

ACTIVE AGING WEEK THEME "IGNITE YOUR PASSION"

FRESH POPCORN BAR WITH TASTEBUDS OF CAROLINA BEACH Follow your nose throughout the day to the popcorn bar in the lobby to enjoy for today's performances!

BELEDI BELLY DANCING PERFORMANCE AT 5:00PM IN THE FORUM

Join the Beledi Dancers, a professional dance troupe, for an educational, multi-cultural and musical program that offers audience participation. Wear your Middle Eastern finest and join in the fun!

ON THIS DAY, IN 1964, MARY POPPINS WAS FIRST DEBUTED! WATCH IT ON THE BIG SCREEN AT 8:00PM IN THE FORUM!

MONDAY

25

TUESDAY

26

WEDNESDAY

27

THURSDAY

28

FRIDAY

29

GREEN THUMBS: SUCCULENT TERRARIUM 3:00PM IN THE ART STUDIO (SIGN-UP)

Bring a small glass container with you to make your own succulent terrarium to bring home with you! Succulents are super simple to maintain, require minimal water (so are perfect if you travel) and don't take up very much space! No experience necessary! Please sign up so we have plenty of plants for all!

CAROLINA BAY WATCH MEETING 3:00PM IN THE ART STUDIO

YOUR "BY THE RESIDENTS, FOR THE RESIDENTS" QUARTERLY PUBLICATION

Always accepting news, reviews, stories, poems, pictures and more to be reviewed for print by our BayWatch Team! This is a closed group meeting currently working on the November 2017 issue. You might be approached by one of our members for an interview, quote, who knows!? But, WE WANT TO KNOW, what YOU want to know!

OUTING: THALIAN ASSOCIATION PRESENTS THE DRESS REHEARSAL OF "MEL BROOK'S YOUNG FRANKENSTEIN" AT THALIAN MAIN STAGE

THURSDAY, SEPTEMBER 28TH LEAVING AT 6:45PM FROM THE LOBBY/FREE!

From the creators of the record-breaking Broadway sensation, The Producers, comes this monster musical comedy. The comedy genius, Mel Brooks, adapts his legendarily funny film into a brilliant stage creation - Young Frankenstein! (25 SEATS AVAILABLE IN THE COACH/RESERVE YOUR SEAT)

OKTOBERFEST SOCIAL WITH TRADITIONAL BUFFET & FALL BEVERAGE TASTING

5:00PM IN THE LIGHTHOUSE MARKET/ RSVP TO FRONT DESK BY MON. 9/25

ENTERTAINMENT PROVIDED BY AL DIMARCO ON ACCORDION & KEYBOARD

Brats, beer, pretzels... ACCORDION?! What more do we need for a traditional Oktoberfest!?

MONTHLY ACTIVITIES

FIRST FRIDAY BRIDGE

FRIDAY, SEPTEMBER 1ST AT 7:45PM IN THE CARD ROOM (SIGN-UP REQUIRED!)

PRIVATE KITCHEN TOUR WITH MO

TUESDAY, SEPTEMBER 5TH AT 3:00PM (LIMITED TO FIRST 6 PEOPLE TO SIGN UP)

Be sure to sign-up for this limited seating tour to go behind the scenes of your kitchen, and see how we provide for not only Carolina Bay residents, but Bradley Creek, too! Didn't make the cut? There will be a tour the first Tuesday at 3:00pm of EVERY month!

CLOTHING ALTERATION SERVICE WITH DEB SKIPPER

TUESDAY, SEPTEMBER 5TH AND 19TH AT 10:30AM IN THE CARD ROOM

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 "with loose threads!" ha, ha, ha...

ALOHA LIBRARY OUTREACH VISITS

WEDNESDAY, SEPTEMBER 13TH AT 10:45AM IN THE LOBBY LOUNGE

Mary Kleinfeldt, Library Associate, visits with 2 carts full of the latest releases, in regular and large print, DVD's, books on tape, and more! Don't have a Library card? Not a problem! Mary can assign one to you! As a part of the Library's outreach program, we are able to keep check-outs as long as we need! Such a deal!

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. Take advantage of his time here!



SEPTEMBER 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

SHORE THINGS THIS MONTH

HISTORY LECTURE BY UNCW ASSOCIATE PROFESSOR YIXIN CHEN ON SPEAKING ON GENERAL CHIANG KAI SHEK IN WWII AND THE AFTERMATH

MONDAY, SEPTEMBER 18TH AT 4:00PM IN THE FORUM

Will discuss the history of Chinese Wartime General, head of the Nationalist Kuomintang government that governed most of China in the 1930s and 1940s not occupied by the invading Japanese, simultaneously waged war against Communist forces under Mao Zedong. After WWII, Mao defeated the Nationalists, forcing them to Taiwan, and in 1949 established a complete Communist takeover.

LIBERTY HOMECARE AND HOSPICE PRESENTS "THE 5 WISHES"

THURSDAY, SEPTEMBER 21ST AT 4:00PM IN THE FORUM

Meet Liberty Home Care & Hospice Liaison, Ashley Bryan and co-workers as we learn a little more about our own company and what else it has to offer! "The Five Wishes" is an easy to understand living will that talks about your personal, emotional and spiritual needs as well as your medical wishes. Help your family, so they do not have to guess hat you want to protect them from having to make hard choices without knowing your wishes.

OUT ON THE TOWN

CHAMBER MUSIC WILMINGTON CONCERT "CELLOBRATION! WITH AMIT PELED

SUNDAY, SEPTEMBER 10TH LEAVING AT 6:45PM FROM THE ENTRANCE

Chamber Music Wilmington rocks the season's opening concert with a cello lover's dream - a "cello orchestra"! World-renowned cellist Amit Peled returns to CMW with his dynamic group of international protégés from the Peabody Conservatory in Baltimore. Soloists, duos, and the large ensemble will be featured in a full range of classical favorites from Handel to Ligeti including Pablo Casal's own, "Song of the Birds". (10 FREE TICKETS, reserve your seat to be in the drawing for a free seat! PURCHASE OWN TICKET FOR \$30 BY CALLING KENAN BOX OFFICE AT 910-962-3500)

WRIGHTSVILLE BEACH SUNSET WATER TOUR WITH CAPTAIN JOE ABBATE

WEDNESDAY, SEPTEMBER 13TH LEAVING AT 6:45PM FROM THE LOBBY (\$20/PERSON- RAIN DATE:

FRIDAY, SEPTEMBER 15TH SAME TIME)

Bid farewell to the setting sun with a 1 1/2 hour Sunset Cruise, departing from the Blockade Runner Dock. Routes vary with season, weather, and whim on the Basic Sunset Cruise but may include Masonboro Island, Bradley Creek, Money Island or some other combination. Water, marsh, Shamrock, sunset - it's a simple combination but very satisfying. Also from experience this is the best time to sight Dolphins in the bay! Light snacks & beverages will be provided, however you may bring your own bottled beverage of choice with you.

THALIAN ASSOCIATION CHILDREN'S THEATER (TACT) PRESENTS THE DRESS REHERSAL OF "HAIRSPRAY" AT HANNAH BLOCK HISTORIC USO BUILDING

THURSDAY, SEPTEMBER 14TH LEAVING AT 6:45PM FROM THE LOBBY/FREE!

The 1950's are out, and change is in the air! Hairspray, winner of eight Tony Awards, including Best Musical, is a family friendly musical, piled bouffant-high with laughter, romance and deliriously tuneful songs. (25 SEATS AVAILABLE IN THE COACH/RESERVE YOUR SEAT)

NORTH CAROLINA SYMPHONY OPENING NIGHT "BEETHOVEN & RACHMANIOFF"

SATURDAY, SEPTEMBER 30TH LEAVING AT 6:45PM FROM THE LOBBY/ TICKETS ON YOUR OWN

The season opens with Beethoven's serene and evocative "Pastoral" Symphony and two masterpieces by Rachmanioff- the symphonic poem The Rock is followed by the scintillating Rhapsody on a Theme of Paganini, performed by award winning pianist Micah McLaurin. PURCHASE TICKET BY CALLING 877-627-6724.

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

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!



9am-1pm RSVT/L **1**
 9:00 Breakfast: BAGELS/LH
 1:30 Golf Training/CY
 2:00 Jewelry with Florence/AS
 3:00 Line Dancing/WS
 4:00 Baywatch Meeting/AS
 7:45 Bridge/CR

2
 7:00 Scrabble Night/BL

3
 11:30-2:30 Sunday Brunch/LH

LABOR DAY
 No Coach Transportation **4**
 11:15 "Turning the Wheel" with Perry Smith/F
11:30-2:30 Pig Pickin' Picnic in the Courtyard
 1:30 Golf Training/CY
 3:00 "The Quest" w/John Solano/CH

9am-1pm RSVT/L
NO BEAT TODAY, BALANCE, OR HEAD **5**
WATER AEROBICS
 10:30 Clothing Alterations Service /CR
 11:30-3:30 Herman 2 Tables RSVD/CR
 1:00 MahJongg /CR
 2:30-5:00 Stimulating Texture using colored pencils w/Glenn/AS
 3:30 Kitchen Tour (6 people)

FULL MOON **6**
 9am-1pm RSVT/L
 10:30 Protestant Worship Service/3rd Floor of Bradley Creek
 1-5:00 2 Tables RSVD/CR
1:30 Bridge Club/CR
 3:00 Carolina Cruisers Waking Club/WL
 3:00 Knit, Stitch, Craft & Chat/L
 4:00 Meet the Author: Marti Shogi "Widow Spy"/F
 7:00 Poker Group/BL

9am-1pm RSVT-Harris **7**
 Teeter/L
1:30 Bridge Club/CR
1:30 Duplicate Bridge/CR
 7:00 Billiards/BL

9am-1pm RSVT/L **8**
 1:30 Golf Training/CY
 3:00 Line Dancing/WS
 4:00 Sing & Learn with John Golden on WWII/F

9
 7:00 Scrabble Night/BL

10
 11:30-2:30 Sunday Brunch/LH
 6:45 OUTING: Chamber Music Wilmington @ Beckwith/L (10 Free Tickets)
Grandparent's Day

9am-1pm RSVT-WalMart/L **11**
 1:30 Book Club/CR
 1:30 Golf Training/CY
 3:00 "The Quest" w/John Solano/CH
 4:00 DOLLAR BINGO/F

9am-1pm RSVT/L **12**
 10-12:00 Forum RSVD
 1:00 MahJongg /CR
 2:30-5:00 Stimulating Texture using colored pencils w/Glenn/AS

9am-1pm RSVT/L **13**
 10:30 Protestant Worship Service/3rd Floor of Bradley Creek
 10:45 ALOHA Library/L
 11:00 CONVERSATIONS IN THE CHAPEL/CH
 11:00 Functional Fitness/WS
1:30 Bridge Club/CR
 3:00 Carolina Cruisers Walking Group/WL
 3:00 Activity Committee Meeting/AS
 7:00 Poker Group/BL
 7:00 OUTING: Wrightsville Beach Water Tour/limited seating/L

9am-1pm RSVT-Harris Teeter/L **14**
 10:00 Audiology of Wilmington/CR
1:30 Bridge Club/CR
1:30 Duplicate Bridge/CR
 4:00 Baywatch Meeting/AS
 6:45 OUTING: Thalian TACT "Hair Spray"/L
 7:00 Billiards/BL

9am-1pm RSVT/L **15**
 9:00 Breakfast Social: DONUTS/LH
 11:00 Council Meeting/CR
 1:30 Golf Training/CY
 3:00 How to Live @ Carolina Bay/F

16
 7:00 Scrabble Night/BL



17
 11:30-2:30 Sunday Brunch/LH

9am-1pm RSVT-WalMart/L **18**
 1:30 Hand & Foot/CR
 1:30 Golf Training/CY
 3:00 "The Quest" w/John Solano/CH
 4:00 SPEAKER: UNCW Assoc. Professor, Yixin Chen on "Chiang Kai Shek in WWII and the aftermath"/F

9am-1pm RSVT/L **19**
 10:30 Clothing Alterations Service /CR
 1:00 Mahjongg/CR
 2:30-5:00 Stimulating Texture using colored pencils w/Glenn/AS
 4:00 DOLLAR BINGO/F

9am-1pm RSVT/L **20**
 10:30 Protestant Worship Service/3rd Floor of Bradley Creek
 1-5:00 2 Tables RSVD/CR
1:30 Bridge Club/CR
 3:00 Knit, Stitch, Craft & Chat Meeting/L
 3:00 Carolina Cruisers Walking Group/WL
 7:00 Poker Group/BL
 7:00 Halla Bread & Honey/LH
Rosh Hashanah Begins at Sunset

9am-1pm RSVT-Harris Teeter/L **21**
1:30 Bridge Club/CR
1:30 Duplicate Bridge/CR
 4:00 Meet & Greet Liberty Hospice Services/F
 7:00 Billiards/BL

9am-1pm RSVT/L **22**
 1:30 Golf Training/CY
 3:00 Line Dancing/WS
 5:00 Wine & Cheese Social with Jerry Powell on Guitar/LH
First Day of Autumn

23
 7:00 Scrabble Night/BL

24
 11:30-2:30 Sunday Brunch/LH

ACTIVE AGING WEEK
 9am-1pm RSVT-WalMart/L **25**
POPCORN BAR with Tastebuds! \$
 1:30 Golf Training/CY
 3:00 "The Quest" w/John Solano/CH
 5:00 Beleni Belly Dancing Performance/F
 8:00 Movie: Mary Poppins (Debut on this day in 1964/F)
OKTOBERFEST RSVP DUE

9am-1pm RSVT/L **26**
 1:00 MahJongg /CR
3:00 Green Thumbs Planting: Succulents/AS

9am-1pm RSVT/L **27**
 10:30 Protestant Worship Service/3rd Floor of Bradley Creek
1:30 Bridge Club/CR
 3:00 Knit, Stitch, Craft & Chat Club/L
 3:00 Carolina Cruisers Waking Club/WL
 3:00 Bay Watch Meeting/AS
 7:00 Poker Group/BL

9am-1pm RSVT-Harris Teeter/L **28**
1:30 Bridge Club/CR
1:30 Duplicate Bridge/CR
 6:45 OUTING: Thalian Theater "Young Frankenstein"/L
 7:00 Billiards/BL

9am-1pm RSVT/L **29**
 1:30 Golf Training/CY
 3:00 Line Dancing/WS
 5:00 Oktoberfest Buffet & Fall Wine Tasting w/Al Dimarco/LH
Yom Kippur Begins at Sunset

30
 6:45 OUTING: NC Symphony: Opening Night: Beethoven & Rachmaninoff/\$L
 7:00 Scrabble Night/BL



CAROLINA BAY STAFF

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|-------------------------------------|--|
| Cindy Stancil Executive Director | Gay Sawyers Office Manager |
| Bill Piper Marketing Director | Dean Daniels Environmental Services |
| Nancy Bartlett Marketing Assistant | Dana Peterson Housekeeping Supervisor |
| Nate Futrell Wellness Director | Dermot Mackin Transportation |
| Erin Rhyne Life Enrichment Director | Julie Covich Day Receptionist |
| Seth Geradot Maintenance Director | Trudi Buchman Evening Receptionist |
| Zack Alaimo Maintenance Assistant | Marianna Stacy Community Outreach Educator |



REFLECTIONS SALON AND SPA

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

GWEN FRANKEL, HAIRSTYLIST DINA LABARGE, NAIL STYLIST
 BY APPOINTMENT ONLY: SUSAN MCKENDRICK, FACIALS
 KATE HASSEL, IN-APARTMENT MASSAGE THERAPIST

MORRISON'S DIETARY STAFF

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