



THE PONY EXPRESS

WEEKLY CALENDAR

March 14, 2019

Thursday, March 14

- 9:00am – Stall open with great deals
- 9:30am – Open Bridge in the Grille
- 1:30pm – Pinochle in the Club Room
- 2:00pm – Apple iPad Class in the Club Room; **reserved seating only**
- 4:30pm-6:00pm – Endowment Fund “Very Merry Unbirthday” Annual Appeal Kick-Off Event in the Auditorium with champagne, appetizers, free raffles and musical entertainment by Ray O.
- 7:00pm – Partner Bridge in the Grille; bring your own cards and stay as long as you like

Friday, March 15

- 9:00am – Community Prayer in the Club Room
- 10:00am – Irish Coffee Klatch in the Grille; stop by for a splash of Baily’s Irish Cream in your coffee and a bite of Irish Soda Bread
- 10:00am – Sculpture Group in the Art Room
- 10:00am – Giant Shopping Trip departs from the Clubhouse
- 10:15am – Pool in the Billiards Room
- 2:00pm – Blue Bird Committee Meeting in the Club Room; more information is posted on the easel
- 7:15pm – Ch #1970 Movie: *The Quiet Man*, an Irish-American boxer recovering from trauma in the ring, returns to the Irish town of his birth where he finds happiness and love

Saturday, March 16

- 7:00pm – Performing Arts presents Katie Eagleson, *The Great American Songbook*, in the Auditorium

Sunday, March 17 *Happy St. Patrick’s Day*

- 11:30am-2:00pm – Brunch in Steeplechase Dining

Monday, March 18 *Bocce Sign ups begin in the Welcome Center – General Meeting, 4/11 at 10am*

- 10:00am – Acme Shopping trip departs from the Clubhouse
- 10:00am – A Matter of Balance Program in the Auditorium; **reserved seating only**
- 1:30pm – Worship Service, led by Rev. Ed Shiley, meets in the Club Room; all are welcome!
- 1:30pm – Book Club meets in the Dressage Dining Room, *American Dialogue: The Founders of Us*
- 3:00pm – Village Singers Rehearsal in the Auditorium
- 6:45pm – Duplicate Bridge in the Club Room and Tavern
- 6:45pm – Great Decisions Discussion group meets in the Multi-Purpose Room

Tuesday, March 19

- Art lessons in the Art room, 9am-12pm and 1pm-4pm (\$20 drop-in fee)
- 10:00am – Bible Study led by Ted Behr in the Club Room
- 3:00pm – Great Decisions Discussion Group meets in the Club Room & Auditorium
- 5:00pm – Birthday dinner gathers in the Steeplechase Dining Room
- 6:45pm – Great Decisions Discussion Group meets in the Multi-Purpose Room
- 7:00pm – Bingo in the Auditorium

Wednesday, March 20 *First day of Spring*

- 9:30am – Bridge Lessons in the Club Room
- 10:00am – Whole Foods Shopping Trip departs from the Clubhouse
- 10:00am – Nature Program with Ridley Creek State Park Naturalist, Gary Stolz, in the Auditorium
- 12:30pm – Bellringers Rehearsal in the Auditorium
- 1:30pm – Caregiver Support Meeting in the Club Room
- 3:00pm – Four Seasons sing a long; please note the new time and see additional information below
- 4:30pm – Wine and Cheese in the Clubhouse
- 7:00pm – Elysian Camerata in the Auditorium; welcome Spring with a lovely concert featuring chamber music

Thursday, March 21 *Rock Your Socks – wear your crazy socks in honor of World Down Syndrome Day*

- 9:00am – Stall open with great deals
- 9:30am – Open Bridge in the Grille
- 11:30am – Mystery Lunch Trip departs from the Clubhouse
- 1:30pm – Pinochle in the Tavern
- 2:00pm – Apple iPad Class in the Club Room; **reserved seating only**
- 7:00pm – Cultural Encounters presents Tom Stretton, *The Mystery of Walt Disney – Part II*, in the Auditorium

Visit us on the web at www.whitehorsevillage.net

NOTICES

The Manager on Duty the weekend of March 15 is Tina Boukalis.



INTRODUCING THE SPIRITUAL DOMAIN: Spiritual Wellness is the ability to establish peace and harmony in our lives. The ability to develop congruency between values and actions and to realize a common purpose that binds creation together contributes to our Spiritual Wellness.

T-SHIRTS WITH THE WHV 30TH ANNIVERSARY LOGO ON SALE NOW! Sizes are available for men and women. Cost will be \$12 and all proceeds benefit Ladies Luncheon and Residents Association. T-shirts can be purchased in the Grille, 11:30am-1pm, on 3/15, 3/22 & 3/29 or outside of the Auditorium, 4:30pm-6pm, on 3/20 & 3/27.

MURAL FOR MEMORY OF DAUGHTER: Mural Arts of Philadelphia and other supporting businesses bring the community together. More information is posted in the Welcome Center regarding this event and other events supporting the *Merge With Mercy Foundation*.

LIBRARY NEWS: The books on display in the library this month are all about the Irish -- authors and stories. Come in and check out one.

EMAIL NOTICE: A list of resident email addresses is now available on the resident website. Go to whitehorsevillage.net, click on Resident Communications, then click on Resident Info. From there follow the directions to access the email list.

INTRODUCTION TO TAI CHI – Friday, March 22 at 11:00am: Originating in ancient China, Tai Chi is one of the most effective exercises for health of mind and body. This is a low-impact, slow-moving exercise that can be done either sitting or standing. The benefits include improved muscle strength, flexibility & balance. Space is limited, please sign up in advance at the Wellness Center.

NEW WORSHIP SERVICE KICK-OFF: WESTMINSTER PRESBYTERIAN CHURCH – LIVE STREAM: Join us on Sunday, March 24 at 9:45am in the Auditorium to view the live Sunday worship service on the big screen. We are excited to bring this new opportunity to WHV! We are in search of volunteers who can help set up the laptop and monitor the sound so that we can continue to provide these live services at least one Sunday per month. Barbara will provide hands-on training and a copy of step-by-step instructions will be available. Can you help? Please contact Barbara at 610-558-5076 or bcaso@whitehorsevillage.org. Multi-denominational Vespers Services are also on the way. Look for more details to come in the next Pony!

INVEST IN THE FUTURE OF MEDICINE BY VOLUNTEERING to meet with a group of Villanova nursing students on April 10 at 10:00am. The students will be presenting an interactive program on Stroke Education. Space is limited to 10 residents and we will be meeting them on the Porch. The sign-up sheet will be available in the Welcome Center.

WORLD DOWN SYNDROME DAY is March 21. The ETC Committee is supporting this cause by holding a special event called *ROCK YOUR SOCKS!* Stop by the Grille during lunch on Monday 3/18, Tuesday 3/19 and Wednesday 3/20 to purchase a pair of crazy socks for \$2.00. Everyone will wear the socks on Thursday, March 21, in support of World Down Syndrome Day. All proceeds will go toward Down Syndrome Association.

THE HOUSEKEEPING DEPARTMENT IS HOSTING A SHRED EVENT on Tuesday, March 26, 10:30am to 12:30pm, in the Winter Court Parking Lot (same location as before).

TOWN HALL will be held on Wednesday, March 27 at 10:00am in the Auditorium. All are welcome.

FORUMS ON PUBLIC ISSUES - "MARIJUANA (POT) - A CURSE OR A BLESSING?" Wednesday, March 27 at 3:00pm. The lead speaker is Delaware County D.A., Katayoun M. Copeland. Highlights may include legal, medical and recreational aspects.

SWAT JAZZ GROUPIE ALERT!! Yet again!! The Swarthmore College Jazz Ensemble is performing at Swarthmore Lang Theater, Sunday, April 7 at 7:30pm. There are several new amazing young musicians including non-SWAT from the area. The mysterious silver haired trombone player is back on big bass bone (BBB) with excellent trombone and trumpet sections. Probably two good student vocalists. Unfortunately, the WHV bus is not available. Please carpool.

TRIPS & TRAVELS

**Please sign up for trips at the Front Desk Monday through Friday.
Let Laurena know if you need a ride to the Clubhouse.**

MEDIA THEATER: Sunday, March 24 – *Behive: The 60's Musical*, A celebration of 1960's female empowerment. With such timeless classics as "My Boyfriend's Back", "Son of a Preacher Man" and "Me and Bobby McGee". This musical recalls the days of miniskirts and flower power told from the perspective of six young women. The cost is \$40, including ticket and transportation and will on your monthly statement. The bus departs from the Clubhouse at 2:00pm. Please sign up with Laurena at the Front Desk.

NO MATTER HOW LONG THE WINTER, SPRING IS SURE TO FOLLOW - STAY TUNED FOR MORE INFORMATION ON SPRING TRIPS AND TRAVELS!

Life Enrichment Team

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