

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

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

METROPOLITAN OPERA LIVE: "AIDA" AT UNCW'S LUMINA THEATER

SATURDAY, OCTOBER 6TH LEAVING AT 11:40AM FROM THE LOBBY

Pre-Show displays behind the scenes. You must purchase your own ticket by calling (910) 962-3195.

NORTH CAROLINA SYMPHONY "RHAPSODY IN BLUE"

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

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

METROPOLITAN OPERA: "LA FANCIULLA DEL WEST" AT UNCW'S LUMINA THEATER

SATURDAY, OCTOBER 27TH LEAVING AT 11:40AM FROM THE LOBBY

Pre-Show displays behind the scenes. You must purchase your own ticket by calling (910) 962-3195.

UPCOMING PROGRAMS & SOCIALS THIS MONTH...

OPEN DISCUSSION: "THE WRITE STUFF" WITH BEV HEIDRICH

WEDNESDAY, OCTOBER 3RD AND 17TH AT 2:00PM IN THE ART STUDIO

Let's hear YOUR Hurricane Florence stories! Open to anyone and everyone that has a thought to share, or an ear to listen.

PHIL BRUSCHI MUSICAL BIOGRAPHY PROGRAM TITLED "TO SPEND ONE NIGHT WITH YOU- A SALUTE TO DOO WOP LOVE SONGS"

MONDAY, OCTOBER 8TH AT 4:00PM IN THE FORUM

As a result of Phil's teaching at the University of North Carolina at Wilmington and involvement in the Continuing Studies area, Phil has created a variety of musical programs that are sometimes referred to as "Edu-Tain-Ment." It's a mixture of education and entertainment rolled into one. In these musical biographies/programs, Phil shares information about careers of the artists and performs their songs.

WINE & CHEESE SOCIAL WITH ENTERTAINMENT BY JERRY POWELL

FRIDAY, OCTOBER 12TH AT 4:00PM IN THE LIGHTHOUSE MARKET

"52 WEEKS WITH JESUS" BIBLE STUDY LED BY CHAPLAIN JOHN SOLANO

MONDAY, OCTOBER 15TH, 22ND AND 29TH AT 2:00PM IN THE CHAPEL

The book "52 Weeks with Jesus" by Dr. James Merritt will be used for this study. The book is required and may be ordered from amazon or eBay. Life Enrichment Director can assist you in ordering your book.

SPEAKER: KIM CALABRETTA WITH CAPTEL NORTH CAROLINA

MONDAY, OCTOBER 15TH AT 3:00PM IN THE FORUM

Captioned Telephone (CapTel®) works like any other telephone with one important addition: it displays every word the caller says throughout the conversation. No more frustration with telephone calls! CapTel phone users can listen to the caller and can also read the written captions in the CapTel's bright display window. Learn about CapTel at this session and how to get a phone at no cost for qualified individuals.

NEWCOMER'S WELCOME WAGON VISIT WITH VIVAN DESANTO (& HER ALMOST FAMOUS HOME MADE BROWNIES!)

THURSDAY, OCTOBER 18TH AT 1:00PM IN THE FORUM

TRADITIONAL OKTOBERFEST CELEBRATION WITH AL DIMARCO PLAYING THE ACCORDION AND KEYBOARD— SOME MIGHT CALL THIS A "POLKA PARTY!"

THURSDAY, OCTOBER 18TH AT 4:00PM IN THE LIGHTHOUSE MARKET

HYMN SING WITH SANDY STINSON ON PIANO

SUNDAY, OCTOBER 21ST AT 4:00PM IN THE FORUM

Sandy enjoys sharing her love of music with our residents, and hopes you will gather for an afternoon of heart warming song.

INSPIRE INTERN LECTURE WITH MARY BLAKE: "MIND DIET FOR MEMORY HEALTH"

WEDNESDAY, OCTOBER 24TH AT 11:00AM IN THE WELLNESS STUDIO

HALLOWEEN BASH & COSTUME CONTEST WITH ENTERTAINMENT BY SCOTTI STRINGZ ON THE GUITAR

WEDNESDAY, OCTOBER 31ST AT 4:00PM IN THE FORUM



**OCTOBER
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

AUTHOR TALK: MARTI SHOGLI "THE WIDOW SPY"

THURSDAY, OCTOBER 4TH AT 4:00PM IN THE FORUM

The Widow Spy is the first hand account of a true Cold War spy operation in Moscow, told exclusively by the CIA case officer who lived this experience. She was one of the first women to be assigned to Moscow, a very difficult operational environment. And SHE is your neighbor! Marti is an excellent speaker and we always learn something new of her adventures at every one of her lectures.

SPEAKER: TERRY HAMBELL, MEDICARE COUNSELOR— "WHY YOU SHOULD CHECK YOUR PRESCRIPTION DRUG PLAN" OVERVIEW FOR MEDICARE OPEN ENROLLMENT

WEDNESDAY, OCTOBER 10TH AT 4:00PM IN THE FORUM

Medicare open enrollment is October 15-December 7th. Unlike Medicare Part B, where all supplemental plans are consistent about reimbursement costs, prescription drug plans vary greatly from one to another. You can save money! After this session, we hope you will have a better understanding of the vocabulary and tier system for pricing, how prescription drug plans work, rate increases, when you can change plans and more. Open to friends & family. Light refreshments will be served.

FUNDRAISER: ADMINISTRATION STAFF SERVING BREAKFAST TO SUPPORT THE AMERICAN HEART ASSOCIATION

TUESDAY, OCTOBER 16TH BEGINNING AT 8:30AM IN THE FORUM

All-You-Can-Eat & a la carte pricing! Let us serve you the most important meal of the day while we support a cause that means so much to so many of us! The menu will be delivered to your door closer to the day so you know what to look for!

INDIVIDUAL APPOINTMENTS WITH MEDICARE COUNSELOR, TERRY HAMBELL FOR YOUR PERSONAL RX DRUG PLAN

THURSDAY, OCTOBER 25TH FROM 9:00AM-3:00PM

FRIDAY, OCTOBER 26TH FROM 9:00AM-3:00PM

You must reserve your time with Terry by signing up in the teal reservation binder for a 45 minute time slot to assist in selecting the most cost effective prescription drug plan for you. It is recommended that each year seniors review their personal drug plan and make appropriate changes. Take advantage of this FREE service provided through the New Hanover County Senior Center.

Out On The Town

OUT FOR LUNCH AT BONE & BEAN

TUESDAY, OCTOBER 2ND LEAVING AT 11:30AM / LOBBY (LUNCH COST ON YOUR OWN)

Come for the Texas-style brisket and stay for the homemade pickles, and creamed corn, and bacon mac & cheese, and the slow cooked meats that will melt in your mouth! Guaranteed to leave with a full stomach!

THALIAN ASSOCIATION DRESS REHEARSAL OF "PIPPIN"

THURSDAY, OCTOBER 4TH LEAVING AT 6:45PM FROM THE LOBBY

At Thalian Hall. FREE. 25 seats available on coach. More seats available at the theater at 310 Chestnut St.

CAPE FEAR HEART WALK AT UNCW CAMPUS

SATURDAY, OCTOBER 27TH AT 9:30AM LEAVING FROM THE LOBBY

Sponsor a "walker" by making a donation or join our walking team!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:00-1 RSVT/L 1 11:00 Bridge Basics/CR 1:00 Hand & Foot Canasta/CR 3:00 Activity Committee/AS 4:00 DOLLAR BINGO/F 4:30 Margarita Monday w/ Morrison's/PUB 5:15 3rd Floor Happy Hour 7:00 Movie & BYOD/CR	11:30 OUTING: Lunch 2 @ Bone & Bean/\$L 1:00 Mahjongg/CR 3:30 Background Kitchen Tour/ PUB (wear closed toed shoes) 4:00 THE GREAT COURSE: Meteorology/CR 5:00 1st Floor Happy Hour/AS	9:00-1 RSVT/L 3 10:30 Protestant Worship w/ Jack Mills/BC/3rd Floor 1:30 Bridge Club/CR 2:00 "The Write Stuff w/Bev/AS" 3:00 Knit,Stitch,Craft,Chat Meet/L 5:00 2nd Floor Happy Hour 7:00 Poker Group/BL	7:30 CB LOSERS CLUB/LH 4 9:00-3 RSVT & Harris Teeter/L 1:30 Bridge Club/CR 4:00 Author Talk: Marti Shogi "The Widow Spy"/F 6:45 OUTING: Thalian Dress Rehearsal "Pippin"/L 7:00 Billiards/BL	9:00-3 RSVT/L 5 1:30 John's Gospel with Bob/CH 2:00 Maintenance Comm. Meet/CR 7:00 Movie & BYOD/BL 7:45pm Bridge/CR	11:40 Transportation to Met Opera: "Aida"/\$L 6
9:30 Catholic Communion Service/BC /3rd Floor 7	COLUMBUS DAY 8 9:00-1 RSVT/L 10:00 Bible Study w/Beth/CH 11:00 Bridge Basics/CR 1:30 Book Club/CR 4:00 DooWop Musical Program with Phil Bruschi/F 5:15 3rd Floor Happy Hour 7:00 Movie & BYOD/CR	1:00 Mahjongg/CR 9 3:00 Baywatch Meeting/AS 4:00 THE GREAT COURSE: Meteorology/CR 5:00 1st Floor Happy Hour/AS	9:00-1 RSVT/L 10 10:30 Protestant Worship w/Jack Mills/BC/3rd Floor 1:30 Bridge Club/CR 2:00 Wellness Committee Meeting/WS 4:00 SPEAKER: Medicare Counselor for 2019 Drug Plans/F 5:00 2nd Floor Happy Hour 7:00 Poker Group/BL	7:30 CB LOSERS CLUB/LH 11 9:00-3 RSVT & Harris Teeter/L 10:00 Audiology of Wilmington/CR 1:30 Bridge Club/CR 4:00 Operations Committee Meeting/BL 7:00 Billiards/BL	9:00-3 RSVT/L 12 9:00 Breakfast Social: Bagels/LH 11:30 ALOHA Library Visits/L 1:30 John's Gospel with Bob/CH 3:00 DANCE with Heather/WS 4:00 TGIF Social with Jerry Powell on Guitar/LH 7:00 Movie & BYOD/CR	13
9:30 Catholic Communion Service/BC /3rd Floor 14 6:45 Transportation to: NC Symphony "Rhapsody in Blue"/\$L	9:00-1 RSVT/L 15 11:00 Bridge Basics/CR 1:00 Hand & Foot Canasta/CR 2:00 "52 Weeks with Jesus" led by John Solano/CH 3:00 SPEAKER: Kim Calabretta with CAPTEL Hearing Devices/F 4:30 Morrison's Drink Special/PUB 5:15 3rd Floor Happy Hour 7:00 Movie & BYOD/CR BAYWATCH SUBMISSIONS DUE	8:30 Admin. Staff Serving Breakfast Fundraiser/\$F 16 1:00 Mahjongg/CR 3:00 Baywatch Meeting/AS 4:00 THE GREAT COURSE: Meteorology/CR 5:00 1st Floor Happy Hour/AS	9:00-1 RSVT/L 17 10:30 Protestant Worship w/Jack Mills/BC/3rd Floor 1:30 Bridge Club/CR 2:00 "The Write Stuff" w/Bev/AS 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	7:30 CB LOSERS CLUB/LH 18 9:00-3 RSVT & Harris Teeter/L 11:00 Environmental Committee Meeting/CR 1:00 Newcomer's Welcome Wagon visit with Vivan/F 1:30 Bridge Club/CR 4:00 Traditional Oktoberfest Celebration w/AI DiMarco/LH 7:00 Billiards/BL	8:30 Breakfast Buffet w/ Morrison's/\$LH 19 9:00-3 RSVT/L 11:00 Resident Council Meeting/CR 1:30 John's Gospel with Bob/CH 2:00 DANCE with Heather/WS 3:00 How to Live at Carolina Bay/F 7:00 Movie & BYOD/BL 7:45pm Bridge/CR	20
9:30 Catholic Communion Service/BC /3rd Floor 21 4:00 Hymn Sing with Sandy Stinson on piano/F	9:00-1 RSVT /L 22 11:00 Bridge Basics/CR 2:00 "52 Weeks with Jesus" led by John Solano/CH 4:00 DOLLAR BINGO/F 5:15 3rd Floor Happy Hour 7:00 Movie & BYOD/CR	1:00 Mahjongg/CR 23 4:00 THE GREAT COURSE: Meteorology/CR 5:00 1st Floor Happy Hour/AS	9:00-1 RSVT/L 24 10:30 Protestant Worship w/ Jack Mills/BC/3rd Floor 11:00 INTERN LECTURE: "Mind Diet for Memory Health w/Mary Blake/WS" 1:30 Bridge Club/CR 5:00 2nd Floor Happy Hour 7:00 Poker Group/BL	7:30 CB LOSERS CLUB/LH 25 9:00-3 RSVT & Harris Teeter/L 9:00-3:00 Appointments with Medicare Counselor/F 1:30 Bridge Club/CR 7:00 Billiards/BL NOVEMBER CALENDAR RELEASED	9:00-3 RSVT/L 26 9:00 Breakfast Social: Krispy Kreme Donuts/LH 9:00-3:00 Appointments with Medicare Counselor/F 1:30 John's Gospel with Bob/CH 2-3:00 Ice Cream Sundae Q&A w/ Dining Management/LH 3:00 DANCE with Heather/WS 4:00 NOVEMBER RESERVATION BINDER RELEASED 7:00 Movie & BYOD/CR	9:30 OUTING: Cape Fear Heart Walk at UNCW/L 27 11:40 Transportation to: Met Opera: "LaFanciulla del West"/\$L 2:00 Forum RSVD
9:30 Catholic Communion Service/BC /3rd Floor 28	9:00-1 RSVT /L 29 11:00 Bridge Basics/CR 1:00 Hand & Foot Canasta/CR 2:00 "52 Weeks with Jesus" led by John Solano/CH 4:00 DOLLAR BINGO/F 5:15 3rd Floor Happy Hour 7:00 Movie & BYOD/CR	1:00 Mahjongg/CR 30 4:00 THE GREAT COURSE: Meteorology/CR 4:30 Morrison's Drink Specials/PUB 5:00 1st Floor Happy Hour/AS	9:00-1 RSVT/L 31 10:30 Protestant Worship w/ Jack Mills/BC/3rd Floor 1:30 Bridge Club/CR 4:00 Halloween Bash & Costume Contest w/Scotti Stringz/F 5:00 2nd Floor Happy Hour 7:00 Poker Group/BL HAPPY HALLOWEEN!!!	<div style="border: 2px solid orange; padding: 10px;"> <p align="center">FIRST ANNUAL SENIOR OLYMPICS OCTOBER 22ND-26TH</p> <p align="center">Events will be throughout the week, and the schedule will be posted soon, along with sign ups. Events will include: Swimming races, pool walks, balance competitions, board games, bike races, walker hall walks AND MORE! Please keep an eye out for sign ups. You are able to sign up for as many events as you would like.</p> <p align="center">More information to come! -HALEY NORRIS, WELLNESS DIRECTOR</p> </div>		