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*Committed to Brevard,
Dedicated to Seniors*

Find us on 

Cleaning the Coasts

Every year, people from over 100 countries participate in the International Coastal Cleanup, held the third Saturday of September. Since the first event in 1986, volunteers have picked up more than 300 million pounds of trash from beaches across the globe. The cleanup is the world's largest volunteer project dedicated to ocean conservation.

Uplift and Inspire

Whether it's a kind word, helpful tip, high five or a hug, inspire those around you on the National Day of Encouragement, Sept. 12.

Fall Into September

The first day of fall, also called the autumnal equinox, arrives Sept. 22. It's one of two days during the year (the other being the first day of spring) that bring nearly equal hours of day and night, about 12 hours. The word equinox means "equal night" in Latin. For us in the Northern Hemisphere, the days will then grow shorter as the sun starts rising later and setting earlier.

'Who Was That Masked Man?'

On Sept. 15, 1949, "The Lone Ranger" rode into the world of television with its debut episode. The popular Western lives on in reruns, fan clubs, collectibles and cultural references, including the show's legendary line, "Hi-yo, Silver! Away!"

Humming on By

A favorite of backyard bird-watchers, hummingbirds begin migrating south as the sun sets on summer and crisp fall temperatures begin. Most of these itty-bitty beauties spend the winter in Mexico and Central America, with some flying thousands of miles to their vacation destination. That's a long trip for such little birds, which can flap their wings up to 80 times a second to complete the journey, but they fuel up at flowers and feeders along the way.

Guilt-Free Goldenrod

Displaying feathery yellow flowers atop tall green stalks, goldenrod is a seasonal bloom often seen in fall bouquets and centerpieces. This pollinator-friendly perennial often is blamed for hay fever and allergy symptoms, but a similar plant, ragweed, is usually the cause. That's because ragweed's tiny green flowers have smaller pollen particles, which are carried more easily by the wind.

Farewell to Summer

Observed on the first Monday in September, Labor Day recognizes the achievements of American workers. Many people consider Labor Day the end of the summer season and organize cookouts and other outdoor events. The week of Labor Day also marks the start of the National Football League's regular season.



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



9:15 **E** Coffee Chat
10:00 **A** Line Dancing
10:00 **G** Shopping at Ingles
10:30 **B** Sarah Circle of PW
11:00 **D** Wii Bowling
1:00 **I** Bingo with Margaret
1:00 **D** Knitting Group
2:00 **A** Cornhole
2:00 **C** First Methodist Gathering and Communion
6:00 **G** Program at TC Library

9:30 **M** Bocce
10:00 **I** "The Doctor Is In" with Dr. Trimble
10:00 **A** Exercise with Kerry DVD
10:00 **G** Shopping at Walmart and Belk
10:30 **B** Book Discussion Group
1:00 **F** Sit, Step, Sing with Debra
1:00 **B** Turning Points
2:00 **E** Fun Friday - Lemonade
2:00 **D** Pinochle
2:30 **A** Patio Home Block Party
6:30 **D** Billiards

10:00 **A** Stand & Sit Yoga DVD
10:30 **A** Chair Yoga DVD
1:00 **K** Bingo with Margaret
1:30 **D** Scrabble
2:00 **E** Coffee Chat
2:00 **A** Ping Pong
6:00 **F** Popcorn & Movie in The Inn
7:00 **A** Movie

4 **Labor Day**
10:30 **I** Church Service
1:30 **D** Scrabble
2:30 **I** Snack Time
3:30 **A** Vespers

5 **Labor Day**
9:15 **E** Coffee Chat
9:30 **M** Bocce
9:30 **A** Exercise with Kerry DVD
10:30 **A** Line Dancing Rehearsal
11:30 **J** Main Meal in the Dining Room
2:00 **A** Cornhole
2:30 **C** Bible Study
3:30 **E** Monday Mixers

6
9:30 **G** Buy Apples at Grandad's Apples-N-Such in Hendersonville
9:30 **B** Hubble Group
10:00 **C** RC Communion
11:00 **F** Balloon Ball
2:00 **C** Episcopal Communion
2:00 **A** Ping Pong
2:30 **E** Episcopal Coffee
3:00 **A** Line Dancing Rehearsal
3:00 **I** Music with Linda
6:00 **I** Cards/Game Time
7:00 **A** Movie

7
8:00 **E** Continental Breakfast
9:30 **M** Bocce
9:30 **G** Errands
10:00 **I** Dog Visits
10:00 **A** Exercise with Kerry DVD
11:00 **P** Blood Pressure Checks
11:00 **A** Line Dancing Rehearsal
2:00 **B** AAUW Book Club
2:00 **F** Sit, Step, Sing with Debra
2:30 **A** Yoga with Lauren
3:00 **D** Dominoes

8
9:15 **E** Coffee Chat
10:00 **A** Line Dancing
10:00 **G** Shopping at Ingles
11:00 **D** Wii Bowling
1:00 **I** Bingo with Margaret
1:00 **D** Knitting Group
2:00 **A** Traveling Betts Bar The Lodge
2:00 **A** VIP Meeting
3:00 **A** Traveling Betts Bar Patio Homes & Cottages

9
9:30 **M** Bocce
10:00 **I** "The Doctor Is In" with Dr. Trimble
10:00 **A** Exercise with Kerry DVD
11:00 **A** Line Dancing Rehearsal
1:00 **F** Sit, Step, Sing with Debra
1:00 **B** Turning Points
2:00 **A** College Walk Rockets Line Dancing Show
2:00 **D** Pinochle
6:30 **D** Billiards

10
10:00 **A** Stand & Sit Yoga DVD
10:30 **A** Chair Yoga DVD
1:00 **K** Bingo with Margaret
1:30 **D** Scrabble
2:00 **E** Coffee Chat
2:00 **A** Ping Pong
6:00 **F** Popcorn & Movie in The Inn
7:00 **A** Movie

11 **Patriot Day**
10:30 **I** Church Service
1:30 **D** Scrabble
2:30 **I** Snack Time
3:30 **A** Vespers

12
9:15 **E** Coffee Chat
9:30 **M** Bocce
9:30 **G** Errands
9:30 **B** PEO Group
10:00 **A** Exercise with Kerry DVD
11:00 **A** Resident Board Meeting
2:00 **A** Cornhole
2:00 **F** Sit, Step, Sing with Debra
2:30 **C** Bible Study
3:30 **E** Monday Mixers
6:00 **I** Susie and The HitList Show

13
9:30 **B** Hubble Group
10:00 **C** RC Communion
10:30 **G** Picnic at Mt. Pisgah Picnic Area on Blue Ridge Parkway
11:00 **I** Cornhole
2:00 **K** 90th Birthday Celebration for Donald Calabrese
2:00 **C** Episcopal Communion
2:00 **A** Ping Pong
2:30 **E** Episcopal Coffee
3:00 **I** Land of Waterfalls Dulcimer Group
6:00 **I** Cards/Game Time
7:00 **A** Movie

14
8:00 **E** Continental Breakfast
9:30 **M** Bocce
9:30 **G** Errands
10:00 **I** Dog Visits
10:00 **A** Exercise with Kerry DVD
11:00 **A** Chair Yoga DVD
2:00 **F** Sit, Step, Sing with Debra
2:30 **A** Yoga with Lauren
3:00 **D** Dominoes

15 **Wear Favorite College Team Colors**
9:15 **E** Coffee Chat
10:00 **A** Line Dancing
10:00 **G** Shopping at Ingles
11:00 **K** Craft Time with Jean
11:00 **D** Wii Bowling
12:00 **B** Pizza Party
1:00 **I** Bingo with Margaret
1:00 **D** Knitting Group
2:00 **A** Cornhole
3:00 **A** Scenic Ride for The Inn

16
9:30 **M** Bocce
10:00 **I** "The Doctor Is In" with Dr. Trimble
10:00 **A** Exercise with Kerry DVD
10:00 **G** Shopping at Walmart and Belk
1:00 **F** Sit, Step, Sing with Debra
1:00 **B** Turning Points
2:00 **E** Fun Friday - Birthday Party
2:00 **D** Pinochle
3:00 **A** Healthcare Listening Session with Mayor Maureen Copelof
6:30 **D** Billiards

17
10:00 **A** Stand & Sit Yoga DVD
10:30 **A** Chair Yoga DVD
1:00 **K** Bingo with Margaret
1:30 **D** Scrabble
2:00 **E** Coffee Chat
2:00 **A** Ping Pong
6:00 **F** Popcorn & Movie in The Inn
7:00 **A** Movie

18
10:30 **I** Church Service
1:30 **D** Scrabble
2:30 **I** Snack Time
3:30 **A** Vespers

19
9:15 **E** Coffee Chat
9:30 **M** Bocce
9:30 **G** Errands
10:00 **A** Exercise with Kerry DVD
11:00 **A** Chair Yoga DVD
11:30 **K** The Inn Pizza Party
2:00 **F** Sit, Step, Sing with Debra
2:30 **C** Bible Study
3:00 **A** Residents' Association Meeting

20
9:30 **B** Hubble Group
10:00 **C** RC Communion
11:00 **F** Balloon Ball
11:30 **G** Noontime Notions at TC Library
2:00 **C** Episcopal Communion
2:00 **A** Ping Pong
2:30 **E** Episcopal Coffee
3:00 **I** Music with Linda
6:00 **I** Cards/Game Time
7:00 **A** Movie

21
8:00 **E** Continental Breakfast
9:30 **M** Bocce
9:30 **G** Errands
10:00 **I** Dog Visits
10:00 **A** Exercise with Kerry DVD
10:00 **B** Recycled Card Group
11:00 **P** Blood Pressure Checks
11:00 **A** Chair Yoga DVD
2:00 **F** Sit, Step, Sing with Debra
2:30 **A** Yoga with Lauren
3:00 **D** Dominoes

22 **Autumn Begins**
9:15 **E** Coffee Chat
9:30 **B** "Wife of Bath" Study with Bill Moore
10:00 **A** Line Dancing
10:00 **G** Shopping at Ingles
11:00 **D** Wii Bowling
1:00 **I** Bingo with Margaret
1:00 **D** Knitting Group
2:00 **A** Cornhole
2:00 **A** Traveling Betts Bar The Lodge
3:00 **A** Traveling Betts Bar Patio Homes & Cottages
6:30 **H** Goodbye to Summer

23
9:30 **M** Bocce
10:00 **I** "The Doctor Is In" with Dr. Trimble
10:00 **A** Exercise with Kerry DVD
1:00 **F** Sit, Step, Sing with Debra
1:00 **B** Turning Points
2:00 **E** Fun Friday - Krispy Kreme Donuts
2:00 **D** Pinochle
3:00 **A** Musical Performance by Alvin Watson
6:30 **D** Billiards

24
10:00 **A** Stand & Sit Yoga DVD
10:30 **A** Chair Yoga DVD
1:00 **K** Bingo with Margaret
1:30 **D** Scrabble
2:00 **E** Coffee Chat
2:00 **A** Ping Pong
6:00 **F** Popcorn & Movie in The Inn
7:00 **A** Movie

25
10:30 **I** Church Service
1:30 **D** Scrabble
2:30 **I** Snack Time
3:30 **A** Vespers
4:00 **E** Vesper Committee Meeting

26
9:15 **E** Coffee Chat
9:30 **M** Bocce
9:30 **G** Errands
10:00 **A** Exercise with Kerry DVD
11:00 **A** Chair Yoga DVD
2:00 **A** Cornhole
2:00 **F** Sit, Step, Sing with Debra
2:30 **C** Bible Study
3:30 **E** Monday Mixers

27
9:30 **B** Hubble Group
9:30 **G** Visit NC Arboretum in Asheville
10:00 **C** RC Communion
11:00 **F** Bowling
2:00 **C** Episcopal Communion
2:00 **A** Ping Pong
2:30 **E** Episcopal Coffee
3:00 **F** Listen and Laugh with Carol
6:00 **I** Cards/Game Time
7:00 **A** Movie

28
8:00 **E** Continental Breakfast
9:30 **M** Bocce
9:30 **G** Errands
10:00 **I** Dog Visits
10:00 **A** Exercise with Kerry DVD
11:00 **A** Chair Yoga DVD
1:00 **C** UU's
2:00 **F** Sit, Step, Sing with Debra
2:30 **A** Yoga with Lauren
3:00 **D** Dominoes

29
9:15 **E** Coffee Chat
9:30 **B** "Wife of Bath" Study with Bill Moore
10:00 **A** Line Dancing
10:00 **G** Shopping at Ingles
11:00 **D** Wii Bowling
1:00 **I** Bingo with Margaret
1:00 **D** Knitting Group
2:00 **A** Cornhole
3:00 **A** Scenic Ride for The Inn

30
9:30 **M** Bocce
10:00 **I** "The Doctor Is In" with Dr. Trimble
10:00 **A** Exercise with Kerry DVD
10:00 **G** Shopping at Walmart and Belk
10:30 **B** Book Discussion Group
1:00 **F** Sit, Step, Sing with Debra
1:00 **B** Turning Points
2:00 **E** Fun Friday - Cold Cider
2:00 **D** Pinochle
3:00 **A** Readers Theater Performance
6:30 **D** Billiards





Apples of Our Eye

September signals the peak season for an autumn staple, apples. One of the most popular fruits, apples are grown commercially in over 30 states, with orchards harvesting 240 million bushels of them each year. Because the fruit bruises easily, all those apples must be picked by hand.

September's Starry Flower

As potted mums hit stores this month, containers of daisy-like asters are often seen displayed with them. September's birth flower, the aster blooms in late summer through autumn, bringing hues of blue, purple, pink and white to the garden. Aster is the Greek word for star, describing the shape of the flower's fanned petals.

Patriot Day

The nation's annual remembrance of 9/11, Patriot Day is also a National Day of Service. Since 2002, people across America pay tribute to the victims, survivors and heroes of Sept. 11 by volunteering in community service projects.



The Air Force at 75

The U.S. Air Force turns 75 on Sept. 18, celebrating a long legacy of defending America's skies. In recognition of this milestone, the Air Force has declared their 2022 theme as "Innovate, Accelerate, Thrive ... the Air Force at 75."

September Birthdays

- 1 Joyce Weaver
- 4 Sue Carter
- 6 Betsy Robinson
- 7 Elma Hughes
- 10 Helen Burnside
- 10 Pete Reilly
- 15 Barbara Shea
- 17 Rick Taylor
- 19 John King
- 20 Tom McGohey
- 20 Warren Redwing
- 21 Trueman Baker
- 24 George Erdman
- 25 Bart Vaughn
- 27 Jeralyn Redwing

Happy Anniversary!

- 20 Peter & Carol Juhl
- 30 Ralph & Kathy Filson



Happy Grandparents Day!

Wishing a wonderful Grandparents Day to all the grandmothers and grandfathers at College Walk! The bond between a grandparent and grandchild is like no other. Enjoy your special day!

