

“CHAIR TRAVEL” TRIP WITH MARTI AND DEWI ON RECENT TRIP TO WALES & QUEEN MARY 2

THURSDAY, JULY 6TH AT 4:00PM IN THE FORUM

AIR FORCE ONE, AS TOLD BY CHIEF MASTER SERGEANT, USAF-RETIRED “HOWIE” FRANKLIN

TUESDAY, JULY 11TH AT 4:00PM IN THE FORUM

Chief Master Sergeant, USAF-Retired “Howie” Franklin will speak on his service as Steward and Chief Steward on Air Force One for 18 years. He served Presidents Gerald Ford, Jimmy Carter, Ronald Reagan, George H.W. Bush and Bill Clinton. He tells stories of his travels with these fie with humor and respect.

CHRISTMAS IN JULY: RECORDED HOLIDAY PERFORMANCE OF FIRST BAPTIST CHURCH CHOIR SINGING ON LINCOLN CENTER STAGE!

MONDAY, JULY 24TH AT 5:00PM IN THE FORUM

The day after Thanksgiving, 38 First Baptist Choral representatives traveled to New York City to participate in the distinguished concerts International New York (DCINY) World Premier of Pepper Choplin’s Christmas Cantata: “Go Sing It On the Mountain,” at the Lincoln Center. The group joined a chamber orchestra of professional musicians, as well as a 195-voice choir from across the country , including groups from the states of North Carolina, Indiana, Connecticut, and even Washington! See if you recognize any familiar faces in the first premiere of the recorded performance! Light reception to follow in the Lobby.



JULY 2017

630 CAROLINA BAY DR. WILMINGTON, NC 28403

(910) 769-7500



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

SHARK WEEK AT CAROLINA BAY

STOP BY THE PUZZLE TABLE ALL WEEK LONG TO SIFT THROUGH SOME WRIGHTSVILLE BEACH SAND TO FIND A LOCAL SHARK TOOTH TO KEEP!



MOVIE MATINEE: “SOUL SURFER (2011)”

SUNDAY, JULY 23RD AT 3:00PM IN THE FORUM

A natural talent in the sport of surfing, teenager Bethany Hamilton (AnnaSophia Robb) loses an arm in a shark attack. Bolstered by the love of her parents (Helen Hunt, Dennis Quaid) and refusing to give up, she plans to return to competition, although questions about her future continue to trouble her. Upon seeing the devastation in Thailand caused by the 2004 tsunami, Bethany discovers a greater purpose: to make a difference in the lives of others. (Rated: PG, Length: 1 Hour & 46 Minutes)

TECHNOLOGY FITNESS: OCEARCH SHARK TRACKING APP

MONDAY, JULY 24TH AT 1:30PM IN THE FORUM

OCEARCH is a non-profit organization with a global reach for unprecedented research on great white sharks and other large apex predators. Researchers have been tracking sharks all around the world to learn certain behaviors, and now we can track them too! A simple download from the “App Store,” and we can see all of the tagged sharks location & path. Mary Lee has pinged off of our coach plenty of times! See where else she has been, along with many other kind of sharks.

OUTING: FORT FISHER AQUARIUM

TUESDAY, JULY 25TH LEAVING AT 1:30PM FROM THE LOBBY/TICKETS \$12

WRAPPED SHARK TOOTH CHARMS & JEWELRY REPAIR DAY

WEDNESDAY, JULY 26TH AT 3:00PM IN THE ART STUDIO

OUTING: WILMINGTON SHARK’S BASEBALL GAME VS. WILSON TOBS

THURSDAY, JULY 27TH LEAVING AT 6:15PM FROM THE LOBBY/\$20 PERSON/RESERVE YOUR SEAT

Come out to the ball game and meet Sharky! Thirsty Thursday special includes \$1 sodas & \$1 draft beer! \$20 ticket includes seat with a back, Bill’s Front Porch BBQ Platter (with beans, cole slaw, puppies & beverage) **SIGN-UP BY FRIDAY, JULY 21ST.**

BREAKFAST SOCIAL: BAGELS WITH LOX & CREAM CHEESE

FRIDAY, JULY 28TH AT 10:00AM IN THE LIGHTHOUSE MARKET (PLEASE SIGN-UP)

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.

SHORE THINGS THIS MONTH

PATRIOTIC PIANO PERFORMANCE WITH DUKE LADD FOR INDEPENDENCE DAY

MONDAY, JULY 3RD AT 1:00PM IN THE FORUM

Happy Birthday, America! Celebrate Independence Day with all of our favorite Patriotic Tunes on the Piano with Duke Ladd! Pledge of Allegiance, National Anthem, God Bless America, and more! Enjoy an all American Float for the show, just be sure to sign-up so we have enough for all!

CAPE FEAR RAPTOR CENTER TEACHES THE IMPORTANCE OF RAPTORS IN OUR AREA

TUESDAY, JULY 4TH AT 2:00PM IN THE FORUM

Throughout North America, raptors of all sizes are a very important part of our ecosystem. Living by the coast, there are many birds of prey lurking in our tree tops. They are strong, smart & powerful. Faye with the Cape Fear Raptor Center is here to explain more about our local rehab for birds of prey, and will even have a few birds for you to see up close and in person!

CLEAN, FRESH AIR... WHAT ARE WE REALLY BREATHING? WITH BETH MINCHER

MONDAY, JULY 10TH AT 7:00PM IN THE CARD ROOM

Take a deep breathe they say. “Breathe in the fresh clean ocean or mountain air.” We’ve all heard this tag line for famous air fresheners. But what are we really breathing in? Is it safe? What makes it fresh? Toxicity and chemicals are everywhere, especially when you would least expect it. Some cannot be avoided but many can. Teach yourself what to look for and how to purify the air naturally with our favorite holistic health coach, Beth Mincher!

FORT FISHER & THE CIVIL WAR PERFORMANCE BY JOHN GOLDEN

TUESDAY, JULY 18TH AT 4:00PM IN THE FORUM

NEWCOMERS & ALL WINE & CHEESE SOCIAL WITH JERRY POWELL ON GUITAR

FRIDAY, JULY 21ST AT 5:00PM (LOCATION TBD)

OUT ON THE TOWN

CALABASH TRIP FOR LUNCH AT CAPT. NANCE’S & CHRISTMAS IN JULY SHOPPING

AT CALLAHAN’S FRIDAY, JULY 7TH LEAVING @ 11:00AM FROM THE LOBBY/LUNCH ON YOUR OWN

THALIAN ASSOCIATION COMMUNITY THEATER PRESENTS FOR THE 1ST TIME ON THE USS

NORTH CAROLINA BATTLESHIP FANTAIL, “MISTER ROBERTS”

SUNDAY, JULY 9TH LEAVING AT 7:00PM FROM THE LOBBY/TICKETS \$25.00

LUMINA FESTIVAL OF THE ARTS SUMMER JAZZ FACULTY BIG BAND CONCERT AT UNCW’S

BECKWITH HALL WEDNESDAY, JULY 12TH LEAVING AT 6:45PM FROM THE LOBBY/TICKETS \$6.00

HAPPY HOUR PRIVATE PARTY AT BLACKFINN’S AMERIPUB ON THE CAPE FEAR RIVER

FRIDAY, JULY 14TH LEAVING AT 3:45PM FROM THE LOBBY

Residents of Carolina Bay have WON a FREE HAPPY HOUR SOCIAL from visiting the Nina & Pinta last month at the newest restaurant on the Cape Fear River! They will provide complimentary appetizers chosen & prepared by the chef with reserved space for our party to enjoy the new atmosphere Wilmington has to offer. Cash for beverages encouraged.

LUMINA ARTS FESTIVAL DRESS REHEARSAL OF OPERA WILMINGTON’S “CARMEN” AT UNCW CULTURAL ARTS BUILDING

WEDNESDAY, JULY 19TH LEAVING AT 6:30PM FROM THE LOBBY/FREE!

LUMINA ARTS FESTIVAL “MUCH ADO ABOUT NOTHING” AT UNCW CULTURAL ARTS BUILDING

SATURDAY, JULY 22ND LEAVING AT 6:45PM FROM THE LOBBY. THE FIRST TWENTY PEOPLE TO SIGN UP WILL RECEIVE A FREE TICKET!

FOURTH FRIDAY ARTWORKS ON WILLARD GALLERY NIGHT

FRIDAY, JULY 28TH LEAVING AT 4:45PM FROM THE LOBBY/FREE!

CAMPUS VENUES

- Ch Chapel
- 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 Binders

CAROLINA BAY STAFF

- Joe Soto**
Executive Director
- Bill Piper**
Marketing Director
- Nancy Bartlett**
Marketing Assistant/Move-In
- Lisa Hall**
Administrative Assistant
- Nate Futrell**
Wellness Director
- Erin Rhyne**
Life Enrichment Director
- Seth Geradot**
Maintenance Director
- Dana Peterson**
Housekeeping Supervisor
- Gay Sawyers**
Office Manager
- Zack Alaimo**
Front Desk Receptionist
- Dean Daniels**
Environmental Services
- Dermot Mackin**
ThF/Event Transportation
- Laura Brown**
Evening Security/Transportation
- Marianna Stacy**
Community Outreach Educator

NOTICE: RESERVED TRANSPORTATION & PERSONAL TRANSPORTATION REQUESTS

Please be mindful in scheduling appointments *no earlier than 9:30am & no later than 12:00 noon* to account for travel & traffic time. **All Residents** needing transportation that day should meet in the Lobby by 8:45 for a 9:00am departure. Please keep in mind that all transportation requests must be made by 5:00pm the night prior to date of appointment. A reminder that IF your appointment goes past the 1:00pm scheduled transportation time, the Carolina Bay Coach cannot pick you up.
 We thank you for your consideration to this policy as we continue to grow!



REFLECTIONS SALON/SPA SALON HOURS

TUESDAY 9AM-4PM
 WEDNESDAY 9AM-4PM
 THURSDAY 9M-4PM
 FRIDAY 9AM-3PM

GWEN FRANKEL, HAIRSTYLIST
DINA LABARGE, NAIL STYLIST

2	11:30-2:30 Sunday Brunch/LH	3	9am-1pm RSVT-WalMart/L 1:00 "Patriotic Performance Social" with Duke Ladd on the Piano/F 1:30 Hand & Foot/CR 1:30 Putting with Nate/CY	4	INDEPENDENCE DAY NO COACH TRANSPORTATION NO ALTERATIONS 11:30-2:30 COOKOUT/CY 11:30-3:30 Herman 2 Tables RSVD/CR 1:00 MahJongg /CR 2:00 Cape Fear Raptor Center- Learn the importance of Raptors in our area/F	5	9am-1pm RSVT/L 1:30 Bridge Club/CR 3:00 Carolina Cruisers Waking Club/WL 3:00 Knit, Stitch, Craft & Chat/L 7:00 Poker Group/BL	6	7:30 CB Losers Meeting/LH 9am-1pm RSVT-Harris Teeter/L 1:30 Bridge Club/CR 1:30 Duplicate Bridge/CR 4:00 "Chair Travel" Trip With Marti and Dewi on recent trip to Wales & Queen Mary 2/F 7:00 Billiards/BL	7	9am-1pm RSVT/L 11:00 OUTING: Calabash, NC for Lunch at Cpt. Nance & Christmas in July Shopping at Callahan's /\$L 1:30 Putting with Nate/CY 3:00 Line Dancing/WS	8	7:00 Scrabble Night/BL
9	FULL MOON 11:30-2:30 Sunday Brunch/LH 7:00pm OUTING: "Mr. Roberts" on USS NC Battleship/\$L	10	9am-1pm RSVT-WalMart/L 1:30 Book Club/CR 1:30 Putting with Nate/CY 4:00 Bay Watch Meeting/AS 7:00 Clean, Fresh Air... what are we really breathing? With Beth Mincher/CR	11	9am-1pm RSVT/L 1:00 MahJongg /CR 4:00 AIR FORCE ONE, as told by Chief Master Sergeant, USAF-Retired "Howie" Franklin/F 4:00 "The Quest" Study with	12	9am-1pm RSVT/L 10-12:00 FORUM RSVD/Werther 10:45 ALOHA Library/L 11:00 Functional Fitness/WS 1:30 Bridge Club/CR 3:00 Carolina Cruisers Walking Group/WL 6:45 OUTING: UNCW Summer Jazz Workshop Faculty Big Band at Beckwith Recital Hall/\$6/L 7:00 Poker Group/BL	13	7:30 CB Losers Meeting/LH 9am-1pm RSVT-Harris Teeter/L 10:00 Audiology of Wilmington/CR 1:30 Bridge Club/CR 1:30 Duplicate Bridge/CR 4:00 Bay Watch Meeting/AS 7:00 Billiards/BL	14	9am-1pm RSVT/L 10:00 Breakfast Social/LH 1:30 Putting with Nate/CY 3:00 Line Dancing/WS 3:45 OUTING: Happy Hour Party @ FINNS on the Cape Fear River/\$L	15	7:00 Scrabble Night/BL
16	11:30-2:30 Sunday Brunch/LH	17	9am-1pm RSVT-WalMart/L 1:30 Hand & Foot/CR 1:30 Putting with Nate/CY 4:00 Bay Watch Meeting/AS	18	9am-1pm RSVT/L 10:30 Clothing Alterations Service with Deb Skipper/CR 1:00 Mahjongg/CR 4:00 John Golden: "Ft. Fisher & the Civil War/F 4:00 "The Quest" Study with John Solano/CH	19	9am-1pm RSVT/L 1:30 Bridge Club/CR 1:30 Newcomers Welcome w/Vivian/F 3:00 Knit, Stitch, Craft & Chat Meeting/L 3:00 Carolina Cruisers Walking Group/WL 4:00 Bay Watch Meeting/AS 6:30 OUTING: Lumina Festival: Opera Wilmington "Carmen" Dress Rehearsal/L 7:00 Poker Group/BL	20	7:30 CB Losers Meeting/LH 9am-1pm RSVT-Harris Teeter/L 1:30 Bridge Club/CR 1:30 Duplicate Bridge/CR 2:00 Bay Watch Meeting/AS 7:00 Billiards/BL DEADLINE FOR BAYWATCH #6	21	9am-1pm RSVT/L 11:00 Council Meeting/CR 1:30 Putting with Nate/CY 3:00 How to Live @ Carolina Bay/F 5:00 Jerry Powell Newcomers Social/LH	22	6:45 OUTING: Lumina Festival "Much Ado About Nothing"/L (20 Free Tickets) 7:00 Scrabble Night/BL
23	11:30-2:30 Sunday Brunch/LH	24	9am-1pm RSVT-WalMart/L 1:30 Putting with Nate/CY 1:30 Technology Fitness: OCEARCH Ocean Shark Tracking App/F 5:00 Recorded Performance of First Baptist Church Choir Holiday Performance LIVE at Lincoln Center/F	25	9am-1pm RSVT/L 1:00 MahJongg /CR 1:30 OUTING: Ft. Fisher Aquarium/\$/L 4:00 "The Quest" Study with John Solano/CH	26	9am-1pm RSVT/L 1:30 Bridge Club/CR 3:00 Knit, Stitch, Craft & Chat Club/L 3:00 Carolina Cruisers Waking Club/WL 3:00 Jewelry Day: Wrapped Shark Tooth Charm & Repairs/AS 7:00 Poker Group/BL	27	7:30 CB Losers Meeting/LH 9am-1pm RSVT-Harris Teeter/L 1:30 Bridge Club/CR 1:30 Duplicate Bridge/CR 4:00 Learn about Healthy Hearing Devices with Jason Rickman/F 6:15 OUTING: Wilmington SHARKS Baseball Game/\$L 7:00 Billiards/BL	28	9am-1pm RSVT/L 10:00 Breakfast Social/LH 1:30 Putting with Nate/CY 3:00 Line Dancing/WS 4:45 OUTING: Artworks on Willard Fourth Friday Shopping & Art/L	29	7:00 Scrabble Night/BL



DID YOU HEAR...

Audiology of Wilmington's Jason Rickman is here every month on the 2nd Thursday of the month at 10:00am in the Card Room? He is here to answer your hearing aid questions, service, clean or share the latest amplifying devices available today with you! If you have a special question for Jason, please be sure to sign-up in the Reservation binder. Jason will be here for a second visit this month to discuss Healthy Hearing Solutions on Thursday, July 27th at 4:00pm. Not all assistance devices are large, come see for yourself! Take advantage of his time here!

MORRISON'S DIETARY STAFF

T.J. Milliron, Executive Chef
Joe Zondlo, Director of Culinary
Monita "Mo" Moore, Assistant To Director of Culinary