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Press Release

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Celebrate Summer...Celebrate Family Fitness Pennswood Village to Host a Summertime Open House for All Ages on Tuesday, July 26



July 11, 2011. Newtown, PA: Please join Pennswood Village for a Summertime Open House. Try out Pennswood's fitness center, pools, bocce and croquet courts, activities center and community gardens. Bring your family, sneakers, swimsuit, and your appetite!

Pennswood Village is a Continuing Care Retirement Community located in Newtown, PA that is home to more than 450 residents ages 65 and older.

Open House Schedule July 26, 2011 from 1 to 4:00 p.m.

Five Venues of Fun, plus Pennswood Village tours, ice cream, giveaways, and more!

Tours of Pennswood Village:

1-4:00 p.m. Pennswood Guides will be available to tour several different apartment sizes, as well as our community building, currently under renovation, health center, and dining areas. Mark your calendars for a special hard hat tour of the renovations on August 24!

Pools:

1-2:00 p.m. Open swim in our lap pool and warm water therapy pools, including the bubble-couch!

2:00 p.m. Pool Volleyball

3:00 p.m. Pool Games

(ice cream, frozen yogurt, and water ice served in the Passmore Lounge)

Fitness Center:

1-4:00 p.m. Fitness staff will be on hand for equipment demos and questions



A Commitment to Excellence

1:30 p.m. Beginner Yoga for all ages

2:30 p.m. Balance & Strength Training Class

(ice cream, frozen yogurt, and water ice served in the Passmore Lounge)

Bocce and Croquet Courts:

1-4:00 p.m. Pennswood Residents will give lessons and arrange games

(Keep cool and energetic at our hydration station featuring drinks, watermelon, and healthy snacks)

Community Gardens:

1-4:00 p.m. Resident Gardeners will offer tours of Pennswood Community Gardens, including our greenhouse, compost areas, giant sunflowers, and experimental plants. Don't forget to check on the progress of our 200 lb. pumpkin – guess its final weight and enter for a chance to win a prize!

(Water, umbrellas, and chairs available for your refreshment)

Activities Center:

1-4:00 p.m. Pennswood Residents invite guests of all ages to visit the activities center on the lower level for Wii tournaments, pool, ping-pong, and shuffleboard. While there, take a look at our woodshop, art areas, and more.

(Sample delicious treats from our very own Pastry Chef)

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Pennswood Village is a nationally respected continuing care retirement community for those 65 and older. Home to more than 450 residents in Newtown, Pennsylvania, the Friends retirement community is accredited by the prestigious national organization Commission on Accreditation of Rehabilitation Facilities (CARF-CCAC). Residents enjoy full Type A Life Care Contracts that provide the highest level of service and unlimited access to health care with no substantial increases in monthly payments. The community's Quaker values enrich resident's lives through diversity, welcoming women and men of all races, colors, religions, national origins, and sexual orientations.

For more information, visit www.pennswood.org, e-mail info@pennswood.org, or call 215-504-1122.