

SUN	MON	TUE	WED	THUR	FRI	SAT
		11:00 AM Great Courses - How Memory Works and Why Your Brain Remembers Wrong (AU) 1 11:00 AM St. Therese Church (TR) 2:00 PM Food Forum (Auditorium & 1395) 2:00 PM Savvy Caregiver Class (Cypress Hall) 7:00 PM Duplicate Bridge (Cardinal Club Room)	Rosh Hashanah 9:00 AM Men's Coffee Hour (Board Room) 2 9:00 AM Women's Coffee Hour (AR) 9:30 AM Kids Making It Tour (TR) 10:00 AM Holy Communion (Cypress Hall) 10:30 AM Health & Wellness Committee (Board Room) 11:00 AM Improv Comedy Workshop (AU) 1:00 PM Technology Wednesday (Board Room) 1:00 PM Weekly Menu Chat with Chef John (Magnolia Room) 1:30 PM Hand and Foot (Cardinal Club Room) 2:00 PM Food Forum (Auditorium & 1395) 2:00 PM Leisure Service Committee (Board Room) 3:00 PM Ping Pong (the Cove)	10:00 AM Acrylic Painting Class (AR) 3 10:00 AM Life Long Learners: The Triumph of Christianity (Board Room) 1:00 PM Party Bridge Group (Cardinal Club Room) 2:00 PM Building & Grounds (Board Room) 2:00 PM Women's Health (Cypress Hall) 3:30 PM Caregiver Support Group (AR) 4:00 PM Social Hour (Tavern on the Pond) 6:30 PM Poker (Cardinal Club Room)	Rosh Hashanah Ends 9:30 AM Thrifting with Neighbors (TR) 4 11:00 AM Environmental Services Committee (Board Room) 1:00 PM Billiards (the Cove) 1:00 PM Mah Jongg (Cardinal Club Room) 1:30 PM Stitchin' & Colorin' (AR) 2:00 PM Cornhole (ES) 2:00 PM Monthly Documentary - Apollo 13 Survival (Cypress Hall) 3:00 PM Ping Pong (the Cove) 7:00 PM Game Night (Cardinal Club Room)	1:00 PM Saturday Matinee - Iron Jawed Angel (Cypress Hall) 5 2:00 PM Putting Practice & Competition (Putting Green) 2:00 PM Bocce Ball (New Bocce Ball Court) 4:00 PM Encore Saturday Matinee - Iron Jawed Angel (Cypress Hall) 4:00 PM Pink Out Party at the Davis Community (TR)
8:45 AM Church Route - St Marks (TR) 6 10:30 AM Wesleyan Chapel UMC - Church Transportation (TR) 1:30 PM Hand and Foot (Cardinal Club Room) 2:00 PM Bocce Ball (New Bocce Ball Court) 3:00 PM Chamber Music Wilmington Presents Akropolis Quintet (TR) 4:00 PM PNV Afternoon Social (Tavern on the Pond)	9:00 AM Men's Coffee Hour (Board Room) 7 10:30 AM CORE Library (LR) 1:00 PM Parkinson's Support Group (Board Room) 1:00 PM Virtual Bingo (Streaming on 1395) 3:00 PM Women's Bible Discovery Group (Cypress Hall) 6:30 PM Poker (Cardinal Club Room)	11:00 AM Great Courses - How Memory Works and Why Your Brain Remembers Wrong (AU) 8 11:00 AM St. Therese Church (TR) 2:00 PM Savvy Caregiver Class (Cypress Hall) 6:15 PM Tina - The Tina Turner Musical (Tuesday Showing) (TR) 7:00 PM Duplicate Bridge (Cardinal Club Room)	9:00 AM Men's Coffee Hour (Board Room) 9 9:00 AM Women's Coffee Hour (AR) 10:00 AM Worship Service with Wesleyan Chapel (Cypress Hall) 11:00 AM Improv Comedy Workshop (AU) 11:00 AM Ladies Lunch (TR) 1:00 PM Technology Wednesday (Board Room) 1:00 PM Weekly Menu Chat with Chef John (Magnolia Room) 2:00 PM Coffee Chat with Zane (Auditorium & Streaming 1395) 3:00 PM Ping Pong (the Cove) 3:00 PM Hand and Foot (Cardinal Club Room) 3:15 PM Dining Committee (Board Room) 6:15 PM Tina - The Tina Turner Musical (Wednesday Showing) (TR)	10:00 AM Acrylic Painting Class (AR) 10 10:00 AM Life Long Learners: The Triumph of Christianity (Board Room) 1:00 PM Line Dancing Party In Pink (AU) 4:00 PM Social Hour (Tavern on the Pond) 6:30 PM Poker (Cardinal Club Room) 6:30 PM The Capitol Fools (Thalian)	Yom Kippur Begins 9:15 AM Senior Men's Club (TR) 11 1:00 PM Billiards (the Cove) 1:00 PM Mah Jongg (Cardinal Club Room) 1:30 PM Stitchin' & Colorin' (AR) 2:00 PM Cornhole (ES) 2:30 PM Music Bingo (Tavern on the Pond) 3:00 PM Ping Pong (the Cove) 7:00 PM Game Night (Cardinal Club Room)	Yom Kippur Ends 9:15 AM Doug Tallamy: Founder of "Homegrown National Park Movement" (TR) 12 10:00 AM Building A Area Meeting (A Solarium) 10:00 AM Northwest Area Meeting (AU) 10:00 AM Osprey Place Area Meeting (Parlor) 10:00 AM West Area Meeting (Board Room) 10:30 AM Building B Area Meeting (B Building Solarium) 1:00 PM Saturday Matinee - The Last Emperor (Cypress Hall) 2:00 PM Putting Practice & Competition (Putting Green) 2:00 PM Bocce Ball (New Bocce Ball Court) 4:00 PM East Side Area Meeting (AU) 4:00 PM Encore Saturday Matinee - The Last Emperor (Cypress Hall)
8:45 AM Church Route - St Marks (TR) 13 10:30 AM Wesleyan Chapel UMC - Church Transportation (TR) 2:00 PM Bocce Ball (New Bocce Ball Court)	Indigenous Peoples' Day 9:00 AM Men's Coffee Hour (Board Room) 14 1:00 PM Virtual Bingo (Streaming on 1395) 3:00 PM Women's Bible Discovery Group (Cypress Hall) 6:30 PM Poker (Cardinal Club Room)	10:00 AM Art Talk (Cypress Hall) 15 10:00 AM Kitchen Tour (Tavern on the Pond) 11:00 AM Great Courses - How Memory Works and Why Your Brain Remembers Wrong (AU) 11:00 AM St. Therese Church (TR) 2:00 PM Savvy Caregiver Class (Cypress Hall) 7:00 PM Duplicate Bridge (Cardinal Club Room)	9:00 AM Men's Coffee Hour (Board Room) 16 9:00 AM Women's Coffee Hour (AR) 9:30 AM Cameron Art Museum Tour (TR) 10:00 AM Worship Service with Wesleyan Chapel (Cypress Hall) 1:00 PM Technology Wednesday (Board Room) 1:00 PM Weekly Menu Chat with Chef John (Magnolia Room) 1:30 PM Hand and Foot (Cardinal Club Room) 3:00 PM Ping Pong (the Cove) 5:00 PM Evening Dining (TR)	9:00 AM Carte' Boutique (Cardinal Club Room) 17 10:00 AM Kitchen Tour (Tavern on the Pond) 10:00 AM Acrylic Painting Class (AR) 10:00 AM Life Long Learners: The Triumph of Christianity (Board Room) 1:00 PM Party Bridge Group (AU) 4:00 PM Social Hour (Tavern on the Pond) 6:30 PM Poker (Cardinal Club Room)	9:00 AM Civic Affairs Committee Meeting (Board Room) 18 1:00 PM Billiards (the Cove) 1:00 PM Mah Jongg (Cardinal Club Room) 1:30 PM Stitchin' & Colorin' (AR) 2:00 PM Cornhole (ES) 2:00 PM Porters Neck Village Arts & Craft Fair (AU) 3:00 PM Ping Pong (the Cove) 7:00 PM Game Night (Cardinal Club Room)	1:00 PM Saturday Matinee - Quartet (2012) (Cypress Hall) 19 2:00 PM Golf Putting Tournament (Putting Green) 2:00 PM Bocce Ball (New Bocce Ball Court) 4:00 PM Encore Saturday Matinee - Quartet (2012) (Cypress Hall)
8:45 AM Church Route - St Marks (TR) 20 10:30 AM Wesleyan Chapel UMC - Church Transportation (TR) 1:30 PM Hand and Foot (Cardinal Club Room) 2:00 PM Bocce Ball (New Bocce Ball Court)	9:00 AM Men's Coffee Hour (Board Room) 21 9:00 AM Wrightsville Beach Farmers Market (TR) 3:00 PM Resident Finance Committee Meeting (Board Room) 3:00 PM Women's Bible Discovery Group (Cypress Hall) 6:30 PM Poker (Cardinal Club Room)	11:00 AM Great Courses - How Memory Works and Why Your Brain Remembers Wrong (AU) 22 11:00 AM St. Therese Church (TR) 2:00 PM Tuesday Tunes - Barbara Streisand (Cypress Hall) 2:30 PM Ice Cream Club (TR) 7:00 PM Duplicate Bridge (Cardinal Club Room)	9:00 AM Men's Coffee Hour (Board Room) 23 9:00 AM Women's Coffee Hour (AR) 10:00 AM Worship Service with Wesleyan Chapel (Cypress Hall) 1:00 PM Weekly Menu Chat with Chef John (Magnolia Room) 1:30 PM Hand and Foot (Cardinal Club Room) 2:00 PM SALSA (Sighted and Limited Sight Alliance) (Cypress Hall) 3:00 PM Ping Pong (the Cove) 5:00 PM International Dining (TR)	10:00 AM Acrylic Painting Class (AR) 24 10:00 AM Life Long Learners: The Triumph of Christianity (Board Room) 11:00 AM Resident Council (AU & Streaming on 1395) 2:00 PM Resident Orientation and Village App Training (Board Room) 2:30 PM Village Singer Rehearsal (AU) 4:00 PM Social Hour (Tavern on the Pond) 6:30 PM Poker (Cardinal Club Room)	9:00 AM Puzzle Exchange (Cardinal Club Room) 25 1:00 PM Billiards (the Cove) 1:00 PM Mah Jongg (Cardinal Club Room) 1:30 PM Stitchin' & Colorin' (AR) 2:00 PM Cornhole (ES) 2:00 PM Monthly Documentary - Apollo 13 Survival (Cypress Hall) 3:00 PM Ping Pong (the Cove) 7:00 PM Friday Night Concert - Port City Ukuholic (AU) 7:00 PM Game Night (Cardinal Club Room)	1:00 PM Saturday Matinee - Dave (1993) (Cypress Hall) 26 2:00 PM Putting Practice & Competition (Putting Green) 2:00 PM Bocce Ball (New Bocce Ball Court) 4:00 PM Encore Saturday Matinee - Dave (1993) (Cypress Hall)
8:45 AM Church Route - St Marks (TR) 27 10:30 AM Wesleyan Chapel UMC - Church Transportation (TR) 2:00 PM Bocce Ball (New Bocce Ball Court)	9:00 AM Men's Coffee Hour (Board Room) 28 2:00 PM Resident Orientation (Board Room) 3:00 PM Women's Bible Discovery Group (Cypress Hall) 6:30 PM Poker (Cardinal Club Room)	10:00 AM Marketing Muffins & Mimosas (AU) 29 11:00 AM Great Courses - How Memory Works and Why Your Brain Remembers Wrong (AU) 11:00 AM St. Therese Church (TR) 2:00 PM Tuesday Tunes - Barbara Streisand (Cypress Hall) 7:00 PM Duplicate Bridge (Cardinal Club Room)	9:00 AM Men's Coffee Hour (Board Room) 30 9:00 AM Women's Coffee Hour (AR) 9:45 AM Beach Outing (TR) 10:00 AM Worship Service with Wesleyan Chapel 1:00 PM Weekly Menu Chat with Chef John (Magnolia Room) 1:30 PM Hand and Foot (Cardinal Club Room) 3:00 PM Ping Pong (the Cove)	Halloween 10:00 AM Acrylic Painting Class (AR) 31 10:00 AM Life Long Learners: The Triumph of Christianity (Board Room) 3:00 PM Haunted Social Hour (AU) 6:30 PM Poker (Cardinal Club Room)		

October 2024

OCTOBER PREVIEW 2024

Porters Neck Village

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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 Health Wellness. Below are some of the ways to integrate it into your lives.

Spiritual Wellness

Strong spiritual wellness gives meaning to a person's life. Whether traditional or alternative, spirituality allows people to make sense of the everyday, find peace and security during times of struggle, and remain confident in their decisions.

Here are some Spiritual Wellness opportunities:

- Women's Bible Study on Mondays
- Tai Chi on Mondays
- Yoga on Wednesdays, Fridays & Saturdays
- Worship Services on Wednesdays
- Church on Sundays

Why was the plumber predicted to win the American Idol?

(See lower left for answer)

SAVE THE DATE

OCTOBER 5

Pink Out Party at Davis Community

OCTOBER 18

PNV Arts & Craft Fair

October 29

Marketing, Muffins & Mimosas

October 31

Haunted Social Hour



He had an amazing set of pipes

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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

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 – MONDAYS @ 1:00 PM, STREAMING ON 1395 (EXCEPT OCTOBER 21ST & 28TH)

If you are the lucky person to get "Bingo!" call the hotline at 910-520-5968. Winners are advised to place their winning card on the clip outside their door. Winning cards will be checked, and a prize will be at your door. See receptionist for bingo materials (card/marker/clip).

WOMEN'S BIBLE 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.

Morning Coach

(Gordon Rd to Mayfaire)
Mondays, Tuesdays &
Wednesdays
8:30 am.-11:00 am

Afternoon Coach

(PNV to Gordon Rd.)
Thursday 1:00 pm-3:30 pm

(PNV to Gordon Rd.)
Friday 1:00 pm.-3:30 pm

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

Booking appointments between 9:15am -10:45am or 1:45pm – 2:30pm on Mondays, Tuesdays, & Wednesdays will provide adequate time for all.

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.

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.

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

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

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 this month. Sign up on the Village App.

HAND & FOOT – WEDNESDAYS @ 1:30 PM & SUNDAY, OCT. 6TH & 20TH @1:30 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

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 – 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: Peg Knab (5059) and Rose Truelove (5036). **(On October 17th Party Bridge will be held in Auditorium)**

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.

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.

Transportation Update

Due to lack of interest, we will be discontinuing the Thursday night Community Shuttle.



WALK WITH PORTERS NECK VILLAGE

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 the 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

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

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 members of a committee are invited to attend any meeting as a guest. Please sign up on the Village App to attend.

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

Leisure Service – Wednesday, October 2nd @ 2:00 pm **(Board Room)**

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

Environmental Services – Friday, October 4th @ 11:00 am **(Board Room)**

Dining – Wednesday, October 9th @ 3:15 pm **(Board Room)**

Civic Affairs – Friday, October 18th @ 9:00 am **(Board Room)**

Finance – Monday, October 21st @ 3:00 pm **(Board Room)**

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

Area Meetings

SATURDAY, OCTOBER 12TH

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

Coffee Chat with Zane

WEDNESDAY, OCTOBER 9TH @ 11:00 AM, 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.

Onsite Dermatology will be here October 2nd – 877-345-5300 - A 205

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

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

SPECIAL FEATURES YOU DO NOT WANT TO MISS

Improv Comedy Workshop

WEDNESDAY, OCTOBER 2ND & 9TH @ 11:00 AM, AUDITORIUM

Laugh Lines by DareDevil Improv uses improvisation to bring NHC's most vibrant community of seniors together in a brand-new way!

Holy Communion

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

Take Holy Communion alongside your fellow PNV neighbors.

Women's Health

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

Join Michelle Stein from HealthPro Heritage for an interactive discussion on the top five leading health conditions impacting senior women followed by proactive intervention strategies, including therapy. Sign up on the Village App to attend.

Caregiver Support Group

THURSDAY, OCTOBER 3RD @ 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: Apollo 13: Survival

FRIDAY, OCTOBER 4TH & 25TH @ 2:00 PM, CYPRESS HALL

On April 13, 1970, an oxygen tank explodes aboard the Appollo 13 spacecraft bound for the moon. This documentary explores how the astronauts made it home. Sign up on the Village App to attend.

PNV Afternoon Social

SUNDAY, OCTOBER 6TH @ 4:00 PM, TAVERN ON THE POND

What to do on a nice Fall Football Sunday in Oct? Come to the Tavern on the Pond! If the weather cooperates, we can move out to the deck. Visit with neighbors and meet new friends! All are welcome! BYOB and BYO Snacks. We'll make popcorn in the popcorn machine. Football games will be on the TV (muted) and we'll have music, maybe even some local talent, if we're lucky! Sign up on the Village App so we'll know how many to expect. If you don't have access to the App, call the receptionist at 2221 to sign up.

CORE Library – NHC

MONDAY, OCTOBER 7TH @ 10:30 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. Please note the time and day change, CORE Library will take place the first Monday of the month at 10:30am.

**ATTENTION!!
SCHEDULE
CHANGE**

Parkinson's Support Group

MONDAY, OCTOBER 7TH @ 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. Immediately following this meeting, Leilani will be demonstrating the new boxing machine in the fitness studio.

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.

Line Dancing Party in Pink

THURSDAY, OCTOBER 10TH @ 1:00 PM, AUDITORIUM

Every October we celebrate and honor friends and family navigating breast cancer. October 3rd our community unites for the 1st annual Party in Pink Line dancing event. Please join us @ 1pm in the Auditorium for lots of fun and snacks. Wear your pink and see you there!

Music Bingo

FRIDAY, OCTOBER 11TH @ 2:30 PM, TAVERN ON THE POND

Music bingo is a fun spin on traditional bingo that allows you to jam out to snippets of your favorite songs while playing competitively against other music lovers! Join us in a fun game of music bingo: songs from the Show Tunes & Halloween Themed Songs! Sign up on the Village App to attend.

Art Talk

TUESDAY, OCTOBER 15TH @ 10:00 AM, CYPRESS HALL

Art Talk by local artist and professor Cheryl Crane Hunter. The topic is Autumn Equinox. Sign up on the Village App to attend.

Carte' Boutique

THURSDAY, OCTOBER 17TH @ 9:00 AM - 3:00 PM, CARDINAL CLUB ROOM

Judy from Carte' Ladies Boutique will be retiring and all her inventory must go, all items are 50% off! Come and shop for beautiful clothing and accessories, featuring the Alfred Dunner line. She will only be taking cash or checks; no credit card payments will be accepted.

A promotional poster for an Art & Craft Fair. The poster features a central white text box with a logo at the top consisting of a stylized green leaf and a yellow sun. The text in the box reads: "Art & Craft Fair", "MARK YOUR CALENDAR!", "Friday - October 18th", "2-6pm", "Porters Neck Village is hosting an Art & Craft Fair!", "Come explore handcrafted treasures from local artisans—woodworks, paintings, resin crafts, gift items, and so much more. It's the perfect chance to find something special while supporting local talent.", "For more information contact: msherman@portersneckvillage.org", and "1200 PORTERS NECK RD.". The poster is set against a background of various wooden bowls and plates, some of which are stacked. The overall aesthetic is warm and rustic.


Art & Craft Fair
MARK YOUR CALENDAR!
Friday - October 18th
2-6pm
Porters Neck Village is hosting
an Art & Craft Fair!
Come explore handcrafted treasures from
local artisans—woodworks, paintings,
resin crafts, gift items, and so much more.
It's the perfect chance to find something
special while supporting local talent.
For more information contact:
msherman@portersneckvillage.org
1200 PORTERS NECK RD.

Golf Putting Tournament

SATURDAY, OCTOBER 19TH @ 2:00 PM, PUTTING GREEN

1st Annual PNV Putting Tournament

WHO? - Any PNV resident as a contestant and anybody else is welcome to come and cheer. Bring a folding chair.

HOW? - Sign up on the Community App.

- Couples may sign up and play together
- Up to 48 contestants will compete by putting 2 circuits on our 6-hole layout from 2 different Tee positions.
- Each contestant will be given a package with a premarked scorecard, rules and instructions, pencil and ball marker.
- Lowest score will be declared 2024 Champion and will have their name placed on a 12-year perpetual plaque.
- Ties will be broken through a playoff.
- Only the winning score and ties will be published through our In-house publications. You can judge your score against the winner and highest score may have had the most fun!



Based on the Inaugural Putting Tournament we held in April, it is guaranteed to be a lot of fun, with little competition, but most of all, an opportunity to spend some quality time with friends.



Any questions? Call: Ray Burkart x-5949 / Bill Dahl x-5547 / Charlie DeGeorge x-5532 / Jan Makaryk x-5333 / Benny Wall x-5034

Tuesday Tunes – Barbara Streisand (Recorded Video Performance)

TUESDAY, OCTOBER 22ND & 29TH @ 2:00 PM, CYPRESS HALL

Enjoy Barbara Streisand's Timeless concert. Sign up on the Village App to attend.

SALSA

WEDNESDAY, OCTOBER 23RD @ 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.

Village Singer Rehearsal

THURSDAY, OCTOBER 24TH @ 2:30 PM, AUDITORIUM

Sign up on the Village App.

Puzzle Exchange

FRIDAY, OCTOBER 25TH @ 9:00 AM – 12:30 PM, CARDINAL CLUB ROOM

Have you completed your current puzzles? Are you interested in a new puzzle? If so, we have an event for you. Community Life Service is hosting an "Out with the Old and In with the New" puzzle exchange. Donate your old puzzle sets to CLS by Tuesday, October 22nd then, join us on Friday, October 25th to pick out your new puzzle sets. Puzzles must have all puzzle pieces to be donated.



Friday Night Concert

FRIDAY, OCTOBER 25TH @ 7:00 PM, AUDITORIUM

The Port City Ukuholic Band was founded by Music Director Lynn O'Connell in January 2023 when she saw a need to spread the joy of ukulele music in the Wilmington area. Combining multiple ukuleles with a rhythm section (bass and percussion), authentic HULA and incredible vocal harmonies the group does an outstanding job at making people smile, dance, laugh and enjoy life. Our members are diversified in age and occupations including nurse, seamstress, college professor, chorus teacher, Broadway singer, opera singer, church musician, professional painter, pharmaceutical sales rep, jewelry maker, surf instructor. But we have one thing in common - we are ukuholics and love to make people smile! Grab a drink & come on in. Sign up on the Village App.



Marketing, Muffins & Mimosas

TUESDAY, OCTOBER 29TH @ 10:00 AM, AUDITORIUM

Don't miss this opportunity to stay informed & engaged with our community! Complimentary muffins & mimosas will be served during this interactive Q & A with the Marketing Department. Sign up on the Village App!

Halloween Party & Costume Contest

THURSDAY, OCTOBER 31ST @ 3:00 PM – 5:00 PM, AUDITORIUM

Wear your spookiest Halloween costume & bring your dancing shoes to join us for a "spooktacular" party featuring DJ Drew, heavy appetizers & a cauldron of cocktails. This will take the place of Social Hour in the Tavern on the Pond. There will be a prize for the best costume. Sign up on the Village App!



Fall Door Decorating Contest

Get into the spirit of the season and decorate your front door.

Submit a photo of your door to Aneesa at ageorge@portersneckvillage.org by Oct 18.

Photos will be displayed in front of Aneesa's office for the community to vote for the most creative door between October 21-25.

The winning door will be announced during our Halloween Party on Oct. 31.

Good Luck!

LIVING WITH DEMENTIA

You don't have to take
this journey alone.



Savvy Caregiver Class

Date: 10/1, 8, 15

Time: 2pm- 4pm 1 x per week

This is a 3- week informational course

Place: Porters Neck Village 1200 Porters
Neck Rd. Wilmington, NC 28411

Presented By: Lifecare Memory Partners

Please RSVP to Sonia Cardoso 910-796-7975



LifeCare
MEMORY
PARTNERS

Call us directly.

We are a resource for you.

800-733-1476

LifeCareMemoryPartners.org

LifeCare Memory Partners improves the quality of life for individuals, families, and communities by providing the highest quality services, education, and advocacy for people living with Alzheimer's Disease and Related Dementias.

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.

- **October 1st** – The Surprising Pliability of Memory
- **October 8th** – The Connective Tissue of Memory
- **October 15th** – Expectation, Perception, and Memory
- **October 22nd** – Attention: You Remember What You Notice
- **October 29th** – False Memory: Remembering What Didn't Happen

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.

October 3rd

- Judaism in the Roman World & Christianity in the Roman World: An Overview

October 10th

- The Life and Teachings of Jesus & The Beginning of Christianity

October 17th

- The Earliest Christian Missions & The Conversion of Paul

October 24th

- Paul: The Apostle of the Gentiles & The Christian Mission to the Jews

October 31st

- Early Christianity & Reasons for Christianity's Success

Resident Informational Programs

Food Forum: TUESDAY, OCTOBER 1ST & WEDNESDAY, OCTOBER 2ND @ 2:00 PM, AUDITORIUM & STREAMING 1395

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

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, OCTOBER 15TH & THURSDAY, OCTOBER 17TH @ 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: THURSDAY, OCTOBER 24TH @ 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.

Community Life Services, RCC, and Home Care: MONDAY, OCTOBER 28TH @ 2:00 PM, BOARD ROOM

Alyssa Thompson and Marci Sherman share information monthly on how their departments help in keeping you healthy and active 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

October 5TH – Iron Jawed Angel (2h 5m)

Starring: Hiliary Swank, Margo Martindale & Anjelica Huston

A little known, yet integral piece of American history: based on the lives of Alice Paul and Lucy Burns, two young radical women who were instrumental in getting women the right to vote in America.



Following the film, Jane Albers will lead a discussion for those who are interested.

October 12TH – The Last Emperor (2h 45m)

Starring: John Lone, Joan Chen & Peter O'Toole

Bernardo Bertolucci's Oscar-winning dramatization of China's eleventh and final monarch of the Qing dynasty: Emperor Puyi.



October 19TH – Quartet (1h 40m)

Starring: Maggie Smith, Michael Gambon & Billy Connolly

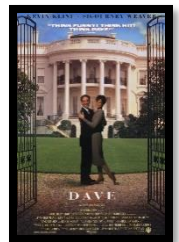
At a home for retired musicians, the annual concert to celebrate Composer Giuseppe Verdi's birthday is disrupted by the arrival of Jean (Dame Maggie Smith), an eternal diva and the former wife of one of the residents.



October 26TH – Dave (1h 50m)

Starring: Kevin Kline, Sigourney Weaver & Frank Langella

An uncanny Presidential lookalike named Dave is recruited by the Secret Service to become a momentary stand-in for the President of the United States.



Sign up on the Village App to attend.

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

Kids Making It Tour

WEDNESDAY, OCTOBER 2ND @ 9:30 AM, TRANSPORTATION

Join us for a guided tour of the Kids Making It woodworking program. Kids Making It is a not for profit woodworking program that teaches valuable vocational, entrepreneurial & life skills to at risk, low income youth. Sign up on the Village App to attend.

Thrifting with Neighbors

FRIDAY, OCTOBER 4TH @ 9:30 AM, TRANSPORTATION

Join your PNV neighbors for a day of thrifting at Our Yard, Your Sale in Hampstead. We will at a Dutch lunch at Sawmill Grill following the shopping. Sign up on the Village App to attend.

Pink Out Party at the Davis Community

SATURDAY, OCTOBER 5TH @ 4:00 PM, TRANSPORTATION

"Pink Out Party" to benefit Going Beyond The Pink a local not for profit, whose mission is to empower breast cancer patients & survivors with knowledge & support. PNV is collaborating with The Davis Community to honor and celebrate our survivors during Breast Cancer Awareness Month. Join us for live music, food trucks, raffles, vendors, and educational sessions with Going Beyond The Pink. Sign up on the Village App for transportation.



Senior Men's Club

FRIDAY, OCTOBER 11TH @ 9:15 AM, TRANSPORTATION

October 11TH – Salvation Army History & Future Plans

Presenter: Kenneth Morris

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

Cameron Art Museum Tour

WEDNESDAY, OCTOBER 16TH @ 9:30 AM, TRANSPORTATION

Engage more deeply with CAM's current indoor exhibitions and outdoor public sculpture *Boundless* by participating in a guided tour. Led by CAM Education Staff and Museum Tour Guides, learn about the artists and works on display, while taking part in dynamic discussions inspired by open-ended questions. "The Work of Their Hands" was the topic presented to us on August 26th. We will be able to continue to explore the continuing legacy of quilt-making and the evolution of textile art, starting with traditional quilts made for bedcoverings to contemporary fabric artworks by artists like Celeste Butler, Michael Cummings, Michael James, Beverly Smith and others. \$18 will be bill to account for the cost of this guided tour. Sign up on the Village App to attend.

Wrightsville Beach Farmers Market

MONDAY, OCTOBER 21ST @ 9:00 AM, TRANSPORTATION

We will take a ride to the Farmers Market where you can purchase local produce, baked goods, seafood, crafts and more! Sign up on the Village App to attend.

Ice Cream Club – Celtic Creamery

TUESDAY, OCTOBER 22ND @ 2:30 PM, TRANSPORTATION

Celtic Creamery Homemade Ice Cream originated from Ballybunion Co. Kerry, Ireland. Their award-winning ice cream is made from only the finest ingredients and a little bit of magic from the Emerald Isle to Porters Neck. Sign up on the Village App.

Beach Outing

WEDNESDAY, OCTOBER 30TH @ 9:45 AM, TRANSPORTATION

Do you enjoy walks 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.

Neighborhood Dining

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

Ladies Lunch

October 9TH @ 11:00 AM
Bento Box Sushi Bar & Asian
Kitchen (\$\$)

Evening Dining

October 16TH @ 5:00 PM
South Beach Grill
(\$\$)

International Dining

October 23RD @ 5:00 PM
Nawab Fine Indian Cuisine
(\$\$)

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 ***

CULTURAL ART OUTINGS

Chamber Music Wilmington Presents Akropolis Quintet (Kenan Auditorium)

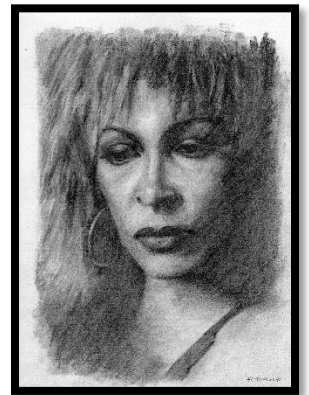
SUNDAY, OCTOBER 6TH @ 3:00 PM, TRANSPORTATION

Celebrating their 15th year as “a sonically daring ensemble who specializes in performing new works with charisma and integrity” (BBC Music Magazine) and a “collective voice driven by real excitement and a sense of adventure” (The Wire), Akropolis has “taken the chamber music world by storm” (Fanfare). Winner of 7 national chamber music prizes including the 2014 Fischhoff Gold Medal, Akropolis performs “works that brilliantly exploit their unique instrumentation” (Gramophone). Remaining the same 5 members since their founding in 2009, Akropolis delivers 120 concerts and educational events worldwide each year and has premiered and commissioned over 130 works by living artists and composers. Call the Kenan Auditorium Box Office for tickets at 910.962.3500. Departing at 3:00pm and the show starts at 4:00pm. Sign up on the Village App for transportation.

Tina – The Tina Turner Musical (Wilson Center)

TUESDAY, OCTOBER 8TH & WEDNESDAY, OCTOBER 9TH @ 6:15 PM, TRANSPORTATION

Celebrate the unstoppable woman that dared to dream fiercely, shatter barriers, and conquer the world—against all odds. Set to the pulse-pounding soundtrack of her most beloved hits, this electrifying sensation will send you soaring to the rafters. Departing at 6:30pm and the show starts at 7:30pm. For tickets call the Wilson Center Box Office at 910.362.7999. Sign up on the Village App for transportation.



Sketch by Fred Truelove

Capital Fools (Thalian Hall)

THURSDAY, OCTOBER 10TH @ 6:30 PM, TRANSPORTATION

The stairway to heavenly political satire originally laid by the Capitol Steps continues upward with The Capitol Fools — the new musical parody group created by the performers and co-writer from the Capitol Steps. The Capitol Fools hold up a mirror to our crazy political culture, providing hilarious song parodies and foolish reflections that continue to inspire belly-laughter. Departing PNV at 6:30pm. Showtime is 7:30pm. Call the box office for tickets at 910.632.2285.

Doug Tallamy: Nature at Home (UNCW Lumina Theater)

SATURDAY, OCTOBER 12TH @ 9:15 AM, TRANSPORTATION

Would you like to learn how to make your yard, garden, or porch a healthy habitat for native plants, birds, butterflies, and other wildlife? Are you interested in being part of a movement to restore crucial biodiversity to our environment? Doug Tallamy, author, professor and founder of the Homegrown National Park Movement will speak at UNCW Lumina Theater. Tickets \$10. at <https://friends-nhcarboretum.org/events-5823723> Departing at 9:15am and the lecture starts at 10am. Sign up on the Village App for transportation

PORTERS NECK VILLAGE OCTOBER ANNIVERSARIES

Peggy & John Strenkowski	10/1
Sonya & Tom Dinero	10/7
Lynn & Tony Powell	10/11
Bonnie & Greg Stone	10/11
Judy & Jack Wilson	10/19
Anne & Benny Wall	10/22
Pam & Henry Gudrian	10/26



PORTERS NECK VILLAGE OCTOBER BIRTHDAYS

October	1	David	Corley
October	2	Charlotte	Wilmer
October	2	Richard	Ezzell
October	4	Nancy	Goff
October	4	Lorraine	Marquardt
October	8	Lee	Mendez
October	9	Sally	Folcher
October	10	Jerry	Nolan
October	12	Donald	Ellson
October	12	Carol	Percy
October	12	Henry	Gudrian
October	13	Maxine	Terry
October	13	Marcia	Starkey
October	14	Fred	Truelove
October	14	Pam	Gudrian
October	16	Sally	Fortlouis
October	17	Margo	Russell
October	18	Ronnie	Roberts
October	19	Mary Ann	Parks
October	19	Eugene	Noris
October	21	Mary Lou	Kornegay
October	25	Stephen	Fortlouis
October	27	Edward	Seidel
October	27	Barbara	Walters
October	28	Galen	Eversole
October	29	Bonnie	Burrell
October	29	Pat	King
October	30	Jan	Makaryk
October	30	Al	Folcher

WELLNESS MATTERS

Please Note the Following!

We encourage you to sign up for all fitness classes on the Village App under the “wellness center activities” tile so that in the event of a cancellation or change in the schedule, we will be able to contact you.

Class Spotlight: Stretch & 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. Some exercises can/will be accomplished standing.

Exercise of the Month-Seated Knee Up

1. Sit on the end of a bench with your legs fully extended in front of you angled towards the ground, however, not touching.
2. Grip the sides of the bench for stability.
3. Leaning back to about a 45-degree angle from the bench.
4. Pull your knees in toward you at the same time moving your torso towards them.
5. Return to the starting position and repeat.

Knee Up Modification Instructions

Same as above, however, start with heels resting on the floor, lean back and lift knees upright toward your chest, then return to the floor.



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



2024 Festival of Lights

Tis (Almost) the Season!

The holiday season is quickly approaching, and residents are in the planning process for our traditional Festival of Lights celebration. Led by Jack Strenkowski, residents deck the halls throughout the community, around Blue Heron Pond, walking trails, and around resident homes.

The decorations for Festival of Lights are made possible thanks to funding by the Porters Neck Village Memorial Fund, which was established almost 30 years ago to provide enjoyment for Village residents. The Memorial Fund Committee is chaired by Ray Burkart and is comprised by residents and representation of the PNV Board of Directors.

Residents and associates have the opportunity to honor loved ones during the Festival of Lights through special plaques that are placed throughout the community. For a \$50 donation to the Memorial Fund, a plaque to recognize your loved one will be placed among the holiday decorations around Blue Heron Pond. If you would like to honor a loved one, please complete the form below and drop it off at the front desk, along with a check for \$50 made payable to the ***Porters Neck Village Memorial Fund***, by Friday, November 15, 2024.

Resident Name: _____ Unit: _____

Name of Person to be Honored: _____

Please be sure to include a check made payable to the ***Porters Neck Village Memorial Fund*** and return this form to the front desk by Friday, November 15, 2024.





To Honor and Respect on Veterans Day

As you may know, PNV honors our Veteran residents with a luncheon. This year, we are putting together something special for our program on Monday, November 11th and need your help.

If you are a veteran, we ask that you fill out the information below and give us a picture of you in your uniform.

(The photo will be returned to you).

Name_____

Rank_____

Branch of Military_____

Years Served_____

Honors, Medals,
Awards_____

Return this form with photo to the Living Well Mailbox in the Village Post



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.