



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

*Committed to Brevard,
Dedicated to Seniors*

Find us on 

Pumpkin Decorating Contest

This year, residents and staff are encouraged to carve or decorate a pumpkin. You can use paint, stickers, flowers, leaves, etc. Bring your completed pumpkin to the Game Room by 9 am Monday, October 27. See Wren with questions.



Wear Pink

In Honor of Breast Cancer Awareness Month, let's all wear pink on Friday, October 24!



Flu Shots and COVID Booster

Flu shots and COVID booster will be given Tuesday, October 14, from 10 am to noon in Auditorium.



Associate Spotlight

Meet **Tonya Cauble**, our Resident Care Director. Tonya is a fourth-generation native of Brevard. She received a Bachelor of Creative Arts and Education from UNC Charlotte and taught dance in public schools and private studios for over 20 years. Tonya has lived in the Greensboro, Winston-Salem, High Point area for many years before moving back to her Brevard roots to be closer to family. She has been in the nursing field for 8+ years and earned her Bachelor of Science in Nursing from Winston-Salem State University. Tonya has experience in emergency medicine and geriatrics. Two young adult daughters, 3 dogs and 16 chickens keep her busy in her spare time. "I am so excited to be a part of the College Walk family and look forward to meeting each of you." Welcome, Tonya!



Guess the Ghost! Halloween Fashion Show

Friday, October 31, we are hosting a Ghost Fashion Show at 11 am in Auditorium. Put your thinking caps on as our staff will be disguised as different ghosts. Your job is to cheer on the best ghost and then guess which associate he or she might be. If you are interested in coming to the Fashion Show, sign up at the Front Desk. Following the Fashion Show, prepare for a spooky afternoon with special drinks at 4 pm in the Lobby and our hauntingly good Main Meal from 4:30 pm - 6 pm in both Dining Rooms.



Picnic at Coon Tree

Tuesday, October 7, pack your lunch for a picnic! College Walk provides drinks for Coon Tree picnic area in Pisgah National Forest. Depart at 10:45 am and sign up at Front Desk.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 hello October	 NATIONAL CANDY CORN OCTOBER 30 DAY		National Pumpkin Seed Day 1 9:00 M Bocce 9:30 G Grocery Shopping 10:00 M Bocce 10:00 A Exercise with Kerry DVD 10:30 G Grocery Shopping 10:50 A Chair Yoga DVD 11:00 P Blood Pressure Checks 11:00 I Dog Visits 2:00 B AAUW Book Club 2:00 E Roasted Pumpkin Seeds 2:30 A Yoga with Lauren 3:00 D Dominoes	National Smarties Day 2 9:30 C RC Mass 10:00 A Line Dancing 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 with Andy 1:00 D Knitting Group 2:00 A Cornhole 3:00 A Musical Performance by The Late Bloomers 3:00 D Scrabble 5:00 Brew Crew in Private Dining Room	9:00 M Bocce 10:00 M Bocce 10:00 A Exercise with Kerry DVD 10:00 G Shopping at Walmart and Belk 10:30 B Book Discussion Group 10:50 A Chair Yoga DVD 1:00 F Sit, Step, and Sing with Debra 1:00 B Turning Points 1:45 A Sit, Step, Sing with Debra 2:30 K Birthday Party 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
5 11:30 J Main Meal in the Dining Room 2:30 K Snack Time 3:30 A Vespers	6 9:00 M Bocce 9:30 G Errands 10:00 M Bocce 10:00 A Exercise with Kerry DVD 10:50 A Chair Yoga DVD 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	7 National Chocolate Covered Pretzel Day 10:30 B Hubble Group 10:45 G Picnic at Coon Tree 11:00 A Tai Chi with Chris 1:00 K Bingo with Andy 1:00 A Ping-Pong 1:30 E Chocolate Covered Pretzels 2:00 C Episcopal Communion 2:00 Free Rein Visit in Green Space by Gazebo 2:30 E Episcopal Coffee 3:00 I Music with Linda 6:30 A Movie	8 8:00 B Continental Breakfast 9:00 M Bocce 9:30 G Grocery Shopping 10:00 M Bocce 10:00 A Exercise with Kerry DVD 10:30 G Grocery Shopping 10:50 A Chair Yoga DVD 11:00 I Dog Visits 2:30 A Yoga with Lauren 3:00 D Dominoes	9 9:30 C RC Mass 10:00 A Line Dancing 11:00 K Craft Time with Jean 11:00 D Wii Bowling 1:00 B Bible Study 1:00 K Bingo with Andy 1:00 C First Methodist Gathering and Communion 1:00 D Knitting Group 2:00 A Cornhole 2:00 A Visually Impaired Persons' Meeting 3:00 D Scrabble 5:00 Vino Ladies' Guild in Private Dining Room	10 9:00 M Bocce 10:00 M Bocce 10:00 A Exercise with Kerry DVD 10:00 G Shopping at Walmart and Belk 10:50 A Chair Yoga DVD 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 Conserving Carolina Program 6:30 D Billiards 7:00 G Parker Concert Hall	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 6:30 A Movie
12 11:30 J Main Meal in the Dining Room 2:30 G Porter Center 2:30 K Snack Time 3:30 A Vespers	13 Columbus Day 9:00 M Bocce 9:30 G Errands 10:00 M Bocce 10:00 A Exercise with Kerry DVD 10:50 A Chair Yoga DVD 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	14 9:30 G Shopping at ALDI 10:00 A Flu Shot & Covid Booster Clinic 10:30 B Hubble Group 1:00 K Bingo with Andy 1:00 A Ping-Pong 2:00 G Dolly's Dairy Bar 2:00 C Episcopal Communion 2:30 E Episcopal Coffee 3:00 F Listen and Laugh with Carol 6:30 A Movie	15 8:00 B Continental Breakfast 9:00 M Bocce 9:30 G Grocery Shopping 10:00 M Bocce 10:00 A Exercise with Kerry DVD 10:00 B Recycled Card Group 10:30 G Grocery Shopping 10:50 A Chair Yoga DVD 11:00 P Blood Pressure Checks 2:00 B Archives Committee Meeting 2:30 A Yoga with Lauren 3:00 D Dominoes	16 9:30 C RC Mass 10:00 A Line Dancing 11:00 K Craft Time with Jean 11:00 D Wii Bowling 1:00 B Bible Study 1:00 K Bingo with Andy 1:00 D Knitting Group 2:00 A Piano Concert by Frederick Moyer 3:00 D Scrabble 5:00 Vino Ladies' Guild in Private Dining Room	17 9:00 M Bocce 10:00 M Bocce 10:00 A Exercise with Kerry DVD 10:00 G Shopping at Walmart and Belk 10:50 A Chair Yoga DVD 11:30 K The Inn Pizza Party 1:00 F Sit, Step, and Sing with Debra 1:00 B Turning Points 1:30 G Leaf Looking Excursion 1:45 A Sit, Step, Sing with Debra 6:30 D Billiards	18 National Chocolate Cupcake Day 10:00 A Stand & Sit Yoga DVD 10:30 A Chair Yoga DVD 1:00 A Ping-Pong 1:30 D Scrabble 2:00 E Chocolate Cupcakes 2:00 F Popcorn & Movie in The Inn 6:30 A Movie
19 11:30 J Main Meal in the Dining Room 2:30 G Brevard Philharmonic at Porter Center 2:30 K Snack Time 3:30 A Vespers	20 9:00 M Bocce 9:30 G Errands 10:00 M Bocce 10:00 A Exercise with Kerry DVD 10:50 A Chair Yoga DVD 11:00 B Veterans' Coffee and Conversation 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 6:30 A Musical Performance by Carolina Flat Tops	21 National Pumpkin Cheesecake Day 10:30 B Hubble Group 11:00 A Tai Chi with Chris 11:30 G Noontime Notions at TC Library 1:00 K Bingo with Andy 1:00 A Ping-Pong 1:30 E Pumpkin Cheesecake 2:00 C Episcopal Communion 2:30 E Episcopal Coffee 3:00 I Music with Linda 6:30 A Movie	22 National Color Day 8:00 B Continental Breakfast 9:00 M Bocce 9:30 G Grocery Shopping 10:00 M Bocce 10:00 A Exercise with Kerry DVD 10:30 G Grocery Shopping 10:50 A Chair Yoga DVD 11:00 I Dog Visits 1:15 B UU's 2:30 A Yoga with Lauren 3:00 D Dominoes 6:30 A Musical Performance by Scnickle Fritz	23 9:30 C RC Mass 10:00 A Line Dancing 11:00 K Craft Time with Jean 11:00 D Wii Bowling 1:00 B Bible Study 1:00 K Bingo with Andy 1:00 D Knitting Group 2:00 A Cornhole 3:00 D Scrabble	24 Wear Pink 9:00 M Bocce 10:00 M Bocce 10:00 A Exercise with Kerry DVD 10:00 G Shopping at Walmart and Belk 10:50 A Chair Yoga DVD 1:00 F Sit, Step, and Sing with Debra 1:00 B Turning Points 1:45 A Sit, Step, Sing with Debra 6:30 D Billiards	25 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
26 11:30 J Main Meal in the Dining Room 2:30 K Snack Time 3:30 A Vespers 4:00 E Vesper Committee Meeting	27 Pumpkin Decorating Contest Begins 9:00 M Bocce 9:30 G Errands 10:00 M Bocce 10:00 A Exercise with Kerry DVD 10:00 Library Committee Meeting 10:50 A Chair Yoga DVD 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	28 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 6:30 A Movie	29 8:00 B Continental Breakfast 9:00 M Bocce 9:30 G Grocery Shopping 10:00 M Bocce 10:00 A Exercise with Kerry DVD 10:30 G Grocery Shopping 10:50 A Chair Yoga DVD 11:00 I Dog Visits 2:30 A Yoga with Lauren 3:00 D Dominoes	30 National Candy Corn Day 9:30 C RC Mass 10:00 A Line Dancing 11:00 K Craft Time with Jean 11:00 D Wii Bowling 1:00 B Bible Study 1:00 K Bingo with Andy 1:00 D Knitting Group 2:00 G Candy Corn 2:00 A Cornhole 3:00 D Scrabble	31 Happy Halloween! 9:00 M Bocce 9:30 A Exercise with Kerry DVD 10:00 M Bocce 10:00 G Shopping at Walmart and Belk 11:00 A Guess the Ghost Halloween Fashion Show 1:00 F Sit, Step, and Sing with Debra 1:00 B Turning Points 1:45 A Sit, Step, Sing with Debra 4:00 G Special Drinks 6:30 D Billiards	



National Days in October

- 1 Pumpkin Seed Day
- 2 Smarties Day
- 7 Chocolate Covered Pretzels Day
- 18 Chocolate Cupcake Day
- 21 Pumpkin Cheesecake Day
- 22 Color Day
- 30 Candy Corn Day



Leaf Looking Excursion

It's time to enjoy Autumn colors! Friday, October 17, enjoy a scenic leaf-looking excursion (location TBD). Depart at 1:30 pm. Sign up at Front Desk.



Music and More

2 - Musical Performance by The Late Bloomers 3 pm in Auditorium

10 - Conserving Carolina Presents "The American Black Bear" 3 pm in Auditorium.

16 - Musical Performance by Frederick Moyer at 2 pm in Auditorium

18 - "Singing by the Piano" with Carol and Nancy at 3 pm in Auditorium

20 - Musical Performance by Carolina Flat Tops at 6:30 pm in Auditorium

22 - Musical Performance by Schnickle Fritz at 6:30 pm in Auditorium



Dolly's Dairy Bar

Enjoy some sweet, sweet ice cream at Dolly's Dairy Bar in Pisgah Forest on Tuesday, October 14, at 2 pm. Meet in the Main Lobby & sign up at Front Desk.



October Birthdays

- 1 Sherry Clay
- 2 Hilda Blackburn
- 2 Carolyn McKee
- 4 Dorla Goins
- 6 Jim Ansely
- 7 Nancy Calkin
- 8 Sue Ann Glenn
- 10 Sandra Davis
- 10 Carol Juhl
- 15 Ray Tuers
- 17 Leith Bass
- 19 Gwenn Straub
- 21 Jim Black
- 22 Fred Nebrig
- 22 Marcia O'Dell
- 23 Bonnie Clark
- 24 Jean Textoris
- 25 Annette Blum
- 25 Phyllis Gillette
- 29 Marilyn Burke
- 30 Ted Platt

Happy Anniversary!

- 16 Lem & Marilyn Miller
- 19 Skip & Phyllis Sheldon
- 29 David & Joan Bloom