

SEPTEMBER 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.

Health Services

Take a proactive approach to your health. It is essential for disease prevention and detection as well as peace of mind and independence. Medical screenings and regular exams, along with proper management and organization of health care needs can lead to longer, healthier and happier lives.

Here are some Health Wellness Opportunities:

- Shingles- what you need to know – September 5th
- The Benefits and Services of RCC & Home Care – September 20th
- Dr. Surak Presents: Hydration and You – September 24th

Why couldn't the couple get married at the library?

(See lower left for answer)

SAVE THE DATE

SEPTEMBER 6

Monthly Documentary:
A Towering Task: The
Story of the Peace
Corp

SEPTEMBER 11

Improve Comedy
Workshop

September 13

Pop-up Donut Bar &
Alzheimer's Walk
Registration

September 26

Piano Concert w/ Allen
Thames



It was all booked up!

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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 (EXCEPT SEPTEMBER 2ND)

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 (EXCEPT SEPTEMBER 2ND)

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

WOMEN'S COFFEE GROUP – MONDAYS & WEDNESDAYS @ 9:00 AM, ARTISAN ROOM (STARTING SEPTEMBER 9TH)

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

VIRTUAL BINGO – MONDAYS @ 1:00 PM, STREAMING ON 1395 (EXCEPT SEPTEMBER 2ND)

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).

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 – 4:00 pm

Thursday
4:30 pm – 8:30 pm

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

★★★★★★★★★★

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

WOMEN'S BIBLE DISCUSSION GROUP – MONDAYS @ 3:00 PM, CYPRESS HALL (EXCEPT SEPTEMBER 2ND)

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 (EXCEPT SEPTEMBER 2ND)

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 this month. Sign up on the Village App.

HAND & FOOT – WEDNESDAYS @ 1:30 PM & SUNDAY, SEPT. 1ST & 15TH @1:30 PM, CARDINAL CLUB ROOM

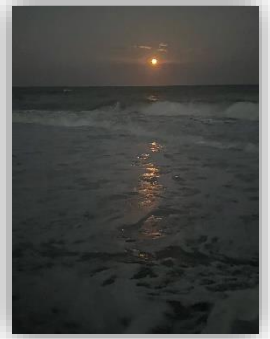
Sign up on the Village App to play and email linda@lindaheller.com your email address. Once done, you will then receive information about the game directly from Linda Heller.

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. Beginners to intermediate are welcome. Starting September 5th, each 1st Thursday of the month Cheryl will teach a new painting technique, using step by step instructions. September's image is the super moon in Aquarius. Focus is on Light & shadow. 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.

PUTTING PRACTICE & COMPETITION – SATURDAYS @ 7:00 PM PUTTING GREEN

Our new Putting Green is located behind Magnolia Walk 2. Meet your neighbors there every Saturday at 7pm 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 @ 7:00 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 7pm & Sundays at 7pm. 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.

SUNDAY CHURCH ROUTES

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

Departing 9:30 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

10:00 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, September 4TH @ 10:30 am **(Board Room)**

Leisure Service – Wednesday, September 4TH @ 2:00 pm **(Board Room)**

Building & Grounds – Thursday, September 5TH @ 2:00 pm **(Board Room)**

Environmental Services – Friday, September 6TH @ 11:00 am **(Board Room)**

Dining – Wednesday, September 11TH @ 3:15 pm **(Board Room)**

Finance – Monday, September 23RD @ 3:00 pm **(Board Room)**

Resident Council- Thursday, September 26TH @ 11:00 am **(Auditorium & 1395)**

Area Meetings

SATURDAY, SEPTEMBER 14TH

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

Coffee Chat with Zane

FRIDAY, SEPTEMBER 13TH @ 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 September 4th – 877-345-5300 - A 205

Dr. Jason Rickman, Excel Audiology will be here September 10th – 910-399-3075 – RCC

Noah Foot & Ankle will be here September 10TH – 910-399-8688 - A 205

Labor Day Community News (Monday, September 2nd)

Transportation: No coach/community shuttle or valet services

Food and Beverage: We celebrate with a cookout style buffet. Enjoy hamburgers, hot dogs & more. The buffet will only be available during lunch dining hours, 11:30-2:00. There is no dinner service or 5pm pickup on this day. Pick up & delivery at 12:00 only. Please be sure to make reservations for the lunch cookout.

Transportation News

Thursday Night Shuttle Service

Tell your neighbors to try our community shuttle. This shuttle will pick you up at home and take you to the commons to enjoy dinner in the Magnolia Room on Thursday evenings. We will continue through the month of September and re-evaluate the continuation of this service based on usage. Call the front desk to be picked up between 4:30-8:00 on Thursdays.



Flu shots will be provided by Walgreens. Sign up for your flu shot at RCC. Please bring your insurance card with you.

SPECIAL FEATURES YOU DO NOT WANT TO MISS

CORE Library – NHC

TUESDAY, SEPTEMBER 3RD @ 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 – Josh Groban (Recorded Video Performance)

TUESDAY, SEPTEMBER 3RD & 24TH @ 3:00 PM, CYPRESS HALL

Enjoy Josh Groban's performance live from the Greek. Sign up on the Village App to attend.

Holy Communion

WEDNESDAY, SEPTEMBER 4TH @ 10:00 AM, CYPRESS HALL

Take Holy Communion alongside your fellow PNV neighbors.

Shingles – What You Need to Know

THURSDAY, SEPTEMBER 5TH @ 2:00 PM, CYPRESS HALL

Join Michelle Stein from HealthPro Heritage for an interactive lecture and discussion on Shingles. Shingles affects millions of Americans every year with complications increasing with age! Learn what shingles is, how it may present, and how best to manage the symptoms of the infection.

Caregiver Support Group

THURSDAY, SEPTEMBER 5TH @ 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.

View the Recording of the Spring Fling

FRIDAY, SEPTEMBER 6TH @ 10:30 AM & MONDAY SEPTEMBER 16TH @ 2:30 PM, AUDITROIUM

Enjoy watching the PNV Spring Fling with your neighbors. Sign up on the Village App to attend.



Monthly Documentary: A Towering Task: The Story of the Peace Corps

FRIDAY, SEPTEMBER 6TH & WEDNESDAY SEPTEMBER 18TH @ 3:00 PM, CYPRESS HALL

A Towering Task tells the story of the Peace Corps, a unique U.S. government agency born out of the Cold War and the heady days of the Kennedy administration. To this day, Peace Corps Volunteers redefine how America engages with the rest of the world. Sign up on the Village App to attend.

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.

Parkinson's Support Group

MONDAY, SEPTEMBER 9TH @ 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.

New Hanover County Gang Unit

TUESDAY, SEPTEMBER 10TH @ 2:00 PM, AUDITORIUM

Deputy Sheriff Gene Moore and the Gang Unit from New Hanover County's Crime Awareness and Prevention Unit will give us an in-depth look at gang activity in Wilmington. Special thanks to Bob Mitchell for introducing us to Deputy Moore. Sign up on the Village App to attend.

Pop-up Donut Bar & Alzheimer's Walk Registration

FRIDAY, SEPTEMBER 13TH @ 10:00 AM, TAVERN ON THE POND

Join us in the Tavern for a sweet treat. While you're there, register for the PNV's Walk to End Alzheimer's which will be held on November 6th at 2pm. Sign up on the Village App to attend.

Friday Night Concert – Scottie Stringz

FRIDAY, SEPTEMBER 13TH @ 7:00 PM, AUDITORIUM

For all you Scottie Stringz fans. Good news! He is returning September 13th at 7 PM for an evening of the music we love to hear. Don't forget to sign up on the Village App. Eat early so you won't miss out on any of the music. He is an exceptional guitarist, has a wide vocal range and might even do a few Elvis moves for some of you ladies.

His Song Book lists over 225 selections, and he tells us he has added more since his last concert here. If you would like to suggest a specific sing-along song, the Song Book will be on the desk, right outside Aneesa's office. Choose a favorite and list on the sheet in the front of the book. He will select several from the list.

Scottie is a great entertainer, and we think you will walk away with a smile on your face and a song in your heart. Sign up on the Village App to attend.

Art Talk

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

Art Talk by local artist and professor Cheryl Crane Hunter. Topic: Fall Equinox Adventure in Art. Sign up on the Village App to attend.

NCDOJ: Working to Protect the People of NC

TUESDAY, SEPTEMBER 17TH @ 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.

Clay Class with Cheryl Crane

THURSDAY, SEPTEMBER 26TH @ 1:00 PM, ARTISAN ROOM

We will be working with slabs of clay to your own 3D animal. 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.

Garden Club

WEDNESDAY, SEPTEMBER 18TH @ 3:00 PM, BOARDROOM

The Annual Meeting of the Porters Neck Village Garden Club will be held September 18 at 3 PM in the boardroom. All interested in gardening are invited to attend. Included in the meeting will be the election of offices for the coming year and the assignment of any open plots. Please register on the app if you're planning to attend.

Live Music Performance by Michael Dardis

THURSDAY, SEPTEMBER 19TH @ 3:30 AM, TAVERN ON THE POND BACK DECK

Join us on the back deck of the Tavern on the Pond as Michael Dardis performs live music. Sign up on the Village App to attend.

The Plan of ILM

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

Jeff Bourk, Airport Director at ILM will be talking about growth at the airport, new air service, terminal expansion, roadway, curb and parking projects, and business park development around the airport. Special thanks to Greg Stone for connecting us with Mr. Bourk. Sign up on the Village App to attend.

The Benefits of RCC and Home Care

FRIDAY, SEPTEMBER 20TH @ 2:00 PM, AUDITORIUM & STREAMING ON 1395

Join us for an informative presentation from Alyssa Thompson, our very own Director of Health Services. Alyssa will be discussing the benefits of the Resident Care Center and what services they provide. She will also discuss all the services of our Home Care Program including medicine prompting, pet care, shopping help, and more. Sign up on the Village App to attend.

Kindness Rocks

MONDAY, SEPTEMBER 23RD @ 2:00 PM, ARTISAN 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. 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. Sign up on the Village App to attend.

Dr. Surak Presents

TUESDAY, SEPTEMBER 24TH @ 10:00 AM, AUDITORIUM & STREAMING ON 1395

Join us as Dr. Surak discusses the importance of staying hydrated even when it's not hot outside. Sign up on the Village App to attend.

SALSA (Sighted and Limited Sight Alliance)

WEDNESDAY, SEPTEMBER 25TH @ 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.

Cocktail Tasting

WEDNESDAY, SEPTEMBER 25TH @ 4:00 PM, ARTISAN ROOM

Join us for a cocktail tasting with PNV Bartender Kolin Carswell. We will be sampling multiple cocktails. The tasting is \$30 and will include a charcuterie board. You can use your meal balance credit to pay for this event! Please sign up on the app or at the front desk with the receptionist as space is limited. Please contact Aneesa at ext. 3116 for any questions.

Piano Concert with Allen Thames

THURSDAY, SEPTEMBER 26TH @ 3:30 PM, AUDITORIUM

Join us in the auditorium to hear one of the winners of the 2nd Annual Beckwith Young Artist Showcase Competition. Allen Thames, a young concert pianist, will entertain us with a piece from the works of Mozart, Chopin, Schumann and Liszt. Sign up on the Village App to hear this child prodigy.



The poster features a group of five diverse people laughing joyfully, framed by a large, stylized red and white graphic that reads "LAUGH LINES". Below the image, the text "Improv Comedy Workshop" is followed by a description of the 4-week workshop. To the right, the schedule "Wednesdays@ 11 Sept. 11, 18, 25, Oct 2" is listed. At the bottom, it states "All Sessions held in the Auditorium" and "Register on the Village App today!". A small globe icon and the website "www.daredevilimprov.com" are at the bottom left.

LAUGH LINES

Improv Comedy Workshop
Join DareDevil Improv in this 4-week workshop to learn improvisation games that enhance creativity, build connections, and have fun in a supportive and welcoming environment.

No previous experience necessary!

You'll make new friends and make people laugh while strengthening your mind, memory, and spirit!

**Wednesdays@ 11
Sept. 11, 18, 25,
Oct 2**

**All Sessions held in the Auditorium
Register on the Village App
today!**

 www.daredevilimprov.com

Improv Comedy Workshop

**WEDNESDAY, SEPTEMBER 11TH, 18TH 25TH & OCTOBER 2ND @ 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!

In this weekly workshop, we will learn improvisation games that enhance creativity, build connections, and have fun in a supportive and welcoming environment.

No previous experience necessary. Participants will meet for 1 hour each week for 4 weeks to learn and practice improv games.

What to expect:

The program focuses on creative stimulation, storytelling, humor, and social connection in a safe and supportive environment.

All of the games are physically low-impact to accommodate all ability levels-- nearly all games can be played from a comfortable seated position. We teach early on the importance of agreement to improvisation, and we only ask that each attendee bring their humor, grace, and a sense of saying "yes" to whatever happens in every session!

Participants can expect to have fun, share their humor, and laugh, laugh, laugh!

About DareDevil Improv:

DareDevil Improv is Wilmington's finest comedy arts education and entertainment community. DareDevil was founded in 2017 to create a lasting tradition of spontaneous theater and comedy in the southeast. Our mission is to use improvisation to create vibrant contemporary entertainment and connected communities.

www.daredevilimprov.com

Please register for all 4 sessions on the Village App. You may not register for less than the 4 sessions. There is a minimum of 6, maximum of 20 participants needed.

Great Courses –Books that Matter: The Federalist Papers

TUESDAYS @ 11:00 AM, AUDITORIUM

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

- **September 3RD** – The President of the United States
- **September 10TH** – The Federal Judiciary
- **September 17TH** – The Evolution of American Federalism
- **September 24TH** – The Future of the United States Constitution

Max and Sarah Williams Life Long Learners - The U.S and the Middle East

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.

- September 5TH
 - The First Palestinian Intifada
 - The Gulf War
- September 12TH
 - The Rise & Fall of the Oslo Peace Process
 - The United States & the Kurds
- September 19TH
 - The United States & Osama bin Laden
 - September 11 & Its Aftermath
- September 26TH **(The Triumph of Christianity)**
 - The Christian Conquest of Rome
 - Pagan Religions in the Roman World

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, SEPTEMBER 20TH @ 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.

Administration and Human Resources: THURSDAY, SEPTEMBER 26TH @ 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.



Party Bridge Update

The Party Bridge group plays at 1:00 on the 1st and 3rd Thursdays. The group is looking for substitute players in order to add an additional table beginning in September.

If you are interested in playing as a substitute, contact Nancy Kirby at X 5609 or Clarice Reber X 5335.

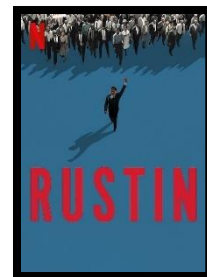
Saturday Matinee

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

September 7TH – Rustin (1h 46m)

Starring: Julian Breece & Dustin Lance Black

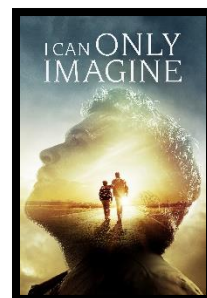
Activist Bayard Rustin faces racism and homophobia as he helps change the course of Civil Rights history by orchestrating the 1963 March on Washington.



September 14TH – I Can Only Imagine (1h 50m)

Starring: Bart Millard, Jon Erwin & Brent McCorkle

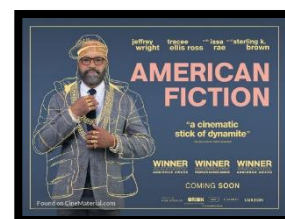
The inspiring and unknown true story behind Mercy Me's beloved, chart-topping song that brings ultimate hope to so many is a gripping reminder of the power of true forgiveness.



September 21ST – American Fiction (1h 57m)

Starring: Jeffery Wright, Tracee Ellis Ross & John Ortiz

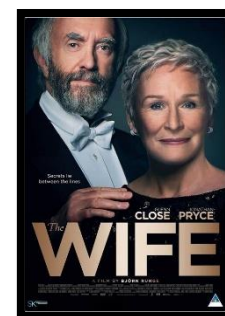
A novelist who's fed up with the establishment profiting from Black entertainment uses a pen name to write a book that propels him into the heart of the hypocrisy and madness he claims to disdain.



September 28TH – The Wife (1h 39m)

Starring: Glenn Close, Jonathan Pryce & Max Irons

A wife questions her life choices as she travels to Stockholm to see her husband receive the Nobel Prize for Literature.



Sign up on the Village App to attend.



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

Senior Men's Club

FRIDAY, SEPTEMBER 6TH & 20TH @ 9:15 AM, TRANSPORTATION

September 6TH – Renewable Sources of Energy

Presenter: Ms. Pam Hardy

September 20TH – The Salvation Army History

Presenter: Mr. Kenneth Morris

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

Karen Beasley Sea Turtle Rescue & Rehabilitation Center Guided Tour

FRIDAY, SEPTEMBER 13TH @ 1:15 PM, TRANSPORTATION

We will visit our closest active sea turtle hospital. Their goal is to help turtle patients recover so they can be released back to the ocean. A volunteer tour guide will give you a tour of the hospital and explain how the sea turtles are rehabilitated and released. Space is limited, sign up on the Village App to attend. Residents will be billed \$7 for ticket admission.

Ice Cream Club - Gelarto

WEDNESDAY, SEPTEMBER 18TH @ 1:15 PM, TRANSPORTATION

Located on the Cape Fear River in the 100-year-old JW Brooks Warehouse, the Gelateria is the perfect spot to grab some delicious gelato or a coffee. Try one of over 40 authentic Italian flavors, made with fresh Alpine Spring water and milk from Gelarto's very own herd of cows in Turin, Italy. Bring your appetite for this amazing dutch treat experience. Sign up on the Village App to attend.

Bowling

TUESDAY, SEPTEMBER 24TH @ 1:00 M, TRANSPORTATION

Join us in a friendly game of bowling at Cardinal Lanes Beach Bowl. We will play two rounds of games. Residents will be billed \$12 for bowling shoe rental and games. Sign up on the Village App to attend.

Trip to Southport

FRIDAY, SEPTEMBER 27TH @ 9:15 AM, TRANSPORTATION

Take a day to stroll the tree-lined streets of Southport, shopping boutiques, and visiting the many sites that make Southport so special. Take advantage of the opportunity to stop and spend some time at one of the many local restaurants. From fine dining to fun dining, your choices include fresh- caught seafood, steak, salads, hamburgers, ice cream, pastries, and more. You will find a map and a list of the many venues available at the Activities Desk. This is a vigorous walking outing. Sign up on the Village App to attend.

Fourth Friday Art Gallery Tour

FRIDAY, SEPTEMBER 27TH @ 5:00 PM, TRANSPORTATION

Join us on a self-guided tour of the after -hours celebration of art and culture in downtown Wilmington. It is fun, free, and family friendly! Managed by the Arts Council of Wilmington and New Hanover County. We will be visiting the Acme Art Studios, Port City Pottery Fine Crafts and WHQR. This is a vigorous walking outing, nearly all of the galleries offer refreshments and seating is often limited. PNV transportation is provided to each venue, sign up on the Village App to attend.

Beach Outing

MONDAY, SEPTEMBER 30TH @ 9:30 AM, TRANSPORTATION

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! Sign up to attend on the Village App. Bring your sun gear, hats, glasses, SPF Sunscreen, and comfortable shoes. Restrooms will be available.

Neighborhood Dining

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

Ladies Lunch

September 11TH @ 11:00 AM
Olympia Restaurant

Evening Dining

September 18TH @ 5:00 PM
Bluewater Waterfront Grill

International Dining

September 25TH @ 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 ***

CULTURAL ART OUTINGS

United States Air Force Band Presents Airmen of Note (Minnie Evans Art Center)

THURSDAY, SEPTEMBER 19TH @ 5:50 PM, TRANSPORTATION

Don't miss this chance to see the premier jazz ensemble of The United States Air Force live in concert! The band will be performing an eclectic program, ranging from big band hits of the 1930's and '40's to brand new compositions encompassing many genres! Admission is free, tickets will be provided to all participants the day of the show. Departing at 5:50 pm and the show starts at 7:00pm. Sign up on the Village App for transportation.

Cape Fear Arts in Motion: Mystical, Classical & Reflective (Thalian Hall)

FRIDAY, SEPTEMBER 20TH @ 6:30 PM, TRANSPORTATION

Forward Motion Dance Company presents a breathtaking and innovative dance event with Cape Fear Arts in Motion. Uniting local dancers, choreographers, musical and visual artist to bring the art form of modern, contemporary, classical, and jazz dance. Departing at 6:30pm and the show starts at 7:30pm. We have a limited number of complimentary tickets. To attend, register on the Village App.

Music on Market (St. Andres-Covenant Presbyterian Church)

SATURDAY, SEPTEMBER 21ST @ 6:30 PM, TRANSPORTATION

Wilmington Voices presents Music for a Sacred Space, an evening of choral music that is not only a celebration of artistic excellence, but also a testament to the enduring power of music. We seek to create a sense of peace and reverence in the hallowed confines of a sacred sanctuary, transcending boundaries and uniting hearts in a shared journey through sublime music. Whether one seeks solace, inspiration, or simply an opportunity to bask in the beauty of choral harmonies, this concert promises to be a memorable and uplifting experience for all who attend. Admission is free. Departing at 6:30pm and the show starts at 7:30pm. Sign up on the Village App for transportation.

North Carolina Symphony Presents: Beethoven No. 8 (Wilson Center)

SATURDAY, SEPTEMBER 28TH @ 6:30 PM, TRANSPORTATION

Enjoy an evening of classical favorites featuring Beethoven's joyous Symphony No. 8, with your North Carolina Symphony's own Joseph Peters conducting. For tickets call the Wilson Center Box Office at 910.362.7999. Departing at 6:30 pm, the show starts at 7:30pm. Sign up on the Village App for transportation.

PORTERS NECK VILLAGE SEPTEMBER BIRTHDAYS

September	1	John	Farley
September	4	Peggy	Nawrocki
September	4	Jerry	Kornegay
September	6	Judy	Porter
September	7	Dennis	Wilkie
September	7	Susan	Keylor
September	10	Charles	DeGeorge
September	12	Aggie	Henriksen
September	12	Edda	Callahan
September	12	Jack	Halverson
September	12	Ann	Jessup
September	13	Susan	Tompkins
September	15	Mary	Ballard
September	15	Clarice	Reber
September	17	Charles	Elledge
September	18	Jane	Huntzberry
September	19	Bill	Paris
September	21	Jean	Foster
September	22	Barbara	Ruegner
September	24	John	Gangemi
September	25	Grace	Edwards
September	28	Richard	Fox
September	28	Marilyn	Lennard



Cecelia and R.E.	Corbett	9/4
Eileen and Jim	Kapetsky	9/11
Elizabeth and Dick	Rogers	9/16
Judy and Bob	Porter	9/21
John and Gladys	Lord	9/24
George and Jan	North	9/13



Cecelia & R.E Corbett

WELLNESS MATTERS

Class Spotlight: Stretch and Balance

This class covers a variety of exercises designed to improve muscular strength and endurance. Great for all fitness levels! stretching to improve stamina, flexibility, and overall daily function. Exercises are performed seated and/or standing. There are many important cues given while participating in the class. This is a great opportunity to practice your balance even more with others.

Fitness Assessments

****If you have not completed a Fitness Assessment with Leilani or you would like a refresher, please stop by or call 3235 to get one scheduled today ****

Exercise of the Month-Toy Soldier

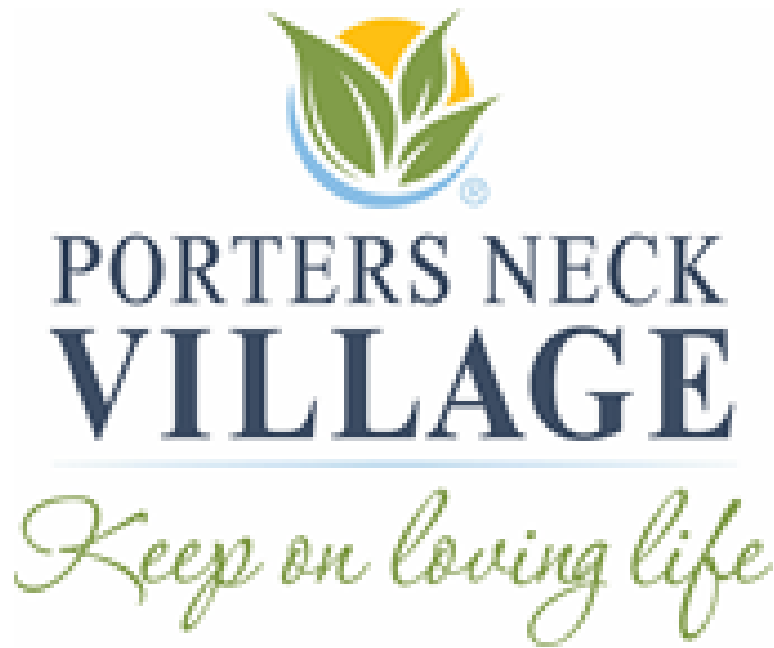
How to perform a Standing Toy Soldier

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

Modified Toy Soldier Instructions

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





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.