

Out On The Town Continued...

CAPE FEAR CHORALE PRESENTS "HANDEL'S MESSIAH"

SUNDAY, NOVEMBER 19TH LEAVING AT 3:00PM FROM THE LOBBY

In it's 18th year, Cape Fear Chorale is now an incorporated non-profit community chorus. The mission of the Cape Fear Chorale is to present, at no charge, professional quality choral music that provides artistic and educational experiences for its performers and an ever-broadening audience. At UNCW's Kenan Auditorium. Show begins at 4pm.

34TH ANNUAL WRIGHTSVILLE BEACH FLOTILLA BOAT PARADE & FIREWORKS

SATURDAY, NOVEMBER 25TH TIME TO BE DETERMINED AT LATER DATE/CHECK WEEKLY UPDATE

It is the Southern coastal version of a holiday parade, on water & at night. Ride over to the Intracoastal channel that will have chairs & cocoa waiting for you! Sailboats to power boats decorated to the nines that come to life when the sun goes down. The WB Flotilla is fun for everyone! Chairs provided, blankets are up to you. (WEATHER PENDING/25 SEATS AVAILABLE)

YOUR TICKET... OUR RIDE. Transportation Provided For...

BUY YOUR OWN TICKETS. RESERVE YOUR SEAT ONLY AFTER PURCHASED.

NORTH CAROLINA SYMPHONY "THE MUSIC OF STAR WARS"

THURSDAY, NOVEMBER 9TH LEAVING AT 6:45PM/L

****DUE TO THALIAN CHILDRENS THEATER PERFORMANCE, TRANSPORTATION WILL BE LIMITED TO THOSE WHO HAVE ALREADY PURCHASED SEASON TICKETS.** In celebration of the 40th anniversary of the Star Wars universe, the Symphony dedicates a night to movie music that made John Williams the most Oscar®-nominated composer of all time. Hear all of your Star Wars favorites—including highlights from The Force Awakens—plus themes from Indiana Jones, ET, Jurassic Park, and more. Come early to meet and take pictures with costumed Star Wars characters from the 501st Legion, an all-volunteer organization dedicated to screen-accurate costuming.

UNCW JAZZ COMBO CONCERT

WEDNESDAY, NOVEMBER 15TH LEAVING AT 6:45PM/L

Directed by Natalie Boeyink and Jerald Shynette, Jazz combos are compromised of students in the Department of Music and from across campus. Held at Kenan Auditorium. Tickets \$6.00 call (910) 962-3500

MET OPERA ADES "THE EXTERMINATING ANGEL"

SATURDAY, NOVEMBER 18TH LEAVING AT 11:45AM/L

The Exterminating Angel has its Met premiere this season, conducted by the composer, Thomas Adès. The 2016 opera, co-commissioned by the Met and sung in English, is based on the screenplay by Luis Buñuel and Luis Alcoriza for the acclaimed 1962 Buñuel film. Directed by the librettist Tom Cairns for tickets call (910) 962-3195

LIVE ENTERTAINMENT ALL MONTH LONG

WINE AND CHEESE NEWCOMER'S SOCIAL WITH LIVE ENTERTAINMENT BY SUSAN SAVIA

WEDNESDAY, NOVEMBER 8TH AT 5:00PM IN THE FORUM

ASHLEY HIGH SCHOOL JAZZ PERFORMANCE WITH MEMBERS FROM TRI-M MUSIC HONOR SOCIETY

FRIDAY, NOVEMBER 10TH AT 5:00PM IN THE FORUM

NOVEMBER BIRTHDAY SOCIAL WITH JERRY POWELL ON GUITAR

FRIDAY, NOVEMBER 17TH AT 5:00PM (LOCATION TO BE DETERMINED. CHECK WEEKLY UPDATE)

Celebrate all November Birthday's with a traditional Birthday Cupcake and songs we all know and love!

FALLING FOR AUTUMN PIANO SING-A-LONG WITH SANDY STINSON

MONDAY, NOVEMBER 20TH AT 4:00PM IN THE FORUM

ASHLEY HIGH SCHOOL EAGLE ENSEMBLE PERFORMANCE

WEDNESDAY, NOVEMBER 29TH AT 5:00PM IN THE FORUM

MONTHLY EVENTS

FRIDAY LINE DANCING WITH HEATHER WADSWORTH (EXCEPT THE 3RD FRIDAY)

FRIDAY, NOVEMBER 3RD, 10TH, 24TH & 31ST AT 3:00PM IN THE WELLNESS STUDIO

FIRST MONDAY OF EVERY MONTH EVENING PRIZE BINGO HOSTED BY RIGHT AT HOME

MONDAY, NOVEMBER 6TH AT 7:00PM IN THE FORUM

SECOND THURSDAY OF EVERY MONTH AUDIOLOGY OF WILMINGTON HEARING CHECKS & ASSISTANCE

WITH JASON RICKMAN, THURSDAY, NOVEMBER 9TH AT 10:00AM IN THE CARD ROOM

SECOND TUESDAY OF EVERY MONTH FREE BLOOD PRESSURE CHECKS HOSTED BY RIGHT AT HOME

TUESDAY, NOVEMBER 14TH FROM 11:45AM TO 12:15PM IN THE BILLIARD LOUNGE

THIRD FRIDAY OF EVERY MONTH HOW TO LIVE AT CAROLINA BAY

FRIDAY, NOVEMBER 17TH AT 3:00PM IN THE FORUM



630 CAROLINA BAY DR. WILMINGTON, NC 28403

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



NOVEMBER 2017

Shore Things This Month

HAPPY 2 YEAR ANNIVERSARY CAROLINA BAY! (RESIDENT ONLY CLOSED CELEBRATION)

THURSDAY, NOVEMBER 2ND AT 3:30-5PM IN THE LIGHTHOUSE MARKET

Celebrate the second year with a champagne toast and light snacks with Carole Bowman Green on the Celtic Harp.

DISTRICT ATTORNEY, BEN DAVID

MONDAY, NOVEMBER 6TH AT 3:45PM IN THE FORUM

Welcoming our local D.A. Ben David to Carolina Bay to discuss the drug problems of our , teenage gangs and his rehabilitation program for first offenders.

HERB PLANTING WITH BARBARA BITTLER

TUESDAY, NOVEMBER 7TH AT 3:00PM IN ART STUDIO

The New Hanover Garden Club invites you to join us for a short presentation on Container Herb Gardening. Come to learn about the easiest herbs to grow inside and enjoy hands on planting tips. Take away some knowledge and an herb you can enjoy for months to come! Cheryl Delk will be the guest presenter. (limited to the first twelve resident to sign-up)

VETERAN'S DAY RECOGNITION SOCIAL WITH DUKE LADD, SPONSORED BY HOME INSTEAD

THURSDAY, NOVEMBER 9TH AT 10:30AM IN THE FORUM

HEALTHY AGING HABITS WITH MARK HOLLINGSWORTH, NURSE PRACTITIONER

THURSDAY, NOVEMBER 9TH AT 3:00PM IN THE FORUM

Mark will be a compelling speaker on the subject of Nutrition, Osteoporosis, BHRT and other subjects your residences would find fascinating

CURRENT SURGERY TECHNIQUES WITH DR. THOMAS, NEUROSURGEON

THURSDAY, NOVEMBER 16TH, AT 5:00PM IN THE FORUM

Out On The Town

MUSIC ON MARKET: "THE ART OF MUSIC- COMBINING THE SENSES"

SATURDAY, NOVEMBER 4TH LEAVING AT 6:45PM FROM THE LOBBY

Listen and see the beauty of music in this very unique concert. Your most loved pieces will be performed by the Tallis Chamber Orchestra, piano, organ, oboe, flute, harp and vocal soloists. While listening to beautiful music, view a backdrop of art from famous museums combining the senses into a memorable experience. Held in the Sanctuary of St. Andrews-Covenant Presbyterian Church. (25 seats on coach- more seats available if you drive yourself)

CHAMBER MUSIC WILMINGTON PRESENTS "SCHUMANN STRING QUARTET"

SUNDAY, NOVEMBER 5TH LEAVING AT 6:45PM FROM THE LOBBY (FIRST 10 TO SIGN UP FREE)

PRE-CONCERT RECEPTION PRIOR TO OUTING BEGINS AT 5:00PM IN THE FORUM

This dynamic foursome has made debuts in Europe and the U.S. and are fulfilling their residency at the Chamber Music Society of Lincoln Center. Held in Beckwith Recital Hall at UNCW. (Tickets \$30 by calling Kenan Box office at (910) 962-3500.)

THALIAN YOUTH THEATER DRESS REHEARSAL OF "DISNEY'S BEAUTY AND THE BEAST"

THURSDAY, NOVEMBER 9TH LEAVING AT 6:45PM FROM THE LOBBY

Based on the original Broadway production that ran for over thirteen years and was nominated for the nine Tony Awards, and the Academy Award-winning motion picture, *Disney's Beauty and the Beast* is a fantastic adaptation of the story of transformation and tolerance. *Disney's Beauty and the Beast* features some of the most popular songs ever written by Alan Menken and the late Howard Ashman, along with new songs by Mr. Menken and Tim Rice. Free dress rehearsal held at the Historic USO Hannah Block Building. (25 seats on coach- more seats available if you drive yourself)

DIABETES AWARENESS MONTH: NEW BALANCE OF WILMINGTON FOR DIABETIC FOOT CARE

TUESDAY, NOVEMBER 14TH LEAVING AT 1:30PM FROM THE LOBBY

24 million people have diabetes and 25% of this population will develop foot problems caused by their disease. Poorly fitting footwear exacerbates the symptoms. Every year Medicare covers one pair of diabetic shoes and three pairs of cushion inserts. Work with the staff of New Balance to learn about the Medicare reimbursement process with extra staff available just for our group! They will offer light refreshments, door prizes, and special discounts!

NOVEMBER

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

Sunday Monday Tuesday Wednesday Thursday Friday Saturday



**REFLECTIONS
SALON & SPA
HOURS →**

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

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

BAYWATCH RELEASED 1
9am-1pm RSVT/L
10:30 Protestant Worship Service/BC/3rd floor
1-4:00pm 1table RSVD/BL
1:30 Bridge Club/CR
3:00 Knit, Stitch, Craft & Chat Group/L
3:00 Carolina Cruisers Walking Club/WL
7:00 Poker Group/BL

7:30 CB Losers Club/LH
9am-1pm RSV-Teeter/L 2
1:30 Bridge Club/CR
1:30 Duplicate Bridge/BL
3:30-5pm CELEBRATING 2 YEARS AT CAROLINA BAY (Private Resident Only Social/LH)
7:00 Billiards /BL

9am-1pm RSVT/L
1:00 Maintenance Meeting/CR 3
1:30 Golf Training/CY
3:00 Line Dancing/WS
4:00 "You Pick" Movie Matinee/F
7:45 First Friday Bridge/CR

6:45 OUTING: Music on Market "The Art of Music, Combining the Senses"/L
7:00 Scrabble Night/BL

CAMPUS VENUES

- AC Aquatics Center
- AS Art Studio
- BL Billiards Lounge
- CBG Carolina Bay Grill
- CH Chapel (2nd Floor)
- CR Card Room
- CY Courtyard
- F Forum
- FC Fitness Center
- L Lobby
- LH Lighthouse Market
- LIB Library
- PDR Private Dining Room
- PUB Cape Fear Pub
- SE South Entrance
- SPA Reflections Spa & Salon
- WL Wellness Lounge
- WS Wellness Studio
- ZG Zen Garden

RSVT = Reserved Transportation
Ind. Act. = Independent Activity
Bold = Reservation Required @ the Reservation Desk
\$ = Cost on your own

DAYLIGHT SAVINGS TIME 5
11:30-2:30 Sunday Brunch/LH
5:00 Chamber Music Wilmington Reception (Closed reception to the 1st ten that signed up to attend the show)
6:45 Chamber Music Wilmington "Schumann Quartet"/L

9am-1pm RSVT-WalMart/L 6
1:00 Hand & Foot Canasta/CR
1:30 Golf Training/CY
3:00 "The Quest" w/John Solano/CH
3:45 SPEAKER: D.A. Ben David, Current ILM Affairs/F
7:00 PRIZE BINGO/F

ELECTION DAY 7
9am-1pm RSVT/L
11:30-3:30 Herman 2 Tables RSVD/CR
1:00 MahJongg /CR
3:00 Herb Planting w/Barb/AS
3:30 Kitchen Tour (6 people)
5:00 First Floor Social/AS

9am-1pm RSVT/L
10:30 Protestant Worship Service/BC/3rd floor
10:45 ALOHA Library/L
1-4:00pm 1table RSVD/BL
1-5:00 2 Tables RSVD/CR
1:30 Bridge Club/CR
3:00 Carolina Cruisers Walking Group/WL
5:00 Wine Social w/Susan Savia/F
7:00 Poker Group/BL

7:30 CB Losers Club/LH
9am-1pm RSVT-Harris Teeter/L 9
10:00 Audiology of Wilmington/CR
10:30 Veteran Day Program with Duke Ladd & Home Instead/F
1:00 Finance Meeting/BL
3:00 SPEAKER: Mark Hollingsworth, NP/F
4:00 Operations Meeting/BL
6:45 OUTING: TACT "Disney's Beauty & the Beast"/L
6:45 Transportation for: NC Symphony "The Music of Star Wars"/L
7:00 Billiards/BL

9am-1pm RSVT/L 10
9:00 Breakfast: Casserole/LH
1:30 Golf Training/CY
1:30 Jewelry with Florence/AS
3:00 Line Dancing/WS
5:00 Ashley High School Honors Jazz Performance/F

VETERAN'S DAY 11
7:00 Scrabble Night/BL

11:30-2:30 Sunday Brunch/LH 12

WORLD KINDNESS DAY 13
9am-1pm RSVT-WalMart/L
10:00 Bible Study w/Beth Cherry/CR
1:30 Book Club/CR
1:30 Golf Training/CY
3:00 "The Quest" w/John Solano/CH
4:00 Activity Meeting/AS
4:00 DOLLAR BINGO/F

9am-1pm RSVT/L 14
9:30-12 Forum RSVD for Liberty Hospice Meeting
11:45-12:15 Blood Pressure Checked/BL
1:00 MahJongg /CR
1:30 OUTING: New Balance of Mayfair for Diabetes Awareness Month/L
5:00 First Floor Social/AS

9am-1pm RSVT/L
10:30 Protestant Worship Service/BC/3rd Floor 15
1-4:00pm 1table RSVD/BL
1:30 Bridge Club/CR
2:00 Wellness Meeting/BL
3:00 Knit, Stitch, Craft & Chat Meeting/L
3:00 Carolina Cruisers Walking Group/WL
3:30 Dining Meeting/PDR
6:45 Transportation to UNCW Jazz Combo's/\$L
7:00 Poker Group/BL

7:30 CB Losers Club/LH 16
9am-1pm RSVT-Harris Teeter/L
11:00 Environmental Meeting/BL
1:30 Bridge Club/CR
1:30 Duplicate Bridge/CR
3:00 Baywatch Meeting/AS
5:00 SPEAKER: Dr. Thomas/F
7:00 Billiards/BL

9am-1pm RSVT/L 17
9:00 Breakfast: Yogurt & Granola/LH
11:00 Council Meeting/CR
1:30 Golf Training/CY
1:30 Jewelry with Florence/AS
3:00 How to Live @ Carolina Bay/F
5:00 Nov. Birthday Social w/ Jerry Powell on Guitar/F

MICKEY MOUSE'S BIRTHDAY 18 (1928)
11:45 Transportation to "Met Opera"/L
7:00 Scrabble Night/BL

11:30-2:30 Sunday Brunch/LH 19
2:00 Card Room RSVD
3:00 OUTING: Cape Fear Chorale "Messiah"/L

9am-1pm RSVT-WalMart/L 20
1:00 Hand & Foot Canasta/CR
1:30 Golf Training/CY
3:00 "The Quest" w/John Solano/CH
4:00 "Falling for Autumn" sing-along w/Sandy Stinson/F

9am-1pm RSVT/L 21
1:00 Mahjongg/CR
4:00 Feature Film "Delivering Justice" documentary on Lottery Scams/F
5:00 First Floor Social/AS

9am-1pm RSVT/L
10:30 Protestant Worship Service/BC/3rd Floor 22
1-4:00pm 1table RSVD/BL
1-5:00 2 Tables RSVD/CR
1:30 Bridge Club/CR
3:00 Carolina Cruisers Walking Club/WL
7:00 Poker Group/BL

HAPPY THANKSGIVING NO COACH TRANSPORTATION 23
7:30 CB Losers Club/LH
1:30 Bridge Club/CR
1:30 Duplicate Bridge/CR
7:00 Billiards/BL
Independent Event—"Loop thru History" Signs out until 11/26. Walk the Loop & learn history & trivia about the beach.

9:00 Breakfast Social: Donuts/LH 24
9am-1pm RSVT/L
1:30 Golf Training/CY
1:30 Jewelry with Florence/AS
2:00 Jewelry Repair/AS
3:00 Line Dancing/WS
December Calendars released

Time TBD OUTING: Wrightsville Beach Flotilla/L 25
7:00 Scrabble Night/BL

11:30-2:30 Sunday Brunch/LH 26

9am-1pm RSVT-WalMart/L 27
1:30 Golf Training/CY
3:00 "The Quest" w/John Solano/CH
4:00 DOLLAR BINGO/F

9am-1pm RSVT 28
1:00 Mahjongg/CR
3:00 Holiday Season Safety Awareness Tips & Suggestions/F
5:00 First Floor Social/AS

9am-1pm RSVT/L
10:30 Protestant Worship Service/BC/3rd Floor 29
1:30 Bridge Club/CR
3:00 Carolina Cruisers Walking Club/WL
5:00 Ashley High School Choral Performance/F
7:00 Poker Group/BL

7:30 CB Losers Club/LH 30
9am-1pm RSVT-Harris Teeter/L
10-2:00 Drop-In Shopping at the Alfred Dunner Mobile Boutique/F
1:30 Bridge Club/CR
1:30 Duplicate Bridge/CR
3:00 Baywatch Meeting/AS
7:00 Billiards/BL

9am-1pm RSVT/L 31
9:00 Breakfast: Bagels/LH
1:30 Golf Training/CY
1:30 Jewelry with Florence/AS
3:00 Line Dancing/WS

ACTIVITY RESERVATION BINDER OUT

CAROLINA BAY STAFF

Bill Piper Director
Nancy Bartlett Marketing Assistant
Nate Futrell Wellness Director
Julie Covich Day Receptionist
Dean Daniels Environmental Services

Gay Sawyers Office Manager
Erin Rhyne Life Enrichment Director
Seth Geradot Maintenance Director
Trudi Buchman Evening Receptionist

Dana Peterson Housekeeping Supervisor
Dermot Mackin Transportation Driver
Zack Alaimo Maintenance Assistant
Marianna Stacy Community Outreach Educator

MORRISON'S DIETARY STAFF

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

