

MAY PREVIEW 2024

Porters Neck Village

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What are the 8 Dimensions of Wellness?

Wellness involves targeting separate areas of ourselves in order to achieve a holistic integration of our physical, spiritual, and mental wellbeing.

There are 8 dimensions of wellness that work with one another and have a direct impact on our health.

This month we will focus on Environment Wellness. Below are some of the ways to integrate it into your lives.

Social Wellness

Social Wellness requires one to not only reach out to others but also accept similar efforts returned by their peers.

A socially will person exhibits understanding, communication, participation and courtesy towards the living things around them.

Check out this month's Social Wellness opportunities:

Grand Opening BBQ Dinner – May 20th @ 5:30pm

Grand Opening Gala – May 21st @ 4pm

Social Hour – Every Thursday @ 4pm

Have a meal at the community table and meet a new friend!



What do you call a May flower that's always happy?

(See lower left for answer)

SAVE THE DATE

MAY 10

Marine Corps Combat Art Program Presentation

MAY 17

Seaglass Monthly Market

May 17

Brunswick Saxes Performance Featuring Stan Shelton

May 29

Needle Felt Class



A may-son of joy!

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WHAT'S HAPPENING IN YOUR COMMUNITY

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

BREAKFAST CLUB – MONDAY - FRIDAY @ 7:30AM - 9:00 AM, TAVERN ON THE POND

You're Invited to the new Breakfast Club. Start the day off right! Join your neighbors at the Tavern on the Pond for a complimentary continental breakfast. Breakfast is served Monday - Friday from 7:30am-9am. Enjoy your favorite breakfast items, while socializing and enjoying the beautiful views of Heron Pond.

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

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

VIRTUAL BINGO – MONDAY, MAY 20TH @ 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). **No Virtual Bingo May 6th, 13th & 27th.**

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

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

TRANSPORTATION

All outings that include transportation must have a minimum of 5 registrants.

Local Coach-Ogden Area

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

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

Local Coach will include transportation to ED North.

Wilmington Coach

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

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

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

Free Community Shuttle

Monday – Friday
11:00 am – 4:00 pm.

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



Must sign up at least 48 hours in advance, call

transportation on extension 3115 to leave a message. Your message will be returned Monday – Friday between 8:00 am -4:00 pm.

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

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

DUPLICATE BRIDGE – TUESDAYS @ 7:00 PM, CARDINAL CLUB

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

TECHNOLOGY WEDNESDAY – 1ST, 2ND & 3RD WEDNESDAYS @ 1:00 PM, BOARD ROOM

Justin Stevenson from Cape Fear IT Systems will be here to hold complimentary technology support for your portable devices, such as iPads, laptops, and cellphones. Justin will be at PNV the 1ST, 2ND, and 3RD Wednesday of each month. Sign up on the Village App.

HAND & FOOT – WEDNESDAYS @ 1:30 PM & SUNDAY, MAY 5TH & 19TH @ 2:00 PM, CARDINAL CLUB ROOM

Sign up on the Village App to play and email linda@lindaheller.com your email address. Once done, you will then receive information about the game directly from Linda Heller.

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

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

ACRYLIC PAINT CLASS – THURSDAYS @ 10:00 AM, ARTISAN ROOM (EXCEPT MAY 9TH)

Cheryl Crane- Hunter continues acrylic painting classes. Beginners to intermediate are welcome. Supply cost per class is \$7.00 and will be billed to your account. Register on the Village App to attend.

PARTY BRIDGE – 1ST & 3RD THURSDAY @ 1:00 PM, CARDINAL CLUB ROOM

If you would like to play as a substitute, please sign your name on the party bridge group sheet on the Activities Desk located in the Village Post. Facilitators: Nancy Kirby (5609) and Clarice Reber (5335)

SOCIAL HOUR – THURSDAYS @ 4:00 PM, TAVERN ON THE POND

Join your friends at Tavern on the Pond for an hour of drinks and appetizers. BYOB or enjoy half price house beer, wine, and tier 1 liquor drinks. Sign up on the Village App to attend.

BILLIARDS – FRIDAYS @ 1:00 PM, THE COVE

Team up with your PNV friends for a game of Billiards!

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

We have equipment for two tables. Four players per table. Sign up is required. An email address is required. The Card rules and regulations will be in effect. Jan Gleason will be hosting the games in the card room and Linda Heller will manage the signup and Q & A's.

STICHIN' & COLORIN' – EVERY FRIDAY @ 1:30 PM, ARTISAN ROOM

Bring your own projects & socialize while creating your masterpieces. Sign up on the Village App.

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

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

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

Pick a game, pick a partner, and enjoy some games. Sign up on the Village App.

BOCCE BALL – SATURDAYS @ 10:00 AM & SUNDAYS @ 3:00 PM, PNV GARDEN PAVILION

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

UKULELE LESSONS – SUNDAYS @ 3:00 PM, BUILDING B SOLARIUM (3RD FLOOR)

READY, SET, PLAY!!!! Learn to play a ukulele and join the Sunshine Strummers. Instruction and fun times. For more information call Chris Paffendorf at ext 5147. Instrument available for use.



Memorial Day Holiday Information

On May 27th, there will be no transportation service in observation of the Memorial Day Holiday



Memorial Day is officially celebrated on the last Monday during the month of May. Memorial Day is dedicated to service men and women who gave their lives for freedom and country. It is also a time to remember loved ones who have passed away. The roots of Memorial Day observance goes back to 1865 and the end of the Civil War.

Memorial Day was traditionally held on the 30th of May. In 1971, Congress changed it to the last Monday, to afford a three-day holiday weekend. Regardless of the date, we encourage you follow Memorial Day tradition and honor and remember our servicemen. Take time to remember lost loved ones in whatever way you feel appropriate.

SUNDAY CHURCH ROUTES

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

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

TUESDAY CHURCH ROUTES

Departing at 11:00 AM – St. Therese Catholic Church.

TO ATTEND BY TRANSPORTATION CALL EXT 3115 OR SIGN UP ON THE VILLAGE APP. YOU ARE ALSO RESPONSIBLE FOR CONFIRMING YOUR SERVICE TIMES AND REGISTRATION IF NEED BE.

SUNDAY CHURCH SERVICES STREAMING

HAMPSTEAD UNITED METHODIST CHURCH

8:45 am and 11:00 am services available on hampsteadumc.org

ST. ANDREWS ON THE SOUND

Streaming services available on www.standrewsonthesound.com

WESLEYAN CHAPEL UMC

11:00 am services streaming on the UMC YouTube channel.

ST. ANDREWS COVENANT PRESBYTERIAN CHURCH

Online services at 11:00 am Sundays on www.sacpc.org

FIRST PRESBYTERIAN CHURCH

Live streaming services at 11:00 am on www.firstonthird.org

WINTER PARK BAPTIST CHURCH

Live streaming services at 8:30 am at www.winterparkbaptist.org. Previous Sunday Services on TV Channel 43 and 464 every Tuesday at 7:00 pm and Wed. morning at 9:30 am.

LUTHERAN CHURCH OF RECONCILIATION

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

Committee Meetings

Residents who are not a member of a committee are invited to attend any meeting as a guest. Please sign up on the Village App to attend.

Leisure Service – Wednesday, May 1ST @ 11:00 am **(Board Room)**
Building & Grounds – Thursday, May 2ND @ 2:00 pm **(Board Room)**
Environmental Services – Friday, May 3RD @ 11:00 am **(Board Room)**
Health and Wellness – Monday, May 6TH @ 10:30 am **(Board Room)**
Dining – Tuesday, May 14TH @ 3:00 pm **(Board Room)**
Finance – Monday, May 20TH @ 3:00 pm **(Board Room)**
Pre-Council- Monday, May 20TH @ 10:00 am **(Board Room)**

Resident Council- Thursday, May 30th @ 11:00 am **(Auditorium & 1395)**

Area Meetings

SATURDAY, MAY 11TH

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.

Onsite Dermatology will be here May 1st – 877-345-5300 - A 205

Dr. Jason Rickman, Excel Audiology will be here May 21st – 910-399-3075 – RCC

Noah Foot & Ankle will be here May 14th – 910-399-8688 - A 205



SPECIAL FEATURES YOU DO NOT WANT TO MISS

Holy Communion

WEDNESDAY, MAY 1ST @ 10:00 AM, AUDITORIUM

In early May, the Reverend Richard Elliott will be retiring from his position as Rector of Saint Andrews on the Sound Church in Wilmington. For the past 22 years, Rev. Elliott made himself available to the Village residents and guests for monthly Holy Communion, Ash Wednesday, and other services here at PNV. On Wednesday, May 1st Rev. Elliott will hold his last service of Holy Communion. Take Holy Communion alongside your fellow PNV neighbors. Residents and, friends are invited to attend or come wish the Reverend Richard a fond farewell.

Medication Management and Polypharmacy

THURSDAY, MAY 2ND @ 2:00 PM, CYPRESS HALL

In this presentation, Katie Daniels from Health Pro Heritage will delve into the critical aspects of medication management and polypharmacy. Explore strategies to optimize your medication regimen and reduce potential risks associated with multiple medications, empowering you to take control of your health.

Caregiver Support Group

THURSDAY, MAY 2ND @ 3:30 PM, ARTISIAN ROOM

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

Monthly Documentary – America’s Book of Secrets (The FBI)

FRIDAY, MAY 3RD @ 3:00 PM, CYPRESS HALL

It is America's most powerful police force--made up of an elite team of Special Agents secretly patrolling the nation--and the world. While its patriotic mission is public knowledge, the FBI's tactics are classified. Sign up on the Village App to attend.

Parkinson’s Support Group

MONDAY, MAY 6TH @ 1:00 PM, BOARD ROOM

Join your fellow PNV residents who are interested in learning about this disease & how to continue to live a full & active life. Facilitated by Parkinson's Support Wilmington.

CORE Library – NHC

TUESDAY, MAY 7TH @ 10:00 AM, PNV LIBRARY

This is a mobile program that provides you the opportunity to check out audio and reading material from the Public Library without leaving PNV. They can help you sign up for a library card, answer any library questions, and explain how to receive books by mail or on-line.

Tuesday Tunes – Nancy Wilson at Carnegie Hall (Video Performance)

TUESDAY, MAY 7TH @ 1:00 PM & 3:00 PM, CYPRESS HALL

The jazz legend gives one of her best performances that includes her tunes First Time on a Ferris Wheel, Forbidden Lover, Guess Who I Saw Today, a Song for You and many more, as well as a duet with special guest Carl Anderson. Sign up on the Village App to attend.

Worship Service with Wesleyan Chapel

WEDNESDAY, MAY 8TH, 15TH & 22ND @ 10:00 AM, CYPRESS HALL

Wesleyan Chapel UMC is leading worship on the 2nd, 3rd and 4th Wednesdays of each month in Cypress Hall at 10 a.m. All are welcome! On May 15th, worship will be a “good old-fashioned hymn sing” of all our favorites. Join us around the Piano at the Tavern on the Pond. Those who attend on Wednesdays are picking the hymns, so come join us in worship on Wednesdays! Sign up on the Village App to attend.

PoeTea

THURSDAY, MAY 9TH @ 2:00 PM, PNV LIBRARY

A Pop-up reading of original works of writing that are non-argumentative and leaves people feeling better than before. Sign up on the Village App to attend.

Clay Class with Cheryl Crane

THURSDAY, MAY 16TH @ 1:00 PM, ARTISAN ROOM

We will be working with slabs of clay to create clay as a canvas. Artist Cheryl Crane Hunter will demonstrate this art adventure. The cost is \$7 charged to your account for materials. All are welcome! Sign up on the Village App.



The Hidden Art of Crafting Culinary Knives

THURSDAY, MAY 16TH @ 2:00 PM, CYPRESS HALL

What sets a hand-crafted kitchen knife apart from readily available machine-made blades? Is it the steel, the grind, the design, the maker? Spend some time with NC native, avid home cook and ABS Master Bladesmith E. Scott McGhee to learn the hidden art of crafting high performance culinary knives that serious kitchen aficionados really appreciate.

Brunswick Saxes Performance (Live Performance)

FRIDAY, MAY 17TH @ 7:00 PM, AUDITORIUM

The Brunswick Saxes is an ensemble of the Brunswick Bands, Inc. The ensemble performs a variety of music which spans the range of classical, jazz, and everything in between. Sign up on the Village App to attend.

Art Talk

TUESDAY, MAY 21ST @ 10:00 AM, CYPRESS HALL

Art Talk by local artist and professor Cheryl Crane Hunter. Topic Art of Pottery. Sign up on the Village App to attend.

SALSA (Sighted and Limited Sight Alliance)

WEDNESDAY, MAY 22ND @ 2:00 PM, CYPRESS HALL

We invite both low vision and sighted residents to join in conversation about tips and tools and to share experiences. We all learn from each other. Sign up on the Village App.

Great Decisions

FRIDAY, MAY 24TH @ 3:30 PM, BOARD ROOM

Topic: NATO's Future

Facilitator: Bob & Judy Porter

Sign up on the Village App to attend.

Garden Party

TUESDAY, MAY 28TH @ 3:30 PM, RESIDENT GARDEN

Visit our beautiful resident garden while enjoying some wine, cheese and live music. A wonderful opportunity to visit with your PNV neighbors and walk through the emerging plants and flowers. It is suggested that you bring a lawn chair.

Needle Felting Class

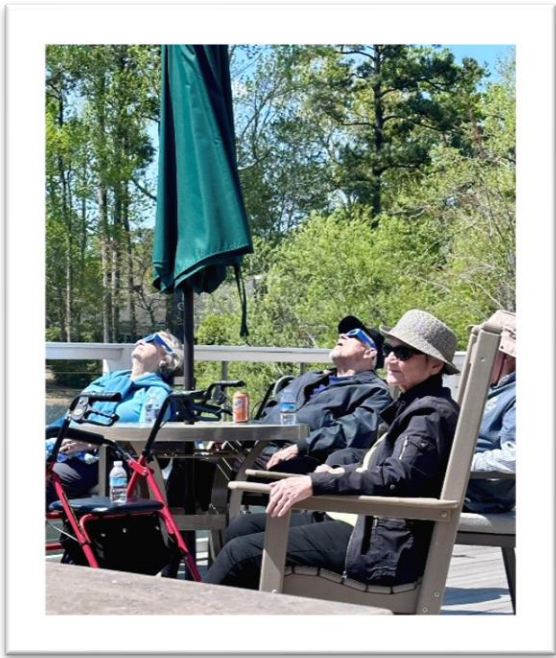
WEDNESDAY, MAY 29TH @ 2:00 PM, ARTISIAN ROOM

Did you know that wool fibers can be sculpted into all kinds of beautiful shapes? This class led by Magdalena Bank of Wicked Stitch & yarns is an introduction to needle felting. We will spend two hours turning wool roving into adorable little roses. Students will gain basic needle felting skills that can be applied to other felting projects. Sign up on the Village App to attend. \$30 will be billed to your account.

Solo Dinner

WEDNESDAY, MAY 29TH @ 5:00 PM, BISTRO 1200

Join us at the bar for drinks at 4:15pm before our 5:00pm dinner reservation. Maximum of 25 participants. Sign up on the Village App to attend.



PNV Residences enjoying the Eclipse Watch Party

Great Courses – The Real History of Secret Societies

TUESDAYS @ 11:00 AM, BOARD ROOM

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

- **May 7TH** – Ireland's Secret War for Independence
- **May 14TH** – Debunking the Elders of Zion
- **May 21ST** – No Class
- **May 28TH** – Mafia! Criminal Secret Societies

Max and Sarah Williams Life Long Learners- The Democracy and Its Alternatives

THURSDAYS @ 10:00 AM, BOARD ROOM

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

- **May 2nd**
 - When States Fail, What Comes Next?
 - Partition, Peacekeeping, and Human Crisis
- **May 9th**
 - What Really Causes Wealth and Poverty?
 - The Global Fault Line of Trade
- **May 16th**
 - Is the European Union a Success or Failure?
 - When the Balance of Power Breaks Down
- **May 23rd**
 - Why It's So Hard to Work Together
 - Gridlock and Democracy

Resident Orientations

Did you know that you can attend Resident Orientations, no matter how long you've lived at Porters Neck Village? Take a look at the following sessions that you can attend:

Food & Beverage: FRIDAY, MAY 17TH @ 10:00 AM, TAVERN ON THE POND

Meet Jordan at the Tavern on the Pond for a behind the scenes peak at what goes on in the kitchen each morning to prepare your delicious meals. The tour is limited to 15 people. Sign up on the Village App.

Community Life Services, RCC, and Home Care: WEDNESDAY, MAY 22ND @ 2:00 PM, BOARD ROOM

Alyssa Thompson, Lisa Shefferly and Marci Sherman share information monthly on how their departments help in keeping you healthy and active at Porters Neck Village.

Administration and Human Resources: WEDNESDAY, MAY 28TH @ 2:00 PM, BOARD ROOM

Susanne DelGrosso and Alyssa Paquin share information monthly on emergency preparedness, organizational processes, front desk services, associate hiring, and training, and how to access information on the Village App to help you live your best life at Porters Neck Village.

Accounting: Cara will make quarterly presentations on common questions related to financial questions that residents often have.

You can also contact Johnna to schedule a refresher on the following services:

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

Saturday Matinee

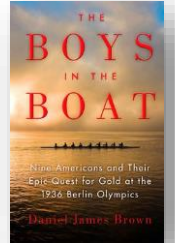
SATURDAYS @ 1:00 PM, CYPRESS HALL

Sign up on the Village App to watch the following films on the big screen:

May 4th – The Boys in a Boat (2h 3m)

Starring: Joel Edgerton, Callum Turner and Peter Guinness

A 1930s-set story centered on the University of Washington's rowing team, from their Depression-era beginnings to winning gold at the 1936 Berlin Olympics.



May 11th – Maestro (2h 9m)

Starring: Bradley Cooper and Josh Singer

This love story chronicles the lifelong relationship of conductor-composer Leonard Bernstein and actress Felicia Montealegre Cohn Bernstein.



May 18th – Molly's Game (2h 20m)

Starring: Jessica Chastain, Idris Elba, and Kevin Costner

The true story of Molly Bloom, an Olympic-class skier who ran the world's most exclusive high-stakes poker game and became an FBI target.



May 25th – Oppenheimer (3h)

Starring: Cillian Murphy, Emily Blunt and Matt Damon

The story of American scientist J. Robert Oppenheimer and his role in the development of the atomic bomb.



***** If there is a waitlist a second showing will be scheduled as needed at 4:00 pm *****

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

Thrifting with Neighbors

THURSDAY, MAY 2ND @ 9:45 AM, TRANSPORTATION

Join your PNV neighbors for a day of thrifting at Assistance League, Hope in Sight Inc. & Home Again Wilmington. We will stop for a dutch lunch at Chicken Salad Chick in between stores. Sign up on the Village App to attend.

Senior Men's Club

FRIDAY, MAY 10TH & 26TH @ 9:15 AM, TRANSPORTATION

May 10TH –The Perfectly Engineered Respiratory System

Presenter: Bill Bryan

May 31ST –Who's Benefiting from the Russian/Ukrainan War

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

Neighborhood Dining

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

Ladies Lunch

May 8th @ 11:00 AM
Solstice Oceanfront
Kitchen & Cocktails

Evening Dining

May 15TH @ 5:00 PM
Catch

International Dining

May 22nd @ 5:00 PM
Prost Biergarten

Parties of 20 or more, 20% gratuity will automatically be included in your bill.

*** If you have any restaurant suggestions, please call Aneesa George at ext 3116 ***

Ice Cream Club

MONDAY, MAY 13TH @ 1:30 PM, TRANSPORTATION

This month, we will be visiting Bruster's Real Ice Cream. Bruster's Ice Cream is made the old-fashioned way, with slow kettle processing designed specifically to create the Bruster's flavor. Because every generous scoop is made in-house just a few steps from the counter where it's served it always tastes thick, creamy and fresh. They also serve artisan desserts made to order, including crunchy handmade waffle cones and bowls, customized sundaes, candy-filled blasts, ice cold freezes and thick milkshakes. Sign up on the transportation tab on the Village App to attend this dutch treat.

Seaglass Monthly Market

FRIDAY, MAY 17TH @ 9:30 AM, TRANSPORTATION

Seaglass, a group of local small businesses, features quality painted, used furniture, jewelry and handmade items by local artisans and craftsmen. Beautiful home decor and accessories, including hand poured soy candles, original art, natural soap & skin care, hand woven baskets, cheesecake, salvage & vintage items, as well as retail items and clothing. Shop on your own to find some amazing items. Sign up on the Village App to attend.

Beach Outing

WEDNESDAY, MAY 29TH @ 9:15 AM, TRANSPORTATION

We will take a 2-hour on your own visit to Carolina Beach (home of Britts Donuts) weather permitting. Following the beach, we will have a dutch lunch at Michael's Seafood Restaurant. Sign up to attend on the Village App. Bring your sun gear, hats, glasses, SPF Sunscreen, and comfortable shoes. Restrooms will be available.

CULTURAL ART OUTINGS

Brunswick Bands, Inc Presents: On Broadway! (Odell Williamson Auditorium)

SUNDAY, MAY 5TH @ 1:45 PM, TRANSPORTATION

Enjoy music from Phantom of the Opera, Les Miserable, Rent, Wicked and many more. Admission is free. Departing at 1:45pm and the show starts at 3pm. Sign up on the Village App to attend.

Met Opera: Madame Butterfly (Mayfaire Theater)

SATURDAY, MAY 11TH @ 11:55 AM, TRANSPORTATION

Extraordinary sopranos Aleksandra Kurzak and Asmik Grigorian (in her highly anticipated Met debut) tackle the demanding role of Cio-Cio-San, the loyal geisha at the heart of Puccini's devastating tragedy. Tenors Matthew Polenzani and Jonathan Tetelman co-star as the callous American naval officer Pinkerton, whose betrayal destroys her. Mezzo-sopranos Elizabeth DeShong and Eve Gigliotti share the role of the steadfast maid Suzuki, and baritones Davide Luciano and Lucas Meachem are the American consul Sharpless. Acclaimed maestro Xian Zhang makes her Met debut conducting Anthony Minghella's vivid production. Departing 11:55am, the show starts 12:55pm Sign up on the Village App to attend. For tickets visit <https://experience.regmovies.com> or purchase at the Regal Mayfaire box office.

Cape Fear Chorale (Kenan Auditorium)

FRIDAY, MAY 17TH @ 6:00 PM, TRANSPORTATION

Cape Fear Chorale is proud to present a night of sweet treats and tunes! The event will also include a Silent Auction as well as a 50/50 Raffle Drawing. Admission is free with an encouraged donation. Departing at 6:00pm and the show starts at 7:00pm. Sign up on the Village App for transportation.

Symphonic Winds Concert: Visions (Kenan Auditorium)

SUNDAY, MAY 19TH @ 3:30 AM, TRANSPORTATION

The Wilmington Symphonic Winds invites you for a fantastical and family-friendly program entitled Visions. For tickets go online to <https://uncwarts.universitytickets.com>. Sign up on the Village App for transportation.

PORTERS NECK VILLAGE MAY BIRTHDAYS

| | | | |
|------------|-----------|------------------|--------------------|
| May | 1 | Patricia | Reilly |
| May | 2 | Judy | Elledge |
| May | 2 | Jim | Brown |
| May | 3 | Betty | Griggs |
| May | 3 | Charlene | Wilson |
| May | 4 | Judy | Alesci |
| May | 4 | Eugene | Waszily |
| May | 5 | Dennis | Manning |
| May | 7 | Jim | Stephens |
| May | 8 | Susan | Ward |
| May | 8 | Laurel | Flaughter |
| May | 12 | Mary Anne | Opalski |
| May | 12 | Linda | Heller |
| May | 12 | Barbara | Kelly (NW) |
| May | 16 | Margaret | Strenkowski |
| May | 22 | Stephanie | Fisher |
| May | 22 | John | Weaver |
| May | 26 | Steve | Searcy |
| May | 28 | Judy | Wilson |
| May | 29 | Cheryl | Jennings |
| May | 29 | Rae | Gosewisch |
| May | 29 | Anne | Wall |
| May | 29 | Sidney | Mudge |
| May | 31 | Frank | Suman |



Susan and Jim

Wolle

5/7

WELLNESS MATTERS

May Fitness Walk

When: Monday May 6th

Time: 11:30 am to 3:30 pm

We will depart PNV at 11:30 am and travel to Mellow Mushroom for a dutch treat lunch.

After lunch we will travel to Wrightsville beach area to walk the Wrightsville loop.

We will return to PNV at approximately 3:30 pm

May Class Spotlight

Stretch and Balance:

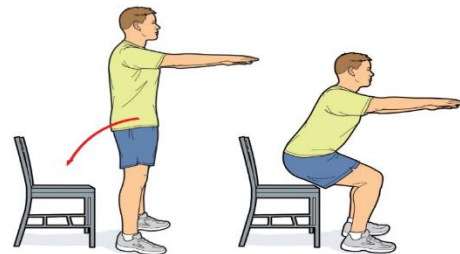
A chair-based class with different full-body stretches and strength exercises to help assist with your overall balance. Low-impact and low-intensity to increase your range of motion and improve your overall balance. No equipment is necessary.

Note: We will also do balance exercises in a standing position, however, modifications from a seated position are available if needed.

Exercise of the Month- Sit/Stand

How to perform the Sit/Stand

1. **Sit down in a chair.** Align your feet, knees, and hips so you're sitting up tall with a small arch in your lower back.
2. **Stand without moving your feet.** Engage your leg muscles and lift yourself in one fluid motion. Once you've risen to the point that your knees are straight, but your back is still arched, lower yourself back down into your original position.
 - Try not to move your feet at all throughout.
 - Keep your knees aligned directly above your ankles when you are sitting, and do not allow them to extend beyond your mid-foot as you stand.
3. **Do 3 sets of 10 reps each.** Lift and lower yourself 10 times, then take a little break. Repeat until you've completed 3 sets.



No need to sign up for fitness classes! All are welcome.

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



| Time | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|-------------------|-------------------------------|------------------------------|-------------------------------|-------------------------------|----------------------------|-----------------------------|
| 8:00am - 8:45am | Functional Fitness Leilani | | Functional Fitness Leilani | Functional Fitness Leilani | | May 2024 |
| 9:00am - 9:45am | Aqua Tone Leilani / Pool | Circuit Training Leilani | Aqua Tone Leilani / Pool | Aqua Tone Leilani / Pool | | |
| 9:15am - 10:15am | | | | | Adult Ballet Leesa | |
| 10:00am - 10:45am | Aqua Zumba Caryn / Pool | Forever Fit Leilani | Aqua Zumba Julie / Pool | Forever Fit Leilani | Aqua Zumba Caryn / Pool | |
| 10:00am - 10:30am | | | Practical Balance Leilani | | | |
| 10:00am - 10:45am | Practical Balance Leilani | | | | | |
| 10:30am - 11:15am | | | Mat Pilates Judy | | Mat Pilates Judy | |
| 11:00am - 11:45am | | | | Circuit Training Leilani | | |
| 11:20am - 12:15pm | | | Chair Yoga Judy | | Mat Yoga Judy | |
| 11:30am - 12:30pm | | | | | | Seated Gentle Yoga Laura |
| 1:00pm - 1:45pm | Beginner Tai Chi David | | Musical Drumming Leilani | | Line Dance Zii | |
| 2:00pm - 2:45pm | | Stretch & Balance Leilani | | Stretch & Balance Leilani | | |
| Color Designation | Aqua Classes | Balance Classes | Dance Classes | Mind/Body Classes | Strength & Resistance | Class Category |



ASSOCIATE APPRECIATION FUND

SECOND QUARTER CONTRIBUTION MAY 2024

The Associate Appreciation Fund was established in 1989 to reward associates since tipping/gift giving are not allowed. In December, an event will be scheduled for associates to receive a check based on hours worked.

Donation box is located in the VILLAGE POST.

Make checks payable to Associate Appreciation Fund.

Suggested donation amounts:

\$80 per resident/\$160 per couple

Committee:

Gerrie Storch, Chair

Nancy Kirby, Treasurer

Gene Waszily, Assistant Treasurer

Bill Malloy, Event Chair

Stan Nawrocki, Historian

Scottie Scott, Member Emeritus

For More Information, Contact Nancy Kirby, Ext. 5609



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.