



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

Find us on

All New: Artful Hour

The Activities team is happy to announce a new arts and crafts activity! Taking place in the Inn Cafe Area, we will be hosting **Artful Hour** every Monday at 1 pm. You can expect to craft to your heart's desire! Each day will be a bit different, but you can expect some iteration of painting, drawing, gluing, papier mache-ing with all sorts of mediums like rocks, wood, paper, cardboard, candles, etc. All are welcome to attend. Come prepared to have fun. It's a time and space for creativity to take over - who knows what you'll make!

On Nov. 11 ...

Be sure to thank a veteran.



National "Take a Hike" Day

This is one of the best national days ever! On Tuesday, November 17th, we are planning on utilizing the namesake of this day to its fullest with an immersive hike around College Walk and the Brevard College campus. Eric and Michael will be guiding a hike and pointing out all the fun flora and fauna we can find. If you love to hike or just want to come along for a nice walk outside, we urge you to sign up. We will be sticking to paved paths as much as we can to make it more accessible for all levels of mobility. We look forward to seeing you out there!

A Good Start for Gut Health

According to medical experts, anxiety can trigger a physiological response that breaks down gut lining, and then poor gut health can trigger chronic stress. Here's a breakfast of champions to help keep your body and mind calm from the start: oatmeal with blueberries. Packed with stress-regulating magnesium, the oatmeal also contains tryptophan, which helps produce serotonin, a chemical that regulates mood, sleep and digestion. Blueberries can reduce the stress hormone cortisol and are rich in fiber, which supports good gut bacteria.



Your Friendly Team

Pam Slater General Manager
Tonya Cauble Resident Care / RN
Laurie Bohn Business Office
Eric Broxterman Dining Services
Kimberly O'Shields Sales
Holly Crowe Housekeeping
Michael Humes Activities
Justin O'Shields Maintenance
Jonlyn Summey Wellness

Tech Talks With Cassidy

We know how confusing our smart phones can be, so to sift through the mud, our very own Cassidy Kehrner will be hosting our first "Tech Talk" in the Auditorium at 3 pm on November 18th. This initial class will cover the basics with future classes progressing from there.

Dates to Save This Season

Here are just a few of the season's days to gather, show gratitude and give back:

- **Thanksgiving**, Nov. 26
- **Small Business Saturday**, Nov. 28
- **Giving Tuesday**, Dec. 1

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>1</div> <div>11:00 J Main Meal in the Dining Room</div> <div>2:30 K Snack Time</div> <div>3:30 A Vespers</div>	<div>2</div> <div>Day of the Dead</div> <div>9:30 G Errands</div> <div>10:00 M Bocce</div> <div>10:00 A Exercise with Kerry DVD</div> <div>10:50 A Chair Yoga DVD</div> <div>11:00 M Bocce</div> <div>1:00 I Artful Hour</div> <div>1:15 A Sit, Step, and Sing with Debra</div> <div>2:00 A Cornhole</div> <div>2:00 B Hand and Foot Card Game</div> <div>2:00 F Sit, Step, and Sing with Debra</div> <div>3:00 I Ice Cream Floats</div> <div>4:00 E Monday Mixers</div>	<div>3</div> <div>Election Day</div> <div>9:00 A SilverSneakers Boom MIND Video</div> <div>9:30 A Yoga with Alycia</div> <div>10:30 B Hubble Group</div> <div>11:00 P Blood Pressure Checks</div> <div>11:00 A Chi Gong with Chris</div> <div>1:00 K Bingo</div> <div>1:00 A Ping-Pong</div> <div>2:00 C Episcopal Communion</div> <div>2:30 E Episcopal Coffee</div> <div>3:00 I Music with Linda</div> <div>6:00 B Rummikub</div>	<div>4</div> <div></div> <div>8:00 B Continental Breakfast</div> <div>9:30 G Grocery Shopping</div> <div>10:00 M Bocce</div> <div>10:00 A Exercise with Kerry DVD</div> <div>10:30 G Grocery Shopping</div> <div>11:00 M Bocce</div> <div>12:00 K INN Pizza Party</div> <div>1:00 F Passport: Mexico</div> <div>2:00 B AAUW Book Club</div> <div>2:00 A Yoga with Lauren</div> <div>3:00 K Wine Down Wednesdays</div> <div>3:15 A Readers Theater</div>	<div>5</div> <div></div> <div>9:00 A SilverSneakers Boom MIND Video</div> <div>9:30 C RC Mass</div> <div>9:30 A SilverSneakers Boom MUSCLE Video</div> <div>10:00 A Line Dancing</div> <div>10:30 B Sarah Ruth Circle</div> <div>1:00 B Bible Study</div> <div>1:00 K Bingo</div> <div>2:00 A Cornhole</div> <div>2:00 F Fyzical Physical Therapy Balance Class - Inn</div> <div>3:00 A Fyzical Physical Therapy Balance Class - Lodge</div> <div>5:00 Brew Crew in Private Dining Room</div> <div>6:00 B Rummikub</div>	<div>6</div> <div></div> <div>10:00 M Bocce</div> <div>10:00 A Exercise with Kerry DVD</div> <div>10:00 G Shopping at Walmart and Belk</div> <div>10:30 B Book Discussion Group</div> <div>11:00 M Bocce</div> <div>1:00 F Sit, Step, and Sing with Debra</div> <div>1:00 B Turning Points</div> <div>1:45 A Sit, Step, and Sing with Debra</div> <div>2:00 K Bingo</div> <div>4:00 I INN Movie Night</div> <div>6:30 A Musical Performance by Solomon Eichner</div>	<div>7</div> <div></div> <div>10:00 A Stand & Sit Yoga DVD</div> <div>10:30 A Chair Yoga DVD</div> <div>12:00 B College Football Watch Party</div> <div>1:00 A Ping-Pong</div>
<div>8</div> <div>11:00 J Main Meal in the Dining Room</div> <div>2:30 K Snack Time</div> <div>3:30 A Vespers</div>	<div>9</div> <div></div> <div>9:30 G Errands</div> <div>10:00 M Bocce</div> <div>10:00 A Exercise with Kerry DVD</div> <div>10:50 A Chair Yoga DVD</div> <div>11:00 M Bocce</div> <div>1:00 I Artful Hour</div> <div>1:15 A Sit, Step, and Sing with Debra</div> <div>2:00 A Cornhole</div> <div>2:00 B Hand and Foot Card Game</div> <div>2:00 F Sit, Step, and Sing with Debra</div> <div>4:00 E Monday Mixers</div>	<div>10</div> <div></div> <div>9:00 A SilverSneakers Boom MIND Video</div> <div>9:30 G Shopping at Aldi</div> <div>9:30 A SilverSneakers Boom MUSCLE Video</div> <div>10:30 B Hubble Group</div> <div>11:00 A Chi Gong with Chris</div> <div>1:00 K Bingo</div> <div>1:00 A Ping-Pong</div> <div>2:00 C Episcopal Communion</div> <div>2:00 I November Birthday Party</div> <div>2:30 E Episcopal Coffee</div> <div>6:00 B Rummikub</div>	<div>11</div> <div>Veterans Day</div> <div>8:00 B Continental Breakfast</div> <div>9:30 G Grocery Shopping</div> <div>10:00 M Bocce</div> <div>10:00 A Exercise with Kerry DVD</div> <div>10:30 G Grocery Shopping</div> <div>10:50 A Chair Yoga DVD</div> <div>11:00 M Bocce</div> <div>12:00 J Veterans Appreciation Luncheon</div> <div>1:00 F Passport: Mexico</div> <div>2:00 Trip to Veterans Museum</div> <div>2:00 A Yoga with Lauren</div> <div>3:00 K Wine Down Wednesdays</div>	<div>12</div> <div>National Bison Day</div> <div>9:00 A SilverSneakers Boom MIND Video</div> <div>9:30 C RC Mass</div> <div>9:30 A SilverSneakers Boom MUSCLE Video</div> <div>10:00 A Line Dancing</div> <div>1:00 B Bible Study</div> <div>1:00 K Bingo</div> <div>1:00 A Cornhole</div> <div>2:00 A Visually Impaired Persons Meeting</div> <div>3:00 Sideways Brewery Trip</div> <div>5:00 Vino Ladies' Guild in Private Dining Room</div> <div>6:00 B Rummikub</div> <div>6:30 A Movie Night</div>	<div>13</div> <div></div> <div>10:00 M Bocce</div> <div>10:00 A Exercise with Kerry DVD</div> <div>10:00 G Shopping at Walmart and Belk</div> <div>11:00 M Bocce</div> <div>11:00 Trip to Cradle of Forestry</div> <div>1:00 F Sit, Step, and Sing with Debra</div> <div>1:00 B Turning Points</div> <div>1:45 A Sit, Step, and Sing with Debra</div> <div>2:00 K Bingo</div> <div>2:00 D Brevard Hearing</div> <div>4:00 I INN Movie Night</div> <div>6:30 A Musical Performance by Frederick Moyer</div>	<div>14</div> <div></div> <div>10:00 A Stand & Sit Yoga DVD</div> <div>10:30 A Chair Yoga DVD</div> <div>12:00 B College Football Watch Party</div> <div>1:00 A Ping-Pong</div> <div>3:00 I Volunteer Musical Performance by the Almog Duo</div>
<div>15</div> <div>11:00 J Main Meal in the Dining Room</div> <div>2:30 K Snack Time</div> <div>3:30 A Vespers</div>	<div>16</div> <div></div> <div>9:30 G Errands</div> <div>10:00 M Bocce</div> <div>10:00 A Exercise with Kerry DVD</div> <div>11:00 M Bocce</div> <div>11:00 B Veterans' Coffee and Conversation</div> <div>1:00 I Artful Hour</div> <div>1:15 A Sit, Step, and Sing with Debra</div> <div>2:00 A Cornhole</div> <div>2:00 B Hand and Foot Card Game</div> <div>2:00 F Sit, Step, and Sing with Debra</div> <div>3:00 I Ice Cream Floats</div> <div>4:00 E Monday Mixers</div>	<div>17</div> <div>National Take a Hike Day</div> <div>9:00 A SilverSneakers Boom MIND Video</div> <div>10:30 B Hubble Group</div> <div>11:00 P Blood Pressure Checks</div> <div>11:00 A Chi Gong with Chris</div> <div>12:30 A Ping-Pong</div> <div>1:00 K Bingo</div> <div>2:00 C Episcopal Communion</div> <div>2:00 A Health Talk</div> <div>2:30 E Episcopal Coffee</div> <div>3:00 Immersive Hike with Eric and Michael</div> <div>3:00 I Music with Linda</div> <div>6:00 B Rummikub</div>	<div>18</div> <div></div> <div>9:30 G Grocery Shopping</div> <div>10:00 M Bocce</div> <div>10:00 B Recycled Card Group</div> <div>10:30 G Grocery Shopping</div> <div>11:00 M Bocce</div> <div>12:00 B Lodge Pizza Party</div> <div>1:00 F Passport: Mexico</div> <div>2:00 B Archives Committee Meeting</div> <div>2:00 A Yoga with Lauren</div> <div>3:00 A Tech Talk with Cassidy</div> <div>3:00 K Wine Down Wednesdays</div> <div>6:00 A Musical Performance by Paddle Faster</div>	<div>19</div> <div></div> <div>9:00 A SilverSneakers Boom MIND Video</div> <div>9:30 C RC Mass</div> <div>9:30 A SilverSneakers Boom MUSCLE Video</div> <div>10:00 A Line Dancing</div> <div>1:00 B Bible Study</div> <div>1:00 K Bingo</div> <div>1:30 A Brevard Academy Bulldog Band Performance</div> <div>2:00 C First Methodist Gathering and Communion</div> <div>2:30 F Inn CW Crew Connect</div> <div>3:00 A Cornhole</div> <div>5:00 Vino Ladies' Guild in Private Dining Room</div> <div>6:00 B Rummikub</div>	<div>20</div> <div></div> <div>10:00 M Bocce</div> <div>10:00 A Exercise with Kerry DVD</div> <div>10:00 G Shopping at Walmart and Belk</div> <div>10:50 A Chair Yoga DVD</div> <div>11:00 M Bocce</div> <div>1:00 F Sit, Step, and Sing with Debra</div> <div>1:00 B Turning Points</div> <div>1:45 A Sit, Step, and Sing with Debra</div> <div>2:00 K Bingo</div> <div>3:00 A Wild Mountain Time Sing-Along and Performance</div> <div>4:00 I INN Movie Night</div>	<div>21</div> <div></div> <div>10:00 A Stand & Sit Yoga DVD</div> <div>10:30 A Chair Yoga DVD</div> <div>12:00 B College Football Watch Party</div> <div>1:00 A Ping-Pong</div> <div>3:00 A Singing at the Piano</div>
<div>22</div> <div>11:00 J Main Meal in the Dining Room</div> <div>2:30 K Snack Time</div> <div>3:30 A Vespers</div>	<div>23</div> <div></div> <div>9:30 G Errands</div> <div>10:00 M Bocce</div> <div>10:00 A Exercise with Kerry DVD</div> <div>10:00 L Library Committee Meeting</div> <div>11:00 M Bocce</div> <div>1:00 I Artful Hour</div> <div>1:15 A Sit, Step, and Sing with Debra</div> <div>2:00 A Cornhole</div> <div>2:00 B Hand and Foot Card Game</div> <div>2:00 F Sit, Step, and Sing with Debra</div> <div>3:00 I Ice Cream Floats</div> <div>4:00 E Monday Mixers</div>	<div>24</div> <div></div> <div>9:00 A SilverSneakers Boom MIND Video</div> <div>10:30 B Hubble Group</div> <div>11:00 A Chi Gong with Chris</div> <div>1:00 K Bingo</div> <div>1:00 A Ping-Pong</div> <div>2:00 F Chair Yoga with Alycia</div> <div>2:00 C Episcopal Communion</div> <div>2:30 A CW Crew Connect</div> <div>2:30 E Episcopal Coffee</div> <div>6:00 B Rummikub</div> <div>6:30 A Musical Performance by Andrew Berke</div>	<div>25</div> <div></div> <div>8:00 B Continental Breakfast</div> <div>9:30 G Grocery Shopping</div> <div>10:00 M Bocce</div> <div>10:00 A Exercise with Kerry DVD</div> <div>10:30 G Grocery Shopping</div> <div>11:00 M Bocce</div> <div>1:00 F Passport: Mexico</div> <div>1:15 B UU's</div> <div>2:00 A Yoga with Lauren</div> <div>3:00 D Dominoes</div> <div>3:00 K Wine Down Wednesdays</div>	<div>26</div> <div>Thanksgiving</div> <div>9:30 C RC Mass</div> <div>1:00 B Bible Study</div> <div>1:00 K Bingo</div> <div>1:00 D Knitting Group</div> <div>2:00 A Cornhole</div> <div>6:00 B Rummikub</div>	<div>27</div> <div></div> <div>10:00 M Bocce</div> <div>10:00 A Exercise with Kerry DVD</div> <div>10:00 G Shopping at Walmart and Belk</div> <div>10:50 A Chair Yoga DVD</div> <div>11:00 M Bocce</div> <div>1:00 F Sit, Step, and Sing with Debra</div> <div>1:00 B Turning Points</div> <div>1:45 A Sit, Step, and Sing with Debra</div> <div>2:00 K Bingo</div> <div>4:00 I INN Movie Night</div>	<div>28</div> <div></div> <div>10:00 A Stand & Sit Yoga DVD</div> <div>10:30 A Chair Yoga DVD</div> <div>12:00 B College Football Watch Party</div> <div>1:00 A Ping-Pong</div>
<div>29</div> <div>11:00 J Main Meal in the Dining Room</div> <div>2:30 K Snack Time</div> <div>3:30 A Vespers</div> <div>4:00 E Vespers Committee Meeting</div>	<div>30</div> <div></div> <div>9:30 G Errands</div> <div>10:00 M Bocce</div> <div>10:00 A Exercise with Kerry DVD</div> <div>10:50 A Chair Yoga DVD</div> <div>11:00 M Bocce</div> <div>1:00 I Artful Hour</div> <div>1:15 A Sit, Step, and Sing with Debra</div> <div>2:00 A Cornhole</div> <div>2:00 B Hand and Foot Card Game</div> <div>2:00 F Sit, Step, and Sing with Debra</div> <div>3:00 I Ice Cream Floats</div> <div>4:00 E Monday Mixers</div>	<div></div> <div>HELLO NOVEMBER</div>	<div></div> <div></div>	<div></div> <div>HAPPY VETERANS DAY</div> <div>HONORING ALL WHO SERVED</div>	<div></div> <div>GOBBLE GOBBLE GOBBLE</div>	<div></div> <div></div>

Virtual Volunteering

Studies show that folks who donate their time serving others are more likely to feel optimistic and purposeful. To volunteer virtually, consider opportunities like card- or letter-writing programs, sewing or crocheting blankets for children in need, or digitizing books and historical records. Simply search online for specific opportunities.

Veterans Day Luncheon

On Veterans Day, we are hosting a Veterans Appreciation Luncheon. We will open the Main Dining Room for our veterans and their families for a free lunch from Noon to 1:30 pm on November 11th. After lunch, around 2 pm, we are taking the coach for anyone interested to the Veterans Museum in Brevard. Considering the potential size of interest, we can always take multiple trips and drop folks off in waves. We have a strong community of veterans at College Walk and want to show our gratitude!



Close Call

Q. What do you call a turkey on the day after Thanksgiving?
A. Lucky.

National WWI Museum and Memorial

On Nov. 11, 1926, President Calvin Coolidge dedicated the Liberty Memorial in Kansas City, Mo., a 217-foot tower honoring World War I veterans. In the year after World War I ended, more than \$2.5 million was raised in 10 days to create the monument — more than \$40 million by today's standards. Today, the National WWI Museum and Memorial still offers the most comprehensive collection of World War I artifacts and educational exhibits in the world.

Talk About It

Share this conversation starter with a friend, loved one or neighbor: What is the most memorable holiday meal you've ever had? What makes it stand out today?



November Birthdays

1 Blackman, Mildred
1 Penn, Lynne
2 Carrano, Carol
2 Fowler, Susan
3 Carpenter, Bill
3 Mills, Carolyn
3 Moore, Mary Ann
5 Lewis, Tom
10 Burnette, Hoyt
16 Nahon, Nancy
17 Bulen, Bob
17 Olson, Susan
18 Miller, Lem
19 Pope, Jo Ann
21 Hamann, Carol
22 Logan, Gretchen
23 Longman, Sue Ellen
23 Miller, Roberta
23 Tucker, Bobby
26 Bryant, Carol
27 Barry, Harriet
29 Outlaw, Jeff



24 Tousey, Roberta & Michael
28 Miller, Robert & Roberta