

JULY PREVIEW

Plantation Village

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UPCOMING WEEKEND ACTIVITIES

JULY 11

Wellness Bingo

JULY 25

Virtual Paint With Me Class

IMPORTANT ANNOUNCEMENT

Your Villager crew is ready to prepare a Summer issue in August. Deadline for submissions will be Saturday, August 1.

Email directly to Jan Makaryk. Please submit to jmakaryk@hotmail.com. You can also deliver your submissions (with your name and phone #) to the Front Desk. We have had wonderful creativity shown by our residents in the last several issues. Thank you!

Dear Reader,

We are excited to announce changes to the PV Preview!

We want to keep you aware of the many activities and wellness opportunities presented monthly while being environmentally responsible.

Fun Fact: On average the PV Preview is 21 pages long. We print 360 copies of the Preview for residents and prospects combined every month. You do the math....

By cutting the PV Preview in half, 10 pages or less, we save 47, 520 sheets of paper a year totaling 3,600 sheets a month. Together we are on the road to going green...

If you would like to provide feedback please submit an email to CLS@plantationvillagenc.org.

With warm regards,

Your Community Life Services Department

WHATS HAPPENING IN YOUR COMMUNITY

Live events will be streamed on 1395 only at the time specified. All other events will be streamed on 1395 and can be accessed using the Senior Portal (SP) at any time during the month. If you missed an event at the time shown, view it by using the link on the Senior Portal registration.

IN HOUSE EVENTS

BINGO LIVE – MONDAYS @ 1:00 PM, 1395

If you are the lucky person to get “Bingo!” to call the hotline at 910-520-4747. Winners are advised to place their winning card on the clip outside their door. Someone will check the card and leave your prize at your door before the end of the day.

GREAT COURSES – MONDAYS @ 11:00 AM, 1395 & SP

July 6th - What Is Time

July 13th - Machu Picchu & the Sacred Valley | Lost Worlds of South America

July 20th – Anthropology and the Question of Race

July 27th – The Greenland Vikings- Land of the Midnight Sun

TECHNOLOGY COURSES – MONDAYS @ 2:00 PM, 1395

July 6th – Basic Computing Skills- Orientation for Beginners

July 13th – Introduction to iPad for Beginners

July 20th – Navigating through Senior Portal (LIVE)

July 27th - Event Registration through Senior Portal (LIVE)

WALKING/VIRTUAL TOURS – TUESDAYS @ 5:00PM, 1395

July 7th- Virtual Tour of the Titanic Wreckage

July 14th – Cruising the Mediterranean

July 21st – Walking Tour of the Pyramids in Giza

July 28th- Everglades National Park, Travel South Florida

IN HOUSE EVENTS CONTINUED

P.V. BRIEFING LIVE – WEDNESDAYS @ 2:00PM, 1395

Zane Bennett will give updates on COVID-19 and our PV Community. If you have any questions or comments, please contact Susanne on extension 3119 or email sdelgrosso@plantationvillagenc.org.

REWIND WEDNESDAY – WEDNESDAYS @ 5:00PM, 1395

Now showing classic television shows back to back, geared to bring back memories from your younger years!

July 1st – Dick Van Dyke Show July 8th – McHale's Navy
July 15th – Carol Burnett episodes July 22nd – The Rifleman
July 29th – Leave it to Beaver

THURSDAY TRIVIA – THURSDAYS @ 3:30 PM, 1395 ONLY

Tune in for a quick game of Trivia! There will be 5 questions on the screen beginning at 3:30 pm. At 3:45pm the questions will be removed. You will have until 4:30 pm to call 910-772-3116 with your answers. The first person to call with the winning answers will receive a prize. Good Luck!

FRIDAY NIGHT CONCERT – FRIDAYS @ 5:00 PM, 1395

July 3rd – André Rieu – New York Memories, Radio City
July 10th – The Carpenters 1972 in Australia
July 17th – Crosby, Stills, Nash & Young
July 24th – Neil Sedaka- Legends in Concert
July 31st – Robby Williams, Live at the Albert Hall

SATURDAY NIGHT COMEDY CORNER – SATURDAY @ 6:00 PM, 1395

July 4th – Failing out of Kindergarten with Dennis Regan
July 11th – The World's Funniest Police Officer with Kevin Jordan
July 18th – Old People Get Cramps in Weird Places with Tom Foss
July 25th – When to Fear Your Wife with Steve Bruner

SPECIAL FEATURES YOU DO NOT WANT TO MISS.....

PV Singalong

TUESDAY, JULY 7TH @ 3:00PM, 1395

We attempted our very first PV Singalong in May and it was a hit. If you missed it, the PV Singers are bringing it back just for you!

TUESDAY, JULY 21ST @ 3:00PM, 1395

You are invited to join the community in our third singalong created by the PV Singers from community request. If you have a song you would like to see added to our next singalong, contact CLS by email.

Documentary Streaming

MONDAY, JULY 13TH @ 4:00PM, 1395

The Science of How the Body Heals Itself – Dr. William Li discusses his data driven research of how the body heals itself & the effect certain foods have on certain diseases.

Committee Meetings

All residents who plan to attend meetings **must sign up on Senior Portal** and check in at the concierge desk upon arrival. Meetings will be held in the Carolina Room.

Leisure Service – Wednesday, July 1st @ 2:00pm

Finance – Thursday, July 9th @ 10:00 am

Health and Safety – Monday, July 6th @ 10:00am

Housekeeping – Friday, July 10th @ 1:00pm

Fine Dining – Tuesday, July 14th @ 3:00pm

Building & Grounds- Thursday, July 16th @ 3:00pm

Pre-Council – July 20th @ 10:00am **Resident Council**- July 23rd @ 11:00am Streaming on 1395.



IMPORTANT NOTES:

HOUSEKEEPING

Housekeeping will not be available on Friday, July 3rd in observance of the July 4th Holiday.

TRANSPORTATION

No Transportation provided on Friday, July 3rd

As a reminder, all valet requests at this time are for essential appointments only, such as doctor's appointments. You can request valet service by submitting a request via Senior Portal or call the Command Center on extension 3130. Please be sure to submit your request at least 72 hours in advance to allow time to secure a driver.

Weekend Challenges

SATURDAY, JULY 11TH

Wellness Bingo – Details will be delivered in your July 11th Activity Packet.

SATURDAY, JULY 27TH

Register on Senior Portal to join Artist Cheryl Crane Hunter for a Virtual Paint With Me from the comfort of your home. Supplies like canvas, acrylic paints, and brushes will be delivered to your home prior to July 27th. Watch a step by step tutorial with Cheryl. BYOB for this inspirational program. Sign up by July 11th to participate.

CHURCH SERVICES STREAMING

PINE VALLEY UNITED METHODIST CHURCH

Broadcasting services at 6:30am Sundays on WECT-TV

ST. ANDREWS ON THE SOUND

Streaming services available on

www.saintandrewsonthesound.com

PORT CITY COMMUNITY CHURCH

Services available live at 9am, 11am, and 5pm on

www.portcity.tv

ST. PAULS LUTHERAN CHURCH

Posting sermons and daily devotionals on its Youtube channel. Link available on Senior Portal.

ST. ANDREWS COVENANT PRESBYTERIAN CHURCH

Online services at 10:30am Sundays on www.sacpc.org

FIRST PRESBYTERIAN CHURCH

Live streaming services at 11:00am on www.firstonthird.org

SATURDAY MATINEE

Films show at 2:00pm every Saturday via 1395. Links are always available on Senior Portal

JULY 4TH

The Sandlot (1993)

PG

1993 · Family/Comedy · 1h 41m

JULY 11TH

The Last Time I Saw Paris (1954) · Romance/Drama · 1h 56m

JULY 18TH

Relative Strangers

PG-13

2006 · Comedy/Indie film · 1h 26m

JULY 25TH

The Private Life of Henry VIII 1933 · History/Drama · 1h 37m

A full synopsis for each film is available on Senior Portal.

In the event of technical issues, the movie may be rescheduled.

Using Joy for the Cultivation of More Joy

For Plantation Village – July 2020

Catherine Ibsen, Ph. D., RYT 500

The Seven Factors of Awakening can be seen as both fruits of the path and as the path itself. All seven of the factors are wholesome states that in themselves are awakened states of mind and they can also be deliberately cultivated to bring about deeper and more profound awakening experiences. This year we have identified Joy as our practice intention and we have discussed how mindfulness, investigation, and heroic energy (awakening factors) contribute to our joyful hearts and minds and how craving, aversion and energy imbalances (hindrances) detract from having a joyful heart and mind. The fourth factor on the list of Seven Factors is Joy. We now move into an exploration of how joy is cultivated to lead to the deeper joy of awakening.

The Dhammapada, an early summary of Buddha's teachings in verse asserts:

The mind, hard to control,

Flighty – alighting where it wishes –

One does well to tame.

The disciplined mind brings happiness.

(35)

The mind, hard to see,

Subtle – alighting where it wishes –

The sage protects.

The watched mind brings happiness.

(36)

Happiness doesn't just come from sense pleasure, thinking we are right, or personal accomplishment. All of these do contribute in the short run but eventually our brains default to the habits and instincts of looking for trouble and not being satisfied for very long. As human brains became more social and our personal safety became tied up with the safety of our community, we developed the brain wiring and the cultural tradition of caring for others. It is this seed of caring for the community that led to the emergence of spiritual traditions with the goal of overriding of the biological predispositions to look for trouble and not be satisfied for very long. The western solution was to create faith based communities with a higher power that protected its members. Another solution that emphasized contemplative and meditative mind training practices emerged in India. Although a higher power was not excluded, the core feature was the power of the mind to regulate its own experiences. Western religions also incorporated these practices but ultimately, making us feel safe was the higher power's responsibility. Evidence is accumulating that our deepest capacities for sustainable happiness are grounded in our interpersonal connections. Whether we are bonded by families, by shared interests, shared faith or shared community goals, it is our interpersonal connections that give us the most joy.

Vivek Murthy, M.D. and former US Surgeon General, has described this problem in his recent book about loneliness called [Together](#), released this April just as the Covid crisis hit. [Social](#), written by Matt Lieberman describes the brain hardware around our social connectedness and the very successful book by Atul Gawande, [Being Mortal](#), also focuses on the value of communities for emotional support. Those of you who are reading this or listening to me may have a community. More and more people don't. To be happier, go find someone who doesn't and befriend them. Being a friend is not always easy. It means your mind must be trained to be kind always, but it is the only thing that really matters.

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------------------------------------------|-----------------------------------------|--------------------------------------|-----------------------------------------|---------------------------------------------|---------------------------------------------------|
| 8:00am Functional Fitness 1395 | 9:00am Functional Fitness 1395 | 8:00am Functional Fitness 1395 | 9:00am Functional Fitness 1395 | 8:00am Functional Fitness 1395 | 9:30 am Seated Zumba 1395 |
| 9:00am Walking Group Outside *Limit 9 | 10:00am Zumba Gold 1395 | 9:00am Tai-Chi 1395 | 10:00am Zumba Gold 1395 | 9:00am Walking Group Outside *Limit 9 | |
| 10:00am Seated Zumba 1395 | 11:00am Joints in Motion 1395 | 9:55am Seated Zumba 1395 | 11:00am Joints in Motion 1395 | 9:55am Seated Zumba 1395 | 11:00am Weekend Challenge 1395/Home |
| 11:00am Great Courses 1395 | | 10:30am Chair Pilates 1395 | | 10:30am Mat Pilates 1395 | 11:30am Activity Packet Delivery. Mail Clip |
| 1:00pm PV Bingo 1395 | 1:00pm Strength Conditioning 1395 | 11:00am Chair Yoga 1395 | 1:00pm Strength Conditioning 1395 | 11:00am Merry Yoga 1395 | |
| 2:00pm Technology Course 1395 | 2:00pm Stretch and Balance 1395 | 2:00pm PV Briefing 1395 | 2:00pm Stretch and Balance 1395 | | 2:00pm Matinee 1395 |
| | | 4pm Meditation 1395 | 3:30pm PV Trivia Streaming 1395 | | |
| | 5:00pm Virtual Tour 1395 | 5:00pm Rewind Wednesday 1395 | | 5:00pm Friday Night Concert 1395 | 6:00 Comedy Corner 1395 |

PLANTATION VILLAGE JULY BIRTHDAYS

| | | | | |
|------|----|-----------|-----------|--------------------|
| July | 1 | Allen | Lanoue | N. Adams, MA |
| July | 3 | Yvonne | Dyer | Chicago, IL |
| July | 3 | Carolyn | Scott | Moorestville, NC |
| July | 3 | Tom | Ryder | Haverstraw, NY |
| July | 4 | Gail | Gilly | Cincinnati, OH |
| July | 5 | Stephanie | Dorr | Takoma Park, MD |
| July | 7 | Janice | North | Newark, NJ |
| July | 7 | Frederick | Mech | Baltimore, MD |
| July | 9 | Val | Fischer | Brooklyn, NY |
| July | 11 | Dick | Rogers | Wilmington, NC |
| July | 11 | Mary | Stofsick | |
| July | 16 | Emily | Pensing | Warsaw, NC |
| July | 16 | Ed | Kiefhaber | Columbus, OH |
| July | 17 | Betty | Buck | Columbia, SC |
| July | 18 | Jane | Albers | Medford, MA |
| July | 19 | Oscar | Lennard | Chicago, IL |
| July | 20 | David | Siegel | Brooklyn, NY |
| July | 22 | Richard | Bodner | Chicago, IL |
| July | 22 | Elsa | Glover | Hendersonville, NC |
| July | 23 | Rebecca | Tantillo | Manchester, GA |
| July | 26 | Frances | Martin | SC |
| July | 28 | Sandra | Gourley | Meadville, PA |
| July | 28 | Jane | Smith | Orange, NJ |
| July | 29 | Barbara | Landon | Easton, MD |
| July | 30 | Harold | Markham | Washington, DC |

PLANTATION VILLAGE JULY ANNIVERSARIES

| | | |
|--------------------------|---------|------|
| Doris & Mike | Davis | 7/14 |
| Maryann Nunnally & David | Corley | 7/19 |
| Suzanne & Harold | Markham | 7/30 |