

AUGUST PREVIEW 2024

Porters Neck Village

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Wellness involves targeting separate areas of ourselves in order to achieve a holistic integration of our physical, spiritual, and mental wellbeing.

There are 8 dimensions of wellness that work with one another and have a direct impact on our health.

This month we will focus on Emotional Wellness. Below are some of the ways to integrate it into your lives.

Physical Wellness

Optimal physical health is more than simply the absence of disease. Positive lifestyle choices that benefit the body inside and out also factor into good health. Remaining active, establishing a healthy diet, and avoiding harmful habits are key to not only preventing disease, but also to maintaining and improving health—even as a person ages.

Here are some Physical Wellness opportunities:

- The PNV Summer Olympics, spectate or participate
- Aqua Volleyball – Every Thursday at 9am in the pool
- Beach Trip August 30th
- Try our Ballet, Line Dance, Tai Chi, Core Fitness or any of the group fitness classes.

What do you call a fish wearing a tux?

(See lower left for answer)

SAVE THE DATE

AUGUST 5

Wrightsville Beach
Farmers Market

AUGUST 8

High Steppers
Performance

August 14

Tour of the Wilson
Center

August 26

CAM Presents: Visual
Storytelling Through Art



WHAT'S HAPPENING IN YOUR COMMUNITY

Live events will be streamed on 1395 only at the time specified where indicated. It is strongly recommended that you register for all events and outings on the Village App to ensure proper seating and planning.

BREAKFAST CLUB – MONDAY - FRIDAY @ 7:30AM - 9:00 AM, TAVERN ON THE POND

You're Invited to the new Breakfast Club. Start the day off right! Join your neighbors at the Tavern on the Pond for a complimentary continental breakfast. Breakfast is served Monday - Friday from 7:30am-9am. Enjoy your favorite breakfast items, while socializing and enjoying the beautiful views of Heron Pond.

MEN'S COFFEE GROUP – MONDAYS & WEDNESDAYS @ 9:00 AM, BOARD ROOM

Grab a coffee and join your fellow neighbors for a social and intellectual gathering.

VIRTUAL BINGO – MONDAYS @ 1:00 PM, STREAMING ON 1395

If you are the lucky person to get "Bingo!" call the hotline at 910-520-5968. Winners are advised to place their winning card on the clip outside their door. Winning cards will be checked, and a prize will be at your door. See receptionist for bingo materials (card/marker/clip).

WOMEN'S BIBLE DISCUSSION GROUP – MONDAYS @ 3:00 PM, CYPRESS HALL

A group discussion for all women who have an interest in the Bible. All women regardless of their Bible knowledge are welcome and encouraged to attend.

TRANSPORTATION

All outings that include transportation must have a minimum of 5 registrants.

Morning Coach

(Gordon Rd to Mayfaire)
Mondays, Tuesdays &
Wednesdays
8:30 am.-11:00 am

Afternoon Coach

(PNV to Gordon Rd.)
Thursday 1:00 pm-3:30 pm

(PNV to Gordon Rd.)
Friday 1:00 pm.-3:30 pm

We encourage you to utilize this free service for all medical appointments.

Booking appointments between 9:15am -10:45am or 1:45pm – 2:30pm on Mondays, Tuesdays, & Wednesdays will provide adequate time for all.

Free Community Shuttle

Monday – Friday
11:00 am – 4:00 pm

Thursday (August Only)
4:30 pm – 8:30 pm
Call the front desk for a specific pick-up time.

★★★★★★★★★★

Must sign up at least 48 hours in advance, call transportation on extension 3115 to leave a message. Your message will be returned

POKER – MONDAYS & THURSDAYS @ 6:30 PM, CARDINAL CLUB ROOM

Sign up on the Village App for an evening of fun.

DUPLICATE BRIDGE – TUESDAYS @ 7:00 PM, CARDINAL CLUB

Grab a partner and sign up for Duplicate Bridge. The sign-up book is located on the Activities Desk in the Village Post.

TECHNOLOGY WEDNESDAY – 1ST, 2ND & 3RD WEDNESDAYS @ 1:00 PM, BOARD ROOM

Justin Stevenson from Cape Fear IT Systems will be here to hold complimentary technology support for your portable devices, such as iPads, laptops, and cellphones. Justin will be at PNV the 1ST, 2ND, and 3RD Wednesday this month. Sign up on the Village App.

HAND & FOOT – WEDNESDAYS @ 1:30 PM & SUNDAY, AUGUST 4TH & 18TH @1:30 PM, CARDINAL CLUB ROOM

Sign up on the Village App to play and email linda@lindaheller.com your email address. Once done, you will then receive information about the game directly from Linda Heller.

PING PONG – WEDNESDAYS & FRIDAYS @ 3:00 PM, THE COVE

Sign up on the Village App for an afternoon of fun.

ACRYLIC PAINT CLASS – THURSDAYS @ 10:00 AM, ARTISAN ROOM (EXCEPT AUGUST 22ND)

Cheryl Crane- Hunter continues acrylic painting classes. Beginners to intermediate are welcome. Supply cost per class is \$7.00 and will be billed to your account. Register on the Village App to attend.

PARTY BRIDGE – 1ST & 3RD THURSDAY @ 1:00 PM, CARDINAL CLUB ROOM

If you would like to play as a substitute, please sign your name on the party bridge group sheet on the Activities Desk located in the Village Post. Facilitators: Nancy Kirby (5609) and Clarice Reber (5335).

SOCIAL HOUR – THURSDAYS @ 4:00 PM, TAVERN ON THE POND

Join your friends at Tavern on the Pond for an hour of drinks and appetizers. BYOB or enjoy half price house beer, wine, and tier 1 liquor drinks. Sign up on the Village App to attend.

BILLIARDS – FRIDAYS @ 1:00 PM, THE COVE

Team up with your PNV friends for a game of Billiards!

MAH JONGG – FRIDAYS @ 1:00 PM, CARDINAL CLUB ROOM

We have equipment for two tables. Four players per table. Sign up is required. An email address is required. The Card rules and regulations will be in effect. Jan Gleason will be hosting the games in the card room and Linda Heller will manage the signup and Q & A's.

STICHIN' & COLORIN' – EVERY FRIDAY @ 1:30 PM, ARTISAN ROOM

Bring your own projects & socialize while creating your masterpieces. Sign up on the Village App.

CORN HOLE – FRIDAYS @ 2:00 PM, EXERCISE STUDIO

Sign up on the Village App for an evening of fun.

GAME NIGHT – FRIDAYS @ 7:00 PM, CARDINAL CLUB ROOM

Pick a game, pick a partner, and enjoy some games. Sign up on the Village App.

BOCCE BALL – SATURDAYS & SUNDAYS @ 7:00 PM, BOCCE BALL COURT

All are welcome to play. No experience necessary. The new court is located next to the community garden. Enjoy the outdoors and meet new friends each Saturday at 7pm & Sundays at 7pm. Sign up on the Village App. The court is open for practice from sunup to sundown every day the weather allows. Grab some friends and come on over

PUTTING PRACTICE & COMPETITION – SATURDAYS @ 7:00 PM PUTTING GREEN

Our new Putting Green is located behind Magnolia Walk 2. Meet your neighbors there every Saturday at 7pm for some friendly competition. Bring your favorite putter or use one of ours. Weather permitting, the green is open for practice from sunup to sundown, every day of the week.

We are excited to share the new and improved Transportation Schedule with you. This new schedule will begin Thursday, August 1. Please make sure you register for all transportation on the App or by calling the transportation office at X 1115.

In addition to the new schedule, we are offering a community shuttle on Thursday evenings from 4:30-8:30 for the month of August.

Please call the receptionist to request the shuttle.

Transportation Schedule as of August 1, 2024

Register for all transportation on the Village App, call the front desk, or the transportation office at Ext 1115

OFF CAMPUS TRANSPORTATION				
Monday	Tuesday	Wednesday	Thursday	Friday
Depart at 8:30am for appointments between 9:15-10:45 from Gordon Rd to Medical Center Drive area	Depart at 8:30am for appointments between 9:15-10:45 from Gordon Rd to Medical Center Drive area	Depart at 8:30am for appointments between 9:15-10:45 from Gordon Rd to Medical Center Drive area	Depart at 9am Return at 1pm for trips between PNV and Gordon Road	
Depart at 1pm for appointments between 1:45-2:30 from PNV to Gordon Rd	Depart at 1pm for appointments between 1:45-2:30 from PNV to Gordon Rd	Depart at 1pm for appointments between 1:45-2:30 from PNV to Gordon Rd	Depart at 1pm to Mayfaire. Return at 3:30pm	Depart at 1pm to Gordon Road. Return at 3:30pm

COMMUNITY SHUTTLE			
Monday	Tuesday	Wednesday	Thursday
11am-3:30pm to anywhere in PNV, Dr. Surak, The Davis Community & ED North	11am-3:30pm to anywhere in PNV, Dr. Surak, The Davis Community & ED North	11am-3:30pm to anywhere in PNV, Dr. Surak, The Davis Community & ED North	11am-3:30pm to anywhere in PNV, Dr. Surak, The Davis Community & ED North 4:30-8:30pm to anywhere in PNV (August only)

SUNDAY CHURCH ROUTES

Departing at 8:45 AM – St. Marks Catholic Church.

Departing 9:30 AM - Wesleyan Chapel UMC - Transportation via Church bus

TUESDAY CHURCH ROUTES

Departing at 11:00 AM – St. Therese Catholic Church.

TO ATTEND BY TRANSPORTATION CALL EXT 3115 OR SIGN UP ON THE VILLAGE APP. YOU ARE ALSO RESPONSIBLE FOR CONFIRMING YOUR SERVICE TIMES AND REGISTRATION IF NEED BE.

SUNDAY CHURCH SERVICES STREAMING

HAMPSTEAD UNITED METHODIST CHURCH

8:45 am and 11:00 am services available on hampsteadumc.org

ST. ANDREWS ON THE SOUND

Streaming services available on www.standrewsonthesound.com

WESLEYAN CHAPEL UMC

11:00 am (10:00 am starting June 30th) services streaming on the UMC YouTube channel.

ST. ANDREWS COVENANT PRESBYTERIAN CHURCH

Online services at 11:00 am Sundays on www.sacpc.org

FIRST PRESBYTERIAN CHURCH

Live streaming services at 11:00 am on www.firstonthird.org

WINTER PARK BAPTIST CHURCH

Live streaming services at 8:30 am at www.winterparkbaptist.org. Previous Sunday Services on TV Channel 43 and 464 every Tuesday at 7:00 pm and Wed. morning at 9:30 am.

LUTHERAN CHURCH OF RECONCILIATION

10:00 am service streaming available on <https://mylcor.org/worship-online/>

Committee Meetings

Residents who are not members of a committee are invited to attend any meeting as a guest. Please sign up on the Village App to attend.

Building & Grounds – Thursday, August 1ST @ 2:00 pm **(Board Room)**

Health and Wellness – Wednesday, August 7TH @ 10:30 am **(Auditorium)**

Leisure Service – Wednesday, August 7TH @ 2:00 pm **(Board Room)**

Dining – Tuesday, August 13TH @ 3:00 pm **(Board Room)**

Finance – Monday, August 19th @ 3:00 pm **(Board Room)**

Pre-Council- Monday, August 19th @ 10:00 am **(Board Room)**

Resident Council- Thursday, August 22nd @ 11:00 am **(Auditorium & 1395)**

Area Meetings

SATURDAY, AUGUST 10TH

You are encouraged to attend your area's meeting to hear important PNV updates. Contact your area representative for time & locations, or sign up on the Village App.

Coffee Chat with Zane

WEDNESDAY, AUGUST 14TH @ 2:00 PM, AUDITORIUM & STREAMING ON 1395

Join our PNV Leadership Team, for community updates and discussions. Sign up on the Village App to attend.

Onsite Doctors

Please call their offices to make an appointment.

Onsite Dermatology will be here August 7th – 877-345-5300 - A 205

Dr. Jason Rickman, Excel Audiology will be here August 20th – 910-399-3075 – RCC

Noah Foot & Ankle will be here September 10TH – 910-399-8688 - A 205

ASSOCIATE APPRECIATION FUND

THIRD QUARTER CONTRIBUTION

AUGUST 2024

The Associate Appreciation Fund was established in 1989 to reward associates since tipping/gift giving are not allowed. In December, an event will be scheduled for associates to receive a check based on hours worked. Associates receiving a check are hourly employees.

(Includes: Environmental Services/Housekeeping, Receptionists, Food/Dining, Health Services, Maintenance, Security)

Donation Box is located in the VILLAGE POST.

Make checks payable to Associate Appreciation Fund.

Suggested quarterly donation amounts:

\$90 per resident/\$180 per couple

(QUARTERS: February/May/August/November)

COMMITTEE MEMBERS

Gerrie Storch, Chair

Nancy Kirby, Treasurer

Gene Waszily, Assistant Treasurer

Bill Malloy, Event Chair

Stan Nawrocki, Historian

Scottie Scott, Member Emeritus

For More information, Contact Nancy Kirby, Ext. 5609

SPECIAL FEATURES YOU DO NOT WANT TO MISS

Walker Scooter Clinic

THURSDAY, AUGUST 1ST @ 2:00 PM, CYPRESS HALL

Join Katie Daniels from Health Pro Heritage for a complimentary clinic to assess walker, wheelchair, and scooter functions and safety.

Caregiver Support Group

TUESDAY, AUGUST 1ST @ 3:30 PM, ARTISIAN ROOM

Are you caring for a loved one and would like to talk with someone about the day to day? Receiving support and encouragement can make all the difference sometimes. Knowing that you can be heard and that there are others who are walking the same walk as you can be very helpful. If this sounds like you, then you may benefit from our support group. Facilitated by Erin Gora, MSW, LCSWA from Lower Cape Fear Life Care. Sign up on the Village App.

Monthly Documentary: Tea With the Dames

FRIDAY, AUGUST 2ND @ 3:00 PM & WEDNESDAY AUGUST 21ST @ 2:00 PM, CYPRESS HALL

Dames Judi Dench, Eileen Atkins, Joan Plowright, and Maggie Smith get together for tea to reminisce and discuss their acting careers. Sign up on the Village App to attend.

Parkinson's Support Group

MONDAY, AUGUST 5TH @ 1:00 PM, BOARD ROOM

Join your fellow PNV residents who are interested in learning about this disease & how to continue to live a full & active life. Facilitated by Parkinson's Support Wilmington.

CORE Library – NHC

TUESDAY, AUGUST 6TH @ 10:00 AM, PNV LIBRARY

This is a mobile program that provides you the opportunity to check out audio and reading material from the Public Library without leaving PNV. They can help you sign up for a library card, answer any library questions, and explain how to receive books by mail or on-line.

Holy Communion

WEDNESDAY, AUGUST 7TH @ 10:00 AM, CYPRESS HALL

Take Holy Communion alongside your fellow PNV neighbors.

Worship Service with Wesleyan Chapel

WEDNESDAYS, @ 10:00 AM, CYPRESS HALL

Wesleyan Chapel UMC is leading worship each week. Join us in the Cypress Hall at 10 am for a joyous time of Worship including Scripture, Singing Hymns and hearing a meditation on God's word. What a blessing we can be to one another. All are welcome! Sign up on the Village App to attend.

The High Steppers

THURSDAY, AUGUST 8TH @ 3:30 PM, AUDITORIUM

Join us before social hour as The High Steppers, a dance group from the New Hanover County Senior Center will be performing a few short dance numbers from the roaring 20's. Sign up on the Village App to attend.

Music Bingo

TUESDAY, AUGUST 13TH @ 2:30 PM, TAVERN ON THE POND

Music bingo is a fun spin on traditional bingo that allows you to jam out to snippets of your favorite songs while playing competitively against other music lovers! Join us in a fun game of music bingo: songs from the 50s and TV Show Themes! Sign up on the Village App to attend.

Clay Class with Cheryl Crane

THURSDAY, AUGUST 15TH @ 1:00 PM, ARTISAN ROOM

We will be working with slabs of clay. Artist Cheryl Crane Hunter will demonstrate this art adventure. The cost is \$7 charged to your account for materials. All are welcome! Sign up on the Village App.



Art Talk

TUESDAY, AUGUST 20TH @ 10:00 AM, CYPRESS HALL

Art Talk by local artist and professor Cheryl Crane Hunter. Topic: The Creative Process. Sign up on the Village App to attend.

Great Decisions

FRIDAY, AUGUST 23RD @ 3:30 PM, BOARD ROOM

Topic: Pandemic Preparedness

Facilitator: Hugh & Betty Taylor

Friday Night Concert – Shades of Gray

FRIDAY, AUGUST 23RD @ 7:00 PM, AUDITORIUM

Enjoy live music by the Shades of Gray Doo-Wop show. Sign up on the Village App to attend.



Cameron Arts Museum Presents: Visual Storytelling Through Art

MONDAY, AUGUST 26TH @ 2:00 PM, AUDITORIUM

Join Cameron Art Museum's Education Assistant, Ashley Rowland for an exciting investigation into CAM's exhibitions and permanent collection. Discover how artwork can be a vehicle for important storytelling. Sign up on the Village App.

PNV Presents Jim and Clarice Reber

TUESDAY, AUGUST 27TH @ 3:00 PM, AUDITORIUM

Join your neighbors Jim and Clarice Reber when they present: Greenland Odyssey. This presentation will focus on their 2022 adventure cruise to West Greenland with flashbacks to their Greenland trips in 2015 and 2018. There will be lots of ice to enjoy viewing on these hot summer days. Sign up on the Village App to attend.

SALSA (Sighted and Limited Sight Alliance)

WEDNESDAY, AUGUST 28TH @ 2:00 PM, CYPRESS HALL

We invite both low vision and sighted residents to join in conversation about tips and tools and to share experiences. We all learn from each other. Sign up on the Village App.

LifeCare 101 -Spectrum of Services

FRIDAY, AUGUST 30TH @ 2:00 PM, AUDITORIUM

A complete overview of various programs offered within Lower Cape Fear LifeCare including Palliative Care, Hospice, Memory Partners, We Honor Veterans, Bereavement and Grief Counseling, End of Life Care, and Support Groups. Sign up on the Village App.

Great Courses –Books that Matter: The Federalist Papers

TUESDAYS @ 11:00 AM, AUDITORIUM

Join your PNV neighbor as they view a video relating to the weekly topic followed by a discussion.

- **August 6TH** – Dual Sovereignty
- **August 13TH** – Popular Sovereignty and States' Rights
- **August 20TH** – The Separation of Powers
- **August 27TH** – The Federal Legislature

Max and Sarah Williams Life Long Learners - The U.S and the Middle East

THURSDAYS @ 10:00 AM, BOARD ROOM

Join your PNV neighbor and others via Zoom as they view a video lecture relating to the weekly topic followed by a discussion.

- August 1ST
 - The Six-Day War
 - The Nixon Doctrine & the Middle East
- August 8TH
 - The Yom Kippur War & Kissinger's Diplomacy
 - Carter & Camp David
- August 15TH
 - The Iranian Revolution & the Hostage Crisis
 - Era of Limits – Energy Crises of the 1970s
- August 22ND
 - The Soviet Invasion of Afghanistan
 - Reagan & the Middle East
- August 29TH
 - The First Palestinian Intifada
 - The Gulf War

Resident Orientations

Did you know that you can attend Resident Orientations, no matter how long you've lived at Porters Neck Village? Take a look at the following sessions that you can attend:

Food & Beverage: FRIDAY, AUGUST 16TH @ 10:00 AM, TAVERN ON THE POND

Meet Jordan at the Tavern on the Pond for a behind the scenes peak at what goes on in the kitchen each morning to prepare your delicious meals. The tour is limited to 15 people. Sign up on the Village App.

Administration and Human Resources: THURSDAY, AUGUST 22ND @ 2:00 PM, BOARD ROOM

Susanne DelGrosso and Alyssa Paquin share information monthly on emergency preparedness, organizational processes, front desk services, associate hiring, and training, and how to access information on the Village App to help you live your best life at Porters Neck Village.

You can also contact Johnna to schedule a refresher on the following services:

Housekeeping and Facility Services: Contact Johnna on Ext 3133 to schedule an in-home review of maintenance and housekeeping services.



TECH TIP

Many of us rely on our smartphones and tablets to keep us connected to the world and to those we love. Do you know that there is so much more our mobile devices can do to make our lives easier and more enjoyable?

We found a great app that will not only magnify that hard to read menu but shine a light on it in that dark restaurant. **Magnifying Glass+Flashlight** is a free app that enables you to turn on the magnifier that will auto focus the text, zoom in and out and increase and decrease the light. This is helpful not only in restaurants, but to read those pill bottles, and serial numbers on the back of devices. Simply go to the App Store on your Apple Device or Google Play on your android and download the app



Magnifying Glass + Flashlight

Fastest LED Torch Magni...

2024

OPEN



Saturday Matinee

SATURDAYS @ 1:00 PM & 4:00 PM, CYPRESS HALL

August 3RD – Belfast (1h 40m)

Starring: Jude Hill, Lewis McAskie & Caitriona Balfe

A young boy and his working-class Belfast family experience the tumultuous late 1960s.

August 10TH – Marriage Story (2h 20m)

Starring: Adam Driver, Scarlett Johansson & Julia Greer

A stage director and his actor wife struggle through a grueling divorce that pushes them to their personal and creative extremes. Noah Baumbach's incisive and compassionate look at a marriage breaking up and a family staying together.

August 17TH – The Queen (1h 43m)

Starring: Helen Mirren, Michael Sheen & James Cromwell

After the death of Princess Diana, Queen Elizabeth II struggles with her reaction to a sequence of events nobody could have predicted.

August 24TH – One Life (1h 50m)

Starring: Anthony Hopkins, Lena Olin & Johnny Flynn

Sir Nicholas 'Nicky' Winton, a young London broker who, in the months leading up to World War II, rescued over 600 children from Nazi-occupied Czechoslovakia.

August 31ST – 1917 (1h 59m)

Starring: Dean-Charles Chapman, George MacKay & Daniel Mays

April 6th, 1917. As an infantry battalion assembles to wage war deep in enemy territory, two soldiers are assigned to race against time and deliver a message that will stop 1,600 men from walking straight into a deadly trap.

SPECIAL OUTINGS: SEE WHAT'S OUTSIDE OF PNV, EXPLORE & ENJOY!

Wrightsville Beach Farmers Market

MONDAY, AUGUST 5TH @ 9:30 AM, TRANSPORTATION

We will take a ride to the Farmers Market where you can purchase local produce, baked goods, seafood, crafts and more! Sign up on the Village App to attend.

Tour of Wilson Center

WEDNESDAY, AUGUST 7TH & 14TH @ 9:30 AM, TRANSPORTATION

"What is a Green Room? Is it actually green? Who is Chad? What is a fly rail? There's a giant shell that is always on the stage, can you find it? What do ships and theater's have in common? How many people does it take to load-in a touring Broadway show? If you want to know the answers to these questions, join us for a guided backstage tour of CFCC's Wilson Center followed by a Dutch lunch at The Basics. Sign up on the Village App to attend.

Thrifting with Neighbors

WEDNESDAY, AUGUST 21ST @ 9:30 AM, TRANSPORTATION

Join your PNV neighbors for a day of thrifting in Burgaw at Diddly Dattling Around, and Second Time Around Thrift Store and Vendor Shops. We will stop for a Dutch lunch at Burgaw Brewing in between stores. Sign up on the Village App to attend.

Ice Cream Club

WEDNESDAY, AUGUST 28TH @ 1:30 PM, TRANSPORTATION

The Crazy Mason milkshake bar and ice cream shop, “Where calories don't count.” We will indulge in a unique ice cream and/or milkshake creation. Bring your appetite for this amazing Dutch treat experience. Sign up on the Village App to attend.

Beach Outing

FRIDAY, August 30TH @ 9:30 AM, TRANSPORTATION

We will take a 2-hour on your own visit to Wrightsville Beach, weather permitting. Join us under the pier for a nice cool breeze and shade! Sign up to attend on the Village App. Bring your sun gear, hats, glasses, SPF Sunscreen, and comfortable shoes. Restrooms will be available.

Neighborhood Dining

This is an opportunity to experience local dining venues, dutch treat. Space is limited. Sign up on the Village App.

Ladies Lunch	Evening Dining	International Dining
August 14 TH @ 11:00 AM	August 21 ST @ 5:00 PM	August 28 TH @ 5:00 PM
Ceviche's	Sweet & Savory Cafe	TBA

Parties of 20 or more, 20% gratuity will automatically be included in your bill.
*** If you have any restaurant suggestions, please call Aneesa George at ext 3116 ***

CULTURAL ART OUTINGS

Vivace International Music Festival (Wilson Center)

The 2024 Vivace International Music Festival returns to the Wilson Center. All Performers are internationally renowned and famous recording artists. Purchase tickets by calling the Wilson Center box office at 910.632.7999. PNV will be providing transportation for the following concerts:

Saturday, August 3RD – James Ehnes and Marc-Andre Hamelin

Thursday, August 8TH – Chamber Music Masterpieces

Saturday, August 10TH – Piano Extravaganza

Departing at 6:30 pm and the shows start at 7:30 pm. Sign up on the Village App for transportation. For more information see the brochure at the Community Life Service desk.

Opera House Company Presents Fiddler on the Roof (Thalian Hall)

SATURDAY, AUGUST 24TH @ 1:00 PM, TRANSPORTATION

Set in the little village of Anatevka, the story centers on Tevye, a poor milkman, and his five daughters. With the help of a colorful and tight-knit Jewish community, Tevye tries to protect his daughters and instill them with traditional values in the face of changing social mores and the growing anti-Semitism of Czarist Russia. Rich in historical and ethnic detail, Fiddler on the Roof's universal theme of tradition cuts across barriers of race, class, nationality and religion, leaving audiences crying tears of laughter, joy and sadness. For tickets call the Thalian Hall box office at 910.632.2285. Departing at 1:00pm and the show starts at 2:00pm. Sign up on the Village App for transportation.

PORTERS NECK VILLAGE AUGUST BIRTHDAYS

August	1	Ron	Fisher
August	2	Bonnie	Stone
August	3	Doris	Riekert
August	4	Katie	Bodner
August	4	Joyce	Wentz
August	5	Robert	Walters
August	6	Marjory	Brodie
August	7	Deborah	Trumpf
August	9	Janet	Gleason
August	9	Nancy	Christie
August	10	Vincent	Cusick
August	13	Richard	Progelhof
August	13	Hubert	Taylor
August	14	Rolf	Russart
August	15	Stan	Shelton
August	15	Daniel	Larusso
August	15	Bates	Toone
August	16	Tink	Shelton
August	17	Sandra	Rohwer
August	18	Susan	Long
August	19	Holly	Brim
August	21	William	Doran
August	21	Marilyn	Myers
August	23	Linda	Pierce
August	24	R.E.	Corbett
August	25	Barbara	Covitz
August	27	Quincy	Parham
August	29	Thomas	Burrell
August	29	Richard	Mazziotti
August	31	Bob	Mitchell



Dorothy & Bill	Holt	8/5
Peggy & Stan	Nawrocki	8/20
Sandy & Jerome	Nolan	8/24
Jan and Walt	Makaryk	8/26
Clarice and James	Reber	8/26

WELLNESS MATTERS

Class Spotlight: Stretch and Balance

This class covers a variety of exercises designed to improve muscular strength and endurance. Great for all fitness levels! stretching to improve stamina, flexibility, and overall daily function. Exercises are performed seated and/or standing. There are many important cues given while participating in the class. This is a great opportunity to practice your balance even more with others.

Fitness Assessments

****If you have not completed a Fitness Assessment with Leilani or you would like a refresher, please stop by or call 3235 to get one scheduled today ****

Exercise of the Month-Toy Soldier

How to perform a Standing Toy Soldier

1. Stand tall with your core tight.
2. Keeping your knee straight, lift your right leg straight out to the front and touch your left hand to your toes.
3. Return to the starting position and repeat the movement with your left leg and right arm.
4. Continue to alternate sides.

Modified Toy Soldier Instructions

1. Be seated on a bench or chair with your chest up, back straight and your core tight.
2. Keeping your knee straight, lift your right leg straight out to the front and touch your left hand to mid shin.
3. Return to the starting position and repeat the movement with your left leg and right arm.
4. Continue to alternate sides.



In Defense of Rollator Residents
by Kitty Stofick

Recently a PNV resident said to me
“Independent Living is what this is supposed to be.
You Rollator people take up a lot of room.
That's why they have Assisted Living, I presume.
No wonder Marketing had difficulty selling.
This is to be Independent dwelling!”

We may not be flying,
But we're still in there trying.
We aren't willing to give up yet, that's all,
And our “wheelies” keep us from having a fall.

Using a rollator is not a choice.
As we grow older, we have less of a voice
In how our bodies age
Or when we'll reach this needful stage.

We got glasses to help our eyes
And aids to help our ears
So when our legs needed assistance,
We got wheels to go the distance!

Most of us went to a rollator with resistance
Hating to admit that we needed assistance!
Now our “wheelie” has become the friend
On whom we've come to depend.

In the Bar we often need them for seating
'Cause we too enjoy this social meeting.
We do our best to stay out of your path,
Goodness knows we don't need anyone's wrath.

But the Bar and the Bistro have very little wall
And passage between tables is very small.
There once was a place to park against the wall
So others wouldn't trip and fall.

Yes, we are in Independent Living
So admire our spirit and be a little forgiving.
Perhaps in each of us an example lies
In how we face our final demise!

How fortunate we are to be at PNV
Where programs that encourage us are the key.
The fact that you can observe us engaged in activities
Is a tribute to our **independent** proclivities!

ROLL ON!



Living Well Mission Statement:

To ensure purposeful living experiences for all residents and associates with the 8 dimensions of wellness being interwoven into each day.