

JULY PREVIEW 2025

Porters Neck Village

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HOT WEATHER SAFETY FOR OLDER ADULTS

Too much heat is not safe for anyone. It is even riskier if you are older or have health problems. It is important to be cautious and get relief quickly when you are overheated. Otherwise, you might start to feel sick or risk a heat-related illness that could cause serious health issues.

Why can extreme weather be even more dangerous for older adults than for younger people? Hotter days can cause difficulty in the body's ability to regulate its temperature. This can be challenging for older adults who typically do not adjust as well as others to sudden temperature changes. Additionally, older adults are more likely to have chronic medical conditions that affect the body's response to temperature, and to take prescription medicines that alter the body's ability to control temperature or sweat.

Heat-related illnesses

Being overheated for too long or being exposed without protection to the sun can cause many health problems.

Heat-related illnesses include the following:



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SAVE THE DATE

JULY 2

Village Singers Concert

JUNE 10

Opera Wilmington Live
at Porters Neck Village

JUNE 18

Broadway at the
Beach: A Musical
Revue

JUNE 23

Bus Tour of Historic
Downtown Wilmington



WHAT'S HAPPENING IN YOUR 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

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 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

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 message will be returned Monday – Friday between 8:00 am - 4:00 pm.

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

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

TECHNOLOGY WEDNESDAYS –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 see up to 10 residents each week. Sign up on the Village App.

HAND & FOOT – WEDNESDAY, JULY 9TH & JULY 23RD @ 1:30 PM & SUNDAY, JULY 13TH & 27TH @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, and please use it to cancel if necessary.

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 3RD)

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.

PARTY BRIDGE – THURSDAY, JULY 3RD & 17TH @ 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

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. Sign up on the Village App.

DUPLICATE BRIDGE – TUESDAYS @ 6:30 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.

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

Join us every Friday from 1:00 PM to 3:00 PM in the Cardinal 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 relaxed 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 some games. Sign up on the Village App.

PUTTING PRACTICE & COMPETITION – SATURDAYS @ 2:00 PM, PUTTING GREEN

Our Putting Green is located behind Magnolia Walk 2. Meet your neighbors there 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.

BOCCE BALL – SUNDAYS @ 2:00 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 Sunday at 2:00 PM. Sign up on the Village App. Weather permitting, the court is open for practice from sunup to sundown every day. Grab some friends and come on over.

WATER VOLLEYBALL – SUNDAYS @ 4:00 PM, POOL

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



BOCCE BALL TOURNAMENT – SATURDAY, JULY 5TH @ 9:30 AM

Join us for another Porters Neck Village Bocce Ball Tournament! The tournament is single elimination. If you have any questions or if you would like to play, please contact Dee Allison at 910.624.3474. The court is open for practice all day, every day!

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 hampsteadumc.org

ST. ANDREWS ON THE SOUND

Streaming services available on 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

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 Wednesday 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 guests. Please sign up on the Village App.

Dining – Tuesday, July 1st @ 2:00 PM **(Board Room)**

Health and Wellness – Wednesday, July 2nd @ 10:30 AM **(Board Room)**

Leisure Services – Wednesday, July 2nd @ 2:00 PM **(Board Room)**

Building & Grounds – Thursday, July 3rd @ 2:00 PM **(Board Room)**

Environmental Services Ad hoc – Thursday, July 3rd @ 11:00 AM **(Cardinal Club Room)**

Finance- Monday, July 7th @ 3:00 PM **(Board Room)**

Civic Affairs- Friday, July 18th @ 9:30 AM **(Board Room)**

Resident Council- Thursday, July 24th @ 11:00 AM **(Auditorium & 1395)**

AREA MEETINGS

SATURDAY, JULY 12TH

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.

ONSITE DOCTORS

Please call their offices to make an appointment.

Dr. Jason Rickman, Excel Audiology will be here July 15th – 910-399-3075 – RCC

Noah Foot & Ankle will be here July 29th – 910-399-8688– A-205

Independence Day Information:

1. A special holiday buffet will be served for all residents from 11:30 AM–2:00 PM. Please note that there will be **no 5:00 PM pickup or evening dinner service on this day**. Daytime meal delivery will continue as usual.
2. Transportation will not be available on Friday, July 4th, in observance of Independence Day.

Resident-Led Club Open House Inquiry Form

Do you lead a club at Porters Neck Village and are looking for new members?

If so, we would like to invite your club to participate in our upcoming Club Open House this Fall.

Our goal is to showcase all resident-led clubs to our community residents all at the same time.

Please fill out this short form so we can include your club in the event planning.

Yes! I/we are interested in having a table to showcase our PNV club:

Club Name: _____

Your Name: _____

Best Way to Contact You: _____

Days/Times Your Club Typically Meets: _____

Please return this form to the Living Well Mailbox.

SPECIAL FEATURES YOU DO NOT WANT TO MISS

HOLY COMMUNION

WEDNESDAY, JULY 2ND @ 10:00 AM, CYPRESS HALL

Take Holy Communion alongside your fellow PNV neighbors. This month, Reverend Debbie Matthis from Hampstead United Methodist Church will be celebrating Communion. Sign up on the Village App.

VILLAGE SINGERS' CONCERT

WEDNESDAY JULY 2ND @ 3:00 PM, AUDITORIUM

Join us for the Village Singers' Patriotic Fourth of July Concert! Sign up on the Village App.



CAREGIVERS SUPPORT GROUP

THURSDAY, JULY 3RD @ 3:00 PM, ARTISAN 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 this support group. It is facilitated by Sheila Wheelock, MSW from Lower Cape Fear Life Care. Sign up on the Village App.

GRIP CLINIC

THURSDAY, JULY 3RD @ 2:00 PM, CYPRESS HALL

Come participate in a clinic in which HealthPro Heritage will test your functional grip strength and learn how to improve your overall strength. Sign up on the Village App.

CORE LIBRARY

MONDAY, JULY 7TH @ 10:30 AM, PNV LIBRARY

This is a mobile program that provides you with 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 online.

Please remember to hold onto your library books until the CORE library visits next month at which time they can be returned. We kindly ask that you do not return these books to our PNV library as they do not belong to PNV.

TUESDAY TUNES: BARBARA COOK IN MOSTLY SONDHEIM (LIVE RECORDING)

TUESDAY, JULY 8TH @ 2:00 PM, CYPRESS HALL

The legendary star of Broadway's "Music Man," "She Loves Me" and "Candide." Accompanied by longtime musical director Wally Harper, Barbara Cook performs a memorable evening of songs by the great Stephen Sondheim mixed with songs Sondheim has said he wished he had written. It's a unique musical celebration The New York Times calls "brilliant...transcendent...you may find yourself holding your breath in awe!" Sign up on the Village App.

WORSHIP SERVICE WITH WESLEYAN CHAPEL

WEDNESDAYS, JULY 9TH, 16TH, 23RD, & 30TH @ 10:00 AM, CYPRESS HALL

Wesleyan Chapel UMC is leading worship each week. Join us in Cypress Hall at 10:00 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. Sign up on the Village App.

JERRY POWELL PERFORMANCE

WEDNESDAY, JULY 9TH @ 4:00 PM, BACK DECK

Grab a drink at the bar and head out to the back deck. Jerry Powell is a talented singer, songwriter, guitarist, and bass player, bringing a mix of original songs and familiar favorites that span across genres.

MEXICAN TRAIN DOMINOES

THURSDAY, JULY 10TH & 24TH @ 1:00 PM, CARDINAL CLUB ROOM

Join Margo Russell and Cheryl Jennings in learning 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.

OPERA WILMINGTON LIVE AT PORTERS NECK VILLAGE

THURSDAY, JULY 10TH @ 3:00 PM, AUDITORIUM

Opera Wilmington presents a lively afternoon of music featuring selections from Mozart's *Don Giovanni* (Opera Wilmington's 2025 summer production), alongside a delightful mix of opera classics and Broadway favorites! Performed by Opera Wilmington artists, this concert brings you timeless melodies, dramatic moments, and a few surprises—perfect for fans of both the stage and the concert hall. Join us for this intimate performance and enjoy the beauty, power, and fun of live singing from southeastern North Carolina's premier opera company! Sign up on the Village App.

FLOWER ARRANGEMENT CLASS WITH HOLLY

THURSDAY, JULY 10TH & JULY 24TH @ 2:30 PM, ARTISAN ROOM

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

SHINGRIX VACCINE CLINIC- SHINGLES VACCINATION

FRIDAY, JULY 11TH @ 8:00 AM, AUDITORIUM

Porters Neck Village is hosting a Shingrix Vaccine Clinic. Please bring your insurance card to the appointment. RCC staff can make a copy of your insurance card ahead of time, if needed. This is the first of two doses; the second dose will be scheduled at a later date, and you'll be notified once the date and time are confirmed. Please sign up for the Shingrix Vaccine Clinic using the sign-up sheet in the RCC.

UNITED WAY PRESENTATION

FRIDAY, JULY 11TH @ 2:00 PM, AUDITORIUM

Join us for a special presentation from United Way, an organization dedicated to improving lives and strengthening communities. Through partnerships and local engagement, United Way tackles pressing issues like education, financial stability, and health. Learn how their work creates lasting change and how you can be a part of it. Sign up on the Village App.

NAPKIN FOLDING WITH HOLLY

MONDAY, JULY 14TH & JULY 28TH @ 2:30 PM, ARTISAN ROOM

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

NETFLIX WITH NEIGHBORS- THE GOOD PLACE

WEDNESDAY, JULY 15TH, 22ND, & 29TH @ 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. Sign up on the Village App.

DON GIOVANNI OPERA TALK

WEDNESDAY, JULY 16TH @ 1:00 PM, AUDITORIUM

Don Giovanni is the story of a legendary libertine and comes alive in a powerful work by Wolfgang Amadeus Mozart. Called by critics "one of the greatest operas of all time," Mozart's *Don Giovanni* chronicles how the don employs his wiles and charms to woo and then discard women he desires. But a just fate awaits this unrepentant seducer, never fear! Cindy Tarantino from Opera Wilmington has prepared this talk and will share all the details of this fabulous opera. Sign up on the Village App.

MENS CANCER SUPPORT GROUP

WEDNESDAY, JULY 16TH @ 3:00 PM, CYPRESS HALL

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

FACEBOOK 101

THURSDAY, JULY 17TH @ 2:00 PM, BOARD ROOM

Join Lily, Community Life Services Manager, for a welcoming and easy-to-follow Facebook 101 class. Please bring either your smart phone or tablet to the class! In this hands-on session, you'll learn how to download and open the Facebook app, create your own Facebook account, connect with family and friends, and more, all at your own pace. No experience is necessary, just bring your curiosity and willingness to learn. This class is all about making technology feel simple, useful, and fun. Sign up on the Village App.

ED SEIDEL'S CELEBRATION OF LIFE

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

Join us to honor and celebrate the life of Ed Seidel. The ceremony will begin at 2:00 PM, followed by hors d'oeuvres and drinks. Sign up on the Village App to attend.

CAPTIONCALL PRESENTATION

TUESDAY, JULY 22ND @ 2:00 PM, AUDITORIUM

Do you have trouble hearing on the phone? Join us to learn about true no-cost telephone captioning. Funded by a federal program, people with hearing loss can get a no-cost closed caption phone for their home. CaptionCall provides the phone, set up, and customer support as part of their services. Sign up on the Village App.

ART TALK

WEDNESDAY, JULY 23RD @ 10:00 AM, AUDITORIUM

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



SALSA (SIGHTED AND LIMITED SIGHT ALLIANCE)

WEDNESDAY, JULY 23RD @ 2:00 PM, CYPRESS HALL

We invite both low vision and sighted residents to join us in conversation and friendship. We share tips and tools to help live independently and learn from each other. Sign up on the Village App.

GREAT DECISIONS

FRIDAY, JULY 25TH @ 3:30 PM, BOARD ROOM

Topic: AI and American National Security

Facilitator: Jack Strenkowski

BOURBON CLUB

FRIDAY, JULY 25TH @ 4:00 PM, TAVERN ON THE POND

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

SPINTOPIA!

MONDAY, JULY 28TH @ 3:00 PM, AUDITORIUM

Join us for a spin! Spintopia is just like your favorite game show, Wheel of Fortune. Test your skills, compete with friends and immerse yourself in this fun-filled game designed to entertain and bring the community together! Be part of the fun! Sign up on the Village App.

HURRICANE SEASON PRESENTATION WITH NOAA'S ADAM WEINER

WEDNESDAY, JULY 30TH @ 2:00 PM, AUDITORIUM

Get informed and prepared as hurricane season approaches. Join us for an insightful presentation with Adam Weiner from NOAA, who will share expert information.

MICHAEL MARIO MAGIC SHOW

WEDNESDAY, JULY 30TH @ 7:00 PM, AUDITORIUM

As seen on The Royal Caribbean Cruise Line, Michael's performance blends laughter and magic to create an unforgettable experience. This highly interactive show features audience participation and incredible surprises. Sign up on the Village App.

GREAT COURSES – WORLD HERITAGE SITES: EXPLORING THE WORLD'S GREATEST PLACES

TUESDAYS @ 11:00 AM, AUDITORIUM

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

- **July 1ST** – The Mogao Grottoes and Manuscripts
- **July 8th** – Teotihuacan, Largest City of Mesoamerica
- **July 15th** – Samarkand, Crossroads of Central Asia
- **July 22nd** – Mount Fuji, the Symbol of Japan

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 Rise of Modern Japan"

July 3rd

- Japan Inc. and its Upstart Challengers
- Japan Faces the Nixon Shocks: China and Gold

July 10th

- The Rise of Japanese Cinema
- How Japan's Carmakers Outmaneuvered Detroit

July 17th

- From the Heights of Japan's Bubble Economy
- Jobless and Divorced in Japan: Wet Leaves

July 24th

- Japan Confronts the Collapse of a Bubble
- Japan after the Fukushima Nuclear Disaster

July 25th (Encore)

- Japan Confronts the Collapse of a Bubble
- Japan after the Fukushima Nuclear Disaster

RESIDENT INFORMATIONAL PROGRAMS

PHASE 2 PANEL DISCUSSION: WEDNESDAY, JULY 9TH @ 2:00 PM, AUDITORIUM & STREAMING ON 1395

Join PNV Leadership and LCS Development for Community Updates. Sign up on the Village App.

MENU CHAT: WEDNESDAY, JULY 9TH & JULY 23RD @ 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.

KITCHEN TOUR: TUESDAY, JULY 15TH @ 10:00 AM

Meet Travis at The Tavern on the Pond for a behind the scenes peak at what goes on in the kitchen each morning to prepare our meals. The tour is limited to 10 people. Sign up on the Village App.

ORIENTATIONS

RESIDENT ORIENTATION & VILLAGE APP TRAINING: THURSDAY, JULY 24TH @ 2:00 PM, BOARD ROOM

Susanne DelGrosso and Pat Williams share monthly information 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. 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.

Village Arts Collective – July Update

The newest club at PNV is the Village Arts Collective which started meeting in May 2025. There are five Art Interest Groups that currently comprise the Village Arts Collective. All PNV residents are invited to participate in one or more of the Art Interest Groups. Please feel free to attend any of the meetings being held this month. You don't have to be an active, practicing artist to participate in one of the meetings below.

The July schedule of Meetings and Gatherings-

Art Interest Group	Meetings	Dates for Meetings	Time	Location
Fiber Arts	Gatherings	July 2 July 13	2:00 PM	Osprey Place, 2 nd Floor Salon
Writers Group	Meeting	July 23	2:00 PM	Library
Woodworking		To be determined		
Pottery	Meeting	June 26	10:30 AM	Artisan Room
Fine Arts	Meeting	July 16	11:30 AM	Artisan Room

Fiber Arts – The 4th Gathering of the Fiber Arts Group was on June 18th. The Fiber Arts Group meets every first and third Wednesday of every month at 2:00 PM in Osprey Place. They also gather casually for the “Drop In” session of “Stitchin’ and Colorin’ and More” on Friday afternoons from 1:30 – 3:00 PM in the Artisan Room. Stay tuned for more information about the Beginner Cross Stitching Class that will be offered in August!

Writers Group – This group met for its fourth meeting on 6/25. There is a lot of interest in play-readings and poetry. The Writers Group meets on the 4th Wednesday of every month at 2:00 PM in the Library.

Woodworking Group – This group met on 6/12 and watched a video on saw table safety. They are planning a field trip to the Wilmington Area Wood Turning Association.

Pottery Group – The Pottery Group visited Salty Ceramics here in Wilmington on 6/19 to learn more about the range of offerings PNV residents can pursue.

Fine Arts – Every month there will be a Fine Arts event either on campus or off campus. Here is a brief list of the upcoming events. Monthly meetings are the third Wednesday of the month at 11:30 AM in the Artisan Room. For more information contact Ken Maruyama (kmtule44@gmail.com)

July 18 – 19 – Broadway at the Beach – The Thalian Association Community Theatre is excited to partner with The Davis Community to provide this great musical revue, Broadway at the Beach. The performances will be at the new Magnolia Center (next to Cornelia's Restaurant). Tickets are \$20 each and can be purchased by calling 910-251-1788 to avoid online fees. There will be a PNV Bus for the July 18th performance. Check the App to sign up for the bus. This is a great opportunity to relive some of your favorite theatre memories.

August 15 - A visit to the ACME Art Studios, one of Wilmington's premier artistic communities comprised of approximately 20 active working studios and an expansive in-house gallery featuring sculptors, painters, photographers and jewelry makers. More information to follow.

September 20 – Attend the Dress Rehearsal for the Wilmington Symphony's Opening Night performance for this new symphony season. More information to follow.

SATURDAY MATINEE

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

JULY 5TH – THE MUSIC MAN (2h 31m)

Starring: Meredith Wilson, Franklin Lacey, & Marion Hargrove

Traveling con artist Harold Hill targets the naïve residents of a small town in 1910s Iowa by posing as a boys' band leader to raise money before he can skip town.



JULY 12TH – NONNAS (1h 54m)

Starring: Vince Vaughn, Lorraine Bracco, & Talia Shire

After losing his beloved mother, a man risks everything to honor her by opening an Italian restaurant with actual grandmothers as the chefs.



JULY 19TH – DR STRANGELOVE OR: HOW I LEARNED TO STOP

WORRYING AND LOVE THE BOMB (1h 35m)

Starring: Peter Sellers, George C. Scott, & Sterling Hayden

A mentally unstable American general orders a hydrogen bomb attack on the Soviet Union, triggering a path to global nuclear holocaust that a war room full of politicians and generals frantically tries to stop.



JULY 26TH – THE STING (2h 9m)

Starring: Paul Newman, Robert Redford, & Robert Shaw

Two grifters team up to pull off the ultimate con.



Sign up on the Village App to attend.

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

Wilmington Outdoor Adventure's Kayak Trip Interest Form

Friday, September 26th

9:30 AM

Greenfield Lake's 90 acre Cypress Dome Ecosystem is full of surprises and where you are guaranteed to see the most wildlife (maybe even an alligator). This 1.5 hour guided tour will take us around the lake while we learn about the lake's history and identification of its plants and animals. It's a relatively calm kayaking experience, but it requires the ability to paddle. After our tour, we will have a Dutch lunch at Winnie's Tavern, where some say is home to the best burgers in Wilmington. The non-refundable price of \$40 will be billed to your account. Space is limited.

If you are interested in this outing, please fill out this form and return it to the Living Well mailbox by July 23rd.

Yes! I would like to go on the Greenfield Lake Eco Kayak Tour on Friday, September 26th.

Name_____

Phone_____

Email_____

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

POPLAR GROVE FARMERS MARKET

WEDNESDAY, JULY 9TH @ 9:00 AM, TRANSPORTATION

An opportunity to purchase fresh, locally grown produce and other various consumables, plus see a variety of unique craft vendors. Sign up for transportation on the Village App.

ICE CREAM CLUB: THE WANDERING CONE

TUESDAY, JULY 15TH @ 1:00 PM, TRANSPORTATION

The Wandering Cone is a locally owned ice cream shop in Wilmington's Soda Pop District, known for its handmade, small-batch ice cream and fresh waffle cones. They offer a rotating menu of classic and seasonal flavors, plus vegan and gluten-free options. For those who have already filled out an application, sign up for transportation on the Village App. Call Marci Sherman at EXT 3111 or an application.

VOLUNTEER CORPS ORIENTATION MEETING

FRIDAY, JULY 18TH @ 9:15 AM, TRANSPORTATION

Join us for an orientation meeting about our new Volunteer Corps! Are you looking for a meaningful way to give back, connect with others, and make a difference? We're launching a Volunteer Corps for the Independent Living residents of our community and the Davis Community. Sign up for transportation on the Village App.

BEACH OUTING- WRIGHTSVILLE BEACH

TUESDAY, JULY 22ND @ 9:00 AM, TRANSPORTATION

We will take a 2-hour on your own visit to Wrightsville Beach weather permitting. Bring your sun gear, hats, glasses, SPF Sunscreen, and comfortable shoes. Restrooms will be available. Sign up for transportation on the Village App.

BUS TOUR OF HISTORIC DOWNTOWN WILMINGTON

WEDNESDAY, JULY 23RD @ 9:00 AM, TRANSPORTATION

Join us for an encore of this captivating bus tour of Downtown Wilmington Historic District, led by the knowledgeable and entertaining Robin Triplett. As we wind through the charming streets, Robin will share fascinating stories, local legends, and hidden history that bring the city's past to life. From grand old homes to riverfront views, this tour offers a comfortable and engaging way to explore Wilmington's rich heritage. Sign up for transportation on the Village App.

THRIFTING WITH NEIGHBORS IN BURGAW

TUESDAY, JULY 29TH @ 9:30 AM, TRANSPORTATION

Join your PNV neighbors for a day of thrifting at FOFF Thrift Store, The Second Blessing Boutique, and Burgaw Antique Place. We will stop for a dutch treat lunch at Burgaw Brewing 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

July 16th @ 5:00 PM
Casa Encanto (\$\$)

International Dining

July 23rd @ 4:45 PM
Szechuan 132 (\$\$)

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**

CULTURAL ARTS OUTINGS

BROADWAY AT THE BEACH- A MUSICAL REVUE (THE DAVIS COMMUNITY)

FRIDAY, JULY 18TH @ 6:30 PM, TRANSPORTATION

A collaboration between Thalian Hall and The Davis Community, this cabaret style show features local performers from the local theater community sharing some of their favorite musical moments. Call Thalian Hall for tickets at 910.251.1788. The show will take place in the Magnolia Event Center at The Davis Community. Sign up for transportation on the Village App.

NC SYMPHONY PRESENTS: STARS & STRIPES (WILSON CENTER)

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

Join the NC Symphony for their annual Independence Day concert at the beautiful Wilson Center as they perform patriotic favorites. 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 for transportation on the Village App.

OPERA HOUSE THEATER COMPANY PRESENTS: HAIRSPRAY (THALIAN)

SATURDAY, JULY 5TH @ 1:00 PM, TRANSPORTATION

Dance your way back to the 1960s with Hairspray, where big dreams, big hair, and even bigger heart come together! Follow Tracy Turnblad as she fights for integration and acceptance on her favorite TV dance show, spreading joy and unity in this feel-good musical packed with catchy tunes and a message of inclusion. Call the Box Office for tickets at 910.632.2285. Leaving at 1pm for a 2pm show time. Sign up for transportation on the Village App.

BEHIND THE SCENES: DON GIOVANNI (UNCW MAINSTAGE THEATER)

SATURDAY, JULY 12TH @ 9:00 AM, TRANSPORTATION

Join us for a Behind the Scenes event that lets you dip into the production's main ingredients. You will tour the set and hear the challenges of construction and the trompe l'oeil feats pulled off by the talented scenic designers and builders. You'll also visit the costume shop and enjoy a sneak peek at some attire that the *Don Giovanni* cast will wear. Pretend you're a member of the chorus as you're led through a quick synopsis of the score and maybe even test your pipes on a tune or two. Reassemble in the theater, where cast members will entertain you with a few selections from *Don Giovanni*. This is a free-of-charge event. Sign up for transportation on the Village App.

OPERA WILMINGTON PRESENTS: DON GIOVANNI (KENAN)

SUNDAY, JULY 20TH @ 7:00 PM, TRANSPORTATION

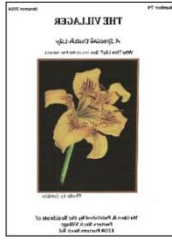
Seduction, danger, and divine justice collide in Mozart's electrifying masterpiece, *Don Giovanni*! Follow the infamous libertine as he charms, deceives, and outrages his way through Seville—until his reckless pursuit of pleasure leads to a shocking supernatural reckoning. Featuring breathtaking arias, fiery ensembles, and a gripping blend of comedy and drama, *Don Giovanni* is a thrilling ride from start to finish. Don't miss this spellbinding production, where passion and peril go hand in hand! Secure your tickets now for an unforgettable experience at the opera! For tickets, call the Kenan box office at 910-962-3500. Sign up for transportation on the Village App.

OPERA HOUSE THEATRE COMPANY PRESENTS 9 TO 5 (THALIAN HALL)

SATURDAY, JULY 26TH @ 1:00 PM, TRANSPORTATION

Take a hilarious dive into the world of office politics in *9 to 5*, where three determined women team up to turn the tables on their overbearing boss. With music by Dolly Parton, this comedic classic showcases friendship, empowerment, and a dash of revenge in a fun, empowering musical that's as relevant as ever. Call the Box Office for tickets at 910.632.2285. Coach departs at 1:00 PM for a 2:00 PM show time. Sign up for transportation on the Village App.

You're invited



Join your neighbors in creating PNV's in-house magazine,

Villager.

Original articles, poems & commentary

Reprints with attribution

Photography

Brain teasers, jokes & cartoons

The editors reserve the right

to approve submissions

based on appropriateness.

Published quarterly February, May, **August** & November.

Deadline for the next issue is **July 15th**.

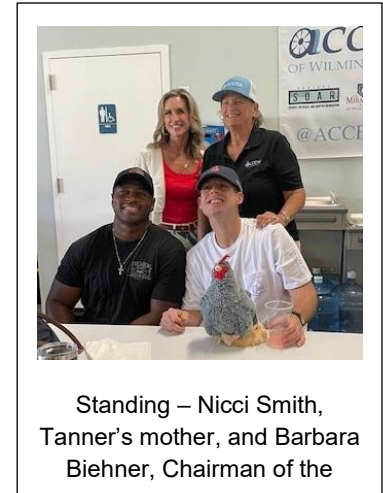
Send your submissions to pvvillager@yahoo.com

TOM & BONNIE BURRELL MEET TANNER SMITH AT ACCESS OF WILMINGTON

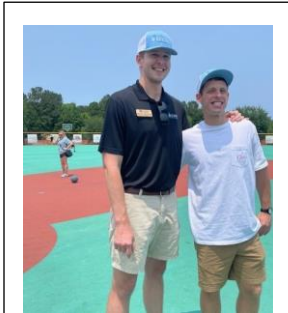
by Tom Burrell

Bonnie and I took part in a heartwarming and inspiring event Saturday, May 31st at the ACCESS Miracle Field In Murrayville. ACCESS of Wilmington hosted a special appearance by Tanner Smith, star of Netflix's *Love on the Spectrum*! The Miracle Meet-Up featured engaging games with the Wilmington Sharks, live music from Z 107.5 radio station, support from the Murrayville Fire Department, delicious food and refreshing drinks. The highlight of the event was an insightful

Q&A session with Tanner and his mom, Nicci Smith. The event drew a large and enthusiastic crowd from the community, all eager to hear Smith's message of perseverance, purpose, and inclusion.



Standing – Nicci Smith, Tanner's mother, and Barbara Biehner, Chairman of the



Mark McGrew, ACCESS Director of Development, with

Before the main event, a private breakfast meet-and-greet was held for key supporters and partners of ACCESS of Wilmington. Bonnie and I are long-time advocates for inclusive recreation and strong supporters of the organization's mission. I serve on the Board of Directors for ACCESS of Wilmington and I am proud of the organization's continued efforts to expand opportunities for individuals with disabilities.

Events like this help bring the community together around a message that everyone matters, and everyone deserves a chance to thrive. Tanner's story is powerful and aligns perfectly with the values promoted at ACCESS.

ACCESS of Wilmington's Miracle Field, a fully accessible baseball field designed for athletes of all abilities, served as the perfect setting for this event. It highlighted the importance of inclusive spaces and the transformative power of adaptive recreation. Porters Neck Village is a proud contributor to the success of ACCESS. Our own Zane Bennett is a past Chairman of the Board for ACCESS.

The morning served as both a celebration of ability and a reminder of the work still to be done to create a truly inclusive community. ACCESS of Wilmington continues to lead the charge in making sports recreation and wellness available to all, regardless of physical or developmental challenges.

For more information about ACCESS of Wilmington, visit accessilm.org.



Tom alongside the PNV banner at the ACCESS of Wilmington Miracle Field

Continued From Front Cover...

- **Heat syncope** is a sudden dizziness that can happen when you are active in hot weather. If you take a heart medication called a beta blocker or are not acclimated to hot weather, you are even more likely to feel faint. Rest in a cool place, put your legs up, and drink water to make the dizzy feeling go away.
- **Heat cramps** are the painful tightening or spasms of muscles in your stomach, arms, or legs. Cramps can result from hard work or intense exercise. Though your body temperature and pulse usually stay normal during heat cramps, your skin may feel moist and cool. Stop the physical activity you're doing and rest in the shade or in a cool building. Drink plenty of fluids, such as water and sports drinks containing electrolytes. Do not consume alcohol or caffeinated beverages.
- **Heat edema** is a swelling in your ankles and feet when you get hot. Put your legs up to help reduce swelling. If that doesn't work fairly quickly, check with your doctor.
- **Heat rash** is skin irritation from heavy sweating. It causes red clusters of small blisters that look similar to pimples on the skin. Your skin may feel itchy or you may feel "prickly" tingling pain. Keep the infected area dry, use powder to sooth the rash, and stay in cool areas.
- **Heat exhaustion** is a warning that your body can no longer keep itself cool. You might feel thirsty, dizzy, weak, uncoordinated, and nauseated. You may sweat a lot. Your body temperature may stay normal, but your skin may feel cold and clammy. Some people with heat exhaustion have a rapid pulse. Rest in a cool place and get plenty of fluids. If you don't feel better soon, get medical care. Be cautious because heat exhaustion can progress to heat stroke.
- **Heat stroke** is a medical emergency in which the body's temperature rises above 104°F. Signs of heat stroke are fainting; confusion or acting strangely; not sweating even when it's hot; dry, flushed skin; strong, rapid pulse; or a slow, weak pulse. When a person has any of these symptoms, they should seek medical help right away and immediately move to a cooler place, such as under shade or indoors. They should also take action to lower their body temperature with cool clothes, a cool bath or shower, and fans.
- **Sun exposure**, also known as sunburn, is a sign of skin damage due to extreme or long exposure. Your skin may appear red and tender, develop blisters, start to peel, and be warm to the touch. Severe reactions may cause fever, chills, nausea, or rash. Prevent sunburn by wearing protective clothing that covers your skin and staying out of direct sunlight. Using a broad spectrum sunscreen with an SPF of 15 or higher can also help prevent sunburns, but be sure to reapply often. If you are sunburned, wear lightweight clothing, take cool showers, moisturize affected areas, and stay out of the sun so your skin can heal.

If you are concerned about any of these heat-related illnesses, talk with your doctor.

- National Institute On Aging



Fitness Class Update

In Leilani's absence, we have been able to cover most of her classes with substitute instructors. If there is no instructor's name, there will be NO class on that date, but a video will be available on 1395. Please note that this is only for Leilani's classes. All other classes will still be offered.

SUBSTITUTES FOR LEILANI'S CLASSES

*****REVISED*****

Mondays		5/26/2025	6/2/2025	6/9/2025	6/16/2025	6/23/2025	6/30/2025	7/7/2025	
Functional Fitness	8:00am	Julian	XXXXXX	XXXXXX	Julian	Julian	Julian	Julian	
Aqua Tone	9:15am	Olinda	Olinda	Olinda	Olinda	Olinda	Olinda	Olinda	
Practical Balance	10:00am	Olinda	Olinda	Olinda	Olinda	Olinda	Olinda	Olinda	
Tuesdays		5/27/2025	6/3/2025	6/10/2025	6/17/2025	6/24/2025	7/1/2025	7/8/2025	
Circuit Training	9:00am	Julian	Julian	Doreen	Julian	Julian	Julian	Julian	
Forever Fit	10:00am	Olinda	Olinda	Olinda	Olinda	Olinda	Olinda	Olinda	
Stretch & Balance	2:00pm	XXXXXX	XXXXXX	XXXXXX	XXXXXX	XXXXXX	XXXXXX	XXXXXX	
Wednesdays		5/21/2025	5/28/2025	6/4/2025	6/11/2025	6/18/2025	6/25/2025	7/2/2025	7/9/2025
Functional Fitness	8:00am	Julian	XXXXXX	Julian	Julian	Julian	Julian	Julian	Julian
Aqua Tone	9:00am	XXXXXX	Deborah	Deborah	Doreen	Deborah	Deborah	Deborah	Deborah
Practical Balance	10:00am	XXXXXX	Deborah	Deborah	Doreen	Doreen	Doreen	Deborah	Deborah
Core Fitness	10:30am	Laura	Laura	Laura	Laura	Laura	Laura	Laura	Laura
Musical Drumming	1:00pm	XXXXXX	XXXXXX	XXXXXX	XXXXXX	XXXXXX	XXXXXX	XXXXXX	XXXXXX
Thursdays		5/22/2025	5/29/2025	6/5/2025	6/12/2025	6/19/2025	6/26/2025	7/3/2025	7/10/2025
Circuit Training	8:00am	Julian	XXXXXX	Julian	Julian	Julian	Julian	Julian	Julian
Forever Fit	10:00am	XXXXXX	XXXXXX	Doreen	Doreen	Doreen	XXXXXX	XXXXXX	XXXXXX
Stretch & Balance	2:00pm	Donna	XXXXXX	XXXXXX	XXXXXX	XXXXXX	XXXXXX	XXXXXX	XXXXXX

*** No classes on Friday July 4th ***

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00am - 8:45am						
9:00am - 9:45am						
9:15am - 10:15am						
10:00am - 10:45am	Aqua Dance <i>Debbie / Pool</i>		Aqua Dance <i>Olinda / Pool</i>		Aqua Dance <i>Debbie / Pool</i>	
10:00am - 10:30am						
10:00am - 10:45am						
10:30am - 11:15am						
11:15am - 12:00pm			Seated Gentle Yoga Laura		Mat Yoga Erin	
11:30am - 12:30pm						Seated Gentle Yoga Laura
1:00pm - 1:45pm						
1:00pm - 1:45pm	Beginner Tai Chi David					
2:00pm - 2:45pm						
4:45pm - 5:30pm						

PORTERS NECK VILLAGE JULY BIRTHDAYS

July	3	Carolyn	Scott
July	5	Stephanie	Dorr
July	6	Susan	Maruyama
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	18	Jane	Albers
July	18	Carol	Mayer
July	19	Ann	Woodworth
July	20	William	Malloy
July	22	Richard	Bodner
July	23	Rebecca	Tantillo
July	26	Barbara	Magrath
July	28	Saundra	Gourley
July	30	Susan	Roscher
July	30	Linda	Myslinski

PORTERS NECK VILLAGE JULY ANNIVERSARIES

Carolyn & Ronnie Roberts

7/10

Bonnie & Tom Burrell

7/10

Maryann Nunnally & David Corley

7/19

Elizabeth & Hedley Mendez

7/20

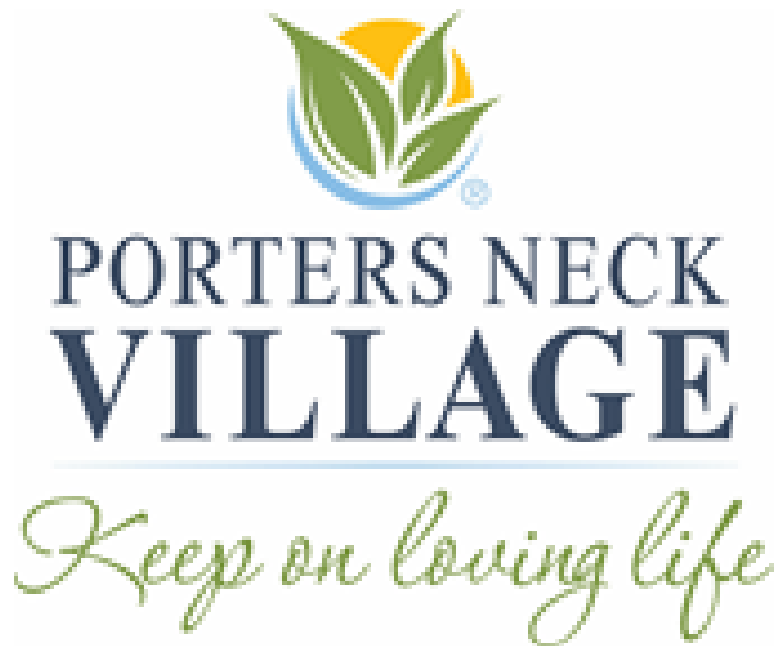
Sally & Stephen Fortlouis

7/23

Linda & Jim Murphy

7/31





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.