
JUNE PREVIEW 2026

Porters Neck Village

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Common Misconceptions About Aging

Many people make assumptions about aging, what it is like to grow “old,” and how older age will affect them. But as we get older, it is important to understand the positive aspects of aging as well as its challenges.

1. Do people need less sleep as they get older?

The quality and quantity of sleep can decline with age. Older adults may find themselves having a harder time falling asleep and staying asleep. Getting enough sleep can help most people stay healthy and alert. Adequate sleep can also help reduce the risk of falls, improve overall mental well-being, and have many other benefits.

2. Can older adults still learn new things?

Yes! Older adults still have the ability to learn something new, create new memories, and improve their performance in a variety of skills. While aging does often come with changes in thinking, many cognitive changes are positive, such as having more knowledge and insight from a lifetime of experiences. Trying and learning new skills may even improve cognitive abilities. Seeking out new social connections with others and engaging in social activities can keep your brain active and may also boost your cognitive health.

3. Is it inevitable that older people will develop dementia?

No, dementia is not a normal part of aging. Although the risk of dementia increases as people grow older, it is not inevitable, and many people live into their 90s and beyond without the significant declines in thinking and behavior that characterize dementia.

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SAVE THE DATE

JUNE 4

The Resident Art Gallery
Opening

JUNE 5

Tour of Scott's Hill
Medical Center

JUNE 16

Resident & Associate Ice
Cream Social

JUNE 19

Bingo Bash



WHAT'S HAPPENING IN OUR COMMUNITY

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

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

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

VIRTUAL BINGO – MONDAY, JUNE 1ST & 15TH @ 1:00 PM, STREAMING ON 1395

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

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

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

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

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-12:00 PM

PNV to Gordon Rd.
Thursdays
8:30 AM-1:00 PM

PNV to Hampstead
Fridays
8:30 AM-12:00 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
9:00 AM – 3:30 PM

Thursdays in June **4:00 PM-8:30 PM**

Call the front desk for a specific pick-up time.



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

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

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

TECHNOLOGY WEDNESDAYS – WEDNESDAYS @ 1:00 PM, ARTISAN ROOM

Justin Stevenson from Cape Fear IT Systems will be here to provide complimentary technological 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, JUNE 10TH & 24TH @ 1:30 PM & SUNDAY, JUNE 14TH & 28TH @1:30 PM, CARDINAL CLUB ROOM

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

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

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

ACRYLIC PAINT CLASS – THURSDAYS @ 10:00 AM, ARTISAN ROOM

(EXCEPT THURSDAY, JUNE 25TH)

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

BILLIARDS – FRIDAYS @ 1:00 PM, THE COVE

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

PARTY BRIDGE – THURSDAY, JUNE 4TH & 18TH @ 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, 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.

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

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

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

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

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

Drop in for a welcoming and relaxing atmosphere to craft and connect. Bring your own projects & socialize while creating your masterpieces. Sign up on the Village App.

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

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

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

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

SPRING BOCCE – SATURDAYS @ 9:30 AM, BOCCE BALL COURT

Whether you're a seasoned Bocce champion or someone who just likes tossing a ball and chatting with friends, there's a place for you on the court. Bring a partner if you have one or come solo and we will happily match you up. Bocce is easy to learn and a great way to spend time with friends, old and new. Come for the Bocce, stay for the laughs! Sign up on the Village App.

HORSESHOES – SATURDAYS @ 9:30 AM, BOCCE BALL COURT

Join us for a fun and friendly game of horseshoes! All are welcome to come out, enjoy the fresh air, and connect with neighbors. Horseshoes are located by the bocce court. Equipment and instruction are provided. Sign up on the Village App.

AQUA VOLLEYBALL – SUNDAYS @ 4:00 PM & THURSDAYS @ 9:00 AM, POOL

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

SUNDAY SOCIAL - SUNDAY, JUNE 7TH & 21ST @ 4:30 PM, TAVERN ON THE POND

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

Common Misconceptions About Aging

4. Should older adults avoid exercise and physical activity so they don't get injured?

Exercise and physical activity can be good for a person's health at any age! As people age, they may think exercise could do more harm than good, especially if they have a chronic condition. However, studies show that most people have a lot more to gain by being active – and a lot to lose by sitting too much. Almost anyone, at any age and with most health conditions, can participate in some type of exercise or physical activity. In fact, exercise and physical activity may help manage some chronic conditions. Staying active can be great for a person's mental and physical health.

5. Now that I'm older, will I have to give up driving?

Not necessarily. Physical and cognitive changes can occur with age that may affect a person's ability to drive. These may include slower reactions, diminished vision or hearing, and reduced strength or mobility. However, not all people experience these changes and may still be safe behind the wheel in their later years. The question of when it is time to limit or stop driving should not be about age; rather, it should be about one's ability to drive safely.

6. Is osteoporosis only a problem for women?

No, although osteoporosis – a condition that makes bones more fragile and prone to breaking – is more common in women, this disease also affects and could be underdiagnosed in men.

Many of the factors that put men at risk are the same as those for women, including family history, insufficient calcium or vitamin D, and too little weight-bearing exercise. Low levels of testosterone, too much alcohol, taking certain drugs, and smoking are other risk factors.

7. Are depression and loneliness normal in older adults?

Depression is not a normal part of aging. However, as people age, some may find themselves feeling isolated and alone. This can lead to feelings of depression, anxiety, and sadness. Persistent feelings of depression and loneliness can lead to a decline in physical and mental functioning. These feelings are not normal and shouldn't be treated as such.

-National Institute on Aging

SUNDAY CHURCH ROUTES

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

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

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

SUNDAY CHURCH SERVICES STREAMING

HAMPSTEAD UNITED METHODIST CHURCH

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

ST. ANDREWS ON THE SOUND

8:00 AM & 10:15 AM 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 10:00 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.

Finance – Monday, June 1st @ 3:00 PM **(Board Room)**

Dining – Tuesday, June 2nd @ 2:00 PM **(Board Room)**

Leisure Services – Wednesday, June 3rd @ 2:00 PM **(Board Room)**

Building & Grounds – Thursday, June 4th @ 2:00 PM **(Board Room)**

Health and Wellness – Wednesday, June 10th @ 10:30 AM **(Board Room)**

Resident Council- Thursday, June 25th @ 11:00 AM **(Auditorium & 1395)**

AREA MEETINGS

SATURDAY, JUNE 13TH

You are encouraged to attend your area's meeting to hear important PNV updates. Contact your area representative if you have questions. Sign up on the Village App.

10:00 AM

Building A (A Solarium)
Osprey Place (Osprey Place 2nd Floor Parlor)
Northwest Area (Auditorium)
West (Board Room)

10:30 AM

Building B (B Solarium)

4:00 PM

East Area (Auditorium)

ONSITE DOCTORS

Please call the office to make an appointment.

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

Dr. Jason Rickman, Excel Audiology will be here June 16th – 910-399-3075

SPECIAL FEATURES YOU DO NOT WANT TO MISS

PARKINSON'S SUPPORT GROUP

MONDAY, JUNE 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. It is facilitated by Parkinson's Support ILM. Sign up on the Village App.

NAPKIN FOLDING WITH HOLLY

MONDAY, JUNE 1ST, 15TH, & 29TH @ 2:30 PM, ARTISAN ROOM

A Little Folding, A Lot of Fun! Learn the art of napkin folding with Holly and friends. No experience required and laughter is guaranteed! Sign up on the Village App.

HOLY COMMUNION

WEDNESDAY, JUNE 3RD @ 10:30 AM, CYPRESS HALL

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

GIN RUMMY

WEDNESDAY, JUNE 3RD & 17TH @ 1:00 PM, CARDINAL CLUB

A new card group is forming. Join new resident, Mike Bruce, for an afternoon of Gin Rummy. All levels are welcome. Sign up on the Village App.

VAC FIBER ARTS GATHERING

WEDNESDAY, JUNE 3RD & 17TH @ 2:00 PM, OSPREY PLACE 2ND FLOOR SALON

Join the Village Arts Collective to share tips, get inspired, and enjoy a relaxed atmosphere, perfect for crafting and conversation. All skill levels are welcome! Sign up on the Village App.

PASS IT ON: FTC INFORMATION ON AVOIDING SCAMS

THURSDAY, JUNE 4TH @ 11:00 AM, AUDITORIUM

There's something people of all ages can do to participate and help each other avoid scams: Pass It On. Join Susanne as she shares information from the Federal Trade Commission on avoiding scams. Sign up on the Village App.

VILLAGE SINGERS' REHEARSAL

THURSDAY, JUNE 4TH, 11TH, 18TH, & 25TH @ 2:30 PM, AUDITORIUM

The Singers' are rehearsing for the annual summer concert. This year, they will be singing to celebrate America's 250th birthday! Sign up on the Village App.



Novant's President, Grant Rush and Chief Nursing Officer, Hannah Betancourt speak with PNV residents about the new Scotts Hill Medical Center which is opening this month.

CAREGIVER SUPPORT GROUP

THURSDAY, JUNE 4TH @ 3:00 PM, CYPRESS HALL

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

THE RESIDENT ART GALLERY OPENING

THURSDAY, JUNE 4TH @ 3:00 PM, PRE-FUNCTION AREA

Join us for a delightful celebration of creativity and community as we showcase the incredible talents of our residents. The art opening will feature beautiful displays of resident artwork, the introduction of our new bi-monthly art exhibit, opportunities for conversation and collaboration with the artists and special events throughout the opening. Enjoy light refreshments. Come celebrate art, connect with neighbors, and be inspired! Sign up on the Village App.



CARING FOR YOUR SPINE WITH DR. JULIE WARD

TUESDAY, JUNE 9TH @ 2:00 PM, AUDITORIUM

Your spine is the key to your health. Join Dr. Julie Ward, Chiropractor, from Upper Cervical Spine for an engaging presentation. Dr. Julie Ward is dedicated to helping individuals and families achieve vibrant health through specialized, holistic chiropractic care. Topics that will be covered include improving mobility and balance, reducing joint pain and stiffness, fall prevention strategies, supporting overall long-term health, and how your brainstem and nervous system health are crucial to longevity and vitality. Sign up on the Village App.

WORSHIP SERVICE WITH WESLEYAN CHAPEL

WEDNESDAY, JUNE 10TH, 17TH, & 24TH @ 10:30 AM, CYPRESS HALL

Wesleyan Chapel UMC is leading worship each week. Join us for a joyous time of Worship including Scripture, singing hymns and hearing a meditation on God's word. What a blessing we can be to one another. Sign up on the Village App.

VAC WRITERS GROUP

WEDNESDAY, JUNE 10TH & 24TH @ 2:00 PM, BUILDING A SOLARIUM

Explore your passion for writing with the Village Arts Collective Writers Group! In these meetings, the group will be discussing a couple of plays as well as a few individual works. Sign up on the Village App.

MEXICAN TRAIN DOMINOES

THURSDAY, JUNE 11TH & 25TH @ 1:00 PM, CARDINAL CLUB ROOM

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

DON'T REMEMBER WHAT YOU FORGOT?

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

Join Michelle from HealthPro Heritage for an interactive presentation focusing on how the brain processes and stores information and why it forgets. The discussion will include specific strategies for improving the retention and recall of names, information, and tasks. Sign up on the Village App.

New class!

Qi Gong

June 11, 18, 25 & July 2nd @ 1:00 PM in the Exercise Studio

A Qi Gong class combines mindful movements, breathing techniques, and meditation to cultivate energy and promote overall well-being making it great for beginners. Sign up on the Village App under the Wellness Center Activities tab.

FLOWER ARRANGEMENT CLASS WITH HOLLY

THURSDAY, JUNE 11TH & 25TH @ 2:30 PM, ARTISAN ROOM

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

COVID BOOSTER CLINIC

MONDAY, JUNE 15TH @ 8:00 AM – 11:30 AM, AUDITORIUM

Walgreens will offer COVID-19 vaccine boosters. A Vaccine Administration Record (VAR) form must be filled out prior to receiving the shot. This form is mandatory and acts as an informed consent document for the vaccine. To ensure smooth operation, please visit the RCC to pick up this form. Bring your insurance/ Medicare cards and completed VAR to the Vaccine Clinic. There is no need to register for a specific time.

RESIDENT & ASSOCIATE ICE CREAM SOCIAL

TUESDAY, JUNE 16TH @ 2:30 PM, AUDITORIUM

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

HURRICANE PREPAREDNESS PRESENTATION

WEDNESDAY, JUNE 17TH @ 2:00 PM, AUDITORIUM & 1395

Join Susanne Delgrosso, Director of Administration, to review the emergency preparedness procedures for the 2026 hurricane season. Sign up on the Village App.

MUSIC ON THE BACK DECK WITH ERIC METTS

WEDNESDAY, JUNE 17TH @ 4:00 PM, BACK DECK

Grab a drink at the bar and enjoy an evening of live music on the back deck with Eric Metts! Eric is a Wilmington-based singer and guitarist known for his versatile acoustic style and wide-ranging song selection. His music spans acoustic rock, yacht rock, pop, country, blues, and more. Sign up on the Village App.

COMMUNITY WALK

THURSDAY, JUNE 18TH @ 7:45 AM, FRONT OF VILLAGE CENTER

Meet Leilani at the front of the Village Center at 7:45 AM for a one-mile community walk. Sign up on the Village App.

GETTING YOUR VITAMIN ZZZZS: HOW SLEEP IMPACTS WELL-BEING AS WE AGE

THURSDAY, JUNE 18TH @ 2:00 PM, CYPRESS HALL

In this live webinar, Dr. Brienne Miner emphasizes that adults 65 and older should still aim for seven to eight hours each night. While changes in sleep patterns are common, they are often influenced by factors such as medical conditions, medications, reduced physical activity, and even social isolation, not simply age itself. Sign up on the Village App.

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BINGO BASH

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

Join us for a fun-filled Bingo Party with friends! Enjoy rounds of bingo, prizes, and great company. Everyone is welcome! Sign up on the Village App.

ART TALK

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

Art Talk is held by local artist and professor Cheryl Crane Hunter. The topic for this session is Art of Summer. Sign up on the Village App.

DOCUMENTARY SHOWCASE: AMERICAN COUP: WILMINGTON 1898

TUESDAY, JUNE 23RD @ 2:00 PM, CYPRESS HALL

American Coup: Wilmington 1898 tells the little-known story of a deadly race massacre and carefully orchestrated insurrection in North Carolina's largest city in 1898. The story of what happened in Wilmington was suppressed for decades until descendants and scholars began to investigate. Today, many of those descendants seek the truth about this intentionally buried history. Sign up on the Village App.

SALSA (SIGHTED AND LIMITED SIGHT ALLIANCE)

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

We invite both low vision and sighted residents to join us in conversation and friendship. Sign up on the Village App.

BOURBON CLUB

WEDNESDAY, JUNE 24TH @ 4:00 PM, TAVERN ON THE POND

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

GREAT DECISIONS- UKRAINE & THE FUTURE OF EUROPEAN SECURITY

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

Moderator: Greg Stone

With reduced U.S. support for NATO and Ukraine, Europe faces strategic uncertainty. The Trump administration has signaled an intention to reduce its security role in Europe. What are America's stakes in NATO and Europe's strategic dilemmas, and how might Europe respond? Sign up on the Village App.

SPINTOPIA! LAST CHANCE TO SPIN

MONDAY, JUNE 29TH @ 3:00 PM, AUDITORIUM

Join us for one FINAL spin! Spintopia, our Wheel of Fortune-inspired game show, is back for what may be the last round. Test your skills, work together as a team, and compete against other teams in this fun-filled game designed to entertain and bring the community together! Sign up on the Village App.

MENU CHAT WITH CHEF GWEN

TUESDAY, JUNE 30TH @ 2:00 PM, MAGNOLIA ROOM

Sign up on the Village App.

OPERA TALK

TUESDAY, JUNE 30TH @ 2:00 PM, AUDITORIUM

Join Opera Wilmington board member Cindy Tarantino for the pre-opera talk "An introduction to Puccini's *Suor Angelica* and Mascagni's *Cavalleria rusticana*". Come and learn all about this double bill filled with passion, sacrifice, and unforgettable music. The talk covers the composers Puccini and Mascagni and the history of both verismo operas amongst other background tidbits. We will dive into the stories and the characters. Video excerpts will be included. The talk will prepare you to fully enjoy the upcoming performance of *Suor Angelica & Cavalleria rusticana* by Opera Wilmington in July at the UNCW Main Stage Theater. Sign up on the Village App.

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GREAT COURSES- "10 GREAT WHAT-IFS OF AMERICAN HISTORY"

TUESDAYS @ 11:00 AM, AUDITORIUM

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

- **June 2nd – What If: Columbus Never “Discovered” America?**
- **June 9th – What If: Lincoln Never Issued The Emancipation Proclamation?**
- **June 16th – What If: The Salem Witch Trials Never Happened?**
- **June 23rd – What If: Nat Turner Succeeded?**
- **June 30th – What If: JFK Survived?**

GUESS *Who?* **PHOTO CONTEST**

Guess Who booklets are now available on the activities desk outside of Lily's office.
Be sure to grab yours and join the fun!

Use the answer sheet provided in the back of the booklet to record your guesses and
be sure to write your name on it.

Please place your completed answer sheet in the Living Well mailbox by Monday,
June 15th.

Be sure to hold on to your booklet, the answers will be revealed at a later date!
The residents who correctly identify the most photos will be entered in a drawing to
win a prize!

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ENCORE LIFE LONG LEARNERS: "CLASSICS OF AMERICAN LITERATURE"

FRIDAYS @ 10:00 AM, CYPRESS HALL

By popular demand, we are bringing back the entire *Classics of American Literature* course for an encore presentation! This 14-week series will revisit some of America's most celebrated authors and their works through engaging discussion and exploration. Please sign up on the Village App.

June 12th

- Emerson & Thoreau- Transcendentalism

June 19th

- Edgar Allen Poe

June 26th

- Nathaniel Hawthorne

A note from Barbara Kelly

My family and I wish to thank all my friends at PNV for their cards and words of care and comfort.

-Barbara Kelly, 7715-1

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.

June 4th

- The Death of Chinggis Khan
- Ogedai Khan's Western Campaigns

June 11th

- Mongol Queens and the Contest for the Empire
- Dividing the Empire: A Tale of Four Brothers

June 18th

- The Strength of Mongol Military Organization
- The Mongols in China

June 25th

- The Mongols in East and Southeast Asia
- The Pax Mongolica: Eurasia Reconnected

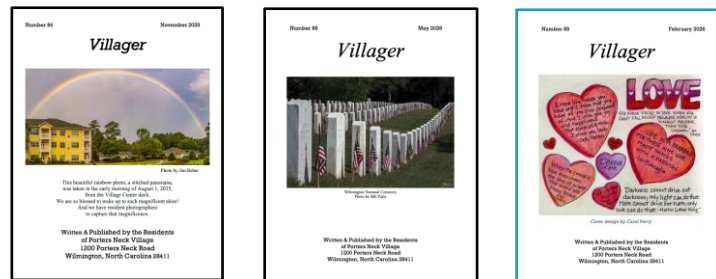
Encore- June 26th

- The Mongols in East and Southeast Asia
- The Pax Mongolica: Eurasia Reconnected

ORIENTATIONS

VILLAGE APP INFORMATION & ORIENTATION MEETING: THURSDAY, JUNE 25TH @ 2:00 PM, BOARD ROOM

Residents are invited to attend our monthly Resident Orientation & Information Session designed to help both new and current residents stay informed and connected to life at the Village. During this session, we provide an overview of our community, including how our departments work together to support residents and the standards we follow in hiring, training, and supporting our staff. We also review important administrative information and resources available to residents. In addition, participants will receive a guided overview of the Village App, including how to navigate features such as event calendars, dining menus, announcements, and service requests. This informal session is a great opportunity to learn more about how the Village operates, ask questions, and become more comfortable using the tools and resources available to you.



You're invited . . .

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

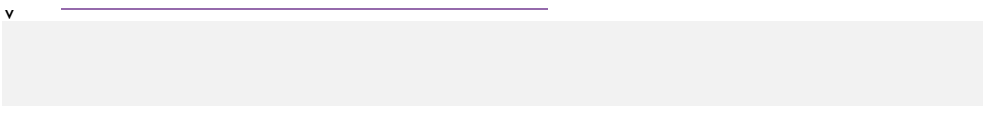
Original articles, poems & commentary, reprints with attribution, photography, brain teasers, jokes & cartoons. The editors reserve the right to approve submissions based on appropriateness.

Published quarterly February, May, August & November.

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

Send your submissions to

pvvillager@yahoo.com



SATURDAY MATINEE

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

JUNE 6TH – RED JOAN (1h 41m)

Starring: Judi Dench, Sophie Cookson, & Stephen Campbell Moore

The story of Joan Stanley, who was exposed as the K.G.B.'s longest-serving British spy.



JUNE 13TH – FRANKENSTEIN (2h 29m)

Starring: Oscar Isaac, Jacob Elordi, & Christoph Waltz

Dr. Victor Frankenstein, a brilliant but egotistical scientist, brings a creature to life in a monstrous experiment that ultimately leads to the undoing of both the creator and his tragic creation.



JUNE 20TH – REMARKABLY BRIGHT CREATURES (1h 51m)

Starring: Dan Payne, Lewis Pullman, & Sally Field

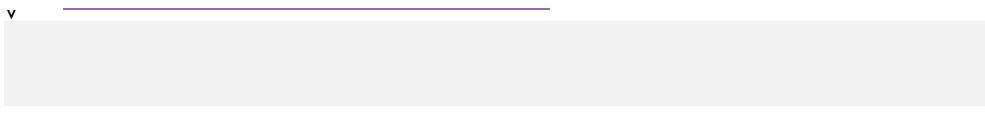
Through unlikely bonds formed during night shifts at a local aquarium, Tova, an elderly widow, learns of a life-changing discovery that may bring her joy and wonder once again.



JUNE 27TH – MOULIN ROUGE (1952) (1h 59m)

Starring: Jose Ferrer, Zsa Zsa Gabor, & Suzanne Flon

Jose Ferrer's brilliant performance coupled with John Huston's Oscar-nominated direction brings the fascinating story of troubled 19th century artist, Henri de Toulouse-Lautrec, passionately to life.



Transportation Schedule as of June 1, 2026

You can register for transportation on the Village App, by calling the front desk, or by contacting the Transportation Office at EXT 3115. Meet the driver in front of the Village Commons.

OFF CAMPUS TRANSPORTATION				
Monday	Tuesday	Wednesday	Thursday	Friday
Depart at 8:30 AM for appointments between 9:15 AM-10:45 AM from Gordon Road to Medical Center Drive area	Depart at 8:30 AM for appointments between 9:15 AM-10:45 AM from Gordon Road to Medical Center Drive area	Depart at 8:30 AM for appointments between 9:15AM-10:45 AM from Gordon Road to Medical Center Drive area	Depart at 8:30 AM Return at 1:00 PM for trips between PNV & Gordon Road	Depart at 8:30 AM for appointments between 9:00 AM-10:45 AM from PNV to Hampstead area
Depart at 1:00 PM for appointments between 1:30 PM-2:30 PM from PNV to Gordon Road	Depart at 1:00 PM for appointments between 1:45 PM-2:30 PM from Gordon Road to Medical Center Drive area	Depart at 1:00 PM for appointments between 1:30 PM-2:30 PM from PNV to Gordon Road	Depart at 1:00 PM to Mayfaire and Medical Center Drive area Return at 3:30 PM	Depart at 1:00 PM for appointments between 1:30 PM-2:30 PM from PNV to Gordon Road

COMMUNITY SHUTTLE				
Monday	Tuesday	Wednesday	Thursday	Friday
9:00 AM-3:30 PM to anywhere in PNV, The Davis Community & ED North	9:00 AM-3:30 PM to anywhere in PNV, The Davis Community & ED North	9:00 AM-3:30 PM to anywhere in PNV, The Davis Community & ED North	9:00 AM-3:30 PM to anywhere in PNV, The Davis Community & ED North	9:00 AM-3:30 PM to anywhere in PNV, The Davis Community & ED North

JUNE ONLY: Every Thursday from 4:00 PM-9:00 PM, the Community Shuttle will provide transportation anywhere within PNV.

TOUR OF CAPE FEAR COMMUNITY COLLEGE NORTH CAMPUS

THURSDAY, JUNE 11TH @ 9:15 AM, TRANSPORTATION

Join us for a guided tour of Cape Fear Community College's North Campus and experience the wide variety of programs offered there. While the North Campus specializes in trades and engineering, it also offers several additional hands-on and academic pathways for students to explore. Tour the campus, learn about its specialized learning environments, and hear from knowledgeable program instructors. Sign up for transportation on the Village App.

WRIGHTSVILLE BEACH FARMERS MARKET

MONDAY, JUNE 15TH @ 9:00 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.

WILMINGTON PORT TOUR

TUESDAY, JUNE 16TH @ 9:15 AM, TRANSPORTATION

The Port of Wilmington is a major East Coast port on the Cape Fear River handling container, bulk and breakbulk cargo. It serves as a logistical hub for the Southeast and Midwest, offering services like cold storage and a Foreign Trade Zone. Join us as we learn about what the port does as we take a tour of the terminal.

[A copy of your driver's license is required 1 week prior to this outing and will need to be brought with you to show their security on the day of the tour.](#)

Sign up for transportation on the Village App.

BEACH OUTING

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

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

BLUEBERRY FESTIVAL

SATURDAY, JUNE 20TH @ 8:15 AM, TRANSPORTATION

Join us for a trip to the North Carolina Blueberry Festival in downtown Burgaw. Enjoy live music, food vendors, local shopping, arts and crafts, and fresh blueberries. This outing requires a lot of walking and limited seating is available. Sign up for transportation on the Village App.

ICE CREAM CLUB- LEWIS FARMS

WEDNESDAY, JUNE 24TH @ 1:30 PM, TRANSPORTATION

We travel back again to Lewis Farms. This time it's blueberry season! Whether you get blueberry ice cream or any of their other delicious flavors, you will be delighted. Sign up for transportation on the Village App.

LIBRARY OUTING

FRIDAY, JUNE 26TH @ 10:00 AM, TRANSPORTATION

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

WALK AT LONG LEAF PARK

MONDAY, JUNE 29TH @ 1:30 PM, TRANSPORTATION

Join us for a stroll around the 1.55 mile shaded walking trails at Long Leaf Park. Sign up for transportation on the Village App.

THRIFTING WITH NEIGHBORS

TUESDAY, JUNE 30TH @ 9:00 AM, TRANSPORTATION

Join us for another great thrifting day in Hampstead! First stop is Hampstead Women's Club. Then we will visit Safe Haven and Have To Have It before we stop for a Dutch treat lunch. If you have lunch suggestions, please contact Lily Bennett. Sign up on the Village App for transportation.

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

Wednesday, June 17th @ 4:45 PM
Olympia

International Dining

Wednesday, June 24th @ 4:45 PM
Terrazzo Trattoria

Ladies Lunch

Wednesday, June 10th @ 11:00 AM
Nineteen Restaurant

**For parties of 15 or more, a 20% gratuity will automatically be included in your bill.
If you have any restaurant suggestions, please contact Lily Bennett at EXT 3116.**

CULTURAL ARTS OUTINGS

WILSON CENTER PRESENTS: SIX (WILSON CENTER)

FRIDAY, JUNE 12TH @ 6:30 PM, TRANSPORTATION

From Tudor Queens to pop icons, the SIX wives of Henry VIII take the microphone to remix five hundred years of historical heartbreak into a euphoric celebration of 21st-century girl power. This new original musical is the global sensation that everyone is losing their head over. The New York Times says SIX "totally rules" and The Washington Post hails SIX as "exactly the kind of energizing, inspirational illumination this town aches for!" SIX includes flashing lights, strobe effects, theatrical haze and loud music throughout. Coach will depart at 6:30 PM for a 7:30 PM showtime. For tickets, call the box office at 910.362.7999. Sign up for transportation on the Village App.

UNCW SUMMER BAND CONCERT (KENAN AUDITORIUM)

MONDAY, JUNE 15TH @ 6:30 PM, TRANSPORTATION

The UNCW Summer Band is a community ensemble made up of UNCW students, alumni, and local musicians who come together each year to perform a fun, upbeat summer concert. This year's group includes Stan Shelton, joining the ensemble for an evening of great music. Coach will depart at 6:30 PM for a 7:30 PM showtime. This event is free, no tickets are required. Sign up for transportation on the Village App.

PORT CITY ROCKERS (THE DAVIS COMMUNITY)

SATURDAY, JUNE 20TH @ 5:30 PM, TRANSPORTATION

The Davis Community has generously offered free tickets to enjoy The Port City Rockers! Join your neighbors to enjoy great music. The concert will be held at the Davis Community Amphitheater. In the event of inclement weather, it will be moved to the Magnolia Event Center. Attendees will need to bring their own folding chair for seating. The coach will depart at 5:30 PM for a 6:00 PM showtime. This event is free, no tickets are required. Sign up for transportation on the Village App.

OPERA HOUSE THEATER COMPANY PRESENTS: GYPSY (THALIAN HALL)

SUNDAY, JUNE 21ST @ 1:00 PM, TRANSPORTATION

The crown jewel of Broadway's golden age, Gypsy is a powerful story of ambition and motherhood and features some of the greatest songs in the American musical theatre canon. Often referred to as "the perfect musical," Gypsy tells the classic story of Mama Rose and her daughters. The coach will depart at 1:00 PM for a 2:00 PM showtime. For tickets, call the Thalian Hall box office at 910.632.2285. Sign up for transportation on the Village App.

COUNTRY & BLUEGRASS CONCERT (THE TEMPLE OF ISRAEL)

SUNDAY, JUNE 28TH @ 2:00 PM, TRANSPORTATION

The Temple of Israel, built in 1875, provides the perfect acoustical venue for an afternoon of music. This is their 1st Annual Music Series, and the Temple has gifted PNV 20 tickets to this concert featuring End of the Line. The concert is followed by a wine and cheese reception. The coach will depart at 2:00 PM for a 3:00 PM showtime. This event is free, no tickets are required. Sign up for transportation on the Village App.

WELLNESS MATTERS

PNV Community Walk

Thursday June 18th @ 7:45 AM

Meet in front of the village center.

Join Leilani for a walk around PNV to start your day. Walking is good for your mind, body and soul. We will be walking the 1-mile route and can add in a walk around heron pond to finish.

Bring your dogs so they can enjoy it with you.

PNV Long Leaf Park Walk

Monday June 29th

Meet in front of the village center.

Bus departs @ 1:30 PM and will return to PNV at approximately 3:30 PM

Please wear walking shoes and bring sunscreen, water and a hat to wear if desired!

Walking is good for your mind, body and soul. Please join Leilani as we enjoy the beauty of this park.

Qi Gong

classes are here for the following sessions:

June 11th @ 1 PM

June 18th @ 1 PM

June 25th @ 1 PM

July 2nd @ 1 PM

In the Exercise Studio!



A Qi Gong class combines mindful movements, breathing techniques and meditation to cultivate energy and promote overall well-being. Great class for beginners and advanced alike.

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



Live Classes

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00am - 8:45am	Functional Fitness Leilani		Functional Fitness Leilani		Functional Fitness Leilani	June 2026
9:00am - 9:45am	Aqua Tone Leilani / Pool	Circuit Training Leilani	Aqua Tone Leilani / Pool	Aqua Volleyball Residents/Pool	Aqua Tone Leilani / Pool	
				Circuit Training Leilani		
10:00am - 10:45am		Forever Fit Leilani	Water Walking Olinda	Forever Fit Leilani		
		Water Walking Olinda				
10:00am - 10:20am			Practical Balance Leilani		Practical Balance Leilani	
10:00am - 10:45am	Practical Balance Leilani					
10:30am - 11:10am			Core Laura		Core Laura	
11:00am - 11:45am	R.I.P.P.E.D. Leilani					
11:15am - 12:00pm			Seated Gentle Yoga Laura		Mat Yoga Carrie	
11:30am - 12:30pm						Seated Gentle Yoga Laura
1:00pm - 1:45pm	Beginner Tai Chi David	Line Dancing Karlee	Musical Drumming Leilani			
2:00pm - 2:45pm		Stretch & balance Leilani		Stretch & balance Leilani		

Video Classes on 1395

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00am - 8:30am	Strength and Balance 1395 video		Strength and Balance 1395 video		Strength and Balance 1395 video	
9:00am - 9:20am		Standing Pilates 1395 Video		Standing Pilates 1395 Video		
10:00am - 10:30am	Ten Best Balance Exercises 1395 Video		Ten Best Balance Exercises 1395 Video		Ten Best Balance Exercises 1395 Video	
10:00am - 10:30am		Posture And Balance 1395 Video		Posture And Balance 1395 Video		
10:30am - 11:15am						
11:00am - 11:29am	Mat Yoga Slow and Gentle 1395 Video		Mat Yoga Slow and Gentle 1395 Video		Mat Yoga Slow and Gentle 1395 Video	
1:00pm - 1:26pm	Energizing Chair Yoga 1395 Video		Energizing Chair Yoga 1395 Video		Energizing Chair Yoga 1395 Video	
2:00pm - 2:20pm		Seated Stretch 1395 Video		Seated Stretch 1395 Video		

PORTERS NECK VILLAGE JUNE BIRTHDAYS

June	1	Jim	Kapetsky
June	2	Barbara	Kelly (7804)
June	3	Iris	Taylor
June	9	Ruth	Betz
June	10	Kirt	Doersch
June	10	Margaret	Knab
June	13	Jim	Wolle
June	13	Ron	Foster
June	13	Thomas	Dinero
June	15	Jeanette	Pearsall
June	19	Geraldine	Storch
June	21	Skip	Richardson
June	22	Mary Ann	Pace
June	23	Ray	Burkart
June	23	Barbara	Lloyd
June	23	Barbara C	Smith
June	23	Becky	Phillips
June	26	Mary Ann	Ford
June	26	Sue	Turner
June	30	Linda	Robinson

PORTERS NECK VILLAGE JUNE ANNIVERSARIES

Tink & Stan Shelton	6/6
Peggy & Patrick Duncan	6/6
Jane & Skip Albers	6/11
Annie & Richard Ezzell	6/14
Sue & Jim Stephens	6/14
Susan & John Nicklas	6/15
Barbara & Jeff 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



HELP US CELEBRATE YOU!

Has your birthday or anniversary ever been missing or listed incorrectly in the Preview?

Please write your name & correct birthday/anniversary below and return to the Living Well Mailbox so we can update our records.

Name _____

Correct Birthday _____

Correct Anniversary _____

Check here if you prefer your birthday NOT to be published.

v _____



PORTERS NECK VILLAGE

Keep on loving life



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.