

JULY 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.

Emotional Wellness

Emotional Wellness refers to the awareness and understanding a person has about their emotions and how well they are able to manage through different life events. It is defined as the ability to successfully handle life's stresses, adapt to difficult times and thrive. It encompasses self-care, relaxation, the development of inner strength and stress reduction. It also means establishing and maintaining a positive relationship with themselves and others.

Here are some Emotional Wellness opportunities:

- The Healing Potential of Sound on July 16th
- Reach out to a friend who is going through a difficult time
- Treat yourself to something that makes you happy

Because it wanted to enjoy its independence too!

**Why did the grill refuse to cook
on July 4th?**

(See lower left for answer)

SAVE THE DATE

JULY 3

Village Singer Concert

JULY 11

New Transportation
Orientation

July 18

NOAA Hurricane Prep
with Steve Pfaff

July 31

Veterans Burial Benefits



**Our newest resident!
Born on the Kelly's front
lawn**

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 (NO CONTIENTIAL BREAKFAST JULY 4TH)

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 (Except July 29TH)

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). **NO VIRTUAL BINGO JULY 29TH**

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.

Local Coach-Ogden Area

Mondays & Wednesdays
9:00 am.-11:00 am.
1:00 pm.-3:00 pm.

Fridays 1:00 pm.-3:00 pm.

Local Coach will include transportation to ED North.

Wilmington Coach

Tuesday 9:00 am.-12:00 pm.
Thursday 1:00 pm.-4:00 pm.

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

Booking appointments between 10-10:30 on Tuesdays, and 2-2:30pm on Thursdays will provide adequate time for all.

Free Community Shuttle

Monday – Friday
11:00 am – 4:00 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 Monday – Friday between 8:00 am -4:00 pm.

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 – 2ND, 3RD, 4TH & 5TH 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 2ND, 3RD, 4th and 5th Wednesday this month. *Please note Justin will **not** be here on the 1st Wednesday in July.* Sign up on the Village App.

HAND & FOOT – WEDNESDAYS @ 1:30 PM & SUNDAY, JULY 7TH & 21ST @ 2:00 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 JULY 4TH)

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 – 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). **No Party Bridge on Thursday, July 4TH.**

SOCIAL HOUR – THURSDAYS @ 4:00 PM, TAVERN ON THE POND (EXCEPT JULY 4TH)

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. Please note there will be NO social hour on July 4th, due to the holiday.

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 @ 10:00 AM & SUNDAYS @ 3:00 PM, PNV GARDEN PAVILION

Join your PNV friends in a game of bocce ball. Weather permitting.

PUTTING PRACTICE & COMPETITION – SATURDAYS @ 3:00 PM PUTTING GREEN

Our new Putting Green is located behind Magnolia Walk 2. Meet your neighbors there every Saturday at 3:00 for some friendly competition. Bring your favorite putter or use one of the PNVs. Call Ray at 540.810.5255 with any questions.



Villager News

Your **Villager** staff will prepare the **summer issue** for publication in August. Deadline for submissions will be **Thursday, August 1st**, or before if ready. Please send your articles via **email directly** to Jan Makaryk at jmakaryk@hotmail.com or deliver them to the **Front Desk** (with your name & phone ext).

Please share your stories, poems, photos, and summer thoughts with your neighbors. Thanks for your participation!

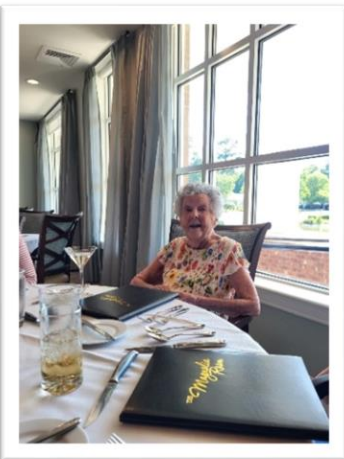
A note from Ruth Betz's Children:

On June 9TH, 2024, Ruth Betz celebrated her 100TH birthday with her six daughters at Wrightsville beach. With a week of perfect weather they frolicked in the ocean, paddled the marsh and toured the area on e-bikes. They feasted in-home cooked meals, played games and shared stories of their varied lives.

Hopefully the sounds of laughter and love will fill her heart and stay with her until we can do it again!

We are all so proud to part of this beautiful family that she and our father created together.

Here's to many more!



Resident Transportation Orientation

We are excited to roll out a new and improved transportation schedule and hope you will join us at ONE of the orientations. We will discuss how to get around the Wilmington area using our transportation services. Have you wondered where the local coach goes? Or what the Community Shuttle is? We answer these questions and more! Sign up on the Village App for one of these orientations.

Sign up on the Village App to attend

Thursday, July 11TH @ 11am

Thursday, July 18TH @ 11am

Thursday, July 25TH at 3pm

Fourth of July Community Information:

In recognition of the 4th of July holiday, there will be no transportation services on Thursday July 4TH.

There will be no continental breakfast, 5pm pick up or dinner service in the Bistro, Tavern on the Pond and Magnolia Room on Thursday, July 4TH. There will be a buffet lunch in the Bistro. Reservations for lunch will be available as will normal lunch pick and delivery.



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 a member of a committee are invited to attend any meeting as a guest. Please sign up on the Village App to attend.

Environmental Services – Friday, July 5TH @ 11:00 am **(Board Room)**

Dining – Tuesday, July 9TH @ 3:00 pm **(Board Room)**

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

Leisure Service – Wednesday, July 10TH @ 11:00 am **(Board Room)**

Building & Grounds – Thursday, July 11TH @ 2:00 pm **(Board Room)**

Civic Affair – Friday, July 19TH @ 9:00 am **(Board Room)**

Finance – Monday, July 22ND @ 3:00 pm **(Board Room)**

Pre-Council- Monday, July 22ND @ 10:00 am **(Board Room)**

Resident Council- Thursday, July 25TH @ 11:00 am **(Auditorium & 1395)**

Area Meetings

SATURDAY, JULY 13TH

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, JULY 10TH @ 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 July 3RD – 877-345-5300 - A 205

Dr. Jason Rickman, Excel Audiology will be here July 16TH – 910-399-3075 – RCC

Noah Foot & Ankle will be here July 16TH – 910-399-8688 - A 205

SPECIAL FEATURES YOU DO NOT WANT TO MISS

Parkinson's Support Group

MONDAY, JULY 1ST @ 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, JULY 2ND @ 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.

Tuesday Tunes – Manilow: Live from Paris Las Vegas (Video Recording Performance)

TUESDAY, JULY 2ND @ 2:00 PM & JULY 23RD @ 4:00 PM CYPRESS HALL

In a show that has been described as superb and gorgeous, Barry Manilow casts his catalog of hits in a whole new light in his critically acclaimed, hit-packed spectacle. The show brings the energy, sincerity and melody of Manilow at his best to a sensational yet personal crescendo. Sign up on the Village App to attend.

Holy Communion

WEDNESDAY, JULY 3RD @ 10:00 AM, CYPRESS HALL

Take Holy Communion alongside your fellow PNV neighbors.

Village Singer Concert

WEDNESDAY, JULY 3RD @ 3:00 PM, AUDITORIUM

You are invited to watch your friends and neighbors perform a medley of patriotic songs. Singing along is encouraged. Sign up on the Village App.

PNV Community Walk

TUESDAY, JULY 9TH @ 7:30 AM, VILLAGE CENTER

We will meet at the entrance to the Village Center and walk or jog or run the 1-mile loop here at PNV. Sign up on the village app to attend.

Music Bingo

TUESDAY, JULY 9TH @ 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 40s & 50s! Sign up on the Village App to attend.

Caregiver Support Group

TUESDAY, JULY 9TH @ 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.

Worship Service with Wesleyan Chapel

WEDNESDAY, JULY 10TH, 17TH & 24TH @ 10:00 AM, CYPRESS HALL

Wesleyan Chapel UMC is leading worship on the 2nd, 3rd and 4th Wednesdays of each month in Cypress Hall at 10 a.m. All are welcome! Sign up on the Village App to attend.

Hydration, Nutrition and You!

THURSDAY, JULY 11TH @ 2:00 PM, CYPRESS HALL

Join Katie Daniels from Health Pro Heritage for an interactive discussion on healthy lifestyle choices regarding nutrition and hydration. Day-to-day health and preventative measures to sustain healthy living that is centered on overall wellness will also be discussed.

Monthly Documentary: The Blue Angels

FRIDAY, JULY 12TH @ 3:00 PM & WEDNESDAY JULY 17TH @ 2:00 PM, CYPRESS HALL

Follow the veterans and newest class of Navy and Marine Corps flight squadron as they go through intense training and into a season of heart-stopping aerial artistry. Sign up on the Village App to attend.

Crafting for the Craft Fair

MONDAY, JULY 15TH & TUESDAY JULY 16TH @ 10:00 AM, ARTISIAN ROOM

Join us in learning how to make bows to sell at the Craft Fair. Peg Knab is going to teach us how to make bows from all the donated ribbon. Supplies you need to bring, if possible, include large sharp shears - like kitchen or dressmaking shears, and nimble fingers!

Resident and Associate Ice Cream Social

MONDAY, JULY 15TH @ 2:30 PM, AUDITORIUM

Let's all get together to enjoy a cool treat and each other's company! Sign up on the Village App to attend.

The Healing Potential of Sound

TUESDAY, JULY 16TH @ 2:00 PM, AUDITORIUM

Join David Key, Sound Therapist, M. Mus., CCM, for this introduction to the use of positive, nurturing sounds for personal relaxation and healing. Science shows that sound therapy induces a deep relaxation response, shifting the brain into a meditative alpha or theta state, where self-healing occurs. In this hour, David will provide information about the uses of sound therapy, demonstrate different instruments used, lead participants through some techniques for creating sounds themselves, and provide a mini "sound bath" to leave everyone feeling relaxed and at peace. Sign up on the Village App to attend.

Aqua Volleyball Residents vs. Associates Competition

TUESDAY, JULY 16TH @ 4:30 PM, POOL

Get your swimsuits ready for a friendly competition! Compete for bragging rights when residents team up to play against associates. Sign up on the Village App to play. If you would like to come out and support your neighbors, sign up is not required!

NOAA Hurricane Presentation with Steve Pfaff

THURSDAY, JULY 18TH @ 2:00 PM, AUDITORIUM & STREAMING ON 1395

Join Steve Pfaff to review current information from NOAA for the 2024 hurricane season. Sign up using the Village App to attend.

Coincidence? How Do You Know What You Know?

FRIDAY, JULY 19TH @ 2:00 PM, AUDITORIUM

This informative, interactive, and engaging presentation is designed for individuals who have little background in science/astronomy but who are curious about how we know some things about the natural world. Examples of coincidences, correlations, and cause/effect will be considered to help guide attendees to answer the question "How do you know what you know?".

Careful scientific observation and experimentation are fundamental aspects of science. They are vital in enabling us to know and understand almost all phenomena. Mr. Myes will briefly discuss several examples that illustrate combinations of coincidence, correlations, and experimentation including: The assassination of President Kennedy & "conspiracy" theories Bode's Law & the discovery of the planets and eclipses. Fred Myers is a retired Physics and Astronomy educator, school administrator and currently heads up the Myers Science Education Consulting firm. He has won many awards including the USA Presidential Award for Excellence in Science Teaching and the Milken Family Foundation Award.

We would like to thank Linda Richardson for introducing PNV to Mr. Myers. Sign up on the Village App to attend.

Cool Couples Golf Contest

SATURDAY, JULY 20TH @ 7:00 PM, PUTTING GREEN

Sign up by July 13th to play! You will not need to sign up if you are a spectator. Save the date and come join us for the fun of it!! In the meantime, go practice, practice and practice. The green is available from sun-up to sun-down when the weather cooperates.

Contest Rules:

- Couples, or we will match up singles to form couples.
- 12 holes – twice around 6-hole layout with 2 different tee locations.
- Shotgun start, one couple per hole.
- Maximum 3 flights with 6 couples each.
- Aggregate score per couple, per hole. ie-2+3=5
- Maximum aggregate score per hole = 9.
- No Gimmies - putt out every hole.
- One winning couple. Playoff, if required.
- Certificate of Achievement to winners.
- Bring your own putter and ball, or we will supply.
- BYOB if you want after-dinner refreshments.

Call Ray Burkart at 540/810-5255 with any questions.



Art Talk

TUESDAY, JULY 23RD @ 10:00 AM, CYPRESS HALL

Art Talk by local artist and professor Cheryl Crane Hunter. Topic: Patriotism Expressed Through Art. Sign up on the Village App to attend.

SALSA (Sighted and Limited Sight Alliance)

WEDNESDAY, JULY 24TH @ 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.

Christmas in July

WEDNESDAY, JULY 24TH

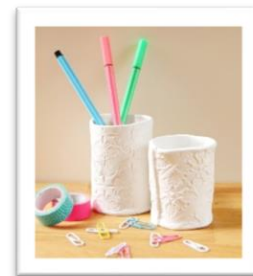


You're invited to celebrate Christmas in July on July 24th. Our party starts with cocktails & appetizers in the Tavern on the Pond from 5:00 pm -6:00 pm, followed by a buffet Christmas in July themed dinner and Christmas carols in the auditorium from 6:00 pm – 8:00pm. The meal will be \$17, sign up on the Village App to attend the dinner.

Clay Class with Cheryl Crane

THURSDAY, JULY 25TH @ 1:00 PM, ARTISAN ROOM

We will be working with slabs of clay to create air dry clay pots. 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.



Core Balance with Leilani

FRIDAY, JULY 26TH @ 10:00 AM, AUDITORIUM

Join us for this special Friday class being held in the auditorium. Leilani will help you wake up your core while engaging your muscles to increase your balance.

Great Decisions

FRIDAY, JULY 26TH @ 3:30 PM, BOARD ROOM

Topic: High Sea Treaty

Facilitator: Sue Tompkins & Aggie Henriksen

Veterans Burial Benefits

WEDNESDAY, JULY 31ST @ 2:00 PM, AUDITORIUM

THE VA DOES NOT PROVIDE FREE FUNERALS. There is a great deal of confusion about the burial benefits provided to veterans and their spouses by the VA and recent changes may affect you. Learn what national and state veteran cemeteries provide and don't provide, what burial benefits you and your spouse qualify for and which special discounts are offered by Dignity Memorial® affiliates when pre-planning a funeral service in advance. Join Michael Higgins, from Dignity Memorial for a one-hour briefing about your VA Burial Benefits. Learn what is available to help most older veterans and their spouses better plan for their future. Receive a planning guide that contains all the forms necessary to secure the VA Burial Benefits all honorably discharged veterans are entitled to.



**As we celebrate our Fourth of July
Holiday and those who serve our
wonderful country, let's also
remember the families who also
serve(d) in their own way, it does not
go unnoticed or appreciated.**

Great Courses – The Real History of Secret Societies / Books that Matter : The Federalist Papers

TUESDAYS @ 11:00 AM, BOARD ROOM

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

- **July 2nd** – Terrorism's Long Trail of Secret Cells - UFOs and the Elusive George Hunt Williamson
- **July 9TH** – A Blueprint for American Government
- **July 16TH** – A Democracy or a Republic?
- **July 23RD** – A Federation of a Nation?
- **July 30TH** – American Federalism

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.

- July 4TH NO CLASS
- July 11TH
 - Origins of the Cold War in the Middle East
 - Truman & the Creation of Israel
- July 18TH
 - Eisenhower, the Cold War & the Middle East
 - The Suez Crisis & Arab Nationalism
- July 25TH
 - Kennedy – Engaging Middle Eastern Nationalism
 - Johnson – Taking Sides

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, JULY 19TH @ 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, JULY 25TH @ 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.



Did you know that there are free tech videos on the app? Click on the Tech 101 tile and choose from learning videos such as iPad Tips for Seniors, Master you iPad controls, How to Text your Grandkids, 15 Android Tips and Tricks and more.



Saturday Matinee

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

July 6TH – Patton (2h 55m)

Starring: George C. Scott, Karl Malden & Stephen Young

The World War II phase of the career of controversial American General George S. Patton.

July 13TH – Our (Almost Completely True) Story (1h 35m)

Starring: Mariette Hartly & Jerry Sroka

A statuesque Hollywood icon meets a Jewish leprechaun in a bird store--what are the chances?

July 20TH – Nyad (2h 20m)

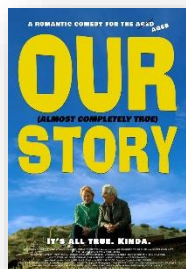
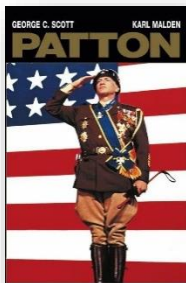
Starring: Annette Bening, Jodie Foster, & Anne Marie Kempf

The remarkable true story of athlete Diana Nyad who, at the age of 60 and with the help of her best friend and coach, commits to achieving her life-long dream: a 110-mile open ocean swim from Cuba to Florida

July 27TH – Soul (1h 40m)

Starring: Jamie Foxx, Tina Fey, & Kemp Powers

Joe is a middle-school band teacher whose life hasn't quite gone the way he expected. His true passion is jazz. But when he travels to another realm to help someone find their passion, he soon discovers what it means to have soul



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

Senior Men's Club

FRIDAY, JULY 19TH & 26TH @ 9:15 AM, TRANSPORTATION

July 19TH – TBD

Presenter: Tyler Whiteside, DPT

July 26TH – Black Pearls of the Cape Fear – Athletes

Presenter: Les Hewlett

Sign up on the Village App for transportation. New members are always welcome!

Beach Outing

FRIDAY, JULY 12TH @ 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

July 10TH @ 11:00 AM
Tequila Waterfront
Restaurant

Evening Dining

July 17TH @ 5:00 PM
Pilot House
Restaurant

International Dining

July 31ST @ 5:00 PM
El Mariscal
Mexican Style Seafood

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 ***

Ice Cream Club

TUESDAY, JULY 23RD @ 1:30 PM, TRANSPORTATION

Jeremiah's Italian Ice scoops up refreshing Italian Ice, creamy Soft Ice Cream, and their indulgent signature Gelati - the perfect layering of Ice and Soft Ice Cream. Jeremiah's hand makes their tasty frozen desserts daily and offers free samples to ensure every guest has a flavorful experience. With more than 40 delicious flavor options, ranging from Mango to Cookies and Cream, including dairy-free and vegan friendly options, there's a treat to fulfill any craving! Sign up on the Village App.

Bowling Outing at Ten Pin Bowling Alley

TUESDAY, JULY 30TH @ 1:00 PM, TRANSPORTATION

Join us in a friendly game of bowling at Ten Pin Bowling Alley. We will play two rounds of games. Residents will be billed \$11 for bowling shoe rentals and games. Sign up on the Village App to attend.

CULTURAL ART OUTINGS

North Carolina Symphony – Stars and Stripes (Wilson Center)

TUESDAY, JULY 2ND @ 6:30 PM, TRANSPORTATION

Beat the heat and join us to celebrate Independence Day with patriotic favorites and symphonic classics with your North Carolina Symphony. For tickets call the Wilson center Box Office at 910.362.7999. Departing at 6:30pm and the show starts at 7:30pm. Sign up on the Village App to for transportation.

Opera Wilmington Presents: Tosca (Kenan Auditorium)

SUNDAY, JULY 21ST @ 2:00 PM, TRANSPORTATION

Opera Wilmington presents Puccini's sweeping operatic thriller, *Tosca*, starring Shannon Kessler Dooley as the tempestuous diva, Floria Tosca, Jonathan Kaufman, as her lover Mario Cavaradossi, and Joshua Conyers, as the corrupt and obsessive Police Chief, Baron Scarpia. Tosca faces the ultimate challenge of her career: submit to Scarpia, or watch her beloved be tortured to death. Updated to Rome in the 1940's, this production features high-voltage drama, with sumptuous singing, scenery, and costumes, all taking place on one turbulent day. Sung in Italian with English supertitles projected. For tickets contact Kenan Auditorium Box Office at 910.962.3500. Departing at 2pm and the show starts at 3pm. Sign up on the Village App for transportation.

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.

PORTERS NECK VILLAGE JULY BIRTHDAYS

July	3	Carolyn	Scott
July	3	Tom	Ryder
July	5	Stephanie	Dorr
July	6	Susan	Maruyama
July	7	John	Lord
July	7	Elizabeth	Mendez
July	7	Janice	North
July	11	Dick	Rogers
July	11	Sandy	DeGeorge
July	11	Mary	Stofsick
July	12	Bill	Dahl
July	16	Emily	Pensinger
July	16	Ed	Kiefhaber
July	18	Jane	Albers
July	18	Carol	Mayer
July	19	Ann	Woodworth
July	20	William	Malloy
July	22	Richard	Bodner
July	23	Rebecca	Tantillo
July	25	Leston	Parks
July	28	Sandra	Gourley
July	30	Susan	Roscher
July	30	Linda	Myslinski





Maryann Nunnally & David Corley

7/19

WELLNESS MATTERS

July Community Walk

When: Tuesday July 9th @ 7:30am

We will meet at the entrance to the Village Center and walk or jog or run the 1-mile loop here at PNV.

Feel free to do the loop as many times as you want.

July Class Spotlight: Core Fitness

**Wednesday's at 10:30AM beginning July 3rd
with Leilani**

In the Group Fitness Studio

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.

Line Dancing Schedule Change

Join Zii on a new day!!!

Thursday's at 1 PM beginning July 11th

Line Dancing is a fun workout that is good for cardiovascular health, memory, and balance. Participants will be instructed on steps for a variety of dances and genres of music.

Exercise of the Month-Seated Knee Up

How to perform a Seated Knee Up

1. Sit on the end of a bench with your legs fully extended in front of you angled towards the ground, however, not touching.
2. Grip the sides of the bench for stability.
3. Leaning back to about a 45-degree angle from the bench.
4. Pull your knees in toward you at the same time moving your torso towards them.
5. Return to the starting position and repeat.

Knee Up Modification Instructions

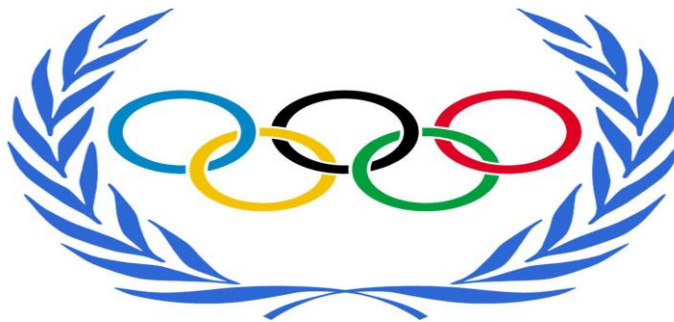
Same as above, however, start with heels resting on the floor, lean back and lift knees upright toward your chest, then return to the floor.



Phone: 910 772-3145 or Extension 3235 or lfreitas@portersneckvillage.org



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00am - 8:45am	Functional Fitness Leilani		Functional Fitness Leilani	Functional Fitness Leilani		July 2024
9:00am - 9:45am	Aqua Tone Leilani / Pool	Circuit Training Leilani	Aqua Tone Leilani / Pool	Aqua Volleyball Leilani / Pool		
9:15am - 10:15am					Adult Ballet Leesa	
10:00am - 10:45am	Aqua Zumba Caryn / Pool	Forever Fit Leilani	Aqua Zumba Julie / Pool	Forever Fit Leilani	Aqua Zumba Caryn / Pool	
10:00am - 10:45am	Practical Balance Leilani		Practical Balance Leilani			
10:30-11:10am			Core Fitness Leilani			
11:00am - 11:45am				Circuit Training Leilani		
11:15-12:00pm			Chair Yoga TBD		Mat Yoga TBD	
11:30am - 12:30pm						Seated Gentle Yoga Laura
1:00pm - 1:45pm	Beginner Tai Chi David		Musical Drumming Leilani	Line Dance Zii		
2:00pm - 2:45pm		Stretch & Balance Leilani		Stretch & Balance Leilani		
Color Designation	Aqua Classes	Balance Classes	Dance Classes	Mind/Body Classes	Strength & Resistance	Class Category



WELCOME TO THE 2024 PNV SUMMER OLYMPICS

August 19th - 23rd

Whether athlete or spectator, the PNV Olympics are open to all residents regardless of abilities.

We will begin the weeklong games with a torch relay starting at the front of the Commons at 9:00am. The torch will be carried around our community and will be brought to the auditorium at 10:00am for the opening ceremony which will include a performance by our very own Village Singers. This is the time all athletes can pick up their T-shirt and find out what team they are on.

Awards will be given out at our closing ceremony on August 23rd at 2:00pm. All are welcome to attend to congratulate our athletes and enjoy an ice cream social.

The list of events and their descriptions are attached. Please write your name next to the event you would like to participate in. Every effort will be made to place you in all the events you request.

Name_____

T-shirt size_____

Name_____

T-Shirt size_____

This must be returned to Marci or Leilani no later than July 10th so that T-shirts can be ordered.

Please write your name next to the events that you are interested in competing in. Return to the Living Well Mailbox no later than **July 10th**. You will be notified as to what team and events you have been placed on during the opening ceremonies.

For team events, you can indicate your team members' names.

Individuals will be matched with a teammate.

----- (name) **Torch Relay** - Pass the torch as we walk around the perimeter of the community to open the PNV Olympic games. Monday, August 19th at 9am.

INDIVIDUAL EVENTS – Tuesday, August 20th

----- (Name) **Hole in One** – Get a hole in one and advance to next round. Single elimination. 9:00am at the putting green.

----- (Name) **Football Throw** – Longest throw wins. 11:30am on lawn behind OP Building near pond.

----- (Name) **Single Leg Balance Holding a Plate** – Person who stands the longest wins. 1:00pm in the auditorium.

----- (Name) **Hula Hoop** – Person who lasts the longest wins. 1:15pm in the auditorium

----- (Name) **“Shot Put”** – Throw the beanbag in the hoop. Single elimination. 1:30pm in the auditorium.

POOL EVENTS- Wednesday, August 21

----- (Name) **Water Volleyball** - 5-person team. The first team to reach 11 points advances. Single elimination. 12:30pm in the pool

----- (Name) **Fastest Freestyle Lap**. 1:30pm in the pool.

----- (Name) **Fastest Noodle Bike Lap** - While sitting on a noodle, using a bicycle motion, cross the length of the pool. 1:45pm in the pool.

----- (Name) **4 person relay** - 4 person team. Each person swims one length of the pool. 2:00pm in the pool.

----- (Name) **Fastest Floating Kayak Race** - sit on a pool float while using a noodle to paddle across the pool. 2:45pm in the pool.

----- (Name) **Reverse Run Relay** - 4-person team. Run a lap backwards the width of the pool. 3:15pm in the pool

TEAM EVENTS - Thursday, August 22

----- (Name) **1 mile walking relay** - 4-person team. The first team to finish wins. 8:30am. Meet in the circle.

----- (Name) **Bocce** - 2-person team. Play until 6 points. Single elimination. Meet at Bocce court at 9:30am.

----- (Name) **Water Balloon Toss** - 2-person team. One person on each team throws the balloon to the other. Once caught, the team needs to take 1 step back and continue to throw until the balloon pops. 1:30pm. Meet in the circle.

----- (Name) **Corn Hole** - 2-person team. Play until 21 points. Winner plays next team. Single elimination. 1:45pm in the auditorium.

----- (Name) **Ladder Ball** - 2-person team. Toss connected balls onto a ladder. Each rung is worth different points. 10 points win. Winner plays next team. Single elimination. 2:45pm in the auditorium.

FRIDAY, AUGUST 23rd at 2:00pm

CLOSING CEREMONIES

_____(Name) **Presentation of Cheer/Song.** All team members can be included. Write an original cheer or song to be performed at the closing ceremony. The team with the loudest applause wins.

Following the announcement of the 2024 Summer Olympic winning team, all are invited to enjoy an ice cream social.





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.