

Feeling Creative

in the Art Studio

COOKIE SWAP WITH EGG NOG & WINE TASTING *FRIDAY, DECEMBER 11TH AT 4:00PM*
Sip, Swap & Share your favorite holiday treats, recipes & warm company to spread the holiday cheer!

STAMPIN' UP HOLIDAY CARD & GIFT TAG MAKING
MONDAY, DECEMBER 14TH AT 2:00PM (RESERVE YOUR SEAT)

RESERVE YOUR SEAT to create personalized holiday greeting cards & gift tags to share with loved ones!

DROP-IN WINTER SOLSTICE AROMA'S *TUESDAY, DECEMBER 15TH AT 3:30PM*

Follow your nose, Beth Mincher is here to warm our mind, body & soul. Learn the breakdown of clove, turmeric & cinnamon as an essential oil- all great herbs & spices to support a healthy immune system. Clove being the highest antioxidant rich spice, best for this time of year. Even take a Solstice Smell home with you to keep your apartment smelling warm all season!

GIFT WRAPPING BOOTH *THURSDAY, DECEMBER 17TH FROM 1-4:00PM*

It's always such a hassle tying the perfect bow! Want an extra hand this year with your gift wrapping?

Drop in with your unwrapped present & have it wrapped FOR you!

Interest Meetings & Discussion Forums

RESIDENT PHOTO DIRECTORY

FRIDAY, DECEMBER 4TH FROM 10-12:00PM/BL

BILLIARDS 101 INTEREST MEETING

MONDAY, DECEMBER 7TH AT 3:30PM/BL

MAHJONGG MEETINGS

TUESDAY, DECEMBER 8TH & 22ND AT 1:00PM/CR

DUPLICATE BRIDGE INTEREST MEETING

THURSDAY, DECEMBER 10TH AT 1:30PM/CR

OPEN ART STUDIO DISCUSSION

TUESDAY, DECEMBER 22ND AT 3:30PM/AS

ACTIVITY CANCELLATION POLICY

If you register for an outside event requiring additional fees, you are responsible for the cost once it has been ordered. If you need to cancel that particular activity, your seat may be filled by someone on the waiting list.

If not, you will be billed the ticket cost. Thank you for your understanding.

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.

CLASSES COMING SOON...

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

Personal Training with Wilmington Performance Lab!
In the meantime... grab a putter from Nate to practice
your touch on our 6-hole putting green!



DECEMBER 2015



630 CAROLINA BAY DR. WILMINGTON, NC 28403

Your lifestyle calendar designed around the 6 aspects of wellness; *Purposeful, Spiritual, Physical, Social, Emotional, Intellectual*

Shore things this month

"A TASTE OF CAROLINA BAY" HOLIDAY OPEN HOUSE *TUESDAY, DECEMBER 8TH 4-6:00PM*

Start your first Holiday Season in your new home with some new friends! Mingle & socialize throughout with Harp Entertainment by Christina Brier in the Forum, heavy hors d'oeuvres in the LIGHTHOUSE MARKET & CAROLINA BAY GRILL, and Beer & Wine in the CAPE FEAR PUB!

HAVE YOURSELF A MERRY LITTLE CHRISTMAS WITH PHIL BRUSCHI

FRIDAY, DECEMBER 18TH AT 3:00PM/FORUM

Do you know when and why the song "Jingle Bells" was written? As to the answer of why James Lord Pierpont wrote the song, there's a great deal of controversy. Singer, Phil Bruschi, shares some fascinating facts behind some Classic Christmas Songs. Celebrate the spirit of the season listening to Phil sing some of the most popular yuletide songs, such as "White Christmas," "A Christmas Song," and "Have Yourself A Merry Little Christmas," sure to get you in a festive mood.

NEW YEARS EVE OPEN MIC NIGHT & SOCIAL

THURSDAY, DECEMBER 31ST AT 7:00PM/FORUM

Toasting to new community, strong friendships, and aging gracefully. Let's start the year off right with a champagne toast & Open Mic for residents & staff to share. PLEASE RESERVE YOUR MIC TIME IN THE RESERVATION BINDER.

Out on the Town

THALIAN CHILDREN'S THEATER PRESENTS: BABES IN TOYLAND @ HANNAH BLOCK

WEDNESDAY, DECEMBER 2ND AT 6:15PM/LOBBY (RESERVE YOUR SEAT)

Two unhappy children, Jane and Alan, run away from home. Their parents, who are always putting work and discipline before fun, are too busy for them, so they set out for a place where they will be understood. The children believe that Toyland, a magical land of spirited toys, will deliver them from their hardships.

HOLIDAY FLEA @ THE BROOKLYN ARTS CENTER

FRIDAY, DECEMBER 4TH LEAVING AT 2:30PM/LOBBY (RESERVE YOUR SEAT; \$5/PERSON)

Renowned as the "ultimate vintage flea," The Holiday Flea is a three-day event with a wide array of vintage, retro, antique, and upcycled treasures—with food trucks and a cash bar serving liquid refreshments.

2015 HOLIDAY CHORUS CONCERT BY THE CAPE FEAR CHORDSMEN

SATURDAY, DECEMBER 5TH AT 6:15PM/LOBBY (RESERVE YOUR SEAT)

Start your holiday season with this annual barbershop style vocal performance. Donations collected at the door benefit Alzheimer's NC. Performance begins at 7:00pm at Temple Baptist Church.

THALIAN THEATER PRESENTS: MAME *WEDNESDAY, DECEMBER 9TH AT 6:45PM/LOBBY*

(RESERVE YOUR SEAT) It's the height of the 1920's & Auntie Mame becomes the guardian for her nephew, Patrick. Her life is turned upside down, many of her priorities change, but she still lives life to the fullest.

CHAMBER MUSIC WILMINGTON'S HOLIDAY TEA FEATURING THE BEVERLY BAROQUE

TRIO *SUNDAY, DECEMBER 13TH @ THE GREYSTONE INN, LEAVING AT 3:15PM/LOBBY*

Enjoy tasty treats, bubbly tipples and courtly teas couples with festive music performed by the Beverly Biggs Baroque Trio. Delectables from King George's Kensington Palace, Marie Antoinette's Versailles, and Frederick the Great's Prussian Court will be paired with some of the royal's favorite preludes, sonatas and musical carols. RESIDENTS WILL RECEIVE THE SPECIAL MEMBER TICKET RATE OF \$50/PERSON. (RESERVE YOUR SEAT)

OUT TO DINNER @ HIRO'S & HOLIDAY HOME-LIGHTS TOUR WITH SHIRLEY

WEDNESDAY, DECEMBER 16TH AT 6:00PM/LOBBY (RESERVE YOUR SEAT/DINNER \$ ON OWN)

OUT TO LUNCH @ PORT CITY CHOP HOUSE

WEDNESDAY, DECEMBER 30TH AT 11:30AM/LOBBY (RESERVE YOUR SEAT/LUNCH \$ ON OWN)