

CLOTHING ALTERATION SERVICE IS NOW OFFERED AT YOUR FINGERTIPS!

Meet Deb Skipper on the 1st and 3rd Tuesdays of every month with your pants that are too long, or sweater that's missing a button or any other piece of wardrobe needing to fit a little better down to the Card Room to be altered to YOU! Drop off items on the **1st Tuesday, December 6th at 10:30am**, then pick up or bring more to her on this month on **Tuesday, December 13th**. No need to find a seamstress, we have one that comes to you! (Sign-up Service)

LEARNING, CELEBRATING, & CREATING

ESSENTIAL OIL OF THE MONTH WITH BETH MINCHER: CHRISTMAS SPIRIT, MAKE & TAKE ALL NATURAL (AND VERY ESSENTIAL) PEPPERMINT SUGAR SCRUB!

THURSDAY, DECEMBER 8TH AT 4:00PM IN THE ART STUDIO/FREE!

Let's get crafty and make something your body will thank you for. A homemade Sugar Scrub with Peppermint Essential Oil. A great gift for you or a family member this Holiday season. Also, how to make dark chocolate peppermint bark for Santa's Sweet Tooth! (RESERVE SEAT DUE TO SUPPLIES)

HOW TO WEAR YOUR SCARF, 33 DIFFERENT WAYS!

MONDAY, DECEMBER 12TH AT 3:00PM/CARD ROOM

From designer silk squares to chunky homemade knits, get inspired to wear an old scarf you haven't used in awhile! Bring a scarf with you to practice, so your holiday outfit is just right!

HARMONY BELLES HOLIDAY SHOW PERFORMANCE *WEDNESDAY, DECEMBER 14TH AT 10:00AM/FORUM*

Did you know, singing daily for at least 10 minutes reduces stress, clears sinuses, improves posture and can even help you live longer?! This performance is one you will be sure to catch yourself following along to!

Formed in 1986, with a vision of singing together for fun and fellowship and sharing our music with groups throughout the community. This local group of light-hearted women shares their four-part harmony a capella for their annual show!

HARLEY DAVIDSON SANTA VISITS & PHOTO OPPORTUNITY

WEDNESDAY, DECEMBER 14TH AT 11:30AM IN THE COURTYARD (IF RAIN WILL BE UNDER THE PORTICO) Missed the motorcycle rides last month? We have a special guest this time! Come see "Santa" on a Harley and maybe he'll take you for a ride!

HOLIDAY TUNES Pictionary GAME

WEDNESDAY, DECEMBER 14TH AT 4:00PM IN THE ART STUDIO (SIGN UP)

Team Santa vs. Team Rudolf... lets see who REALLY knows their Holiday Carols!



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

EAT, DRINK, & BE MERRY HOLIDAY OPEN HOUSE WITH ENTERTAINMENT BY PHIL BRUSCHI

FRIDAY, DECEMBER 9TH FROM 6:30-8:30PM IN THE LOBBY & FORUM

Invite a friend or come solo to officially celebrate the Holiday Season with Carolina Bay! Families are welcome to share this holiday extravaganza with you! Our talented culinary team will prepare savory hors d'oeuvres for all taste buds! Mingle & socialize throughout the lobby with Phil performing in the Forum. *PLEASE MAKE GUEST RESERVATIONS AT THE FRONT DESK!*

GROUND BREAKING CEREMONY FOR GARDEN FLAT BUILDING #2

TUESDAY, DECEMBER 13TH AT 11:00AM/OUTSIDE NEXT TO GARDEN FLAT #1

Carolina Bay is quickly growing! The second garden flat is under way at the beginning of the new year, its only right we have a ground breaking ceremony! Join outside next to Garden Flat #1 and "take a dig" with the staff of Carolina Bay!

HISTORY OF OUR FAVORITE CAROLS PERFORMED BY SUSAN SAVIA

FRIDAY, DECEMBER 16TH AT 5:00PM IN THE FORUM

Many traditional holiday songs have a way of making you reminisce, unlike today's music! Susan Savia shares background on each carol prior to performing the tune. Being the winner of Wilma Magazine's 2012 "Woman to Watch" award, Susan will turn the Forum into a magical wonderland you wont want to miss!

CAROLING AROUND THE PIANO WITH BETTE WERLING

THURSDAY, DECEMBER 22ND AT 7:00PM IN THE FORUM

Fa la la la la, la la la la! Caroling is fun for those singing, and those receiving. Hum the tune, or tap your toe- Holiday tunes get everyone in the spirit! Enjoy complimentary egg nog as we continue the annual caroling at Carolina Bay tradition!

CELEBRATING HANUKKAH SEASON WITH RABBI PAUL & DREIDEL GAME

TUESDAY, DECEMBER 27TH AT 4:00PM IN THE LOBBY

Join in the lobby as we light the candles with Rabbi Paul from Temple of Israel with a special blessing. Play a game of dreidel then enjoy some traditional Hanukkah dessert of jelly donuts!

Out On The Town

THALIAN THEATER PRESENTS THE DRESS REHEARSAL OF "ANNIE WARBUCKS"

WEDNESDAY, DECEMBER 7TH LEAVING FROM THE LOBBY AT 6:45PM/SEATS WILL BE CONFIRMED

The action picks up right where Annie leaves off, when Child Welfare Commissioner Harriet Doyle arrives on the scene to inform Daddy Warbucks he must marry in sixty days so the newly adopted Annie can have a proper mother. In the end, Daddy Warbucks' whirlwind search for a fitting bride uncovers not only a plot by Doyle and her daughter to strip him of his fortune, but also his true feelings for Grace Farrell.

ALABAMA THEATER'S CHRISTMAS SHOW & DINNER AT FLYING FISH PUBLIC MARKET & GRILL

SATURDAY, DECEMBER 10TH LEAVING FROM THE LOBBY AT 10:00AM/TICKETS HAVE BEEN PURCHASED

FREE live show! Set in Reading, Pennsylvania in 1973, young Car, the play's narrator and the author's alter-ego, is introduced to the world of theater through his local community theatre, the Prometheus Theatre, and its devoted cast and crew which is led by Irene, an

WILMINGTON CHORAL SOCIETY PRESENTS "HANDEL'S MESSIAH" AT CFCC WILSON CENTER

SUNDAY, DECEMBER 11TH LEAVING FROM THE LOBBY AT 1:15PM/TICKETS HAVE BEEN PURCHASED

Join us for this seasonal favorite, performed by the oldest and largest choral organization in our area. Under the direction of Paula Brinkman, the 100+ voice Choral Society with soloists and chamber orchestra, open their 66th Season and second year in The Wilson Center with Parts I and II from Handel's masterpiece, 'Messiah'. Composed in 1741 and first performed in Dublin, the oratorio has become one of the best known, loved and most frequently performed choral works. (\$16 tickets)

2ND ANNUAL HOLIDAY HOME LIGHTS TOUR WITH SHIRLEY FOLLOWED BY S'MORES @ THE FIRE

THURSDAY, DECEMBER 15TH LEAVING FROM THE LOBBY AT 7:00PM (RESERVE YOUR SEAT)

Sit back, relax, and enjoy the ride! Shirley will lead us on a home light tour throughout Kings Grant neighborhood that is known for their elaborate decorations. In search of Wilmington's "Santa Stop," a home covered in every inch of Holiday cheer you wont want to miss!

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.

CAMPUS VENUES



- Lib. Library
- L 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

Bold = Reservation Required @ the Registration Desk

RESERVED TRANSPORTATION & PERSONAL TRANSPORTATION

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. All transportation requests should be made by 5:00pm the night prior to date of appointment. When done with 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.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<p align="center">“Carolina Bay Gives Back”</p> <p align="center">Spread the Holiday Joy and give a toy to a less fortunate child. Collecting new & unwrapped toys to be distributed to needy children 12 & under in North Carolina. DROP OFF AT THE BOX OUTSIDE OF ART STUDIO BY TUESDAY, DECEMBER 13TH.</p> <p align="center">THANK YOU FOR YOUR KINDNESS AND SUPPORT!</p> <p align="center">“It is good to be a child sometimes, and never better at Christmas” --Charles Dickens</p>					<p align="center">1</p> <p>NO WELLNESS CLASSES DECORATING FOR CHRISTMAS 9am-1pm RSV-Teeter/L 1:30 Bridge Club/CR 7:00 Billiards /BL</p>	<p align="center">2</p> <p>8:00 Tidewater Aerobics/AC 9am-1pm RSVT/L 9:00 Cardio & Strength/WS 10:00 Tai Chi/WS 10:00 Supervised Swim/AC 11:00 Hall Representative Meeting/CR 11:00 Functional Fitness/WS 5:00pm Luis Barragan Piano Concert/F</p>	<p align="center">3</p> <p>8:00am-4:30pm Cape Fear Music Teachers Association “Piano Play-Thon”/F</p> <p>2-2:30 pm Drop-in Paws4people Therapeutic Dog Visits/AS</p>
<p align="center">4</p> <p>11:30-2:30 Sunday Brunch/LH</p> <p>2:30 Dr. Gigi McDonald on DNR/Living Will/Forum</p> <p>5:15 First Baptist Caroling/CBG</p>	<p align="center">5</p> <p>8:00 Tidewater Aerobics/AC 9am-1pm RSVT-WalMart/L 9:00 Cardio & Strength/WS 10:00 Supervised Swim/AC 10:00 Yoga/WS 11:00 Functional Fitness/WS 1:00 AAA Erica Myer-Winter in Gatlinburg Trip/CR 4:30 David LaVere speaks on “Colonial NC Indians”/CR</p>	<p align="center">6</p> <p>8:00 Tidewater Aerobics/AC 9am-1pm RSVT/L 9:00 Beat Today (preapproval)/FC 10:00 Tai Chi (B)/WS 10:30 Clothing Alteration Service/CR 11:00 Tai Chi (A)/WS 1:00pm MahJongg /CR 2:00pm Meditation/WS 3:00pm Headwater Aerobics/AC 4:00pm Carolina Bay Watch/AS</p>	<p align="center">7</p> <p>8:00 Saltwater Circuit/AC 9am-1pm RSVT/L 9:00 Cardio & Strength/AS 10:00 Bike Autumn Hall/WL 10:00 Supervised Swim/AC 11:00 Functional Fitness/WS 1:30 Bridge Club/CR 3:00 Carolina Cruisers Walking Club/WL 6:45 OUTING: Thalian “Annie Warbucks” (25 seats/L) 7:00 Poker Group/BL</p>	<p align="center">8</p> <p>8:00 Tidewater Aerobics/AC 9am-1pm RSV-Teeter/L 9:00 Beat Today (preapproval)/FC 10:00 Yoga (B)/WS 10:00 Hearing Services w/Audiology of Wilm. Jason Rickman/CR 11:00 Yoga (A)/WS 1:30pm Bridge Club/CR 2:00pm Meditation/WS 3:00pm Headwater Aerobics/AC 4:00pm Make & Take Peppermint Scrub/AS 7:00pm Billiards /BL</p>	<p align="center">9</p> <p>8:00 Tidewater Aerobics/AC 9am-1pm RSVT/L 9:00 Cardio & Strength/WS 10:00 Tai Chi/WS 10:00 Supervised Swim/AC 11:00 Functional Fitness/WS 6:30-8:00pm Holiday Open House Social with Entertainment by Phil Bruschi/F</p>	<p align="center">10</p> <p>10:00am OUTING: Alabama Theatre Christmas Show then Dinner @ the Flying Fish Market & Grill/Tickets have already been pre-Purchased</p>	
<p align="center">11</p> <p>11:30-2:30 Sunday Brunch/LH</p> <p>1:15pm—OUTING: Wilm.Choral Society—Handel’s Messiah/Tickets have already been Purchased</p>	<p align="center">12</p> <p>8:00 Tidewater Aerobics/AC 9am-1pm RSVT-WalMart/L 9:00 Cardio & Strength/WS 10:00 Yoga/WS 10:00 Supervised Swim/AC 10:00 Bible Study with Beth Cherry/CR 10-12:00 Forum RSVD 11:00 Functional Fitness/WS 1:30 Book Club/CR 3:00 How to Wear your Scarf/CR</p>	<p align="center">13</p> <p>8:00 Tidewater Aerobics/AC 9am-1pm RSVT/L 9:00 Beat Today (preapproval)/FC 10:00 Tai Chi (B)/WS 10:30 Clothing Alteration Service/CR 11:00 Tai Chi CANCELLED 11:00 Pre-Groundbreaking of Garden Flat #2 Ceremony/GF 1:00 MahJongg /CR 2:00 Meditation/WS 3:00 Headwater Aerobics/AC 4:00 Carolina Bay Watch/AS</p>	<p align="center">14</p> <p>8:00 Saltwater Circuit/AC 9am-1pm RSVT/L 9:00 Cardio & Strength/AS 10:00 Bike Autumn Hall/WL 10:00 Supervised Swim/AC 10:00 Harmony Bells Holiday Performance/F 11:00 Functional Fitness/WS 11:30 Harley Santa/Photoshoot/CY 1:30 Bridge Club/CR 3:00 Carolina Cruisers Walking Club/WL 3:00 Holiday Tunes Pictionary/AS 7:00 Poker Group/BL</p>	<p align="center">15</p> <p>8:00 Tidewater Aerobics/AC 9am-1pm RSV-Teeter/L 9:00 Beat Today (preapproval)/FC 10:00 Yoga (B)/WS 11:00 Yoga (A)/WS 1:30 Bridge Club/CR 2:00 Meditation/WS 2:00 Make a Wreath Class/AS 3:00 Headwater Aerobics/AC 7:00 Billiards /BL 7:00 OUTING: Holiday Lights Tour & S’mores /L</p>	<p align="center">16</p> <p>8:00 Tidewater Aerobics/AC 9am-1pm RSVT/L 9:00 Cardio & Strength/WS 10:00 Tai Chi/WS 10:00 Supervised Swim/AC 11:00 Functional Fitness/WS 11:00 Hall Representative Meeting/CR 3:00 How to Live @ Carolina Bay/F 5:00 History of Carols with Susan Savia/F</p>	<p align="center">17</p>	
<p align="center">18</p> <p>11:30-2:30 Sunday Brunch/LH</p>	<p align="center">19</p> <p>8:00 Tidewater Aerobics/AC 9am-1pm RSVT-WalMart/L 9:00 Cardio & Strength/WS 10:00 Yoga/WS 10:00 Supervised Swim/AC 11:00 Functional Fitness/WS 3:00 & 7:00 Movie Matinee: “Cocoon”/F</p>	<p align="center">20</p> <p>8:00 Tidewater Aerobics/AC 9am-1pm RSVT/L 9:00 Beat Today (preapproval)/FC 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 align="center">21</p> <p>8:00 Saltwater Circuit/AC 9am-1pm RSVT/L 9:00 Cardio & Strength/AS 10:00 Bike Autumn Hall/WL 10:00 Supervised Swim/AC 11:00 Functional Fitness/WS 1:30 Bridge Club/CR 3:00 Carolina Cruisers Walking Club/WL 3:00 “KSCC” Club- Making Owl Pinecone Ornaments/PDR 7:00 Poker Group/BL</p>	<p align="center">22</p> <p>8:00 Tidewater Aerobics/AC 9am-1pm RSV-Teeter/L 9:00 Beat Today (preapproval)/FC 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 /BL 7:00 Caroling Around the Piano w/Bette Werling/F</p>	<p align="center">23</p> <p>8:00 Tidewater Aerobics/AC 9am-1pm RSVT/L 9:00 Cardio & Strength/WS 10:00 Tai Chi/WS 10:00 Supervised Swim/AC 11:00 Functional Fitness/WS</p>	<p align="center">24</p> <p>CHRISTMAS EVE HANUKKAH BEGINS @ Sun-down</p>	
<p align="center">25</p> <p><i>Merry Christmas! Happy Hanukkah!</i></p> <p>11:30-2:30 Sunday Brunch/LH</p>	<p align="center">26</p> <p>8:00 Tidewater Aerobics/AC 9am-1pm RSVT-WalMart/L 9:00 Cardio & Strength/WS 10:00 Yoga/WS 10:00 Supervised Swim/AC 11:00 Functional Fitness/WS 3:00 & 7:00 Movie Matinee: “Cocoon 2”/F</p>	<p align="center">27</p> <p>8:00 Tidewater Aerobics/AC 9am-1pm RSVT/L 9:00 Beat Today (preapproval)/FC 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 4:00 Hanukkah Celebration with Rabbi Paul/Lobby</p>	<p align="center">28</p> <p>8:00 Saltwater Circuit/AC 9am-1pm RSVT/L 9:00 Cardio & Strength/AS 10:00 Bike Autumn Hall/WL 10:00 Supervised Swim/AC 11:00 Functional Fitness/WS 1:30 Bridge Club/CR 3:00 Carolina Cruisers Walking Club/WL 7:00 Poker Group/BL 4:00 Carolina Bay Watch/AS</p>	<p align="center">29</p> <p>8:00 Tidewater Aerobics/AC 9am-1pm RSV-Teeter/L 9:00 Beat Today (preapproval)/FC 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 /BL</p>	<p align="center">30</p> <p>8:00 Tidewater Aerobics/AC 9am-1pm RSVT/L 9:00 Cardio & Strength/WS 10:00 Tai Chi/WS 10:00 Supervised Swim/AC 11:00 Functional Fitness/WS</p>	<p align="center">31</p> <p>New Years Eve!</p> 	

YOUR STAFF

Joe Soto, Executive Director
Bill Piper, Marketing Director
Nancy Bartlett, Move-In Coordinator
Nate Futrell, Wellness Director
Erin Rhyne, Life Enrichment Director
Seth Geradot, Maintenance Engineer

Lisa Hall, Administrative Assistant
Zack Alaimo, Receptionist & Valet Driver
Gay Sawyers, Office Manager
Shirley Knox, Transportation
Ajay Bhatt, Personal Trainer & Instructor
Kim White, Housekeeping Supervisor
Marianna Stacy, Community Outreach

MORRISON’S DIETARY STAFF
T.J. Milliron, Executive Chef
Joe Zondlo, Director of Culinary

HOLIDAY DOOR DECORATING CONTEST:

Be a part of a fun tradition of door decorating! Share your Holiday personality and decorate your door! Voting will begin Monday, December 19. Vote for your favorite door on each floor at the Activity Desk. *The winner will be announced at the New Year’s Social (Day & Time to be announced at later date!)*

