

FEBRUARY

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

YOUR STAFF

Joe Soto, Executive Director
Bill Piper, Marketing Director
Nancy Bartlett, Move-In Coordinator
Nate Futrell, Wellness Director
Erin Rhyné, 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

MORRISON'S DIETARY STAFF

T.J. Milliron, Executive Chef
Joe Zondlo, Director of Culinary

REFLECTIONS SALON/SPA SALON HOURS

TUESDAY 9AM-4PM
WEDNESDAY 9AM-4PM
THURSDAY 9M-4PM
FRIDAY 9AM-3PM
Gwen Young, Hairstylist

CAMPUS VENUES

- Lib. Library
- L Meet in 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

KEEPING OUR COMMUNITY WARM BLANKET DRIVE
 Supporting the Good Shepherd Ministry
 Donate New & Gently Used, Clean Blankets of any size to help our community stay warm this winter. Donations can be made in the Art Studio February 1st-9th.

		1	2	3	4	5	6
9:00 Downton Abbey on Big Screen/F	8:00 Tidewater Aerobics 9am-1pm RSVT-WalMart 9:00 Cardio & Strength 10:00 Yoga 11:00 Functional Fitness 1:30 Bible Study/CR 5:00 DanceSport 101/WS 8:00 Bachelor on Big Screen/F	<i>Groundhog Day!</i>	8:00 Tidewater Aerobics 9am-1pm RSVT 10:00 Tai Chi (B) 11:00 Tai Chi (A) 1:00 MahJongg /CR 2:00 Meditation 3:00 Headwater Aerobics 4:00 Open Table Host/LH 5:15 PVUMC Awaken Service/L	8:00 Saltwater Circuit 9:00 Cardio & Strength 9:30 Catholic @ BM/L 10:00 Bike Autumn Hall/WL 11:00 Functional Fitness 3:00 Carolina Bay Watch Newsletter Meeting/AS 6:30 Thalian Theater: Death Of A Salesman/L	8:00 Tidewater Aerobics 9am-1pm RSV-Teeter 10:00 Yoga (B) <i>10-12:00 Resident Photos/BL</i> 11:00 Yoga (A) 1:30 Bridge/CR 2:00 Meditation 3:00 Headwater Aerobics 3:00 MovieMatinee:Pay It Forward/F 7:00 Billiards 101/BL	<i>National Wear Red Day!</i>	8:00 Tidewater Aerobics 9am-1pm RSVT 9:00 Cardio & Strength 10:00 Tai Chi 11:00 Functional Fitness 2:00 Tailgating Social/F
3:30 50th Superbowl Kick-Off Party in the Forum	7	<i>Shirley Knox Birthday!</i>	8	<i>Mardi Gras</i>	9	<i>Ash Wednesday</i>	10
9:00 Downton Abbey on Big Screen/F	8:00 Tidewater Aerobics 9am-1pm RSVT-WalMart 9:00 Cardio & Strength 10:00 Yoga 11:00 Functional Fitness 1:15 Qi Golf @BMU/L 1:30 Bible Study/CR 5:00 Dance Sport 101/WS 8:00 Bachelor on Big Screen/F	11	8:00 Tidewater Aerobics 9am-1pm RSVT 10:00 Tai Chi (B) 11:00 Tai Chi (A) 1:00 MahJongg /CR 2:00 Meditation 3:00 Headwater Aerobics	12	8:00 Saltwater Circuit 9:00 Cardio & Strength 9:30 Catholic @ BM/L 10:00 Bike Autumn Hall/WS 11:00 Functional Fitness 5:00 Young at Heart Social @ UNCWL	13	8:00 Tidewater Aerobics 9am-1pm RSVT 9:00 Cardio & Strength 10:00 Tai Chi 11:00 Functional Fitness 6:00 Trivia Night/Pub
<i>Valentine's Day</i>	14	15	16	17	18	19	20
6:45 NC Symphony: Firebird/tickets on own/L	8:00 Tidewater Aerobics 9am-1pm RSVT-WalMart 9:00 Cardio & Strength 10:00 Yoga 11:00 Functional Fitness 1:30 Bible Study/CR 5:00 Dance Sport 101/WS 8:00 Bachelor on Big Screen/F	8:00 Tidewater Aerobics 9am-1pm RSVT 10:00 Tai Chi (B) 11:00 Tai Chi (A) 1:00 MahJongg /CR 2:00 Meditation 3:00 Headwater Aerobics 4:00 Hall Rep/Welcoming Committee Meeting/F	8:00 Saltwater Circuit 9:00 Cardio & Strength 9:30 Catholic @ BM/L 10:00 Bike Autumn Hall/WL 10:45 ALOHA Library Visits/F 11:00 Book Club Meeting/CR 11:00 Functional Fitness 6:30 Therapeutic Coloring/AS	8:00 Tidewater Aerobics 9am-1pm RSV-Teeter 10:00 Yoga (B) 11:00 Yoga (A) 1:30 Bridge/CR 2:00 Meditation 3:00 Headwater Aerobics 3:00 Movie Matinee:Mamma Mia/F 7:00 Billiards 101/BL	8:00 Tidewater Aerobics 9am-1pm RSVT 9:00 Cardio & Strength 10:00 Tai Chi 11:00 Functional Fitness 3:00 How to Live @ Carolina Bay/F 6:30 Poker Group/BL	11:30 Art for All @ BAC/L\$ 6:30 Music on Market: Raleigh Flute Choir/L	
	21	22	23	24	25	26	27
9:00 Downton Abbey on Big Screen/F	8:00 Tidewater Aerobics 9am-1pm RSVT-WalMart 9:00 Cardio & Strength 10:00 Yoga 11:00 Functional Fitness 1:30 Bible Study/CR 5:00 Dance Sport 101/WS 8:00 Bachelor on Big Screen/F	8:00 Tidewater Aerobics 9am-1pm RSVT 10:00 Tai Chi (B) <i>10-12:00 Resident Photos/BL</i> 1:00 MahJongg /CR 11:00 Tai Chi (A) 2:00 Meditation 3:00 Headwater Aerobics 4:30 Advisory Board Meeting/F	8:00 Saltwater Circuit 9:00 Cardio & Strength 9:15 Catholic @ BM/L 9:15 WWII Remembered Program @ Snr. Cntr/L 10:00 Bike Autumn Hall/WL 11:00 Functional Fitness 5:00 Fireside Stories with Smore's	8:00 Tidewater Aerobics 9am-1pm RSV-Teeter 10:00 Yoga (B) 11:00 Yoga (A) 1:30 Bridge/CR 2:00 Meditation 3:00 Headwater Aerobics 6:30 TACT: 101 Dalmatians/L	8:00 Tidewater Aerobics 9am-1pm RSVT 9:00 Cardio & Strength 10:00 Tai Chi 11:00 Functional Fitness 5:30 Artworks on Willard/L	1:00 Paws4People Visits (drop-in/ Art Studio)	
	28	29	<p style="text-align: center;"><u>RESERVED TRANSPORTATION & PERSONAL TRANSPORTATION:</u> Appointments can be made in Reservation Binder on the coordinating day at the Reservation Desk. TRANSPORTATION TO & FROM MEDICAL APPOINTMENTS WILL BE ON MONDAY, TUESDAY, THURSDAY & FRIDAY. 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. 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. ALL RESERVED TRANSPORTATION APPOINTMENTS SHOULD BE SCHEDULED BY 5:00PM THE NIGHT PRIOR TO DATE OF APPOINTMENT.</p>				
6:45 Chamber Music/L	8:00 Tidewater Aerobics 9am-1pm RSVT-WalMart 9:00 Cardio & Strength 10:00 Yoga 11:00 Functional Fitness 1:30 Bible Study/CR 4:00 Leap Social w/ Jerry Powell/F 5:00 Dance Sport 101/WS 8:00 Bachelor on Big Screen/F						

