
<td>7:00 p.m.</td>
<td>Movie—Game Room or Barclay Meeting Room</td>
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</tbody>
</table>

#### Saturday, March 14

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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</thead>
<tbody>
<tr>
<td>9:00 a.m.</td>
<td>Aqua Blend—Both Pools</td>
</tr>
<tr>
<td>9:30 a.m.</td>
<td>Zumba Gold—Aerobics Room</td>
</tr>
<tr>
<td>9:30 a.m.</td>
<td><a href="#">Science Times</a>—Game Room</td>
</tr>
<tr>
<td>10:00 a.m.</td>
<td>Volleyball—Lap Pool</td>
</tr>
<tr>
<td>11:15 a.m.</td>
<td>Strong Core - Healthy Back—Warm Pool</td>
</tr>
<tr>
<td>7:00 p.m.</td>
<td>Movie—Game Room or Barclay Meeting Room</td>
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<tr>
<td>Day</td>
<td>Breakfast</td>
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<tr>
<td>SUNDAY</td>
<td><strong>3/8</strong></td>
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<tr>
<td></td>
<td><strong>Breakfast</strong></td>
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<td>• Home Fries</td>
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<td>• Sausage</td>
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<td></td>
<td>• Spicy Turkey Meat</td>
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<td></td>
<td>• Grilled Turkey</td>
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<td>• Café Pancakes</td>
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<td>• Café Pancakes</td>
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<td></td>
<td><strong>Lunch</strong></td>
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<td>• Home Fries</td>
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<td>• Café Pancakes</td>
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<td>• Café Pancakes</td>
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<tr>
<td>MONDAY</td>
<td><strong>3/9</strong></td>
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<tr>
<td></td>
<td><strong>Breakfast</strong></td>
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<td></td>
<td>• French Toast</td>
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<td></td>
<td>• Bacon</td>
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<td></td>
<td>• Café Pancakes</td>
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<td>• Café Pancakes</td>
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<td></td>
<td><strong>Lunch</strong></td>
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<td>• Home Fries</td>
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<td>• Grilled Turkey</td>
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<td>• Café Pancakes</td>
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<td>• Café Pancakes</td>
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<tr>
<td>TUESDAY</td>
<td><strong>3/10</strong></td>
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<tr>
<td></td>
<td><strong>Breakfast</strong></td>
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<td>• Home Fries</td>
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<td>• Sausage</td>
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Tornado Safety Tips

With the spring weather approaching, we thought you might find this following information helpful. This information is not necessarily Pennswood specific, but your safety extends beyond Pennswood’s perimeter. This information is being provided to help prepare you in the event of a Tornado. Tornados are sudden events that happen with little time to prepare after a Warning has been issued. Knowing these tips beforehand could save your life in a real emergency.

The National Weather Service defines a Tornado as “A violently rotating column of air touching the ground, usually attached to the base of a thunderstorm.”

Know the difference:

A tornado WATCH means a tornado is possible. A tornado WARNING means a tornado is already occurring or will occur soon.

During a Tornado WATCH

- Listen to local area radio, NOAA radio or TV stations for the latest information and updates. Follow all staff instruction which could be communicated via Mass Notification, Fire Alarm System, Community Channel 1970 or on the Community App.
- Watch for tornado danger signs: dark, often greenish clouds – a phenomenon caused by hail; wall cloud – an isolated lowering of the base of a thunderstorm; cloud of debris.
- Move or secure any of the items on your list of items to bring inside or anything else that can be picked up by the wind.
- Bring your companion animals indoors and maintain direct control of them.
During a Tornado WARNING

Don’t wait until you see the tornado to act! If you do nothing else move to a safe location. A small, windowless interior room (a closet) or hallway on the lowest level of a sturdy building away from windows is the safest.

If You Are Outdoors

- Seek shelter in the nearest building
- If you cannot quickly walk to a shelter, immediately get into a vehicle and try to drive to the closest sturdy shelter. Remember to buckle your seat belt.
- Stay away from bridge/highway overpasses.
- If strong winds and flying debris occurs while driving, pull over and park, keeping your seat belt on and engine running. Put your head down below the windows, covering your head with your hands and a blanket.

After a Tornado

- Check in with Pennswood staff to let them know that you are safe
- If evacuated, return only when authorities say it is safe to do so
- Continue listening for updates

If you would like to know more about Pennswood’s Emergency Operations Plan and safety procedures please contact Alyssa Singleton at 267-759-1055 or asingleton@pennswood.org

Information was provided by Red Cross Tornado Safety.  [https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/tornado.html](https://www.redcross.org/get-help/how-to-prepare-for-emergencies/types-of-emergencies/tornado.html)