

# DECEMBER PREVIEW 2025

## Porters Neck Village

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### *A Look Back at 2025*



SAVE THE DATE

DECEMBER 9

The State of Scotts Hill

DECEMBER 9

Associate  
Appreciation  
Celebration

DECEMBER 9

Maryann Nunnally  
Presents: Stand Up for  
Christmas

DECEMBER 19

Village Singers Concert



## WHAT'S HAPPENING IN OUR COMMUNITY

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

### **MEN'S COFFEE GROUP – MONDAYS & WEDNESDAYS @ 9:00 AM, BOARD ROOM (EXCEPT DECEMBER 24<sup>TH</sup> & 31<sup>ST</sup>)**

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

### **VIRTUAL BINGO – MONDAYS @ 1:00 PM, STREAMING ON 1395 (EXCEPT DECEMBER 1<sup>ST</sup>)**

If you are the lucky person to get “Bingo!” call the hotline at 910-520-5968. Winning cards will receive a prize at your door. See receptionist for bingo materials (card/marker/clip).

### **WOMEN'S BIBLE DISCOVERY 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.

### **POKER – MONDAYS & THURSDAYS @ 6:30 PM, CARDINAL CLUB ROOM (EXCEPT DECEMBER 25<sup>TH</sup>)**

Check out the new poker table! Sign up on the Village App for an evening of fun.

## TRANSPORTATION

### **Morning Coach**

Gordon Rd to Medical Center Dr.  
Mondays, Tuesdays & Wednesdays  
8:30 AM-11:00 AM

PNV to Gordon Rd.  
Thursdays  
9:00 AM – 1:00 PM

### **Afternoon Coach**

PNV to Gordon Rd.  
Mondays & Wednesdays  
1:00 PM-3:30 PM

PNV to Medical Center Drive  
Tuesdays & Thursdays  
1:00 PM-3:30 PM

PNV to Gordon Rd.  
Fridays 1:00 PM-3:30 PM

### **Free Community Shuttle**

Monday – Friday  
11:00 AM – 3:30 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 call will be returned Monday – Friday between 8:00 am -4:00 pm.

**WOMEN'S COFFEE GROUP – WEDNESDAYS @ 9:00 AM, ARTISAN ROOM**

**(EXCEPT DECEMBER 24<sup>TH</sup> & 31<sup>ST</sup>)**

**DECEMBER 3<sup>RD</sup> MEETING WILL BE IN THE CYPRESS HALL**

Grab a coffee and join your fellow neighbors for an hour of conversation and connection.

**TECHNOLOGY WEDNESDAYS – WEDNESDAYS @ 1:00 PM, BOARD ROOM**

**(EXCEPT DECEMBER 24<sup>TH</sup>)**

Justin Stevenson from Cape Fear IT Systems will be here to provide complimentary technology support for your portable devices, such as iPads, laptops, and cellphones. Justin will see up to 10 residents each week. Sign up on the Village App.

**HAND & FOOT – WEDNESDAY, DECEMBER 10<sup>TH</sup> @ 1:30 PM & SUNDAY, DECEMBER 14<sup>TH</sup> & 28<sup>TH</sup> @1:30 PM, CARDINAL CLUB ROOM**

Join us every other Wednesday and the 1st and 3rd Sunday of each month for a game. Players of all skill levels are welcome! Gerrie Storch and Cheryl Jennings are your team leaders. Sign up on the Village App.

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

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

**ACRYLIC PAINT CLASS – DECEMBER 4<sup>TH</sup>, 11<sup>TH</sup>, & 18<sup>TH</sup> @ 10:00 AM, ARTISAN ROOM**

Cheryl Crane-Hunter continues acrylic painting classes. The supply cost per class is \$7.00 and will be billed to your account. Sign up on the Village App.

**BILLIARDS – FRIDAYS @ 1:00 PM, THE COVE**

Team up with your PNV friends for a game of Billiards! Sign up on the Village App.

## **PARTY BRIDGE – THURSDAY, DECEMBER 4<sup>TH</sup> & 18<sup>TH</sup> @ 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: Peggy Nawrocki (5016) and Carolyn Roberts (5329).

## **SOCIAL HOUR – THURSDAYS @ 4:00 PM, THE TAVERN ON THE POND (EXCEPT DECEMBER 11<sup>TH</sup> & 25<sup>TH</sup>)**

Join your friends in The Tavern on the Pond for an hour of drinks and appetizers. BYOB or enjoy half price house beer, wine, and tier 1 liquor drinks.

## **DUPLICATE BRIDGE – TUESDAYS @ 6:30 PM, CARDINAL CLUB ROOM**

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

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

Join us every Friday from 1:00 PM to 3:00 PM in the Cardinal Club Room. PNV has two Mah Jongg sets available for use. Sign up on the app or feel free to drop by to watch and join in on the fun. For any questions, contact Jan Gleason (5005).

## **STITCHIN', COLORIN', & MORE – FRIDAYS @ 1:30 PM, ARTISAN ROOM**

Drop in for a welcoming and relaxing atmosphere to craft and connect. 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 afternoon of fun.

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

Pick a game, pick a partner, and enjoy an evening of fun. Sign up on the Village App.

**WATER VOLLEYBALL – SUNDAYS @ 4:00 PM, POOL**

Join us for fun in the pool. All are welcome. Sign up on the Village App.

**SUNDAY SOCIAL - SUNDAYS, DECEMBER 7<sup>TH</sup> & 21<sup>ST</sup> @ 4:30 PM, TAVERN ON THE POND**

Join your friends and neighbors for a Sunday Social in the Tavern on the Pond (or out on the back deck, weather permitting). The bar will NOT be open so BYOB/BYOS (snacks to share). There will be ice to keep your drinks chilled. Sign up on the Village App.

**UNCW December Game Schedule**

*~Please refer to the Village App for the location~*

December 3 <sup>rd</sup>	Men's Basketball	UNCW vs. Marshall	7:00 PM
December 20 <sup>th</sup>	Men's Basketball	UNCW vs. Howard	2:00 PM
December 27 <sup>th</sup>	Men's Basketball	UNCW vs. Columbia College	12:00 PM
December 29 <sup>th</sup>	Women's Basketball	UNCW vs. Columbia International	7:00 PM



## SUNDAY CHURCH ROUTES

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

Departing at 10:30 AM - Wesleyan Chapel UMC - Transportation via Church bus

**REGISTER BY EITHER CALLING TRANSPORTATION AT EXT 3115 OR SIGN UP ON THE VILLAGE APP. YOU ARE ALSO RESPONSIBLE FOR CONFIRMING YOUR SERVICE TIMES.**

## SUNDAY CHURCH SERVICES STREAMING

### HAMPSTEAD UNITED METHODIST CHURCH

10:00 AM service available on <https://hampsteadumc.org/>

### ST. ANDREWS ON THE SOUND

Streaming services available on [www.standrewsonthesound.com](http://www.standrewsonthesound.com)

### WESLEYAN CHAPEL UMC

11:00 AM services streaming on the UMC YouTube channel

### ST. ANDREWS COVENANT PRESBYTERIAN CHURCH

Online services at 11:00 AM Sundays on [www.sacpc.org](http://www.sacpc.org)

### FIRST PRESBYTERIAN CHURCH

Live streaming services at 11:00 AM on [www.firstonthird.org](http://www.firstonthird.org)

### WINTER PARK BAPTIST CHURCH

Live streaming services at 8:30 AM at [www.winterparkbaptist.org](http://www.winterparkbaptist.org). Previous Sunday Services on TV Channel 43 and 464 every Tuesday at 7:00 PM and Wednesday morning at 9:30 AM

### LUTHERAN CHURCH OF RECONCILIATION

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

## ONSITE DOCTORS

**Please call their offices to make an appointment.**

**New Location! Your appointments will now take place in the exam room in RCC.**

Dr. Jason Rickman, Excel Audiology will be here December 16<sup>th</sup> – 910-399-3075

Noah Foot & Ankle will be here December 2<sup>nd</sup> - 910-399-8688



**Thank you to all who participated in the Walk to End Alzheimer's.**

**PNV raised \$1,660 for the Alzheimer's Association!**

# ♡ The Not So Newlywed Game ♡

Friday, January 30<sup>th</sup> from 3-4pm in the Auditorium

## Calling All Couples!

Think you know your partner inside and out?

Can you predict what they'll say... or will their answers surprise you?

We're looking for fun, outgoing couples to be our **contestants** in this hilarious and heartwarming version of the classic game show! Whether you've been together for 1 year or 60, this is your time to shine or laugh your way through the surprises.

## Not a Couple? No Problem!

Come join the audience and cheer on your friends. Expect laughs, fun facts, and maybe even a little matchmaking from the crowd!

Sign Up to be contestants no later than January 16<sup>th</sup> by filling out the form below.

[Sign up on the Village App to join the audience](#)

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## Let's see who REALLY knows who best!

Yes! We want to be contestants at the Not So Newlywed Game on Friday, January 30<sup>th</sup>

Names\_\_\_\_\_

Phone\_\_\_\_\_

Email\_\_\_\_\_

Please return this to the Living Well mailbox by January 16<sup>th</sup>



MONDAY 12/8  
**Channel your Flannel Day**  
Wear a flannel shirt!

TUESDAY 12/9  
**Holiday Chaos**  
Over accessorize with  
Holiday gear - socks,  
ties, hats, jewelry, etc.

YOU ARE INVITED TO

# ASSOCIATE HOLIDAY SPIRIT WEEK

WEDNESDAY 12/10  
**Holiday PJ's**

THURSDAY 12/11  
**Elves vs. Reindeer**  
Dress up as either a  
reindeer or an elf.

FRIDAY 12/12  
**Festive Friday**  
Rock your ugly  
holiday sweater or  
favorite holiday  
attire.



**ALL RESIDENTS ARE WELCOME TO PARTICIPATE**

## SPECIAL FEATURES YOU DO NOT WANT TO MISS

### NAPKIN FOLDING WITH HOLLY

**MONDAY, DECEMBER 1<sup>ST</sup>, 15<sup>TH</sup>, & 29<sup>TH</sup> @ 10:00 AM, ARTISAN ROOM**

Join Holly to learn the art of napkin folding and have some laughs with friends. Sign up on the Village App.

### HISTORY PRESENTATION WITH CHRIS FONVIELLE

**TUESDAY, DECEMBER 2<sup>ND</sup> @ 1:00 PM, AUDITORIUM**

Dr. Chris E. Fonvielle Jr., Professor Emeritus of History at University of North Carolina Wilmington (UNCW), will lead an engaging presentation on local and Civil War-era history. With deep roots in the Wilmington and Lower Cape Fear region, Dr. Fonvielle brings his expertise in coastal operations, blockade running, and 19th-century art and conflict to life. Sign up on the Village App.

### HOLY COMMUNION

**WEDNESDAY, DECEMBER 3<sup>RD</sup> @ 10:30 AM, CYPRESS HALL**

Take Holy Communion alongside your fellow PNV neighbors. Sign up on the Village App.

### THE ELEPHANT SANCTUARY

**WEDNESDAY, DECEMBER 3<sup>RD</sup> @ 2:00 PM, BOARD ROOM**

Designed especially for adult learners, this remote program will introduce The Elephant Sanctuary's mission and work, reveal the stories of their resident elephants, and offer basic knowledge on elephants as a species. This interactive experience will enable participants to ask questions to the presenter. Special thanks to Laurel Mazziotti for introducing the Elephant Sanctuary in Tennessee to us. Sign up on the Village App.

## **BOURBON CLUB**

**WEDNESDAY, DECEMBER 3<sup>RD</sup> @ 4:00 PM, TAVERN ON THE POND**

Membership costs \$15 per month, which can be paid for with your dining dollars. Don't miss out on this exciting way to connect and enjoy fine spirits with friends. Sign up on the Village App to attend.

## **VILLAGE SINGERS REHERSAL**

**THURSDAY, DECEMBER 4<sup>TH</sup>, 11<sup>TH</sup>, & 18<sup>TH</sup> @ 2:30 PM, AUDITORIUM**

This rehearsal is for the Village Singers' holiday concert on December 19<sup>th</sup>, Celebrations of the Season! All are welcome to join the choir. Sign up on the Village App

## **BALANCE SCREENING**

**THURSDAY, DECEMEBER 4<sup>TH</sup> @ 2:00 PM, CYPRESS HALL**

Please join Michelle Stein from HealthPro Heritage for an interactive session introducing Falls Recovery followed by the Defying Gravity Balance Clinic, which is a multi-station falls and balance clinic to determine your overall fall-risk potential. Sign up on the Village App.

## **CAREGIVERS SUPPORT GROUP**

**THURSDAY, DECEMEBER 4<sup>TH</sup> @ 3:00 PM, CYPRESS HALL**

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. 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 this support group. It is facilitated by Sheila Wheelock, MSW from Lower Cape Fear Life Care. Sign up on the Village App.

## **THE STATE OF SCOTTS HILL**

**FRIDAY, DECEMBER 5<sup>TH</sup> @ 11:00 AM, AUDITORIUM**

Ernie Bovio, President of Novant Health Coastal Region, will visit PNV to share updates on the Scott's Hill expansion and what's ahead for Novant Health. Bovio was named president in January 2024 and oversees Novant Health's operations and 8,500 team members across Brunswick, New Hanover, and Pender counties. He previously held leadership roles with UNC Health and Baylor Scott & White Health. Sign up on the Village App.

## **ASSOCIATE APPRECIATION CELEBRATION**

**FRIDAY, DECEMBER 5<sup>TH</sup> @ 3:00 PM, AUDITORIUM**

It is the day to show how much we appreciate our associates! Sign up on the Village App.

## **PERFORMANCE BY UNCW MUSIC STUDENTS**

**MONDAY, DECEMBER 8<sup>TH</sup> @ 3:00 PM, AUDITORIUM**

Elizabeth Loparits, from the UNCW Department of Music, returns to PNV with student vocalists and a flutist for another spectacular concert. Sign up on the Village App.

## **NETFLIX WITH NEIGHBORS- THE GOOD PLACE**

**TUESDAYS, DECEMBER 9<sup>TH</sup>, 16<sup>TH</sup>, 23<sup>RD</sup>, & 30<sup>TH</sup> @ 2:00 PM, CYPRESS HALL**

The Good Place is a clever and heartfelt comedy that explores what it means to be a good person. When Eleanor Shellstrop ends up in the afterlife's "Good Place" by mistake, she sets off on a journey of self-discovery, ethics, and moral growth. The series dives deep into right and wrong, challenging its characters and viewers to consider what it truly means to live a good life. We will watch two 30-minute episodes. Sign up on the Village App.

## **MARYANN NUNNALLY PRESENTS: STAND UP FOR CHRISTMAS**

**TUESDAY, DECEMBER 9<sup>TH</sup> @ 4:00 PM, AUDITORIUM**

Join us for a special afternoon of comedy as Maryann Nunnally takes the stage for a fun-filled stand-up comedy show! With her sharp wit and unforgettable stories, Maryann will have you laughing from start to finish. Sign up on the Village App.

## **WORSHIP SERVICE WITH WESLEYAN CHAPEL**

**WEDNESDAY, DECEMBER 10<sup>TH</sup> @ 10:30 AM, CYPRESS HALL**

Wesleyan Chapel UMC is leading worship each week. Join us 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. Sign up on the Village App.

## **FESTIVAL OF LIGHTS**

**WEDNESDAY, DECEMBER 10<sup>TH</sup> OR THURSDAY DECEMBER 11<sup>TH</sup> @ 5:00 PM OR 6:00 PM, AUDITORIUM**

Kick off the holiday season with our traditional Festival of Lights buffet dinner and community lights display. Sign up for ONE of the dinner dates and times on the Village App Activities Tab. Sign up for ONE of the coach rides to see the lights on the Village App Transportation Tab. There will be no dinner service in the Bistro on December 10<sup>th</sup> & 11<sup>th</sup>, and no dinner service in the Magnolia room on December 11<sup>th</sup>. Regular lunch service will be offered in the Bistro along with 12:00 PM delivery and pick up. There will be no 5:00 PM pick up. The Tavern on the Pond will be opening serving a regular menu.

## **MEXICAN TRAIN DOMINOES**

**THURSDAY, DECEMBER 11<sup>TH</sup> @ 1:00 PM, CARDINAL CLUB ROOM**

Join Margo Russell and Cheryl Jennings to learn how to play! Mexican Train Dominoes is a popular tile-based game that combines strategy, luck, and a touch of friendly competition. Suitable for players of all levels, it is played with a standard set of double dominoes. The goal is to be the first to play all your tiles or score the fewest points by the end of the game. Sign up on the Village App.

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## **FLOWER ARRANGEMENT CLASS WITH HOLLY**

**THURSDAY, DECEMBER 11<sup>TH</sup> @ 2:30 PM, ARTISAN ROOM**

Join Holly to learn how she creates flower arrangements for the various dining venues. Sign up on the Village App.

## **HOLIDAY MELODIES WITH KRISTI LEE'S PIANO STUDENTS**

**SATURDAY, DECEMBER 13<sup>TH</sup> @ 2:30 PM, AUDITORIUM**

Join us for a special afternoon of music as local piano teacher Kristi Lee and her students share festive holiday tunes and other selections they've been practicing this season. Kristi, a private piano instructor based in Wilmington, loves sharing the joy of music with students of all ages. During the holidays, her studio enjoys spreading cheer by performing for the community. We're delighted to welcome them and celebrate the season with the gift of music! Sign up on the Village App.

## **ART TALK**

**TUESDAY, DECEMBER 16<sup>TH</sup> @ 10:00 AM, CYPRESS HALL**

Art Talk by local artist and professor Cheryl Crane Hunter. The topic is Art and Celebration. Sign up on the Village App.

## **HOLIDAY SING-ALONG WITH WESLEYAN CHAPEL**

**WEDNESDAY, DECEMBER 17<sup>TH</sup> @ 10:30 AM, TAVERN ON THE POND**

Join the team from the Wesleyan Chapel in The Tavern on the Pond for a festive hour of sing-along Christmas Carols. This will take the place of the regular Wednesday service. Sign up on the Village App.

## **SALSA (SIGHTED AND LIMITED SIGHT ALLIANCE)**

**WEDNESDAY, DECEMBER 17<sup>TH</sup> @ 2:00 PM, CYPRESS HALL**

We invite both low vision and sighted residents to join us in conversation and friendship. Join us for a celebration as we say thank you to Jan Makaryk for all her years facilitating the SALSA group. Jan has decided to step aside to pursue other pleasures. SALSA will now be co-led by Mary Ann Parks and Betty Taylor. The meeting for December has been moved to the 3<sup>rd</sup> Wednesday of the month and returns to Cypress Hall. Sign up on the Village App.

## **MEN'S CANCER SUPPORT GROUP**

**WEDNESDAY, DECEMBER 17<sup>TH</sup> @ 3:00 PM, CYPRESS HALL**

This group is for men who are on their cancer journey and is led by Joe Peters. Joe Peters is a palliative care and hospice social worker with Lower Cape Fear LifeCare. He is currently working with the inpatient palliative care team at Novant Health. He has worked with LCFL for 19 years in a variety of roles and has experience in home health, community health, and adult and senior mental health. Sign up on the Village App.

## **VILLAGE SINGERS CONCERT: CELEBRATIONS OF THE SEASON**

**FRIDAY, DECEMBER 19<sup>TH</sup> @ 3:00 PM, AUDITORIUM**

Join us for a festive afternoon with the Village Singers as they fill the Auditorium with the joyful sounds of the season! Sign up on the Village App.

## **DUKE LADD CHRISTMAS SING-ALONG**

**WEDNESDAY, DECEMBER 24<sup>TH</sup> @ 5:00 PM, AUDITORIUM**

We are excited to welcome back the legendary Duke Ladd. He will be at PNV for his live annual Christmas Eve performance. Sign up on the Village App.

## NEW YEAR'S EVE PARTY

**WEDNESDAY, DECEMBER 31<sup>ST</sup> @ 5:00 PM, AUDITORIUM**

You're invited to our New Years Eve Party

5:00 cocktail hour in Tavern on the Pond

6:00 dinner in the Magnolia Room and Bistro

7:30 dance to the live music of North Tower Beach Band

Formal invitation to follow

## GREAT COURSES: THE AGING BRAIN

**TUESDAYS @ 11:00 AM, AUDITORIUM**

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

- **December 2<sup>nd</sup>** – Dementia and Alzheimer's Disease
- **December 9<sup>th</sup>** – Parkinson's Disease and Stroke
- **December 16<sup>th</sup>** – Aging Well: Staying Active
- **December 23<sup>rd</sup> & 30<sup>TH</sup>** – **NO CLASS**

## MAX AND SARAH WILLIAMS LIFE LONG LEARNERS

### THURSDAYS @ 10:00 AM, BOARD ROOM

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

### ***“The History and Achievements of the Islamic Golden Age”***

#### **December 4<sup>th</sup>**

- From Camels to Stars in Middle East
- Ibn Battuta's Search for Knowledge

#### **December 11<sup>th</sup>**

- Arabian Nights Caliph: Harun al- Rashid
- The Arab World's Greatest Writer: as- Jahiz

#### **December 18<sup>th</sup>**

- Algebra, Algorithms, and as-Khwarizmi
- Baghdad's House of Wisdom

#### **December 25<sup>th</sup>**

**NO CLASS**

# Village Arts Collective

## Creating together, Inspiring All

### December 2025 Update

The Village Arts Collective is currently comprised of four active Art Interest Groups: Fiber Arts, Writing, Pottery & Ceramics and Fine Arts. All PNV residents are invited to participate, observe or explore the arts by attending any of the art interest groups they choose.

The December Schedule of Meetings, Gatherings and Outings

Art Interest Group	Meetings	Gatherings	Time	Location	Outings
Fiber Arts		12/3 12/17	2:00 PM	Osprey Place 2 <sup>nd</sup> Fl. Parlor	
Writers Group	12/24		2:00 PM	Building A, Solarium	
Pottery & Ceramics	Christmas Ornament Making Parties			Salty Ceramics	Ornament Parties! 12/5 – 1:15 PM Car Pool 12/19 Bus Transportation provided. Details below
Fine Arts	Meeting	12/17	11:30	Artisan Room	12/9 – Musical Revue “Christmas in NYC” at Thalian Assoc. & Davis. Bus transportation. Bus departs at 6:15 PM.

#### Fiber Arts Gatherings

**The Gathering** held on 11/19 welcomed some new people to the fun. It was a “full house”, and many different projects were underway– knitting, needlework, quilting and crochet. All are welcome. Even if you just want to observe the joy of community. This is where it is happening!

**Knitting for the Good of Others** – Our first project – Knitting Preemie Baby Blankets – will be delivered to the Neonatal Unit at New Hanover Regional Medical Center on or about December 3, 2025. A full report will appear in the January 2026 Preview. The next project for “Knitting for the Good of Others” will be announced in January.

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**Writers Group** – Meetings are held on the 4<sup>th</sup> Wednesday of every month in Building A's Solarium.

**Pottery & Ceramics Group** – Join in the Holiday fun at our two Ornament Making Parties! During December, we are having two parties to make Holiday Ornaments at Salty Ceramics.

On 12/5 we will be carpooling at 1:15 to Salty Ceramics. Meet at Village Center to leave by 1:15. We will return to PNV by approximately 4:15 PM.

On 12/19 BUS TRANSPORTATION is PROVIDED: 9:30 AM – 12:30 PM - Sign up in "Transportation & Outings".

On December 5<sup>th</sup>, we will create our own ornaments working with clay. We will leave the ornaments at Salty Ceramics to dry.

On December 19<sup>th</sup>, we will paint the ornaments and get them ready to be fired.

The fired ornaments will be delivered to PNV on December 23. More details related to picking up your ornament will be forthcoming.

If you have any questions, please email Bill Hylwa ([billhylwa@gmail.com](mailto:billhylwa@gmail.com))

## Fine Arts

Experience the sounds of the season in the musical theatre revue, "Christmas in New York City" on December 9<sup>th</sup> at the Davis Magnolia Event Center. This promises to be an event that will put you in the holiday spirit! "Christmas in New York City" features performers from the Local Theatre Community and is presented by the Thalian Association and Davis Community.

PNV residents can purchase tickets @ \$21.40/each (\$20.00 + \$1.40 Sales Tax) by calling **910-251-1788**. If you don't get through on your first try, please be patient and try again. There is only one person answering the phones. They are there Monday – Thursday from 9:00 AM – 9:00 PM and on Friday and Saturday from 9:00 AM – 5:00 PM.

The PNV bus will leave PNV at 6:15 PM. Sign up in "Transportation & Outings". The return bus to PNV will depart after the show is over at about 8:45 PM. You can check with Community Life Services to see if those on the Wait List can plan on the bus returning for a second drop-off at the Davis Magnolia Event Center.

If you have any questions, please contact Ken Maruyama ([kmtule44@gmail.com](mailto:kmtule44@gmail.com))

## RESIDENT INFORMATIONAL PROGRAMS

### **MENU CHAT: WEDNESDAY, DECEMBER 3<sup>RD</sup> @ 2:00 PM, MAGNOLIA ROOM**

Join a member of the Food & Beverage team for a lively discussion about PNV menus. Sign up on the Village App.

### **MARKETING- MUFFINS AND MIMOSA'S: TUESDAY, DECEMBER 16<sup>TH</sup> @ 10:00 AM, AUDITORIUM**

The Marketing Team is hosting a special session to share the latest updates on what's happening in their department. Don't miss this opportunity to stay informed and engaged with our community. Complimentary muffins & mimosas will be served during this interactive Q & A. Sign up on the Village App.

## ORIENTATIONS

### **RESIDENT SERVICES ORIENTATION: MONDAY, DECEMBER 15<sup>TH</sup> @ 2:00 PM, BOARD ROOM**

All residents are welcome and encouraged to attend this informative session. Join us to learn about the benefits of your Resident Care Center (RCC), Home Care, Health and Wellness Navigation and Community Life Services departments. Sign up on the Village App.

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

## SATURDAY MATINEE

SATURDAYS @ 1:00 PM & 4:00 PM, CYPRESS HALL – SIGN UP ON THE VILLAGE APP.

### DECEMBER 6<sup>TH</sup> – OUR SOULS AT NIGHT (1h 43m)

Starring: Robert Redford, Jane Fonda, and Matthias Schoenaerts

Fonda and Redford star as Addie Moore and Louis Waters, a widow and widower who've lived next to each other for years. The pair have almost no relationship, but that all changes when Addie tries to make a connection with her neighbor.



### DECEMBER 13<sup>TH</sup> – RUTH & BOAZ (1h 33m)

Starring: Serayah, Tyler Lepley, and Phylicia Rashad

Modern-day retelling of one of the most iconic love stories in the Bible. A young woman escapes the Atlanta music scene to care for an elderly widowed woman and in the process finds the love of her life and gains the mother she never had.



### DECEMBER 20<sup>TH</sup> – IT HAPPENED ON FIFTH AVENUE (1h 56m)

Starring: Don DeFore, Ann Harding, and Herbert Clyde Lewis

Two homeless men move into a mansion while its owners are wintering in the South.



## Transportation Schedule as of November 1, 2024

Register for all transportation on the Village App, call the front desk, or the transportation office at Ext 3115

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 Medical Center Dr. area	Depart at 1pm for appointments between 1:45-2:30 from PNV to Gordon Rd	Depart at 1pm to Mayfaire & Medical Center Drive area Return at 3:30pm	Depart at 1pm to Gordon Road. Return at 3:30pm

COMMUNITY SHUTTLE				
Monday	Tuesday	Wednesday	Thursday	Friday
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	11am-3:30pm to anywhere in PNV, Dr. Surak, The Davis Community & ED North

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

### SALTY CERAMICS

#### FRIDAY, DECEMBER 5<sup>TH</sup> & 19<sup>TH</sup> @ 9:30 AM, TRANSPORTATION

Join the Village Arts Collective at Salty Ceramics, a full-service pottery and ceramics studio in Wilmington, that will be available to residents interested in painting ceramics, as well as learning and creating with clay. Sign up for PNV bus transportation on the Village App. The bus will depart at 9:30 AM and return to PNV at 12:30 PM. For more information, contact Bill Hylwa at Extension 5145 or Susan Maruyama at [susanmaruyama6@gmail.com](mailto:susanmaruyama6@gmail.com).

### LIBRARY OUTING

#### FRIDAY, DECEMBER 19<sup>TH</sup> @ 10:00 AM, TRANSPORTATION

Register for transportation to go to the New Hanover County Northeast Library. This outing has replaced the CORE library program that came to PNV. Sign up for transportation on the Village App.

### THRIFTING WITH YOUR NEIGHBORS

#### WEDNESDAY, DECEMBER 17<sup>TH</sup> @ 9:30 AM, TRANSPORTATION

Join your PNV neighbors for a day of thrifting in Wilmington at Bazaar, Vintage Values, and The Fairy Circle. We will stop for a dutch lunch at Szechuan 132 in between stores. Sign up for transportation on the Village App.

### NEIGHBORHOOD DINING

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

#### Evening Dining

December 17<sup>th</sup> @ 4:45 PM  
Johnny Luke's Kitchenbar (\$\$)

**For parties of 15 or more, a 20% gratuity will automatically be included in your bill.**

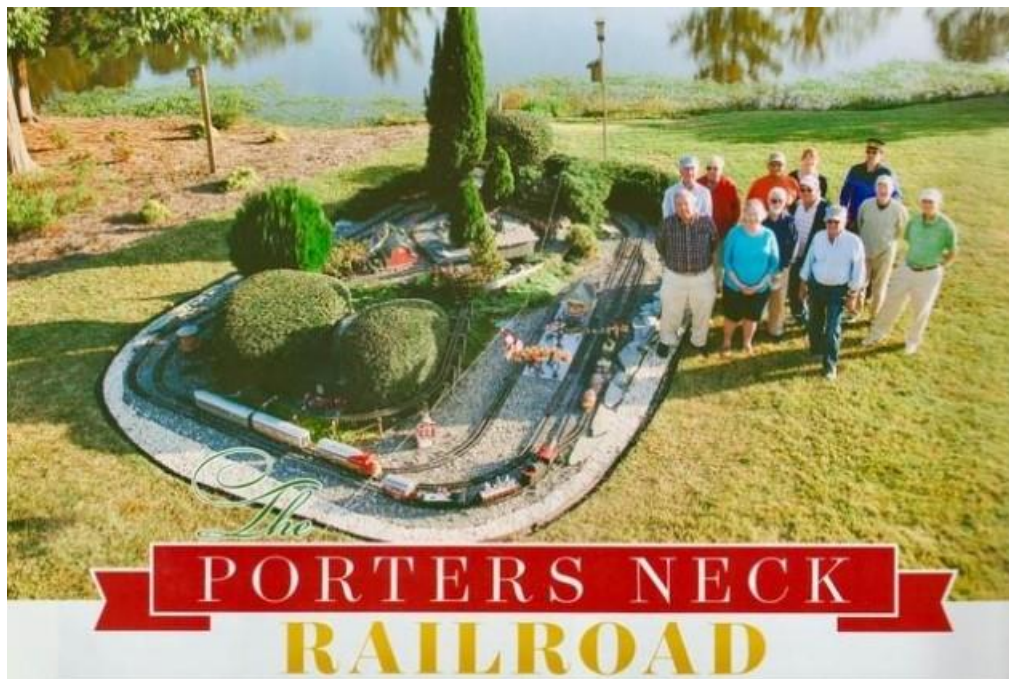
**\* If you have any restaurant suggestions, please call Lily Bennett at EXT 3116**



## CHRISTMAS ON THE PORTERS NECK RAILROAD

**FRIDAY, DECEMBER 26<sup>TH</sup> @12:30 PM, TRANSPORTATION**

All PNV residents are invited to tour the miniature Porters Neck Railroad display next door in Porters Neck Country Club. Our coach will take us there to enjoy trains running around tracks, waterfalls, rivers, tunnels, bridges, and more! Sign up for transportation on the Village App.



**Please note that there must be a minimum of 5 residents registered for any outing for PNV to provide transportation.**

## CULTURAL ARTS OUTINGS

### OLLI NEW HORIZONS BAND CONCERT

**MONDAY, DECEMBER 1<sup>ST</sup> @ 6:30 PM, TRANSPORTATION**

In cooperation with the UNCW Department of Music, the OLLI New Horizons Band provides an ensemble experience for adult brass, woodwind and percussion players interested in making music. Admission is free. Coach will depart at 6:30 PM for a 7:30 PM showtime. Sign up for transportation on the Village App.

### WILMINGTON CHORAL SOCIETY PRESENTS: SEASON OF CELEBRATION

**WEDNESDAY, DECEMBER 3<sup>RD</sup> @ 6:00 PM, TRANSPORTATION**

The Wilmington Choral Society invites you to celebrate 75 years of song. Prepare for a musical journey through time and tradition, featuring beloved titles like Irving Berlin's "Christmas", Baby It's Cold Outside, the iconic Hallelujah Chorus, Ose Shalom, Dance of the Sugar Plum Fairy, and more, mixing sacred and secular, nostalgic and fresh, with something to delight every listener. This will truly be the holiday event of the season. For tickets, call the Wilson Center box office at 910.362.7999. Coach will depart at 6:00 PM for a 7:00 PM showtime. Sign up for transportation on the Village App.

### CHRISTMAS IN NEW YORK CITY: THE DAVIS COMMUNITY

**TUESDAY, DECEMBER 9<sup>TH</sup> @ 6:15 PM, TRANSPORTATION**

Enjoy the sounds of the season in a musical revue featuring performers from the Local Theater Community and offered by Thalian Hall & The Davis Community. Call Thalian Hall for tickets at 910.251.1788. Sign up for transportation on the Village App.

### THE NORTH CAROLINA SYMPHONY PRESENTS: HOLIDAY POPS

**THURSDAY, DECEMBER 11<sup>TH</sup> @ 6:30 PM, TRANSPORTATION**

Join us for the Symphony's most cherished holiday tradition as we bring beloved seasonal classics to life, from timeless carols to spirited renditions of festive favorites. Coach will depart at 6:30 PM for a 7:30 PM showtime. For tickets, call the box office at 910. 362. 7999. Sign up for transportation on the Village App.

## **MET OPERA PRESENTS: ANDREA CHENIER**

**SATURDAY, DECEMBER 13<sup>TH</sup> @ 12:00 PM, TRANSPORTATION**

Umberto Giordano's *Andrea Chénier* is a sweeping historical drama set against the turbulence of the French Revolution. Inspired by the real-life poet, the opera follows Chénier's passionate love for Maddalena, tested by jealousy, betrayal, and political upheaval. With its soaring arias, powerful choruses, and grand sense of scale, *Andrea Chénier* is a showcase of verismo opera at its most thrilling and emotionally charged. For tickets visit the link below or contact Lily Bennett at EXT 3116 for assistance. Coach will depart at 12:00 PM for a 1:00 PM showtime. Sign up for transportation on the Village App.

<https://www.regmovies.com/theatres/regal-mayfaire-1873>

## **AND THERE WAS LIGHT - A CHRISTMAS CANTATA**

**SUNDAY, DECEMBER 14<sup>TH</sup> @ 3:30 PM, TRANSPORTATION**

Hear the joyful sounds of the Wesleyan Chapel United Methodist Church's chancel Choir and Orchestra. Dessert buffet included. Sign up for transportation on the Village App.

## **WILSON CENTER PRESENTS: MICHAEL FEINSTEIN IN COMING HOME: THE HOLIDAY CELEBRATION**

**THURSDAY, DECEMBER 18<sup>TH</sup> @ 6:30 PM, TRANSPORTATION**

Get ready for an extraordinary musical journey with the legendary Michael Feinstein. Through a captivating multimedia performance, Feinstein breathes life into iconic songs, blending holiday classics and more. The performance pulls from an incredible library of songs such as *White Christmas Overture*, *You'll Never Walk Alone*, *Have Yourself a Merry Little Christmas*, *Hannukah in Santa Monica*, and more. For tickets call the box office at 910.362.7999. Coach will depart at 6:30 PM for a 7:30 PM showtime. Sign up for transportation on the Village App.

## **MUSIC ON MARKET: WILMINGTON VOICES**

### **SATURDAY, DECEMBER 20<sup>TH</sup> @ 6:30 PM, TRANSPORTATION**

The spirit of the holidays comes alive through the magic of choral music. This captivating concert celebrates the warmth, joy, and beauty of the holiday season, inviting audiences of all ages to gather and share in the festive cheer. Experience the power of live performance as Wilmington Voices takes you on a journey through beloved holiday classics. Admission is free. Coach will depart at 6:30 PM for a 7:30 PM showtime.

## **EBENEZER! A MUSICAL CHRISTMAS CAROL**

### **SUNDAY, DECEMBER 21<sup>ST</sup> @ 1:00 PM, TRANSPORTATION**

All the beloved Charles Dickens characters show up as Scrooge learns the true meaning of Christmas. This musical adaptation of Dickens' famous story showcases diverse musical styles (rock, country, gospel, polka) and varied uses of wording and language that span from one century to the next. The audience will be dazzled with the amazing choreography and unexpected comedic turns in this delightful adaptation. For tickets call the box office at 910.632.2285. Coach will depart at 1:00 PM for a 2:00 PM showtime. Sign up for transportation on the Village App.

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# WELLNESS MATTERS

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## Day Drinking

### Water that is!

Your body cannot produce enough water through metabolism to meet its daily needs. This is why we need to drink enough to properly function. Consistently drinking water throughout the day will help your body naturally filter out toxins via the kidneys. By hydrating more, you're getting rid of bad bacteria in your system, which allows the good bacteria in your gut to grow and thrive.

### FUN FACT:

Water makes up 95% of the brain, 90% of the lungs, 83% of the blood, 76% of the muscles and 22% of the bones.

There is no one size fits all recommendation for how much water is needed every day. Start off first thing in the morning and end the bulk of your water drinking 3 to 4 hours prior to going to bed at night.

Half your body weight in ounces is a great place to start every day!



### Class Spotlight: Aqua Volleyball

Aqua volleyball is a fun sport that shares some similarities with traditional volleyball. Compared to regular volleyball, in aqua volleyball, there is a lower risk of injury.

Also, because it's played in a pool (usually a place to have fun and relax), there is more flexibility with gameplay.

Phone: 910 772-3145 or [lfreitas@portersneckvillage.org](mailto:lfreitas@portersneckvillage.org)





Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00am - 8:45am	Functional Fitness Leilani		Functional Fitness Leilani		Functional Fitness Leilani	2025
9:00am - 9:45am	Aqua Tone Leilani / Pool	Circuit Training Leilani	Aqua Tone Leilani / Pool	Aqua Volleyball Residents/Pool	Aqua Tone Leilani / Pool	
				Circuit Training Leilani		
10:00am - 10:45am	Aqua Dance Debbie / Pool	Forever Fit Leilani	Aqua Dance Debbie / Pool	Forever Fit Leilani	Aqua Dance Debbie / Pool	
10:00am - 10:25am			Practical Balance Leilani		Practical Balance Leilani	
10:00am - 10:45am	Practical Balance Leilani					
10:30am - 11:15am			Core Laura		Core Laura	
11:20am - 12:00pm			Seated Gentle Yoga Laura		Mat Yoga Carrie	
11:30am - 12:30pm						Seated Gentle Yoga Laura
1:00pm - 1:45pm	Beginner Tai Chi David		Musical Drumming Leilani			
2:00pm - 2:45pm		Stretch & Balance Leilani		Stretch & Balance Leilani		

## Aqua

**Aqua Tone:** Come join us in the pool! All levels are welcome to attend. It is a mix of cardio, strength, balance, and even flexibility. There is a variety of equipment that may be used such as pool weights, kickboards, and noodles. A full body workout and great music in the pool.

**Aqua Dance:** Pool party! All levels enjoy this fun, cardio style workout in the pool. This class is choreographed to a variety of music including Latin, world rhythms and American tunes. This is an easy-to-follow format. No exercise equipment is used in this class.

**Aqua Volleyball:** Aqua volleyball is a fun sport that shares some similarities with traditional volleyball, including the objective and rules. Compared to regular volleyball, in aqua volleyball, there is a lower risk of injury. Also, because it's played in a pool (usually a place to have fun and relax), there is more flexibility with gameplay.

## Balance

**Practical 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. All exercises are while 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.

**Stretch and Balance:** A chair-based class with different full-body stretches and strength exercises to help with your overall balance. Low-impact and low-intensity to increase your range of motion and improve your overall balance. No equipment is necessary.

## Dance

**Line Dancing:** Is a fun workout that is good for cardiovascular health, memory, and balance. Participants will be instructed in steps for a variety of dances and genres of music. All are welcome!

## Mind/Body

**Beginner Tai Chi:** Tai Chi increases muscle strength by practicing stepping, learning to move in a gentle way to be mindful of our activity. Awareness of our surroundings yet focusing on the movement. Mindfulness of stepping helps to develop better balance. Practice breathing to create relaxation, not only peace of mind but also relaxation of body. Above all there is fun learning with a positive attitude.

**Core Fitness:** A class designed to work on your core strength utilizing your abdominal muscles and lower back muscles. Mat and floor work are required for this class.

**Seated Gentle Yoga:** A slower class using yoga poses, a few therapeutic yoga poses, and breath work.

Most of the class is in the chair. Depending on who joins us, we may do a few standing poses.

This class is accessible to everyone. If you are new to yoga this is a good class to start with. We have people joining in that are rehabbing injuries. We end with breath work and Savasana.

**Mat Yoga:** Standing and seated yoga poses, therapeutic yoga, even partner yoga (on occasion). This class is never the same. What we do depends on who joins in. Some days are low and slow. We never get off the floor. Other days begin standing. Then work our way to the floor. We do warrior one, warrior two, triangle, pyramid standing poses. We do balance poses of all kinds. You are encouraged to use a chair or wall for standing support if needed. We use the wall for many yoga poses. We explore all types of pranayama (breath work). We end with class with Savasana, and sometimes a little meditation.

**Circuit Training:** A workout technique involving a series of exercises performed in rotation with minimal rest, often using different pieces of apparatus. This is a series of full body exercises in circuit form. There are stations all around the room and we will rotate through the stations. The goal is to get your heart rate up during exercises. The class includes full body exercises with many different types of equipment.

**Forever Fit:** Have a blast and move to the music through a variety of exercises and dances designed to increase muscle strength, range of movement, and activities for daily living. Handheld weights, elastic tubing with handles and a small ball are offered for resistance. A chair is used for seated exercises and standing support. Options and modifications are always shown.

**Functional Fitness:** Functional fitness exercises train your muscles to work together and prepare them for daily tasks by simulating common movements you might do at home. This class is a series of full body physical exercises. This is a full standing class with a chair recommended. The class consists of aerobic exercises, some balance, and functional movements. The equipment changes each class and is provided by the instructor during the class. These exercises will help improve your Daily active living.

**Musical Drumming:** A class where we combine music and movement utilizing drumsticks, a chair, and an exercise ball. Great for all fitness levels. The benefits include improvement in balance, and better hand/eye coordination.

## PORTERS NECK VILLAGE DECEMBER BIRTHDAYS

December	1	Tom	Russell
December	8	Bethel	Paris
December	10	Naomi	Amos
December	11	Bill	Hylwa
December	11	Linda	Slaymaker
December	12	James	Godwin
December	13	Bud	Wood
December	14	Elise	Geary
December	16	Benny	Wall
December	21	Susan	Hollister
December	23	Susan	Wolle
December	23	Tony	Powell
December	26	Elizabeth	Stalvey
December	29	Laurel	Mazziotti
December	16	DiAnne	Carnes

## PORTERS NECK VILLAGE DECEMBER ANNIVERSARIES

**Karen & Cy Pizette**

**12/4**

**Stephanie & Ron Fisher**

**12/7**

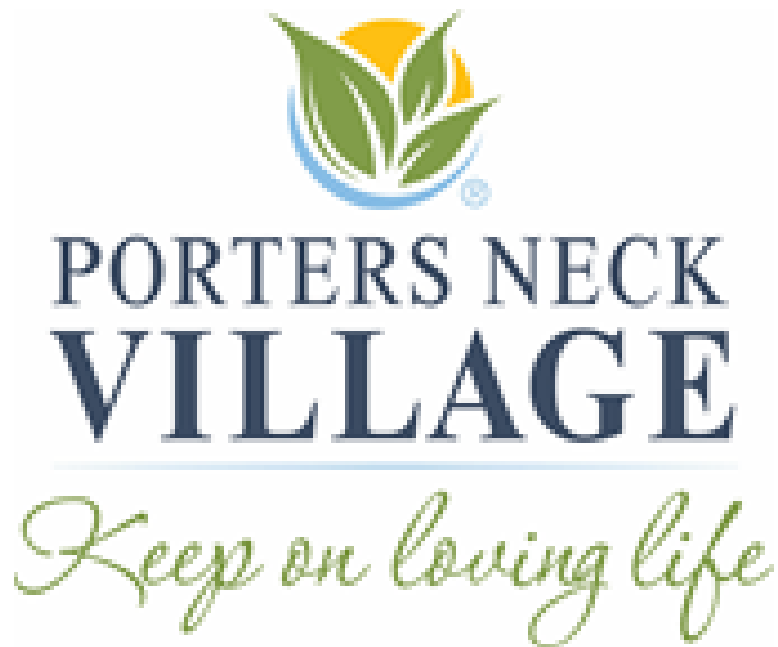
**May-Britt & Donald Bergstrom**

**12/15**

**Susan & Daniel Larusso**

**12/22**





## 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.