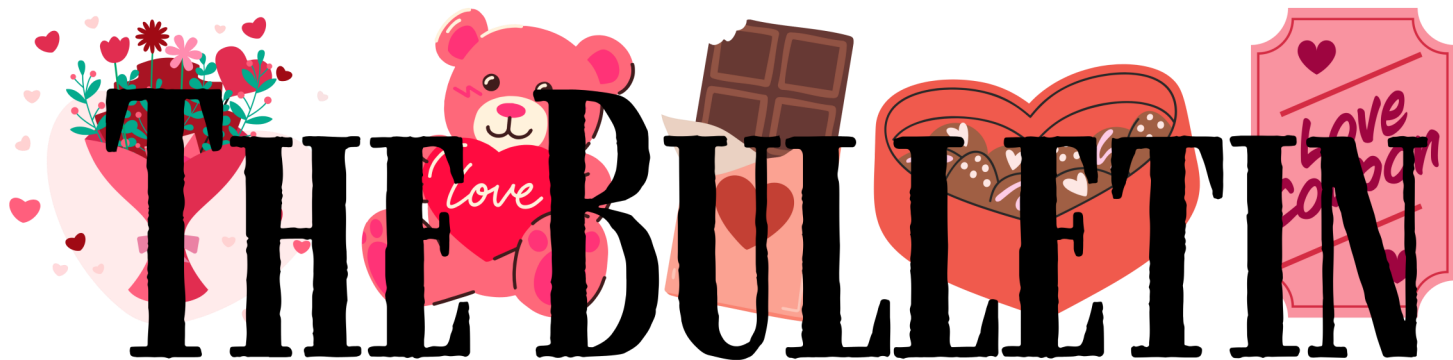




THE BULLETIN

FRIDAY, FEBRUARY 13, 2026

Fire Side Chat

Wednesday, February 18 at

3:30 p.m. in Penn Hall

Connor Donaghy, Administration

Ash Wednesday

Wednesday, February 18

2:00 p.m. in Penn Hall

Ashes will be distributed by St. Andrew's Catholic Church, located in Newtown, PA.

TJ Tignor, Woolman Activities Manager

Cognitive Fitness Club

Join us for Pennswood's new Cognitive Fitness Club, now meeting bi-weekly on Mondays. Led by Speech Therapist, Nichole Coyne, this engaging group helps keep your mind sharp through activities focused on problem-solving, memory, reasoning, and cognitive flexibility.

Our next meeting: Monday, February 16 at 1:00 p.m. in Penn Hall

Nichole Coyne, Therapy at Pennswood

Flea Market Sale

Wednesday, Feb. 18, 2026

9:00 a.m.—1:00 p.m.

Activities Center & Market Room

Table of Spring items!

Reminders:

- Cash and checks only.
- NO donations Sunday, Feb. 15, through Wednesday, Feb. 18.
- NO mobility devices in the Market Room.
- NO pets.



Carolmarie, Flea Market

Door Locking Test

On Monday, February 16 at approximately 11:30 a.m., our Facilities Department will be running a test on our electronic apartment door locking system.

The test will take approximately fifteen minutes. Staff will be checking doors. Residents do not need to take any action.

If you have any questions or concerns, please contact Facilities.

Bryant Powell, Facilities Director

Robert Burns Night

Rebroadcast on Channel 970:

Monday, February 16 at 7:30 p.m.

Tuesday, February 17 at 4:15 p.m.

Also available on the Community Apps
under the "Videos on Demand" module.

Funded by your PVRA

Ron, Robbie Burns Night

OWLS

(Older, Wiser, Luckier Seniors)

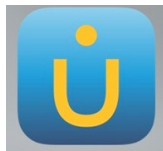
Topic: "Celebrating Our Pets"

Tuesday, February 17

4:00 p.m. in the Blue Room

Everyone is welcome.

Submitted by Brad, F-109



Help Using Community Apps

Friday, February 27

12:30 p.m. in the Blue Room

The Community Apps is so much more than phone directories. Learn how to check the status of your maintenance request, easily call a fellow resident, find past issues of The Bulletin and *Village Voices*, and much more. Come learn more about our online application for so many things at Pennswood.

On Friday, February 27, at 12:30 p.m. in the Blue Room, Marcia will demonstrate hidden features, show you tips and tricks, and answer your questions. Beginner or long-time user, you'll find something you didn't know about. If you don't already have Community Apps on your device, contact Connor Donaghy at donaghy@pennswood.org, or 267-759-1091, for help getting it loaded on your device.

Please register on the Community Apps so we have a count.

Marcia, Resident Technical Committee

Poetry, Poetry, Poetry

Wednesday, February 25

2:00 p.m. in the Board Room

Shakespeare's Sonnets

Shall I compare thee to a summer's
day?

Let me not do the marriage of true
minds.

That time of year thou mayst in me
behold.

The expense of spirit in a waste of
shame.

When, in disgrace with fortune and
men's eyes.

Poor soul, the centre of my sinful
earth.

The numbers of these sonnets,
respectively, 118, 116, 73, 129, 29,
146.

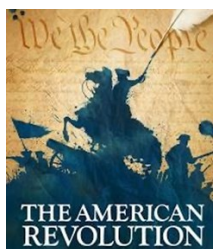
It would be a good idea, but it is not
necessary, to read each several times,
perhaps out loud. We will discuss one
or perhaps two.

All are welcome. We look forward to
seeing you.

Mary, Poetry Discussion

The American Revolution

The six-part, PBS documentary series by Ken Burns explores the conflict from 1754 to 1789, focusing on the experiences of ordinary people, soldiers, and leaders, highlighting the war's violence, contradictions, and its role in founding American democracy. The two hour series will be shown on six consecutive Fridays beginning February 20.



Episode 1: ***In Order to Be Free***

Friday, February 20, 2:30 p.m. in Penn Hall

American colonists oppose efforts by the British Crown and Parliament to seize greater control in North America, escalating simmering tensions over land, taxes, and sovereignty into violent confrontation. After protestors dump tea in Boston Harbor, the British government enacts martial law in Massachusetts. Fighting at Lexington and Concord ignites a war that will last eight years.

Episode 2: ***An Asylum for Mankind***

Friday, February 27, 2:30 p.m. in Penn Hall

New Englanders rush to surround the British Army in Boston, but as war begins, Americans find themselves sharply divided. After the Battle of Bunker's Hill, George Washington of Virginia arrives to command the newly created Continental Army. In July 1776, the Continental Congress issues the Declaration of Independence, insisting on the people's right to resist tyranny and govern themselves.

Episode 3: ***The Times That Try Men's Souls***,

Friday, March 6, 2:30 p.m. in Penn Hall

Episode 4: ***Conquer by a Drawn Game***,

Friday, March 13, 2:30 p.m. in Penn Hall

Episode 5: ***The Soul of All America***,

Friday, March 20, 2:30 p.m. in Penn Hall

Episode 6: ***The Most Sacred Thing***,

Friday, March 27, 2:30 p.m. in Penn Hall

Funded by your PVRA

*Doris MacKenzie, Denise Angelini, Caroline Swain,
Peace and Social Justice Committee*

Village Voices

is looking for writers and editors to

Reveal, create, devise, express, recount, inform, remember, interview, imagine, invent.

Village Voices exists solely for the enjoyment of Pennswood.

Ten times a year, residents have a chance to read well-written stories, poems, interviews, and reflections by fellow residents.

To acquaint you with the publication, the staff is hosting a gathering to talk about how *Village Voices* works. Editors will review what they are looking for to publish, how to submit articles, and how to get involved editorially.

Thursday, Feb. 19 at 3:00 p.m.

**Second-floor Newman
gathering space (between
apartments N-207 and N-209)**

Refreshments and informal reservation. RSVP: send an email to

AnneBaber38@gmail.com

PS: *Village Voices* sponsors two

Poetry & Prose events each year, in April & October. We are looking for co-chairs for each event.

Funded by your PVRA

*Mea Kaemmerlen,
Village Voices*

A Small Request

Every year in the United States millions of birds are tragically injured or killed by flying into windows. In our apartments, birds can be lured by the reflection of trees in the glass. Our link corridors often have windows on both sides and can fool birds into thinking they could fly through to the trees they see on the other side.



We have lots of glass windows and doors here at Pennswood. The members of Pennswood Birders are actively researching preventative measures to protect our birds. There are many.

We need your feedback to better understand the scope, severity and locations of the problem. If you have any experience of bird strikes here at Pennswood, and you want to help our avian neighbors, please contact Bob. He wants to know roughly how many bird strikes you experience in an average year. Most of the birds probably flew away after hitting the glass, but they may still have had serious injuries, so please count them, too. Roughly how many birds did you find injured or dead? Also, exactly where were they found? At your apartment or in which common area? We want to identify the hotspots on the campus for bird casualties. We will prioritize those areas in our remediation efforts.

Thank you for caring.

Funded by [your PVRA](#)

Bob, Pennswood Birders

A graphic for a music event. It features several musical notes in black, yellow, and blue, and a treble clef in green. The name 'LORENZO' is written in a green banner. The date 'FEBRUARY 26 THURSDAY' is written in black, and the time 'BISTRO 4:30PM - 6PM' is written in black. The word 'GUITARIST' is written in a blue banner with a wavy line above it.

LORENZO

FEBRUARY 26
THURSDAY

BISTRO 4:30PM - 6PM

GUITARIST

Do You Love Birds? Do You Love Nature?

You are invited to join our fun group on **Monday, Feb. 16** from 1:00 - 2:15 p.m. in the Blue Room. Curious residents are always welcome.



This month we'll talk about winter. How do birds and other critters survive subzero temperatures? Can birds detect an approaching snowstorm before it arrives? Should we feed birds all year long? Where do birds spend the winter?

If time allows, we'll share some of our Wow moments in nature. Please bring yours.

As always, let's share our sightings, our curiosity and our excitement. We are all teachers. 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



Simply Elegant RAFFLE

Black Sheared Mink, Reversible Fur and Raincoat

Staff, Residents, Friends & Family welcome to take a chance!

Proceeds benefit the Pennswood Village Fellowship Fund

**\$5.00 a Ticket -
Purchase tickets at Front Desk**

Questions? Contact Sally Marrington

The African American Museum of Bucks County Presents:

That's What She Said: A Soulful Celebration Special Women's History Event Featuring Dionne Carole

Sunday, March 15 at Pennswood Village

Performance—3:00 to 4:00 p.m.

Reception follows—4:00 to 5:00 p.m.

**Featuring music from legendary greats such as
Billie Holiday, Ella Fitzgerald, Sarah Vaughn,
Aretha Franklin, Natalie Cole and more!**



**Tickets Required – purchase online at
www.aamuseumbucks.org/events**

Thank You

Thank you for the birthday greeting, goodies, emails...you've made one old lady very happy.

Submitted by Helen, N-204

A Note of Gratitude

The family of Ruth Peterson wishes to express our heartfelt gratitude to the general staff and specifically the Barclay Staff of Pennswood Village for your compassionate care and support through this difficult time.

We want to thank the many residents for your kind words and sincere expressions of affection for Ruth. She loved being part of this extraordinary community. We thank you for your warm condolences.

Submitted by The Peterson Family

Thank You Pennswood Village



Two carloads of much needed items were delivered to the Bucks County Intermediate Unit on Tuesday, February 3.

Distributions to unhoused students and their families were given immediate priority. These essential items will help enable children and teens to keep warm and attend school. Your generosity is overwhelming and appreciated!



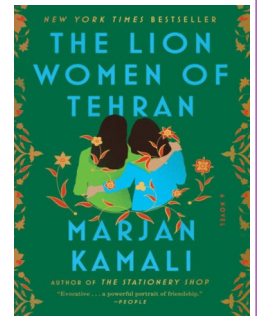
Submitted by Anne, A-107

Book Discussion Group

Monday, March 2

1:00 p.m. in the Blue Room

In 1950s Tehran, seven-year-old Ellie lives in grand comfort until the untimely death of her father, forcing Ellie and her mother to move to



a tiny home downtown. Lonely and bearing the brunt of her mother's endless grievances, Ellie dreams for a friend to alleviate her isolation.

Luckily, on the first day of school, she meets Homa, a kind girl with a brave and irrepressible spirit. Together, the two girls play games, learn to cook in the stone kitchen of Homa's warm home, wander through the colorful stalls of the Grand Bazaar, and share their ambitions of becoming "lion women".

But their happiness is disrupted when Ellie and her mother are afforded the opportunity to return to their previous bourgeois life. Now a popular student at the best girls' high school in Iran, Ellie's memories of Homa begin to fade. Years later, however, her sudden reappearance in Ellie's privileged world alters the course of both of their lives.

All are welcome.

Sharon, Book Discussion

Diverse Opinions, Courageous Conversations

Are you interested in discussing important topics that can also sometimes be difficult? The Peace and Social Justice Committee is making a space where those of us who value such discussions can do just that.

Please join us if you are interested in sharing and are prepared to listen and learn from



others whose ideas and opinions may be different from yours. The Peace and Social Justice Committee is offering this forum to enhance understanding, with the goal of deepening our shared humanity.

Our first conversation will be about *Israel-Palestine*. We will watch a short video to get us started, and then open the conversation to the participants.

Future topics may include US Immigration issues, the US involvement in Venezuela, questions about free speech, or the banning of books in libraries and schools. We are interested in hearing what other topics might be of interest to Pennswood Residents.

Courageous Conversations: Israel-Palestine will be held **Monday, February 16, 3:00 p.m. to 4:00 p.m. in the Blue Room.**

Funded by your PVRA

Nancy, Peace and Social Justice Committee

Freeze Thaw

With the daytime temperatures beginning to moderate, we are finally seeing some melting of the ice and snow. But we are also seeing a refreeze at night.



Use extra caution in the evenings and early morning and keep your eyes open for ice. Please notify facilities if you see any icy spots that need treatment.

There are buckets of salt outside most of our doors. You are welcome to treat ice that you find.

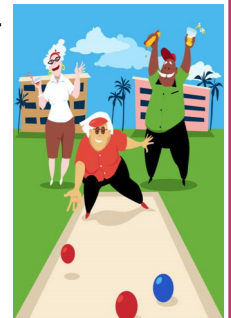
Thank you for your help.

Tom, COO

BOCCE Weather

BOCCE is coming in April!

Never too early to get organized - so this is a chance for NEW PLAYERS to SIGN Up, and get yourselves paired up with a more experienced player, who will be your PARTNER and personal BOCCE COACH for the SPRING SEASON, April to June.



Sign up on the Bocce Bulletin Board across from the Mail Room.

Experienced Players: This is your chance to have fun introducing BOCCE to a new player. Watch the sign-up list and pick a partner. Then sign both names on the Team List to its right.

Stay tuned for announcements of (1) Introductory Clinics, (2) Practice Sessions and (3) the Scheduling Shebang.

Todd, Chair, BOCCE Committee

Sign for Democratic Candidates

To appear on the ballot for the 2026 Primary Election on May 19, Democratic candidates must collect signatures from registered Democratic voters.

You may sign petitions for a variety of candidates in the Resident Conference Room at the following times:

- **Tuesday, February 24 from 4:00 p.m. to 5:30 p.m.**
- **Wednesday, February 25 from 11:00 a.m. to 1:00 p.m. and 4:00 p.m. to 5:30 p.m.**
- **Thursday, February 26 from 4:00 p.m. to 5:30 p.m.**

Know how you are registered (first name, middle name/initial, last name). Check your registration at vote.pa.gov if you need to.

Submitted by Betsy, P-105

ADDITIONS TO THE LIBRARY February 2026 Part 1

***Indicates donations**

FICTION

Evans, Virginia	The Correspondent (F Eva)
Guterson, David	Evelyn In Transit (F Gut)
Schine, Cathleen	Kunstlers In Paradise (F Sch)
Singh, Nalini	Such A Perfect Family (F Sin)

MYSTERY

Armstrong, Jess	The Devil in Oxford (MYS Arm)
*Baldacci, David	The Edge (MYS Bal)
*Baldacci, David	Nash Falls (MYS Bal)
Bell, A. D.	The Bookbinder's Secret (MYS Bel)
Crouch, Sarah	The Briars (MYS Cro)
Gardner, Lisa	Kiss Her Goodbye (MYS Gar)
McFadden, Freida	Dear Debbie (MYS Mcf)
Meltzer, Brad	The Viper (MYS Mel)
Rozan, S. J.	First Do No Harm (MYS Roz)



Funded by your PVRA

NON-FICTION/ BIOGRAPHY (Numbers in parentheses are call numbers)

Ackmann, Martha	Ain't Nobody's Fool... (B Par)
*Duffy, Carol Ann	The Bees (821.92 Duf)
Ziegelman, Jane	Once There Was A Town... (940.53 Zie)

LARGE PRINT

Cook, Robin	Spasm (LP MYS Co)
Hawkins, Rachel	The Storm (LP F Haw)
Restrepo, Laura	Song of Ancient Lovers (LP F Res)
Roberts, Nora	The Seven Rings (LP F Rob)
Stewart, Jack	W. E. B. Griffin (LP MYS Ste)

To recommend a book for purchase, put a review in Sara's open mailbox, M-203.



BINGO

LET'S PLAY

*At this exciting event, get ready to shout **BINGO** and win some fantastic prizes.*

THURSDAY, FEBRUARY 26
3:00 TO 4:30 PM - PENN HALL

\$10 charge at door for eight game cards and dabbers.

Cost charged to your Pennswood account .

For an extra charge you can purchase more game cards .

Questions? Contact Sally Marrington

FABULOUS GIFT BASKETS FOR RAFFLE

**Special Guest Caller -
David Monaghan**

Benefits your PVRA Activities Fund!

Taste Buds - Blue Olive Mediterranean Cuisine

Friday, February 27

Join us for a lunch outing to Blue Olive Mediterranean restaurant in Warrington. Blue Olive's dishes come from countries and regions such as Tunisia, Greece, France & the Middle East, and they infuse their space "with sentiments of home by sharing our family's deep love for food and hospitality."

Depart at 12:00 p.m. for our 12:30 p.m. reservation.

An \$11 transportation fee will be billed to your monthly statement.

To sign up for transportation, visit the Activities Module in the Community Apps or stop by the Transportation Office.

Trips Committee

Princeton University Art Museum

Thursday, March 12 & Thursday, March 26

We are offering two dates to explore PUAM and the recently renovated galleries. Broad in scope yet intimate in experience, PUAM presents opportunities to delve deeply into the study of art and culture, offers a revitalizing experience of extraordinary works of art and from around the globe, and provides entry to the University's intellectual resources.

Depart at 12:00 p.m. and leave PUAM around 3:15 p.m. The museum is accessible and features Mosaic Restaurant (Must make reservations!) if you are interested in lunch.

Admission is free and the \$17 transportation cost will be billed to your monthly statement.

To sign up for transportation, visit the Activities Module in the Community Apps or stop by the Transportation Office.

Trips Committee

Tour & Tile Making Experience at The Tile Works of Bucks County

Wednesday, March 18

Doylestown, PA

Between 1911 and 1912, Henry Chapman Mercer built the Moravian Pottery and Tile Works to "master the potter's art and establish pottery under personal control." The honest, hand-made quality of his tile-making fully expressed the ideals of the American Arts and Crafts movement, elevating Mercer to one of the movement's most important proponents. Our visit will start with a tour and then a tile-making experience. Led by an artisan of Tile Works, we will make our own 3"x3" Moravian Tile by using stamp tools and carving to design a tile.

We will depart from the Link Door at 12:45 p.m. for the 1:30 p.m. tour.

The tour and transportation cost of \$50 will be billed on your monthly statement.

The museum does have an upstairs hallway to see the top of the kilns, but this can be skipped.

To sign up for transportation, visit the Activities Module in the Community Apps or stop by the Transportation Office.

Trips Committee

Transportation Schedule

Sunday, February 15—Saturday, February 21

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, February 17

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

9:30 a.m.—Penn Museum; Philadelphia, PA

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, February 18

9:30 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, February 19

9:00 a.m.—Summit Shopping Center; Langhorne, PA (returns 10:30 a.m.)

10:30 a.m.—Summit Shopping Center; Langhorne, PA (returns 12:00 p.m.)

1:00 p.m.—Summit Shopping Center; Langhorne, PA (returns 2:30 p.m.)

2:30 p.m.—Summit Shopping Center; Langhorne, PA (returns 4:00 p.m.)

Friday, February 20

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.

- BalletX
- Bristol Riverside Theatre
- Lenape Chamber
- Philadelphia Orchestra
- Princeton University Chapel
- Princeton Pro Música
- Academy of Music
- Arden Theatre
- Tile Works of Bucks County
- Taste Buds
- Princeton University Art Museum

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 voicemails will be accepted.
- Upon the receipt of the Trip Confirmation, you are responsible for ALL charges associated with the trip.

Fitness Class Schedule - Week of February 16, 2026

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

The Cider House Rules (1999)

Length: 2 hours 6 minutes

Starring: Tobey Maguire,
Charlize Theron, Michael
Caine, Paul Rudd

During World War II, an orphan grows up under the tutelage of a doctor who runs an orphanage.

However, he yearns for freedom and soon decides to leave in order to make a life for himself.



**Friday, February 20
at 7:30 p.m.**

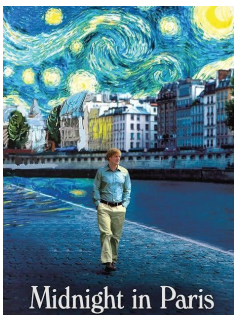
Midnight in Paris (2011)

Length: 1 hour and 34 minutes

Starring: Owen Wilson, Rachel
McAdams, Marion Cotillard,
Tom Hiddleston, Alison Pill

Gil Pender is a screenwriter and aspiring novelist.

Vacationing in Paris with his fiancée, he has taken to touring the city alone. On one such late-night excursion, Gil encounters a group of strange—yet familiar—revelers, who sweep him along, apparently back in time, for a night with some of the Jazz Age's icons of art and literature.



**Saturday, February 21
at 7:30 p.m.**

Two for the Road (1967)

Length: 1 hour and 52 minutes

Starring: Audrey Hepburn, Albert
Finney, Eleanor Bron, William
Daniels, Gabrielle Middleton

Architect Mark Wallace and his wife Joanna, travel to France to meet with an affluent client. While there, they reflect on their first decade of marriage—memories of when they first met, of courtship and of road trips through the French countryside.

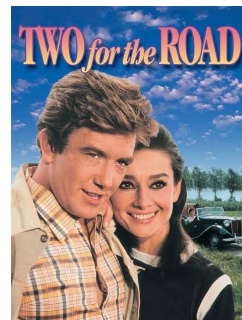


Photo Credit: Yoma





Sunday, February 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.—IWC Broadcast
12:00 p.m.—Chair Yoga with Christine
2:00 p.m.— *The Cider House Rules* (1999)
6:00 p.m.—Seated Tai Chi

Monday, February 16

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
7:30 p.m.—Robert Burns Night

Tuesday, February 17

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
4:15 p.m.—Robert Burns Night
5:30 p.m.—Water Walking Cardio
6:00 p.m.—Seated Tai Chi

Wednesday, February 18

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, February 19

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, February 20

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.—*Midnight in Paris* (2011)

Saturday, February 21

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.—*Two for the Road* (1967)



ACTIVITIES IN PERSON & VIRTUAL EVENTS



Sunday, February 15

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

Monday, February 16

1:00 p.m.—Cognitive Fitness Club—Penn Hall

1:00 p.m.—Duplicate Bridge—Passmore Lounge

1:00 p.m.—Pennswood Birders—Blue Room

3:00 p.m.—Courageous Conversations—Blue Room

4:00 p.m.—Transition Talk—Penn Hall

Tuesday, February 17

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

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

4:00 p.m.—OWLS Meeting—Blue Room

7:15 p.m.—Forum Presentation—Penn Hall

Wednesday, February 18

9:00 a.m. to 1:00 p.m.—Flea Market—Activities Center & Market Room

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

2:00 p.m.—Ash Wednesday—Penn Hall

3:30 p.m.—Fireside Chat—Penn Hall

Thursday, February 19

11:00 a.m.—Science Times—Penn Hall

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

3:00 p.m.—Village Voices Workshop—Newman Second Floor

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

Friday, February 20

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

2:30 p.m.—Streaming: *The American Revolution* Episode 1—Penn Hall

Saturday, February 21

10:00 a.m.—Gazebo Frogs—Board Room

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

BARCLAY DINNER MENU

Week of
**February 15 to
February 21**

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: Chicken Noodle (GF) W/O
Noodles and Cream of Broccoli

Nashville Hot Chicken Thigh with
Honey-Hot Cajun Relish
(V) *Vegetarian Meatball*

Fish Cake

Prime Rib of Beef

Sides: Roasted Fingerling Potatoes
& Kale , Broccoli Rabe, Carrots,
Yellow Squash

MONDAY

Soup: Navy Bean (GF) and
German Mushroom (GF)

(V) Vegetarian Shepherd's Pie

Homemade Meatballs & Pasta
in Tomato Sauce

Sun-Dried Tomato
Chicken Breast

Sides: Spaghetti in Olive Oil,
Creamy Cauliflower, Spinach,
Stewed Tomatoes

WEDNESDAY

Soup: Buffalo Chicken and
Vegetarian Vegetable (GF)

Honey Garlic Shrimp

Meatloaf with Gravy
(V) *Vegetarian Meatloaf*

Breaded Pork Cutlet with Whole
Grain Mustard Caper Sauce

Sides: Rustic Mashed Red Bliss
Potatoes, Scalloped Apples, Red
Cabbage, Black Eyed Peas

THURSDAY

Soups: Chicken Vegetable (GF)
and Pumpkin Bisque

Sirloin Tips Bordelaise
over Egg Noodles

Roast Turkey
with Stuffing and Gravy

Rosemary & Cran-Apple
Glazed Pork
(V) *Vegetarian Meatball*

Sides: Mashed Potatoes, Corn,
Acorn Squash, Fresh Broccoli

FRIDAY

Soups: Tomato Rice (GF) and
Asparagus & Shrimp Bisque
with Sherry

Teriyaki Glazed Salmon

Brisket of Beef
with Horseradish Sauce

(V) White Bean Ratatouille

Sides: Brown Rice, Ratatouille,
Peas & Pearl Onions,
Honey Glazed Carrots

SATURDAY

Soups: Turkey Noodle (GF) W/O
Noodles and Butternut Squash
and Pear (GF)

Trout Almandine

Jack Daniels Chicken Thigh

(V) Cheese Ravioli with Spinach
& Tomato Sauce

Sides: Mashed Sweet Potatoes,
Butternut Squash, Lentil Risotto,
Green Beans