

JUNE PREVIEW 2025

Porters Neck Village

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Living Our Best Lives

SAVE THE DATE

JUNE 2

Wrightsville Beach
Farmers Market

JUNE 17

Jungle Rapids Mini Golf

JUNE 17

Resident & Associate
Ice Cream Social

JUNE 25

Good Shepherd
Center Tour



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 – WEDNESDAYS @ 1:30 PM & SUNDAY, JUNE 1ST, 15TH & 29TH @1:30 PM, CARDINAL CLUB ROOM

Join us every 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 (EXCEPT 6/26) @ 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.

PARTY BRIDGE – THURSDAY, JUNE 5TH & 19TH @ 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: Peg Knab (5059) and Rose Truelove (5036).

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' – FRIDAYS @ 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 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 every Saturday at 2:00 PM 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 sun up 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, JUNE 7TH @ 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 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

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 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/>

TECHNOLOGY SUPPORT

THESE ARE JUST A FEW RESOURCES TO
HELP YOU WITH YOUR TECHNOLOGY NEEDS



The Village App features a Videos tile. Click on the tile to find a series of 'Technology Talk' videos designed to help users become more comfortable with a wide range of devices. These videos offer easy-to-follow tutorials, tips, and demonstrations.



Technology Wednesdays with Justin take place every Wednesday at 1:00 PM in the Board Room. During these sessions, Justin provides hands-on technical support for a wide range of devices, helping residents troubleshoot issues, explore new features, and feel more confident using their technology. Each Wednesday, Justin can see up to 10 residents. Sign up on the Village App for this free service. You may also hire Justin to come to your home for more extensive IT support at an added charge.



For basic technology needs, such as help connecting to Wi-Fi, adjusting device settings, or learning how to use common apps, please reach out to Marci (3111) or Lily (3116) in Community Life Services, or speak with the front desk receptionist for assistance.

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, June 3rd @ 2:00 PM **(Oak Tree Private Dining Room)**
Health and Wellness – Wednesday, June 4th @ 10:30 AM **(Board Room)**
Leisure Services – Wednesday, June 4th @ 2:00 PM **(Board Room)**
Building & Grounds – Thursday, June 5th @ 2:00 PM **(Board Room)**
Environmental Services – Friday, June 6th @ 11:00 AM **(Board Room)**

Resident Council- Thursday, June 26th @ 11:00 AM **(Auditorium & 1395)**

AREA MEETINGS

SATURDAY, JUNE 14TH

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 June 17th – 910-399-3075 – RCC

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

SPECIAL FEATURES YOU DO NOT WANT TO MISS

NAPKIN FOLDING WITH HOLLY

MONDAY, JUNE 2ND @ 2:30 PM, ARTISAN ROOM

MONDAY, JUNE 16TH @ 2:30 PM, ARTISAN ROOM

MONDAY, JUNE 30TH @ 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.

PARKINSON'S SUPPORT GROUP

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 ILM. Sign up on the Village App.

HOLY COMMUNION

WEDNESDAY, JUNE 4TH @ 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.

BROTHER DAY MUSIC PERFORMANCE

WEDNESDAY, JUNE 4TH @ 4:00 PM, BACK DECK

Grab a drink at the bar and head out to the back deck. Brother Day performs a mix of music styles including Sinatra, Louis Armstrong and more.

VILLAGE SINGER REHEARSAL

THURSDAYS @ 2:30 PM, AUDITORIUM

This rehearsal is for the Village Singers Summer Concert! Sign up on the Village App.

The Village Singers, our PNV choral group, is gearing up for our Patriotic Fourth of July Concert on July 2, and we would love to welcome new singers to our group. Our rehearsal dates are **June 5, 12, 19, 26 and July 1 at 2:30 PM in the auditorium**. Mark Hellman is our talented and energetic choral director, and he is eager to have additional singers. Please consider joining us! Anyone interested is encouraged to come to a rehearsal and experience a fun and rewarding activity here at PNV. For questions call Jean Schild at #5728.

CAREGIVERS SUPPORT GROUP

THURSDAY, JUNE 5TH @ 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. Facilitated by Sheila Wheelock, MSW from Lower Cape Fear Life Care. Sign up on the Village App.

BALANCE SCREENING

THURSDAY, JUNE 5TH @ 4:00 PM, CYPRESS HALL

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.

THE 10 WARNING SIGNS OF ALZHEIMER'S

FRIDAY, JUNE 6TH @ 2:00 PM, AUDITORIUM

Alzheimer's and other dementias cause memory, thinking, and behavior problems that interfere with daily living. This workshop will teach us how to recognize common signs of the disease, how to approach someone about memory concerns, the importance of early detection and benefits of a diagnosis, possible tests and assessments for the diagnostic process, and Alzheimer's Association resources. Sign up on the Village App.

CORE LIBRARY

MONDAY, JUNE 9TH @ 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.

WORSHIP SERVICE WITH WESLEYAN CHAPEL

WEDNESDAYS, JUNE 11TH, 18TH, & 25TH @ 10:00 AM, CYPRESS HALL

Wesleyan Chapel UMC is leading worship each week. Join us in the 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.

MEXICAN TRAIN DOMINOES

THURSDAY, JUNE 12TH & 26TH @ 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.

FLOWER ARRANGEMENT CLASS WITH HOLLY

THURSDAY, JUNE 12TH @ 2:30 PM, ARTISAN ROOM

THURSDAY JUNE 26TH @ 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.

DOCUMENTARY SHOWCASE: THE FORT FISHER HERMIT: THE LIFE AND DEATH OF ROBERT E. HARRILL

FRIDAY, JUNE 13TH @ 3:00 PM, CYPRESS HALL

Robert E. Harrill, The Fort Fisher Hermit, spent 17 years under the stars and scrub oaks of Fort Fisher, North Carolina. Surviving off the land and the contributions from thousands of visitors, the Fort Fisher Hermit became one of the areas largest tourist attractions. But Robert's new life wasn't as idyllic as he made it out to be, and his untimely death is marked by mystery and controversy. Sign up on the Village App.

ART TALK

TUESDAY, JUNE 17TH @ 10:00 AM, CYPRESS HALL

Art Talk by local artist and professor Cheryl Crane Hunter. The topic is Leonardo da Vinci: the Conversation. Sign up on the Village App.



MENS CANCER SUPPORT GROUP

WEDNESDAY, JUNE 18TH @ 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.

MARYANN NUNNALLY PRESENTS: A FUNNY THING HAPPENED TO ME ON THE WAY TO 90

THURSDAY, JUNE 19TH @ 3:30 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.

HURRICANE PREP ANNUAL PRESENTATION

FRIDAY, JUNE 20TH @ 11:00 AM, AUDITORIUM

Join Susanne Delgrosso, Director of Administration, to review our facility's emergency protocols, evacuation plans, and helpful tips for personal preparedness.

TUESDAY TUNES: LEAHY LIVE FROM GATINEAU, QUEBEC

TUESDAY, JUNE 24TH @ 2:00 PM, CYPRESS HALL

Experience the electrifying energy of Leahy, the renowned Canadian family band, live from Gatineau, Quebec! This powerhouse group of eight siblings brings their extraordinary musicianship, exhilarating step dancing, and heartfelt passion to the stage in a performance you won't forget. Rooted in tradition and driven by pure talent, Leahy's live show is a celebration of music, movement, and family spirit that will leave you inspired and amazed. Don't miss this unforgettable performance from one of Canada's most iconic musical families! Sign up on the Village App.

SALSA (SIGHTED AND LIMITED SIGHT ALLIANCE)

WEDNESDAY, JUNE 25TH @ 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, JUNE 27TH @ 3:30 PM, BOARD ROOM

Topic: The Future of NATO and European Security

Facilitator: Jack Strenkowski

BOURBON CLUB

FRIDAY, JUNE 27TH @ 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.

DOO WOP CONCERT

FRIDAY, JUNE 27TH @ 7:00 PM, AUDITORIUM

Grab a drink at the bar and bring your dancing shoes! The Doo Wop Memories bring back happy times through songs from the 50s and 60s. They perform songs by The Crests, Little Anthony and the Imperials, The Duprees, the Drifters and more!

SPINTOPIA!

MONDAY, JUNE 30TH @ 7:00 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 games designed to entertain and bring the community together! Be part of the fun! Sign up on the Village App.

GREAT COURSES – STORY TELLING AND THE HUMAN CONDITION

TUESDAYS @ 11:00 AM, AUDITORIUM

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

- **June 3rd** – Adversity and Humor
- **June 10th** – Death and the Afterlife
- **June 17th** – Freedom and Self-Determination

World Heritage Sites: Exploring the World's Greatest Places

- **June 24th** – Paleolithic Cave Art of Spain and France

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.

“UNDERSTANDING JAPAN: A CULTURAL HISTORY”

June 5th

- Japan’s Isolation in the Tokugawa Period
- Japanese Theater: Noh and Kabuki

June 12th

- The Importance of Japanese Gardens
- The Meaning of Bushido in a Time of Peace

June 19th

- Japanese Poetry: The Road to Haiku
- Hokusai and the Art of Wood- Block Prints

June 26th

- The Meiji Restoration
- Three Visions of Prewar Japan

June 27th (Encore)

- The Meiji Restoration
- Three Visions of Prewar Japan

Interest Form

Hebrew for Beginners

Learn to Read, Write, and Speak Hebrew



What You'll Learn!

**The Hebrew Alphabet (Aleph
– Bet)**

**Basic Vocabulary and
Conversation Phrases**

**Reading and Writing Simple
Words**

Fun Cultural Insights

**Start Date: Wednesday, September
10th**

**Cost: 5 sessions @ \$25 per session =
\$125**

**Yes! I am interested in taking this
Beginning Hebrew Class**

Name _____

Phone _____

Please return to the Living Well Mailbox



My name is Gal Segall, I was born and raised in a kibbutz in Israel. I've been teaching Hebrew and Judaic studies for over 25 years. I incorporate a creative, artistic element into my lesson plan. One of my strengths is an ability to listen to my students, nurture and understand their needs. I hold a Master's degree in Special Education and have a background in art.

Interested in Becoming a First Team Member?

First Team Members are invited to participate in Marketing Events, Host/Hostess, and/or tour guide after hours and on the weekends.

A great deal of importance is placed on a member's enthusiasm for the community and their ability to positively portray the lifestyle offered at Porters Neck Village.

1. Tour Guide: Provide tours to "walk-in" prospects on the weekends when the Marketing staff is unavailable. Assist with tours of the Community as requested.
2. Marketing Events: Assist with onsite events. This includes greeting guests, making them feel welcome and introducing them to others.
3. Host/Hostess: Act as host/hostess for Marketing guests as requested. This may include having a meal with the guests in the dining room, accompanying guests at resident activities or parties, showing your residence, etc.

If you are interested in becoming a First Team Member, please contact Amanda Ott at ext. 3112.

RESIDENT INFORMATIONAL PROGRAMS

FOOD FORUM: MONDAY, JUNE 2ND @ 2:00 PM, AUDITORIUM & STREAMING 1395

Residents are encouraged to attend this monthly meeting where the discussion will center around events, changes and programs in the Food and Beverage department. Sign up on the Village App.

COFFEE CHAT WITH ZANE: WEDNESDAY, JUNE 11TH @ 2:00 PM, AUDITORIUM & STREAMING ON 1395

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

MENU CHAT: WEDNESDAY, JUNE 25TH @ 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, JUNE 19TH @ 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, JUNE 26TH @ 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.

SATURDAY MATINEE

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

JUNE 7TH – LIFE LIST

Starring: Sofia Carson, Kyle Allen, and Sebastian De Souza

A woman revisits her childhood aspirations, endeavoring to achieve her old goals, only to discover that pursuing these lifelong dreams takes her on an unforeseen and surprising journey.

JUNE 14TH – BOTTLE SHOCK

Starring: Chris Pine, Alan Rickman, and Ross Schwartz

The story of the early days of California wine making featuring the now infamous, blind Paris wine tasting of 1976 that has come to be known as "Judgment of Paris".

JUNE 21ST – GIRL WITH A PEARL EARRING

Starring: Scarlett Johansson, Colin Firth, & Tom Wilkinson

A young peasant maid working in the house of painter Johannes Vermeer becomes his talented assistant and the model for one of his most famous works.

JUNE 28TH – A REAL PAIN

Starring: Kieran Culkin, Jesse Eisenberg, Ola Bosova

Mismatched cousins reunite for a tour through Poland to honor their beloved grandmother, but their old tensions resurface against the backdrop of their family history.

Sign up on the Village App to attend.

Update from the Village Arts Collective

The Village Arts Collective has officially launched! During the past 4 weeks, the Village Arts Collective has distributed flyers to all PNV residents introducing each of the five Art Groups that make up the Collective. The flyers invited all PNV residents to attend the next meetings for each group that may interest them. Residents do not have to be an artist to join an Art Group. Residents can also join more than one Art Group if they want to!

The current schedule for Meetings & Gatherings:

Art Interest Group	Meetings	Dates for Meetings	Time	Location
Fiber Arts	Gatherings	1 st & 3 rd Wednesday's of the month	2:00 PM	Osprey Place 2 nd Floor Salon
Writers Group	Meeting	4 th Wednesday of the month	2:00 PM	Library
Woodworking		To be determined		
Pottery		June 4	10:30 AM	Artisan Room
Fine Arts	Meeting	3 rd Wednesday of the month	11:30 AM	Artisan Room

You can find the meeting schedules listed in each month's "Preview", on 1395 and on the Community App in "On Campus Activities". For off-campus field trips or enrichment activities, information will be posted on the Community App under "Transportation & Outings". In addition, each art group will be emailing residents who attend their meetings with information that pertains to the group's activities and topics of interest.

For more information about the Village Arts Collective, please contact

Susan Maruyama (susanmaruyama6@gmail.com) or Jack Wilson (rustwrong@aol.com) or put a note in our Post Mailboxes.

Thank you for your enthusiasm and support of the Village Arts Collective.

Susan Maruyama, Chairperson

Jack Wilson, Vice Chairperson

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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 1115

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

WRIGHTSVILLE BEACH FARMERS MARKET

MONDAY, JUNE 2ND @ 8:30 AM, TRANSPORTATION

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

ICE CREAM CLUB: LEWIS FARMS

TUESDAY, JUNE 10TH @ 1:00 PM, TRANSPORTATION

Lewis Farms is a third-generation family farm located in Wilmington. This location has the famous Lewis Farms homemade ice cream! Sign up for transportation on the Village App.

MINI GOLFING AT JUNGLE RAPIDS

TUESDAY, JUNE 17TH @ 10:00 AM, TRANSPORTATION

What better way to enjoy the season's warm weather than working on your short game! Take in the sights filled with glorious landscaping while you enjoy 18 holes of miniature golf. Relax underneath a Carolina blue sky, meanwhile allowing the sound of the waterfalls to wash away the day's stress. \$12 will be billed to your account. Sign up for transportation on the Village App.

BEACH OUTING (WRIGHTSVILLE BEACH)

TUESDAY, JUNE 24TH @ 9:30 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.

GOOD SHEPHERD CENTER TOUR

WEDNESDAY, JUNE 25TH @ 1:00 PM, TRANSPORTATION

Take a step behind the scenes and explore the incredible work happening every day at the Good Shepherd Center. 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

June 11th @ 4:45
Johnny Lukes (\$\$)

International Dining

June 18th @ 5:00
K38 Baja Grill (\$\$)

**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**

WILSON CENTER PRESENTS: MYSTIC PIZZA

WEDNESDAY, JUNE 18TH @ 6:30 PM, TRANSPORTATION

Based on the beloved 1988 MGM rom-com that launched the career of Julia Roberts, *Mystic Pizza* is a new musical about three working-class girls who navigate the complexities of life, love, and family in a small-town pizza joint serving everyone from the townies to the privileged country club set. And what's in that secret sauce, you ask? The hits of the 80s and 90s! The hit songs range from "Girls Just Wanna Have Fun" to "Hold On" to "Nothing's Gonna Stop Us Now." For tickets, call the Wilson Center box office at 910.362.7999. Departing at 6:30 PM and the show starts at 7:30 PM. Sign up for transportation on the Village App.

ALMOST QUEEN: A TRIBUTE TO QUEEN (KENAN)

SATURDAY, JUNE 21ST @ 7:00 PM, TRANSPORTATION

They don't just pay tribute to the legendary band; Almost Queen transports you back in time to experience the magic and essence of Queen themselves. This deliberate four-piece band is "guaranteed to blow your mind" with iconic four-part harmonies and expertly executed musical interludes. Almost Queen's impressive tribute to Queen is nothing short of breathtaking. The band's authenticity shines through in their impeccable attention to detail and genuine costumes, while their live energy and precision will leave music fans of all ages with an unforgettable concert experience. For tickets, call the Kenan box office at (910) 962-3500. Coach will depart at 7:00 PM for an 8:00 PM show time. Sign up on the Village App.

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 June 23rd.

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

Name_____

Phone_____

Email_____

Zippity-Do-Da

And yes, it was a beautiful day!

Written by: Ray Burkart

After a couple of months of intensive planning, on a bright and beautiful May 15th Carolina morning, eight intrepid PNV residents gathered for a Zipline adventure in Shallotte, NC.

The brave souls who signed up and actually paid good money to risk life and limb were Ray Burkart, Betty Lindgren, Walt Makaryk, Linda Myslinski, Tink Shelton, Greg Stone, Jessica Thomason and Kathy Waszily. Gene Waszily came along as moral support for Kathy and the rest of us.

Marci Sherman, our big boss, our lessor boss, Lily Bennett and our faithful driver, Brittany Martin counted noses. We were loaded onto the bus and were off on our adventure promptly at 8 AM.

After a pleasant “getting to know each other better ride”, we arrived at our destination - Shallotte River Swamp Park. A couple of us had been on Zipline rides before and tried to assure the first timers they had nothing to worry about, as long as their life insurance premiums were paid up.

We checked in, signed our life away on some wordy legal form, emptied our pockets of all our possessions, including cell phones, water bottles and even chewing gum, and were then split into two groups.

Then began the process of instruction and getting strapped into the actual gear we would wear during our death-defying slides and walks up the several towers. The strapping reminded me of how you would be outfitted for a parachute jump, minus the parachute. For the two guides in each group, safety was, by far, job one. It took me three times to get the braking process done well enough for them to ok my participation.

I blamed it on my hearing aids not working 100%. That’s my story and I’m sticking to it.

We wore heavy duty gloves and, on our dominant hand, an additional heavy leather pad used for braking as we approached each landing platform.

We were split into two groups. Each group also had an additional young couple that were not from PNV. My group also had a young lady who was on her first ride of five she had to do before being certified as a new guide there.



Our first big challenge was to climb the 135 steps, 9 ½ stories, to the first launch platform atop the tallest of the 10 towers from which we would launch. We had heard about the 135 steps but were soon to learn there were 373 more to climb in the other towers. We were going to get some good exercise.



It is said this is the longest zipline ride on the East Coast.

The guides were extremely detailed in their instructions and made sure everyone knew exactly how to complete every little move.

The first “zipper” as we were now known, was hooked to the cable, and after a few more instructions, was off and flying on their first of eight zipline rides. Two other adventures involved long walks across hanging wooden walkways.

As expected, it’s a special thrill to be zooming through tall trees, over an alligator-inhabited swamp, sometimes almost 100 feet in the air.

Having had an engineering background, I was especially interested in how they anchored the platforms and strung the cables between the big cypress trees, one of which is over 120 years old. I was very impressed with the engineering feat and how they were able to accomplish it over a swamp area.

The swamp is loaded with all kinds of crawling, swimming and flying creatures. On one platform, I looked down and saw what I thought was the tail of a huge fish just beneath the surface. Later, I conjured it was probably the tail of an alligator. No way would you want to be walking through there with waders. All the more wonder about the process of building the structures and riggings.

After the first ride, the rest became a little more routine, but none the less thrilling. Water stations were placed around the course and we all needed to take advantage of them.

We were surrounded by trees over swamps as far as you could see in all directions. The towers were not quite high enough to get a glimpse of the ocean.

At some point, I asked our launch guide who was the oldest “zipper” he has had on his tours. He thought for a minute and said, “I think 84”. Of course, I was quick to tell him he now had a new record, since I will be 90 next month. Brag, brag.

After we thanked our guides, we reassembled as a group, shed our harnesses, retrieved our locked possessions and boarded our bus for the next phase of our adventure.

By this time, we were all hungry and looking forward to a nice meal at the Purple Onion in South Brunswick. On the way, we were discussing how much fun it had been. After a good meal, enjoyed by all, we boarded the bus and headed home with thoughts of the adventure we just experienced. On the way home, I noticed a couple of our “zippers” were taking the opportunity to close their eyes and maybe drift off on a different adventure of some kind.

If asked would do it again, I think it would be a resounding, “you bet”.

For those of you who might like to see some videos of the Zipline, go to: shalotteriverswamppark.com



WELLNESS MATTERS

Note

There are 2 fitness schedules in this preview.

One is for Leilani's classes taught by substitute instructors during her absence.

One is for all other classes being taught on the regular schedule.

Class Spotlight

Aqua Volleyball

Thursdays at 9 AM & Sundays @ 4 PM

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.

Exercise of the Month-Toy Soldier

How to perform a Standing Toy Soldier

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

Modified Toy Soldier Instructions

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



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



Fitness Class Update

Leilani will be out of the office from **May 21st - July 10th**. In her absence, we have been able to cover most of her classes with substitute instructors. The reverse side of this sheet has the class schedule with the expected substitutes. 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		5/28/2025	6/4/2025	6/11/2025	6/18/2025	6/25/2025	7/2/2025	7/9/2025	
Functional Fitness	8:00am	Julian	Julian	Julian	Julian	Julian	Julian	Julian	
Aqua Tone	9:00am	XXXXXX	Deborah	Doreen	Deborah	Deborah	Deborah	Deborah	
Practical Balance	10:00am	XXXXXX	Deborah	Doreen	Doreen	Doreen	Doreen	Doreen	
Core Fitness	10:30am	Laura	Laura	Laura	Laura	Laura	Laura	Laura	
Musical Drumming	1:00pm	XXXXXX	XXXXXX	XXXXXX	XXXXXX	XXXXXX	XXXXXX	XXXXXX	
Thursdays		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	Julian	Julian	Julian	Julian	Julian	Julian	
Forever Fit	10:00am	XXXXXX	Doreen	Doreen	Doreen	XXXXXX	XXXXXX	XXXXXX	
Stretch & Balance	2:00pm	Donna	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 JUNE BIRTHDAYS

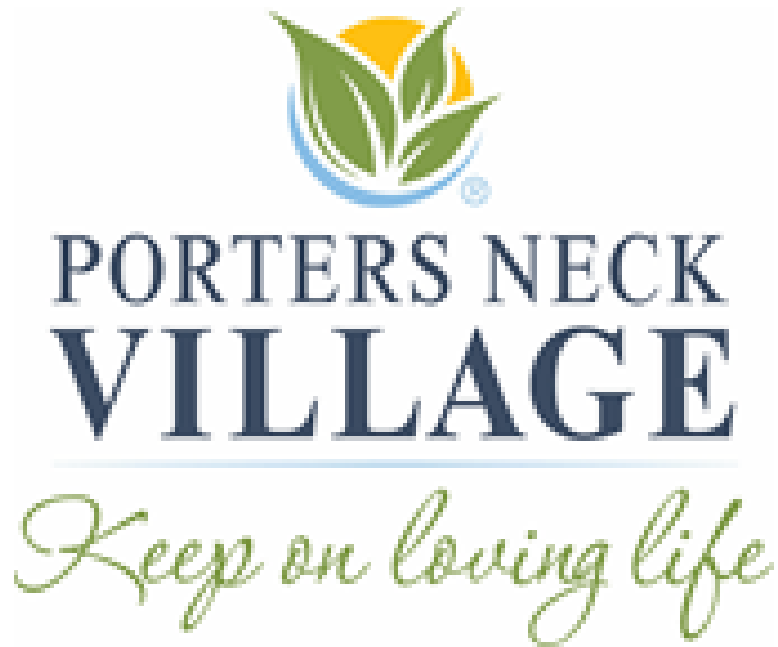
June	1	Jim	Kapetsky
June	2	Barbara	Kelly
June	3	Iris	Taylor
June	5	Bob	Porter
June	9	Ruth	Betz
June	10	Kirt	Doersch
June	10	Margaret	Knab
June	13	Jim	Wolle
June	13	Ron	Foster
June	15	Jeanette	Pearsall
June	15	Tom	Dinero
June	19	Geraldine	Storch
June	21	Skip	Richardson
June	22	Mary Ann	Pace
June	23	Ray	Burkart
June	23	Barbara	Smith
June	23	Becky	Philips
June	27	R'Lou	Ellson
June	30	Jack	Kelly

PORTERS NECK VILLAGE JUNE ANNIVERSARIES

Carolyn & Scottie Scott	6/3
Tink & Stan Shelton	6/6
Peggy & Patrick Duncan	6/6
Lorraine & Eugene Noris	6/6
Nancy & Dennis Manning	6/8
Jane & Skip Albers	6/11
Katie & Dick Bodner	6/12
Annie & Richard Ezzell	6/14
Sue & Jim Stephens	6/14
Susan & John Nicklas	6/15
Laura & Paul Laustsen	6/16

Barbara & Geoff Magrath	6/18
Linda & Skip Richardson	6/19
Jean & Ron Foster	6/23
Mary & Mack Ballard	6/23
Quincy & George Parham	6/24
Renee & Ray Audette	6/26
Pat & Bill Cole	6/30





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.