

The Bulletin

March 5, 2021

*Announcement *

The Trips Committee is still alive and functional and is hoping to plan trips as soon as the COVID quarantines permit us. We would like to hear from all you Pennswood residents about where you would like to take a trip to, as soon as conditions permit. Please put suggestions in my open mailbox (G-203) or email them to me at lesmoore01@gmail.com. If you know of any information that the Committee would find helpful, like handicapped facilities, or size limits on groups, please mention that too. Here's looking forward to a better summer!



Leslie Moore, Trips Committee

Double Bulletin

The Friday, March 12 Bulletin will cover the time period Sunday, March 14 to Saturday, March 27. Please have articles for that issue submitted by Monday, March 8.

Linda Krause, Executive Liaison

The NY Times Science— Virtual Discussion Group

Thursday, March 11
11:00 a.m.

To join our meeting: Email Marcia Ames at marcia_ames@hotmail.com. For those without computers, call Marcia at 914-420-6915 to join by telephone.

If you have a paper copy of Tuesday's Science Section, you might like to retain it for reference during our Zoom meeting.

Helen Villa, Moderator

REQUEST FOR TUESDAY'S NY TIMES SCIENCE SECTION

If you are getting the *New York Times* delivered, we'd greatly appreciate your saving Tuesday's Science Section for our virtual Zoom discussions. Please place the Science Section on the top shelf of the library's newspaper rack.



SPRING FORWARD
Daylight Saving Time begins
2:00 a.m. on
Sunday, March 14



**SAVE
THE
DATE**

Tuesday, March 16 at 7:00 p.m.

Zoom and Channel 970

The Forum Committee Presents:

Florence Wharton, author and historian, will speak on The Struggle for Women's Rights to Equality, Stanton, Steinem and the ERA.

Sally Burkman, Forum Committee

Community Meeting Rebroadcast

Channel 970

Monday, March 8

10:00 a.m. and 5:00 p.m.



Linda Krause, Executive Liaison

Sing-a-Longs

We have had two sing-a-long sessions with Kurt Martin. Have you participated either by singing along or listening? They will be on **Channel 970** every Friday at 11:00 a.m. If you missed these two, you can still view them on the Videos on Demand module of Touch Town; you have a chance of seeing them on either your TV or computer. You should choose the one with the larger screen so that you can read the lyrics.

Join the rest of us who have been having fun participating in this virtual activity.



*Mary Smith,
Pennswood Singers*

Congratulations, Dee!

Did you see that Pennswood resident Deidre Crumbly's book, *Saved and Sanctified: The Rise of a Storefront Church in Great Migration Philadelphia*, was recently included in a list of 13 must-read books to understand the city of Philadelphia? <https://billypenn.com/2017/02/08/the-philly-black-history-syllabus-13-must-read-books-to-understand-our-city/>

Here's a brief description of Dr. Crumbly's book: "Deidre Helen Crumbly, an anthropologist, professor, and researcher of black religions, choose one Philly storefront church to tell larger narratives about diasporic spirituality, African American history and black urban culture."

See Deidre's book in the Pennswood library! Congratulations, Dee!

Lynne Waymon, G-106

Passmore Fitness News

MORE GOOD NEWS!



Pool classes are returning! Our first day of pool classes will be **Monday, March 8**. Just like in the fall, we will still have temporary changes in place in the way classes will operate, in order to keep everyone safe. Please look over the following carefully and feel free to call or email if you have any questions.

- Class size: Four (4) participant limit per class.
- Participants must sign up for classes (limits below).
- 10-foot distance must be maintained during class (this is because masks are not required in the pool so additional distance is safest).
- Please wear your mask any time you are not in the pool.
- Limits on number of classes you can sign up for each week: In order for more people to have a chance to participate, each person may sign up for the following number of classes:
 - Two (2) Aqua Blend classes per week
 - Two (2) Strong Core Healthy Back classes per week
 - One (1) Arthritis class per week
 - One (1) Ai Chi class per week
- Still, there will be use of the Assisted Locker Room Only. Kindly come prepared for the class so the locker room is only needed to briefly change after class. You will also have the option to borrow one of the bathrobes to go home and change. Simply return that robe through housekeeping.
- Sign-up sheets will be available on Fridays at 1:00 p.m. for the following week.

Beth Vollberg, Fitness Coordinator

Aquatic Classes

Week of March 8 to March 13

Monday, March 8

Instructor: Cheryl Parry

9:00 a.m. Aqua Blend (both pools)

10:00 a.m. Strong Core, Healthy Backs (warm pool)

Tuesday, March 9

Instructor: Dot Maybaum

9:00 a.m. Aqua Blend (both pools)

10:00 a.m. Strong Core, Healthy Backs (warm pool)

11:00 a.m. Ai Chi (30 minutes- warm pool)

Wednesday, March 10

Instructor: Cheryl Parry

9:00 a.m. Aqua Blend (both pools)

10:00 a.m. Arthritis (warm pool)

Thursday, March 11

Instructor: Erin Parry

9:00 a.m. Aqua Blend (both pools)

10:00 a.m. Strong Core, Healthy Backs (warm pool)

11:00 a.m. Ai Chi (30 minutes- warm pool)

Friday, March 12

Instructor: Cheryl Parry

9:00 a.m. Aqua Blend (both pools)

10:00 a.m. Strong Core, Healthy Backs (warm pool)

11:00 a.m. Balance & Mobility (30 minutes- warm pool)

Saturday, March 13

Instructor: Erin Parry

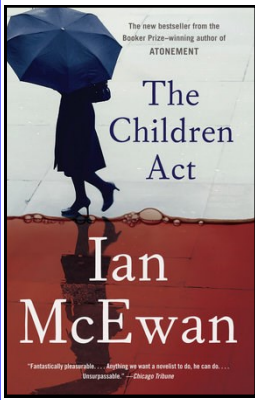
9:00 a.m. Aqua Blend (both pools)

10:00 a.m. Arthritis (warm pool)

11:00 a.m. Ai Chi (One hour- warm pool)



Beth Volberg, Fitness Coordinator



NEXT BOOK DISCUSSION GROUP Tuesday, March 9 at 10:30 a.m.

We will be discussing ***The Children Act*** by Ian McEwan.

Children Act has been selected “one of the best books of the year” by the *Washington Post*, *NPR*, *Vogue* and others. It’s about an English High Court Judge, Fiona Maye, fiercely intelligent, exacting, and intelligent, who presides over family court. Her professional success belies the domestic strife in her 30-year marriage and her lingering regret that they never had a child. She has to decide the case of Adam, an attractive 17-year old boy who refuses for religious reasons—supported by his devout parents—to receive medical care that could save his life. As Fiona visits Adam in the hospital, a surprising interchange alters them both.

At our May book discussion **Tuesday, May 11**, we will be discussing ***Clementine—The Life of Mrs. Winston Churchill*** by Sonia Purcell, author of *A Woman of No Importance*, a book we’ve previously read.

All are welcome. You do not need to have read the book to come.

You can join the ZOOM meeting either by computer or iPad (visual and voice) OR by phone (voice only). We meet every other month on the second Tuesday at 10:30am (if you want to add the 2021 dates for the months ahead, they are **March 9, May 11, July 13, September 14, and November 9**).

For questions or to add your name to the book group list, contact Beth Funke at 215-497-3015 (you will receive the Zoom link by email the day of the meeting).

Zoom meeting ID: 880 3508 9873 Passcode: 224703

<https://us02web.zoom.us/j/88035089873?pwd=Z2g4SEU4cVVFUktlUTA5NmJZSWJsdz09>

Beth Funke, Book Discussion Group

The Resident Art Gallery: Bird, Bath and Beyond

Our next show will open Sunday, April 4, which means we will receive your work on Thursday, April 1. The title is “Bird, Bath and Beyond.” We expect all kinds of variations on this theme and much look forward to seeing them.

We hate to disappoint people wanting to show with us but we must insist on a few rules. We look for no more than two pieces from any one artist and those pieces should not have been in a show in this gallery in the past two years. We’re hoping for work by easel artists in various media, and for photography, art quilting, and clay (non-utilitarian objects, please). Whatever your medium, please make sure it is prepared securely to be hung or posed on a pedestal.

Yoma Ullman, Resident Art Gallery



SHARING TRAVEL ADVENTURES

ARIZONA BORDERLANDS

with Steve Schnur on Zoom & Channel 970

Wednesday, March 10, 7:00 p.m.



So, what's going on in Arizona?

A whole lot.



A rare and spectacular



Super Bloom

was reason enough to fly to Tucson. But that was just the first of many unexpected delights.



Zoom Connection:

Via Zoom: Sign in; join the meeting with ID **858 6765 2654** and Passcode: **1382**

OR

In browser, open website <http://rbshreve.com/PVRA-Zoom>; select Travel Adventures on March 10, which goes directly to the program

OR

Click or CTRL-Click on this link to go directly to the program

<https://us02web.zoom.us/j/85867652654?pwd=RExUZUhpWHcrYU1ZYnlBdSsySkVUdz09>

Dan & Friends Fireside Chat via Zoom

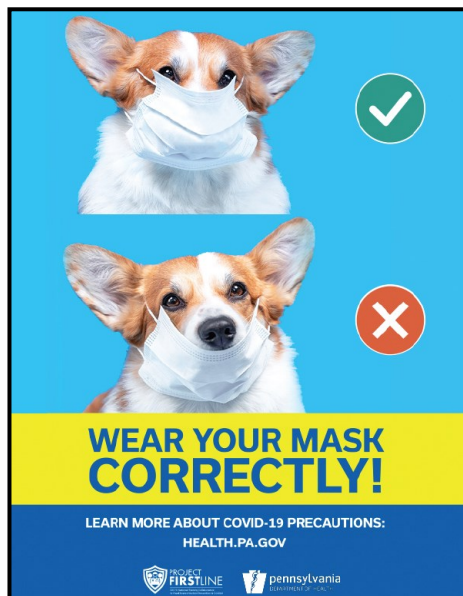
Friday, March 12, 8:30 a.m.
Monday, March 22, 3:30 p.m.

Zoom link will be emailed to everyone. If you do not use a computer, call Linda for a dial in phone number so you can participate by phone.

Linda Krause, Executive Liaison
215-504-1123

MARCH BIRTHDAYS

Ashby Denoon—7
George Hynson—7
Natalie Matlin—7
Dorothy Jackson—8
Rosalee Levine —8
Louise Dunham — 9
Richard Piccolini — 9
Judy Burns —10
Betsy Smith —10
Toni Sullivan —11
Nancy Worthington —13



Support Groups

Resident Life Zoom Meetings

- **Care Partners**—Facilitated by Lori Russo, Social Worker. Held the second and fourth Monday of the month at 2:00 p.m.
 - Next Date: Monday, March 8
- **Bereavement Group**—Facilitated by Amy Keiper-Shaw, Director of Resident Life. Held the second Thursday of the month at 10:00 a.m.
 - Next Date: Thursday, March 11
 - If you have had a recent or past loss, you are welcome to join our conversation or just listen. Contact Amy for further information, Keipershaw@pennswood.org.
- **Parkinson's Group**—Facilitated by Nan Cooper, Resident. Held the third Monday of the month at 2:30 p.m.
 - Next Date: Monday, March 15

To join any of these support groups, please use the following Zoom information:

Join Zoom Meeting:

<https://zoom.us/j/8620236037>

Meeting ID: 862 023 6037

Phone in: 929-205-6099

Amy Keiper-Shaw, Resident Life Director

Sweet Home Monteverde (film – 57 minutes)

Wednesday, March 10 at 10:00 a.m. and 5:00 p.m.

Re-broadcast on Channel 970

HOW FAR WOULD YOU GO FOR YOUR BELIEFS? In 1950, months after the U.S. entered the Korean War, four Quaker war-resisters from Fairhope, Alabama led some 40 people to emigrate to Costa Rica, a country that had just abolished its army. They settled in a remote cloud forest amid abundant birds and wildlife but with no roads or infrastructure to speak of. They named their community Monteverde (which mean “green mountain”). This film chronicles the Quaker’s history of fighting for peace and social and climate justice, and documents how that legacy has been passed to succeeding generations, making the story of the Monteverde Quakers as inspiring and relevant today as ever.

Jenny Hollingshead, Quakerism Committee



Visiting Monteverde in Costa Rica

I was delighted to view the video *Home Sweet Monteverde* last week. Both Jim and I have visited the community in Costa Rica at different times. I remember the friendly welcome from Wolf and Lucky Guindan, who were featured in the video, friends of Marjorie and John Ewbank who lived here at Pennswood. Wolf was a wonderful naturalist who took a group for a nature walk through the cloud forest (5,000 feet). It seemed like he had a personal relationship with every tree and animal that we saw. When a person in the group picked a leaf with a caterpillar on it, he made sure the caterpillar got back to the spot where it belonged after viewing it by the group. He said that the flowers are tubular or bell shaped as they depend on birds (like hummingbirds) for pollination as the temperature is too cool for flying insects. Lucky (Luceille) is an artist and I bought a pen and ink drawing of a strangler fig from her. When I returned home, I had it framed. It hangs in the hallway outside M-104. Jenny Hollingshead tells me she will put the DVD in the Pennswood library for others to share.



Carolyn Peters Michener, M-104

Minute of Appreciation for Linda Silver

The following Minute of Appreciation was read for Linda Silver at the February 24 Pennswood Village Board Meeting:

Linda Silver joined the Board in May 2018. She served her first year on the brand new Quality and Compliance Committee then in 2019 to the present provided leadership serving as clerk.

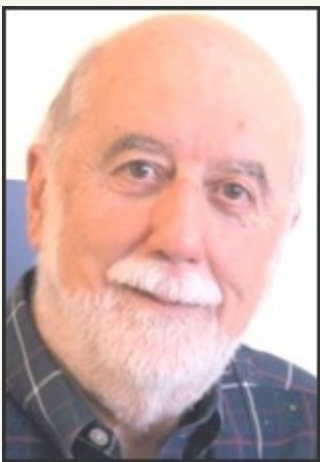
Linda brought to the board great knowledge of Pennswood Village learned through several leadership positions within the community. She served on the PVRA Board, Landscape Advisory Committee, Health Care Advisory Committee and Safety Advisory Committee. The Board is grateful for Linda's attention during the first years of the Quality and Compliance Committee.

Linda is a devoted volunteer to Hospice Care at Pennswood Village. She also co-founded the Co-pilot program where resident volunteer companions accompany residents transported to St. Mary's emergency room who would otherwise be alone. This program is operated by and for Pennswood Village Independent Living residents.

During Board discussions, Linda could be counted on to listen deeply and share a resident perspective. Thank you Linda for your time and leadership.



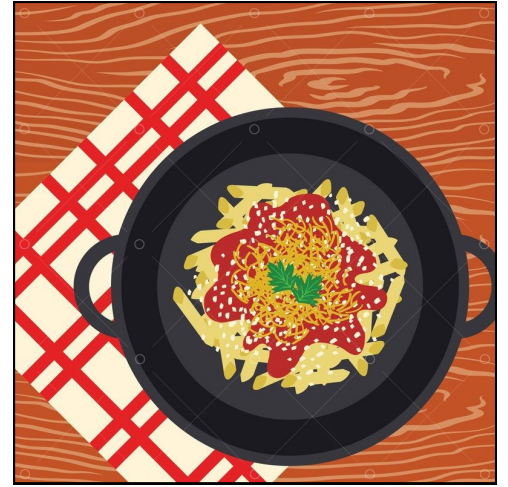
New Resident Director on Pennswood Village Board



On February 24, 2021 the Board approved Tony Panzetta as Resident Director 2021-2024. Many residents know Tony for his improvisational jazz piano playing in the Penn Hall Lounge prior to the pandemic. Tony was born and raised in Rochester, New York. He moved to Pennswood in 2017 with his wife Kevyn Malloy. Tony is now fully retired from a long and esteemed career in Psychiatry, having served in many areas including Professor and Chairman of the Department of Psychiatry among other roles at Temple University Medical School in Philadelphia. He also was also the Founder and CEO of Tao, a Behavioral Health subsidiary of Independence Blue Cross, Philadelphia. He has been a consultant, mentor and coach. Tony is much published; he authored a book on Community Mental Health. He has had memberships both past and present in many societies and professional organizations. The Board is looking forward to working with Tony. He will begin service with the Quality and Compliance Committee of the Board.

*Jaclyn Parry Bogert, Clerk
Governance Committee of the Pennswood Board*

Meglio
wood fired pizzeria



**Meglio Pizzeria will be guiding us
as we make Pasta Primavera!**

Thursday, March 18 at 1:30 p.m.

Via ZOOM

Orders need to be in by Monday, March 15.

Cost—\$15.99 and will serve up to two people.

We will be making a Pasta primavera including choice of either Fettucine or Penne pasta (pasta will be pre-cooked). We will be making a blush sauce (white wine, cream & marinara sauce with fresh spinach, mushrooms, roasted red peppers and sundried tomatoes).

Also included are a choice of a side salad or cannoli and homemade garlic knots. You will need a strainer, spoon and two pots (one with water to warm the pasta and one for the sauce).

Keep an eye out for a flyer in your mailbox to sign up for this delicious and fun activity. Contact me with any questions.

Mangia!

Amy Keiper-Shaw, Resident Life Director

Pennswood Art Gallery Exhibition by James C. Bongartz

Sunday, March 21 through Sunday, May 9



We are fortunate that James Bongartz has agreed to fill in for a cancellation and we will be able to enjoy looking at more of his lively paintings. The *March to March, A Year in Color* exhibition will open on Sunday, March 21 and run through Sunday, May 9.

During this year of Covid-19, Jim has been hard at work creating the new paintings. Once again we will accompany this artist as he makes his way through cities, taking snap shots of places and people. He captures all that activity and then, back in his studio, turns it into intensely bright acrylic paintings. His brush work adds to the expression of the activity and feelings of immediacy. Jim said in a recent email, “All of these works reflect the continuation of my painting journey, referencing my photography while exploring the use of fluorescent paint.”

He further states, “Viewing these paintings ‘completely’ can only be done in person since fluorescence cannot be fully reproduced using photography or videography. While photographs of fluorescent paint colors will indicate a heightened sense of color, they will not fully capture the true vibrancy created by the wavelengths discharged from the lit fluorescent pigment.....Replacing traditional color palettes, the use of these rogue fluorescent pigments allows for further expansion and reinterpretation of a sense of time and place. This color palette can offer a unique role for the viewer, a heightened visual sensation.....”



A native of Pittsburgh, Bongartz earned a science degree in art education at Edinboro University of Pennsylvania. After moving to the Philadelphia area in 1989, he began a 22-year career as a full time art teacher for a private, special education, K-12 school in Fort Washington, Pennsylvania. While teaching, he kept a working studio in pursuit of his painting career.



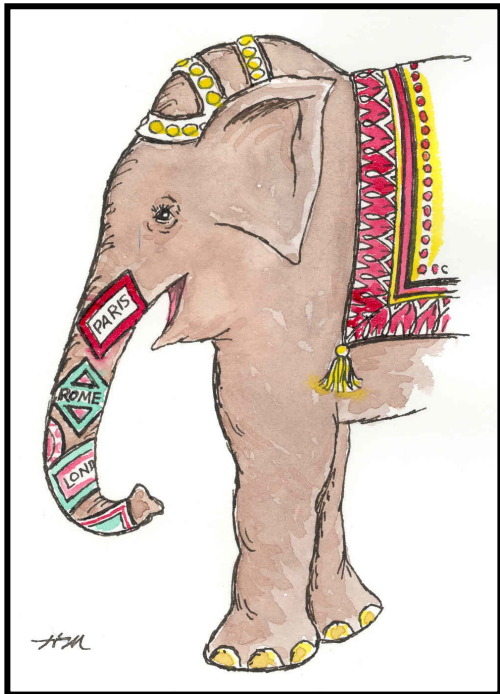
Bongartz is the Director of Education for Artists of Yardley, (AOY) coordinating adult and youth classes and workshops. He teaches painting classes there and youth summer classes. Several Pennswood residents have studied with Jim, and report that he loves color. One student describes it as, “neon color”.

Artist’s Contacts: www.jamesongartz.com or 215-740-2777

Alice Warshaw, The Pennswood Art Gallery Committee

SHARING TRAVEL ADVENTURES – **Travel Tables is back!**

Wednesday March 17, 6:00 — Zoom Meeting



Here's how it works:

- Prepare or pick up your dinner and be ready to eat in front of your computer at 6:00 (OR join Zoom at 6:00 and eat how and when you choose)
- Follow instructions below to join the Zoom Meeting
- We will share travel stories informally, as usual. There is no fixed theme, but it will be St. Patrick's Day, and only two days after the Ides of March. Maybe these will suggest a story or two. You don't need to have a story in mind to join Travel Tables.
- If appreciating other people's stories joggles a travel story in your mind, so much the better. You can share it if you wish.

Have Trunk, Will Travel

Your Invitation to Join the Zoom Meeting Travel Tables in March:

Naomi Lennox is inviting you to a scheduled Zoom meeting.

Topic: Travel Tables March Time: **Mar 17, 2021 06:00 PM** Join Zoom Meeting:

Meeting ID: 817 6645 8094 Passcode: 1382

<https://us02web.zoom.us/j/81766458094?pwd=NDdRSzd4citjWkFIRDIGMTk2NXdMUT09>

If you wish to join by telephone, use one of the following numbers in New York:

1 646 518 9805 OR 1 929 205 6099 Same Meeting ID as Above

Naomi Lennox, **SHARING TRAVEL ADVENTURES**

Welcome to Pennswood, Marilyn Foster, C-204

Marilyn enjoyed growing up in Omaha, Nebraska amid a large Swedish community. She stayed in Omaha for college, attending the University of Nebraska and graduating with a B.S. degree in Home Economics and Science.



Fortunately, she did stay in Omaha, as her future husband was sent there to work, meeting him on a blind date. Her husband Dick was an MIT engineering graduate and was first involved with engineering plans for a new hospital in Omaha. Soon, he was sent to Greenland, working on the Ballistic Early Warning System, and their relationship continued through letters. After her graduation and marriage, they lived in whatever area Dick was sent to work: Staten Island for the Verrazano Bridge, Minot, North Dakota working on missile silos, then Hamilton Square, New Jersey while Dick was involved in the engineering plans for an elevated part of Route 95. Finally, they moved to Cumberland, Maryland where with two friends, Dick started his own industrial construction company. Marilyn reports that all her children seem to have been born in different states. Eventually they settled on twenty acres in Upper Makefield Township, where her four children attended Council Rock schools; the youngest went to the Kent School in Connecticut as a boarder.

Their twenty acres counted cats, dogs, horses and a sheep named Pete who thought he was a dog. The family was actively involved in the community, in 4-H, Girl Scouts, and church activities. The Fosters were also a skiing family, and they bought and still have a mountain property in Colorado for some of their family skiing vacations—a wonderful opportunity to bring the whole family together. Her two daughters and two sons have provided her with ten grandchildren, including one adopted from China; one of her joys is watching her children be parents.

Marilyn and Dick have been to all seven continents, including observing polar bears in Churchill, Manitoba, Canada and whales in Antarctica. They went several times to Nunavut to help lay the foundations for Christian teachings in Inuit villages. The Taj Mahal was a highlight in India as was a giraffe peering over her balcony in Tanzania, apparently watching her pack during a safari trip. They've been to Easter Island to view the Mo'ai statues and to Cornwall, England to visit her pen pal, with whom Marilyn has corresponded since World War II.

Sadly, Dick developed Alzheimer's and needed care. They moved to Twining Village (now Holland Village) in Northampton where Dick died last April from COVID after nearly 64 years of marriage. Already acquainted with many people at Pennswood, Marilyn knew she would like to live here when she was on her own. She loves the quiet, the walks, the time to read, birding, and time for movies. But when Pennswood becomes more open, she is looking forward to meeting other residents and deciding what activities to pursue.

Stop and say hello, and we'll look forward to some of Marilyn's travel tales and photographs.

ADDITIONS TO THE LIBRARY -- February 2021

*Indicates donations

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

- *Eveleigh, Darcy Unseen: Unpublished Black History from the New York Times Photo Archives (070 Eve)
- Gupta, Sanjay Keep Sharp: Build a Better Brain at Any Age(153.4 Gup)
- Harris, Kamala The Truths We Hold: An American Journey (B Har)
- *Kendi, Ibram X. Stamped from the Beginning: The Definitive History of Racist Ideas in America (Social Justice: 305.8 Ken)
- Qaderi, Homeira Dancing in the Mosque: An Afghan Mother's Letter to Her Son (814 Qad)
- *Tibbals, Karen Persuade, Don't Preach: Restoring Civility Across the Political Divide (Peace: 302.2 Tib)
- Zakaria, Fareed Ten Lessons for a Post-Pandemic World (303.49 Zak)
- Zuccino, David Wilmington's Lie: The Murderous Coup of 1898 and the Rise of White Supremacy (305.8 Zuc)

AUDIO BOOKS

- Harris, Kamala The Truths We Hold

DVDs

- History & Heritage Film Collection
- Mrs. Fisher's Murder Mysteries
- Road to Bali/Road to Rio
- The Winter Patriots



To recommend a book or DVD for purchase, put a review in Sara Pollock's open mail box, M-203.

First Came Phishing, Now There's ... Smishing

Most of us have heard of the term “phishing.” But did you know that phishing done by SMS (that stands for Short Message Service) text message has its own name? That’s right, it’s called “smishing.” (Get it? SMS + phishing?) And just like other types of phishing, smishing relies on the senders pretending to be someone they are not in hopes of getting ahold of your money or personal information.



How it works:

You receive a text message that appears to be from a government agency or a company you are otherwise familiar with.

The text asks for personal information, such as a Social Security number or an online account password.

It may direct you to click a link to resolve a problem or access a service — during the ongoing pandemic, it may relate to COVID-19 testing, vaccines or contact tracing.

What you should know:

Scammers use technology to make it appear that texts are coming from a particular number, like the IRS or Social Security Administration, or from a company you may do business with.

The message will relay seemingly urgent information that requires you to act right away — your benefits have been suspended, your account has been compromised, or you need to sign up for a COVID-19 vaccine, for example.

The message will include a link for you to click on to address the situation.

What you should do:

Develop a habit of pausing before clicking on texts. Surveys show we are more likely to read and react to a text message than an email, which is why scammers have flocked to smishing.

Don't click on links from suspicious texts; it may result in loading malicious software onto your device that will harvest your credentials, or sending you to a website that will do the same.

If you have reason to believe the text may be legitimate, reach out to the sender — the IRS, UPS, Amazon or whomever — at a number or web address you know to be legitimate.

Listing Key

■—■: Rebroadcast of a recorded fitness class presented by the Passmore Center Staff

† : Rebroadcast of a Interdenominational Worship Service video, presented by Reverend Matt Pigman.

Bolded Movie: Chosen by Film Committee

Channel 970 for Week of March 7

Sunday, March 7

- 7:00 a.m.— Step Class ■—■
8:30 a.m.— Silver Strong ■—■
11:00 a.m.— Interdenominational Worship Service Rebroadcast †
11:30 a.m.— Chair Yoga ■—■
12:15 p.m.— Drums Alive ■—■
2:00 p.m.— *Did You Hear About the Morgans?* (2009)
6:00 p.m.— Tai Chi ■—■
7:00 p.m.— *My Big Fat Greek Wedding* (2002)

Monday, March 8

- 7:00 a.m.— Step Class ■—■
8:30 a.m.— Silver Strong ■—■
10:00 a.m.— Community Meeting Rebroadcast
11:00 a.m.— Interdenominational Worship Service Rebroadcast †
11:30 a.m.— Chair Yoga ■—■
12:15 p.m.— Drums Alive ■—■
2:00 p.m.— *Little Manhattan* (2005)
5:00 p.m.— Community Meeting Rebroadcast
6:00 p.m.— Tai Chi ■—■
7:00 p.m.— ***How to Lose a Guy in 10 Days* (2003)**

Tuesday, March 9

- 7:00 a.m.— Step Class ■—■
8:30 a.m.— Silver Strong ■—■
11:00 a.m.— Interdenominational Worship Service Rebroadcast †
11:30 a.m.— Chair Yoga ■—■
12:15 p.m.— Drums Alive ■—■
2:00 p.m.— *Honey, I Shrunk the Kids* (1989)
6:00 p.m.— Tai Chi ■—■
7:00 p.m.— *Four Weddings and a Funeral* (1994)

Wednesday, March 10

- 7:00 a.m.— Step Class ■—■
8:30 a.m.— Silver Strong ■—■
10:00 a.m.— Quakerism Committee Program
11:30 a.m.— Chair Yoga ■—■
12:15 p.m.— Drums Alive ■—■
2:00 p.m.— *What About Bob?* (1991)
5:00 p.m.— Quakerism Committee Program
6:00 p.m.— Tai Chi ■—■
7:00 p.m.— Sharing Travel Adventures Program

Thursday, March 11

- 7:00 a.m.— Step Class ■—■
8:30 a.m.— Silver Strong ■—■
11:15 a.m.— Chair Chi ■—■
12:15 p.m.— Drums Alive ■—■
2:00 p.m.— *Heartbreak Ridge* (1986)
6:00 p.m.— Bands and Balance ■—■
7:00 p.m.— Earth Care Committee Program

Friday, March 12

- 7:00 a.m.— Step Class ■—■
8:30 a.m.— Silver Strong ■—■
11:00 a.m.— Singing with Kurt Martin
11:15 a.m.— Chair Chi ■—■
12:15 p.m.— Drums Alive ■—■
2:00 p.m.— *City of Angels* (1998)
6:00 p.m.— Bands and Balance ■—■
7:00 p.m.— ***Breakthrough* (2019)**

Saturday, March 13

- 7:00 a.m.— Step Class ■—■
8:30 a.m.— Silver Strong ■—■
11:15 a.m.— Chair Chi ■—■
12:15 p.m.— Drums Alive ■—■
2:00 p.m.— *Splash* (1984)
6:00 p.m.— Bands and Balance ■—■
7:00 p.m.— ***Big Night* (1996)**

SHOPPING—PLEASE NOTE CHANGES

Film Committee Movie Descriptions

How to Lose a Guy in 10 Days (2003):

Starring— Kate Hudson, Matthew McConaughey & Adam Goldberg

To help land an account, a notorious player makes a bet with his co-workers that he can get a woman to fall in love with him in just 10 days. But he bets on the wrong girl—a writer who's working on an article on how to get rid of a guy in 10 days.

Breakthrough (2019):

Starring— Marcel Ruiz, Topher Grace & Sarah Constible

In this fact-based drama, 14-year-old John Smith falls through a frozen lake and is pronounced dead after 27 minutes of CPR fail to revive him. But his mother is having none of it and prays loudly at John's bedside until his heart begins beating.

Big Night (1996):

Starring— Tony Shalhoub, Stanley Tucci & Marc Anthony

Despite its superb cuisine, an Italian restaurant run by immigrant brothers verges on bankruptcy. But the siblings risk it all to save their bistro when they get the chance to cook up a feast for bandleader Louis Prima.

Group shopping will resume on Tuesday, March 16. Please see the schedule below. We will be able to transport six (6) passengers per trip as we maintain social distancing on the bus. We will add more trips if the demand is high. Signup sheets will be in the Transportation Office.

Tuesday, March 16

Yardley McCaffrey's (with Liquor Store) & Rite Aid

Departs At	Return At (Approximately)
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9:00 a.m.	10:15 a.m.
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10:30 a.m.	11:45 a.m.
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ShopRite in Yardley

1:00 p.m.	2:15 p.m.
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2:30 p.m.	3:45 p.m.
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Wednesday, March 17

Trader Joe's – Princeton

Departs At	Return At (Approximately)
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9:30 a.m.	12:00 p.m.
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Thursday, March 18

Summit Square Giant, Rite Aid,

Dry Cleaners, Optician, Jeweler

Departs At	Return At (Approximately)
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9:00 a.m.	10:15 a.m.
-----------	------------

10:30 a.m.	11:45 a.m.
------------	------------

1:00 p.m.	2:15 p.m.
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2:30 p.m.	3:45 p.m.
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We will continue to provide the following services.

Complimentary Transportation Services (five-mile radius)

- Grocery Pickups
- Pharmacy Pickups
- Bank Deposits
- Pet Food and Medication Pickups

Transportation Services with a \$10.00 Fee

- Jewelry Store Pickup/Drop Off
- Dry Cleaners Pickup/Drop Off
- Grocery Shopping (Personal Shopping)
- Liquor/Beer Pickup (Prepaid by Resident)
- Nursery and Hardware Store Pickup
- Food Pickup from a Restaurant

The Transportation Department will gladly assist with the ordering of groceries and other items for delivery or curbside pickup. For other personal transportation trips, please call Transportation.

Dan Walters, Transportation Manager

BREAKFAST MENU

Menu subject to change

Week of
**March 7 to
March 13**

Served from
**8:00 a.m. to
9:30 a.m.**

MENU KEY

A! : Action Station

♥ : Heart Healthy

Always Available

- * Made to order eggs or omelets
- * Choice of toast
- * Bagels and cream cheese
- * Oatmeal
- * Cream of Wheat
- * Cold cereal
- * Variety of fresh fruit and sweet treats
- * Coffee, tea and juice

SUNDAY

Coffee Cake
Scrapple

MONDAY

Pancakes
Chicken Sausage

TUESDAY

Home Fries
Pork Roll

WEDNESDAY

French Toast
Reduced Sodium
Bacon

THURSDAY

Coffee Cake
Scrapple

FRIDAY

Pancakes
Applewood
Smoked Bacon

SATURDAY

Cinnamon Bun
Reduced Sodium
Bacon

LUNCH MENU

Menu subject to change

Week of
**March 7 to
March 13**

Served from
**11:30 a.m. to
2:00 p.m.**

MENU KEY

A! : Action Station

♥ : Heart Healthy

SUNDAY

Soups: Butternut Squash &
White Bean,
Tomato Dill Bouillon

Poached Egg & Lump
Crabmeat Benedict w/
Hollandaise

Roast Tenderloin of Beef
Au Jus

Old Fashioned Fried Chicken

Sides: Roast Half Idaho Potato,
Chef's Choice Vegetable,
Fresh Cauliflower

TUESDAY

Soup: Chicken Vegetable

A! Chicken Salad Wrap

♥ Italian Eye Roast on Steak
Roll

Macaroni & Cheese

Sides: Macaroni & Cheese,
Spinach, Stewed Tomatoes

MONDAY

Soup: Chicken Leek

♥ Chicken– Fresh Spinach
Burger

Tuna Salad Sandwich

A! Hebrew National Hot Dog
on Bun

Mini Veggie Spring Roll/Duck
Sauce (Café)

Sides: Baked Beans,
Sauerkraut, Fresh Green
Beans

WEDNESDAY

Soup: Manhattan Clam

♥ Baked Salsa Chicken
Breast

South Dakota Bison Burger

A! Flank Steak Salad

Egg Salad Sandwich

Sides: Natural Cut Fries,
Broccoli (opt. Cheese Sauce)

THURSDAY

Soup: Bavarian Lentil

Fried Shrimp

Italian Grinder

A! Turkey & Swiss Wrap

Poutine French Fries (Café)

Sides: Natural Cut Fries,
Fresh Zucchini, Corn

FRIDAY

Soup: Potato Corn Lobster
Chowder

Fish of the Day

Chicken Enchiladas

A! Asian Pork Lo Mein

Sides: Spanish Rice, Fresh
Seasonal Squash, Peas

SATURDAY

Soup: Beef Rice

Chef's Choice Baked
Breaded Chicken Cutlet on
Multigrain Roll

Grilled Three Cheese &
Tomato on Multigrain Bread

Turkey Salad Sandwich

Sides: Fried Green Beans,
Macaroni & Cheese, Fresh
Carrots

DINNER MENU

Menu subject to change

Week of
**March 7 to
March 13**

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

MENU KEY

A! : Action Station

♥ : Heart Healthy

SUNDAY

Soups: Butternut Squash &
White Bean, Tomato Dill
Bouillon

♥ Malibu Vegan Burger

♥ Chicken Masala

Build Your Own Grilled Cheese

Sides: Mashed Potatoes, Red
Beets, Diced Beets, Fresh
Broccoli

TUESDAY

Soups: Chicken Vegetable,
Broccoli Cheddar

♥ Roast Pork Tenderloin

Chicken Tomasino

Fish of the Day

Sides: Braised Red Cabbage,
Edamame Succotash, Stewed
Tomatoes, Fresh Carrots

FRIDAY

Soups: Potato Corn Lobster
Chowder, French Onion

♥ Pennswood Signature Fish
Cakes

Mediterranean Grain Stuffed
Chicken Breast

Today's Chef Creation

Sides: Baked Potato, Fresh
Carrots Dijon, Fresh Broccoli,
Fresh Roast Plum Tomatoes

MONDAY

Soups: Chicken Leek, Navy
Bean

♥ Fish of the Day

Hungarian Beef Goulash

Harvest Quiche

Sides: Buttered Egg Noodles,
Fresh Sautéed Greens,
Creamy Peas & Onions,
Chef's Choice Healthy Grain

WEDNESDAY

Soups: Manhattan Clam,
Creamy Roasted Mushroom
& Brie

♥ Root Vegetable
Bourguignon

Sirloin Meatloaf w/ Gravy

Chicken Paprikash

Sides: Horseradish Mashed
Potatoes, Fresh Green
Beans, Roasted Root
Vegetables

SATURDAY

Soups: Beef Rice, Creamy
Vegetable

♥ Chef's Choice Oven
Roasted Chicken Quarter

Choice Prime Rib of Beef
Au Jus

Seafood Ravioli w/ Red Crab
Sauce

Sides: Mashed Sweet
Potatoes, Fresh Green
Beans, Seasonal Squash

THURSDAY

Soups: Bavarian Lentil,
Tomato Rice

♥ Brook Trout
Vegan Moussaka

Pan-Seared Chicken w/
Parmesan-Horseradish
Sauce

Sides: Fresh Carrots,
Creamed Spinach, Plain
Spinach, Stewed Tomatoes,
Roast Sweet Potatoes