



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

Find us on

### Medication Spring Cleaning

Thursday, March 30: it's time to spring clean your medicine cabinet to dispose of medications that are out-of-date or you no longer use. Visit our Wellness Office from 1:30 pm - 2:30 pm and Christa Hibbs, Health and Wellness Coordinator, will safely dispose of those medications.

### Spring Forward

Daylight Saving Time begins Sunday, March 12. Be sure to set your clocks ahead one hour!



### St. Patrick's Day Buffet

May good luck be with you, wherever you go, and your blessings outnumber the shamrocks that grow. In celebration of St. Patrick's Day, Friday, March 17, enjoy a delicious Irish-themed buffet from 4:30 - 6 pm in Main Dining Room. Wear green!



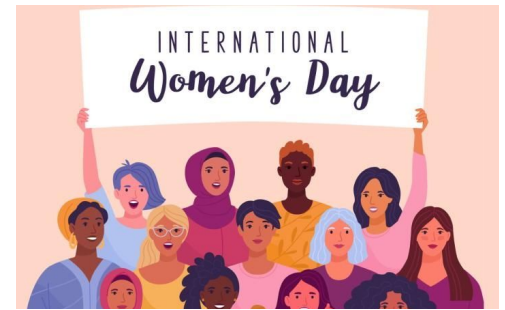
### Associate Spotlight

**Holly Crowe** is a North Carolina native who was raised in Etowah and moved to the Brevard area 21 years ago. Holly joined our Housekeeping Team in 2016 and was promoted to director in 2021. She has two children: Caitlyn (21) and Colton (18). Holly enjoys hiking, swimming, spending time with her family, and is an animal lover. We appreciate all her hard work making College Walk a sparkling star!



### International Women's Day Tea

Tuesday, March 7, we are celebrating International Women's Day a day early with a lovely tea party featuring Debbie DeBord playing the piano. Our special guest speaker is Brevard mayor Maureen Copelof. Hats are optional, but encouraged. Sign up at Front Desk if attending.



### Meet and Greet

Tuesday, March 28, East and West wing residents are invited to socialize with their friends and neighbors at our Meet and Greet. 2:30 pm in 2nd floor East and West elevator lobbies.

### Special Events




4 - Musical performance by Alvin Watson, Jr. at 3 pm in Auditorium

10 - Brevard Philharmonic Afternoon Social at 3 pm in Auditorium

16 - Musical performance by Blue Ridge Bakery Band at 6:30 pm in Auditorium

### Baked Potato Bar Buffet

Let's try again! Tuesday, March 14, enjoy loaded baked potatoes with all your favorite toppings from Noon - 1 pm in Main Dining Room. Caesar salad, fruit and beverages, too. For ALL residents at no additional cost. Sign up by Friday, March 10. Dinner will be served that evening.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>9:30 <b>G</b> Grocery Shopping 10:00 <b>B</b> Children's Center Card Sale 10:00 <b>A</b> Exercise with Kerry DVD 10:30 <b>G</b> Grocery Shopping 11:00 <b>P</b> Blood Pressure Checks 11:00 <b>M</b> Bocce 11:00 <b>A</b> Chair Yoga DVD 11:00 <b>I</b> Dog Visits 2:00 <b>B</b> AAUW Book Club 2:00 <b>F</b> Sit, Step, Sing with Debra 2:30 <b>A</b> Yoga with Lauren 3:00 <b>D</b> Dominoes</p>	<p><b>Dr. Seuss Birthday</b> 9:15 <b>E</b> Coffee Chat 10:00 <b>A</b> Line Dancing 10:30 <b>B</b> Sarah Ruth Circle of PW 11:00 <b>K</b> Craft Time with Jean in The Inn 11:00 <b>D</b> Wii Bowling 1:00 <b>E</b> Bingo with Andy 1:00 <b>D</b> Knitting Group 2:00 <b>A</b> Cornhole 6:00 <b>G</b> Transylvania County Library Program</p>	<p>9:30 <b>G</b> Errands 10:00 <b>A</b> Exercise with Kerry DVD 10:30 <b>B</b> Book Discussion Group 10:30 <b>G</b> Shopping at Walmart and Belk 11:00 <b>M</b> Bocce 11:00 <b>A</b> Morning Yoga with Laura 1:00 <b>F</b> Sit, Step, Sing with Debra 1:00 <b>B</b> Turning Points 2:00 <b>E</b> Fun Friday - Birthday Party 2:00 <b>D</b> Pinochle 6:30 <b>D</b> Billiards</p>	<p>10:00 <b>A</b> Stand &amp; Sit Yoga DVD 10:30 <b>A</b> Chair Yoga DVD 1:00 <b>A</b> Ping Pong 1:30 <b>D</b> Scrabble 2:00 <b>E</b> Coffee Chat 2:00 <b>F</b> Popcorn &amp; Movie in The Inn 3:00 <b>A</b> Musical Performance by Alvin Watson 7:00 <b>A</b> Movie</p>
<p>10:30 <b>I</b> Church Service 11:30 <b>J</b> Main Meal in the Dining Room 1:30 <b>D</b> Scrabble 2:30 <b>I</b> Snack Time 3:30 <b>A</b> Vespers</p>	<p><b>Oreo Cookie Day</b> 9:15 <b>E</b> Coffee Chat 9:30 <b>G</b> Errands 10:00 <b>A</b> Exercise with Kerry DVD 11:00 <b>M</b> Bocce 11:00 <b>A</b> Chair Yoga DVD 11:00 <b>B</b> Resident Board Meeting 2:00 <b>A</b> Cornhole 2:00 <b>F</b> Sit, Step, Sing with Debra 3:30 <b>E</b> Monday Mixers</p>	<p>9:30 <b>B</b> Hubble Group 10:00 <b>C</b> RC Communion 1:00 <b>E</b> Bingo with Andy 2:00 <b>C</b> Episcopal Communion 2:30 <b>A</b> (Pre) International Women's Day Tea Party with Special Speaker Maureen Copelof 2:30 <b>E</b> Episcopal Coffee 3:00 <b>I</b> Music with Linda 7:00 <b>A</b> Movie</p>	<p>8:00 <b>B</b> Continental Breakfast 9:30 <b>G</b> Grocery Shopping 10:00 <b>A</b> Exercise with Kerry DVD 10:30 <b>G</b> Grocery Shopping 11:00 <b>M</b> Bocce 11:00 <b>A</b> Chair Yoga DVD 11:00 <b>I</b> Dog Visits 2:00 <b>F</b> Sit, Step, Sing with Debra 2:30 <b>A</b> Yoga with Lauren 3:00 <b>D</b> Dominoes</p>	<p>9:15 <b>E</b> Coffee Chat 10:00 <b>A</b> Line Dancing 11:00 <b>D</b> Wii Bowling 12:00 <b>G</b> Music in the Schools Concert at Porter Center 1:00 <b>E</b> Bingo with Andy 1:00 <b>D</b> Knitting Group 2:00 <b>C</b> First Methodist Gathering and Communion 2:00 <b>A</b> Visually Impaired Persons Meeting 5:00 Men's Brew Crew</p>	<p>9:30 <b>G</b> Errands 10:00 <b>A</b> Exercise with Kerry DVD 10:30 <b>G</b> Shopping at Walmart and Belk 11:00 <b>M</b> Bocce 11:00 <b>A</b> Morning Yoga with Laura 1:00 <b>F</b> Sit, Step, Sing with Debra 1:00 <b>B</b> Turning Points 2:00 <b>E</b> Fun Friday - Dunkin' Donuts 2:00 <b>D</b> Pinochle 3:00 <b>A</b> Brevard Philharmonic Afternoon Social 6:30 <b>D</b> Billiards</p>	<p>10:00 <b>A</b> Stand &amp; Sit Yoga DVD 10:30 <b>A</b> Chair Yoga DVD 1:30 <b>D</b> Scrabble 2:00 <b>E</b> Coffee Chat 2:00 <b>A</b> Ping Pong 2:00 <b>F</b> Popcorn &amp; Movie in The Inn 7:00 <b>A</b> Movie</p>
<p>Daylight Saving Time Begins! 10:30 <b>I</b> Church Service 11:30 <b>J</b> Main Meal in the Dining Room 1:30 <b>D</b> Scrabble 2:30 <b>I</b> Snack Time 3:30 <b>A</b> Vespers</p>	<p>9:15 <b>E</b> Coffee Chat 9:30 <b>G</b> Errands 9:30 <b>B</b> PEO Group 10:00 <b>A</b> Exercise with Kerry DVD 11:00 <b>M</b> Bocce 11:00 <b>A</b> Chair Yoga DVD 2:00 <b>F</b> Sit, Step, Sing with Debra 3:00 <b>A</b> Residents' Association Meeting</p>	<p>9:30 <b>B</b> Hubble Group 10:00 <b>C</b> RC Communion 12:00 <b>J</b> Baked Potato Bar Buffet 1:00 <b>E</b> Bingo with Andy 2:00 <b>C</b> Episcopal Communion 2:00 <b>I</b> Land of Waterfalls Dulcimer Group 2:00 <b>A</b> Ping Pong 2:30 <b>E</b> Episcopal Coffee 6:45 <b>A</b> Movie 7:00 <b>G</b> Parker Concert Hall at BMC</p>	<p>8:00 <b>B</b> Continental Breakfast 9:30 <b>G</b> Grocery Shopping 10:00 <b>A</b> Exercise with Kerry DVD 10:00 <b>B</b> Recycled Card Group 10:30 <b>G</b> Grocery Shopping 11:00 <b>P</b> Blood Pressure Checks 11:00 <b>M</b> Bocce 11:00 <b>A</b> Chair Yoga DVD 11:00 <b>I</b> Dog Visits 2:00 <b>F</b> Sit, Step, Sing with Debra 2:30 <b>A</b> Yoga with Lauren 3:00 <b>D</b> Dominoes</p>	<p>9:15 <b>E</b> Coffee Chat 10:00 <b>A</b> Line Dancing 11:00 <b>K</b> Craft Time with Jean in The Inn 11:00 <b>D</b> Wii Bowling 1:00 <b>E</b> Bingo with Andy 1:00 <b>D</b> Knitting Group 2:00 <b>A</b> Cornhole 3:00 Scenic Ride for The Inn 5:00 VINO Ladies' Guild 6:30 <b>A</b> Musical Performance by Blue Ridge Bakery Band</p>	<p><b>St. Paddy's Day Theme Night</b> 9:30 <b>G</b> Errands 10:00 <b>A</b> Exercise with Kerry DVD 10:30 <b>G</b> Shopping at Walmart and Belk 11:00 <b>M</b> Bocce 11:00 <b>A</b> Morning Yoga with Laura 1:00 <b>F</b> Sit, Step, Sing with Debra 1:00 <b>B</b> Turning Points 2:00 <b>E</b> Fun Friday - Hot Chocolate 2:00 <b>D</b> Pinochle 6:30 <b>D</b> Billiards</p>	<p>10:00 <b>A</b> Stand &amp; Sit Yoga DVD 10:30 <b>A</b> Chair Yoga DVD 1:30 <b>D</b> Scrabble 2:00 <b>E</b> Coffee Chat 2:00 <b>A</b> Ping Pong 2:00 <b>F</b> Popcorn &amp; Movie in The Inn 7:00 <b>A</b> Movie</p>
<p>10:30 <b>I</b> Church Service 11:30 <b>J</b> Main Meal in the Dining Room 1:30 <b>D</b> Scrabble 2:30 <b>I</b> Snack Time 3:30 <b>A</b> Vespers</p>	<p>9:15 <b>E</b> Coffee Chat 9:30 <b>G</b> Errands 10:00 <b>A</b> Exercise with Kerry DVD 11:00 <b>M</b> Bocce 11:00 <b>A</b> Chair Yoga DVD 2:00 <b>A</b> Cornhole 2:00 <b>F</b> Sit, Step, Sing with Debra 3:30 <b>E</b> Monday Mixers</p>	<p>9:30 <b>B</b> Hubble Group 10:00 <b>C</b> RC Communion 11:00 <b>A</b> Quilling Class with Jim Null 1:00 <b>E</b> Bingo with Andy 2:00 <b>C</b> Episcopal Communion 2:00 <b>A</b> Ping Pong 2:30 <b>E</b> Episcopal Coffee 3:00 <b>A</b> Betts Bar 3:00 <b>I</b> Music with Linda 7:00 <b>A</b> Movie</p>	<p>8:00 <b>B</b> Continental Breakfast 9:30 <b>G</b> Grocery Shopping 10:00 <b>A</b> Exercise with Kerry DVD 10:30 <b>G</b> Grocery Shopping 11:00 <b>M</b> Bocce 11:00 <b>A</b> Chair Yoga DVD 11:00 <b>I</b> Dog Visits 1:15 <b>B</b> UU's 2:00 <b>F</b> Sit, Step, Sing with Debra 2:30 <b>A</b> Yoga with Lauren 3:00 <b>D</b> Dominoes</p>	<p>9:15 <b>E</b> Coffee Chat 10:00 <b>A</b> Line Dancing 11:00 <b>D</b> Wii Bowling 12:00 <b>B</b> Pizza Party 1:00 <b>E</b> Bingo with Andy 1:00 <b>A</b> Cornhole 1:00 <b>D</b> Knitting Group 2:00 <b>A</b> Heart Disease and Prevention Seminar by Marissa Haggerty, Director of Nursing</p>	<p>9:30 <b>G</b> Errands 10:00 <b>A</b> Exercise with Kerry DVD 10:30 <b>G</b> Shopping at Walmart and Belk 11:00 <b>M</b> Bocce 11:00 <b>A</b> Morning Yoga with Laura 1:00 <b>F</b> Sit, Step, Sing with Debra 1:00 <b>B</b> Turning Points 2:00 <b>E</b> Fun Friday - National Chocolate Covered Raisins Day 2:00 <b>D</b> Pinochle 6:30 <b>D</b> Billiards</p>	<p>10:00 <b>A</b> Stand &amp; Sit Yoga DVD 10:30 <b>A</b> Chair Yoga DVD 1:30 <b>D</b> Scrabble 2:00 <b>E</b> Coffee Chat 2:00 <b>A</b> Ping Pong 2:00 <b>F</b> Popcorn &amp; Movie in The Inn 7:00 <b>A</b> Movie</p>
<p>10:30 <b>I</b> Church Service 11:30 <b>J</b> Main Meal in the Dining Room 1:30 <b>D</b> Scrabble 2:30 <b>I</b> Snack Time 3:30 <b>A</b> Vespers 4:00 <b>E</b> Vespers Committee Meeting</p>	<p>9:15 <b>E</b> Coffee Chat 9:30 <b>G</b> Errands 10:00 <b>A</b> Exercise with Kerry DVD 10:00 <b>L</b> Library Committee Meeting 11:00 <b>M</b> Bocce 11:00 <b>A</b> Chair Yoga DVD 2:00 <b>A</b> Cornhole 2:00 <b>F</b> Sit, Step, Sing with Debra 3:30 <b>E</b> Monday Mixers</p>	<p>9:30 <b>B</b> Hubble Group 10:00 <b>C</b> RC Communion 11:00 <b>A</b> Quilling Class with Jim Null 11:30 <b>K</b> The Inn Pizza Party 1:00 <b>E</b> Bingo with Andy 2:00 <b>C</b> Episcopal Communion 2:00 <b>A</b> Ping Pong 2:30 East &amp; Wing Meet and Greet in 2nd Floor Elevator Lobbies 2:30 <b>E</b> Episcopal Coffee 3:00 <b>F</b> Listen and Laugh with Carol 7:00 <b>A</b> Movie</p>	<p>8:00 <b>B</b> Continental Breakfast 9:30 <b>G</b> Grocery Shopping 10:00 <b>A</b> Exercise with Kerry DVD 10:30 <b>G</b> Grocery Shopping 11:00 <b>M</b> Bocce 11:00 <b>A</b> Chair Yoga DVD 11:00 <b>I</b> Dog Visits 2:00 <b>F</b> Sit, Step, Sing with Debra 2:30 <b>A</b> Yoga with Lauren 3:00 <b>D</b> Dominoes</p>	<p>9:15 <b>E</b> Coffee Chat 10:00 <b>A</b> Line Dancing 11:00 <b>K</b> Craft Time with Jean in The Inn 11:00 <b>D</b> Wii Bowling 1:00 <b>E</b> Bingo with Andy 1:00 <b>D</b> Knitting Group 1:30 <b>P</b> Spring Clean Your Medicine Cabinet with Christa 2:00 <b>A</b> Cornhole 3:00 Scenic Ride for The Inn 7:00 <b>G</b> Parker Concert Hall at BMC</p>	<p>9:30 <b>G</b> Errands 10:00 <b>A</b> Exercise with Kerry DVD 10:30 <b>B</b> Book Discussion Group 10:30 <b>G</b> Shopping at Walmart and Belk 11:00 <b>M</b> Bocce 11:00 <b>A</b> Morning Yoga with Laura 1:00 <b>F</b> Sit, Step, Sing with Debra 1:00 <b>B</b> Turning Points 2:00 <b>E</b> Fun Friday - Black Forest Cake 2:00 <b>D</b> Pinochle 6:30 <b>D</b> Billiards</p>	<p><b>LUCK OF THE IRISH</b></p>

## Heart Disease and Prevention Seminar

Thursday, March 23, Marissa Haggerty, Director of Nursing, will present a seminar entitled "Heart Disease and Prevention" at 2 pm in Auditorium.

## National Oreo Cookie Day

Monday, March 6, Oreo cookies will be available all day in Main Lobby. Pick up one or two of these delicious treats!



## Card Sale

Let's try again! Wednesday, March 1, the Recycled Card Group will be selling all occasion cards for the low price of \$1 each from 10 am to Noon in Activity Room. All proceeds benefit the Children's Center of Transylvania County.



## Residents' Association Mtg.

Monday, March 13, get informed about everything going on at College Walk at 3 pm in Auditorium.

## Quilling Class

Would you like to learn how to make personalized cards and table or wall decorations? Release your inner creativity and make beautiful pieces of art with tiny strips of paper. The proper name is quilling. Jim Null will teach a class limited to 8 people. Fine motor skills with your hands are required. The class will meet from 11 am to 1 pm on four Tuesdays, starting Tuesday, March 21. All sessions will meet in Auditorium. No cost! Plus materials provided by Jim.



## March Birthdays

- 1 Janice Liebe
- 2 Reba Warren
- 3 Oscar Reiner
- 5 Barbara Trapasso
- 8 Jim Pierce
- 9 Fred Honsell
- 10 Glen Rainsley
- 13 Margaret Jaques
- 14 Kathie Filson
- 14 Christina Howle
- 17 John Allen
- 17 Milt Hamann
- 18 John Carrano
- 18 Brownie Trainham
- 22 Paul Jaques
- 22 Linda Jenkins
- 23 Judy Caldwell
- 24 Mary Steinbugler
- 25 Ronnie Peterman
- 27 Joe Hamrick

## Happy Anniversary!

- 28 Larry & Carroll Sitton



## Fun Fridays

- 3 Birthday Party
- 10 Dunkin' Donuts
- 17 Hot Chocolate
- 24 Chocolate Raisins
- 31 Black Forest Cake