

APRIL IS NATIONAL HUMOR MONTH

...the funniest time of the year! Every week day, be sure to check the Humor Board, located outside of the Art Studio, for your daily cheesy joke. It is a proven fact that laughter is contagious, please share any of your jokes with friends & family! Erin's ALL TIME favorite joke: Q: How many knees do you have? (Please see Erin for correct Answer)

THE GREAT OUTDOORS

 ALL WEATHER PENDING

PUTTING WITH NATE

Practice makes perfect! Please meet on the Putting Green in the Courtyard. No supplies or skill needed!

FIRESIDE STORIES & SMORE'S

GREEN THUMBS CLUB- PORCH PLANT POTTING

Bring your seeds, we'll provide the rest! **WARNING:** You might get dirty. We have gloves & aprons.

GONE FISHIN!

Enjoy the morning sunshine with a fishing pole in hand, and picnic lunch by your side. We will walk to the nearby ponds in Autumn Hall in hopes of reeling in a big one! (RESERVE YOUR SEAT/PICNIC PROVIDED)

APPRECIATE EARTH DAY "WB BEACH SWEEP"

Keep our award-winning coast beautiful for your grandchildren & great grandchildren to enjoy just as you did! Pick up after the litterbugs & save your back by using adaptive equipment. (RESERVE YOUR SEAT)

HONOR ARBOR DAY- FIG TREE DEDICATION CEREMONY

Thank you Shirley Rhyne & Larry Vacek for the donation of Carolina Bay's "giving tree." We look forward to enjoying the figs one day!

MONDAYS @ 2:00PM /COURTYARD

MONDAY, APRIL 11TH AT 7:00PM/COURTYARD

MONDAY APRIL 11TH @ 1:30PM/COURTYARD PORCH

FRIDAY, APRIL 15TH AT 10:30AM/LOBBY

FRIDAY APRIL 22ND @ 9:30AM/LOBBY

FRIDAY APRIL 29TH @ 10:45AM/ LOCATION TBA



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

APRIL
2016



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

Shore things this month

NATIONAL WALKING DAY: 1-MILE WATER WALK

WEDNESDAY, APRIL 6TH AT 9:00AM/POOL

Work as a team in completing our 1st Annual 1-Mile Water Walk by walking corner to corner in our saltwater pool. We will break half way for an energy boost fruit cocktail, then reward yourself with a poolside mimosa when completed! Work together to create a strong current to make the walk as smooth as possible on our joints.

GARDEN PARTY AND PIANO RECITAL IN HONOR OF THE AZALEA FESTIVAL

FRIDAY, APRIL 8TH AT 3:00PM/FORUM (RESERVE YOUR SEAT)

The Azalea Festival is one of Wilmington's greatest times of year, with native Azalea's in full bloom, why wouldn't this be recognized?! Celebrate with a Carolina Bay Garden Party, complete with fresh flowers, sweet tea and southern belles.

74TH ANNIVERSARY OF DOOLITTLE RAID ON JAPAN ILLUSTRATED BY COL. BOB NEWMAN, USAF. RETIRED

MONDAY, APRIL 18TH AT 4:00PM/FORUM (RESERVE YOUR SEAT)
Our own neighbor, Col. Bob Newman, will be narrating the Doolittle Raiders strike on Japan from a first hand experience. With visual clips from 30 seconds in Tokyo, learn about one of America's greatest hero's.

VISIT BRADLEY CREEK HEALTHCARE CENTER WITH MELISSA

WEDNESDAY, APRIL 27TH 10:00AM & 2:00PM (RESERVE YOUR SEAT)

Get a background tour of Carolina Bay's Health Care Center, Bradley Creek, before the opening day! Join Melissa Crouch, Director for Bradley Creek, to visit & learn about the different levels of care that will be offered under our roof! Please reserve your seat for the morning or afternoon visit.

Out on the Town

THALIAN THEATER PRESENTS: GREEN DAY'S AMERICAN IDIOT

WEDNESDAY, APRIL 6TH AT 6:30PM/LOBBY (RESERVE YOUR SEAT)

Sneak preview of the latest production at Thalian Hall in downtown Wilmington. Based on the Grammy winning album of the same name, the musical follows three friends— Johnny, Tunny, and Will— struggling to find meaning in a post 9/11 world. (27 SEATS AVAILABLE, FREE!)

HISTORIC WILMINGTON AZALEA TOUR WITH SHIRLEY

WEDNESDAY, APRIL 7TH AT 11:30AM/ LOBBY (RESERVE YOUR SEAT)

WHQR ANNUAL LUNCHEON WITH NPR'S DON GONYEA

WEDNESDAY, APRIL 13TH AT 11:5AM /LOBBY (FREE! RESERVE YOUR SEAT)

CHAMBER MUSIC WILMINGTON PRESENTS: ENSO QUARTET

SUNDAY, APRIL 10TH AT 6:45PM/LOBBY (RESERVE YOUR SEAT)

Enjoy front row seats thanks to our sponsorship with Chamber Music Wilmington for the Grammy nominated Enso Quartet! Founded at Yale in 1999, described by classical voice as "one of the eminent string quartets of our era." Featuring Beethoven's Harp Quartet, Op. 74 from his middle period. Webern's 6 Bagatelles, Ginastera's Quartet No. 2 to celebrate the Argentine composer's 100th anniversary and the lyrical Italian Serenade of Hugu Wolf. (10 FREE SEATS AVAILABLE)

4TH FRIDAY: ARTWORKS ON WILLARD

FRIDAY, APRIL 22ND AT 5:30PM/LOBBY (FREE! RESERVE YOUR SEAT)

The ArtWorks in Wilmington presents an art exhibit with Niki Hildebrand, who recently returned from an artist residency in the North Carolina mountains and created 400 glass leaves which she has now melded into an installation titled Dreams of the Lungs of the Earth. Enjoy various artistic genres including oils, acrylics, watercolors, pastels, photography, metals, wood, ceramics, mixed media and more! 4th Friday's also include opening receptions, demonstrations, live music and other traditional & non-traditional art-related activities.

Movin' & Groovin'

SOCIAL BALLROOM DANCE SPORT WITH ERIN & AJAY BYOD (BRING YOUR OWN DRINK) SOCIAL

Light snacks provided for something salty to go with your beverage of choice for a weekly "meet & greet" in the Lighthouse Market to wrap up another week. No reservation needed, snacks are first come first serve!

WELCOME SERVICES WITH VIVIAN DESANTO

1ST TUESDAY @ 3:00PM FOLLOWING TUESDAYS AT 2:00PM Reserve your seat to meet with Vivian to learn about new businesses around Wilmington and bring home freebies & coupons including lunch, carwash, haircut, area rug, return address stamp, Edible Arrangement, Also, bring home a list of area physicians!

WALKS WITH SERENITY" DOG WALKING SERVICES

PAWS4PEOPLE THERAPEUTIC DOG VISITS

SPRING FLING IN THE COURTYARD

Enjoy the Carolina Sunshine while we play classic yard games in the Courtyard with friends & neighbors. Drop-in for a taste of Summer off the grill, or just a cold glass of lemonade! (RESERVE YOUR SEAT)

APRIL WINE & CHEESE NEWCOMERS SOCIAL WITH JERRY POWELL

APPLES 2 APPLES CARD GAME

MONDAYS AT 5:00PM/WELLNESS STUDIO/ \$
FRIDAYS AT 5:00PM/LIGHTHOUSE MARKET

TUESDAY, APRIL 12TH AT 2:00PM/ART STUDIO

SATURDAY, APRIL 16TH AT 1:00PM/ART STUDIO

WEDNESDAY APRIL 20TH BETWEEN 1:30 & 3:30PM

MONDAY, APRIL 25TH @ 6:30PM/FORUM

WEDNESDAY, APRIL 27TH AT 3:00PM/COURTYARD PORCH

THE CAROLINA BAY-WATCH NEWSLETTER

First Edition Kick-Off Brunch Social Friday, April 1st at 10:30am in the Forum

We are thrilled to release the 1st issue of The Carolina Bay-Watch, a newsletter created by the residents, for the residents, to keep the community connected. Please submit column suggestions or "letters to the editor" by Mailboxes.



Interest Groups & Meetings

Mahjong	Tuesday's at 1:00pm/Card Room	Bridge	Thursday's at 1:30pm/Card Room
BUNCO	Wednesday's at 1:30pm/Card Room	Billiards	Thursday's at 7:00pm/Billiards Lounge
Poker	Friday's at 7:00pm/Billiards Lounge		
Snorkel/Scuba Lesson Interest	Tuesday, April 5th at 10:00am/Wellness Studio		
Therapeutic Coloring	Wednesday, April 13th & 27th at 6:30pm/Art Studio (Reserve your seat)		
Thirsty Thursday's (5:00pm)	Thursday, April 14th: Pina Colodas/Courtyard		
	Thursday, April 28th: Strawberry Daiquiris /Courtyard		
Carolina Bay-Watch Newsletter	Thursday, April 14th at 4:00pm/Art Studio		
	Wednesday, April 20th at 4:00pm/Art Studio		
	Thursday, April 28th at 4:00pm/Art Studio		
	Wednesday, April 13th at 10:45am/Library		
ALOHA Library	Friday, April 15th at 11:00am/Card Room		
Hall Representatives	Friday, April 15th at 3:00pm/Forum		
HOW TO LIVE @ CAROLINA BAY	Wednesday, April 20th at 6:30pm/Art Studio (Reserve your seat)		
Watercolors & Wine	Thursday, April 21st at 1:00pm/Lighthouse Market (Reserve your seat)		
Spring Has Sprung Discussion with Beth			