

CONTINUED...

Out On The Town

LUMINA DAZE AT THE BLOCKADE RUNNER, WRIGHTSVILLE BEACH

SUNDAY, AUGUST 27 AT 5:00PM. TICKETS \$7.00 (SEAT WILL BE RESERVED ONCE YOU PURCHASE TICKET)

Step back into a time where big bands played and people danced the night away at Lumina Daze! There will be a silent auction, food, drinks, dancing, and a movie on the lawn. Dining & beverage options available on your own. \$7 Tickets may be purchased from Erin by Thursday, August 24th.

TOUR YOUR TOWN WITH JACK MILLS, CAPE FEAR MUSEUM VOLUNTEER, ENDING WITH UNDERGROUND TOUR OF CAPE FEAR ARTIFACTS

TUESDAY, AUGUST 29TH LEAVING AT 1:15PM FROM THE LOBBY (10 MAX- RESERVE YOUR SEAT)

Tour downtown while riding the Coach, under the guidance of Carolina Bay Resident, Jack Mills. Go behind the scenes at the Cape Fear Museum and see 60,000+ artifacts found in South Eastern North Carolina!

CLOTHING ALTERATION SERVICE

Meet Deb Skipper on the 1st and 3rd Tuesdays of every month for your personal altering needs! It is very important you sign-up so she knows who needs to be seen and so she won't leave anyone hanging! Mark your calendars for...

TUESDAY, AUGUST 1ST AND 15TH
(SHE WILL RETURN ON TUESDAY, SEPTEMBER 5TH)

DOG PARADE AT BRADLEY CREEK HEALTH CARE CENTER

WEDNESDAY, AUGUST 2ND AT 3:00PM/MEET IN ART STUDIO AND WE WILL WALK OVER TOGETHER

Calling all canine owners! The residents next door got a kick out of last year's "Costume Dog Parade" so we've got to make this year's extra special! We hope you will bring your furry friend dressed to impress to the Art Studio to walk over as a group to Bradley Creek to bring a smile to someone's face. Not only is it fun for us, it's even more fun for the dogs!

GROUP STUDIES

"THE QUEST" BIBLE STUDY LED BY RESIDENT JOHN SOLANO

MONDAYS AT 3:00PM IN THE CHAPEL

52 Weeks Through The bible, Dr. James Merritt... "The bible is the bestselling book. 25 billion sold in a given year. Average American family has at least 4. Bible means "a book of books"...contains 66 in one volume of about 40 different authors living on several continents hailing from such diverse places as Palestine, Babylon, Greece, Rome, Asia Minor, and perhaps Arabia." John welcomes those to join a series of discussions designed to answer things such as "I don't know where to begin. 2. I don't see its relevance. 3. I don't know how to find things."

SIMULATING TEXTURE USING COLORED PENCILS WITH GLENN DAVIS

1ST SESSION BEGINS TUESDAY, AUGUST 22ND AT 2:30PM IN THE ART STUDIO

Regardless of your expertise, this class gets your "creative juices" flowing, by painting interesting, realistic textures with colored pencil, that can be applied to develop unique colored pencil paintings. We render crystal, chrome, water droplets, fabric, realistic fruits and vegetables, etc. Emphasis is on versatility, control, simplicity, realism and discovery as you explore one of the fastest growing media of our time.

6 - 2.5 hour classes (usually a week apart to allow for homework) **Beginner and all levels, Supply Fee: \$20**

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

AUGUST 2017

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

Shore Things This Month

OSHER LIFELONG LEARNING INSTITUTE (OLLI) AT UNCW FALL CATALOG REVIEW BY ELWOOD & MARY WALKER

TUESDAY, AUGUST 8TH AT 4:00PM IN THE CARD ROOM

As longtime members, volunteers and leaders at OLLI, they will walk us thru the new catalog describing classes, forums, societies and activities offered. The Walkers welcome any & all questions relative to membership, enrollment, etc. This informational session will provide every resident with an OLLI catalog to take home with you.

END OF SUMMER CELEBRATION WITH TIKI TORCH TRIO

THURSDAY, AUGUST 10TH FROM 6—8:00PM IN THE FORUM/COURTYARD

Join us as we begin to say goodbye to Summer Seventeen, steel drum style. Coconuts, pineapples, flamingos and more... invite your friends & family to celebrate the night away! Serving traditional island flavors and complimentary "Bay Splash Cocktail" to wash it down! Conga Line around the Courtyard fountain! Fire Spinning by local adventure educator and instructor, Josh Youse, for an authentic evening to remember! Tropical dress encouraged. (RSVP by Friday, August 4th.)

OUTING: SENIOR BEACH DAY AT CAROLINA BAY BOARDWALK BEACH- OPEN TO PUBLIC!

TUESDAY, AUGUST 15, COACH LEAVES AT 8:45AM AND RETURNS TO CAROLINA BAY AT 12:00PM.

The Ocean Cure Team will be providing assistance to those wanting to feel the Atlantic Ocean safely & securely. Expert instruction along with adaptive equipment ensures for a day full of fun in the sun making memories of a lifetime! A plywood ramp will lead you to tents with chairs with your name written all over them, food for your belly, sand castle contest, beach games and more!

SPEAKER: FBI SENIOR RESIDENT AGENT, STANLEY MEADOR

TUESDAY, AUGUST 22ND AT 4:00PM IN THE FORUM

FBI Senior Resident agent Stanley Meador of the Wilmington office will discuss how the FBI mission changed after 9/11. Agent Meador is an outstanding speaker. You will find his talk extremely interesting. (Special thank you to Mr. Bob Newman for arranging.)

"THIRSTY THURSDAY" AUGUST NEWCOMER'S SOCIAL WITH RAY & JEFF ON GUITAR

THURSDAY, AUGUST 24TH AT 5:00PM/ LOCATION TO BE DETERMINED

Sit back and relax to some of our favorite patriotic, country and classic tunes we all grew up to, performed by Ray & Jeff! Sing a long or sip on a chilled glass of chardonnay or a bubble cup of ginger ale as we get to know our newest neighbors to Carolina Bay!

Out On The Town

18TH ANNUAL LANDFALL FOUNDATION ART SHOW AND SALE

FRIDAY, AUGUST 18 LEAVING AT 1:30PM. FROM THE LOBBY (PLEASE RESERVE YOUR SEAT)

This juried show features 100 artists from around the state and is an opportunity for established artists as well as emerging artists to show and sell their works. The quality and variety of work continues to exceed the fabulous art of the previous year with an impressive array of mediums, styles, colors, and sizes...there is literally something for every taste.

THE SUNSHINE BOYS AT RUTH AND BUCKY STEIN THEATER

FRIDAY, AUGUST 25 AT 6:45PM. TICKETS \$32.

directed by Judy Greenhut and sets by Gary Ralph Smith. With Jon Stafford and Tony Rivenbark as the 2 cantankerous vaudeville comedians in Neil Simon's classic comedy. Despite their comedic chemistry onstage, the one-time famous duo "Lewis and Clark" can't stand each other offstage. The shenanigans that ensue when these seasoned stage partners are coerced to reunite for a CBS television comedy special promises to be the most hilarious show in town.

MORNING GLORY COFFEE HOUSE SING-A-LONG

WEDNESDAY, AUGUST 23RD LEAVING AT 12:30PM FROM THE LOBBY (PLEASE RESERVE YOUR SEAT/\$5)

All ages Sing-A-Long Featuring songs from 1940s, 1950s and 1960s. Hosted by Miss Jessica Rabbit. Sing songs from the good old days! Admission \$5. Show this post and get a free tasty treat with any beverage purchase.


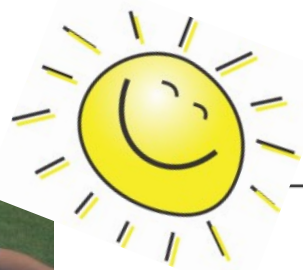

AUGUST

CAMPUS VENUES

- CH Chapel
 - 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

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**
Receptionist/Maint. Assist
- Dean Daniels**
Environmental Services
- Dermot Mackin**
ThF/Event Transportation
- Laura Brown**
Evening Security/Transportation
- Marianna Stacy**
Community Outreach Educator

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
MORRISON'S DIETARY STAFF <i>T.J. Milliron, Executive Chef</i> <i>Joe Zondlo, Director of Culinary</i> <i>Monitia "Mo" Moore, Assistant to Director of Culinary</i>		BAYWATCH RELEASE 1 9am-1pm RSVT/L 10:30 Clothing Alteration Service/CR 11:30-3:30 Herman 2 Tables RSVD/CR 1:00pm MahJongg /CR	2 9am-1pm RSVT/L 11:00 Discussions/CH 1:30 Bridge Club/CR 3:00 Knit, Stitch, Craft & Chat/CH 3:00 Carolina Cruisers Walking Group/WL 3:00 DOG PARADE for Bradley Creek residents/AS	3 NATIONAL WATERMELON DAY 7:30 CB Losers Meeting/LH 9am-1pm RSV-Teeter/L 1:00 Grilled Watermelon/CY 1:30 Bridge Club/CR 1:30 Duplicate Bridge/CR 4:00 Baywatch Meeting/AS 7:00 Billiards/BL	4 9am-1pm RSVT/L 9:00 Breakfast Social donuts/LH 1:30 Golf Training/CY 3:00 Line Dancing/WS 4:00 Wine Tasting Social/LH	5 7:00 Scrabble Night/BL
6 11:30-2:30 Sunday Brunch/LH 	FULL MOON 7 9am-1pm RSVT-WalMart/L 1:30 Hand & Foot/CR 1:30 Golf Training/CY 3:00 "The Quest" w/John Solano/CH	8 9am-1pm RSVT/L 1:00 MahJongg /CR 3:00 Kitchen Tour with Mo/PUB 4:00 OLLI Fall Catalogue Review with the Walkers/CR	9 9am-1pm RSVT/L 11:00 Discussions/CH 10:45 ALOHA Library Visit/L 1:30 Bridge Club/CR 3:00 Carolina Cruisers Walking Group/WL 7:00 Poker Group/BL	10 7:30 CB Losers Meeting/LH 9am-1pm RSV-Teeter/L 10:00 Audiology of Wilmington /CR 1:30pm Bridge Club/CR 1:30 Duplicate Bridge/CR 6-8:30 End of Summer Celebration with Tiki Torch Trio/F 7:00pm Billiards /BL	11 9am-1pm RSVT/L 1:30 Golf Training/CY 3:00 Line Dancing/WS 4:00 Movie Matinee/F	12 7:00 Scrabble Night/BL
13 11:30-2:30 Sunday Brunch/LH	14 9am-1pm RSVT-WalMart/L 1:30 Book Club/CR 1:30 Golf Training/CY 3:00 "The Quest" w/John Solano/CH 4:00 DOLLAR BINGO/F	15 9am MEDICAL ONLY/L 8:45 Leave for OUTING: Senior Beach Day at Carolina Beach Boardwalk Beach/L 10:30 Clothing Alteration Service/CR <i>12:00 Coach leaves to return to Carolina Bay</i> 1:00 MahJongg /CR	16 9am-1pm RSVT/L 11:00 Discussions/CH 1:30 Bridge Club/CR 3:00 Knit, Stitch, Craft & Chat Club/CH 3:00 Carolina Cruisers Walking Group/WL 7:00 Poker Group/BL	17 9am-1pm RSV-Teeter/L 1:30 Bridge Club/CR 1:30 Duplicate Bridge/CR 4:30 Musical Biography on "Tony Bennett" with Phil Brusch/F 5-10 Cardroom RSVD 7:00 Billiards /BL	18 9am-1pm RSVT/L 10:00 Breakfast Social Bagels/LH 11:00 Council Meeting/CR 1:15 OUTING: Landfall Art Show/L 1:30 Golf Training/CY 3:00 How to Live @ Carolina Bay/F	19 7:00 Scrabble Night/BL
20 11:30-2:30 Sunday Brunch/LH	TOTAL ECLIPSE!! 21 9am-1pm RSVT-WalMart/L 1:30 Hand & Foot/CR 1:30 Golf Training/CY 3:00 "The Quest" w/John Solano/CH 4:00 Baywatch Meeting/AS	22 9am-1pm RSVT/L No Beat Today No Balance Class No Headwater Aerobics 1:00 MahJongg /CR 2:30-5 Simulating texture via colored pencil with Glenn Davis/AS 4:00 Speaker: FBI Agent on mission changes after 9/11/F	23 9am-1pm RSVT/L 11:00 Discussions/CH 1:30 Bridge Club/CR 12:30 OUTING: Morning Glory Coffee House Sing-Along/L 3:00 Carolina Cruisers Walking Group/WL 4:00 Movie Matinee/F 7:00 Poker Group/BL	24 7:30 CB Losers Meeting/LH 9am-1pm RSV-Teeter/L 1:30 Bridge Club/CR 1:30 Duplicate Bridge/CR 5:00 Newcomer's Social with Ray & Jeff on Guitar/TBA 7:00 Billiards /BL	25 9am-1pm RSVT/L 1:30 Golf Training/CY 3:00 Line Dancing/WS 6:45 OUTING: "The Sunshine Boys"/L/\$32	26 7:00 Scrabble Night/BL 
27 11:30-2:30 Sunday Brunch/LH 5:00 OUTING: LUMINA DAZE at the Blockade Runner \$7person/L	28 9am-1pm RSVT-WalMart/L 1:30 Golf Training/CY 3:00 "The Quest" w/John Solano/CH 4:00 DOLLAR BINGO/F	29 9am-1pm RSVT/L 1:00 MahJongg /CR 1:15 OUTING: Cape Fear "Background" Tour w/Resident Jack Mills/L 2:30-5 Simulating texture via colored pencil with Glenn Davis/AS	30 9am-1pm RSVT/L 11:00 Discussions/CH 1:30 Bridge Club/CR 1:30 Permanent Cosmetic Introduction/BL 3:00 Carolina Cruisers Walking Group/WL 7:00 Poker Group/BL	31 7:30 CB Losers Meeting/LH 9am-1pm RSV-Teeter/L 1:30 Bridge Club/CR 1:30 Duplicate Bridge/CR 1:30 DIY: Inspire Shirts/AS 7:00 Billiards /BL 		

MEDICAL TRANSPORTATION & PERSONAL TRANSPORTATION REQUESTS

If using Carolina Bay transportation, it is very important to consider the following details...

- Reserved Transportation time runs Monday-Friday leaving at 9:00am finishing at 1:00pm
- Schedule appointments no earlier than 9:30am & no later than 12:00.
- All Residents needing transportation that day must meet in the Lobby by 8:45 for a 9:00am departure.
- All transportation requests must be made by 5:00pm the night prior to date of appointment.
- 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.

