

Are you Ready for some FOOTBALL?

TAILGATING WITH THE CAROLINA BAY CREW *FRIDAY, FEBRUARY 5TH AT 2:00PM/F*
 Who will you be pulling for this year? Come share the rivalry with your staff in the Forum!
SUPERBOWL SUNDAY SOCIAL *SUNDAY, FEBRUARY 7TH AT 3:30PM/FORUM*

CAROLINA PANTHERS VS. DENVER BRONCOS
 Will Carolina's Cam Newton bring it home for us or will Payton Manning stop the winning streak... Come cheer them on with friends & neighbors on the big screen! Will be hosted in the City of Santa Clara at the state-of-the-art Levi's® Stadium, which is the greenest and most technologically advanced professional football stadium in the United States. Enjoy a halftime show featuring Coldplay with Beyonce. Check out the Billiards lounge to share your winning vote!

Interest Meetings & Discussion Forums

BIBLE STUDY WITH PASTOR BARRY STALLINGS *MONDAY'S AT 1:30PM/CR*
OPEN TABLE HOST MEETING *TUESDAY, FEBRUARY 2ND AT 12:00PM/LH*
"BAY BILLIARDS" 101 *THURSDAY, FEBRUARY 4TH & 18TH/BL @ 7:00PM*
 Build focus, burn calories, enhance stability, build control, sharpen the mind, hones hand/eye coordination.
WELCOMING COMMITTEE & HALL REP *TUESDAY, FEBRUARY 16TH AT 4:00PM/F*
BOOK CLUB MEETING *WEDNESDAY, FEBRUARY 17TH AT 11:00AM/CR*
 Our first discussion will cover the autobiography, "The Widow Spy" by Carolina bay resident, Marti Shogi.
POKER GROUP *FRIDAY, FEBRUARY 19TH AT 6:30PM/BL*
HOW TO LIVE @ CAROLINA BAY *FRIDAY, FEBRUARY 19TH AT 3:00PM/F*
 All newcomers are encouraged to attend this meeting with any and all questions about life at the Bay! Enjoy a time-lapse of the construction of Carolina Bay before a review of all departments, introduction of resident ambassadors, and our special door prize winner will win a **FREE WEEK of DESSERT**, courtesy of Morrison's!
ADVISORY BOARD MEETING *TUESDAY, FEBRUARY 23RD AT 4:30PM/F*

Feeling Creative in the Art Studio

CAROLINA BAY WATCH RESIDENT NEWSLETTER PUBLICATION
WEDNESDAY, FEBRUARY 3RD AT 3:00PM/AS
 Help build the "from the members, for the members" publication to keep Carolina Bay connected and on the watch for each other! Share notable accomplishments, committee reports & updates, employee profiles and more! All are welcome!
HEALING POWER OF ART: THERAPEUTIC COLORING WITH WATERCOLORS & WINE
WEDNESDAY, FEBRUARY 17TH AT 6:30PM/ART STUDIO
 Like meditation, coloring allows us to switch off our brains from other thoughts and focus on moment. Concentrating on coloring an image may facilitate the replacement of negative thoughts and images with pleasant ones.
KIWANIS COLLECTION FOR BRIGADE BOYS & GIRLS HOME, ALL MONTH-LONG
 5th annual Landscape, Plant & Rummage sale is looking for the following donation items: shop tools, toys, fishing gear, clothing, sporting goods, electronics, small appliances, plants/shrubs & more! Items may be dropped off at the Art Studio- be on the look out for the sale on March 19th!

ACTIVITY CANCELLATION POLICY
 If you register for an outside event requiring additional fees, you are responsible for the seat/cost once it has been confirmed. If you need to cancel that particular activity, you must do so by 5:00pm the evening prior. We rely on these numbers for planning purposes and must have 8 to use the coach. Thank you for your understanding.

NEWS TO USE FROM THE WELLNESS DEPARTMENT

The AQUATIC CENTER is now OPEN!
 The pool and jacuzzi are now available for resident use. We have advanced water aerobics every morning Monday-Friday at 8am and beginner water aerobics Tuesday and Thursday afternoon at 3pm. Make sure to never swim alone and to always have someone with you. The Aquatics Center is open 7 days a week from 6am-6pm.
COME MAKE A SPLASH!



FEBRUARY 2016
 630 CAROLINA BAY DR. WILMINGTON, NC 28403
 (910) 769-7500

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

Shore things this month

SOCIAL DANCE SPORT 101 WITH PATRICIA *EVERY MONDAY AT 5:00PM/W/S*
 Led by Coast 2 Coast Ballroom DanceSport Founder and CEO, Patricia Carver-Garcia. Patricia is a Professional Ballroom, Latin/swing Instructor and Dancer but also a Producer/Director/Choreographer/On Camera Talent with PBS and the BBC both here, in NYC and abroad! Do not miss this chance to embark on a fun new hobby that has changed many people's lives for the better! (REGISTRATION REQUIRED, 6-WEEK SESSION \$)
FIRESIDE STORIES WITH SMORES *WEDNESDAY, FEBRUARY 24TH AT 5:00PM/CY*
 Lets laugh and share stories of our Carolina Bay lifestyle over a warm smore, toasted to perfection!
LEAP DAY SOCIAL WITH JERRY POWELL *MONDAY, FEBRUARY 29TH AT 4:00PM/FORUM*
 Natural bass, acoustic and electric guitarist, vocalist & songwriter, "leap on down" to the Forum to enjoy an afternoon getting to know new neighbors over a glass of wine & light appetizers. Jerry has two original CD's and enjoys playing the Beatles, Hank Williams, Jimmy Buffett, and many more. Requests are always welcome!

Out on the Town PLEASE RESERVE YOUR SEAT FOR ALL

PINE VALLEY UNITED METHODIST CHURCH AWAKEN 2016 SERVICE
TUESDAY, FEBRUARY 2ND AT 5:15PM/LOBBY
 Pastor Barry Stallings will be leading our Bible Study beginning this month, and has graciously invited us to an evening of their four day Revival Series. Service will be preceded by a meal at 5:30 pm in our Christian Life Center Gym. Tuesday's service will feature Carolyn Moore, Lead Pastor at Mosaic UMC near Augusta, GA. (FREE, 23 SEATS AVAILABLE)
THALIAN THEATER: DEATH OF A SALESMAN
WEDNESDAY, FEBRUARY 3RD AT 6:30PM/LOBBY
 The story follows the final days of deflated salesman Willy Loman, who cannot conceive how he failed to gain success and happiness. Through a series of dire, soul-searching epiphanies with his wife, his sons, and his business associates, it's revealed how Loman's quest for the American Dream kept him blind to the people who really loved him. (FREE, 23 SEATS AVAILABLE)
BRIGHTMORE UNIVERSITY SERIES PRESENTS: QI GOLF
MONDAY, FEBRUARY 8TH AT 11:5PM/LOBBY
 Presented by Keith Webb, improve your golf game by incorporating movements & principles of Qi Gong & Tai Chi into your golf game. Focusing on movement sequences, breathing exercise and meditation. (FREE, 23 SEATS AVAILABLE)
YOUNG AT HEART SOCIAL & DANCE AT BURNEY CENTER BALLROOM/UNCW
WEDNESDAY, FEBRUARY 10TH AT 5:00PM/LOBBY
 The Young at Heart Social is sponsored annually by the Office of Student Leadership and Engagement at UNCW. The event features more than 150 senior adults from the surrounding area dancing and socializing with nearly 100 student volunteers. Enjoy live music by the Dusty Long Jazz Band, light refreshments and an open dance floor. (23 SEATS AVAILABLE, FREE!)
ART FOR ALL @ BROOKLYN ARTS CENTER
SATURDAY, FEBRUARY 20TH AT 11:30AM/LOBBY
 Renowned as "downtown's cutting-edge art show" with a wide array of paintings, illustrations, sculptures, and more. Wilmington's finest food trucks, a coffee shop in the courtyard tent, and the BAC cash bar will supply sustenance to all. (\$5.00)
MUSIC ON MARKET PRESENTS RALEIGH FLUTE CHOIR @ ST. ANDREWS COVENANT
SATURDAY, FEBRUARY 20TH AT 6:30PM/LOBBY
 Founded in 1986, this professional flute ensemble ranges from the tiny piccolo to the eight-foot contrabass, enjoy six octaves of flute sounds in a most interesting and entertaining evening of music. (FREE, 23 SEATS AVAILABLE)
CHAMBER MUSIC WILMINGTON PRESENTS THE MAGNOLIA BAROQUE CHAMBER ORCHESTRA @ UNCW BECKWITH HALL *SUNDAY, FEBRUARY 28TH AT 6:45PM/LOBBY*
 This ensemble assembles brilliant early musical performers from such notable organizations as the Oberlin Conservatory, Vivaldi Project, DC's Handel Baroque Orchestra and NCSA artist faculty. Their all-Bach concert features the rousing Cantata No. 51, the exquisite orchestral B Minor Suite, and Brandenburg Concerto No. 3. (10 FREE SEATS AVAILABLE)