

## YOUR TICKET, OUR RIDE TRANSPORTATION PROVIDED TO...

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

### THE POINTE MOVIE THEATER TO SEE "THE DARKEST HOUR"

WEDNESDAY, JANUARY 3RD LEAVING AT 2:15PM FOR 3:30PM SHOW/ \$8TICKET ON YOUR OWN @THE DOOR  
A thrilling and inspiring true story begins on the eve of World War II as, within days of becoming Prime Minister of Great Britain, Winston Churchill must face one of his most turbulent and defining trials; exploring a negotiated peace treaty with Nazi Germany, or standing firm to fight for the ideals, liberty and freedom of a nation. Rated PG-13 for some thematic material. Length: 2 Hours & 5 minutes (25 seats available on the coach-you may drive yourself)

### NORTH CAROLINA SYMPHONY "PICTURES AT AN EXHIBITION"

SUNDAY, JANUARY 14TH LEAVING AT 6:45PM FROM THE LOBBY

At the Wilson Center. You must purchase your ticket by calling (877) 627-6724.

### METROPOLITAN OPERA LIVE "PUCCINI'S TOSCA"

SATURDAY, JANUARY 27TH LEAVING AT 11:45AM FROM THE LOBBY

At UNCW's Lumina Theater in Fisher Student Center. You must purchase your ticket by calling (910) 962-3195.



## 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, JANUARY 3RD AND 17TH FROM 3-5:00PM IN THE LOBBY LOUNGE

### JEWELRY WITH FLORENCE

Want to learn how to make a necklace, bracelet/key chain, earrings or more? Florence enjoys sharing her time with all on Friday's at 1:30pm to encourage more "home jewelers"!

### WELCOME WAGON SERVICE WITH VIVIAN DESANTO

Vivian will be coming to share local freebies, coupons, maps, and homemade brownies to those who have recently moved into Carolina Bay! Please be sure to sign-up in the reservation binder so she knows how many welcome packs to bring!

### PRIZE BINGO HOSTED BY RIGHT AT HOME HEALTH CARE

MONDAY, JANUARY 8TH AT 7:00PM IN THE FORUM

It's madness on Monday nights! Grab your seat while they last for a fun game of prize bingo! (FREE, bring a friend!)



### NATIONAL HOUSEPLANT APPRECIATION DAY:

#### REPOTTING YOUR HOUSE PLANTS

WEDNESDAY, JANUARY 10TH AT 2:00PM IN THE ART STUDIO

Shorter days & longer nights have started taking a toll on our houseplants, why don't we give them a little TLC! Grab a cart and bring your plants down to the art studio to have them repotted so you have strong & healthy plants for the new year! Soil will be provided.

### AUDIOLOGY OF WILMINGTON VISITS WITH JASON RICKMAN

THURSDAY, JANUARY 11TH AT 10:00AM IN THE CARD ROOM

### ONE YEAR ANNIVERSARY OF LINE DANCING WITH HEATHER

FRIDAY, JANUARY 12TH AT 3:00PM IN THE WELLNESS STUDIO

Every adventure requires a first step, now is your turn! Step into the Wellness Studio and brush up on some of our favorite line dances, or maybe learn a new one! We always do the Electric Slide, Alley Cat and Cupid Shuffle, and line dances to Boot Scoot Boogie, My Guy, Move Like Jagger, etc.. Heather Wadsworth with GoingFit is sure to get your heart beat going without noticing because it is so FUN!

### FAVORITE HYMN SING-A-LONG WITH SANDY STINSON

SUNDAY, JANUARY 14TH AT 4:00PM IN THE FORUM

### TGIF WINE AND CHEESE SOCIAL WITH RAY & JEFF

FRIDAY, JANUARY 19TH AT 5:00PM IN THE LIGHTHOUSE MARKET

Sit back & relax with friends & neighbors with complimentary wine & snacks provided by Activities Department!

### "WINTER DOLDRUMS" SING A LONG WITH SANDY STINSON ON PIANO

MONDAY, JANUARY 22ND AT 4:00PM IN THE FORUM

### CELEBRATING JANUARY BIRTHDAY SOCIAL WITH JERRY POWELL ON GUITAR

THURSDAY JANUARY 25TH AT 4:00PM IN THE LIGHTHOUSE MARKET

Join in the Forum to toast with punch & Cupcakes to those "boo babies" at Carolina Bay! Honoring all October birthday's at once, we hope you can make it!



JANUARY  
2018



630 CAROLINA BAY DR. WILMINGTON, NC 28403

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

## Shore Things This Month

### SPEAKER: DR. YIXIN CHEN, UNCW HISTORY DEPARTMENT ON HIS RECENT TRIP TO CHINA

FRIDAY, JANUARY 5TH AT 4:00PM IN THE FORUM

Many of you may remember hearing Dr. Yixin Chen's speaking back in September. He has just returned from a two month visit to China and is coming to share his observations while on the visit.

### SNEAK PEEK OF TV DOCUMENTARY, THE AMERICAN CONSTITUTION, WITH DAVID GUGAN

TUESDAY, JANUARY 16TH AT 4:00PM IN THE FORUM

Now in production, David Gugan is here to teach about his documentary series that brings to life the Constitutions origin story through dramatic portrayals of the Founders' own words. Washington, Madison, and Hamilton struggle against overwhelming odds to save their fledging country from ruin. A five-night ministries projected to air nationally in 2020.

### SPEAKER: "FAKE NEWS" IN RELIGION WITH RABBI ROBERT WAXMAN, RABBI EMERITUS B'NAI ISRAEL CONGREGATION

WEDNESDAY, JANUARY 24TH AT 4:00PM IN THE FORUM

S. Robert Waxman was the spiritual and educational leader of the B'nai Israel Congregation through June 2015. He directed the religious school and taught the Bar and Bat Mitzvah students. He now enjoys sharing his knowledge and observations with the community. He entertained us in December for Hanukkah and is here this month to stretch our minds for an educational discussion.

## Out On The Town

### ORGAN RECITAL AT ST. PAUL'S EPISCOPAL WITH PATRICK KREEGER

FRIDAY, JANUARY 12TH LEAVING AT 6:30PM FROM THE LOBBY-DONATIONS ACCEPTED

Giving his Carnegie Hall Debut at age 17, Patrick Kreeger enjoys a versatile career as both a pianist and organist. He began organ lessons at age 12 and was awarded a scholarship to attend the Curtis Institute of Music in Philadelphia at age 18. (25 seats available on the coach-you may drive yourself)

### THALIAN CHILDREN'S THEATER PRESENTS THE DRESS REHEARSAL OF "A YEAR WITH FROG AND TOAD"

THURSDAY, JANUARY 18TH LEAVING AT 6:45PM FROM THE LOBBY-FREE

The Youth Theatre division of Thalian Association presents A Year with Frog and Toad at the Hannah Block 2nd Street Stage in downtown Wilmington, NC. Featuring a sing-along score by Robert and Willie Reale, this whimsical show follows two great friends - the cheerful, popular Frog and the rather grumpy Toad - through four action packed seasons. (25 seats available on the coach-more seats available if you drive yourself)

### TOUR OF CAMERON ART MUSEUM AND LUNCH

TUESDAY, JANUARY 23RD LEAVING AT 10:00AM FROM THE LOBBY-\$10 ADMISSION & LUNCH ON YOUR OWN

### MUSIC AT FIRST PRESBYTERIAN: BEVERLY ANDREWS, VIOLIN AND DOMINIQUE LAUNEY ON PIANO

SUNDAY, JANUARY 28TH LEAVING AT 3:45PM FROM THE LOBBY-DONATIONS ACCEPTED

Music at First is a monthly concert series featuring chamber music performed by local and nationally recognized musicians. Concerts include a wide variety of classical and folk music that span genres and centuries of music heard around the globe. Beverly Andrews is concertmaster of the Wilmington Symphony Orchestra, City Ballet Orchestra, Cape Fear Chorale Orchestra and for many other area programs. Domonique Launeay has performed throughout the U.S., Europe, and Jamaica as soloist, chamber musician, and collaborator. Show begins at 5:00pm. (25 seats available on the coach-more seats available if you drive yourself)

### BACK BY POPULAR DEMAND! "TOUR YOUR TOWN" LED BY RESIDENT JACK MILLS, ENDING AT CAPE FEAR MUSEUM WITH UNDERGROUND TOUR OF CAPE FEAR ARTIFACTS

TUESDAY JANUARY 30TH LEAVING AT 1:15PM RETURN TO CAROLINA BAY AT 4:00PM

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! (10 max- reserve your seat)

# JANUARY

## OUR CAMPUS

- AS Art Studio
- BC Bradley Creek
- 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

**Bold = Reservation Required**  
**@ Reservation Binders**  
**Front Desk 910-769-7500**  
**Security 910-619-1921**



## REFLECTIONS

### SALON AND SPA

#### SALON HOURS

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

**GWEN FRANKEL**  
HAIRSTYLIST

**NICOLE WARDENFELT**  
HAIRSTYLIST

**DINA LABARGE**  
NAIL STYLIST

**KATE HASSEL**  
IN-APARTMENT MASSAGE  
THERAPIST BY APPT

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>HAPPY New Year ★ 2018 ★</b>	<b>NEW YEARS DAY 1</b>  No Transportation  8:00am Coverage begins for The 129th Annual Tournament of Roses Parade on NBC	9:00-1 RSVT Transportation/L 11:30-3:30 2 Tables RSVD/CR <b>2</b> 1:00 Mahjongg/CR 3:00 Bay Watch Meeting/AS 3:00 "The Bible Quest" /CH 3:30 Kitchen Tour with Mo/PUB (6 people max) 5:00 1st Floor Social/AS	9:00-1 RSVT Transportation/L 10:30 Protestant Service/BC <b>3</b> 1-5 2 Tables RSVD/CR 1:30 Bridge Club/CR 2:15 Transportation for: The Point Movie Theater to see: "The Darkest Hour"/\$L 3:00 Carolina Cruisers Club/WL 3:00 Knit, Stitch, Craft, Chat Meeting/L 7:00 Poker Group/BL	7:30 CB Loser Club/LH <b>4</b> 9:00-1 RSVT Transportation/L 1:30 Bridge Club/CR 1:30 Duplicate /BL 7:00 Billiards/BL	9:00-1 RSVT Transportation/L <b>5</b> 1:30 Golf Training/CY 1:30 Jewelry w/Florence/AS 2:00 Maintenance Com. Meeting/CR 3:00 Line Dancing/WS 4:00 Speaker: Dr. Yixin Chen, UNCW History Department/F 7:45 1st Friday Bridge/CR	<b>6</b>  7:00 Scrabble/BL
<b>7</b>  9:30 Catholic Communion Service/BC	9:00-1 RSVT Transportation/L <b>8</b> 10:00 Bible Study/CP 1:30 Golf Training/CY 1:30 Book Club/CR 3:00 "The Bible Quest" /CH 3:00 Newcomers w/Vivian/F 4:00 Activity Committee Meeting/AS 7:00 Prize Bingo/F	9:00-1 RSVT Transportation/L <b>9</b> 11:30-11:45-12:15 Blood pressure Checked/BL 1:00 Mahjongg/CR 3:00 Bay Watch Meeting/AS 5:00 1st Floor Social/AS	9:00-1 RSVT Transportation/L <b>10</b> 10:30 Protestant Service/BC 10:45 ALOHA Library/L 1-5 2Tables RSVD/CR 1:30 Bridge Club/CR 2:00 Wellness Committee Meeting/WS 2:00 Houseplant Appreciation Day: Repotting Houseplants/AS 3:00 Carolina Cruisers Club/WL 7:00 Poker Group/BL	7:30 CB Loser Club/LH 9:00-1 RSVT Transportation/L <b>11</b> 10:00 Audiology of Wilmington Visits with Jason Rickman/CR <b>11</b> 1:30 Bridge Club/CR 1:30 Duplicate /BL 4:00 Operations Com. Meeting/BL 7:00 Billiards/BL	9:00-1 RSVT Transportation/L <b>12</b> 9:00 Breakfast/LH 1:30 Golf Training/CY 1:30 Jewelry w/Florence/AS 3:00 One Year Anniversary Line Dancing Class with Heather/WS 6:30 OUTING: Organ Recital @ St.Paul's Episcopal /L	<b>13</b>  7:00 Scrabble/BL
9:30 Catholic Communion Service/BC <b>14</b> 4:00 Hymn Singalong w/Sandy Stinson/F 6:45 Transportation to NC Symphony @ Wilson Center/\$L	<b>MARTIN LUTHER KING, JR DAY 15</b> 9:00-1 RSVT Transportation/L <b>15</b> 1:00 Hand & Foot Canasta/CR 1:30 Golf Training/CY 3:00 "The Bible Quest"/CH 3:00 Baywatch Final Draft Meeting/AS 4:00 Dollar Bingo/F	9:00-1 RSVT Transportation/L <b>16</b> 1:00 Mahjongg/CR 4:00 SPEAKER: David Gugan-The American Constitution Documentary/F 5:00 1st Floor Social/AS	9:00-1 RSVT Transportation/L <b>17</b> 10:30 Protestant Service/BC 1-5 2Tables RSVD/CR 1:30 Bridge Club/CR 3:00 Carolina Cruisers Club/WL 3:00 Knit, Stitch, Craft, Chat Meeting/L 3:30 Dining Committee Meeting/DR 7:00 Poker Group/BL	7:30 CB Loser Club/LH <b>18</b> 9:00-1 RSVT Transportation/L <b>18</b> 11:00 Environmental Com.Meeting/CR 1:30 Bridge Club/CR 1:30 Duplicate /BL 6:45 OUTING: Thalian Children's Theater Dress Rehearsal of "A Year w/Frog & Toad"/L 7:00 Billiards/BL	9:00-1 RSVT Transportation/L <b>19</b> 11:00 Council Meeting/CR 1:30 Golf Training/CY 1:30 Jewelry w/Florence/AS 3:00 How to Live at Carolina Bay/F 5:00 TGIF Wine & Cheese Social w/Ray & Jeff on Guitar/LH	<b>20</b>  7:00 Scrabble/BL
<b>21</b>  9:30 Catholic Communion Service/BC	9:00-1 RSVT Transportation/L <b>22</b> 1:30 Golf Training/CY 3:00 "The Bible Quest"/CH 4:00 "Winter Doldrums" Singalong w/Sandy Stinson/F	9:00-Medical ONLY due to outing/L <b>23</b> 10:00 OUTING Cameron Art Museum Tour & Lunch/\$L 1:00 Mahjongg/CR 5:00 1st Floor Social/AS	9:00-1 RSVT Transportation/L <b>24</b> 10:30 Protestant Service/BC 1-5 2Tables RSVD/CR 1:30 Bridge Club/CR 3:00 Carolina Cruisers Club/WL 4:00 SPEAKER: "Fake News in Religion w/Rabbi Robert Waxman/F 7:00 Poker Group/BL	7:30 CB Loser Club/LH <b>25</b> 9:00-1 RSVT Transportation/L <b>25</b> 1:30 Bridge Club/CR 1:30 Duplicate /BL 4:00 January Birthday Social w/Jerry Powell on Guitar/LH 7:00 Billiards/BL  FEBRUARY CALENDAR OUT	9:00-1 RSVT Transportation/L <b>26</b> 9:00 Breakfast/LH 1:30 Golf Training/CY 1:30 Jewelry w/Florence/AS 3:00 Line Dancing/WS  5:00 SIGN-UP BOOK OUT	<b>27</b>  11:45 TRANSPORTATION TO MET OPERA "PUCCINI'S TOSCA"/\$L  7:00 Scrabble/BL
9:30 Catholic Communion Service/BC <b>28</b> 3:45 OUTING: Music At First Presbyterian/L	9:00-1 RSVT Transportation/L <b>29</b> 1:00 Hand & Foot/CR 1:30 Golf Training/CY 3:00 "The Quest"/CH 4:00 Dollar Bingo/F	9:00-1 RSVT Transportation/L <b>30</b> 1:00 Mahjongg/CR 1:15 OUTING: Cape Fear Museum Background Tour led by resident Jack Mills/L 5:00 1st Floor Social/AS	9:00-1 RSVT Transportation/L <b>31</b> 10:30 Protestant Service/BC 1-5 2Tables RSVD/CR 1:30 Bridge Club/CR 3:00 Carolina Cruisers Club/WL 7:00 Poker Group/BL	<b>JEWELRY WITH FLORENCE</b>  FRIDAY'S AT 1:30PM IN THE ART STUDIO		<b>28</b>  7:00 Scrabble/BL



## YOUR CAROLINA BAY STAFF

**Bill Piper** Executive Director  
**Nancy Bartlett** Marketing Director  
**Nate Futrell** Wellness Director  
**Julie Covich** Day Receptionist  
**Dana Peterson** Housekeeping Supervisor  
**Zack Alaimo** Maintenance Assistant

**Gay Sawyers** Office Manager  
**Erin Rhyne** Life Enrichment Director  
**Seth Geradot** Maintenance Director  
**Trudi Buchman** Evening Receptionist  
**Dermot Mackin** Transportation Driver  
**Marianna Stacy** Community Outreach Educator

## MORRISON'S DIETARY STAFF

**T.J. Milliron**, Executive Chef  
**Mo Moore**, Chef's Assistant

MONTHLY BACKGROUND KITCHEN TOUR WITH MO  
 TUESDAY, JANUARY 2ND AT 3:30PM, MEET IN THE PUB  
 LIMITED TO FIRST 6 THAT SIGN UP DUE TO SPACE