

Out on the Town

OKTOBERFEST ALZHEIMER'S NC FUNDRAISER AT BRIGHTMORE FRIDAY, NOVEMBER 6TH LEAVING AT 11:45AM
BLUE MOON SHOWCASE & GALLERY THURSDAY, NOVEMBER 12TH LEAVING AT 1:00PM
CAPE FEAR CHORALE AT WINTER PARK BAPTIST SUNDAY, NOVEMBER 15TH LEAVING AT 3:15PM
CRAFTING FOR A CAUSE BAZAAR AT BRIGHTMORE SATURDAY, NOVEMBER 21ST LEAVING AT 10:00AM
BREAD & LIGHTS FESTIVAL AT CAM MONDAY, NOVEMBER 23RD LEAVING AT 10:30AM

On The Big Screen

in the Forum

"SOME LIKE IT HOT" Thursday, November 5th at 2pm

After witnessing a Mafia murder, slick saxophone player Joe (Tony Curtis) and his long-suffering buddy, Jerry (Jack Lemmon), improvise a quick plan to escape from Chicago with their lives. While Joe pretends to be a millionaire to win the band's sexy singer, Sugar (Marilyn Monroe), Jerry finds himself pursued by a real millionaire (Joe E. Brown) as things heat up and the mobsters close in. (1959, 2 Hours & 12 Minutes)

"FLAGS OF OUR FATHERS" Wednesday, November 11th at 3pm

Clint Eastwood directed this World War II era epic, about the six men who raised the American flag following the critical Battle of Iwo Jima. After an iconic photograph of the flag-raising taken by Joe Rosenthal turns into a national symbol, the surviving soldiers are sent back to the U.S. for a publicity tour, quickly becoming disenfranchised at the thought of being glorified as national heroes. (2006, 2 hours & 12 Minutes)

WHAT CLASS IN THE WELLNESS CENTER ?!

Levels of Intensity

Beginner: Low-moderate intensity; seated class with some standing
Advanced: Moderate-high intensity; mostly standing & on exercise mats

CARDIO & STRENGTH CONDITIONING (ADV.) MONDAY, WEDNESDAY & FRIDAY 9:00AM-9:45AM @WS
This is an energetic class that offers a choreographed, low-impact aerobics & strength training workout. The class begins with a dynamic warm-up, 15 minutes of cardio, followed by 15 minutes of strength training using free weights & resistance bands, finishing with a flexibility cool-down, targeting the major muscle groups while increasing cardiovascular endurance.

FUNCTIONAL FITNESS (BEG.) MONDAY, WEDNESDAY, & FRIDAY 11:00-11:45AM @WS
This full body class is designed to improve your functional abilities making everyday tasks easier & your day to day smoother. Resistance bands & free weights are used to strengthen the upper & lower extremities as well as your core. Designed to accommodate a wide range of fitness & mobility levels.

DYNAMIC BALANCE (ADV.) TUESDAYS & THURSDAYS 11:00-11:45AM @WS
Dynamic Balance is great class for residents who have good balance but want to challenge their spacial awareness to another level. This balance program will incorporate both static & dynamic balance exercises to improve your body awareness, core & leg strength, while increasing your response & recovery speed during weight shifting activities. Residents are encouraged to perform designated balance exercises independently, daily to further strengthen their balance.

BAY BALANCE (BEG.) TUESDAYS & THURSDAYS 9:00-9:45AM @WS
Bay Balance is a balance program focusing on skills needed to develop a more efficient movement, improve body awareness, & decrease the risk of falls. Residents are encouraged to perform designated balance exercises independently & daily to strengthen their balance in a comfortable setting.

FITNESS/WELLNESS PARTICIPATION

To begin participating in the Wellness Center Studio's, all residents must complete a fitness assessment and equipment orientation with Wellness Director, Nate Futrell. Please call to schedule your fitness assessment & orientation with Nate at 769-7511 today!



CLASSES COMING SOON...

3 levels of Aquatic, 3 levels of Yoga,
3 levels of Tai Chi,
2 levels of Meditation Classes

AND

Personal Training Services with
Wilmington Performance Lab!



NOVEMBER 2015

630 CAROLINA BAY DRIVE
WILMINGTON, NC 28403
(910) 769-7500

Your lifestyle calendar designed around the six aspects of wellness;
Purposeful, Spiritual, Physical, Social, Emotional, Intellectual

Shore things this month

HONORING VETERAN'S DAY WITH TREASURED MEMORIES

WEDNESDAY, NOVEMBER 11TH AT 1:00PM/BREAKWATERS

Crystal Treanor, Outreach Director, welcomes all Veterans & widows of Veterans to learn about one of the many services offered at Wilmington Funeral & Cremation, *the Storyboard*. Using copies of your memorabilia, they will create a personalized storyboard depicting your service to our country. Come prepared with any memorabilia & stories to share with Crystal & all, as we get to know & honor our Veterans.

STAMPIN' UP PERSONALIZED THANKSGIVING & THANK YOU CARDS

THURSDAY, NOVEMBER 19TH AT 2:00PM/ART STUDIO (Register by Monday, November 16th/\$10)

Led by master stamper, Nancy Lewis, come create a few cards to send to family & friends, just in time for Thanksgiving! We will be stampin' for Santa too, while making gift tags to dress that special present under the tree!

AUTUMNAL AROMA'S WITH BETH MINCHER, CERTIFIED HOLISTIC HEALTH COACH

TUESDAY, NOVEMBER 24TH AT 2:00PM/ART STUDIO

Follow your nose, Beth Mincher is here to warm our mind, body & soul. We will be making a Cinnamon Vanilla Sugar Scrub, while sipping an infused chai latte. Learn how Essential Oils can be used to support a healthy immune system.

STRUMMING ON THE OL' GUITAR WITH SUSAN SAVIA

WEDNESDAY, NOVEMBER 25TH AT 4:00PM/FORUM

Come celebrate this month's Birthday's while toe tappin' to your favorite songs, hymns, & lullabies.

NO SHAVE NOVEMBER, LET IT GROW! HISTORY OF SHAVING LIVE DEMO

MONDAY, NOVEMBER 30TH AT 3:00PM/ART STUDIO

The goal of No-Shave November is to grow awareness by embracing our hair, which many cancer patients lose, and letting it grow! Throughout the month, Nate Futrell & Seth Geradot encourage all men to "join the grow" and support the cause by donating the money men & women typically spend on shaving supplies to educate about cancer prevention, save lives, and aid those fighting the battle. Join us in the Art Studio to witness the many styles modeled by our own Nate & Seth.

Interest Meetings & Discussion Forums

DREAM SCHEME FORUM
MAHJONG INTEREST MEETING
BRIDGE CLUB
OPEN TABLE HOST FORUM
BOOK CLUB

MONDAY, NOVEMBER 2ND AT 4:00/LH
MONDAY, NOVEMBER 9TH AT 2:00PM/CR
TUESDAY, NOVEMBER 10TH AT 1:00PM/CR
FRIDAY, NOVEMBER 13TH AT 2:00PM/BW
MONDAY, NOVEMBER 16TH AT 1:00PM/CR

WINE DOWN WEDNESDAY'S

WEDNESDAY, NOVEMBER 4TH & 18TH AT 4:00PM/LH

Every other Wednesday, gather at the Lighthouse for a complimentary glass of vino while getting to know new neighbors.

TUESDAY BREWSDAY'S

TUESDAY, NOVEMBER 10TH & 24TH AT 4:00PM/LH

Every other Tuesday, "hop" down to the Lighthouse Market for special Beer Tastings! This month, try a variety of Pumpkin Brews & Local Lagers!