

# ENCORE PLAYBILL

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BINGO

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January, 2019...Let's hope not!

**The Club at Encore**  
**164 Boone Street**  
**Chapel Hill, NC 27516**  
**Open Daily 5am-11pm**  
**Matt Wolf, Lifestyle Director**  
**[encoredwlifestyle@gmail.com](mailto:encoredwlifestyle@gmail.com)**



2020

H A P P Y N E W Y E A R

Happy New Year Encore!

Indeed, I have shared this in a prior newsletter. I find reposting it can be beneficial to all residents those established in their new homes, and those who have recently moved in - which by the way, are many. Enjoy the read!

Relocating to a new home is exciting, but it also comes with some challenges. From finding the nearest hospital in case of emergencies to learning the best places to shop for your favorite groceries, life in a new city may feel a bit like living in a whole new world. Relocating also means branching out to make friends, exploring local attractions and getting involved in your new community.

When moving to a new area, many people make new friends through work or through their children's schools and activities. Yet, retirees and empty nesters have to look beyond these avenues for new ways to build a local social group. Those who move to an active adult community often have additional resources to help them settle into their new homes. Many active adult communities have full-time Lifestyle Directors on staff who can outline the available programs and suggest appealing activities based on your special interests.

Some active adult communities even have a welcome committee or a special social club for newcomers. One of the best ways to meet people in an active adult community is to get involved with some of the available clubs, classes or social gatherings. Check the community calendar for events like potluck dinners, card nights, or other programs & events. Broadway, lecture series or other performances can also be a good way to ease into the social scene.

If you aren't ready to join a special interest group or attend a large community event, you can start to get to know people just by making use of the community amenities. Visit the clubhouse regularly, exercise in the fitness center, relax by the pool and make use of the walking trails.

Being the new kid on the block can feel a bit awkward at first, but mingling with your neighbors is the first step toward making friends.

Always here to assist!  
Matt Wolf  
Lifestyle Director

# Transforming your new year's resolutions into attainable goals

Written By: Isabelle Salemmé, Head of Customer Support @Pipefy

Each and every year, as December 31st approaches, many people start defining their resolutions for the new year to come. And every year, after a couple of weeks (or even days) those resolutions are put aside and forgotten. Why is that?

Well, the answer to that is a lot simpler than you may think. For once, people tend to make their resolutions too generic (such as join the gym, lose weight, etc.) and easy to break – especially if you define a resolution you know upfront you won't be able to keep.

Besides that, most of those resolutions lack focus, risk and accountability, three essential factors to make sure you'll actually stick to your words.

How can you overcome those bumps in the road and turn simple resolutions into attainable goals? Simple, be SMART.

What's the difference between resolutions and goals?

If your new year's resolutions are often generic ideas instead of defined goals you can set and meet, don't sweat it, you're not alone. The first mistake most people make with those generic ideas is that they don't motivate behavior modification and, because of that, don't help you focus on them and harness ambition to actually get there.

Classic new year's resolutions, such as losing weight or being a better person are too generic and don't come with everyday application points, which makes them a lot more difficult to turn into reality.

If you choose to approach those resolutions as attainable goals, however, you'll find yourself setting reasonable, specifically worded goals that are a lot easier to achieve.

Check out this example:

- **Resolution:** In 2020 I'll join the gym;
- **Goal:** In 2020 I'll join the gym XYZ in the yearly plan and commit to working out at least 3 times a week for a minimum of 45 minutes each day.

Can you see how the goal and the resolution are essentially different? For starters, the goal is specific, measurable, attainable, realistic, and time-limited (S.M.A.R.T.). You can still call them resolutions if that's what you want but, if you want them to have any staying power, you'll need to set smart goals.

## Forget new year's resolutions, set SMART goals instead!

By definition, a good and effective goal states who is responsible for the outcome as well as how they're responsible for it. If you already apply this methodology to your everyday professional activities, why wouldn't you do it to the goals you personally set for yourself? When you set your new year's resolutions, you automatically set yourself as responsible for those goals and now we'll help you clearly define how you'll compromise to meeting those goals from the moment you set them. A realistic goal you can commit (and stick) to has the following characteristics:

- **Specific:** Good goals are specific. They clearly determine the what's, when, and whys of your generic resolution. Instead of giving you a generic hope you have for the future, it determines the steps you must take to get there.
- **Measurable:** If you want to set a good goal, you must define from the start what success looks like. You can do that by specifying a measurement. Instead of saying you want to lose weight, state that you want to lose 10 pounds. Being specific makes your goals a lot more effective.
- **Attainable:** It's ok to set ambitious goals for yourself – as long as you can break them down into attainable steps you can gradually achieve. Instead of setting the ambitious goal of losing 20 pounds in a year, establish gradual goals: lose 5 pounds by February and, once you achieve that, you set a new goal of losing 5 more pounds until you can achieve your initially defined success measurement of losing 20 pounds.
- **Realistic:** More than just attainable, your goals must be realistic – they're not only about goals you're able to attain, you must be willing to attain them. If you're not willing to do the sacrifice it takes for losing weight, don't set that as a goal. Your goal must be something that excites and motivates you towards achieving it so, if you know beforehand, you're not willing to do what it takes to achieve it, don't commit to it.
- **Timely:** Defining a timeframe for a goal makes it a lot easier to achieve. Instead of saying you want to lose weight during the year, define that you want to lose 10 pounds before your birthday or a trip. Giving goals a timeframe will boost your motivation but don't forget to set a reasonable, realistic timeframe.

Becoming suddenly idealistic when the new year is right around the corner is easy but, if you always keep in mind that the resolutions you set are a tool to help you become the person you want to be, you'll find it easier to stay grounded.

By taking those lofty, generic new year's resolutions and transforming them into SMART new year's goals you'll be giving them a much better chance of coming true.

Let's make this exercise: this New Year's Eve, take a moment to consider who you want to be in the future and turn that idealistic concept into realistic goals to help fulfill your vision.

# PROGRAM HIGHLIGHTS



**New Years Day Breakfast**  
Wednesday, January 1st  
9am-11am  
Encore Clubhouse



**Coffee Corner**  
Saturday, January 4th & 18th  
9am-10:30am  
Encore Clubhouse



**Lunch Bunch**  
Wednesday, January 14th  
12pm  
Meet at Encore Clubhouse



**Men's Movie Matinee**  
Thursday, January 16th  
Time TBD  
Meet at Encore Clubhouse



**Book Club Review**  
Wednesday, January 22nd  
10am  
Encore Clubhouse

*Don't forget!*

The January, 2020, Encore monthly Playbill, Calendar, and Program flyers are now available for your viewing pleasure on the Encore App. Paper copies of the Playbill and Calendar are also available at The Club.

Our community social Calendar is the most accurate place to look for upcoming events, activities, group meetings and more. With so many programs to choose from monthly, there's something for everyone.

Please be sure to check the Calendar regularly, including the RSVP deadlines for social programs and special events. As a reminder, canceling an RSVP is just as important as an RSVP – This is essential for planning purposes.

Should you have an idea for a program, social, or special event, please stop by and let's get it started!

**KEEP UP-TO-DATE**  
ON NEWS & ANNOUNCEMENTS



## *Meet David Bennett & Marcia Hanson*



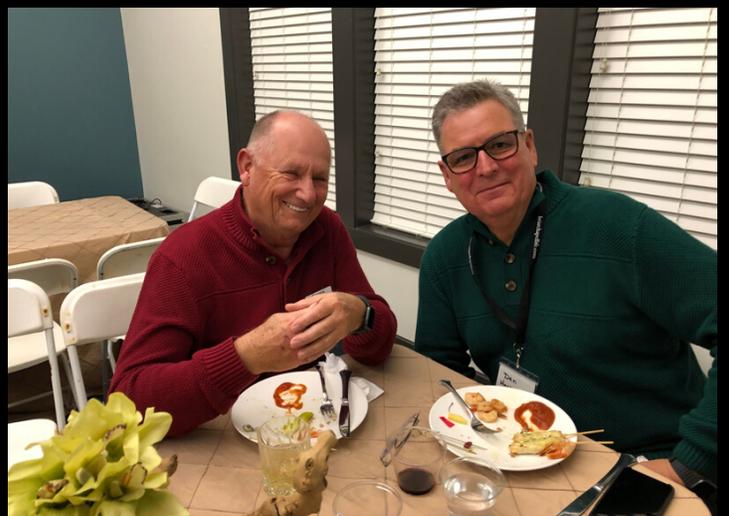
Marcia Hanson and David Bennett moved to Encore in late September of 2019 from Minneapolis, MN. where they both lived for many years. David grew up south of Pittsburgh, PA, and Marcia grew up in Richmond, VA. Her sister still lives part-time in Richmond, and she has a niece who lives in Briar Chapel and a brother-in-law who lives in Durham.

Before moving to North Carolina, David and Marcia also had a home in Bozeman, MT. They spent much of the past five summers traveling through the northwestern and southwestern US, often on David's touring motorcycle. David is definitely a gear head and knows a lot about cars and motorcycles.

David was educated as a mechanical engineer and spent his career working for large automotive and engineering companies before starting and owning several businesses of his own. Marcia spent most of her career as an executive in the banking industry, working for regional banks in the upper Midwest. One of David's biggest recent accomplishments is that he went back to graduate school at the University of Minnesota in his early 60s and earned his Master's Degree in Mechanical Engineering at the age of 66, no small feat (how well do you remember college calculus and physics?!).

In addition to traveling, Marcia and David enjoy good books, good movies, college sports(particularly basketball and hockey), good food and good conversation.

# The 2019 Encore Holiday Party!



The background of the entire flyer is a light blue color. It is decorated with several stylized fried eggs. Each egg has a bright orange yolk with a small yellow crescent shape inside, and a white, irregularly shaped egg white. The eggs are scattered across the page, some partially cut off by the edges.

**RISE & SHINE! IT'S A**

# *Breakfast at The Club!*

**FOR THE ENCORE COMMUNITY  
NEW YEAR'S DAY!**

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**JANUARY 1, 2020, 9AM-11AM  
PLEASE RSVP TO  
ENCOREDWLIFESTYLE@GMAIL.COM  
BY FRIDAY, DECEMBER 27TH**

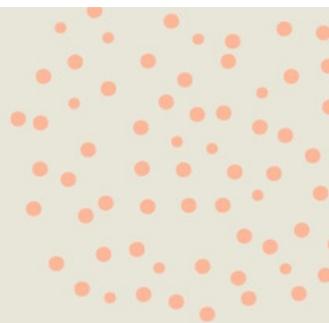
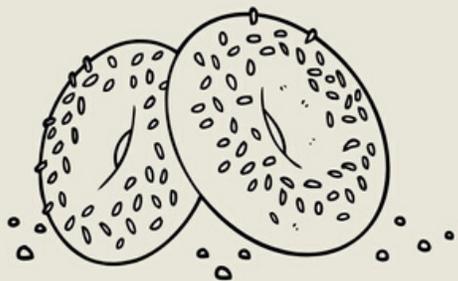


**WATCH AT THE  
ENCORE CLUBHOUSE**

**(TIMES TO BE ANNOUNCED)**

**SATURDAY, JANUARY 4TH (WILD CARD)  
SUNDAY, JANUARY 5TH (WILD CARD)  
SATURDAY, JANUARY 11TH (DIVISIONAL)  
SUNDAY, JANUARY 12TH (DIVISIONAL)  
SUNDAY, JANUARY 19TH  
(AFC/NFC CHAMPIONSHIP GAMES)**

**SUPER BOWL PARTY  
SUNDAY, FEBRUARY 2ND**



ENCORE & BRIAR CHAPEL

# *Bagles & Bubbly*

A special gathering for our  
55+ residents. No cost to attend.

JANUARY 15 | 9 AM - 10:30 AM  
ENCORE CLUBHOUSE



RSVP BY JAN. 8 [ENCOREDWLIFESTYLE@GMAIL.COM](mailto:ENCOREDWLIFESTYLE@GMAIL.COM)



**FOOD TRUCK SOCIAL**

**JANUARY 16 | 6 - 8 PM, BRIAR CLUB**



**Cousins  
Maine Lobster  
&**



*Join us for a lobster roll, frosty beverage, and live music! Food and beverages are for purchase or BYOB.*



**Encore Presents**  
**Comedy**  
**Night**

**Featuring, Comedian Eric Hunt**  
**Showtime: Saturday, January 18th, 7:30pm-8:30pm**



**Pizza served at 6:30pm - BYOB**  
**RSVP [encoredwlifestyle@gmail.com](mailto:encoredwlifestyle@gmail.com)**  
**by Friday, January 10th**

ENCORE

# BINGO NIGHT

FRIDAY, JANUARY 31 | 7 PM - 9 PM



NO COST TO ATTEND. ALL MATERIALS PROVIDED.  
FUN PRIZES! BYOB

PLEASE RSVP TO [ENCOREDWLIFESTYLE@GMAIL.COM](mailto:ENCOREDWLIFESTYLE@GMAIL.COM)  
BY FRIDAY, JANUARY 2

# JANUARY 2020

SUN	MON	TUE	WED	THURS	FRI	SAT
5 NFL Football Playoffs NFC & AFC Wild Card Games	6 Ladies Golf Mahjong 1pm Card Night 7pm (Canasta Hand & Foot)	7 Pickleball Encore Yoga 10:30am Poker 7pm	8 Craft Corner 9:30am Scrabble 4pm Mahjong 6:30pm	9 Pickleball Mahjong 7pm	10 Encore Yoga 10:30am "New Year, New You" A Fitness Conversation 10am at Encore	11 Walking Group 10am NFL Football Playoffs NFC & AFC Divisional Round Games
12 NFL Football Playoffs NFC & AFC Divisional Round Games	13 Ladies Golf Mahjong 1pm Card Night 7pm (Eachre) College Football National Championship Viewing 8pm	14 Pickleball Encore Yoga 10:30am Ladies Lunch Bunch Meet at Encore Clubhouse 11:30am to Carpool Booze Ball 7pm	15 Bagels & Bubbly @ Encore 9am-10:30am Bridg 1pm Scrabble 4pm Guys Night Out 6:30pm Mahjong 6:30pm	16 Pickleball Third Thursday Downtown Pittsboro 10am-6pm Men's Mattinee Movie Food Truck Social Briar Chapel 6pm-8pm	17 Encore Yoga 10:30am	18 Coffee Corner 9am-10:30am Walking Group 10am Pizza & Comedy Night Snowtime: 7:30pm!
19 NFL Football Playoffs NFC & AFC Championship Games	20 Ladies Golf Mahjong 1pm Card Night 7pm (Canasta Hand & Foot)	21 Pickleball Encore Yoga 10:30am Poker 7pm Encore Dinner Out	22 Craft Corner 9:30am Book Club review 10am Scrabble 4pm Mahjong 6:30pm	23 Pickleball Mahjong 7pm National Pie Day, all day!	24 Encore Yoga 10:30am	25 Walking Group 10am
26	27 Ladies Golf Mahjong 1pm Card Night 7pm (Eachre)	28 Pickleball Encore Yoga 10:30am	29 Mahjong 6:30pm Encore Dinner Out	30 Pickleball Mahjong 7pm	31 Encore Yoga 10:30am Bingo 7pm	