



100 N College Row
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*Committed to Brevard,
Dedicated to Seniors*

Find us on 

Conserving Carolina Program

Pam Tirlina is back! On Friday January 9th @ 3 p.m. in the Auditorium, Pam will share a program called "Tracks and Signs of Wildlife" exploring how animals leave clues revealing their presence, behavior and movement through an environment. This presentation introduces key types of signs—such as footprints (tracks), scat and feeding marks—and shows how to interpret them to better understand local ecosystems and the hidden lives of wildlife.

Sign up at the Front Desk if interested!



Winter Bingo Bash

Bingo is Back! We listened to your request, so we are hosting Bingo from 2 pm to 4 pm in the Auditorium on Friday, January 16. Music, prizes, and more! Sign up at the Front Desk and bring your A-Game!



Health Talks

Starting Tuesday, January 20, at 2 pm in the Auditorium, and every third Tuesday after that at 2 pm a different speaker will be giving a seminar on health-related subjects. Jonlyn will be kicking off the Health Talks. Sign up and come out to learn more about what College Walk can offer you!



Soup Buffet

Baby, it's cold outside! Let's warm up with hot soup on Wednesday, January 14! Enjoy several different soups plus bread, dessert and beverages from Noon to 1 pm in the Main Dining Room. For all residents at no additional cost. Sign up at the Front Desk by Friday, January 9.



National Days in January

2	Cream Puff
3	Chocolate Covered Cherry
6	Shortbread
15	Strawberry Ice Cream
16	Fig Newton
24	Peanut Butter
27	Chocolate Cake



Musical Performances

5	Masci Family Duo
15	Solomon Eichner
17	Blue Ridge Bones
21	Frim Fram

Theme Night

Theme nights are back! This month's theme: Let it Snow. Special Drinks at 4 pm in the Main Lobby followed by a snowy white dinner on Thursday, January 29!



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
4 11:30 J Main Meal in the Dining Room 2:30 K Snack Time 3:30 A Vespers	5 9:30 G Errands 10:00 M Bocce 10:00 F Daily Chronicle 10:00 A Exercise with Kerry DVD 10:30 F Brain Games 10:50 A Chair Yoga DVD 11:00 M Bocce 1:15 A Sit, Step, Sing with Debra 2:00 A Cornhole 2:00 F Sit, Step, and Sing with Debra 3:30 E Monday Mixers 6:30 A Masci Family Duo	6 9:30 G Daily Chronicle 10:30 F Engagement Time 10:30 B Hubble Group 11:00 A Tai Chi with Chris 1:00 K Bingo with Andy 1:00 A Ping-Pong 2:00 C Episcopal Communion 2:30 E Episcopal Coffee 3:00 I Music with Linda 6:30 A Movie	7 9:30 G Grocery Shopping 10:00 M Bocce 10:00 F Daily Chronicle 10:00 A Line Dancing 10:30 F Engagement Time 11:00 K Craft Time with Jean 11:00 D Wii Bowling 1:00 B Bible Study 1:00 K Bingo 1:00 D Knitting Group 2:00 A Cornhole 3:00 D Scrabble 5:00 Brew Crew in Private Dining Room	1 9:30 C RC Mass 10:00 F Daily Chronicle 10:30 F Engagement Time 10:30 B Sarah Ruth Circle 11:00 K Craft Time with Jean 11:00 D Wii Bowling 1:00 B Bible Study 1:00 K Bingo 1:00 D Knitting Group 2:00 A Cornhole 3:00 D Scrabble 5:00 Brew Crew in Private Dining Room	2 National Cream Puff Day 10:00 M Bocce 10:00 F Daily Chronicle 10:00 A Exercise with Kerry DVD 10:00 G Shopping at Walmart and Belk 10:30 B Book Discussion Group 10:30 F Brain Games 10:50 A Chair Yoga DVD 11:00 M Bocce 1:00 B Turning Points 6:30 D Billiards	3 National Chocolate Covered Cherry Day 10:00 A Stand & Sit Yoga DVD 10:30 A Chair Yoga DVD 1:00 K Bingo 1:00 A Ping-Pong 1:30 D Scrabble 2:00 F Popcorn & Movie in The Inn 6:30 A Movie
11 11:30 J Main Meal in the Dining Room 2:30 K Snack Time 3:30 A Vespers	12 9:30 G Errands 10:00 M Bocce 10:00 F Daily Chronicle 10:00 A Exercise with Kerry DVD 10:30 F Brain Games 10:50 A Chair Yoga DVD 11:00 M Bocce 1:15 A Sit, Step, Sing with Debra 2:00 A Cornhole 2:00 B Hand and Foot Card Game 2:00 F Sit, Step, and Sing with Debra 3:30 E Monday Mixers	13 9:30 G Shopping at Aldi 10:00 F Daily Chronicle 10:30 F Engagement Time 10:30 B Hubble Group 11:00 A Tai Chi with Chris 11:30 K Inn Pizza Party 1:00 K Bingo with Andy 1:00 A Ping-Pong 2:00 C Episcopal Communion 2:30 E Episcopal Coffee 3:00 F Listen and Laugh with Carol 6:30 A Movie	14 8:00 B Continental Breakfast 9:30 G Grocery Shopping 10:00 M Bocce 10:00 F Daily Chronicle 10:00 A Line Dancing 10:30 F Engagement Time 11:00 K Craft Time with Jean 11:00 D Wii Bowling 1:00 B Bible Study 1:00 K Bingo 1:00 D Knitting Group 2:00 A Cornhole 3:00 J Soup Buffet 2:30 A Yoga with Lauren	15 National Strawberry Ice Cream Day 9:30 C RC Mass 10:00 F Daily Chronicle 10:00 A Line Dancing 10:30 F Engagement Time 11:00 K Craft Time with Jean 11:00 D Wii Bowling 1:00 B Bible Study 1:00 K Bingo 1:00 D Knitting Group 3:00 A Musical Performance by Solomon Eichner 3:00 D Scrabble 5:00 Vino Ladies' Guild in Private Dining Room	16 National Fig Newton Day 10:00 M Bocce 10:00 F Daily Chronicle 10:00 A Exercise with Kerry DVD 10:00 G Shopping at Walmart and Belk 10:30 F Brain Games 10:50 A Chair Yoga DVD 11:00 M Bocce 1:00 F Sit, Step, and Sing with Debra 1:00 B Turning Points 3:00 A Sit, Step, Sing with Debra 3:00 D Scrabble 2:00 F Popcorn & Movie in The Inn 6:30 A Movie	17 10:00 A Stand & Sit Yoga DVD 10:30 A Chair Yoga DVD 1:00 K Bingo 1:00 A Ping-Pong 1:30 D Scrabble 2:00 F Popcorn & Movie in The Inn 6:30 A Movie
18 11:30 J Main Meal in the Dining Room 2:30 K Snack Time 3:30 A Vespers	19 9:30 G Errands 10:00 M Bocce 10:00 F Daily Chronicle 10:00 A Exercise with Kerry DVD 10:30 F Brain Games 10:50 A Chair Yoga DVD 11:00 M Bocce 11:00 B Veterans' Coffee and Conversation 1:15 A Sit, Step, Sing with Debra 2:00 A Cornhole 2:00 F Sit, Step, and Sing with Debra 3:30 E Monday Mixers	20 10:00 F Daily Chronicle 10:30 F Engagement Time 10:30 B Hubble Group 11:00 A Tai Chi with Chris 12:30 A Ping-Pong 1:00 K Bingo with Andy 2:00 C Episcopal Communion 2:00 A Health Talk 2:30 E Episcopal Coffee 3:00 I Music with Linda 6:30 A Movie	21 9:30 G Grocery Shopping 10:00 M Bocce 10:00 F Daily Chronicle 10:00 A Line Dancing 10:30 F Engagement Time 10:00 B Recycled Card Group 10:30 F Brain Games 10:30 G Grocery Shopping 10:50 A Chair Yoga DVD 11:00 D Wii Bowling 1:00 B Bible Study 1:00 K Bingo 1:00 D Knitting Group 2:00 B Archives Committee Meeting 2:30 A Yoga with Lauren 6:30 A Musical performance by Frim Fram	22 9:30 C RC Mass 10:00 F Daily Chronicle 10:00 A Line Dancing 10:30 F Engagement Time 11:00 K Craft Time with Jean 11:00 D Wii Bowling 1:00 B Bible Study 1:00 K Bingo 1:00 D Knitting Group 2:00 A Cornhole 3:00 D Scrabble	23 National Peanut Butter Day 10:00 M Bocce 10:00 F Daily Chronicle 10:00 A Exercise with Kerry DVD 10:00 G Shopping at Walmart and Belk 10:30 F Brain Games 10:50 A Chair Yoga DVD 11:00 M Bocce 1:00 F Sit, Step, and Sing with Debra 1:00 B Turning Points 1:45 A Sit, Step, Sing with Debra 3:00 A Seminar on Advanced Directives 3:00 D Billiards	24 10:00 A Stand & Sit Yoga DVD 10:30 A Chair Yoga DVD 1:00 K Bingo 1:00 A Ping-Pong 1:30 D Scrabble 2:00 F Popcorn & Movie in The Inn 6:30 A Movie
25 11:30 J Main Meal in the Dining Room 2:30 K Snack Time 3:30 A Vespers 4:00 E Vesper Committee Meeting	26 9:30 G Errands 10:00 M Bocce 10:00 F Daily Chronicle 10:00 A Exercise with Kerry DVD 10:00 L Library Committee Meeting 10:30 F Brain Games 10:50 A Chair Yoga DVD 11:00 M Bocce 1:15 A Sit, Step, Sing with Debra 2:00 A Cornhole 2:00 F Sit, Step, and Sing with Debra 3:30 E Monday Mixers	27 10:00 F Daily Chronicle 10:30 F Engagement Time 10:30 B Hubble Group 11:00 A Tai Chi with Chris 12:00 B Pizza Party 1:00 K Bingo with Andy 1:00 A Ping-Pong 2:00 C Episcopal Communion 2:30 E Episcopal Coffee 3:00 A Movie	28 8:00 B Continental Breakfast 9:30 G Grocery Shopping 10:00 M Bocce 10:00 F Daily Chronicle 10:00 A Line Dancing 10:30 F Engagement Time 10:00 A Exercise with Kerry DVD 10:30 F Brain Games 10:30 G Grocery Shopping 10:50 A Chair Yoga DVD 11:00 D Wii Bowling 1:00 B Bible Study 1:00 K Bingo 1:00 D Knitting Group 1:15 B UU's 2:30 A Yoga with Lauren 3:00 D Dominoes	29 9:30 C RC Mass 10:00 F Daily Chronicle 10:00 A Line Dancing 10:30 F Engagement Time 11:00 K Craft Time with Jean 11:00 D Wii Bowling 1:00 B Bible Study 1:00 K Bingo 1:00 D Knitting Group 2:00 A Cornhole 3:00 D Scrabble 4:00 G Special Drinks	30 10:00 M Bocce 10:00 F Daily Chronicle 10:00 A Exercise with Kerry DVD 10:00 G Shopping at Walmart and Belk 10:30 F Brain Games 10:50 A Chair Yoga DVD 11:00 M Bocce 1:00 F Sit, Step, and Sing with Debra 1:00 G Trip to NC Arboretum 1:00 B Turning Points 1:45 A Sit, Step, Sing with Debra 6:30 D Billiards	31 10:00 A Stand & Sit Yoga DVD 10:30 A Chair Yoga DVD 1:00 K Bingo 1:00 A Ping-Pong 1:30 D Scrabble 2:00 F Popcorn & Movie in The Inn 6:30 A Movie

JANUARY

Advance Directives Seminar

On Friday, January 23, Four Seasons Hospice will be giving a presentation on Advance Directives. Advance directives are legal documents that let you state your wishes for future medical care, especially end-of-life treatment, if you can't communicate, including decisions on life support, feeding tubes, and who makes decisions for you. This is a very important seminar, so sign up at the Front Desk and come on out!



Birthday Party

Every month we enjoy celebrating those who have a birthday that month with cake in the Inn Cafe Area. Here's a new twist: we invite both residents and staff who are celebrating their birthday to bring a photo of themselves on a past birthday. We will display them in the Inn and reminisce together!

Trip to NC Arboretum

This month our outbound trip will be to the North Carolina Arboretum in Asheville. They are featuring *Trolls: A Field Study* with giant wooden trolls spread throughout. This will be outside so please bundle up. It could run into dinnertime at the Dining Room so please plan accordingly. The Coach will depart at 1 pm on Friday, January 30.



January Birthdays

3	Donald Bubenzer
3	Leslie Keir
7	Al Strayhorn
9	Dottie Peterson
9	Marilyn Reese
10	Bobby Tousey
11	Ellen Dozier
11	Charlotte Farrand
11	Barbara Vesely
13	Bruce Kirkman
14	Mary Sherwood
15	Donald Bunney
20	Jan Rothrock
20	Larry Sitton
22	Edie Wunderlich
25	Newt Colston
30	Marion Lindsey
30	Carol Rowley



Happy Anniversary!

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