



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

*Committed to Brevard,
Dedicated to Seniors*

Find us on

Harvest Fest

On Saturday, October 17th, join us for Harvest Fest! This event is for everyone and includes a special cookout, live music and our very own farmer's market with some of the season's fresh harvest. This will take place in the East Wing Courtyard, however, all dining will still happen inside. The back doors of both dining rooms will stay open to allow for a flexible dining experience where you can smell all the delicious grilling aromas and hear the live music at all times. The produce stands will be open from 11 am to 2 pm in the courtyard to give you a chance to walk and shop. Let the fall season commence!



Readers Theater Group Invites Thespian Wannabes

Want to try your hand at acting with an easy introduction? And no stage fright? "Readers theater is just the thing," says Bonnie Whitmire, the Lodge resident who's leading the newly formed Readers Theater Group at College Walk. What is readers theater? Actors perform reading from a script, with no memorization needed. It can be with or without sets and costumes. The actors just develop their skills at voice inflection, accents, pitch, mood, etc. The idea for a group here was born last Spring when volunteers performed a play written by Anne Honer, another Lodge resident. Bonnie has extended an open invitation to all to join. The Readers Theater Group meets on the first Wednesday of every month at 3:15 in the Auditorium. The next meeting is Oct. 7. Come join the fun!

Halloween Trick-or-Treat Spooktacular

This year, we really want to get the word out to our College Walk residents, staff and their families to make this Halloween one to remember. We are planning a Trick-or-Treat Spooktacular from 4 pm - 6 pm that day, which is going to be a fully decorated, maze-like trick-or-treating adventure for everyone! We would greatly appreciate candy donations and candy-giving volunteers to sit at our various "candy stations." Get ready for an amazing night of fun (and a little fright). Can't wait to see everyone's costumes!



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

Leaf Peepin' Trips

We are taking the coach among the forests this month for all who enjoy seeing the vibrant fall colors! Two trips: Monday, October 19th, and Monday, October 26th.

End of Summer Picnic!

We are traveling to Sycamore Flats on October 9th for a picnic to soak up the perfect fall weather. Bring a lunch and enjoy the colors starting to emerge.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 4 11:00 J Main Meal in the Dining Room 2:30 K Snack Time 3:30 A Vespers	5 Global James Bond Day 9:30 G Errands 10:00 M Bocce 10:00 A Exercise with Kerry DVD 10:50 A Chair Yoga DVD 11:00 M Bocce 1:00 I Ice Cream Floats 1:15 A Sit, Step, and Sing with Debra 2:00 A Cornhole 2:00 B Hand and Foot Card Game 2:00 F Sit, Step, and Sing with Debra 4:00 E Monday Mixers 6:30 A James Bond Movie Night	6 Breast Cancer Awareness Month 9:00 A SilverSneakers Boom MIND Video 9:30 A SilverSneakers Boom MUSCLE Video 10:30 B Hubble Group 11:00 A Tai Chi with Chris 1:00 K Bingo 1:00 A Ping-Pong 2:00 C Episcopal Communion 2:30 E Episcopal Coffee 3:00 I Music with Linda 3:00 B Two BIG Histories with Bill Moore 6:00 B Rummikub	7 Halloween 8:00 B Continental Breakfast 9:30 G Grocery Shopping 10:00 M Bocce 10:00 A Exercise with Kerry DVD 10:30 G Grocery Shopping 11:00 M Bocce 1:00 F Passport: France 2:00 B AAUW Book Club 2:00 A Yoga with Lauren 3:00 D Dominoes 3:00 K Wine Down Wednesdays 3:15 A Readers Theater	8 9:30 C RC Mass 10:00 A Line Dancing 10:30 B Sarah Ruth Circle 11:30 A CaptionCall Phone System Talk 1:00 B Bible Study 1:00 K Bingo 2:00 A Cornhole 2:30 A Fyzical Physical Therapy Balance Class 3:30 F Fyzical Physical Therapy Balance Class 5:00 Brew Crew in Private Dining Room 5:30 M Special Olympics Bocce Practice 6:00 B Rummikub	9 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 11:00 M Bocce 12:00 D Majestic Hearing 1:00 F Sit, Step, and Sing with Debra 1:00 B Turning Points 1:45 A Sit, Step, and Sing with Debra 2:00 K Bingo 3:00 A Conserving Carolina Program	10 10:00 A Stand & Sit Yoga DVD 10:30 A Chair Yoga DVD 12:00 B College Football Watch Party 1:00 A Ping-Pong 2:00 Brevard College Sidewalk Art Festival
11 11:00 J Main Meal in the Dining Room 2:30 K Snack Time 3:30 A Vespers	12 Columbus Day 9:30 G Errands 10:00 M Bocce 10:00 A Exercise with Kerry DVD 10:50 A Chair Yoga DVD 11:00 M Bocce 11:30 Lunch at Dupont Canteen 1:00 I Ice Cream Floats 1:15 A Sit, Step, and Sing with Debra 2:00 A Cornhole 2:00 B Hand and Foot Card Game 2:00 F Sit, Step, and Sing with Debra 4:00 E Monday Mixers	13 National M&M's Day 9:00 A SilverSneakers Boom MIND Video 9:30 G Shopping at Aldi 9:30 A SilverSneakers Boom MUSCLE Video 10:30 B Hubble Group 11:00 P Blood Pressure Checks 11:00 A Tai Chi with Chris 1:00 K Bingo 1:00 A Ping-Pong 2:00 C Episcopal Communion 2:00 M&M's Buffet in both Cafe Areas 2:30 E Episcopal Coffee 3:00 B Two BIG Histories with Bill Moore	14 8:00 B Continental Breakfast 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 M Bocce 11:00 I Dog Visits 1:00 F Passport: France 2:00 A Yoga with Lauren 3:00 D Dominoes 3:00 K Wine Down Wednesdays	15 9:00 A SilverSneakers Boom MIND Video 9:30 A SilverSneakers Boom MUSCLE Video 10:00 B Americare Vaccine Clinic 10:00 A Line Dancing 1:00 I Americare Vaccine Clinic - INN 1:00 B Bible Study 1:00 D Knitting Group 2:00 A Cornhole 2:00 C First Methodist Gathering and Communion 3:00 A Daughters of the American Revolution Performance 5:00 Vino Ladies' Guild in Private Dining Room 5:30 M Special Olympics Bocce Practice	16 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 11:00 M Bocce 1:00 F Sit, Step, and Sing with Debra 1:00 B Turning Points 1:45 A Sit, Step, and Sing with Debra 2:00 K Bingo	17 Harvest Fest 10:00 A Stand & Sit Yoga DVD 10:30 A Chair Yoga DVD 11:00 H Harvest Fest 12:00 B College Football Watch Party 1:00 A Ping-Pong 3:00 A Singing at the Piano
18 11:00 J Main Meal in the Dining Room 2:30 K Snack Time 3:00 Brevard College Choral Concert 3:30 A Vespers	19 World Breast Cancer Day 9:30 G Errands 10:00 M Bocce 10:00 A Exercise with Kerry DVD 11:00 M Bocce 11:00 B Veterans' Coffee and Conversation 11:30 Leaf Peepin' Trip 1:00 I Ice Cream Floats 1:15 A Sit, Step, and Sing with Debra 2:00 A Cornhole 2:00 B Hand and Foot Card Game 2:00 F Sit, Step, and Sing with Debra 4:00 E Monday Mixers	20 9:00 A SilverSneakers Boom MIND Video 9:30 A SilverSneakers Boom MUSCLE Video 10:30 B Hubble Group 11:00 A Tai Chi with Chris 12:00 Lunch at The Pisgah Inn 12:30 A Ping-Pong 1:00 K Bingo 2:00 C Episcopal Communion 2:00 A Health Talk 2:30 E Episcopal Coffee 3:00 I Music with Linda 6:00 B Rummikub	21 National Pumpkin Cheesecake Day 8:00 B Continental Breakfast 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 11:00 M Bocce 1:00 F Passport: France 2:00 B Archives Committee Meeting 2:00 Pumpkin Cheesecake in both Cafes 2:00 A Yoga with Lauren 3:00 K Wine Down Wednesdays	22 9:00 A SilverSneakers Boom MIND Video 9:30 C RC Mass 9:30 A SilverSneakers Boom MUSCLE Video 10:00 A Line Dancing 1:00 B Bible Study 1:00 K Bingo 1:00 D Knitting Group 2:00 A Cornhole 2:00 F Inn CW Crew Connect 5:30 M Special Olympics Bocce Practice 6:00 B Rummikub	23 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 11:00 M Bocce 1:00 F Sit, Step, and Sing with Debra 1:00 B Turning Points 1:45 A Sit, Step, and Sing with Debra 2:00 K Bingo 6:00 A Art Gallery	24 10:00 A Stand & Sit Yoga DVD 10:30 A Chair Yoga DVD 12:00 B College Football Watch Party 1:00 A Ping-Pong 6:00 A Musical Performance by Dave Lagadi
25 11:00 J Main Meal in the Dining Room 2:30 K Snack Time 3:30 A Vespers 4:00 E Vespers Committee Meeting	26 9:30 G Errands 10:00 M Bocce 10:00 A Exercise with Kerry DVD 10:00 L Library Committee Meeting 11:00 M Bocce 11:30 Leaf Peepin' Trip 1:00 I Ice Cream Floats 1:15 A Sit, Step, and Sing with Debra 2:00 A Cornhole 2:00 B Hand and Foot Card Game 2:00 F Sit, Step, and Sing with Debra 4:00 E Monday Mixers	27 9:00 A SilverSneakers Boom MIND Video 9:30 A SilverSneakers Boom MUSCLE Video 10:30 B Hubble Group 11:00 P Blood Pressure Checks 11:00 A Tai Chi with Chris 1:00 K Bingo 1:00 A Ping-Pong 2:00 C Episcopal Communion 2:30 E Episcopal Coffee 6:00 B Rummikub	28 8:00 B Continental Breakfast 9:30 G Grocery Shopping 10:00 M Bocce 10:00 A Exercise with Kerry DVD 10:30 G Grocery Shopping 11:00 M Bocce 1:00 F Passport: France 1:15 B UU's 2:00 F Inn Resident Forum 2:00 A Yoga with Lauren 3:00 D Dominoes 3:00 K Wine Down Wednesdays	29 9:00 A SilverSneakers Boom MIND Video 9:30 C RC Mass 9:30 A SilverSneakers Boom MUSCLE Video 10:00 A Line Dancing 1:00 B Bible Study 1:00 K Bingo 1:00 D Knitting Group 2:00 A Cornhole 5:30 M Special Olympics Bocce Practice 6:00 B Rummikub	30 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 11:00 M Bocce 1:00 F Sit, Step, and Sing with Debra 1:00 B Turning Points 1:45 A Sit, Step, and Sing with Debra 2:00 K Bingo	31 Halloween 10:00 A Stand & Sit Yoga DVD 10:30 A Chair Yoga DVD 12:00 B College Football Watch Party 1:00 A Ping-Pong 4:00 Trick-or-Treat Spooktacular

Health Literacy How-To

October is Health Literacy Month, and it means more than just being able to read the prescription. Health literacy means you're able to find reliable sources, understand medical instructions and confidently ask your doctor questions. Here are a few tips to improve health literacy online and in the doctor's office:

Online. Prioritize websites that end in .edu or .gov, especially prominent universities and government organizations. Be sure to verify information generated online by websites or artificial intelligence with a trusted health care provider.

In office. Write your questions down ahead of time, take notes and repeat back what you heard the medical provider say. This reduces the risk of assumptions or misunderstandings during the appointment.

A Fall Funny

Q. What's the difference between a cat and a frog?

A. A cat has nine lives, but a frog croaks every night.

Art Gallery

Join us and get all "gussied up" for our Art Gallery happening Friday, October 23rd, from 6 pm to 8 pm in the Auditorium! Many of our residents have an affinity for the arts, whether it be painting, sculpting, drawing - you name it. Let's showcase their many talents and amazing artwork! We will have display tables and easels set up around the Auditorium, complimented by champagne and fancy hors d'oeuvres served throughout the event. See you fancy-folk there!

Think Pink

October is National Breast Cancer Awareness Month.



October Birthdays

1 Laurie Bigelow
2 Carolyn McKee
3 Sandy Brown
7 Nancy Calkin
8 Sue Ann Glenn
10 Sandra Davis
10 Carol Juhl
15 Ray Tuers
17 Leith Bass
19 Gwen Straub
20 Cantey Carpenter
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
29 Jean Fisher
30 Ted Platt

October Anniversaries

6 Hazel & Bobby Tucker
16 Lem & Marilyn Miller
19 Skip & Phyllis Sheldon
29 David & Joan Bloom