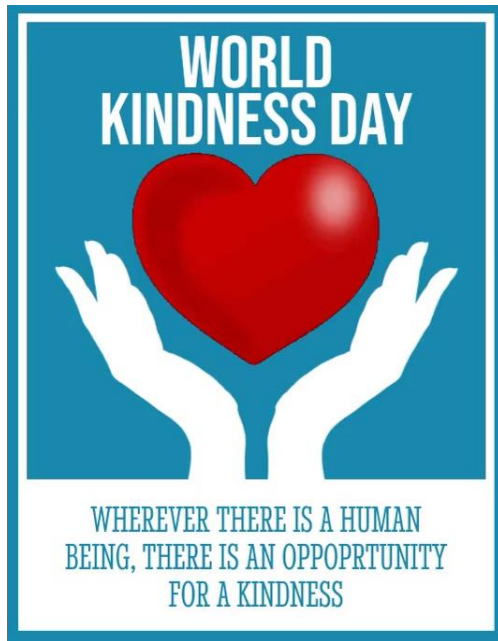


# NOVEMBER PREVIEW 2024

## Porters Neck Village

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Write a  
handwritten  
letter and  
mail it

RANDOM ACTS OF KINDNESS  
FOUNDATION

Be a friend  
to a lonely  
neighbor

RANDOM ACTS OF KINDNESS  
FOUNDATION

Compliment  
with reckless  
abandon

RANDOM ACTS OF KINDNESS  
FOUNDATION  
[www.randomactsofkindness.org](http://www.randomactsofkindness.org)

Lend  
someone  
your favorite  
book

RANDOM ACTS OF KINDNESS  
FOUNDATION

Make  
kindness  
the norm

RANDOM ACTS OF KINDNESS  
FOUNDATION

Choose to



be kind

**“What do you call a Priest who  
is also a Lawyer?”**

(See lower left for answer)

**SAVE THE DATE**

**NOVEMBER 6**

Walk to End  
Alzheimer's

**NOVEMBER 13**

World Kindness Day

**November 20**

Swing Dance Lessons

**November 25**

Friendsgiving



## 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.

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

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

### **VIRTUAL BINGO – MONDAYS @ 1:00 PM, STREAMING ON 1395 (EXCEPT November 4<sup>th</sup>)**

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). November 11<sup>th</sup> Virtual Bingo will start at 1:30pm.

### **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.

### **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 – 1:00pm

### **Afternoon Coach**

(PNV to Gordon Rd.)  
Monday & Wednesday  
1:00 pm-3:30 pm

(PNV to Medical Center Drive)  
Tuesday & Thursday  
1:00 pm-3:30 pm

(PNV to Gordon Rd.)  
Friday 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.

## **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.

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

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

## **TECHNOLOGY WEDNESDAY – 1<sup>ST</sup>, 2<sup>ND</sup> & 3<sup>RD</sup> 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 1<sup>ST</sup>, 2<sup>ND</sup>, and 3<sup>RD</sup> Wednesday this month. Sign up on the Village App.

## **HAND & FOOT – WEDNESDAYS @ 1:30 PM & SUNDAY, NOV. 10<sup>TH</sup> & 17<sup>TH</sup> @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 new team leaders. Remember to sign up through the app, and please use it to cancel if necessary.

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

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

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

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

## **PARTY BRIDGE – 1<sup>ST</sup> & 3<sup>RD</sup> 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: Peg Knab (5059) and Rose Truelove (5036).

## **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**

Join us every Friday from 1:00 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 or Aneesa George.

## **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.

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

Our new Putting Green is located behind Magnolia Walk 2. Meet your neighbors there every Saturday at 2pm 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 – SATURDAYS & 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 Saturday at 2pm & Sundays at 2pm. Sign up on the Village App. The court is open for practice from sunup to sundown every day the weather allows. 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 to attend.

## **Porters Neck Village Thanksgiving Update for Thursday, November 28<sup>th</sup>**

**Transportation:** Transportation will be closed on Thursday, November 28<sup>th</sup>.



## 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



# **WALK WITH PORTERS NECK VILLAGE**

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**NOVEMBER 6TH AT 2PM**

***MEET IN FRONT OF VILLAGE COMMONS***

**TO REGISTER FOR THE WALK: CLICK THE TILE ON THE VILLAGE APP AND FILL OUT THE FORM.**

**IF YOU WOULD LIKE TO MAKE A DONATION, PLEASE MAKE YOUR CHECK PAYABLE TO ALZHEIMER'S ASSOCIATION AND DROP IT OFF IN THE LIVING WELL MAILBOX FOR MARCI SHERMAN**

**THOSE WHO DONATE \$100 OR MORE WILL RECEIVE A T SHIRT. SHIRTS WILL BE MAILED TO YOU.**

**THESE FLOWERS**

*have a lot*

**OF FIGHT**

**FOR A DIFFERENT FUTURE.  
FOR FAMILIES FACING THE DISEASE TODAY.  
FOR MORE TIME.  
THIS IS WHY WE WALK.**

**In partnership with the Alzheimer's Association Walk to End Alzheimer's- Wilmington**

# 2024 PNV Walk to End Alzheimer's

Register for the Porters Neck Village's Walk to End Alzheimer's

Wednesday, November 6th at 2:00

We will meet in front of the Village Center and walk around our community to support those who have been affected by Alzheimer's

Contact Marci with any questions - msherman@plantationvillagenc.org or ext. 3111

\* Indicates required question

Name\*

---

Address\*

---

Email Address

---

Phone #\*

---

Did you participate in the walk last year? \*

Yes

No

Are you interested in donating to the Alzheimer's Association? If so, please drop your check off to Marci Sherman, Living Well Director. Those who donate \$100 or more will receive a shirt in the mail. Please indicate your T-shirt Size below:

S

M

L

XL

XXL



# **VETERANS**

# **= DAY =**

# **LUNCHEON**



**11.11.24**

**WE HONOR OUR BRAVE**

**AUDITORIUM AT 11AM**

**Lunch provided by Bill's Front Porch**

**& will includes Fried Chicken, BBQ & sides**

**\*\*\* This meal will NOT count as Dining Allowance\*\*\***

**For all PNV Veterans plus 1 guest**

**RSVP by calling Aneesa at EXT 3116**

## 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.

**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](http://hampsteadumc.org)

### ST. ANDREWS ON THE SOUND

Streaming services available on [www.standrewsonthesound.com](http://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](http://www.sacpc.org)

### FIRST PRESBYTERIAN CHURCH

Live streaming services at 11:00 am on [www.firstonthird.org](http://www.firstonthird.org)

### WINTER PARK BAPTIST CHURCH

Live streaming services at 8:30 am at [www.winterparkbaptist.org](http://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 members of a committee are invited to attend any meeting as guests. Please sign up on the Village App to attend.

Environmental Services – Friday, November 1<sup>st</sup> @ 11:00 am **(Board Room)**  
Health and Wellness – Wednesday, November 6<sup>th</sup> @ 10:30 am **(Board Room)**  
Leisure Service – Wednesday, November 6<sup>th</sup> @ 1:00 pm **(Artisan Room)**  
Building & Grounds – Thursday, November 7<sup>th</sup> @ 2:00 pm **(Board Room)**  
Dining – Wednesday, November 13<sup>th</sup> @ 3:15 pm **(Board Room)**  
Finance – Monday, November 18<sup>th</sup> @ 3:00 pm **(Board Room)**

**Resident Council-** Thursday, November 21<sup>st</sup> @ 11:00 am **(Auditorium & 1395)**

## Area Meetings

### SATURDAY, NOVEMBER 9<sup>TH</sup>

You are encouraged to attend your area's meeting to hear important PNV updates. Contact your area representative for time & locations, or sign up on the Village App.

## Coffee Chat with Zane

### WEDNESDAY, NOVEMBER 13<sup>TH</sup> @ 2:00 PM, AUDITORIUM & STREAMING ON 1395

Join our PNV Leadership Team, for community updates and discussions. Sign up on the Village App to attend.

## Onsite Doctors

**Please call their offices to make an appointment.**

Noah Foot & Ankle will be here November 12<sup>th</sup> – 910-399-8688 - A 205

Dr. Jason Rickman, Excel Audiology will be here November 19<sup>th</sup> – 910-399-3075 – RCC

## **Our Art and Craft Fair on October 18<sup>th</sup> was a huge success!**

Here are some takeaways from the day:

- There were 40 different vendors – 8 of which were our very own residents and associates
- There were hundreds of shoppers, many from outside of the PNV community
- Money collected from the table rentals and the sale of the resident donated items on the PNV tables raised \$1,660 for the Associate Appreciation Fund!

Our vendors and food trucks were very impressed with Porters Neck Village and were thrilled to be here.

Thank you for supporting our Fair! And a special thank you to Debbie Trumpf, Cheryl Jennings, Maryann Parks and Ken Maruyama for all their hard work in making this so successful!

## **SPECIAL FEATURES YOU DO NOT WANT TO MISS**

### **Monthly Documentary: Hollywood Streets of Gold: The Golden Years**

**FRIDAY, NOVEMBER 1<sup>ST</sup> & 15<sup>TH</sup> @ 3:00 PM, CYPRESS HALL**

Lights, Camera, Hollywood! From the western to musical, Hollywood has dramatically shaped the motion picture industry. Witness the golden age of cinema from its beginnings to the advent of sound in Hollywood the Golden Years. Sign up on the Village App to attend.

### **CORE Library – NHC**

**MONDAY, NOVEMBER 4<sup>TH</sup> @ 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 note the time and day change, CORE Library will take place on the first Monday of the month at 10:30am.

### **Parkinson's Support Group**

**MONDAY, NOVEMBER 4<sup>TH</sup> @ 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.

### **Holy Communion**

**WEDNESDAY, NOVEMBER 6<sup>TH</sup> @ 10:00 AM, CYPRESS HALL**

Take Holy Communion alongside your fellow PNV neighbors.

## **Walk to End Alzheimer's**

**THURSDAY, NOVEMBER 6<sup>TH</sup> @ 2:00 PM, VILLAGE CENTER**

Join the PNV Walk to End Alzheimer's. Meet us under the Porte Cochere, in front of the Village Center. We will begin our ceremony with a Promise Garden then begin our walk around the pond to support the Alzheimer's Association. Please consider donating by either visiting <http://act.alz.org/goto/portersneckvillage> or writing a check to the Alzheimer's Association and dropping it off with Marci Sherman.

## **Older Driver Safety**

**THURSDAY, NOVEMBER 7<sup>TH</sup> @ 2:00 PM, CYPRESS HALL**

As we age, it is normal for our driving abilities to change. By reducing risk factors and incorporating safe driving practices, many of us can continue driving safely along into our senior years. Join Michelle from Health Pro Heritage for a short lecture on the factors which impact driving, followed by a clinic to test scanning ability and reaction time. Sign up on the Village App to attend.

## **Village Singer Rehearsal**

**THURSDAY, NOVEMBER 7<sup>TH</sup>, 14<sup>TH</sup> & 21<sup>ST</sup> @ 2:30 PM, AUDITORIUM**

Sign up on the Village App.

## **Caregiver Support Group**

**THURSDAY, NOVEMBER 7<sup>TH</sup> @ 3:30 PM, ARTISIAN ROOM**

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



## **Worship Service with Wesleyan Chapel**

### **WEDNESDAYS, @ 10:00 AM, CYPRESS HALL**

Wesleyan Chapel UMC is leading Worship each week. Join us in the Cypress Hall at 10 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. All are welcome! Sign up on the Village App to attend.

**Wednesday, November 20<sup>th</sup>:** Reverend Susanne Priddy Lead Pastor from the Wesleyan Chapel United Methodist Church will lead a Hymn Service of Thanksgiving around the piano in the Fireplace Lounge. Join us as we begin to bring in the holiday season with song.

## **Hand & Foot Training**

### **TUESDAY, NOVEMBER 12<sup>TH</sup> @ 1:00 PM, CARDINAL CLUB ROOM**

Would you like to learn how to play Progressive Hand and Foot? We will hold the training on Tuesday, November 12th from 1:00 to 2:45. All are welcome. Just bring your sense of humor. Sign up on the Village App. We hope to add more people who can meet others who enjoy the game. This group plays on Wednesdays and every other Sunday from 1:30 to 4:30 in the Card Room.

## **Tuesday Tunes – Frank Sinatra (Recorded Video Performance)**

### **TUESDAY, NOVEMBER 12<sup>TH</sup> & 26<sup>TH</sup> @ 2:00 PM, CYPRESS HALL**

The first-ever Sinatra television special, this 1965 performance showcases the Chairman in peak form. The Nelson Riddle arrangements sparkle, opening with a classic rendition of "I've Got You Under My Skin" and continuing with other favorites. Sign up on the Village App to attend.

## **Kindness Rocks: Celebrating World Kindness Day**

**WEDNESDAY, NOVEMBER 13<sup>TH</sup> @ 10:30 AM – 2:30 PM, ARTISIAN ROOM**

Painting a stone with positive affirmations or messages and sharing with others is a true act of kindness. Join us for this unique experience at your own leisure. All you need is creativity and a touch of kindness to design a kindness rock. We will provide the paints, the rocks and all the supplies for you to create a one-of-a-kind rock to give to someone, leave in a place to be found by another or keep it to remind yourself how wonderful you are. We guarantee that this will be a project that will leave you feeling kind to yourself and others. Kindness rock supplies will be available from 10:00 am – 2:30 pm for residents and associates to paint at their own time!

## **Entertainer Tom Choinere**

**WEDNESDAY, NOVEMBER 13<sup>TH</sup> @ 4:00 PM, TAVERN ON THE POND BACK DECK**

Let's meet on the back deck and listen to the sounds of guitarist Tom Choinere. Tom has been playing music around the Wilmington area for years and is looking forward to entertaining us. Sign up on the Village App to attend. In case of inclement weather, we will move to the Tavern on the Pond.

## **Poetea**

**THURSDAY, NOVEMBER 14<sup>TH</sup> @ 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

## Friday Night Concert

**FRIDAY, NOVEMBER 15<sup>TH</sup> @ 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 from classical to jazz, and everything in between. Our very own Stan Shelton is a member of the Brunswick Saxes. Sign up on the Village App to attend.

## Popup Core Class with Leilani

**MONDAY, NOVEMBER 18<sup>TH</sup> @ 1:30 PM, TAVERN ON THE POND BACK DECK**

Enjoy the fresh air and a beautiful view of Heron Pond while working on your core strength. Get your abdominal and lower back muscles working! Mat and floor work are required. Mats will be provided. Weather Permitting. Sign up on the Village App.

## Art Talk

**TUESDAY, NOVEMBER 19<sup>TH</sup> @ 10:00 AM, CYPRESS HALL**

Art Talk by local artist and professor Cheryl Crane Hunter. The topic is Gratitude and the Artist's Still Life. Sign up on the Village App to attend.

## **Swing Dance Lessons with Cape Fear Swing Dance Society**

**WEDNESDAY, NOVEMBER 20<sup>TH</sup> @ 4:00 PM, AUDITRIUM**

Get ready to have fun, move to the rhythm, and discover the joy of swing dancing! This beginner-friendly class will be given by Kelli Kenoyer and Micah Lee of the Port City Swing Dance Society. No prior dance experience is necessary, just bring your enthusiasm!

In this class, you'll learn the basics of swing dance, including simple steps, fun moves, and how to dance with a partner to the upbeat tunes of the Swing Era. We'll focus on gentle movements and footwork that are easy on the joints, with plenty of time to practice and enjoy the music. Sign up on the Village App to attend.

## **Swing Dance Social Party with Cape Fear Swing Dance Society**

**WEDNESDAY, NOVEMBER 20<sup>TH</sup> @ 6:30 PM, AUDITRIUM**

Put on your dancing shoes and get ready for a night of fun, music, and great company at our Swing Dance Social! Whether you're a seasoned dancer or brand new to swing, this event is open to everyone who loves the energy and spirit of swing dancing.

The evening will kick off with a short beginner-friendly lesson to get everyone warmed up and comfortable with the basic steps. Then, the dance floor will be open for you to show off your moves to the vibrant rhythms of swing, jazz, and big band music. It's the perfect opportunity to meet new people, dance with friends, and enjoy the lively atmosphere.

No partner? No problem! Swing dancing is all about community, and we encourage everyone to dance with new friends throughout the night. Dessert will be provided, so take a break between dances, socialize, and enjoy the upbeat vibe.

Whether you're looking to practice your dance moves, have a great time, or simply soak up the fun energy, our Swing Dance Social is the place to be! Come ready to swing, smile, and enjoy a night you won't forget.

## NCDOJ: Working

**FRIDAY, NOVEMBER 22<sup>ND</sup> @ 2:00 PM, AUDITORIUM**

Join us for an eye-opening presentation. Learn more about the work of the Department of Justice, including their work on opioid settlements, robocalls, social media investigations, and special prosecutions. Sign up on the Village App.

## PNV Friendsgiving

**MONDAY, NOVEMBER 25<sup>TH</sup> @ 11:00 AM – 1:00 PM, AUDITORIUM**

Thanksgiving is a holiday meant for sharing a meal with family and practicing gratitude. However, it can be challenging to get the family together, whether they live far away or have busy schedules that don't allow them enough time to celebrate.

We are hosting a PNV FRIENDSGIVING POTLUCK LUNCHEON. All are invited to participate. Simply sign up to bring a covered dish, enough for 6 people (either store bought or homemade). On November 25th bring your dish to our gathering and we will share a meal. Its a fun way to celebrate the holiday season while sampling a variety of foods from each other. Covered dish sign-ups are located at the Activities Desk outside the CLS Office between November 13-20.



# WELCOME to SALSA



In SALSA, our **S**ighted **A**nd **L**imited **S**ight **A**lliance of residents here at PNV, we have written a WELCOME statement to let others know about us. We share it as an invitation for YOU to join us, especially

- if *you* have limited sight, or
- would like to *lend support* to those who deal with limited sight

We ....**W**ill face each day with COURAGE

**E**ager to get to know you

**L**ift each others' spirits

**C**ontinue to work together

**O**ffer support

**M**ake friends

**E**ncourage each other

**SALSA meets on the 4<sup>th</sup> Wednesday of every month at 2pm in Cypress Hall, starting January 22<sup>nd</sup>, 2025. We hope to see you there.**



The background of the page is a white marble surface decorated with various gold holiday ornaments. These include several round baubles of different sizes, two large five-pointed stars, a snowflake-shaped ornament, and two small bells. A long, thin gold ribbon is draped across the top and left sides of the page.

# Holiday **CARD EXCHANGE**

We are looking for residents who would like to exchange holiday cards with students from the Trask Middle School Chorus. Holiday cards are provided for all participants. Sign up by calling ext 3116 or emailing Aneesa in Community Life Service. You will then receive the student's name you will be exchanging holiday cards with by November 10th.

## Great Courses – How Memory Works and Why Your Brain Remembers Wrong

### TUESDAYS @ 11:00 AM, AUDITORIUM

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

- **November 5<sup>th</sup>** – No Class
- **November 12<sup>th</sup>** – The Repressed Memory Wars
- **November 19<sup>th</sup>** – Things You'll Forget and Why
- **November 26<sup>th</sup>** – Memories of Emotional Experiences

## Max and Sarah Williams Life Long Learners – The Triumph of Christianity

### 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.

#### **November 7<sup>th</sup>**

- Miraculous Incentives for Conversion
- The Exponential Growth of the Church

#### **November 14<sup>th</sup>**

- Early Opposition to the Christian Message
- Imperial Persecution of the Early Christians

#### **November 21<sup>st</sup>**

- Early Christian Apologists
- Major Imperial Persecutions of Christians

## Resident Informational Programs

### **Food Forum: FRIDAY, NOVEMBER 1<sup>ST</sup> @ 1:00 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.

### **Weekly Menu Chat with Chef John: WEDNESDAYS @ 1:00 PM, MAGNOLIA ROOM**

Join Chef John for a lively discussion about PNV menus. Sign up on the Village App to attend.

### **Food & Beverage Kitchen Tours: TUESDAY, NOVEMBER 19<sup>TH</sup> & THURSDAY, NOVEMBER 21<sup>ST</sup> @ 10:00 AM, TAVERN ON THE POND**

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 your delicious meals. The tour is limited to 15 people. Sign up on the Village App.

## Orientations

### **Administration and Human Resources: TUESDAY, NOVEMBER 19<sup>TH</sup> @ 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.

**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 & 4:00 PM, CYPRESS HALL**

### **November 2<sup>nd</sup> – Dark Waters (2h 5m)**

Starring: Mark Ruffalo, Anne Hathaway & Tim Robbins

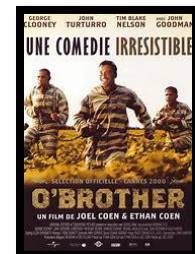
A corporate defense attorney takes on an environmental lawsuit against a chemical company that exposes a lengthy history of pollution.



### **November 9<sup>th</sup> – Oh Brother, Where Art Tho? (1h 47m)**

Starring: George Clooney, John Turturro, Joel Coen

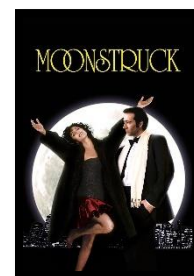
In the deep south during the 1930s, three escaped convicts search for hidden treasure while a relentless lawman pursues them.



### **November 16<sup>th</sup> – Moonstruck (1h 42m)**

Starring: Cher, Nicolas Cage, & Olympia Dukakis

Loretta Castorini, a bookkeeper from Brooklyn, New York, finds herself in a difficult situation when she falls for the brother of the man she has agreed to marry.



### **November 23<sup>rd</sup> – The Beautiful Game (2h 5m)**

Starring: Micheal Ward, Beckett Handley & Tahvae Huntie

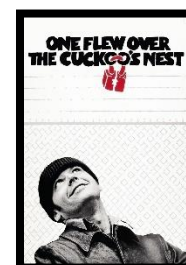
Advocates to end homelessness, organize an annual tournament for Homeless men to compete in a series of football matches known as The Homeless World Cup.



### **November 30<sup>th</sup> – One Flew Over the Cuckoo's Nest (2h 13m)**

Starring: Jack Nicholson, Louise Fletcher & Michael Berryman

In the Fall of 1963, a Korean War veteran and criminal pleads insanity and is admitted to a mental institution, where he rallies up the scared patients against the tyrannical nurse.



**Sign up on the Village App to attend.**

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

### Shopping With Neighbors

**FRIDAY, NOVEMBER 8<sup>TH</sup> @ 10:00 AM, TRANSPORTATION**

Discover a unique shopping experience at this vendor market in Wilmington, NC. At Bazar, the diverse marketplace showcases local artisans and entrepreneurs, offering an eclectic mix of gifts, home decor, art, and more. With a constantly rotating selection of treasures, each visit to the vendor mall promises new finds. Following we will have a Dutch lunch at Szechuan 132. Sign up on the Village App to attend.

### Ice Cream Club – Stax Ice Cream Kitchen

**TUESDAY, NOVEMBER 12<sup>TH</sup> @ 2:30 PM, TRANSPORTATION**

This month we will go to Stax Ice Cream Kitchen. Bring your appetite for this amazing Dutch treat experience. Sign up on the Village App to attend.

### Neighborhood Dining

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

#### **Ladies Lunch**

November 13<sup>th</sup> 11:00 AM

*Oceanic at the Crystal Pier (\$\$)*

#### **Evening Dining**

November 22<sup>nd</sup> @ 5:30 PM

Cousins Italian Deli & Family-Style  
Restaurant (\$\$)

**\*\*\* Please note the Evening Dining is being held on Friday, November 22<sup>nd</sup>.  
Cousins Italian Deli offers a set menu. You can bring your own wine. \*\*\***

**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 \***

## **Guided Tour of the Battleship NC**

**THURSDAY, NOVEMBER 14<sup>TH</sup> @ 8:30 AM, TRANSPORTATION**

Join us in a special tribute to our veterans by stepping aboard the legendary USS Battleship North Carolina for an unforgettable guided tour. This powerful experience will take you back in time to explore one of the most decorated battleships of World War II and honor the bravery and sacrifice of those who served aboard her. Led by knowledgeable guides, this tour will bring history to life as you walk the decks and corridors where sailors once stood in defense of our nation. You'll hear incredible stories of courage, learn about the ship's pivotal role in key battles, and gain a deeper appreciation for the challenges and triumphs faced by those who fought for our freedom. This event is not only an opportunity to connect with history but also a chance to reflect and show gratitude to the veterans who have served and continue to serve our country. The tour will culminate with a special moment of recognition for all veterans in attendance. Whether you're a history enthusiast or simply wish to pay homage to our military heroes, this tour is a meaningful way to honor their legacy and celebrate their service. A fee of \$22 will be billed to your resident account for the guided tour. However, in honor of their service, the tour is complimentary for all veterans. Sign up on the Village App to attend.

This is a vigorous walking tour with a lot of steps and narrow passageways.

## **Tanger Outlet Shopping & Lunch**

**TUESDAY, NOVEMBER 19<sup>TH</sup> @ 8:45 AM, TRANSPORTATION**

Spend 2 hours exploring the shops and vendors at the Tanger Outlet on HWY 501 in Myrtle Beach. Following the Outlet, we will travel to the neighboring city of Calabash, NC to enjoy a Dutch lunch at the Boundary House. Space is limited. Sign up on the Village App for transportation.



## Beach Outing

### FRIDAY, NOVEMBER 22<sup>ND</sup> @ 10:00 AM, TRANSPORTATION

Do you enjoy walking on the beach, and socializing with friends and neighbors? If yes, then fill your picnic baskets, grab your beach chairs, and join us for some fun. We will take a 2-hour on your own visit to Wrightsville Beach, weather permitting. Join us under the pier for a nice cool breeze and shade! Bring your sun gear, hats, glasses, SPF Sunscreen, and comfortable shoes. Restrooms will be available. Sign up to attend on the Village App.

## CULTURAL ART OUTINGS

### Chamber Music Presents Euclid Quartet (Kenan Auditorium)

#### SUNDAY, NOVEMBER 10<sup>TH</sup> @ 3:00 PM, TRANSPORTATION

The Euclid Quartet enjoys one of the most highly regarded reputations of any chamber ensemble of its generation. Formed in 1998, it won top prizes at the Osaka, Hugo Kauder, Carmel, and Chamber Music Yellow Springs competitions. In 2009, the Euclid Quartet was awarded the "American Masterpieces" grant from the National Endowment for the Arts. "Rarely has a group found such meaning and vision" (American Record Guide). The Euclid Quartet joins our own clarinet virtuoso, Oskar Espina Ruiz for a clarinet quintet by Anna Wessner, lauded by the American Academy of Arts and Letters for her "simple, unpredictably expressive music." For tickets call Kenan Auditorium Box Office at 910.962.3500. Departing at 3:00pm and the show starts at 4:00pm. Sign up on the Village App for transportation

## **NC Symphony Presents Beethoven Piano Concerto No. 3 (Wilson Center)**

**SUNDAY, NOVEMBER 17<sup>TH</sup> @ 2:00 PM, TRANSPORTATION**

Simply breathtaking, spellbinding, and otherworldly are only a few ways audiences describe performances by virtuoso pianist Stephen Hough. Experience this celebrated guest artist center stage with your North Carolina Symphony for Beethoven's sweeping Piano Concerto No. 3, conducted by Music Director Carlos Miguel Prieto. Paired with one of the world's greatest symphonies, Brahms Symphony No.1, this concert will be a night to remember! For tickets call the Wilson Center Box Office at 910.362.7999. Departing at 2pm and the show starts at 3pm. Sign up on the Village App for transportation.

## **Cape Fear Charole (Kenan Auditorium)**

**WEDNESDAY, NOVEMBER 20<sup>TH</sup> @ 6:30 PM, TRANSPORTATION**

Cape Fear Charole and orchestra perform J.S Bach's beloved telling of the Christmas story (parts 4 & 6) as well as carols and choral gems to usher in the holiday season. For tickets call the Kenan Auditorium box office at 910.962.3500. Departing at 6:30pm and the show starts at 7:30pm. Sign up on the Village App for transportation.

## **Met Opera: Tosca (Mayfaire Movie Theater)**

**SATURDAY, NOVEMBER 23<sup>RD</sup> @ 12:00 PM, TRANSPORTATION**

Extraordinary Norwegian soprano Lise Davidsen stars as the passionate title diva in David McVicar's thrilling production, transmitted live from the Metropolitan Opera stage to cinemas on November 23. British-Italian tenor Freddie De Tommaso makes his eagerly anticipated company debut as Tosca's revolutionary lover, Cavaradossi, and powerhouse American baritone Quinn Kelsey is the sadistic chief of police Scarpia. Maestro Xian Zhang conducts the electrifying score, which features some of Puccini's most memorable melodies. For tickets visit <https://www.regmovies.com/movies/met-op-tosca-2024-ho00016792?date=11-23-2024>. Departing at 12:00 pm and the show starts at 1:00 pm. Sign up on the Village App for transportation.

## **Wilson Center Presents: HADESTOWN (Wilson Center)**

**WEDNESDAY, NOVEMBER 27<sup>TH</sup> @ 6:30 PM, TRANSPORTATION**

Welcome to HADESTOWN, where a song can change your fate. This acclaimed musical by singer-songwriter Anaïs Mitchell and director Rachel Chavkin is winner of 8 Tony Awards including Best Musical and the Grammy Award® for Best Musical Theater Album. It intertwines two mythic tales — that of young dreamers Orpheus and Eurydice, and those of King Hades and Queen Persephone — as it invites you on an unforgettable journey to the underworld and back. Performed by a vibrant ensemble of actors, singers and dancers, HADESTOWN asks audiences to imagine how the world could be. Call the Wilson Center box office for tickets at 910.362.7999. Departing at 6:30pm and the show starts at 7:30pm. Sign up on the Village for transportation.



# ASSOCIATE APPRECIATION FUND

## FOURTH/FINAL QUARTER

November 1 - November 15, 2024

CHECKS MUST BE RECEIVED BEFORE NOVEMBER 15

PAYABLE TO ASSOCIATE APPRECIATION FUND

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

Associates receiving a check are hourly employees.

(Includes: Environmental Services/Housekeeping, Receptionists, Food/Dining, Health Services, Maintenance and Security).

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Donation Box is located in the VILLAGE POST

**Suggested quarterly donation amounts:**

**\$90 per resident/\$180 per couple**

**(Quarters: February/May/August/November 15)**

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### Committee:

Gerrie Storch, Chair

Bill Malloy, Vice Chair

Nancy Kirby, Treasurer

Gene Waszily, Assistant Treasurer

Stan Nawrocki, Historian

Scottie Scott, Member Emeritus

For more information: Contact Nancy Kirby, Ext. 5609





# **SAVE THE DATE**

## **ASSOCIATE APPRECIATION CELEBRATION**

**FRIDAY, DECEMBER 6, 2024**

**3:30 PM – 4:30 PM**

## **COMMONS AUDITORIUM**

Refreshments will be placed in area immediately outside auditorium before entering auditorium.

Seating arrangements will be prearranged by tables for both associates and residents.

Associate checks will be distributed by  
PNV Directors.

**Doors open at 3:30 for first 100 registered residents - Sign up on the APP**

**If unable to use APP: Contact Front Desk**

**REGISTRATION IS REQUIRED**

## PORTERS NECK VILLAGE NOVEMBER ANNIVERSARIES

Vinnie & Hope	Cusick	11/9
Eileen & Bam	Alling	11/10
Jeanette & Ed	Pearsall	11/12
Ann & Al	Woodworth	11/16
Emily & Dick	Pensinger	11/22
Besty & Frank	Suman	11/28





# PORTERS NECK VILLAGE NOVEMBER BIRTHDAYS

November	1	Bob	Adkisson
November	1	Kathy	McGinley
November	2	James	Reber
November	2	Joseph	Griggs
November	3	Paul	Laustsen
November	3	Cy	Pizette
November	3	Mary Ann	Nunnally
November	4	Richard	Riano
November	8	Patrick	Dennis
November	9	Millie	Tate
November	9	Bam	Alling
November	14	Sonya	Dinero
November	16	Gini	Smith
November	16	Laura	Lausten
November	16	Claire	Young
November	18	James	Mulligan
November	20	Kay	Lascek
November	21	Bernadine	Harrity
November	22	Carolyn	Roberts
November	23	Patrick	Duncan
November	23	Annie	Ezzell
November	25	Sue	Larusso
November	26	Nancy	Archer
November	28	Janice	Adkisson
November	29	Steven	Carroll
November	30	Scottie	Scott
November	30	Kathy	Waszily

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# WELLNESS MATTERS

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## Best exercises for Sciatica

Knee to chest

Glute bridges

Sitting Pigeon Pose

Sitting trunk stretch

Child's Pose

Standing hamstring stretch

Pelvic tilts

**See the internet or Leilani for explanation of the exercises listed above. And as always consult your Physician if needed for clearance.**

## Class Spotlight: Musical Drumming

A class where we combine music and movement utilizing drumsticks, a chair, and an exercise ball. Great for all fitness levels. The benefits include improvement in balance, and better hand/eye coordination.

## Stretch of the Month-Sitting Pigeon Pose

### **How to perform a Sitting Pigeon Pose**

- Sit on the floor and stretch the legs out straight with the feet together.
- Bend the right leg and put the right ankle across the left knee.
- Lean forward at the hips, allowing the upper body to come down gently toward the thigh.
- Alternatively, if it is possible without discomfort, bend the left leg in, placing the hands behind the thigh, to increase the stretch.
- Hold the stretch for 10–20 seconds, depending on comfort level.
- Slowly release the hold and repeat the stretch on the other side.



Phone: 910 772-3145 or [lfreitas@portersneckvillage.org](mailto:lfreitas@portersneckvillage.org)



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00am - 8:45am	Functional Fitness Leilani		Functional Fitness Leilani	Functional Fitness / Circuit Training Leilani		November 2024
9:00am - 9:45am	Aqua Tone Leilani / Pool	Circuit Training Leilani	Aqua Tone Leilani / Pool	Aqua Volleyball Leilani / Pool		
9:15am - 10:15am					Adult Ballet Leesa	
10:00am - 10:45am	Aqua Zumba SheaRa/ Pool	Forever Fit Leilani	Aqua Zumba SheaRa / Pool	Forever Fit Leilani	Aqua Zumba SheaRa/Pool	
10:00am - 10:45am	Practical Balance Leilani					
10:00am – 10:25am			Practical Balance Leilani			
10:30- 11:10am			Core Fitness Leilani			
11:15- 12:00pm			Chair Yoga Laura		Mat Yoga Erin	
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



## 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.