

# JANUARY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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## YOUR STAFF

**Joe Soto**, Executive Director  
**Bill Piper**, Marketing Director  
**Nancy Bartlett**, Move-In Coordinator  
**Nate Futrell**, Wellness Director  
**Erin Rhyne**, Life Enrichment Director  
**Seth Geradot**, Maintenance Engineer

**Shirley Knox**, Transportation  
**Zack Alaimo**, Valet Driver  
**Lindsay Hooks**, Receptionist  
**Gay Sawyers**, Office Manager  
**Marianna Stacy**, Community Outreach  
**Ajay Bhatt**, Personal Trainer & Instructor  
**Kim White**, Housekeeping Supervisor  
**John Feeley**, Security Guard

Please be sure to check the weekly update with any additions or cancellations to the monthly Social Calendar!

**1**  
**Happy New Years Day 2016!**  
 No Wellness Classes  
 No Transportation  
 No Housekeeping

**2**

## CAMPUS VENUES

- Lib. Library
- L Lobby
- BL Billiards Lounge
- AS Art Studio
- CR Card Room
- F Forum
- LH The Lighthouse Market
- CBG Carolina Bay Grill
- PUB Cape Fear Pub
- BW Breakwaters Private DR
- CY Courtyard
- WL Wellness Lounge
- SPA Reflections Spa & Salon
- FC Fitness Center
- AC Aquatics Center
- ZG Zen Garden
- WS Wellness Studio
- SE South Entrance

RSVT = Reserved Transportation  
 Ind. Act. = Independent Activity  
**Bold = Reservation Required @ the Registration Desk**

**DID YOU KNOW....**  
 Harris Teeter offers a special Senior Discount on Thursdays!  
 Reserve your seat to ride the coach to Harris Teeter, available every Thursday!



	<b>3</b>	<b>9am-1pm RSVT-WalMart</b> 9:00 Cardio & Strength 10:00 Yoga 11:00 Functional Fitness <b>3:00 Movie Matinee/F</b>	<b>4</b>	<b>9am-1pm RSVT</b> 9:00 Bay Balance 10:00 Tai Chi (B) 11:00 Tai Chi (A) <b>1:00 MahJongg /CR</b> 2:00 Meditation <b>2:00 Painting/AS</b>	<b>5</b>	9:00 Cardio & Strength <b>9:15 Catholic @ BM/L</b> 10:00 Bike Autumn Hall/WL 11:00 Functional Fitness <b>5:00 GRAND OPENING OF THE PUB!</b> <b>6:30 Resident Literary Publication Group Discussion/AS</b>	<b>6</b>	<b>9am-1pm RSV-Teeter</b> 9:00 Bay Balance 10:00 Yoga (B) 10-12:00 Resident Directory Photos in Billiards Room 11:00 Yoga (A) <b>1:30 Bridge/CR</b> 2:00 Meditation	<b>7</b>	<b>9am-1pm RSVT</b> 9:00 Cardio & Strength 10:00 Tai Chi 11:00 Functional Fitness <b>7:00 Billiards 101/BL</b>	<b>8</b>		<b>9</b>
	<b>10</b>	<b>9am-1pm RSVT-WalMart</b> 9:00 Cardio & Strength 10:00 Yoga 11:00 Functional Fitness <i>11-12:30 BW Reserved</i> <b>3:00 Movie Matinee/F</b> <b>7:00 Connect with Kinect/CR</b>	<b>11</b>	<b>9am-1pm RSVT</b> 9:00 Bay Balance 10:00 Tai Chi (B) 11:00 Tai Chi (A) <b>2:00 Cuban Crafting/AS</b> 2:00 Meditation <i>7:00 Card Room Reserved</i>	<b>12</b>	9:00 Cardio & Strength <b>9:15 Catholic @ BM/L</b> 10:00 Bike Autumn Hall/WS 10:45 ALOHA Library Visits/F 11:00 Functional Fitness <b>2:00 Book Club Discussion/AS</b> <b>6:30 Into to Social Dance Interest Group/WS</b>	<b>13</b>	<b>9am-1pm RSV-Teeter</b> 9:00 Bay Balance 10:00 Yoga (B) 11:00 Yoga (A) <b>1:30 Bridge/CR</b> 2:00 Meditation <b>3:00 Painting/AS</b>	<b>14</b>	<b>9am-1pm RSVT</b> 9:00 Cardio & Strength 10:00 Tai Chi 11:00 Functional Fitness	<b>15</b>	<b>1:15 Depart for UNCW vs. William &amp; Mary Basketball Game/\$/L</b>	<b>16</b>
	<b>17</b>	3:00 Cape Fear Chorale Concert @ Brightmore Independent (Ind.Act)	<b>18</b>	<i>Martin Luther King Jr. Day</i> <b>9am-1pm RSVT-WalMart</b> 9:00 Cardio & Strength 10:00 Yoga 11:00 Functional Fitness <b>3:00 Documentary/F</b> <b>7:00 Billiards 101</b>	<b>19</b>	9:00 Cardio & Strength 9:00 Bay Balance 10:00 Tai Chi (B) 11:00 Tai Chi (A) <b>1:00 MahJongg /CR</b> 2:00 Meditation <b>2:00 Cuban Crafting/AS</b> <i>See Erin if interested in NC Symphony</i>	<b>20</b>	9:00 Cardio & Strength <b>9:15 Catholic @ BM/L</b> 10:00 Bike Autumn Hall/WL 11:00 Functional Fitness <b>6:30 Social Dance 101/WS</b>	<b>21</b>	<b>9am-1pm RSV-Teeter</b> 9:00 Bay Balance 10:00 Yoga (B) 11:00 Yoga (A) <b>1:30 Bridge/CR</b> 2:00 Meditation <b>4:30 What's the Treadlr?/WS</b> <b>6:30 TACT: "It Takes Two"/L</b>	<b>22</b>		<b>23</b>
	<b>24</b>	8:00 Tidewater Aerobics <b>9am-1pm RSVT-WalMart</b> 9:00 Cardio & Strength 10:00 Yoga 11:00 Functional Fitness <b>6:45 Wilmington Chamber Music/L</b>	<b>25</b>	8:00 Tidewater Aerobics <b>9am-1pm RSVT-WalMart</b> 9:00 Cardio & Strength 10:00 Yoga 11:00 Functional Fitness <b>3:30 Chakras &amp; Energy Centers for the New Year/AS</b>	<b>26</b>	<b>9am-1pm RSVT</b> 9:00 Bay Balance 10:00 Tai Chi (B) <i>10-12:00 Resident Directory Photos in Billiards Room</i> 11:00 Tai Chi (A) 2:00 Meditation <b>4:00 Paws4People/AS</b>	<b>27</b>	9:00 Cardio & Strength <b>9:15 Catholic @ BM/L</b> <b>9:15 WWII Remembered @ Snr. Cntr/L</b> 10:00 Bike Autumn Hall/WL 11:00 Functional Fitness <b>3:00 Stampin' Up Cards/\$/AS</b> <b>6:30 Social Dance 101/WS</b>	<b>28</b>	<b>9am-1pm RSV-Teeter</b> 9:00 Bay Balance 10:00 Yoga (B) 11:00 Yoga (A) <b>1:30 Bridge/CR</b> <b>2-4:00 Alterations/AS</b> 2:00 Meditation	<b>29</b>		<b>30</b>
	<b>31</b>	 <b>RESERVED TRANSPORTATION &amp; PERSONAL TRANSPORTATION:</b> Appointments can be made in Reservation Binder <i>Transportation to &amp; from Medical Appointments will be on Monday, Tuesday, Thursday &amp; Friday.</i> Please be mindful in scheduling appointments no earlier than 9:30am & no later than 12:00 noon to account for travel & traffic time. Residents should meet in the Lobby by 8:45 for a 9:00am departure. All reserved transportation appointments should be scheduled by 5:00pm the night prior to date of appointment. When done with medical appointment, call Shirley & she can pick you up if within scheduled transportation time. IF your appointment goes past 1:00pm, Shirley will not be able to pick you up.					<b>MORRISON'S DIETARY STAFF</b> T.J. Milliron, Executive Chef Joe Zondlo, Director of Culinary						

