

January 2023



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*Committed to Brevard,
Dedicated to Seniors*

Find us on 



Squirrel Appreciation Day

Saturday, January 21 in honor of College Walk's mascot, pick up a sunflower seed goody bag at the Front Desk. Share this special treat with our "pets".

National Cream Puff Day

Cream puffs, get your cream puffs! Monday, January 2 stop by Main Lobby from 2 pm - 4 pm for one (or two) of these delicious treats.



National Pie Day

Monday, January 23 you will have several different pies to choose from at 2:30 pm in The Inn Cafe Area and upstairs Cafe Area. Sign up at Front Desk.



Volunteer Spotlight

Nancy has been volunteering at The Inn at College Walk for a little over a year. The reason she volunteers: "I love College Walk from when my mom Charlotte lived here". Nancy helps in many ways including answering the phone. We are so thankful for all her help!



National Fig Newton Day

How long has it been since you've enjoyed one of these treats? Monday, January 16 Fig Newtons will be available from 10 am - 2 pm in Main Lobby.



National Hot Chocolate Day

Tuesday, January 31 hot chocolate will be available in Main Lobby all day. YUM!



National Chocolate Cake Day





Friday, January 27 enjoy a scrumptious slice of chocolate cake at 2 pm in The Inn Cafe Area. Sign up at Front Desk.



National Popcorn Day

Thursday, January 19 bags of popcorn will be available in Main Lobby from 10 am - 2 pm Stop by and grab a bag.



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|---|---|---|---|
| New Year's Day 1 10:30 Church Service 11:30 J Main Meal in the Dining Room 1:30 D Scrabble 2:30 Snack Time 3:30 A Vespers | New Year's Day (Observed) 2 9:15 E Coffee Chat 9:30 G Errands 10:00 A Exercise with Kerry DVD 11:00 M Bocce 11:00 A Chair Yoga DVD 2:00 A Cornhole 2:00 G National Cream Puff Day 2:00 F Sit, Step, Sing with Debra | 3 10:00 C RC Communion 10:00 G Shopping at ALDI Grocery Store 1:00 E Bingo with Andy 2:00 C Episcopal Communion 2:00 A Ping Pong 2:30 E Episcopal Coffee 3:00 Music with Linda 7:00 A Movie | 4 8:00 Continental Breakfast 9:30 G Grocery Shopping 10:00 Dog Visits 10:00 A Exercise with Kerry DVD 10:30 G Grocery Shopping 11:00 P Blood Pressure Checks 11:00 M Bocce 11:00 A Chair Yoga DVD 2:00 AAUW Book Club 2:00 F Sit, Step, Sing with Debra 2:30 A Yoga with Lauren 3:00 D Dominoes | 5 9:15 E Coffee Chat 10:30 Sarah Ruth Circle of PW 11:00 D Wii Bowling 1:00 E Bingo with Andy 1:00 D Knitting Group 2:00 A Cornhole 6:00 G Transylvania County Library Program | 6 9:30 G Errands 10:00 A Exercise with Kerry DVD 10:30 A Book Discussion Group 10:30 G Shopping at Walmart and Belk 11:00 M Bocce 11:00 A Morning Yoga with Laura 1:00 F Sit, Step, Sing with Debra 1:00 Turning Points 2:00 E Fun Friday - Hot Cider 2:00 D Pinochle 6:30 D Billiards | 7 10:00 A Stand & Sit Yoga DVD 10:30 A Chair Yoga DVD 1:30 D Scrabble 2:00 E Coffee Chat 2:00 A Ping Pong 6:00 F Popcorn & Movie in The Inn 7:00 A Movie |
| 8 10:30 Church Service 11:30 J Main Meal in the Dining Room 1:30 D Scrabble 2:30 Snack Time 3:30 A Vespers | 9 9:15 E Coffee Chat 9:30 G Errands 9:30 PEO Group 10:00 A Exercise with Kerry DVD 11:00 M Bocce 11:00 A Chair Yoga DVD 2:00 A Cornhole 2:00 F Sit, Step, Sing with Debra 3:30 E Monday Mixers | 10 9:30 Hubble Group 10:00 C RC Communion 1:00 E Bingo with Andy 2:00 C Episcopal Communion 2:00 A Ping Pong 2:30 East and West Wing Meet and Greet in 1st Floor Elevator Lobbies 2:30 E Episcopal Coffee 7:00 A Movie | 11 8:00 Continental Breakfast 9:30 G Grocery Shopping 10:00 Dog Visits 10:00 A Exercise with Kerry DVD 10:30 G Grocery Shopping 11:00 M Bocce 11:00 A Chair Yoga DVD 2:00 F Sit, Step, Sing with Debra 2:30 A Yoga with Lauren 3:00 D Dominoes | 12 9:15 E Coffee Chat 10:00 A Line Dancing 11:00 Craft Time with Jean 11:00 D Wii Bowling 1:00 E Bingo with Andy 1:00 D Knitting Group 2:00 C First Methodist Gathering and Communion 2:00 A Visually Impaired Persons Meeting | 13 9:30 G Errands 10:00 A Exercise with Kerry DVD 10:30 G Shopping at Walmart and Belk 11:00 M Bocce 11:00 A Morning Yoga with Laura 1:00 F Sit, Step, Sing with Debra 1:00 Turning Points 2:00 E Fun Friday - Birthday Party 2:00 D Pinochle 6:30 D Billiards | 14 10:00 A Stand & Sit Yoga DVD 10:30 A Chair Yoga DVD 1:30 D Scrabble 2:00 E Coffee Chat 2:00 A Ping Pong 6:00 F Popcorn & Movie in The Inn 7:00 A Movie |
| 15 10:30 Church Service 11:30 J Main Meal in the Dining Room 1:30 D Scrabble 2:30 Snack Time 3:30 A Vespers | Martin Luther King Jr. Day 16 9:15 E Coffee Chat 9:30 G Errands 10:00 A Exercise with Kerry DVD 11:00 M Bocce 11:00 A Chair Yoga DVD 2:00 A Cornhole 2:00 G National Fig Newton Day 2:00 F Sit, Step, Sing with Debra 3:30 E Monday Mixers | 17 9:30 Hubble Group 10:00 C RC Communion 12:00 J Soup Buffet 1:00 E Bingo with Andy 2:00 C Episcopal Communion 2:00 A Ping Pong 2:30 E Episcopal Coffee 3:00 Music with Linda 7:00 A Movie | 18 8:00 Continental Breakfast 9:30 G Grocery Shopping 10:00 Dog Visits 10:00 A Exercise with Kerry DVD 10:00 Recycled Card Group 10:30 G Grocery Shopping 11:00 P Blood Pressure Checks 11:00 A Chair Yoga DVD 2:00 F Sit, Step, Sing with Debra 2:30 A Yoga with Lauren 3:00 D Dominoes 7:00 G Parker Concert Hall at BMC | 19 National Popcorn Day 9:15 E Coffee Chat 10:00 A Line Dancing 11:00 D Wii Bowling 12:00 Pizza Party 1:00 E Bingo with Andy 1:00 D Knitting Group 2:00 A Cornhole 3:00 Scenic Ride for The Inn | 20 9:30 G Errands 10:00 A Exercise with Kerry DVD 10:30 G Shopping at Walmart and Belk 11:00 M Bocce 11:00 A Morning Yoga with Laura 1:00 F Sit, Step, Sing with Debra 1:00 Turning Points 2:00 D Pinochle 3:00 A Betts Bar 6:30 D Billiards | National Squirrel Appreciation Day 21 10:00 A Stand & Sit Yoga DVD 10:30 A Chair Yoga DVD 1:30 D Scrabble 2:00 E Coffee Chat 2:00 A Ping Pong 6:00 F Popcorn & Movie in The Inn 7:00 A Movie |
| 22 10:30 Church Service 11:30 J Main Meal in the Dining Room 1:30 D Scrabble 2:30 Snack Time 3:30 A Vespers | 23 National Pie Day 9:15 E Coffee Chat 9:30 G Errands 10:00 A Exercise with Kerry DVD 10:00 L Library Committee Meeting 11:00 M Bocce 11:00 A Chair Yoga DVD 2:00 A Cornhole 2:00 F Sit, Step, Sing with Debra 2:30 E Pie Party 3:30 E Monday Mixers | 24 9:30 Hubble Group 10:00 C RC Communion 11:30 G Movie Trip to Cinemark Theater in Asheville 1:00 E Bingo with Andy 2:00 C Episcopal Communion 2:00 A Ping Pong 2:30 E Episcopal Coffee 3:00 F Listen and Laugh with Carol 7:00 A Movie | 25 8:00 Continental Breakfast 9:30 G Grocery Shopping 10:00 Dog Visits 10:00 A Exercise with Kerry DVD 10:30 G Grocery Shopping 11:00 M Bocce 11:00 A Chair Yoga DVD 1:00 UU's 2:00 F Sit, Step, Sing with Debra 2:30 A Yoga with Lauren 3:00 D Dominoes | 26 Chinese New Year Buffet 9:15 E Coffee Chat 10:00 A Line Dancing 11:00 Craft Time with Jean 11:00 D Wii Bowling 1:00 E Bingo with Andy 1:00 D Knitting Group 2:00 A Cornhole 6:30 A Musical Performance by Frim Fram | 27 National Chocolate Cake Day 9:30 G Errands 10:00 A Exercise with Kerry DVD 10:30 G Shopping at Walmart and Belk 11:00 M Bocce 11:00 A Morning Yoga with Laura 1:00 F Sit, Step, Sing with Debra 1:00 Turning Points 2:00 E Fun Friday - Chocolate Cake 2:00 D Pinochle 6:30 D Billiards | 28 10:00 A Stand & Sit Yoga DVD 10:30 A Chair Yoga DVD 1:30 D Scrabble 2:00 E Coffee Chat 2:00 A Ping Pong 6:00 F Popcorn & Movie in The Inn 7:00 A Movie |
| 29 10:30 Church Service 11:30 J Main Meal in the Dining Room 1:30 D Scrabble 2:30 Snack Time 3:30 A Vespers 4:00 E Vesper Committee Meeting | 30 9:15 E Coffee Chat 9:30 G Errands 10:00 A Exercise with Kerry DVD 11:00 M Bocce 11:00 A Chair Yoga DVD 2:00 A Cornhole 2:00 F Sit, Step, Sing with Debra 3:30 E Monday Mixers | 31 National Hot Chocolate Day 9:30 Hubble Group 10:00 C RC Communion 11:30 The Inn Pizza Party 1:00 E Bingo with Andy 2:00 C Episcopal Communion 2:00 A Ping Pong 2:30 E Episcopal Coffee 3:00 Susie and The Hit List Show 6:45 A Movie 7:00 G Parker Concert Hall at BMC |  |  |  |  |



East and West Wing Socials

What better way to welcome the new year than a meet and greet with your friends and neighbors? Tuesday, January 10 east and west wing residents are encouraged to meet at the 1st floor elevators lobbies at 2:30 pm for socializing. Sign up at Front Desk.



Chinese New Year Buffet

In honor of Chinese New Year, Thursday, January 26 enjoy a delicious Asian-themed buffet from 4:30 - 6 pm in Main Dining Room. 2023 is Year of the Rabbit. The animal occupies the fourth position in the Chinese Zodiac.

Soup Buffet

Baby, it's cold outside so let's warm up with hot soup! Tuesday, January 17 enjoy four delicious soups, bread, dessert and beverage from 12 - 1 pm in Main Dining Room. For all residents at no additional cost. Sign up at Front Desk.



Bingo Anyone?

Join Andy on Tuesday and Thursday afternoons at 1 pm in The Inn Cafe Area. Open to all residents!



January Birthdays

| | |
|----|-----------------|
| 3 | Leslie Keir |
| 9 | Dare Gaither |
| 9 | Grace Rowe |
| 15 | Sheila Swancara |
| 20 | Jan Rothrock |
| 20 | Larry Sifton |
| 22 | Edie Wunderlich |
| 24 | Joe Bennett |
| 26 | Jane Anderson |
| 26 | Carolyn Stein |
| 27 | Pat Hendricks |
| 29 | John Brinkley |
| 30 | Marion Lindsey |



Happy Anniversary!

2 - Richard & Joan Keirstead
7 - Hugh & Nancy Shelbourne
27 - Joseph & Jessica Cave

Hand-Washing Reminder

During cold and flu season, remember that washing your hands frequently is important to prevent spread of germs. Lather your hands with plenty of soap and scrub for 20 seconds. Let's all do our part to stay healthy this season!