

LIFE ENRICHMENT PROGRAMS

CLOTHING ALTERATION SERVICE (Mandatory Sign-up for her personal service)

TUESDAY, APRIL 4TH & TUESDAY, APRIL 18TH @ 10:30AM/CARD ROOM

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!

NATIONAL WALKING DAY: WEDNESDAY, APRIL 5TH

PHOTOGRAPHY CAMPUS WALK MEET AT THE LOBBY AT 3:00PM

Grab your cameras ladies and gentleman, we are on a Photography Walk! Explore Autumn Hall through your lens, looking for local birds, wildlife and foliage. Ask Erin for any questions with your camera device!

2ND ANNUAL 1 MILE WATER WALK /AQUATIC CENTER AT 7:30PM

Work as a team in completing our annual 1 mile Water Walk in our Saltwater Pool. Reward yourself with mimosa in the hot tub as you relax after a strong workout! Sure to have a good night's rest after!



TECHNOLOGY FITNESS: HOW TO UPLOAD YOUR PHOTOS

MONDAY, APRIL 10TH AT 3:30PM IN THE FORUM

Now that we don't have to get film developed, how can we print or send our digital pictures? Join in the Forum for this very useful tech-fit session with Erin.



ARBOR DAY: CREATE YOUR OWN ART STUDIO "TREE"

FRIDAY, APRIL 28TH AT 1:30PM IN THE ART STUDIO/RESERVE YOUR SEAT

So many times while artists are working in the Art Studio, they are asked "Did you make that tree?!" No... no one here painted it, and we have no idea who did. But we all LOVE it! In honor of Arbor Day, let's make our own version of the "Carolina Bay Art Studio Tree" for a Summer Art Exhibit featuring all of Carolina Bay's artists! Learn step

by step how to re-create your own mixed media tree under Erin's artistic direction.

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, APRIL 5TH AND 19TH FROM 3-5:00PM IN THE LOBBY LOUNGE

INSPIRE AT CAROLINA BAY TO BE THE BEST YOU!

Inspirational

Nutritional

Spiritual

Personal

Integrative

Rehabilitative

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.



LINE DANCING WITH HEATHER WADSWORTH

3:00PM ON FRIDAY, APRIL 7TH, 14TH AND 28TH IN THE WELLNESS STUDIO

From the latest line dances to the old favorites we will be moving and having a blast!

The first half of the class will be gentler dances for all fitness levels. The second half of the class will be slightly harder dances, so you can stay and watch or just stay for the first half of class. Use of chairs or the barre is welcomed to assist you with your balance.



630 CAROLINA BAY DR. WILMINGTON, NC 28403

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



APRIL 2017

Shore Things This Month

GARDEN SOCIAL IN HONOR OF AZALEA FESTIVAL WITH SEAN MARTIN ON GUITAR

FRIDAY, APRIL 7TH AT 4:30PM IN THE FORUM/COURTYARD

The Azalea Festival is one of Wilmington's greatest festivals of the year, and is always remembered by the beautiful fresh flowers, and outdoor socials. We hope you sign-up for our "Carolina Bay" version of a garden party....

Complete with fresh flowers, sweet tea & southern belles. Please be sure to RESERVE YOUR SEAT.

GOOD FRIDAY PIANO RECITAL WITH LUIS BARRAGAN

FRIDAY, APRIL 14TH AT 7:00PM IN THE FORUM

Grab a glass and a front row seat, you won't want to miss Luis! Luis is currently mentored by Barry Salwen of UNCW and holds a superior degree in piano performance and education from the Royal Conservatory of Music "Padre Antonio Soler", in Madrid, Spain. He also has taken courses from the Juilliard School. Luis enjoys teaching private lessons and performing around town, especially for our residents.

WINE & CHEESE NEWCOMER'S SOCIAL WITH JERRY POWELL ON GUITAR

FRIDAY, APRIL 21ST AT 5:00PM IN THE LIGHTHOUSE MARKET

Let's come together at the end of the month to get to know your newest neighbors of Carolina Bay over a complimentary beverage of choice and light snacks. Enjoy an evening of socializing and listening to some great music!

Out On The Town

PHIL BRUSCHI MUSICAL BIOGRAPHY OF NEIL DIAMOND @ NORTHEAST REGIONAL LIBRARY

SUNDAY, APRIL 2ND LEAVING AT 1:30PM FROM THE LOBBY/RESERVE YOUR SEAT

VISIT HOT MESS ART STUDIOS

TUESDAY, APRIL 4TH LEAVING AT 1:30PM FROM THE LOBBY/RESERVE YOUR SEAT

DRIVING RANGE AT OLEANDER GOLF CENTER

THURSDAY, APRIL 6TH LEAVING AT 1:30PM FROM THE LOBBY/RESERVE YOUR SEAT/\$ FOR BUCKET

Just because you aren't at the Master's, doesn't mean you shouldn't be practicing your swing!

EXPERIENCE THE LABYRINTH AT THE CHURCH OF THE SERVANT

TUESDAY, APRIL 11TH LEAVING AT 5:00PM FROM THE LOBBY/RESERVE YOUR SEAT

Experience for yourself this long-forgotten mystical tradition. This labyrinth has only one path so there are no tricks to it and no dead ends. The path winds throughout and becomes a mirror for where you are in your life. Take your time to reflect, meditate, and release during Holy Week.

BURGWIN WRIGHT HOUSE PRIVATE TOUR

WEDNESDAY, APRIL 19TH LEAVING AT 1:30PM FROM THE LOBBY/\$10 PERSON/RESERVE YOUR SEAT

The discounted rate is \$10 a person which includes a guided of the house, access to exhibit and art gallery, and self-guided tour of our gardens. The house and jail are both colonial and sit on the oldest and largest property in historic downtown circa 1744. (18 seats available)

CHAMBER MUSIC WILMINGTON: JASPER QUARTET

SUNDAY, APRIL 23RD LEAVING AT 2:15PM FROM THE LOBBY/10 FREE TICKETS/RESERVE YOUR SEAT

OLLI NEW HORIZON'S BAND FINAL CONCERT AT KENAN AUDITORIUM

MONDAY, APRIL 24TH LEAVING AT 7:00PM FROM THE LOBBY/RESERVE YOUR SEAT

THALIAN CHILDREN'S THEATER DRESS REHEARSAL OF "A CHORUS LINE"

THURSDAY, APRIL 27TH LEAVING AT 7:00PM FROM THE LOBBY/ RESERVE YOUR SEAT

CAPE FEAR CHORALE CONCERT: GREAT CHORUSES FROM MASTERWORKS

SATURDAY, APRIL 29TH LEAVING AT 6:45PM FROM THE LOBBY (DONATIONS ACCEPTED)

APRIL

LAUGHING
— is — the —
BEST
exercise

Sunday Monday Tuesday Wednesday Thursday Friday Saturday



LET'S WORK ON OUR "CONSTANT SMILE FACE" THIS MONTH,
SINCE IT IS **NATIONAL HUMOR MONTH!**
A DAILY JOKE WILL BE POSTED ON THE WHITE DAILY
UPDATE BOARD. PLEASE SUBMIT YOUR FUNNIEST JOKE TO THE LIFE
ENRICHMENT DIRECTOR AND SEE IF IT IS FEATURED
ON OUR DAILY HUMOR BOARD!




APRIL FOOLS DAY! **1**
BAYWATCH ANNIVERSARY
7:00 Scrabble Night/BL

OUR CAMPUS

- 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
Front Desk 910-769-7500
Security 910-619-1921

RESERVED TRANSPORTATION & PERSONAL TRANSPORTATION
Please be mindful in scheduling appointments no earlier than 9:30am to account for travel & traffic time. Residents should meet in the Lobby by 8:45 for a 9:00am departure every week day. All transportation requests must be made by 5:00pm the night prior to date of appointment. When done with appointment, call driver & they can pick you up if within scheduled transportation time. ONE STOP ONLY. IF your appointment goes past 1:00pm, you will need to call Taxi/Uber to come home. Thank you!

2	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 (B)/WS 10:00 Supervised Swim/AC 11:00 Functional Fitness/WS 1:00 MahJongg 80th Year Card Release/CR 2:00 Meditation/WS	3	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 1:30 OUTING: Hot Mess Art Studios/L 2:00 Bay Balance (B)/WS 3:00 Headwater Aerobics (B)/AC 4:00 Carolina Bay Watch/AS	4	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 1:30 OUTING: Hot Mess Art Studios/L 2:00 Bay Balance (B)/WS 3:00 Headwater Aerobics (B)/AC 4:00 Carolina Bay Watch/AS	5	NATIONAL WALKING DAY 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 Knit, Stitch, Craft & Chat/L 3:00 Carolina Cruisers Walking Club: Photography Walk/L 7:00 Poker Group/BL 7:30 1-Mile Water Walk/AC	6	THE MASTERS BEGIN 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 1:30 OUTING: Oleander Driving Range/\$L 2:00 Bay Balance (B)/WS 3:00 Headwater Aerobics (B)/AC 3:00 Flower Arranging/AS 7:00 Billiards /BL	7	Azalea Festival Weekend 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 2:00 Meditation/WS 3:00 Line Dancing/WS 4:30 Garden Party with Sean Martin/F	8	7:00 Scrabble Night/BL
9	PALM SUNDAY 11:30-2:30 Sunday Brunch/LH	10	Easter Brunch RSVP Due 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 (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 3:30 Technology Fitness: Upload Pictures/F	11	8:00 Tidewater Aerobics (A)/AC 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 3:00 Carolina Bay Watch Meeting/AS 5:00 OUTING: Church of the Servant Labyrinth for Holy Week/L	12	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 2:00 Dollar BINGO with Zack/F 3:00 Carolina Cruisers Walking Club/WL 7:00 Poker Group/BL	13	No WELLNESS CLASSES 9am-1pm RSV-Teeter/L 10:00 Hearing Service w/ Audiology of Wilm. Jason Rickman/CR 1:30 Bridge Club/CR 1:30 Duplicate Bridge/BL 3:00 Carolina Bay Watch/AS 7:00 Billiards /BL	14	GOOD FRIDAY 8:00 Tidewater Aerobics CANCELLED 9am-1pm RSVT/L 9:00 Circuit Training CANCELLED 10:00 Yoga/WS 10:00 Supervised Swim CANCELLED 11:00 Functional Fitness CANCELLED 2:00 Meditation/CANCELLED 3:00 Line Dancing/WS 7:30 Good Friday Piano Recital with Luis Barragan/F	15	7:00 Scrabble Night/BL
16	11:30-2:30 Sunday Brunch/LH 	17	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	18	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 Meeting/AS	19	8:00 Saltwater Circuit (A)/AC 9am-1pm RSVT/L 9:00 Cardio & Strength (A)/WS 9:10:00 Supervised Swim/AC 10:00 Yoga (A)/WS 11:00 Functional Fitness/WS 1:30 Bridge Club/CR 1:30 OUTING: Tour Burgwin Wright House/\$L 3:00 Carolina Cruisers Walking Club/WL 3:00 Knit, Stitch, Craft & Chat Group/L 7:00 Poker Group/BL	20	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 (B)/AC 4:00 Carolina Bay Watch Meeting/AS 7:00 Billiards /BL	21	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 Wine & Cheese with Jerry Powell/LH	22	EARTH DAY 7:00 Scrabble Night/BL 
23	11:30-2:30 Sunday Brunch/LH 2:15 OUTING: Chamber Music Wilmington: Jasper Quartet/10 free tix available/L	24	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 (B)/WS 10:00 Supervised Swim/AC 11:00 Functional Fitness(B)/WS 2:00 Meditation/WS 6:45 OUTING: OLLI New Horizon's Band Concert/L	25	8:00 Tidewater Aerobics (A)/AC 9am-1pm RSVT/L 9:00 Beat Today (preapproval)/FC 10:00 Bay Balance (A)/WS 1:00 MahJongg /CR 1:30 Newcomers Welcome Meeting/F 2:00 Bay Balance (B)/WS 3:00 Headwater Aerobics (B)/AC 3:00 Movie Matinee: "Barefoot in the Park"/F	26	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 7:00 Poker Group/BL	27	8:00 Tidewater Aerobics (A)/AC 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 7:00 Billiards /BL 7:00 OUTING: Thalian Children's Theater "A Chorus Line"/L	28	ARBOR DAY 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 1:30 Re-Create Art Studio Tree/AS 2:00 Meditation/WS 3:00 Line Dancing/WS	29	6:45 OUTING: Cape Fear Chorale Concert/L 7:00 Scrabble Night/BL
30	11:30-2:30 Sunday Brunch/LH 3:00 Piano Recital/F	YOUR STAFF Joe Soto, Executive Director Bill Piper, Marketing Director Nancy Bartlett, Move-In Coordinator Lisa Hall, Administrative Assistant Nate Futrell, Wellness Director Erin Rhyne, Life Enrichment Director Seth Gerardot, Maintenance Director		Zack Alaimo, Receptionist & Valet Driver Gay Sawyers, Office Manager Shirley Knox, MTW (am) Transportation Dermot Mackin, ThF/Event Transportation Colby Grant, Personal Trainer Brittany Mills, Wellness Instructor Morgan Mott, Wellness Instructor Dana Peterson, Housekeeping Supervisor Marianna Stacy, Community Outreach		MORRISON'S STAFF T.J. Milliron, Executive Chef Joe Zondlo, Director of Culinary Monitia "Mo" Moore, Assistant to Director of Culinary		REFLECTIONS SALON & SPA HOURS OF OPERATION TUESDAY 9AM-4PM WEDNESDAY 9AM-4PM THURSDAY 9AM-4PM FRIDAY 9AM-3PM GWEN FRANKEL-HAIR DINA LABARGE-NAILS					