

# 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, MARCH 7TH & TUESDAY, MARCH 21ST @ 10:30AM/CARD ROOM**

**“SPRING FASHION SERIES” PART 1: THE BARGAIN BOX OF WILMINGTON “A DIFFERENT KIND OF THRIFT STORE” OUTREACH OF CHURCH OF THE SERVANT EPISCOPAL**

*FRIDAY, MARCH 3RD AT 1:30PM IN THE FORUM*

Meet Kathy Vezzatti, Director, as part 1 of our Spring Fashion Series with the Bargain Box! Church of the Servant has a long standing commitment to the homeless ministry, Bargain Box donates half of the net profits to GOOD SHEPHERD CENTER to address hunger and homelessness in our community.

**“BE A TOURIST IN YOUR TOWN” LEARN ABOUT THE SHALLOTTE RIVER SWAMP PARK**

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

It is always exciting to hear that someone is willing to try something new. Age and ability is a state of mind, and in the park the options are endless! Meet the general manager, George, to learn all about the memories we could make at the park!

**ANCIENT SECRETS OF ESSENTIAL OILS FROM BIBLICAL TIMES TO NOW**

*WEDNESDAY, MARCH 22ND AT 7:30PM IN THE FORUM/RESERVE YOUR SEAT*

*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.

**TECHNOLOGY FITNESS: UBER... WHAT'S THE BIG DEAL?!**

*MONDAY, MARCH 27TH AT 4:00PM IN THE FORUM*

Safe, almost immediate & trackable transportation service is finally available! Learn all about the #1 recommended public transportation tool by DA Ben David, UBER! How to use it, why to use it over other services, and any other questions you might have will be answered by UNCW gerontology students. Please come learn what they have prepared for you as they want to make transportation safe & reliable for you all!

## 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!

*Enjoy Bette Werling on the Piano during this time as well!*

**WEDNESDAY, MARCH 1ST AND 15TH FROM 3-5:00PM IN THE LOBBY LOUNGE**

## 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*



MARCH 2017

## Shore Things This Month

**MEET THE AUTHOR: TANYA BINFORD “CROSSING THE WAKE: ONE WOMAN’S GREAT LOOP ADVENTURE”**

*MONDAY, MARCH 6TH AT 4:00PM IN THE CARD ROOM*

An adventure of a solo six-month boating excursion circumnavigating the Eastern United States in a 25 foot Ranger Tug Boat. Throughout both triumphs and troubles readers will find themselves rooting for Tanya wholeheartedly as she sails toward her dream. Tanya has won the 2016 Seven Sister's Book Award, for Best First Book and has also been featured in PassageMaker magazine, which is an international boating magazine. A motivating read guaranteed to energize readers into pursuing their passions, Tanya Binford's memoir is not to be missed!

**METEOROLOGIST ERIC DAVIS ON SEVERE WEATHER PREPAREDNESS WEEK**

*FRIDAY, MARCH 10TH FROM 10-12:00PM IN THE FORUM (RESERVE YOUR SEAT)*

March 5-10, is Severe Weather Preparedness Week. Eric Davis – Meteorologist with WECT will be here to present to our residents/priority partners and guests information on this subject. This can then lead into Carolina Bay discussing the plans/policies we have in place in the event of a weather concern.

**KRAZY CONTAINER GARDENING WITH JON WOOTEN**

*MONDAY, MARCH 13TH AT 3:00PM IN THE FORUM*

No yard? No problem! This presentation discusses how to successfully garden in containers of any size or sort. Container requirements, watering and fertilization strategies are covered in this presentation. Made possible by the NC Co-Op Speakers Bureau.

## Out On The Town

**RED BARN THEATER DRESS REHEARSAL OF “BAREFOOT IN THE PARK”**

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

Thalian Association presents Neil Simon's Barefoot in the Park at the Red Barn Studio Theatre in downtown Wilmington, NC. The play is a classic rom-com about cautious young lawyer Paul Bratter and his free-spirited newlywed bride Corie. The young couple move from the giddy joy of the honeymoon at The Plaza into the crazy reality of starting married life in a fifth floor walkup in New York City. (25 seats available)

**“SPRING FASHION SERIES” PART 2– PRIVATE SHOPPING PARTY AT THE BARGAIN BOX**

*MONDAY, MARCH 20TH LEAVING AT 4:30PM FROM THE LOBBY/RESERVE YOUR SEAT*

The store will be closed just for us with extra staff brought in to assist in your personal shopping experience! A not-for-profit resale shop offering stylish clothing for men, women & children, arts & craft supplies, antiques & collectibles including vintage clothing & accessories. Wine & light refreshments will be waiting for you! (25 seats available)

**ARTWORKS ON WILLARD, FOURTH FRIDAY SOCIAL**

*FRIDAY, MARCH 24TH LEAVING AT 4:45PM FROM THE LOBBY (RESERVE YOUR SEAT) FREE!*

Browse through various local artist booths, meet the artists and enjoy free wine while doing so! Acrylic, oil, watercolor artists, as well as sculpture, photography, jewelry & more! (Light snacks available, but nothing that will fill you up.) (25 seats available)

**THALIAN DRESS REHEARSAL OF “GYPSY”**


*WEDNESDAY, MARCH 29TH LEAVING AT 6:45PM FROM THE LOBBY/ FREE! RESERVE YOUR SEAT*

Featuring one show-stopping song after another such as “Everything's Coming Up Roses” “You Gotta Have a Gim-mick” and “Let Me Entertain You,” GYPSY truly is “the greatest of all American musicals” (The New York Times). Based on the real-life memoirs of burlesque mega-star, Gypsy Rose Lee, Gypsy tells the story of the mother behind the curtain, Mama Rose. Blinded by her own ambition, Rose pushes her two daughters to pave the way to stardom on vaudeville's legendary circuit. (25 seats available)



# MARCH

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>REFLECTIONS SALON &amp; SPA HOURS</b></p> <p>TUESDAY 9AM-4PM WEDNESDAY 9AM-4PM THURSDAY 9AM-4PM FRIDAY 9AM-3PM</p> <p><b>GWEN FRANKEL, HAIRSTYLIST</b> <b>DINA LABARGE, NAIL STYLIST</b></p>	<p><b>IN-HOME MASSAGE SERVICES WITH KATE HASSELL</b></p> <p><b>BY APPOINTMENT ONLY</b></p>	<p><b>ASH WEDNESDAY 1</b></p> <p>8:00 Saltwater Circuit (A)/AC 9am-1pm RSVT/L 9:00 Cardio &amp; Strength/WS 9:30 Newcomers Welcome Meeting/CR 10:00 Supervised Swim/AC 10:00 Yoga (A)/WS 11:00 Functional Fitness (B)/WS 12:30-4:00 Billiard Room RSVD 1:30 Bridge Club/CR 3:00 Knit, Stitch, Craft &amp; Chat Group/L 3:00 Carolina Cruisers Walking Club/WL 7:00 Poker Group/BL</p>	<p><b>Happy Birthday, Dr. Seuss! 2</b></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 Bridge Club/CR 1:30 Duplicate Bridge/BL 2:00 Bay Balance (B)/WS 3:00 Headwater Aerobics CANCELLED 3:00 Movie Matinee: "Horton Hears a Who"/F 7:00 Billiards /BL</p>	<p>8:00 Tidewater Aerobics (A)/AC 9:00 BEAUTY MORNING with Susan McKendrick Owner of About Face Skincare &amp; Facials/CR 9am-1pm RSVT/L 9:00 Circuit Training (A)/FC 10:00 Yoga/WS 10:00 Supervised Swim/AC 11:00 Functional Fitness/WS 11:00 Hall Representative Meeting/CR 1:30 Spring Fashion Part 1: Bargain Box/F 3:00 Line Dancing/WS</p>	<p>8:00 Tidewater Aerobics (A)/AC 9:00 BEAUTY MORNING with Susan McKendrick Owner of About Face Skincare &amp; Facials/CR 9am-1pm RSVT/L 9:00 Circuit Training (A)/FC 10:00 Yoga CANCELLED 10:00 Supervised Swim/AC 10-12:00 WECT Severe Weather Preparedness with Eric Davis/F 11:00 Functional Fitness CANCELLED 2:00 Meditation/WS 3:00 Line Dancing/WS</p> <p><b>MARCH MADNESS BRACKETS TURNED IN TO NATE BY 4PM</b></p>	<p>7:00 Scrabble Night/BL</p>

## 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
- PDR 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 @ Reservation Binders**

### 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.

<p>11:30-2:30 Sunday Brunch/LH 5</p>	<p>7:30 CB Losers Gathering/PDR 6 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 2:00 Meditation/WS</p>	<p>8:00 Tidewater Aerobics (A)/AC 7 9am-1pm RSVT/L 9:00 Beat Today (preapproval)/FC 10:00 Bay Balance (A)/WS 10:30 Clothing Alteration Service/CR 11:30-3:30 two tables in CR RSVD 11:30 2nd Annual Mad Hatter's Tea Party/F 1:00 MahJongg /CR 2:00 Bay Balance (B)/WS 3:00 Headwater Aerobics (B)/AC</p>	<p>8:00 Saltwater Circuit (A)/AC 8 9am-1pm RSVT/L 9:00 Cardio &amp; 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 3:00 Watercolors &amp; Wine/AS 6:45 OUTING @ Red Barn Theater "Barefoot in the Park"/L 7:00 Poker Group/BL</p>	<p>8:00 Tidewater Aerobics (A)/AC 9 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 Bridge Club/CR 1:30 Duplicate Bridge/BL 2:00 Bay Balance (B)/WS 3:00 Headwater Aerobics (B)/AC 4:30 Tourist in your Town: Shallote River Swamp Park/L 7:00 Billiards /BL</p>	<p>8:00 Tidewater Aerobics (A)/AC 10 9am-1pm RSVT/L 9:00 Circuit Training (A)/FC 10:00 Yoga CANCELLED 10:00 Supervised Swim/AC 10-12:00 WECT Severe Weather Preparedness with Eric Davis/F 11:00 Functional Fitness CANCELLED 2:00 Meditation/WS 3:00 Line Dancing/WS</p> <p><b>MARCH MADNESS BRACKETS TURNED IN TO NATE BY 4PM</b></p>	<p>7:00 Scrabble Night/BL</p>
<p><b>Daylight Savings 12</b> <b>MARCH MADNESS KICK-OFF!</b> 11:30-2:30 Sunday Brunch/LH</p>	<p>7:30 CB Losers Gathering/PDR 13 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 3:00 Crazy Container Gardens with Jon Wooten/F</p>	<p>8:00 Tidewater Aerobics (A)/AC 14 9am-1pm RSVT/L 9:00 Beat Today (preapproval)/FC 10:00 Bay Balance (A)/WS 1:00 MahJongg /CR 2:00 Bay Balance (B)/WS 3:00 Headwater Aerobics (B)/AC 4:00 Carolina Bay Watch Meeting/AS</p>	<p>8:00 Saltwater Circuit (A)/AC 15 9am-1pm RSVT/L 9:00 Cardio &amp; 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 &amp; Chat Group/L 7:00 Poker Group/BL</p>	<p>8:00 Tidewater Aerobics (A)/AC 16 9am-1pm RSV-Teeter/L 9:00 Beat Today (preapproval)/FC 10:00 Bay Balance (A)/WS 1:30 Bridge Club/CR 1:30 Duplicate Bridge/BL 2:00 Bay Balance (B)/WS 3:00 Headwater Aerobics (B)/AC 3:00 Green Thumbs: Terrarium/AS 7:00 Billiards /BL</p>	<p><b>ST. PATRICK'S DAY 17</b> 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 How to Live @ Carolina Bay/F 5:00 St. Patty's Social with Ray &amp; Jeff/LH</p> 	<p>7:00 Scrabble Night/BL</p>
<p>11:30-2:30 Sunday Brunch/LH 19</p>	<p><b>FIRST DAY OF SPRING 20</b> 7:30 CB Losers Gathering/PDR 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 4:30 OUTING: Private Shopping Party at Bargain Box with Wine &amp; refreshments!</p>	<p>8:00 Tidewater Aerobics (A)/AC 21 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 Meeting/AS</p>	<p>8:00 Saltwater Circuit (A)/AC 22 9am-1pm RSVT/L 9:00 Cardio &amp; Strength (A)/WS 9:45 Newcomers Welcome Meeting/CR 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 6:15 PVUMC Children Sing/LH 7:00 Poker Group/BL 7:30 Watch &amp; Discuss: Ancient Secrets of Essential Oils/F</p>	<p>8:00 Tidewater Aerobics (A)/AC 23 9am-1pm RSV-Teeter/L 9:00 Beat Today (preapproval)/FC 10:00 Bay Balance (A)/WS 1:30 Bridge Club/CR 1:30 Duplicate Bridge/BL 2:00 Bay Balance (B)/WS 3:00 Headwater Aerobics (B)/AC 3:00 Movie Matinee: Steel Magnolias/F</p>	<p>8:00 Tidewater Aerobics (A)/AC 24 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 4:45 FREE OUTING: Art Works on Willard/L</p>	<p>7:00 Scrabble Night/BL</p>
<p>11:30-2:30 Sunday Brunch/LH 26</p>	<p>7:30 CB Losers Gathering/PDR 27 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(B)/WS 2:00 Meditation/WS 4:00 Technology Fitness: UBER, what is it and how to use it?/F</p>	<p>8:00 Tidewater Aerobics (A)/AC 28 9am-1pm RSVT/L 9:00 Beat Today (preapproval)/FC 10:00 Bay Balance (A)/WS 1:00 MahJongg /CR 1:30 Green Thumbs: Planting Party/AS 2:00 Bay Balance (B)/WS 3:00 Headwater Aerobics (B)/AC</p> 	<p>8:00 Saltwater Circuit (A)/AC 29 9am-1pm RSVT/L 9:00 Cardio &amp; 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 6:45 OUTING @ Thalian Theater "Gypsy"/L 7:00 Poker Group/BL</p>	<p>8:00 Tidewater Aerobics (A)/AC 30 9am RSVT-Teeter/L 9:00 Beat Today (preapproval)/FC 10:00 Bay Balance (A)/WS 1:30 Bridge Club/CR 1:30 Duplicate Bridge/BL 2:00 Bay Balance (B)/WS 3:00 Headwater Aerobics (B)/AC 4:00 Carolina Bay Watch Meeting/AS 7:00 Billiards /BL</p>	<p>8:00 Tidewater Aerobics (A)/AC 31 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>7:00 Scrabble Night/BL</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 Gerardot, Maintenance Director**

**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**

## THE CAROLINA BAY LOSERS MONDAY MORNING'S AT 7:30AM IN THE PRIVATE DINING ROOM.

If you have a few pounds you would like to lose or a lot of pounds, come join us on Monday mornings! We follow Weight Watchers program and discuss problems we have had during the week. Open to all!

## MORRISON'S DIETARY STAFF

**T.J. Milliron, Executive Chef**  
**Joe Zondlo, Director of Culinary**  
**Monitia "Mo" Moore, Assistant to Director of Culinary**