



100 N College Row  
 Brevard, NC 28712  
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*Committed to Brevard,  
 Dedicated to Seniors*

Find us on

**National Wear Red Day**  
 On Friday, February 7, in honor of American Heart month we wear red!



**Random Acts of Kindness Day**

Monday, February 17, we will hand deliver encouraging cards with special treats to random people throughout Transylvania County at 1:30 pm. Valerie is looking for 3 volunteers to help her make this possible. Watch Table Talk for ways you can donate. After Hurricane Helene, this will be a special "kindness day" to give back to our community.



**Super Bowl Party**

On Sunday, February 9, our Super Bowl party features Subway sandwiches, chips, cookies, beverages and door prizes for the low cost of \$3. Watch the game on the big screen with your friends and neighbors at 6 pm in Auditorium. Sign up at Front Desk by Wednesday, February 5.

**Love Is in the Air Theme Night**

Friday, February 14, celebrate Valentine's Day with a musical performance at 3 pm in Auditorium. Drinks from 4-5 pm in Main lobby followed by a special themed buffet. Afterwards "Very, Very, Valentine" at 6:30 pm in Auditorium.



**Supporting Our Community's Health**

Let's try again! Andrew Schmidt, Program Officer at Pardee Hospital Foundation, will give a historic overview of their regional community hospital, explain the relationship with UNC Health, talk about nonprofit healthcare vs. for profit, and provide updates on the expansion into Transylvania County. Join him Tuesday, February 4, at 3 pm, in Auditorium.

**UNC HEALTH® Pardee**

**Online Photo Album**

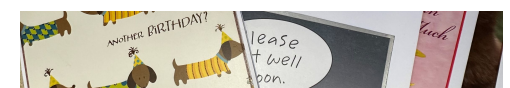
Friday, February 7, join Tim Robinson for a College Walk Online Photo Album Tutorial at 3 pm in Auditorium. He will walk you through all steps to be successful on the website.

**Special Seminars**

- 4 Supporting Our Community's Health
- 7 CW Online Photo Album Tutorial
- 18 Land of Waterfalls Senior Games Update
- 21 Let's Talk About Strength and Balance
- 27 Estate Planning

**Card Sale**

Wednesday, February 5, the Recycled Card Group is selling all-occasion cards for the low price of \$1 each from 10 am - Noon in Activity Room. Proceeds benefit the Children's Center of Transylvania County.





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						
<p>2</p> <p>10:30 <b>I</b> Church Service</p> <p>11:30 <b>J</b> Main Meal in the Dining Room</p> <p>2:30 <b>K</b> Snack Time</p> <p>3:30 <b>A</b> Vespers</p>	<p>3</p> <p>National Carrot Cake Day</p> <p>9:30 <b>G</b> Errands</p> <p>10:00 <b>A</b> Exercise with Kerry DVD</p> <p>10:50 <b>A</b> Chair Yoga DVD</p> <p>11:00 <b>M</b> Bocce</p> <p>1:15 <b>A</b> Sit, Step, Sing with Debra</p> <p>2:00 <b>E</b> Carrot Cake</p> <p>2:00 <b>A</b> Cornhole</p> <p>2:00 <b>B</b> Hand and Foot Card Game</p> <p>2:00 <b>F</b> Sit, Step, and Sing with Debra</p> <p>3:30 <b>E</b> Monday Mixers</p>	<p>4</p> <p>9:30 <b>B</b> Hubble Group</p> <p>11:00 <b>A</b> Tai Chi with Chris</p> <p>1:00 <b>K</b> Bingo with Andy</p> <p>1:00 <b>A</b> Ping pong</p> <p>2:00 <b>C</b> Episcopal Communion</p> <p>2:00 <b>D</b> Pinochle</p> <p>2:30 <b>E</b> Episcopal Coffee</p> <p>3:00 <b>A</b> "Supporting Our Community's Health" Seminar</p> <p>3:00 <b>I</b> Music with Linda</p> <p>6:30 <b>A</b> Movie</p>	<p>5</p> <p>9:30 <b>G</b> Grocery Shopping</p> <p>10:00 <b>B</b> Children's Center Card Sale</p> <p>10:00 <b>A</b> Exercise with Kerry DVD</p> <p>10:30 <b>G</b> Grocery Shopping</p> <p>10:50 <b>A</b> Chair Yoga DVD</p> <p>11:00 <b>P</b> Blood Pressure Checks</p> <p>11:00 <b>M</b> Bocce</p> <p>11:00 <b>I</b> Dog Visits</p> <p>2:00 <b>B</b> AAUW Book Club</p> <p>2:30 <b>F</b> Sit, Step, Sing with Debra</p> <p>2:30 <b>A</b> Yoga with Lauren</p> <p>3:00 <b>D</b> Dominoes</p>	<p>6</p> <p>9:30 <b>C</b> RC Mass</p> <p>10:00 <b>A</b> Line Dancing</p> <p>10:30 <b>B</b> Sarah Ruth Circle</p> <p>11:00 <b>K</b> Craft Time with Jean</p> <p>11:00 <b>D</b> Wii Bowling</p> <p>1:00 <b>B</b> Bible Study</p> <p>1:00 <b>K</b> Bingo with Andy</p> <p>1:00 <b>D</b> Knitting Group</p> <p>2:00 <b>A</b> Cornhole</p> <p>3:00 <b>D</b> Scrabble</p> <p>5:00 Brew Crew in Private Dining Room</p>	<p>7</p> <p>National Wear Red Day</p> <p>10:00 <b>A</b> Exercise with Kerry DVD</p> <p>10:00 <b>G</b> Shopping at Walmart and Belk</p> <p>10:30 <b>B</b> Book Discussion Group</p> <p>11:00 <b>M</b> Bocce</p> <p>11:00 <b>A</b> Chair Yoga DVD</p> <p>1:00 <b>F</b> Sit, Step, and Sing with Debra</p> <p>1:00 <b>B</b> Turning Points</p> <p>1:45 <b>A</b> Sit, Step, Sing with Debra</p> <p>2:00 <b>E</b> Birthday Party</p> <p>3:00 <b>A</b> College Walk Online Photo Album Tutorial with Tim Robinson</p> <p>6:30 <b>D</b> Billiards</p>	<p>8</p> <p>10:00 <b>A</b> Stand &amp; Sit Yoga DVD</p> <p>10:30 <b>A</b> Chair Yoga DVD</p> <p>1:00 <b>A</b> Ping-Pong</p> <p>1:30 <b>D</b> Scrabble</p> <p>2:00 <b>F</b> Popcorn &amp; Movie in The Inn</p> <p>6:30 <b>A</b> Movie</p>
<p>9</p> <p>10:30 <b>I</b> Church Service</p> <p>11:30 <b>J</b> Main Meal in the Dining Room</p> <p>2:30 <b>K</b> Snack Time</p> <p>3:30 <b>A</b> Vespers</p> <p>6:00 <b>A</b> Super Bowl Party</p>	<p>10</p> <p>9:30 <b>G</b> Errands</p> <p>10:00 <b>A</b> Exercise with Kerry DVD</p> <p>10:50 <b>A</b> Chair Yoga DVD</p> <p>11:00 <b>M</b> Bocce</p> <p>1:15 <b>A</b> Sit, Step, Sing with Debra</p> <p>2:00 <b>A</b> Cornhole</p> <p>2:00 <b>B</b> Hand and Foot Card Game</p> <p>2:00 <b>F</b> Sit, Step, and Sing with Debra</p> <p>3:30 <b>E</b> Monday Mixers</p>	<p>11</p> <p>National Peppermint Patty Day</p> <p>9:30 <b>B</b> Hubble Group</p> <p>9:30 <b>G</b> Shopping at ALDI</p> <p>11:00 <b>G</b> Peppermint Patties</p> <p>11:00 <b>A</b> Tai Chi with Chris</p> <p>1:00 <b>K</b> Bingo with Andy</p> <p>1:00 <b>A</b> Ping pong</p> <p>1:30 <b>G</b> Visit TCart's Exhibit</p> <p>2:00 <b>C</b> Episcopal Communion</p> <p>2:00 <b>D</b> Pinochle</p> <p>2:30 <b>E</b> Episcopal Coffee</p> <p>3:00 <b>F</b> Listen and Laugh with Carol</p> <p>6:30 <b>A</b> Movie</p>	<p>12</p> <p>8:00 <b>B</b> Continental Breakfast</p> <p>9:30 <b>G</b> Grocery Shopping</p> <p>10:00 <b>A</b> Exercise with Kerry DVD</p> <p>10:30 <b>G</b> Grocery Shopping</p> <p>10:50 <b>A</b> Chair Yoga DVD</p> <p>11:00 <b>M</b> Bocce</p> <p>11:00 <b>I</b> Dog Visits</p> <p>2:30 <b>F</b> Sit, Step, Sing with Debra</p> <p>2:30 <b>A</b> Yoga with Lauren</p> <p>3:00 <b>D</b> Dominoes</p>	<p>13</p> <p>9:30 <b>C</b> RC Mass</p> <p>10:00 <b>A</b> Line Dancing</p> <p>11:00 <b>K</b> Craft Time with Jean</p> <p>11:00 <b>D</b> Wii Bowling</p> <p>1:00 <b>B</b> Bible Study</p> <p>1:00 <b>K</b> Bingo with Andy</p> <p>1:00 <b>C</b> First Methodist Gathering and Communion</p> <p>1:00 <b>D</b> Knitting Group</p> <p>2:00 <b>A</b> Visually Impaired Persons' Meeting</p> <p>3:00 <b>D</b> Scrabble</p> <p>5:00 Vino Ladies' Guild in Private Dining Room</p>	<p>14</p> <p>Happy Valentine's Day!</p> <p>10:00 <b>A</b> Exercise with Kerry DVD</p> <p>10:00 <b>G</b> Shopping at Walmart and Belk</p> <p>11:00 <b>M</b> Bocce</p> <p>11:00 <b>A</b> Chair Yoga DVD</p> <p>1:00 <b>F</b> Sit, Step, and Sing with Debra</p> <p>1:00 <b>B</b> Turning Points</p> <p>1:45 <b>A</b> Sit, Step, Sing with Debra</p> <p>2:00 <b>E</b> Chocolate Covered Strawberries</p> <p>3:00 <b>A</b> Special Musical Performance</p> <p>4:00 <b>G</b> Valentine Beverages</p> <p>6:30 <b>A</b> "Very, Very Valentine"</p> <p>6:30 <b>D</b> Billiards</p>	<p>15</p> <p>10:00 <b>A</b> Stand &amp; Sit Yoga DVD</p> <p>10:30 <b>A</b> Chair Yoga DVD</p> <p>1:00 <b>A</b> Ping-Pong</p> <p>1:30 <b>D</b> Scrabble</p> <p>2:00 <b>F</b> Popcorn &amp; Movie in The Inn</p> <p>6:30 <b>A</b> Movie</p>
<p>16</p> <p>10:30 <b>I</b> Church Service</p> <p>11:30 <b>J</b> Main Meal in the Dining Room</p> <p>2:30 <b>K</b> Snack Time</p> <p>3:30 <b>A</b> Vespers</p>	<p>17</p> <p>Presidents Day</p> <p>9:30 <b>G</b> Errands</p> <p>10:00 <b>A</b> Exercise with Kerry DVD</p> <p>10:50 <b>A</b> Chair Yoga DVD</p> <p>11:00 <b>M</b> Bocce</p> <p>11:00 <b>B</b> Veterans' Coffee and Conversation</p> <p>1:15 <b>A</b> Sit, Step, Sing with Debra</p> <p>1:30 <b>G</b> Random Acts of Kindness Day</p> <p>2:00 <b>A</b> Cornhole</p> <p>2:00 <b>B</b> Hand and Foot Card Game</p> <p>2:00 <b>F</b> Sit, Step, and Sing with Debra</p> <p>3:30 <b>E</b> Monday Mixers</p>	<p>18</p> <p>Baked Potato Bar Buffet</p> <p>9:30 <b>B</b> Hubble Group</p> <p>11:00 <b>A</b> Tai Chi with Chris</p> <p>12:00 <b>J</b> Baked Potato Bar Buffet</p> <p>1:00 <b>K</b> Bingo with Andy</p> <p>1:00 <b>A</b> Ping pong</p> <p>2:00 <b>C</b> Episcopal Communion</p> <p>2:00 <b>D</b> Pinochle</p> <p>2:30 <b>E</b> Episcopal Coffee</p> <p>3:00 <b>I</b> Music with Linda</p> <p>3:30 <b>A</b> Land of Waterfalls Senior Games Activity Update with Brenda and Dale</p> <p>6:30 <b>A</b> Movie</p>	<p>19</p> <p>9:30 <b>G</b> Grocery Shopping</p> <p>10:00 <b>A</b> Exercise with Kerry DVD</p> <p>10:00 <b>B</b> Recycled Card Group</p> <p>10:30 <b>G</b> Grocery Shopping</p> <p>10:50 <b>A</b> Chair Yoga DVD</p> <p>11:00 <b>P</b> Blood Pressure Checks</p> <p>11:00 <b>M</b> Bocce</p> <p>11:00 <b>I</b> Dog Visits</p> <p>2:00 <b>B</b> Archives Committee Meeting</p> <p>2:30 <b>F</b> Sit, Step, Sing with Debra</p> <p>2:30 <b>A</b> Yoga with Lauren</p> <p>3:00 <b>D</b> Dominoes</p>	<p>20</p> <p>National Cherry Pie Day</p> <p>9:30 <b>C</b> RC Mass</p> <p>10:00 <b>A</b> Line Dancing</p> <p>11:00 <b>K</b> Craft Time with Jean</p> <p>11:00 <b>D</b> Wii Bowling</p> <p>12:00 <b>B</b> Pizza Party</p> <p>1:00 <b>B</b> Bible Study</p> <p>1:00 <b>K</b> Bingo with Andy</p> <p>1:00 <b>D</b> Knitting Group</p> <p>2:00 <b>E</b> Cherry Pie</p> <p>2:00 <b>A</b> Cornhole</p> <p>3:00 <b>D</b> Scrabble</p> <p>5:00 Vino Ladies' Guild in Private Dining Room</p>	<p>21</p> <p>National Sticky Bun Day</p> <p>10:00 <b>A</b> Exercise with Kerry DVD</p> <p>10:00 <b>G</b> Shopping at Walmart and Belk</p> <p>11:00 <b>M</b> Bocce</p> <p>11:00 <b>A</b> Chair Yoga DVD</p> <p>1:00 <b>F</b> Sit, Step, and Sing with Debra</p> <p>1:00 <b>B</b> Turning Points</p> <p>1:45 <b>A</b> Sit, Step, Sing with Debra</p> <p>2:00 <b>E</b> Sticky Buns</p> <p>3:00 <b>A</b> "Let's Talk About Strength and Balance" with Jonlyn</p> <p>6:30 <b>D</b> Billiards</p>	<p>22</p> <p>10:00 <b>A</b> Stand &amp; Sit Yoga DVD</p> <p>10:30 <b>A</b> Chair Yoga DVD</p> <p>1:00 <b>A</b> Ping-Pong</p> <p>1:30 <b>D</b> Scrabble</p> <p>2:00 <b>F</b> Popcorn &amp; Movie in The Inn</p> <p>6:30 <b>A</b> Movie</p>
<p>23</p> <p>National Banana Bread Day</p> <p>10:30 <b>I</b> Church Service</p> <p>11:30 <b>J</b> Main Meal in the Dining Room</p> <p>2:30 <b>G</b> Banana Bread</p> <p>2:30 <b>K</b> Snack Time</p> <p>3:30 <b>A</b> Vespers</p> <p>4:00 <b>E</b> Vesper Committee Meeting</p>	<p>24</p> <p>National Tortilla Chip Day</p> <p>9:30 <b>G</b> Errands</p> <p>10:00 <b>A</b> Exercise with Kerry DVD</p> <p>10:00 <b>L</b> Library Committee Meeting</p> <p>10:50 <b>A</b> Chair Yoga DVD</p> <p>11:00 <b>M</b> Bocce</p> <p>1:15 <b>A</b> Sit, Step, Sing with Debra</p> <p>2:00 <b>A</b> Cornhole</p> <p>2:00 <b>B</b> Hand and Foot Card Game</p> <p>2:00 <b>F</b> Sit, Step, and Sing with Debra</p> <p>2:00 <b>E</b> Tortilla Chips</p> <p>3:30 <b>E</b> Monday Mixers</p>	<p>25</p> <p>9:30 <b>B</b> Hubble Group</p> <p>11:00 <b>A</b> Tai Chi with Chris</p> <p>11:30 <b>K</b> The Inn Pizza Party</p> <p>1:00 <b>K</b> Bingo with Andy</p> <p>1:00 <b>A</b> Ping pong</p> <p>2:00 <b>C</b> Episcopal Communion</p> <p>2:00 <b>D</b> Pinochle</p> <p>2:30 <b>E</b> Episcopal Coffee</p> <p>3:00 <b>A</b> Betts Bar</p> <p>6:30 <b>A</b> Movie</p>	<p>26</p> <p>National Pistachio Day</p> <p>9:30 <b>G</b> Grocery Shopping</p> <p>10:00 <b>A</b> Exercise with Kerry DVD</p> <p>10:30 <b>G</b> Grocery Shopping</p> <p>10:50 <b>A</b> Chair Yoga DVD</p> <p>11:00 <b>M</b> Bocce</p> <p>11:00 <b>I</b> Dog Visits</p> <p>11:00 <b>G</b> Pistachio Nuts</p> <p>1:15 <b>B</b> UU's</p> <p>2:30 <b>F</b> Sit, Step, Sing with Debra</p> <p>2:30 <b>A</b> Yoga with Lauren</p> <p>3:00 <b>D</b> Dominoes</p>	<p>27</p> <p>9:30 <b>C</b> RC Mass</p> <p>10:00 <b>A</b> Line Dancing</p> <p>11:00 <b>K</b> Craft Time with Jean</p> <p>11:00 <b>D</b> Wii Bowling</p> <p>1:00 <b>B</b> Bible Study</p> <p>1:00 <b>K</b> Bingo with Andy</p> <p>1:00 <b>A</b> Cornhole</p> <p>1:00 <b>D</b> Knitting Group</p> <p>3:00 <b>A</b> Estate Planning Seminar</p> <p>3:00 <b>D</b> Scrabble</p> <p>5:00 Jack &amp; Jill Club in Private Dining Room</p>	<p>28</p> <p>10:00 <b>A</b> Exercise with Kerry DVD</p> <p>10:00 <b>G</b> Shopping at Walmart and Belk</p> <p>11:00 <b>M</b> Bocce</p> <p>11:00 <b>A</b> Chair Yoga DVD</p> <p>1:00 <b>F</b> Sit, Step, and Sing with Debra</p> <p>1:00 <b>B</b> Turning Points</p> <p>1:45 <b>A</b> Sit, Step, Sing with Debra</p> <p>2:00 <b>E</b> Russian Tea</p> <p>6:30 <b>D</b> Billiards</p>	



## Baked Potato Bar Buffet

Tuesday, February 18, enjoy loaded baked potatoes with all your favorite toppings from Noon to 1 pm in Main Dining Room. Caesar salad, dessert and beverages, too. No additional charge and open to ALL residents. Sign up at Front Desk by Friday, February 14.



## Art Exhibit

Tuesday, February 11, visit Transylvania County Arts Council for the exhibit "Community: an open exhibition of fine art & craft." Free Admission. The coach departs at 1:30 pm. Sign up at Front Desk.

During cold and flu season, it is so important to practice regular hand washing. If you feel unwell, do not hesitate to contact us!



## National Days in February

- 3 Carrot Cake
- 7 Wear Red
- 11 Peppermint Patty
- 17 Random Acts of Kindness
- 20 Cherry Pie
- 21 Sticky Bun
- 23 Banana Bread
- 24 Tortilla Chips
- 26 Pistachio



\*\*\*No mail delivery Monday, February 17, in honor of Presidents Day\*\*\*

## February Birthdays

- 1 Betty Schenfield
- 2 Sue Stickle
- 4 Anna Etters
- 5 Ruth Unger
- 6 Jim Tyson
- 9 Dottie Holum
- 14 Donald Bubenzer
- 18 Tommie Jones
- 18 Sharon King
- 18 Barbara Wolfe
- 19 Joan Koperski
- 19 Suzanne Phillips
- 20 Pat Darrow
- 21 Bernice Barringer
- 21 Madge Ramey
- 22 Carolyn Nikolai
- 22 Margarete Peterson
- 23 Shirley Grahl
- 24 Sandy Lane
- 24 Joy Ryder
- 29 Jean Woods



## Happy Anniversary!

- 17 Tim & Betsy Robinson



  
**COLLEGE WALK**  
A SENIOR LIVING COMMUNITY  
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