

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

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

NORTH CAROLINA SYMPHONY "STARS & STRIPES"

SUNDAY, JULY 1ST LEAVING AT 6:45PM FROM THE LOBBY

Beat the summer heat and join us for a good, old-fashioned salute to the Red, White, and Blue. Hear patriotic favorites and high-spirited classics as we honor the birthday of the U.S.A. At the Wilson Center.

You must purchase your ticket by calling (877) 627-6724

OUT TO THE MOVIES- TITLE & LOCATION TO BE DETERMINED

THURSDAY, JULY 12TH TIME TO BE DETERMINED

Please check the weekly update for the specific film & time information.

OUT FOR LUNCH AT SZECHUAN 132

THURSDAY, JULY 19TH LEAVING AT 11:30AM FROM THE LOBBY

Voted best Chinese restaurant for 21 years by Encore Magazine. Menu will be printed & placed behind the sign up sheet in the teal reservation binder.

OUT TO DINNER TO PLATYPUS & GNOME WITH LIVE ENTERTAINMENT BY ONE OF OUR FAVORITES... AL DIMARCO *WEDNESDAY, JULY 25TH LEAVING AT 6:00PM/LOBBY*

The restaurant name might be silly, but the menu SERIOUSLY has something for everyone! They have fabulous salads, homemade wild boar soup, specialty burgers and sandwiches and a complete entree menu that changes seasonally. Al DiMarco will be performing his beautiful jazz on the keyboard & maybe a little of his famous accordioneering as well!

UPCOMING PROGRAMS THIS MONTH...

SPEAKER: AAA TRAVELERS CLUB WITH KAREN THOMAS

TUESDAY, JULY 10TH AT 4:00PM IN THE FORUM

Interested in traveling and getting the best possible rates? Karen is here to tell us all about some of their scheduled trips as well as some inside information only AAA members know, but will share with all! Please come with your questions about a possible trip you've been thinking about taking and who knows - it might be easier than you realize to take that trip!

THE WRITE STUFF WITH BEV HAEDRICH

WEDNESDAY, JULY 11TH AND 25TH AT 2:00PM IN THE ART STUDIO

"We'll delve into our sacred memory files to see what surfaces. *You may be surprised!* We may find ourselves re-living good times, and maybe some that weren't. *Have no fear, you are not alone.* One thing is for sure, with hundred of prompts neatly organized in Bev's treasure chest of ideas, it's pretty much guaranteed that we'll be sharing "The Write Stuff" soon!" Join us for some critical thinking and reminiscing!

THE GREAT COURSE: REALISTIC WATERCOLORS STEP BY STEP

THURSDAY, JULY 12TH, 19TH & 26TH AT 2:30PM IN THE ART STUDIO

Led by Anna Mason.... is a watercolorist specializing in big, bold, botanical subjects. After making a huge career change to paint full-time 10 years ago, she's been honored with an RHS Gold Medal for Botanical Art and the Grand Prize by International Artist Magazine. In recent years, Anna has made it her mission to teach her unique watercolor techniques in an easy-to-understand way by contributing to Artists & Illustrator Magazine in the U.K., writing *The Modern Flower Painter* (Search Press) and teaching on *Craftsy*. LIMITED SUPPLIES WILL BE AVAILABLE FOR THIS PREVIEW SESSION.

THE GREAT COURSE: OPTIMIZING BRAIN FITNESS

TUESDAY, JULY 17TH, 24TH, AND 31ST AT 4:00PM IN THE CARD ROOM

With its up to 500 trillion synaptic connections, your brain is easily the most powerful machine in the world. These connections are what create your thoughts, what drive your emotions, and what control your behaviors. Even more incredibly: This amazing machine is constantly changing through a process known as brain plasticity. And you can take advantage of this process to improve and enhance your brain's jaw-dropping powers—at any age.



JULY
2018



LIFE ENRICHMENT CALENDAR OF EVENTS

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

BAKE SALE FUNDRAISER SUPPORTING THE AMERICAN HEART ASSOCIATION

MONDAY, JULY 2ND DROP-IN BETWEEN 11:00AM-1:00PM IN THE CONFERENCE ROOM

Administration will have the cupcakes, brownies & tasty treats for you, first come first serve,... come try something new!

STAR SPANGLED SONGS: A SALUTE TO PATRIOTIC MUSIC PROGRAM WITH PHIL BRUSCHI

TUESDAY, JULY 3RD AT 4:00PM IN THE FORUM

Patriotic music has always been an important part of the American culture. This music speaks to the feelings of honor or our forefather's had, and for this country's freedom and national unity. Much of this music comes from the number of wars America fought in, starting with the American Revolution right up to the present. Other songs were inspired by the beauty of this country and the hope for a better nation.

Phil will discuss the origins of these songs, their composers, and why they were written, while singing such songs as, "The Battle Hymn of the Republic," "America the Beautiful," "This Land is Your Land," and "God Bless the USA." Join Phil for an educational and entertaining program.

EXTERIOR CAR WASH FUNDRAISER SUPPORTING THE AMERICAN HEART ASSOCIATION

FRIDAY, JULY 20TH FROM 9:00AM-11:00AM IN THE PARKING LOT

All donations will be given directly to the American heart association!

PATRIOTIC PARADE SING-A-LONG WITH SANDY STINSON ON PIANO

TUESDAY, JULY 24TH AT 4:00PM IN THE FORUM

WINE & CHEESE SOCIAL WITH LIVE ENTERTAINMENT BY SUSAN SAVIA ON THE UKULELE

FRIDAY, JULY 27TH AT 4:00PM IN THE LIGHTHOUSE MARKET

Feel like you're somewhere tropical while sipping on a wine spritzer, snacking on sea salted caramels and tapping your toe to the fun sounds of the ukulele. Susan enjoys singing a variety of artists' such as James Taylor, Dean Martin, Beatles, and Ray Charles. We hope to see all neighbors enjoying this "Happy Hour" social!

Out On The Town

BEHIND THE SCENES: OPERA WILMINGTON

SATURDAY, JULY 14TH LEAVING AT 9:45AM FROM THE LOBBY

The Lumina Festival at UNCW presents Opera Wilmington Behind the Scenes, an open house in UNCW's Cultural Arts Building. Theatre fans get a sneak peek at how opera comes together at a local opera production company. The tour includes a visit to UNCW's scene shop, costume shop and vocal studio as well as a look at the company's next production. (FREE)

UNCW JAZZ WORKSHOP SHOWCASE

FRIDAY, JULY 20TH LEAVING AT 6:45PM FROM THE LOBBY

The UNCW Summer Jazz Workshop has established itself as the premier summer workshop for jazz study in North Carolina for middle and high school student musicians. Directed by noted music educator, Frank Bongiorno, the summer jazz workshop provides students an opportunity not only to mingle with and learn from gifted educators and professional performers on the UNCW faculty, but also to enjoy an intensive week-long event of music making and jazz study in an intimate and supportive environment. The workshop covers virtually every aspect of jazz study and provides ample opportunities to work one-on-one with jazz faculty and guest artists. The Lumina Festival presents the UNCW Jazz Workshop Final Showcase at Kern Auditorium. (FREE)

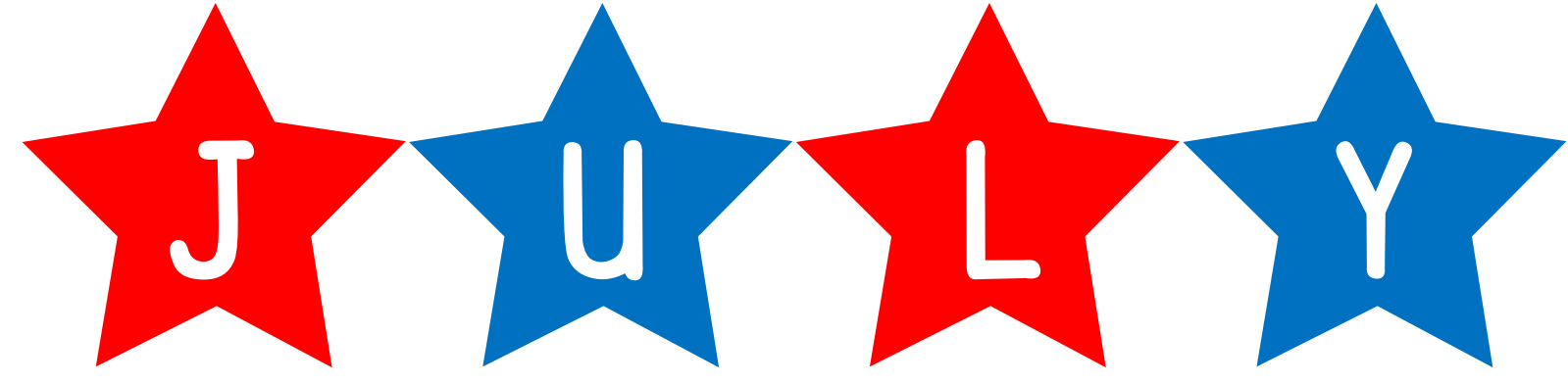
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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<p>9:30 Catholic Communion Service/BC /3rd Floor</p> <p>6:45 Trans. To: NC Symphony "Stars & Stripes" Performance/\$L</p>	<p>9:00-1 RSVT/L 11:00-1:00 BAKE SALE</p> <p>1:00 Hand & Foot/CR 3:00 "The Quest" study with John Solano/CH 3:00 Activity Comm.Meet./AS 4:00 Margarita Monday with Morrison's/PUB 5:15 3rd Floor Happy Hour 7:00 Movie—BYOD/CR</p>	<p>1:00 Mahjongg/CR</p> <p>3:30 Kitchen Tour/6 max/PUB</p> <p>4:00 "Star Spangled Songs" Patriotic Program/F</p> <p>5:00 1st Floor Happy Hour/AS</p>	<p>INDEPENDENCE DAY</p> <p>NO TRANSPORTATION</p> <p>10:30 Protestant Worship w/Jack Mills/BC/3rd Floor 1:30 Bridge Club/CR 2:00 Pinochle Instruction/CR 3:00 Knit,Stitch,Craft,Chat Meet/L 5:00 2nd Floor Happy Hour 7:00 Poker Group/BL</p>	<p>9:00-3 RSVT & Harris Teeter/L</p> <p>1:30 Bridge Club/CR 7:00 Billiards/BL</p>	<p>9-3 RSVT/L</p> <p>1:00 Matthew's Gospel with Bob/CH 2:00 Maintenance Comm.Meet/CR 3:00 Line Dancing/WS 7:00 Movie & BYOD/BL 7:45pm Bridge/CR</p>	<p>4-9 Forum RSVD/Bette Werling Birthday Party</p>
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<p>9:30 Catholic Communion Service/BC /3rd Floor</p>	<p>9:00-1 RSVT/L</p> <p>1:30 Book Club/CR 3:00 "The Quest" study with John Solano/CH 4:00 Mojito Monday with Morrison's/PUB 5:15 3rd Floor Happy Hour 7:00 Movie & BYOD/CR</p>	<p>1:00 Mahjongg/CR</p> <p>2:00 Tech Tuesday w/Zack/F 3:00 Baywatch Meeting/AS 4:00 SPEAKER: AAA Travelers Club w/Karen Thomas/F 5:00 1st Floor Happy Hour/AS</p>	<p>9:00-1 RSVT/L</p> <p>10:30 Protestant Worship w/Jack Mills/BC/3rd Floor 1:30 Bridge Club/CR 2:00 Wellness Comm.Meet./WS 2:00 "The Write Stuff" with Bev/AS 2:00 Pinochle Instruction/CR 5:00 2nd Floor Happy Hour 7:00 Poker Group/BL</p>	<p>MOVIE OUTING TIME TBD</p> <p>9:00-3 RSVT & Harris Teeter/L 10:00 Audiology of Wilmington Monthly Visit/CR 1:30 Bridge Club/CR 2:30 The Great Course: Realistic Watercolors/AS 4:00 Operations Comm.Meet/BL 7:00 Billiards/BL</p>	<p>9:00-3 RSVT/L</p> <p>9:00 Breakfast Social: Bagels & English Muffins/LH 11:00 INSPIRE Intern Presents: Benefits of Aquatic Exercise/WS 11:30 ALOHA Library Visits/L 1:00 Matthews Gospel with Bob/CH 3:00 Line Dancing/WS 3:30 ARTIST RECEPTION for Shane Goione/AS 7:00 Movie & BYOD/CR</p>	<p>BASTILLE DAY</p> <p>9:45 OUTING: Behind the Scenes Opera Wilmington @ Mainstage/L</p>
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<p>National Ice Cream Day</p> <p>9:30 Catholic Communion Service/BC /3rd Floor</p>	<p>9:00-1 RSVT/L</p> <p>1:00 Hand & Foot Canasta/CR 3:00 "The Quest" Study with John Solano/CH 3:00 Baywatch Meeting/AS 4:00 DOLLAR BINGO/F 5:15 3rd Floor Happy Hour 7:00 Movie & BYOD/CR</p>	<p>1:00 Mahjongg/CR</p> <p>2:00 Tech Tuesday w/Zack/F 4:00 THE GREAT COURSE: Optimizing Brain Fitness/CR 5:00 1st Floor Happy Hour/AS</p>	<p>9:00-1 RSVT/L</p> <p>10:30 Protestant Worship w/Jack Mills/BC/3rd Floor 1:30 Bridge Club/CR 2:00 Pinochle Instruction/CR 3:00 Knit,Stitch,Craft,Chat Meet/L 3:30 Dining Service Com. Meet./DR 5:00 2nd Floor Happy Hour 7:00 Poker Group/BL</p>	<p>9:00-3 RSVT & Harris Teeter/L</p> <p>11:00 Environmental Committee Meeting/CR 11:30 OUT TO LUNCH: Szechuan 132/\$L 1:30 Bridge Club/CR 2:30 The Great Course: Realistic Watercolors/AS 4:00 Thirsty Thursday with Morrison's/PUB 7:00 Billiards/BL</p>	<p>8-9:30 Breakfast Buffet W/ Morrisons/LH</p> <p>9-11:00am EXTERIOR CAR WASH</p> <p>9:00—3 RSVT/L</p> <p>11:00 Resident Council Meeting/CR 1:00 Matthew's Gospel with Bob/CH 3:00 How to Live at Carolina Bay/F 4:15 FORUM RSVD 7:00 Movie & BYOD/BL 6:45 OUTING: UNCW Jazz Workshop Showcase @ Kenan (FREE)/L 7:45pm Bridge/CR</p>	
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<p>9:30 Catholic Communion Service/BC /3rd Floor</p>	<p>9:00-1 RSVT/L</p> <p>3:00 "The Quest" Study with John Solano/CH 3:00 Baywatch Meeting/AS 5:15 3rd Floor Happy Hour 4:00 DOLLAR BINGO/F 7:00 Movie & BYOD/CR</p>	<p>1:00 Mahjongg/CR</p> <p>4:00 Patriotic Parade w/Sandy Stinson/F 4:00 THE GREAT COURSE: Optimizing Brain Fitness/CR 5:00 1st Floor Happy Hour/AS</p> <p>AUGUST CALENDAR RELEASED</p>	<p>9:00-1 RSVT/L</p> <p>10:30 Protestant Worship w/Jack Mills/BC/3rd Floor 1:30 Bridge Club/CR 2:00 Pinochle Instruction/CR 2:00 "The Write Stuff" with Bev/AS 5:00 2nd Floor Happy Hour 6:00 OUT TO DINNER: Platypus & Gnome with Entertainment by Al Di-Marco/\$L 7:00 Poker Group/BL</p>	<p>9:00-3 RSVT & Harris Teeter/L</p> <p>1:30 Bridge Club/CR 2:30 The Great Course: Realistic Watercolors/AS 4:00 August Reservation Binder Released 7:00 Billiards/BL</p>	<p>9:00-3 RSVT/L</p> <p>9:00 Breakfast Social: Krispy Kreme Donuts/LH 1:00 Matthew's Gospel w/Bob/CH 3:00 Line Dancing/WS 4:00 Wine & Cheese with Susan Savia on Ukulele/LH 7:00 Movie & BYOD/CR</p>	
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<p>9:30 Catholic Communion Service/BC /3rd Floor</p>	<p>9:00-1 RSVT /L</p> <p>1:00 Hand & Foot Canasta/CR 3:00 "The Quest" Study with John Solano/CH 4:00 DOLLAR BINGO/F 5:15 3rd Floor Happy Hour 7:00 Movie & BYOD/CR</p>	<p>1:00 Mahjongg/CR</p> <p>2:00 Tech Tuesday w/Zack/F 4:00 THE GREAT COURSE: Optimizing Brain Fitness/CR 5:00 1st Floor Happy Hour/AS</p> <p>**Baywatch #10 Released August 1st!</p>				
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