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*Committed to Brevard,
Dedicated to Seniors*

Find us on 



Mardi Gras Theme Night

Tuesday, March 4, grab your beads and head to Main Lobby for special drinks from 4-5 pm. Next, enjoy a New Orleans themed buffet where we crown our "King" or "Queen" of College Walk. Mardi Gras: The Passing Parade is at 6:30 pm in Auditorium. Don't forget to wear the special colors of purple, gold, and green.



College Walk Spirit Week

- 24 Monarch Monday
- 25 Tacky Tuesday
- 26 Western Wednesday
- 27 Throw Back Thursday
- 28 Freedom Friday



Spring Forward

It's time to set your clocks ahead one hour! Daylight Saving Time begins Sunday, March 9,



Meet Jeannette

Jeannette Finley-Moore is thrilled to join College Walk as our Sales Director! Born and raised in central NC, she graduated from Campbell University in Buies Creek, NC, with a degree in Mass Communications. She now lives in Deerlake Village with her husband, Eric, and daughter Keely. Their oldest daughter, Courtney, who lives in the Raleigh area, announced at Christmas that they will finally be grandparents in August! She is a major animal lover and has fostered dozens of cats and dogs over the years. Currently they have 2 dogs and 5 cats! Fun fact - she's a General Contractor who does interior design and remodeling and is in the process of a complete remodel on their home. Stop by Monday, March 10, for a meet and greet at 11 am in the Activity Room. Welcome to College Walk, Jeannette!



Better Speller, Better Brain

Join us for a class to enhance your language and spelling skills through strategies that help improve learning new information of any kind. If you are considering entering the Senior Games Spelling Bee, this is the class for you! Dr. Paula Hartman-Stein, a local gerontologist and coordinator of Age-Friendly Brevard who recommends spelling practice as a brain health exercise, will conduct the session on Monday, March 10, from 2-3:30 pm in the Activity Room. (Hand & Foot moved to Cafe Area)

Music and More

- 6 Musical performance by Frim Fram
- 19 Musical performance by Blue Ridge Bakery Band
- 25 East and West Wing Socials
- 28 Musical Performance by Simple Folk

St. Patrick's Day

March 17, put on your green and join us for Irish Cream Coffee at 2 pm in both cafe areas. Next, enjoy a delicious Irish-themed buffet from 4:30-6 pm in Main Dining Room. Leap Year is at 6:30 pm in Auditorium.



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



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

2
10:30 **I** Church Service
11:30 **J** Main Meal in the Dining Room
2:30 **K** Snack Time
3:30 **A** Vespers

3
9:30 **G** Errands
10:00 **A** Exercise with Kerry DVD
10:50 **A** Chair Yoga DVD
11:00 **M** Bocce
11:00 **B** Resident Board Meeting
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
3:30 **E** Monday Mixers

4
Mardi Gras Theme Night Buffet
9:30 **G** Shopping at ALDI Grocery Store
10:30 **B** Hubble Group
11:00 **A** Tai Chi with Chris
1:00 **K** Bingo with Andy
1:00 **A** Ping-Pong
2:00 **C** Episcopal Communion
2:00 **D** Pinochle
2:30 **E** Episcopal Coffee
3:00 **I** Music with Linda
4:00 **G** Specialty Drinks
6:30 **A** Movie "Mardi Gras: the Passing Parade"

5
National Cheese Doodle Day
9:30 **G** Grocery Shopping
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 **M** Bocce
11:00 **I** Dog Visits
2:00 **B** AAUW Book Club
2:00 **G** Cheese Doodles
2:30 **F** Sit, Step, Sing with Debra
2:30 **A** Yoga with Lauren
3:00 **D** Dominoes

6
National Dress Day
9:30 **C** RC Mass
10:00 **A** Line Dancing
10:30 **B** Sarah Ruth Circle
1:00 **B** Bible Study
1:00 **K** Bingo with Andy
1:00 **D** Knitting Group
2:00 **A** Cornhole
2:00 **B** Oreo Cookies
3:00 **A** Ping-Pong
3:00 **D** Scrabble
5:00 Brew Crew in Private Dining Room
6:30 **A** Musical Performance by Frim Fram

7
10:00 **A** Exercise with Kerry DVD
10:00 **G** Shopping at Walmart and Belk
10:30 **B** Book Discussion Group
11:00 **M** Bocce
11:00 **A** Chair Yoga DVD
1:00 **B** Turning Points
1:45 **A** Sit, Step, Sing with Debra
2:30 **A** International Women's Day Tea Party
6:30 **D** Billiards

8
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

9
Daylight Saving Time Begins
10:30 **I** Church Service
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

10
9:30 **G** Errands
10:00 **A** Exercise with Kerry DVD
10:50 **A** Chair Yoga DVD
11:00 **M** Bocce
11:00 **B** Meet & Great Jeannette
1:15 **A** Sit, Step, Sing with Debra
2:00 **A** Cornhole
2:00 **E** Hand and Foot Card Game
2:00 **F** Sit, Step, and Sing with Debra
2:00 **B** Spelling Bee Prep Course
3:30 **E** Monday Mixers

11
10:30 **B** Hubble Group
11:00 **A** Tai Chi with Chris
12:00 **J** Taco Tuesday Buffet
1:00 **K** Bingo with Andy
1:00 **A** Ping-Pong
2:00 **C** Episcopal Communion
2:00 **D** Pinochle
2:30 **E** Episcopal Coffee
3:00 **F** Listen and Laugh with Carol
6:30 **A** Movie

12
National Girl Scout Day
8:00 **B** Continental Breakfast
9:30 **G** Grocery Shopping
10:00 **B** Children's Center Card Sale
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
2:00 **G** Girl Scout Cookies
2:30 **F** Sit, Step, Sing with Debra
2:30 **A** Yoga with Lauren
3:00 **D** Dominoes

13
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** Visually Impaired Persons' Meeting
3:00 **D** Scrabble
5:00 Vino Ladies' Guild in Private Dining Room
7:00 **G** Parker Concert Hall at BMC

14
National Potato Chip Day
10:00 **A** Exercise with Kerry DVD
10:00 **G** Shopping at Walmart and Belk
11:00 **M** Bocce
11:00 **A** Chair Yoga DVD
11:00 **G** Potato Chips
1:00 **F** Sit, Step, and Sing with Debra
1:00 **B** Turning Points
1:45 **A** Sit, Step, Sing with Debra
2:00 **E** Birthday Party
3:00 **A** A Little Taste of Honey Seminar
6:30 **D** Billiards

15
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

16
10:30 **I** Church Service
11:30 **J** Main Meal in the Dining Room
2:30 **K** Snack Time
3:30 **A** Vespers

17
St. Patrick's Day
9:30 **G** Errands
10:00 **A** Exercise with Kerry DVD
10:50 **A** Chair Yoga DVD
11:00 **M** Bocce
11:00 **B** Veterans' Coffee and Conversation
1:15 **A** Sit, Step, Sing with Debra
2:00 **B** Hand and Foot Card Game
2:00 **E** Irish Cream Coffee
2:00 **F** Sit, Step, and Sing with Debra
3:00 **A** Residents' Association Meeting
6:30 **A** Movie- "Leap Year"

18
Fire Training
10:30 **B** Hubble Group
10:45 **B** Resident Fire Training
11:00 **A** Tai Chi with Chris
1:00 **K** Bingo with Andy
1:00 **A** Ping-Pong
2:00 **C** Episcopal Communion
2:00 **D** Pinochle
2:30 **E** Episcopal Coffee
3:00 **I** Music with Linda
6:30 **A** Movie

19
9:30 **G** Grocery Shopping
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 **M** Bocce
11:00 **I** Dog Visits
2:00 **B** Archives Committee Meeting
2:30 **F** Sit, Step, Sing with Debra
2:30 **A** Yoga with Lauren
3:00 **D** Dominoes
6:30 **A** Blue Ridge Bakery Band

20
9:30 **C** RC Mass
10:00 **A** Line Dancing
11:00 **K** Craft Time with Jean
11:00 **P** Medication Spring Cleaning with Jonlyn
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** Ping-Pong
3:00 **D** Scrabble
5:00 Vino Ladies' Guild in Private Dining Room

21
8:30 **B** Sausage or Jelly Biscuits
10:00 **A** Exercise with Kerry DVD
10:00 **G** Shopping at Walmart and Belk
11:00 **M** Bocce
11:00 **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** Pisgah Conservancy Presentation
6:30 **D** Billiards

22
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

23
10:30 **I** Church Service
11:30 **J** Main Meal in the Dining Room
2:30 **K** Snack Time
3:30 **A** Vespers
4:00 **E** Vesper Committee Meeting

24
Monarch Monday
9:30 **G** Errands
10:00 **A** Exercise with Kerry DVD
10:00 **L** Library Committee Meeting
1:15 **A** Sit, Step, Sing with Debra
2:00 **F** Sit, Step, and Sing with Debra

25
Tacky Tuesday
10:30 **B** Hubble Group
11:00 East and West Wing Social in 1st Floor Elevator Lobbies
11:00 **A** Tai Chi with Chris
1:00 **K** Bingo with Andy
1:00 **A** Ping-Pong
2:00 **C** Episcopal Communion
2:00 **D** Pinochle
2:30 **E** Episcopal Coffee
3:00 **A** Bets Bar
6:30 **A** Movie

26
Western Wednesday
8:00 **B** Continental Breakfast
9:30 **G** Grocery Shopping
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
1:15 **B** UU's
2:30 **F** Sit, Step, Sing with Debra
2:30 **A** Yoga with Lauren
3:00 **D** Dominoes

27
Throw Back Thursday
9:30 **C** RC Mass
10:00 **A** Line Dancing
11:00 **K** Craft Time with Jean
11:00 **D** Wii Bowling
12:00 **B** Pizza Party
1:00 **B** Bible Study
1:00 **K** Bingo with Andy
1:00 **D** Knitting Group
2:00 **A** Cornhole
3:00 **A** Ping-Pong
3:00 **D** Scrabble
5:00 Jack & Jill Club in Private Dining Room

28
Freedom Friday
10:00 **A** Exercise with Kerry DVD
10:00 **G** Shopping at Walmart and Belk
11:00 **M** Bocce
11:00 **A** Chair Yoga DVD
1:00 **A** Sit, Step, and Sing with Debra
1:00 **B** Turning Points
1:45 **F** Sit, Step, Sing with Debra
2:00 **E** Black Forest Cake
3:00 **A** Musical Performance by Simple Folk
6:30 **D** Billiards

29
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

30
10:30 **I** Church Service
11:30 **J** Main Meal in the Dining Room
2:30 **K** Snack Time
3:30 **A** Vespers

31
9:30 **G** Errands
10:00 **A** Exercise with Kerry DVD
1:15 **A** Sit, Step, Sing with Debra
2:00 **B** Hand and Foot Card Game
2:00 **F** Sit, Step, and Sing with Debra

31
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31
9:30 **G** Errands
10:00 **A** Exercise with Kerry DVD
1:15 **A** Sit, Step, Sing with Debra
2:00 **B** Hand and Foot Card Game
2:00 **F** Sit, Step, and Sing with Debra

International Women's Day Tea Party

Friday, March 7, we are celebrating International Women's Day a day early with a lovely tea party featuring Debbie DeBord playing the piano at 2:30 pm in Auditorium. Tea sandwiches, scones, petit fours, fresh strawberries and an assorted of teas are all on the menu. Hats are optional but encouraged! Sign up at Front Desk if attending.



Spring Cleaning

Thursday, March 20, 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 11 am - noon and Jonlyn, Health and Wellness Coordinator, will safely dispose of those medications.

Taco Tuesday Buffet

Tuesday, March 11, enjoy tacos with all the fixings, dessert and beverage from noon - 1 pm in Main Dining Room. For all residents at no additional cost. Sign up by Thursday, March 6.

"A Little Taste of Honey" Seminar

Friday, March 14, learn about beekeeping and get a taste of local honey with Travis Owen, nursing associate Micaha Owen's father, at 3 pm in Auditorium. Honey varieties include sourwood, spring and July special. Sign up at Front Desk.

Pisgah Conservancy Seminar

The Pisgah Conservancy is dedicated to caring for forest trails, rivers, native plants, and wildlife. Learn interesting facts about Pisgah, the challenges the forest faces, and how The Pisgah Conservancy works alongside the U.S. Forest Service to meet the greatest needs of one of America's most visited and most biodiverse national forests. Friday, March 21, at 3 pm in Auditorium.

March Birthdays

- 1 Janice Liebe
- 2 Sylvia Ronneburger
- 5 Barbara Trapasso
- 6 Sandra Platt
- 8 Jim Pierce
- 9 Barbara Case
- 9 Fred Honsell
- 10 Barbara Merkel
- 10 Reinhard Unger
- 13 Margaret Jaques
- 14 Paul Leach
- 17 John Allen
- 17 Gloria Scherer
- 18 John Carrano
- 21 Skip Sheldon
- 22 Paul Jaques
- 22 Linda Jenkins
- 23 Judy Caldwell
- 24 Mary Steinbugler
- 25 Ronnie Peterman
- 27 Joe Hamrick
- 27 Joyce Owens



Happy Anniversary!

- 14 Don & Nancy Bubenzer
- 28 Larry & Carroll Sitton

