

### 100 N College Row Brevard, NC 28712 (828) 884-5800 Fax: (828) 884-5840

Committed to Brevard, Dedicated to Seniors

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#### **Supporting Our** Communities' Health

Andrew Schmidt, Program Officer at Pardee Hospital Foundation, will give a historic overview of their regional community hospital, explain the relationship with UNC Health, talk about nonprofit healthcare vs. for-profit, and provide updates on the expansion into Transylvania County, Join him Tuesday, January 14 at 3 pm in Auditorium.

## URCHEALTH **Pardee**

#### Transylvania in **Motion Seminar**

Tuesday, January 21 Jeff Adams will answer questions surrounding the current transportation services in Transylvania County as well as update what might be available in the future at 3 pm in Auditorium.





#### **Owls of the Carolinas**

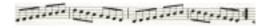
On Friday January 3rd, Pam Torlina (Community Engagement Director) with Conserving Carolina will join us. This group focuses on several species of owls found in the Carolinas and will highlight the characteristics that make them successful predators of the night. Participants will get an up-close look at feathers, talons and owl specimens to gain a better understanding of their unique characteristics (it is illegal to possess any part of a migratory bird without the proper permitting, and Conserving Carolina is permitted by the federal government to collect and possess bird specimens to be used for educational purposes). Join Pam at 3 pm in Auditorium.



#### **Musical Performances** in January

Saturday, January 11 Alvin Watson is back for another wonderful performance at 3 pm in Auditorium.

Saturday, January 18 - Sandy and Richard Riccardi present "Brazilian Bossa Nova" at 6:30 pm in Auditorium. Sung in both English and Portuguese, enjoy a trip through the craze from the 60's and 70's starring songs from Antonio Jobim, Gilberto Gil, Astrud Gilberto, Sergio Mendes and Brazill '66 and more!



#### **Online Photo Album**

Friday, January 10 join Tim Robinson for a College Walk Online Photo Album Tutorial at 2 pm in Auditorium. He will walk you through all steps to be successful on the website.

\*Sign up at Front Desk if attending programs and performances\*

### **College Walk Annual** Chili Cook-off

Get your taste buds ready! Tuesday, January 28 College Walk associates are competing against each other in our 2nd annual chili cook-off. This is your chance to sample and judge their delicious creations at 2 pm in the Activity Room.

#### "A Little Taste of Honey" Seminar

Friday, Janúary 31 learn about beekeeping and get a taste of local honey with Travis Owen, nursing associate Micaha Owen's father, at 3 pm in Auditorium. Honey varieties include sourwood, spring and July special. Sign up at Front Desk.



A Auditorium F The Inn Media Room L Library Activity Room G Main Lobby M Bocce Courts Wellness Office C Chapel The Inn D Game Room Main Dining Room

( OLLEGE ONI	ALK January				Game Room J Ma	<u> </u>
A SENIOR LIVING COMMU					Cafe Area The Inn Cafe Area	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	MLKJr. *DAY  1 Have a Dream	HEALTHY New Year	New Year's Day  8:00 Continental Breakfast 9:30 G Grocery Shopping 10:00 A Exercise with Kerry DVD 10:30 G Grocery Shopping 10:50 A Chair Yoga DVD 11:00 Blood Pressure Checks 11:00 M Bocce 11:00 Dog Visits 2:00 Sit, Step, and Sing with Debra 2:30 A Yoga with Lauren 3:00 Dominoes	9:30 C RC Mass 10:30 Sarah Ruth Circle 11:00 Craft Time with Jean 11:00 D Wii Bowling 1:00 Bible Study 1:00 Bingo with Andy 1:00 D Knitting Group 2:00 Cornhole 3:00 D Scrabble 5:30 C Transylvania County Library Program	Chocolate Covered Cherry Day  10:00	10:00 A Stand & Sit Yoga DVD 10:30 A Chair Yoga DVD 1:00 A Ping-Pong 1:30 D Scrabble 2:00 F Popcorn & Movie in The Inn 6:30 A Movie
National Bird Day 5  10:30 Church Service  11:30 J Main Meal in the Dining Room 2:30 Snack Time 3:30 A Vespers	National Shortbread Day 6 9:30 G Errands 10:00 A Exercise with Kerry DVD 10:50 A Chair Yoga DVD 11:00 M Bocce 11:30 The Inn Pizza Party 2:00 A Cornhole 2:00 Hand and Foot Card Game 2:00 E Shortbread Cookies 3:30 E BYOB Monday Mixers	9:30 Hubble Group 9:30 G Shopping at ALDI Grocery Store 11:00 A Tai Chi with Chris 1:00 Bingo with Andy 1:00 A Ping pong 2:00 C Episcopal Communion 2:00 D Pinochle 2:30 E Episcopal Coffee 3:00 Music with Linda 6:30 A Movie	7 National Argyle Day  8:00 Continental Breakfast  9:30 G Grocery Shopping  10:00 A Exercise with Kerry DVD  10:30 G Grocery Shopping  10:50 A Chair Yoga DVD  11:00 M Bocce  11:00 Dog Visits  2:00 AAUW Book Club  2:30 A Yoga with Lauren  3:00 D Dominoes	9:30 C RC Mass 11:00 Craft Time with Jean 11:00 D Wii Bowling 1:00 Bible Study 1:00 Bingo with Andy 1:00 First Methodist Gathering and Communion 1:00 D Knitting Group 2:00 A Visually Impaired Persons Meeting 3:00 D Scrabble 5:00 Brew Crew in Private Dining Room	10:00 A Exercise with Kerry DVD 10:00 G Shopping at Walmart and Belk 11:00 M Bocce 11:00 A Morning Yoga with Laura 1:00 Turning Points 2:00 A College Walk Online Photo Album Tutorial with Tim Robinson 2:00 E Russian Tea 6:30 D Billiards	11 10:00 A Stand & Sit Yoga DVD 10:30 A Chair Yoga DVD 1:00 A Ping-Pong 1:30 D Scrabble 2:00 F Popcorn & Movie in The Inn 3:00 A Musical Performance by Alvin Watson 6:30 A Movie
10:30 Church Service 11:30 J Main Meal in the Dining Room 2:30 Snack Time 3:30 A Vespers	9:30 G Errands 10:00 A Exercise with Kerry DVD 10:50 A Chair Yoga DVD 11:00 M Bocce 1:15 A Sit, Step, Sing with Debra 2:00 A Cornhole 2:00 Hand and Foot Card Game 2:00 F Sit, Step, and Sing with Debra 3:30 E BYOB Monday Mixers	9:30 Hubble Group 11:00 A Tai Chi with Chris 1:00 Bingo with Andy 1:00 A Ping pong 2:00 Episcopal Communion 2:00 January Birthday Party 2:00 Pinochle 2:30 E Episcopal Coffee 3:00 A "Supporting Our Communities Health" Seminar 6:30 A Movie	14 National Bagel Day 9:30 G Grocery Shopping 10:00 A Exercise with Kerry DVD 10:00 Recycled Card Group 10:30 G Grocery Shopping 10:50 A Chair Yoga DVD 11:00 Blood Pressure Checks 11:00 M Bocce 11:00 Dog Visits 2:00 Archives Committee Meeting 2:00 Sit, Step, and Sing with Debra 2:30 A Yoga with Lauren 3:00 D Dominoes	15 National Fig Newton Day 9:30 RC Mass 10:00 A Line Dancing 11:00 Craft Time with Jean 11:00 Wii Bowling 12:00 Pizza Party 1:00 Bible Study 1:00 Bingo with Andy 1:00 Knitting Group 2:00 A Cornhole 2:00 Fig Newtons 3:00 Scrabble 5:00 Vino Ladies' Guild in Private Dining Room	17 10:00 A Exercise with Kerry DVD 10:00 G Shopping at Walmart and Belk 11:00 M Bocce 11:00 A Morning Yoga with Laura 1:00 F Sit, Step, and Sing with Debra 1:00 Turning Points 1:45 A Sit, Step, Sing with Debra 3:00 E Betts Bar 6:30 D Billiards	18 10:00 A Stand & Sit Yoga DVD 10:30 A Chair Yoga DVD 1:00 A Ping-Pong 1:30 D Scrabble 2:00 F Popcorn & Movie in The Inn 6:30 A Brazilian Bossa Nova program by The Riccardi's
10:30 Church Service 11:30 J Main Meal in the Dining Room 2:30 Snack Time 3:30 A Vespers	Martin Luther King Jr. Day  9:30	National Granola Bar Day  9:30 Hubble Group  11:00 A Tai Chi with Chris  12:00 J Soup Buffet  1:00 A Ping pong  2:00 Episcopal Communion  2:00 G Granola Bars  2:00 Pinochle  2:30 E Episcopal Coffee  3:00 Music with Linda  3:00 A Transylvania in Motion Seminar  6:30 A Movie	National Polka Dot Day  8:00 Continental Breakfast 9:30 G Grocery Shopping 10:00 A Exercise with Kerry DVD 10:30 G Grocery Shopping 10:50 A Chair Yoga DVD 11:00 M Bocce 11:00 Dog Visits 1:15 UU's 2:00 Sit, Step, and Sing with Debra 2:30 A Yoga with Lauren 3:00 D Dominoes	9:30 C RC Mass 10:00 Line Dancing 11:00 Craft Time with Jean 11:00 D Wii Bowling 1:00 Bible Study 1:00 Bingo with Andy 1:00 C Knitting Group 2:00 E Assorted Pies 2:00 Cornhole 3:00 D Scrabble 5:00 Vino Ladies' Guild in Private Dining Room	National Peanut Butter Day  10:00 A Exercise with Kerry DVD  10:00 G Shopping at Walmart and Belk  11:00 M Bocce  11:00 A Morning Yoga with Laura  1:00 F Sit, Step, and Sing with Debra  1:00 Turning Points  1:45 A Sit, Step, Sing with Debra  2:00 E Peanut Butter Treat  6:30 D Billiards	10:00 A Stand & Sit Yoga DVD 10:30 A Chair Yoga DVD 1:00 A Ping-Pong 1:30 D Scrabble 2:00 F Popcorn & Movie in The Inn 6:30 A Movie
10:30 Church Service 11:30 J Main Meal in the Dining Room 2:30 Snack Time 3:30 A Vespers 4:00 E Vesper Committee Meeting	National Chocolate Cake Day 9:30	Second Annual Chili Cook-off  9:30 Hubble Group  11:00 East and West Wing Socials in 2nd Floor Elevator Lobbies  11:00 A Tai Chi with Chris  1:00 Bingo with Andy  1:00 A Ping pong  2:00 2nd Annual Chili Cook-off  2:00 Episcopal Communion  2:00 D Pinochle  2:30 E Episcopal Coffee  6:30 A Movie	28 Chinese New Year Theme Night  8:00 Continental Breakfast 9:30 G Grocery Shopping 10:00 A Exercise with Kerry DVD 10:30 G Grocery Shopping 10:50 A Chair Yoga DVD 11:00 M Bocce 11:00 Dog Visits 2:00 Sit, Step, and Sing with Debra 2:30 A Yoga with Lauren 3:00 D Dominoes 4:00 G Beverages 6:30 M Movie "Crazy, Rich Asians"	9:30 RC Mass 10:00 Line Dancing 11:00 Craft Time with Jean 11:00 Di Wii Bowling 1:00 Bible Study 1:00 Bingo with Andy 1:00 Knitting Group 2:00 Cornhole 2:00 Croissants 3:00 Di Scrabble 5:00 Brew & Vino Club in Private Dining Room	10:00 A Exercise with Kerry DVD 10:00 G Shopping at Walmart and Belk 11:00 M Bocce 11:00 A Morning Yoga with Laura 1:00 Sit, Step, and Sing with Debra 1:00 Turning Points 1:45 A Sit, Step, Sing with Debra 2:00 E Snow Cream Ice Cream 3:00 A "A Little Taste of Honey" Seminar 6:30 D Billiards	

**Soup Buffet** 

It's time for our annual soup buffet. Tuesday, January 21 warm-up with your choice of several different soups as well as bread, dessert and beverage from noon - 1 pm in Main Dining Room. For all residents at no additional cost. Sign-up at Front Desk by Thursday, January 16.



#### **National Days in January**

- 3 Chocolate-Covered Cherry Day
- 5 Bird Day
- 6 Shortbread Day
- 8 Argyle Day
- 15 Bagel Day
- 16 Fig Newton Day
- 20 Cheese Lovers Day
- 21 Granola Bar Dav
- 22 Polka Dot Day
- 23 Pie Day
- 24 Peanut Butter Day
- 27 Chocolate Cake Day
- 30 Croissant Day

Chinese New Year Theme Night

2025 is the Year of the Snake. Wednesday, January 29 join us at 4 pm in Main Lobby for fun beverages while mixing and mingling. Next, celebrate Chinese New Year with a delicious themed buffet followed by "Crazy Rich Asians" at 6:30 pm in Auditorium.



#### **Happy Anniversary!**

- 2 Richard & Joan Keirstead
- 7 Hugh & Nancy Shelbourne
- 16 Jim & Jean Smith
- 27 Joseph & Jessica Cave



#### **January Birthdays**

Leslie Keir

3

- 8 Sue Stalnaker
- 9 Dare Gaither
- 9 Grace Rowe
- 11 Ellen Dozier
- 11 Barbara Vesely
- 14 Mary Sherwood
- 15 Donald Bunney
- 15 Sheila Swancara
- 20 Jan Rothrock
- 20 Larry Sitton
- 22 Edie Wunderlich
- 24 Joe Bennett
- 25 Newt Colston
- 27 Pat Hendricks
- 27 Joyce Rogers
- 30 Marion Lindsey
- 30 Carol Rowley



# **East and West Wing Socials**

Tuesday, January 28 let's start off the new year by socializing with your friends and neighbors. East and west wing residents are encouraged to gather at 11 am in the 2nd floor elevator lobbies while enjoying coffee and donuts. Sign-up at Front Desk.



