



FRIDAY, AUGUST 29, 2025

Labor Day Dining Schedule

Breakfast

The Bistro 8:00 a.m. to 10:00 a.m.

The Barclay 8:30 a.m. to 9:30 a.m.

Seasons: Closed

Lunch

Holiday Buffet 11:30 a.m. to 2:00 p.m.
in Seasons

Dinner:

All Dining Venues Closed

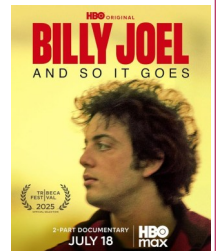
Streaming in Penn Hall

Friday, September 5 at 2:00 p.m.

Billy Joel: And So It Goes: Part Two (2025)

2 hours and 25 minutes

Through countless setbacks, Billy Joel reinvents himself with a return to his classical roots and a historic residency at Madison Square Garden.



Funded by your PVRA

Mary, Movie Committee

“A Taste of Clay”

**Tuesday, September 9
10:00 a.m. to noon**

Clay Space in the Activities Center

A two-hour workshop, no experience is necessary, no tools needed.

The Clay Space is offering an opportunity for residents to try their hand at working in clay. The workshop will be limited to 10 people. A signup sheet will be posted on the bulletin board across from the mailroom on Wednesday morning, September 3.

Funded by your PVRA

Clay Space

Formal Community Meeting

**Tuesday, September 9 at 9:00 a.m.
in Penn Hall**

Agenda:

1. Administration/Board Updates
2. PVRA Updates
3. Free Discussion

This meeting will be live-streamed on Channel 970.

For those who cannot attend it will be rebroadcast the following times on Channel 970:

**Wednesday, September 10 at 4:15 p.m.
Friday, September 12 at 10:00 a.m.**

Administration

Holy Communion

Thursday, September 4

10:30 a.m. in the Blue Room

A service from the Book of Common Prayer of the Episcopal Church.

All are welcome!

Submitted by Raymond, N-13

Live Music: Tanglewood

Wednesday, September 10

4:30 p.m. to 6:00 p.m.

The Bistro

Margie Hymerling, Culinary Services

Coming soon to the
PENNSWOOD ART GALLERY
The contemporary works of
Pia DeGirolamo

September 7 - November 2

“At Home and Abroad: An Exploration of
Distant Vistas and Daily Views as
Landscapes of Belonging”

At Home and Abroad presents a series of acrylic paintings that explore the contrast between faraway landscapes and familiar surroundings, executed in bold, colorful style.



Opening Celebration: Sunday, Sept. 7

Artist's Talk: 2:00 p.m. to 3:00 p.m.

Reception: 3:00 p.m. to 4:00 p.m.

Funded by your PVRA

Carol , Pennswood Art Gallery Committee

Transition Talk

Transition Talk is normally scheduled on the first and third Monday of the month, but we will not meet on **Monday, Sept. 1**, because of the Labor Day Holiday.

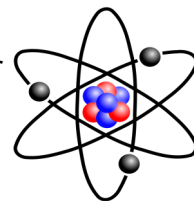
Our next meeting will be on **Monday, September 15 at 4:00 p.m. in Penn Hall.**

Note: Suggestions for new topics are always welcome!

*Jude and Carole,
Transition Talk*

Science! Science! Science!

Please join us on Thursdays at 11:00 a.m. in Penn Hall for informal and relaxed discussions of science topics making the news.



Subjects are drawn from the *Science Times* section of the *New York Times* and from participant suggestions from various sources. No preparation, prior experience or special scientific literacy is required.

Stories focus on new scientific ideas, the profession of science, and the place of science in society. This activity has been ongoing at Pennswood since 2008.

Come add your voice to our lively conversations. All are welcomed.

Jim, Science Times



Sharing Our Journeys



Save the Date

Ron and Marilyn
Exploring Scotland's Islands

Wednesday, September 10 at 7:15pm
in Penn Hall



Funded by your PVRA

Think Fall, Think School: Volunteer with Council Rock School District

Do you like giving your time and talent to young people in elementary, middle, or senior high school?

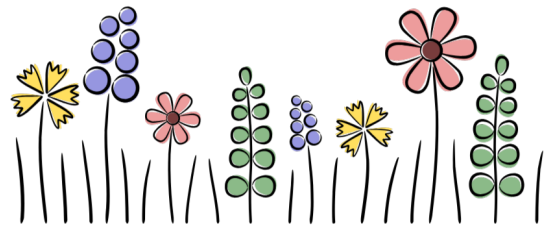
Can you tutor or assist in art, reading, writing, instrumental music, chorus, science, history, woodshop, photography, mathematics, finance, forensics or any other subject? Can you devote two or three hours once or twice a week? Then consider joining S.A.G.E. (Senior Adults for Greater Education).

Here is your chance to give back to those teachers who devoted their lives to educating young people, the same young people who will come after us and take our places. You may find a school close by to Pennswood and a teacher who will become your friend.

Think about this invitation for the fall. If you wish to consider this opportunity, visit www.beasage.org. You may also contact Kathy Reeves to set up a time to chat at Kathy@beasage.org or 215-357-2332. You need not have ever taught in the past.

Cut this reminder out. You may want to reconsider in the fall.

Nick, S.A.G.E. Volunteer



AA Meeting

Fridays at 10:00 a.m.

Resident Conference Room

If you have any questions, you can confidentially contact a recovering alcoholic who understands and wants to help:
aacanhelpp@gmail.com

Amy Keiper-Shaw, for AA

Living with Dementia and Other Health Challenges

**Tuesday, September 2
at 4:00 p.m.**

Resident Conference Room

We are a small resident-led group that meets Tuesdays to discuss living with dementia and other health challenges.

Submitted by Brad, F-109

Save the Date

Giant Pharmacy is coming to Pennswood Village

Friday, October 10

Flu Vaccine Clinic

9:00 a.m. - 2:00 p.m. in Penn Hall

Friday, October 24

COVID, RSV, and Shingrix Vaccine Clinic

9:00 a.m. - 2:00 p.m. in Penn Hall



Heidi Keen, Resident Health

A Musical Excursion Into Four Centuries

At her Penn Hall concert this coming September 9, Amy Yang will offer a musical tour which includes 18th, 19th, 20th and 21st Century compositions.

The performance will begin with three short tuneful and cheerful numbers by Jean Philippe Rameau. Let us listen to the piano sounding like birds as Amy Yang performs *Le rappel des oiseaux*, the second of these three delightful 18th century numbers. Between each Rameau number, Amy Yang will play a short piece written especially for her by contemporary composer Tessa Lark.

We will then leap into the 20th Century with a performance of Hungarian composer György Kurtág's *Játékok 1*. "Jatekok" means "games" in Hungarian, and game Number 1, which Amy Yang will perform, consists of a series of glissandos, exhibiting the composer's characteristic simplicity of concept.

Following this brief very modern piece, Amy Yang will offer a performance of Johann Sebastian Bach's *Toccatà in D Minor, BWV 913*, originally composed for the harpsichord. The word "toccata" derives from the Italian word for "touch," and a toccata is usually a piece which is relatively free in form and which showcases the performer's skill and dexterity.

The concert **will** conclude with Robert Schumann's magisterial Piano Sonata Number 3 in F Minor, Opus 14. Dubbed a "concerto without an orchestra" by Schumann's publisher, the work was premiered by Johannes Brahms and championed by Franz Liszt. We will want especially to note the third movement, a set of variations based on a melody composed by Clara Wieck Schumann.

Please join us for this excursion into the music of four centuries: **Penn Hall at 7:15 p.m. on Tuesday, September 9, 2025**

Funded by your PVRA

Dan, Concerts Committee



Thank You

I am overwhelmed by the outpouring of love on my 80th birthday. Thank you

Ronnie, L-211

TED Talk Tuesday

Tuesday, September 9

at 3:00 p.m.

in the Blue Room

How shocking events can spark positive change | Naomi Klein

Things are pretty shocking out there right now -- record-breaking storms, deadly terror attacks, thousands of migrants



disappearing beneath the waves and openly supremacist movements rising. Are we responding with the urgency that these overlapping crises demand from us? Journalist and activist Naomi Klein studies how governments use large-scale shocks to push societies backward.

Join us as we watch and then discuss this video.

Channel 970 Rebroadcast dates:

Wednesday, Sept. 10 at 10:00 a.m.

Friday, Sept. 12 at 6:30 p.m.

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

*Amy Keiper-Shaw,
Director of Resident Life*

Memorial Service

A memorial service for Margy will be held on Saturday, September 27, at 1:00 p.m. at Pennington Presbyterian Church, 13 S. Main Street, Pennington, NJ.

All are welcome to attend.

Carol Hummer, Health Services

LA MESA ESPAÑOLA

Join our fun group on the first Friday of every month from 4:00 p.m.—4:45 p.m. in the Resident Conference Room for fellowship and light conversation in Español. Come to join in or just to listen. All levels are welcome.



Steve, Spanish Table

THIS WEEK'S BIRTHDAYS

BOB - 31

ED - 31

ANNE - 31

BARBARA - 1

RUBY - 2

MIRIAM - 2

JACK - 3

DAN - 3

BEN - 4

CATHY - 6

Historic FairHill Book Drive September 8 - 30

New and gently used books are needed
for preschool through 8th grade.

All books are welcome.

Mirrors and Windows. Books featuring children of color and bilingual books provide validation and belonging for children of color by allowing them to see themselves as main characters, while offering a window to understanding by other children who develop empathy learning about different cultures.

Why donate books to Historic FairHill?

Historic FairHill provides resources for early literacy, providing staffing & operation of four elementary school libraries, including six classroom literacy assistants. These assistants are bilingual parents hired from the school community to support literacy in classrooms five days a week. Many other literacy programs are provided. For more information, go to www.historicfairhill.com/early-literacy/

PA Literacy Coalition

(www.paliteracy.org) tells us: Every child deserves to learn how to read and write. Every educator deserves the tools to teach them.

- 33% of Pennsylvania fourth graders are proficient readers.
- 16% of Black and 16% of Hispanic students are proficient readers.

Please drop off books outside the PVRA Office on the lower level, across from the Salon. Questions? Contact Betty.

Submitted by Betty, K-112



Hey! Did you leave me home?

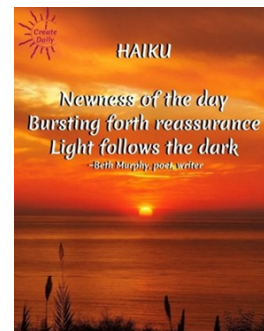
If you did, that's okay! Just make sure you bring your reusable container back and return it to a Re:Dish bin.

Celebrate Sun Day! Write a Haiku About Our Amazing Sun

A haiku is a short, concise poem. It typically has a 5-7-5 syllable pattern across three lines.

Writing haikus is fun, inspiring, and easy.

The EarthCare Committee is offering a writing haiku workshop on **Friday, September 12, 3:30 - 4:30 p.m.**, in the **Resident Gallery**. We'll show you examples of haiku as well as photographs of the sun to inspire your efforts.



Haikus from the workshop as well as those written on your own will be displayed on a later date for all to see.

Please submit your haiku (s) to Jude and Mary by **Wednesday, September 17**. You can also contact them for more information.

Funded by your PVRA

Mary, EarthCare Committee

Falsettos

Sunday, October 26

Arden Theatre

Hilarious, heartbreaking, and utterly unique, *Falsettos* is a contemporary musical set at the beginning of the AIDS epidemic, exploring love and its consequences. *Falsettos* is a tribute to the messy and beautiful connections that hold us together—through baseball games, bar mitzvahs, and the unexpected twists of life.

Depart from the Link Door at 12:30 p.m. for the 2:00 p.m. performance in Philadelphia.

Ticket (pre-purchased by Pennswood) and transportation cost of \$57 will be billed to your monthly statement.

Trips Committee

Have you been to a Farminary? Do you know what a Farminary is?

The Trips Committee and Abrahamic Initiative Committees are planning to take you to the Princeton Theological Seminary where the Farminary celebrates its tenth anniversary.

The Farminary is located on a 21-acre sustainable farm where students and community members engage in regenerative agriculture as a context for theological reflection.

Over the last decade, the Farminary has also become a gathering ground for neighbors, theologians, artists, and seekers of all ages. It is a sacred space for learning, healing, and belonging. It's a place where the rhythms of the land shape our understanding of God, community and calling.

Nancy and Diane, Trips and Abrahamic Initiative Committees

Pennswood Presents: *Cinema Paradiso* at the Newtown Theatre

Monday, September 29

Join us at the historic Newtown Theatre—America's oldest continuously operating movie theater—for an exclusive private screening of the classic *Cinema Paradiso*. Dating back to the 1830s, the theatre has long been a gathering place for music, drama, and moments of social change. From hosting abolitionist leaders like Lucretia Mott and Frederick Douglass to screening early newsreel footage of the 1906 San Francisco earthquake, this venue is a living testament to the power of storytelling.

We have partnered with the fully renovated and accessible Newtown Theatre to show *Cinema Paradiso*, a tribute to the magic of movies and the people who bring them to life.

Doors to open at 12:15 p.m. with a 1:00 p.m. start time. The Concession Stand will be open during the movie which will end around 3:15 p.m.

The \$6 admission fee will be billed to your monthly statement.

If you require transportation, please sign up on the Community Apps for the shuttle which will start at 12:00 p.m. If you have your own transportation, sign up for the event to help us get an accurate headcount and ensure there are enough seats for everyone at the theatre.

Trips Committee

TRANSPORTATION TRIPS COMMITTEE AND SCHEDULE



Transportation Schedule

Sunday, August 31—Saturday, September 6

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.

Tuesday, September 2

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, September 3

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.)

Thursday, September 4

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, September 5

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
- Music Mountain Theatre
- Morris Arboretum & Gardens
- Newtown Theatre
- Arden Theatre

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 September 1, 2025

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

THE MOVIE COMMITTEE PRESENTS

MOVIES ON CHANNEL 970



**Sunday, August 31
at 2:00 p.m.**

Queen of the Desert (2015)
Length: 2 hours and 8 minutes
Starring: Nicole Kidman,
James Franco, Robert
Pattinson, Damian Lewis

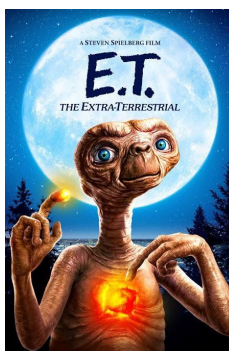
A chronicle of Gertrude Bell's life: a traveler, writer, archaeologist, explorer, cartographer, and political attaché for the British Empire at the dawn of the twentieth century.



**Friday, September 5
at 7:30 p.m.**

E.T. the Extra-Terrestrial (1982)
Length 1 hour and 55 minutes
Starring: Dee Wallace, Henry
Thomas, Peter Coyote, Drew
Barrymore, C. Thomas Howell

After a gentle alien becomes stranded on Earth, he is discovered and befriended by a 10-year old boy named Elliott.



Bringing him into his suburban California house, Elliott introduces E.T., as he is dubbed, to his brother, Michael, and sister, Gertie, and they decide to keep his existence a secret. Soon, however, E.T. falls ill, resulting in government intervention and a dire situation.

**Saturday, September 6
at 7:30 p.m.**

Rambling Rose (1991)
Length: 1 hour and 55 minutes
Starring: Robert Duvall, Laura
Dern, Diane Ladd, Lukas Haas

During the Great Depression, a Southern family hires the domestic services of Rose, a damaged woman who hopes to avoid prostitution as a way of life. While in the employ of the household, Rose begins to develop feelings for the father of the family, who must continually rebuff her unwanted sexual advances. Meanwhile, Rose also develops a relationship with the 13-year-old son, Buddy. Eventually, the father begins to reach the limits of his tolerance.

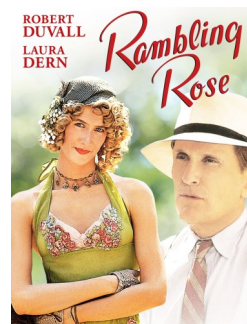


Photo Credit: Yoma





Sunday, August 31

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.— *Queen of the Desert* (2015)
3:00 p.m.—Silver Strong
6:00 p.m.—Seated Tai Chi

Monday, September 1

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, September 2

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, September 3

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
12:00 p.m.—Chair Yoga with Christine
3:00 p.m.—Silver Strong
6:00 p.m.—Seated Tai Chi

Thursday, September 4

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, September 5

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
7:30 p.m.—*E.T. The Extra-Terrestrial* (1982)

Saturday, September 6

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.—*Rambling Rose* (1991)



Photo (s) Credit: Jackie

Sunday, August 31

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

Monday, September 1

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

Tuesday, September 2

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

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

4:00 p.m.—Dementia Support Group—Resident Conference Room

Wednesday, September 3

10:00 a.m.—Pennswood Chorale—Penn Hall

Thursday, September 4

10:30 a.m.—Episcopal Communion Service—Blue Room

11:00 a.m.—Science Times—Penn Hall

2:15 p.m.—Catholic Communion Service—Board Room

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

Friday, September 5

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: *Billy Joel: And So It Goes: Part 2* (2025)—Penn Hall

4:00 p.m.—Spanish Table—Resident Conference Room

Saturday, September 6

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

BARCLAY DINNER MENU

Week of
**August 31 to
September 6**

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.**

TUESDAY

Soup: Minestrone and
Portuguese Caldo Verde (GF)

♥Grilled Barbecued Chicken Thigh
Summer Corn Salsa

Cioppino Style Seafood Stew

Creamy Mushroom & Roast
Vegetable Stroganoff

Sides: Egg Noodles, Broccoli,
Stewed Tomatoes,
Sautéed Eggplant

MONDAY

Labor Day

**All Areas Closed
for the Holiday**

WEDNESDAY

Soup: Beef Vegetable (GF) and
Cold Strawberry (GF)

Lamb Chops

Olive Oil & Garlic Cheese Ravioli

Fried Shrimp

Sides: Roasted Garlic & Thyme
Mashed Potatoes, Green Beans,
Carrots, Asparagus

THURSDAY

Soups: Spinach Egg Drop (GF)
and Mulligatawny (GF)

Oscar-Style Wild Coho Salmon

Kassler Smoked Pork Chops
with Kraut

Stuffed Cabbage

Sides: Roasted New Potatoes,
Collard Greens, Harvard Beets,
Peas

FRIDAY

Soups: Wonton and
Broccoli-Cheddar Cheese

Vietnamese Salad with Scallops

Tod Mun Gai (Thai Chicken Cake)
Cucumber Relish

Veal Marsala Stew

Sides: Brown Rice, Roasted
Parsnips, Roast Plum Tomatoes,
Asparagus

SATURDAY

Soups: Chicken Leek (GF) and
Sweet Potato and Jalapeno (GF)

♥Grilled Swordfish

Jack Daniel's Chicken Thigh

Grilled Eggplant
Mediterranean Tapenade

Sides: Herbed Farro, Zucchini,
Broccoli Rabe en olio, Carrots