

LIFE ENRICHMENT PROGRAMS

CLOTHING ALTERATION SERVICE

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!

(Mandatory Sign-up for this Service so she knows who needs what!)

TUESDAY, FEBRUARY 7TH & TUESDAY, FEBRUARY 21ST



LINE DANCING WITH HEATHER WADSWORTH

FRIDAY, FEBRUARY 3RD, 10TH AND 24TH AT 3:00PM IN THE WELLNESS STUDIO

Every adventure requires a first step, now is your turn! Step into the Wellness Studio and brush up on some of our favorite line dances, or maybe learn a new one! Heather Wadsworth with GoingFit is sure to get your heart beat going without noticing because it is so FUN! (This will be an on going program!)

HOT MESS ART STUDIO OPPORTUNITIES

MONDAY, FEBRUARY 6TH AT 1:30PM IN THE ART STUDIO

Looking for different art projects? Hot Mess Studios has pottery wheels with kilns to create your own ceramic project, jewelry making, bottle slumping, painting & more! Andrea will teach us how Hot Mess started, and what kind of classes could be offered here for our residents, free of charge! Stop by to learn more!!

HISTORY OF ESSENTIAL OILS & HOW THEY ARE CREATED WITH BETH MINCHER

WEDNESDAY, FEBRUARY 22ND AT 3:30PM IN THE FORUM

Ancient Secrets of Essential Oils is a short film that explores the fascinating history of essential oils from Biblical times into the 21st century. The film will examine how uses of essential oils have developed over the centuries and the medical research that has inspired millions of people around the world to use them.

AAA TRIP: NATIONAL PARKS OF UNITED STATES

MONDAY, FEBRUARY 27TH AT 1:00PM AND 7:00PM IN THE CARD ROOM

Are you interested in visiting The National Parks of the United States? Carolina Bay, in conjunction with AAA Travel, has a special group departure traveling to the Canyon Country of Arizona and Utah this October and we would love to have you join us! Visiting Scottsdale, Sedona, Grand Canyon National Park, Lake Powell, Bryce Canyon and more. This 9 day trip includes air from Wilmington, 11 meals, all hotel arrangements, sightseeing and all ground transportation.

KNITTING, STITCHING- CRAFTING & CHATTING CLUB

Open group for anyone interested in knitting, cross stitching, laughing, complaining, crocheting, needlepoint, gossiping, jewelry making, crying, crafting, & more! THE #1 women's group!

WEDNESDAY, FEBRUARY 15TH FROM 3-5:00PM IN THE BILLIARDS ROOM

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.



630 CAROLINA BAY DR. WILMINGTON, NC 28403

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



FEBRUARY 2017

Shore Things This Month

"MAKE A WISH" FOUNDATION WITH JANIS NETHERLAND

THURSDAY, FEBRUARY 2ND AT 4:00PM IN THE FORUM

Warm your heart a little and learn all about how the Make-A-Wish foundation began, how wishes are made possible for children diagnosed with a life-threatening condition.

TRUE STORY OF THE BRIDGE OVER THE RIVER QUAI- PRESENTED BY JOHN NELSON

THURSDAY, FEBRUARY 9TH AT 4:30PM IN THE FORUM

The story comes from Carl Fritsche of Westerville, OH, a B-24 Pilot in WWII, who bombed the bridges, and was instrumental in using the B-24 as a dive bomber. when High Altitude bombing didn't work. John will discuss views of Chenault, Joe Stillwell and more of WWII as John shares his personal story.

THE USED-TO-BE'S CONCERT WITH NOSTALGIC CANDY BAR

TUESDAY, FEBRUARY 14TH FROM 1:00-3:00PM IN THE FORUM (RSVP BY 2/9 TO FRONT DESK)

Love is in the air, everywhere we look around! Help spread the love with The Used-To-Be's performing live on sax, keyboard, bass guitar & drums! Then fill your goodie bag with our long lost favorite sweet treats!

MARDI GRAS BOOGIE WITH "FUNKY" LEROY HARPER JR. ON SAXOPHONE

THURSDAY, FEBRUARY 2ND AT 4:00PM IN THE FORUM

"Funky" has played with James Brown, Stevie Wonder, and Millie Jackson to name a few, and featured on David Letterman, Johnny Carson, American Music & BET Awards! A performance you won't want to miss!

Out On The Town

23RD ANNUAL YOUNG AT HEART SOCIAL AT UNCW BURNEY CENTER

WEDNESDAY, FEBRUARY 8TH LEAVING AT 5:15PM FROM THE LOBBY/ FREE! RESERVE YOUR SEAT

Dance the night away with an evening sponsored by the Office of Student Leadership & Engagement with live entertainment and lots of available dance partners! (25 seats available)

THALIAN PERFORMING ARTS DRESS REHEARSAL OF "THEY'RE PLAYING OUR SONG"

WEDNESDAY, FEBRUARY 8TH LEAVING AT 6:45PM FROM THE LOBBY/ FREE! RESERVE YOUR SEAT

A funny, romantic show about an established composer and his relationship with an aspiring young female lyricist. Professionally, their relationship works well-but leads to conflict. Of course, there's a happy ending!

WILMINGTON CHAMBER MUSIC PRESENTS "HORSZOWSKI PIANO TRIO"

SUNDAY, FEBRUARY 19TH LEAVING AT 6:45PM FROM THE LOBBY (10 FREE TIX-RESERVE SEAT)

Grammy-nominated violinist Jesse Mills joins Raman Ramakrishnan, cellist & concert pianist Rieko Aizawa. The Trio will perform Beethoven's Trio Op. 70, No. 2, a trio from British-American composer Rebecca Clarke and Mendelssohn's virtuosic Trio No. 2 in C Minor.

TACT CHILDREN'S THEATER DRESS REHEARSAL OF "REALLY ROSIE"

THURSDAY, FEBRUARY 23RD LEAVING AT 6:45PM FROM THE LOBBY/ FREE! RESERVE YOUR SEAT

Written by the author and illustrator of *Where the Wild Things Are*, this jewel of a production follows the sassiest kid of Brooklyn's Avenue P as she notably directs and stars in her "Oscar winning" movie. (25 seats)

MUSIC ON MARKET: "ZAMBA YAWAR"

SATURDAY, FEBRUARY 25TH LEAVING AT 6:30PM FROM THE LOBBY/ FREE! RESERVE YOUR SEAT

The ECU Afro-Andean World Music Ensemble presents the traditional music of the coastal and highland regions of South America. Authentic folk instruments in an evening of Afro-Latin song and dance music. Held in Brown Hall at St. Andrew's Covenant Presbyterian Church. (25 SEATS)

FEBRUARY

FRONT DESK
(910) 769-7500
SECURITY
(910) 619-1921

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

 <p>REFLECTIONS SALON & SPA HOURS</p> <p>TUESDAY 9AM-4PM WEDNESDAY 9AM-4PM THURSDAY 9AM-4PM FRIDAY 9AM-3PM</p> <p>GWEN FRANKEL, HAIRSTYLIST DINA LABARGE, NAIL STYLIST</p>	<p>IN-HOME MASSAGE SERVICES WITH KATE HASSELL</p> <p>BY APPOINTMENT ONLY</p>	<p>Baywatch #4 Released</p> <p>8:00 Saltwater Circuit (A)/AC 9am-1pm RSVT/L 9:00 Cardio & Strength/WS 10:00 Supervised Swim/AC 10:00 Yoga (A)/WS 11:00 Functional Fitness (B)/WS 1:30 Bridge Club/CR 3:00 Carolina Cruisers Walking Club/WL 7:00 Poker Group/BL</p>	<p>GROUNDHOG DAY</p> <p>8:00 Tidewater Aerobics (A)/AC 9am-1pm RSV-Teeter/L 9:00 Beat Today (preapproval)/FC 10:00 Bay Balance (A)/WS 1:30 Duplicate Bridge/PDR 2:00 Bay Balance (B)/WS 3:00 Headwater Aerobics (B)/AC 4:00 Learn about "Make a Wish" w/Janis Netherland/F 7:00 Billiards /BL</p>	<p>National Wear Red Day</p> <p>8:00 Tidewater Aerobics (A)/AC 9am-1pm RSVT/L 9:00 Circuit Training (A)/FC 10:00 Yoga/WS 10:00 Supervised Swim/AC 11:00 Functional Fitness/WS 3:00 Line Dancing/WS 4:00 Pre-Superbowl Social/F</p>	<p>11:00 OUTING: Wine and Chocolate Festival/L</p>
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<p>11:30-2:30 Sunday Brunch/LH</p> <p>6:30 SUPERBOWL PREGAME coverage begins!</p>	<p>8:00 Tidewater Aerobics (A)/AC 9am-1pm RSVT-WalMart/L 9:00 Circuit Training (A)/FC 10:00 Yoga (B)/WS 10:00 Supervised Swim/AC 11:00 Functional Fitness/WS 1:30pm Learn what Art we can make with Hot Mess Studios/AS 2:00 Meditation/WS</p>	<p>8:00 Tidewater Aerobics (A)/AC 9am-1pm RSVT/L 9:00 Beat Today (preapproval)/FC 10:00 Bay Balance (A)/WS 10:30 Clothing Alteration Service/CR 1:00 MahJongg /CR 1:15 OUTING: Cape Fear Museum w/ Jack Mills/L 2:00 Bay Balance (B)/WS 3:00 Headwater Aerobics (B)/AC 4:00 Carolina Bay Watch/AS</p>	<p>8:00 Saltwater Circuit (A)/AC 9am-1pm RSVT/L 9:00 Cardio & Strength (A)/WS 10:00 Supervised Swim/AC 10:00 Yoga (A)/WS 10:45 ALOHA Library Visits/L 11:00 Functional Fitness (B)/WS 1:30 Bridge Club/CR 3:00 Carolina Cruisers Walking Club/WL 7:00 Poker Group/BL 5:15 OUTING: Young At Heart Social/L 6:45 OUTING Thalian "They're Playing Our Song"</p>	<p>8:00 Tidewater Aerobics (A)/AC 9am-1pm RSV-Teeter/L 9:00 Beat Today (preapproval)/FC 10:00 Bay Balance (A)/WS 10:00 Hearing Services w/Audiology of Wilm. Jason Rickman/CR 1:30 Duplicate Bridge/PDR 2:00 Bay Balance (B)/WS 3:00 Headwater Aerobics (B)/AC 4:30 John Nelson "True Story of "The Bridge Over the River Quai"/F 7:00 Billiards /BL</p> <p>Valentines RSVP Due at 2pm!</p>	<p>8:00 Tidewater Aerobics (A)/AC 9am-1pm RSVT/L 9:00 Circuit Training (A)/FC 10:00 Yoga/WS 10:00 Supervised Swim/AC 11:00 Functional Fitness (B)/WS 2:00 Meditation/WS 3:00 Line Dancing/WS 7:00 Luis Barragan "Romantic Era Piano Concert/F</p> <p>7:30 Independent Activity: Wilmington Symphony Pops Concert featuring Linda Lavin & Friends @ CFCC Wilson Center</p>
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<p>ABE LINCON'S BIRTHDAY</p> <p>11:30-2:30 Sunday Brunch/LH</p> <p>2:30 Movie Matinee: Lincoln/F</p>	<p>8:00 Tidewater Aerobics (A)/AC 9am-1pm RSVT-WalMart/L 9:00 Circuit Training (A)/FC 10:00 Yoga (B)/WS 10:00 Supervised Swim/AC 10:00 Bible Study/CR 11:00 Functional Fitness (B)/WS 1:30 Book Club/CR 2:00 Meditation/WS 6:00 "Not so Newly Wed Game"/Pub</p>	<p>VALENTINE'S DAY</p> <p>8:00 Tidewater Aerobics (A)/AC 9am-1pm RSVT/L 9:080 Beat Today (preapproval)/FC 10:00 Bay Balance (A)/WS 11:00 Newcomer's Meeting with Vivian/CR 1:00 MahJongg /CR 1:00-3:00PM "The Used To Be's" Valentine's Concert/F 2:00 Bay Balance (B)/WS 3:00 Headwater Aerobics (B)/AC</p>	<p>8:00 Saltwater Circuit (A)AC 9am-1pm RSVT/L 9:00 Cardio & Strength (A)/WS 10:00 Supervised Swim/AC 10:00 Yoga (A)/WS 11:00 Functional Fitness (B)/WS 1:30 Bridge Club/CR 3:00 Carolina Cruisers Walking Club/WL 3:00 Knit, Stitch, Craft & Chat Group/BL 7:00 Poker Group/BL</p>	<p>8:00 Tidewater Aerobics (A)/AC 9am-1pm RSV-Teeter/L 9:00 Beat Today (preapproval)/FC 10:00 Bay Balance (A)/WS 1:30 Duplicate Bridge/PDR 2:00 Bay Balance (B)/WS 3:00 Headwater Aerobics (B)/AC 4:00 Movie Matinee: "The Help"/F 7:00 Billiards /BL</p>	<p>8:00 Tidewater Aerobics (A)/AC 9am-1pm RSVT/L 9:00 Circuit Training (A)/FC 10:00 Yoga/WS 10:00 Supervised Swim/AC 11:00 Functional Fitness (B)/WS 11:00 Hall Representative Meeting/CR 2:00 Meditation/WS 3:00 How to Live @ Carolina Bay/F</p>
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<p>WASHINGTON'S BIRTHDAY</p> <p>8:00 Saltwater Circuit (A)/AC 9am-1pm RSVT/L 9:00 Cardio & Strength (A)/WS 10:00 Supervised Swim/AC 10:00 Yoga (A)/WS 11:00 Functional Fitness/WS 1:30 Bridge Club/CR 3:00 Carolina Cruisers Walking Club/WL 3:30 History of Essential Oils w/Beth/F 6:15 PVUMC Children Sing/LH 7:00 Poker Group/BL</p>	<p>PRESIDENTS' DAY</p> <p>8:00 Tidewater Aerobics (A)/AC 9am-1pm RSVT-WalMart/L 9:00 Circuit Training (A)/FC 10:00 Yoga/WS 10:00 Supervised Swim/AC 11:00 Functional Fitness/WS 2:00 Meditation/WS 6:00 Trivia Night/Pub</p>	<p>8:00 Tidewater Aerobics (A)/AC 9am-1pm RSVT/L 9:00 Beat Today (preapproval)/FC 10:00 Bay Balance (A)/WS 10:30 Clothing Alteration Service/CR 1:00 MahJongg /CR 2:00 Bay Balance(B)/WS 3:00 Headwater Aerobics (B)/AC 4:00 Carolina Bay Watch/AS</p>	<p>WASHINGTON'S BIRTHDAY</p> <p>8:00 Saltwater Circuit (A)/AC 9am-1pm RSVT/L 9:00 Cardio & Strength (A)/WS 10:00 Supervised Swim/AC 10:00 Yoga (A)/WS 11:00 Functional Fitness/WS 1:30 Bridge Club/CR 3:00 Carolina Cruisers Walking Club/WL 3:30 History of Essential Oils w/Beth/F 6:15 PVUMC Children Sing/LH 7:00 Poker Group/BL</p>	<p>8:00 Tidewater Aerobics (A)/AC 9am-1pm RSV-Teeter/L 9:00 Beat Today (preapproval)/FC 10:00 Bay Balance (A)/WS 1:30 Duplicate Bridge/PDR 2:00 Bay Balance (B)/WS 3:00 Headwater Aerobics (B)/AC 7:00 Billiards /BL 7:00 OUTING: Tact "Really Rosie"/L</p>	<p>8:00 Tidewater Aerobics (A)/AC 9am-1pm RSVT/L 9:00 Circuit Training (A)/FC 10:00 Yoga /WS 10:00 Supervised Swim/AC 11:00 Functional Fitness (B)/WS 2:00 Meditation/WS 3:00 Line Dancing/WS</p> <p>10:00-5:00pm Open Tidewater Camilla Show @ Arboretum/Free (Independent Event) 6:30pm FREE OUTING: Music On Market "Zamba Yawar"</p>
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<p>RESERVED TRANSPORTATION & PERSONAL TRANSPORTATION</p> <p>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.</p>	<p>89th Academy Awards</p> <p>11:30-2:30 Sunday Brunch/LH</p>	<p>MARDI GRAS</p> <p>8:00 Tidewater Aerobics (A)/AC 9am-1pm RSVT/L 9:00 Beat Today (preapproval)/FC 10:00 Bay Balance (A)/WS 10:45 Newcomer's Meeting with Vivian/CR 1:00 MahJongg /CR 2:00 Bay Balance (B)/WS 3:00 Headwater Aerobics (B)/AC 4:00 Mardi Gras Boogie with Leroy Harper/F</p>	<p>Month Long Collection Drive for Kiwanis Annual Rummage Sale & Fundraiser</p> <p>benefitting the Brigade Boys & Girls Club of Wilmington:</p> <p>now through the end of February bring items to the Art Studio :</p> <p>homewares, shop tools, toys, clothing, sporting goods, jewelry, electronics, small appliances, plants/shrubs (indoor/outdoor), kitchen, art supplies, décor & more!</p>  <p>MORRISON'S DIETARY STAFF</p> <p>T.J. Milliron, Executive Chef Joe Zondlo, Director of Culinary Monitia "Mo" Moore, Assistant to Director of Culinary</p>
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<p>YOUR STAFF</p> <p>Joe Soto, Executive Director Bill Piper, Marketing Director Nancy Bartlett, Move-In Coordinator Nate Futrell, Wellness Director Erin Rhyne, Life Enrichment Director Seth Gerardot, Maintenance Director</p>	<p>Lisa Hall, Administrative Assistant Zack Alaimo, Receptionist & Valet Driver Gay Sawyers, Office Manager Shirley Knox, Transportation Colby Grant, Personal Trainer Brittany Mills, Wellness Instructor Morgan Mott, Wellness Instructor Dana Peterson, Housekeeping Supervisor Marianna Stacy, Community Outreach</p>	
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