



**FRIDAY, AUGUST 8, 2025**

### **Medication Disposal**

Please bring your old and/or expired medications to Resident Health for proper disposal.

*Heidi Keen, Resident Health*

### **Save the Date**

#### **Fire Side Chat**

**Wednesday, August 20 at**

**3:30 p.m. in Penn Hall**

*Administration*

### **Gazebo Frogs**

**Wednesday, August 13**

**10:30 a.m. to 11:00 a.m.**

**Woolman Enrichment Center**

A program of **Musical Moments** brought to you by the Gazebo Frogs, a fun vocal harmony group of Pennswood residents who love to sing a *cappella* (unaccompanied).

Come and enjoy! Guests are welcome!

*Margaret, Larry Parker & Larry, Gazebo Frogs*



### **Movie Lovers**

#### **Streaming in Penn Hall**

We are presenting four movies that tell the stories of four musicians in various genres.

- \* Amadeus - Mozart - Classic
- \* Ray - Ray Charles - Rhythm & Blues
- \* Walk the Line - Johnny Cash - Country
- \* Sweet Dreams - Patsy Cline - Country/Pop
- **Monday, August 11 at 7:00 p.m.**  
*Amadeus* (1984)
- **Friday, August 15 at 2:00 p.m.**  
*Ray* (2004)
- **Monday, August 18 at 7:00 p.m.**  
*Walk the Line* (2005)
- **Monday, August 25 at 7:00 p.m.**  
*Sweet Dreams* (1985)

Funded by your PVRA

*Mary, Movie Committee*

## TED Talk Tuesday

Tuesday, August 12

at 3:00 p.m.

in the Blue Room

Khanmigo | 60 Minutes

Khanmigo, an AI-powered online tutor, could change the way teachers work and students learn.



Created by Khan Academy, the new technology is being piloted in 266 school districts. "60 Minutes" is the most successful television broadcast program in history. Offering hard-hitting investigative reports, interviews, feature segments and profiles of people in the news, the broadcast began in 1968 and is still a hit, over 50 seasons later, regularly making the Nielsen's Top 10.

**Join us as we watch and then discuss this video.**

**Channel 970 Rebroadcast dates:**

**Wednesday, August 13 at 10:00 a.m.**

**Friday, August 15 at 6:30 p.m.**

### **What are TED talks?**

TED is a nonprofit devoted to spreading ideas, usually in the form of short, powerful talks (18 minutes or less). TED is a global community, welcoming people from every discipline and culture who seek a deeper understanding of the world. TED believes passionately in the power of ideas to change attitudes, lives, and ultimately, the world.

**Questions?** Contact Vicki, or Amy Keiper-Shaw, 215-504-1148 keiper-shaw@pennswood.org.

*Amy Keiper-Shaw, Director of Resident Life*

## Karaoke Night Party with DJ Mike

Wednesday, August 20

5:00 p.m. to 7:00 p.m.

The Bistro

*Margie Hymerling, Culinary Services*

## Sharing Our Journeys

### Travel Art Exhibition Exhibitors

Please don't forget, your items are to be picked up on

**Wednesday, August 13 from 1:00 p.m. to 3:00 p.m.** Thank you.

Funded by your PVRA

*Patrick, SOJ Committee*

## Summer

### Technology Support!

Laith, Mira and Majd, class of 2026 at George School, are coming to Pennswood to offer residents technology tutoring and support.

They will be on campus Mondays, Tuesdays and Fridays, for the month of August, from 10:00 a.m. to 12:00 p.m. Dates and room locations are listed on the sign-up sheet. You must sign up for a time slot, no walk-ins. Tutoring sessions are 30 minutes per session. They can assist with cell phones, tablets, and laptops.

Sign up for a session on the clip-board posted on the George School Bulletin Board (located near the bank).

Questions, contact Sally Marrington, marrington@pennswood.org, 267-759-1068, George School Intergenerational Liaison

## Library Newspapers

It has been reported to the Library Committee and Administration that the *New York Times* often has cut or torn out articles. The newspapers in the Library are for community use, and it is a long standing community tradition to respect that. It is inappropriate to cut or tear articles from the papers. Everyone's cooperation would be appreciated.



*Linda Krause, Administration*

## THIS WEEK'S BIRTHDAYS

AL - 10

HALINA - 10

MARIETTA - 10

NAN - 11

DOROTHY - 11

RHODA - 13

AMELIA - 14

NORM - 14

VICKI - 15

## Do You Love Birds? Do You Love Nature?

You are invited to join our fun group on **Monday, August 18** from 1:00 p.m. to 2:15 p.m. in the Blue Room. Curious residents are always welcome!



Let's have some fun this month! Do birds play? Yes! Do mammals play? Yes! Do fish, reptiles and insects play? Yes! This month, let's see what play looks like in the natural world.

Also, let's hear how our many nest boxes are faring. If time allows, we'll recommend some books to each other and share more of our Wow moments.

As always, let's share our sightings, our curiosity and our excitement. We are all teachers. We are all learners. Bring your stories, poems, questions, suggestions and requests. Learn about our projects. Initiate your own. Add your voice to the voices of the birds.

Funded by your PVRA

*Steve, Pennswood Birders*

## The Copilot Program NEEDS YOU!



The Copilot Program was launched on June 1 and has been extremely comforting to the residents met at the ER by a copilot and rewarding to the copilots, but we need more volunteers to keep the program viable.

To obtain information about becoming a copilot, contact Ronnie (L-211) or Jim Reich (N-05). We will be happy to discuss the program.

Funded by your PVRA

*Ronnie and Jim, Copilots*

## Save the Date

Wellness Lunch and Learn  
Presented by Physical Therapy  
Tuesday, August 26  
12:00 p.m. to 1:00 p.m.  
Fitness Studio

*Janelle Collier, Aquatics and Fitness*

## To my dear friends,

I am deeply grateful for all your love and support. It has meant so much to know that I am surrounded by your compassion and care following the loss of my son Michael.

*Judy, D-212*

## Updated Hallway Painting Schedule

- August 11 - Caton & Newman Ground floor
- August 25 – Jordan & Newman 1<sup>st</sup> floor
- September 1 – Kinsey & Newman 2<sup>nd</sup> floor
- September 15 - Loe



*Bryant Powell, Facilities Director*

## IN MEMORY OF:

Carol

Moved to Pennswood:  
March 15, 2023

**Margaret “Margy”**

Moved to Pennswood:  
October 22, 2003

## save THE SPOOKY DATE

for a

**HALLOWEEN PARTY**

Thursday October 30

7 - 8:30 pm.

Activities Room.

Costumes encouraged.

Music and refreshments.



Funded by your PVRA



Hosted by the Parties & Dances Committee

PENN HALL LOUNGE

**SUMMER  
MARKET**

**AUGUST 14**

11:00AM -  
2:30PM

featuring local produce and  
meats

## Transportation Schedule

**Sunday, August 10—Saturday, August 16**

*All trips on this schedule will depart from the Link Door. Visit the [Activities Module](#) in the Community Apps or contact the Transportation Office to sign-up.*

### **Monday, August 11**

10:00 a.m.—Philadelphia Museum of Art; Philadelphia, PA

### **Tuesday, August 12**

9:00 a.m.—McCaffrey's Shopping Center; Yardley, PA (returns 10:30 a.m.)

10:30 a.m.—McCaffrey's Shopping Center; Yardley, PA (returns 12:00 p.m.)

1:30 p.m.—Shoprite; Yardley, PA (returns 3:45 p.m.)

### **Wednesday, August 13**

9:00 a.m.—Trader Joe's; Princeton, NJ (returns 11:30 a.m.)

1:00 p.m.—Langhorne Library; Langhorne, PA (returns 2:15 p.m.)

1:30 p.m.—Wegman's; Yardley, PA (returns 3:45 p.m.)

6:15 p.m.—Bryn Athyn Cathedral; Bryn Athyn, PA

### **Thursday, August 14**

9:00 a.m.—Summit Shopping Center; Newtown, PA (returns 10:15 a.m.)

10:30 a.m.—Summit Shopping Center; Newtown, PA (returns 11:45 a.m.)

1:00 p.m.—Summit Shopping Center; Newtown, PA (returns 2:15 p.m.)

2:30 p.m.—Summit Shopping Center; Newtown, PA (returns 3:45 p.m.)

### **Friday, August 15**

1:00 p.m.—Costco; Warminster, PA (returns 3:30 p.m.)

## Message From the Trips Committee

**“Sign-Ups” are now taking place for the following:**

To sign-up through the Community Apps, go to the Activities Module and enter a keyword in the search box or contact the Transportation Office.

- Philadelphia Orchestra
- Princeton Pro Música
- Philadelphia Chamber
- Lenape Chamber
- Princeton University Chapel
- Bristol Riverside Theater
- Philadelphia Music Mountain Theatre
- Taste Buds

### **Important**

- Registration will open at noon on day of trip publication.
- Do not buy your tickets until there are six signees.
- To sign-up for ALL trips, visit the Community Apps or the Transportation Office. No emails or voice mails will be accepted.
- Upon the receipt of the Trip Confirmation, you are responsible for ALL charges associated with the trip.

# Fitness Classes - Week of August 11, 2025

| MONDAY                                                                                                                                                                                                                                                                             | TUESDAY                                                                                                                                                                                                                                                                                  | WEDNESDAY                                                                                                                                                                                                                                                                                       | THURSDAY                                                                                                                                                                                                                                                                                 | FRIDAY                                                                                                                                                                                                                                                                                            | WEEKEND                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                                                                                                                                                    |                                                                                                                                                                                                                                                                                          | 8:00 am<br>Balance Class<br>Studio<br>       |                                                                                                                                                                                                                                                                                          | 8:00 am<br>Balance Class<br>Studio<br>   |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| 9:00 am<br>HIIT<br>Studio<br>   |                                                                                                                                                                                                                                                                                          | 9:00 am<br>Step and Strength<br>Studio<br>   |                                                                                                                                                                                                                                                                                          | 9:00 am<br>Circuits<br>Studio<br>        | Sunday 1:15 pm<br>Yoga Mat<br>Studio<br>                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
|                                                                                                                                                                                                                                                                                    | 9:30 am<br>Aqua Fit<br>Lap Pool<br>   |                                                                                                                                                                                                                                                                                                 | 9:30 am<br>Aqua Fit<br>Lap Pool<br>   |                                                                                                                                                                                                                                                                                                   | Sunday 2:30pm<br>Chair Yoga<br>Barclay<br>                                                                                                                                                                                                                                                                                                                                                                                                                                                      |
| 10:00 am<br>PWR Moves<br>Studio<br>                                                                                                                                                             | 10:00 am<br>Silver Strong<br>Studio<br>                                                                            | 10:00 am<br>Bands & Balance<br>Studio<br>                                                                                 | 10:00 am<br>Silver Strong<br>Studio<br>                                                                            | 10:00 am<br>Bands & Balance<br>Studio<br>                                                                               | NOTES                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
|                                                                                                                                                                                                                                                                                    | 11:00 am<br>Stretch & Strength<br>Therapy Pool<br>                                                                                                                                                    |                                                                                                                                                                                                                                                                                                 | 11:00 am<br>Stretch & Strength<br>Therapy Pool<br>                                                                                                                                                    |                                                                                                                                                                                                                                                                                                   | Class Intensity<br> = low<br>  = medium<br>   = high |
| 11:00 am<br>Drums Alive<br>Studio<br>                                                                                                                                                           | 11:00 am<br>Pilates<br>Studio<br>                                                                                  | 11:00 am<br>Beginner Tai Chi<br>Studio<br>                                                                                                                                                                   | 11:00 am<br>Pilates<br>Studio<br>                                                                                  | 11:00 am<br>Chair Yoga<br>Studio<br>                                                                                                                                                                         | Class Type<br> Green = Land<br> Blue = Pool                                                                                                                                                                                                                                                                                                                                                              |
| 1:15 pm<br>PD Power & Boxing<br>Studio<br>                                                                                                                                                      | 1:30 pm<br>Standing Yoga Asanas<br>Studio<br>                                                                      |                                                                                                                                                                                                                                                                                                 | 1:30 pm<br>Yoga Mat<br>Studio<br>                                                                                  | 1:15 pm<br>PD Power & Boxing<br>Studio<br>                                                                                                                                                                   | <u>Pool Hours:</u><br>Mon-Thurs<br>7am-12pm, 1-7pm<br>Fri<br>7am-12pm, 1-5pm<br>Sat<br>7am-12pm<br>Sun<br>1-4pm                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| 2:30 pm<br>Barre<br>Studio<br>                                                                               | 2:30 pm<br>Restorative Yoga<br>Studio<br>                                                                                                                                                             | 2:30 pm<br>Barre<br>Studio<br>                                                                                            | 2:30 pm<br>PWR Moves<br>Studio<br>                                                                                                                                                                    | 2:30 pm<br>Barre<br>Studio<br>                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |

# THE MOVIE COMMITTEE PRESENTS

# MOVIES ON CHANNEL 970



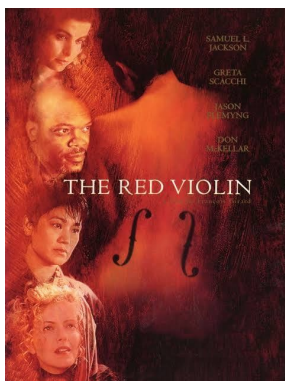
**Sunday, August 10  
at 2:00 p.m.**

*The Red Violin* (1998)

**Length:** 2 hours 11 minutes

**Starring:** Samuel L. Jackson, Greta Scacchi, Jason Fletmyng, Don McKellar, Carlo Cecchi

A red-colored violin inspires passion, making its way through three centuries over several owners and countries, and eventually ending up at an auction where it may find a new owner.



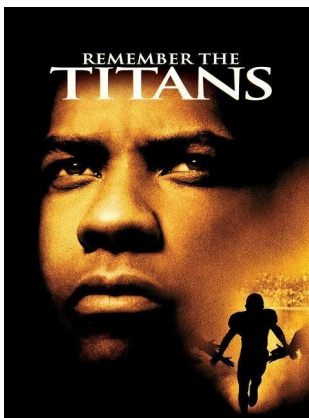
**Friday, August 15  
at 7:30 p.m.**

*Remember the Titans* (2000)

**Length** 1 hour and 54 minutes

**Starring:** Denzel Washington, Will Patton, Wood Harris, Ryan Hurst, Donald Faison

In 1971, Virginia high-school football was everything to the people of Alexandria, but when the school board was forced to integrate an all-Black school with an all-white one, the foundation of football's tradition was put to the test.



**Saturday, August 16  
at 7:30 p.m.**

*A River Runs Through It* (1992)

**Length:** 2 hours and 3 minutes

**Starring:** Craig Sheffer, Brad Pitt, Tom Skerritt, Brenda Blethyn

The Maclean brothers, Paul and Norman, live a relatively idyllic life in rural Montana, spending much of their time fly fishing. The sons of a minister, the boys eventually part company when Norman moves east to attend college, leaving his rebellious brother to find trouble back home.

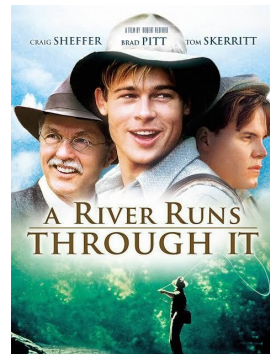


Photo Credit: Jackie





# COMMUNITY CHANNEL

# CHANNEL 970 LISTING

## **Sunday, August 10**

7:00 a.m.—Walking Workout  
8:30 a.m.—Balance, Cardio, and Strength  
9:00 a.m.—Seated Stretch  
9:30 a.m.—Seated Chair  
11:00 a.m.—IWC Broadcast  
12:00 p.m.—Chair Yoga with Christine  
2:00 p.m.— *The Red Violin* (1998)  
3:00 p.m.—Silver Strong  
6:00 p.m.—Seated Tai Chi

## **Monday, August 11**

7:00 a.m.—Walking Workout  
7:50 a.m.—Silver Strong  
8:30 a.m.—Balance, Cardio, and Strength  
9:00 a.m.—Seated Stretch  
9:30 a.m.—Seated Chair  
11:00 a.m.—IWC Rebroadcast  
2:00 p.m.—Dance Workout  
6:00 p.m.—Seated Tai Chi

## **Tuesday, August 12**

11:00 a.m.—IWC Rebroadcast  
12:00 p.m.—Chair Yoga with Christine  
2:00 p.m.—Dance Workout  
3:00 p.m.—Silver Strong  
5:30 p.m.—Water Walking Cardio  
6:00 p.m.—Seated Tai Chi

## **Wednesday, August 13**

7:00 a.m.—Walking Workout  
8:30 a.m.—Balance, Cardio, and Strength  
9:00 a.m.—Seated Stretch  
9:30 a.m.—Seated Chair  
10:00 a.m.—TED Talk Rebroadcast  
12:00 p.m.—Chair Yoga with Christine  
3:00 p.m.—Silver Strong  
6:00 p.m.—Seated Tai Chi

## **Thursday, August 14**

7:00 a.m.—Walking Workout  
8:30 a.m.—Balance, Cardio, and Strength  
9:00 a.m.—Seated Stretch  
9:30 a.m.—Seated Chair  
11:00 a.m.—Exercises for Seniors  
1:30 p.m.—Standing or Seated Tai Chi  
2:00 p.m.—Tone Your Arms  
3:00 p.m.—Silver Strong  
5:30 p.m.—Water Walking Cardio  
6:00 p.m.—Balance Workout

## **Friday, August 15**

7:00 a.m.—Walking Workout  
8:30 a.m.—Balance, Cardio, and Strength  
9:00 a.m.—Seated Stretch  
9:30 a.m.—Seated Chair  
11:00 a.m.—Exercises for Seniors  
2:00 p.m.—Tone Your Arms  
3:00 p.m.—Silver Strong  
6:30 p.m.—TED Talk Rebroadcast  
7:30 p.m.—*Remember The Titans* (2000)

## **Saturday, August 16**

7:00 a.m.—Walking Workout  
8:30 a.m.—Balance, Cardio, and Strength  
9:00 a.m.—Seated Stretch  
9:30 a.m.—Seated Chair  
11:00 a.m.—Exercises for Seniors  
6:00 p.m.—Balance Workout  
7:30 p.m.—*A River Runs Through It* (1992)



# ACTIVITIES IN PERSON & VIRTUAL EVENTS



## Sunday, August 10

11:00 a.m.—Interdenominational Worship—Penn Hall

## Monday, August 11

1:00 p.m.—Duplicate Bridge—Activities Center

2:00 p.m.—Care Partners—Resident Conference Room

7:00 p.m.—Streaming: *Amadeus* (1984)—Penn Hall

## Tuesday, August 12

1:00 p.m.—American Mahjong—Passmore Lounge

1:30 p.m.—Chinese Mahjong—Passmore Lounge

1:00 p.m.—Paint, Pastel, and Paper—Activities Center

3:00 p.m.—TED Talk —Blue Room

## Wednesday, August 13

10:30 a.m.—Gazebo Frogs—Woolman Enrichment Center

1:00 p.m.—Paint, Pastel, and Paper—Activities Center

## Thursday, August 14

10:00 a.m.—Bereavement Group—Blue Room

11:00 a.m.—Science Times—Penn Hall

11:00 a.m. to 2:30 p.m.—Summer Market—Penn Hall Lounge

4:00 p.m.—Quaker Meeting for Worship—N-112

## Friday, August 15

10:00 a.m.—AA Meeting—Resident Conference Room

11:00 a.m.—Pennswood Singers—Penn Hall

2:00 p.m.—Rosary Group—Board Room

2:00 p.m.—Streaming: *Ray* (2004)—Penn Hall

## Saturday, August 16

4:30 p.m.—Sing Along with Lolly—Penn Hall Lounge

# BARCLAY DINNER MENU

Week of  
**August 10 to  
August 16**

Served from  
**4:30 p.m. to  
7:00 p.m.**

## MENU KEY

♥ : Heart Healthy

## SUNDAY

Dinner on Sundays is for  
Barclay Residents.

Monday through Saturday  
Reservations are  
required. Currently  
offering 5:00 p.m. and  
5:45 p.m. seating times.

**Please call the  
Reservation line at  
267-759-1092.**

## MONDAY

Soup: Beef Vegetable (GF) and  
Escarole and Rice (GF)

Fried Oysters

Chicken Milanese

Ground Beef & Potato Casserole

Sides: Fingerling Potatoes,  
White Rice, Broccoli,  
Roasted Plum Tomatoes

## TUESDAY

Soup: Black Forest Mushroom (GF)  
and Wisconsin Cheddar

Parmesan Chicken Cutlets  
Horseradish Cream Sauce

Homemade Lamb Meatballs  
Mint Chutney

Salmon Cake  
Creole Tartar Sauce

Sides: Rustic Sweet Potatoes,  
Carrots, Roasted Cauliflower,  
Green Beans

## WEDNESDAY

Soup: Italian Sausage Tortellini  
and Potato Leek

♥Halibut  
Lemon Caper Sauce

Chateaubriand  
Bearnaise Sauce

White Bean Ratatouille

Sides: Brown Rice Pilaf,  
Carrots Dijon, Sautéed Greens,  
Yellow Squash

## THURSDAY

Soups: Chicken Noodle  
Without Noodles (GF) and  
Cream of Broccoli

♥Chicken Thigh with  
Honey, Olive, Oregano

Pork Tenderloin  
Peruvian Green Sauce

Coconut Lime Shrimp

Sides: Basmati Rice, Corn,  
Swiss Chard, Peas & Mushrooms

## FRIDAY

Soups: Beef Rice (GF) and  
Black Bean (GF)

Homemade Picnic-Style  
Fried Chicken

♥Watermelon BBQ Pork Chops

Jumbo Shrimp Caesar Salad

Sides: Mashed Sweet Potatoes,  
Scalloped Apples, Green Beans,  
Sautéed Kale

## SATURDAY

Soups: Chicken Barley and  
Lobster Bisque

♥Clams Marinara with Linguine

Grilled Shiitake & Tofu Banh Mi

♥Sautéed Sesame Chicken with  
Thai Roasted Vegetables

Sides: Red Bliss Potatoes,  
Linguine in Olive Oil, Broccoli,  
Black Eyed Peas