

INSPIRE AT CAROLINA BAY ...TO BE THE BEST YOU!

Inspirational: The **INSPIRE** program allows you to feel better physically, mentally & emotionally through our person-centered dynamic programs

Nutritional: Morrison's healthy dining options, smoothie bar, fitness nutrition programming & nutritional seminars

Spiritual: Mindfulness Program including yoga, tai chi, meditation, stress reduction & relaxation techniques & life coaching

Personal: Wellness assessments, on-site personal training 7 days a week & individualized exercise programs for everyone.

Integrative: Open referral system between the rehab department & on-site Medical Director to address all resident needs

Rehabilitative: **INSPIRE** works directly with the rehab department to continue the plans of care for residents in the Wellness Center upon discharge from therapy services

Educational: The Osher Lifelong Learning Institute at UNC-Wilmington provides educational lectures & programs for residents of Carolina Bay.

Multi-dimensional and comprehensive, designed to fully immerse residents in a well-rounded program where they can achieve an exceptional feeling of well-being and a high sense of self-efficacy. **INSPIRE** at Carolina Bay meets each resident's unique needs. Our goal is to provide residents with the opportunity to have some of the *best years* they have ever experienced.

Programming is available for those with cardiac and pulmonary conditions, low vision, and mobility challenges. Falls prevention is of high importance on our campus and we offer beginner as well as advanced level balance classes and one-on-one balance training sessions to prevent falls from happening in the future. Participating residents in the **INSPIRE** Program at Carolina Bay will begin to see steady decreases in blood pressure, lower resting heart rates, increases in oxygen levels, as well as gains in muscular strength and cardiovascular endurance. Not only will you feel better physically but you will feel better mentally and emotionally as well.

STAY TUNED FOR MORE INFORMATION ABOUT "BEAT TODAY" – A MONITORED CARDIOPULMONARY EXERCISE PROGRAM!

MEETINGS & SEMINARS

YARN-OVERS KNITTING GROUP DROP-IN AFTERNOON

WEDNESDAY, AUGUST 3RD FROM 3-5:00PM IN BREAKWATERS PRIVATE DINING ROOM

Do you enjoy knitting, needlepoint or cross stitching? Or maybe you have always wanted to learn one of these crafts. Meet other "needle nuts" for a social afternoon knitting OR learning how to knit! Teachers are available! Drop in when you can!

CAROLINA BAY WATCH RESIDENT NEWSLETTER PUBLICATION

WEDNESDAY, AUGUST 3RD & 31ST AT 4:00PM/ART STUDIO

THURSDAY, AUGUST 11TH AT 4:00PM/ART STUDIO

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!

JEWELRY DESIGN AND REPAIR WORKSHOP

WEDNESDAY, AUGUST 10TH AT 1:00PM/ART STUDIO

Whether you have jewelry that is in need of repair or you want to make something new, this is for you!

MARY KAY FACIALS & SATIN HANDS SEMINAR

SATURDAY, AUGUST 13TH AT 10:00AM IN THE ART STUDIO/RESERVE YOUR SEAT

Summer can really be a beating on your skin, take some time to pamper yourself! Mary Kay consultant will be here to pamper you with a FREE facial and satin hands demo! No purchase necessary!

FULL MOON MEDITATION ENHANCED WITH ESSENTIAL OILS

THURSDAY, AUGUST 18TH AT 1:30PM/WELLNESS LOUNGE

Meditation induces a sense of relaxation leading one to become receptive to enlightenment. It is the state of silently and calmly listening to your inner self and the powers that guide you. Fragrances have been an important part of rituals and meditations for ages in every culture around the world. The many different scents were believed to elevate users to different states of consciousness. Come experience this for yourself!

ANTIQUA CAR SHOW AT CAROLINA BAY

SUNDAY, AUGUST 21ST FROM 2-4:00PM IN THE BACK PARKING LOT

Reminisce with the wheels of the past! Classic cars of all shapes & sizes will be parked for you to enjoy and maybe take a photo with! Special summer treats available- more details to come!

BOOK CLUB INTEREST MEETING

MONDAY, AUGUST 22ND AT 1:00PM IN THE CARD ROOM/RESERVE YOUR SEAT

Want to meet some interesting characters? Open a book with your fellow neighbors! Meet new people & share your favorite beach reads! Let's discuss the possibilities of what a Book Club could be here at Carolina Bay!

DOG DAYS OF SUMMER PARADE @ BRADLEY CREEK HEALTH CARE

MONDAY, AUGUST 29TH AT 1:00PM/MEET IN THE ART STUDIO

Calling all dogs of Carolina Bay! Let's share our furry faces with the residents next door at Bradley Creek for a quick walk around the block! Dressed up or in your "Fur Suit," there will be a prize for the Top Dog!



AUGUST 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

"ALEXANDER HAMILTON AND THE MAKING OF AMERICAN POLITICS" WITH SPECIAL GUEST DR. DAVID LA VERE

MONDAY, AUGUST 8TH AT 4:30PM IN THE FORUM/ PLEASE RESERVE YOUR SEAT

Professor David La Vere teaches American Indian History at the University of North Carolina at Wilmington. Born in New Orleans, he served a hitch as a Marine Corps infantryman, earned a B.A. in Journalism from Northwestern State University in Natchitoches, Louisiana and returned for his M.A. in History. Combining his strengths, he worked alongside renowned historian, Gary Clayton Anderson, and specialized in American Indian history. He has been at UNCW since 1993, rising to the rank Professor of History. La Vere has written several books, numerous articles for Our State North Carolina Magazine and historical journals.

WINE & CHEESE NEWCOMERS SOCIAL WITH RAY & JEFF ON GUITAR

FRIDAY, AUGUST 12TH AT 5:30 IN THE LIGHTHOUSE MARKET

Wrap up the week with a glass of wine while getting to know new neighbors of Carolina Bay! The Ray & Jeff duo always brings a laid back beachy atmosphere to the room, perfect relaxation before the dinner hour!

SUMMER CELEBRATION WITH GRENOLDO FRAZIER

WEDNESDAY, AUGUST 24TH FROM 6:30-8:30PM IN THE FORUM & COURTYARD

Join us as we wrap up the first summer at Carolina Bay with native Wilmingtonian, Grenoldo Frazier, one of the most talented and loveable jazz musicians of our era. Complimentary wine spritzers and succulent hors d' Oeuvres while the sun goes down. Grenoldo will entertain with his own dynamic personal jazz style on the Forum piano & vocals. (RSVP due Friday, August 19th)

Out on the Town

PLEASE RESERVE YOUR SEAT FOR ALL

VINTAGE BATHING SUIT EXHIBIT (1900-1970) AT FEDERAL POINT HISTORY CENTER &

STOP AT SQUIGLEY'S ICE CREAM TUESDAY, AUGUST 9TH LEAVING AT 1:15PM IN THE LOBBY

The exhibit includes men's, women's and children's wear, as well as a host of postcards and other images from Carolina Beach's past. Much of the material comes from the collection of Elaine B. Henson, president of the Federal Point Historic Preservation Society. Then cool down with a Carolina Beach sweet specialty and get SQUIGGLED!

17TH ANNUAL LANDFALL FOUNDATION'S ART SHOW

FRIDAY, AUGUST 26TH LEAVING AT 4:30PM IN THE LOBBY

100 artists from all over North Carolina will compete in this annual juried art show held at the Dye Clubhouse in Landfall. This show includes 2D pieces in oils, watercolors, acrylics, and photography and 3D pieces in clay, metal, wood & mixed media. Cash bar available. 30% of the sales are gifted by the artists and all of the proceeds raised at the show are given to the Landfall Foundation supporting area non-profit groups in our greater Wilmington area.

ANNUAL LUMINA DAZE AT THE BLOCKADE RUNNER, WRIGHTSVILLE BEACH

SUNDAY, AUGUST 28TH LEAVING AT 5:00PM IN THE LOBBY (EVENT TIME 5:00-9:00PM)

Dance the night away to live music by the Wilmington Big Band, Dixieland All-Stars and The Imitations. An annual fundraiser benefitting the Wrightsville Beach Museum and feature presentations on themes relating to Wrightsville Beach history. This year, in celebration of their 20th Anniversary, there will be PLEIN AIR and JEWELRY ARTISTS at-work creating original pieces for the silent auction, an outdoor movie screen showing short films, and other interactive events are also planned. Dining options available on your own (as a sponsor we have 10 free tickets & additional tickets may be purchased for \$6.00 each with Erin by Thursday, August 25th)

OPERA HOUSE THEATER PRESENTS: "CITY OF ANGELS"

TUESDAY, AUGUST 30TH LEAVING AT 7:15PM IN THE LOBBY

City of Angels tells two intertwining stories – one about the writer, Stine, learning hard lessons in Hollywood as he struggles to turn his novel into a screenplay and the other about the main character of the novel, the detective Stone, as he combs through the gritty Los Angeles underworld to find a missing heiress. Featuring an unforgettable jazz score by Cy Coleman, this sexy, smart, and clever show never pulls its punches. It is a witty and glorious celebration of film noir, Hollywood, and the complications of love.

AUGUST

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



CAROLINA BAY STAFF

- Joe Soto**
Executive Director
- Bill Piper**
Marketing Director
- Nancy Bartlett**
Move-In Coordinator
- Nate Futrell**
Wellness Director
- Seth Geradot**
Maintenance Engineer
- Erin Rhyne**
Life Enrichment Director
- Gay Sawyers**
Office Manager
- Lisa Hall**
Administrative Assistant
- Zack Alaimo**
Valet/Receptionist
- Ajay Bhatt**
Personal Trainer & Instructor
- Kim White**
Housekeeping Supervisor
- Shirley Knox**
Transportation
- Marianna Stacy**
Community Outreach

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>TRANSPORTATION: APPOINTMENTS MADE IN BRIGHT GREEN TRANSPORTATION BINDER</p> <ul style="list-style-type: none"> Please be mindful in scheduling appointments no earlier than 9:30am & no later than 12:00 to account for travel & traffic time. Please 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. 						<p>REFLECTIONS SALON/SPA SALON HOURS TUESDAY 9AM-4PM WEDNESDAY 9AM-4PM THURSDAY 9M-4PM FRIDAY 9AM-3PM</p> <p>GWEN FRANKEL, HAIRSTYLIST DINA LABARGE, NAIL STYLIST</p>
	<p>8:00 Tidewater Aerobics/AC 9am-1pm RSVT-WalMart/L 9:00 Cardio & Strength/WS 10:00 Yoga/WS 11:00 Functional Fitness/WS 1:30 Hand & Foot/CR 5:00 Beginner Dance Sport /WS 6:00 Int.. Dance Sport/WS</p> <p style="text-align: right;">1</p>	<p>8:00 Tidewater Aerobics/AC 9am-1pm RSVT/L 9:00 Beat Today (preapproval)/W 10:00 Tai Chi (B)/WS 11:00 Tai Chi (A)/WS 1:00 MahJongg /CR 2:00 Meditation/WS 3:00 Headwater Aerobics/AC 7:15 OUTING: Opera House Theater: "Will Rogers Follies"/L</p> <p style="text-align: right;">2</p>	<p>8:00 Saltwater Circuit/AC 9am-1pm RSVT/L 9:00 Cardio & Strength/AS 10:00 Bike Autumn Hall/WL 11:00 Functional Fitness/WS 1:30 Bridge Club/CR 3-5:00 Drop-in with "Yarn-overs"/BW 4:00 Carolina Bay Watch Meeting/AS 7:00 Poker Group/BL</p> <p style="text-align: right;">3</p>	<p>8:00 Tidewater Aerobics/AC 9am-1pm RSV-Teeter/L 9:00 Beat Today (preapproval)/WS 10:00 Yoga (B)/WS 11:00 Yoga (A)/WS 1:30 Bridge Club/CR 2:00 Meditation/WS 3:00 Headwater Aerobics/AC 7:00 Billiards 101/BL</p> <p style="text-align: right;">4</p>	<p>8:00 Tidewater Aerobics/AC 9am-1pm RSVT/L 9:00 Cardio & Strength/WS 10:00 Tai Chi/WS 11:00 Functional Fitness/WS 7:00 XXXI Olympiad Games Opening Ceremony on the Big Screen</p> <p style="text-align: right;">5</p>	<p style="text-align: right;">6</p>
<p style="text-align: right;">7</p> <p>11:30-2:30 Sunday Brunch/LH</p>	<p>8:00 Tidewater Aerobics/AC 9am-1pm RSVT-WalMart/L 9:00 Cardio & Strength/WS 10:00 Yoga/WS 4:30 Alexander Hamilton & Making of American Politics/F 5:00 Beginner Dance Sport /WS 6:00 Int.. Dance Sport/WS</p> <p style="text-align: right;">8</p>	<p>8:00 Tidewater Aerobics/AC 9am-1pm RSVT/L 10:00 Tai Chi (B)/WS 11:00 Tai Chi (A)/WS 1:00 MahJongg /CR 1:15 OUTING: Federal Point History Center & Squigley's/L 2:00 Meditation/WS 3:00 Headwater Aerobics/AC</p> <p style="text-align: right;">9</p>	<p>8:00 Saltwater Circuit/AC 9am-1pm RSVT/L 9:00 Cardio & Strength/AS 10:00 Bike Autumn Hall/WL 10:45 ALOHA Library/L 1:00 Jewelry Design & Repair Workshop/AS 1:30 Bridge Club/CR 7:00 Poker Group/BL</p> <p style="text-align: right;">10</p>	<p>8:00 Tidewater Aerobics/AC 9am-1pm RSV-Teeter/L 9:00 Beat Today (preapproval)/WS 10:00 Yoga (B)/WS 11:00 Yoga (A)/WS 1:30 Bridge Club/CR 2:00 Meditation/WS 3:00 Headwater Aerobics/AC 4:00 Carolina Bay Watch Meeting/AS 7:00 Billiards 101/BL</p> <p style="text-align: right;">11</p>	<p>8:00 Tidewater Aerobics/AC 9am-1pm RSVT/L 9:00 Cardio & Strength/WS 10:00 Tai Chi/WS 11:00 Functional Fitness/WS 5:30 Wine & Cheese Social with Ray & Jeff/LH</p> <p style="text-align: right;">12</p>	<p style="text-align: right;">13</p> <p>10:00 FREE "Pampering Glam Day" with Jo Anne Britt/AS</p>
<p style="text-align: right;">14</p> <p>11:30-2:30 Sunday Brunch/LH</p>	<p>8:00 Tidewater Aerobics/AC 9am-1pm RSVT-WalMart/L 9:00 Cardio & Strength/WS 10:00 Yoga/WS 11:00 Functional Fitness/WS 1:30 Hand & Foot/CR 5:00 Beginner Dance Sport /WS 6:00 Int.. Dance Sport/WS</p> <p style="text-align: right;">15</p>	<p>8:00 Tidewater Aerobics/AC 9am-1pm RSVT/L 9:00 Beat Today (preapproval)/WS 10:00 Tai Chi (B)/WS 11:00 Tai Chi (A)/WS 1:00 Mahjongg /CR 1:00 Newcomers Welcome with Brownies/F 2:00 Meditation/WS 3:00 Headwater Aerobics/AC</p> <p style="text-align: right;">16</p>	<p>8:00 Saltwater Circuit/AC 9am-1pm RSVT/L 9:00 Cardio & Strength/AS 10:00 Bike Autumn Hall/WL 11:00 Functional Fitness/WS 1:30 Bridge Club/CR 7:00 Watercolors & Wine/AS 7:00 Poker Group/BL</p> <p style="text-align: right;">17</p>	<p>8:00 Tidewater Aerobics/AC 9am-1pm RSV-Teeter/L 9:00 Beat Today (preapproval)/WS 10:00 Yoga (B)/WS 11:00 Yoga (A)/WS 1:30 Bridge Club/CR 1:30 Full Moon Meditation with Essential Oils/WL 2:00 Meditation/WS 3:00 Headwater Aerobics/AC 7:00 Billiards 101/BL</p> <p style="text-align: right;">18</p>	<p>8:00 Tidewater Aerobics/AC 9am-1pm RSVT/L 9:00 Cardio & Strength/WS 11:00 Functional Fitness/WS 11:00 Hall Representatives Meeting/CR 3:00 How to Live @ Carolina Bay/F</p> <p style="text-align: right;">19</p>	<p style="text-align: right;">20</p> <p>Summer Celebration RSVP DUE</p>
<p style="text-align: right;">21</p> <p>11:30-2:30 Sunday Brunch/LH</p> <p>2:00-4:00 Antique Car Show in the Back Parking Lot</p> <p><i>XXXI Olympiad Games Closing Ceremony</i></p>	<p>8:00 Tidewater Aerobics/AC 9am-1pm RSVT-WalMart/L 9:00 Cardio & Strength/WS 10:00 Yoga/WS 11:00 Functional Fitness/WS 1:00 Book Club Interest Meeting/CR 5:00 Beginner Dance Sport /WS 6:00 Int.. Dance Sport/WS</p> <p style="text-align: right;">22</p>	<p>8:00 Tidewater Aerobics/AC 9am-1pm RSVT/L 9:00 Beat Today (preapproval)/WS 10:00 Tai Chi (B)/WS 11:00 Tai Chi (A)/WS 1:00 MahJongg /CR 2:00 Meditation/WS 3:00 Headwater Aerobics/AC</p> <p style="text-align: right;">23</p>	<p>8:00 Saltwater Circuit/AC 9am-1pm RSVT/L 9:00 Cardio & Strength/AS 10:00 Bike Autumn Hall/WL 11:00 Functional Fitness/WS 1:30 Bridge Club/CR 6:30-8:30 Summer Celebration with Grenoldo Frazier/F 7:00 Poker Group/BL</p> <p style="text-align: right;">24</p>	<p>8:00 Tidewater Aerobics/AC 9am-1pm RSV-Teeter/L 9:00 Beat Today (preapproval)/WS 10:00 Yoga (B)/WS 11:00 Yoga (A)/WS 1:30 Bridge Club/CR 2:00 Meditation/WS 3:00 Headwater Aerobics/AC 7:00 Billiards 101/BL</p> <p style="text-align: right;">25</p>	<p>8:00 Tidewater Aerobics/AC 9am-1pm RSVT/L 9:00 Cardio & Strength/WS 10:00 Tai Chi/WS 11:00 Functional Fitness/WS 4:30 OUTING: Landfall Art Show/L</p> <p style="text-align: right;">26</p>	<p style="text-align: right;">27</p> <p>4:30 Travers Stakes Horse Race on the Big Screen</p>
<p style="text-align: right;">28</p> <p>11:30-2:30 Sunday Brunch/LH</p> <p>5:00 OUTING: Lumina Daze/L</p>	<p>8:00 Tidewater Aerobics/AC 9am-1pm RSVT-WalMart/L 9:00 Cardio & Strength/WS 10:00 Yoga/WS 11:00 Functional Fitness/WS 1:30 Hand & Foot/CR 3:00 Dog Days Parade @ BCHC/AS 5:00 Beginner Dance Sport /WS 6:00 Int.. Dance Sport/WS</p> <p style="text-align: right;">29</p>	<p>8:00 Tidewater Aerobics/AC 9am-1pm RSVT/L 10:00 Tai Chi (B)/WS 11:00 Tai Chi (A)/WS 12-2:00 Pet Portraits & Resident Photo Directory Day /AS 1:00 MahJongg /CR 2:00 Meditation/WS 3:00 Headwater Aerobics/AC 7:15 OUTING: Opera House: "City of Angels"/L</p> <p style="text-align: right;">30</p>	<p>8:00 Saltwater Circuit/AC 9am-1pm RSVT/L 9:00 Cardio & Strength/AS 10:00 Bike Autumn Hall/WL 11:00 Functional Fitness/WS 1:00 Newcomers Welcome with Donuts/F 1:30 Bridge Club/CR 4:00 Carolina Bay Watch Meeting/AS 7:00 Poker Group/BL</p> <p style="text-align: right;">31</p>	<p style="text-align: center;">MORRISON'S DIETARY STAFF</p> <p style="text-align: center;">T.J. Milliron, Executive Chef Joe Zondlo, Director of Culinary</p> <p style="text-align: center;"><i>Reservations are required for every Sunday Brunch by the previous Saturday at 1:00pm to the front desk. Thank you!</i></p>		