

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

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

“MARION OR THE TRUE TALE OF ROBIN HOOD”

(AUSTIN FROM THE WAIT STAFF WILL BE IN THIS PLAY!)

SUNDAY, MARCH 3RD LEAVING AT 1:15PM FROM THE LOBBY

At UNCW Theater. To purchase tickets, you must call (910) 962-3500 or buy at the theater when we arrive. \$12.00/seniors.

CHAMBER MUSIC WILMINGTON “CAROLINE SHAW & JASPER QUARTET”

SUNDAY, MARCH 10TH LEAVING AT 6:45PM FROM THE LOBBY

At Beckwith Hall. Tickets required. To purchase tickets, you must call (910) 962-3500. (FREE TICKETS TO THE FIRST 8 TO SIGN UP!)

NC SYMPHONY “CHOPIN & MOZART”

SUNDAY, MARCH 17TH LEAVING AT 6:45PM

At the Wilson Center. 25 seats available on the coach. More seats available at theater at 703 N. 3rd St. Tickets required. To purchase tickets, you must call (877) 627-6724.

PNC BROADWAY SERIES “JERSEY BOYS”

TUESDAY, MARCH 19TH LEAVING AT 6:45PM

At the Wilson Center. 25 seats available on the coach. More seats available at theater at 703 N. 3rd St. Tickets required. To purchase tickets, you must call (910) 362-7999.

MET OPERA “LA TRAVIATA”

SATURDAY, MARCH 23RD LEAVING AT 11:45AM

At UNCW Fisher Center Lumina Theater. 25 seats available on the coach. More seats available at theater at 615 Hamilton Dr. Tickets required. To purchase tickets, you must call (910) 962- 3195.

UPCOMING PROGRAMS THIS MONTH...

ALOHA LIBRARY MONTHLY VISIT

FRIDAY, MARCH 8TH AT 11:30AM IN THE LOBBY LOUNGE

This “Library on Wheels” is fully equipped to provide nearly all of the services found at the New Hanover County Public Library. Sign up for a library card, check out & return books & dvds, and picking up books put on hold from the online library catalog.

CREATE YOUR OWN CREPE PAPER POTTED CLOVER PLANT

MONDAY, MARCH 11TH AT 3:00PM IN THE ART STUDIO-PLEASE SIGN UP SO SUPPLIES ARE READY FOR YOU!

Continuing our crepe paper creations, let’s create something festive for your tabletop! You won’t be making just one clover, you’ll be making a small pot of them, complete with a green mossy bottom, that will still require ZERO water to survive!

TECH TUESDAY WITH ZACK: NEW APPS

TUESDAY, MARCH 19TH AT 2:00PM IN THE FORUM

Zack will be reviewing the steps you need to know how to load apps to your phone to make your life more simple! Please bring any questions you may have.

FIRST DAY OF SPRING ADMINISTRATION SERVING BREAKFAST

WEDNESDAY, MARCH 20TH FROM 8:30-10AM IN THE FORUM

Let us serve you the most important meal of the day! The Menu will be announced closer to the day so you know what to look for. Don’t miss your opportunity to grab some of Nancy’s home made baked goods!

WINE & CHEESE SOCIAL WITH DUKE LADD ON THE PIANO

FRIDAY, MARCH 22ND AT 4:00PM IN THE FORUM

He’s talented, he’s funny, and he knows how to get the audience involved! Let’s give Duke something to play for! Join us for the best start to the weekend... a wine & cheese social with friends & neighbors!

INSPIRE INTERN LECTURE WITH EBONY OREMO: “DOES EXERCISE SLOW THE AGING PROCESS?”

MONDAY, MARCH 25TH AT 11:00AM IN THE WELLNESS STUDIO

We all want to know, so come find out!

WEAVING ON WEDNESDAY WITH AYNLEY

WEDNESDAY, MARCH 27TH AT 3:00PM IN THE ART STUDIO

Aynley is a weaving wonder! Learn how we can make beautiful woven hangings with shell’s for your front door! Discuss other options to create such as small tassel ornaments that could be used as keychains or even a necklace! All supplies will be provided, no experience necessary! Limited seated available. Please sign up to reserve your spot!

A JOURNEY THROUGH THE BIBLE WITH BOB PERRY

FRIDAYS AT 1:30PM IN THE CHAPEL

“52 WEEKS WITH JESUS” BIBLE STUDY LED BY CHAPLAIN JOHN SOLANO

MONDAYS 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.



LIFE ENRICHMENT CALENDAR OF EVENTS



MARCH 2019

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

MARDI GRAS SOCIAL WITH THE JON HILL QUARTET & DAVID WALKER ON SAX

TUESDAY, MARCH 5TH AT 4:00PM IN THE FORUM

GUEST SPEAKER FOR CARING & SHARING GROUP: NANCY CARNEGIE ON “FIDDLE MATS”

WEDNESDAY, MARCH 6TH AT 3:00PM IN THE FORUM

Discuss what goes into the creation of these “Fiddle Mats” that sooth the fidgeting behaviors of those living with forms of dementia. These mats help focus attention, stimulate senses, exercise hand muscles & more.

DANDY DON TRAVELING COWBOY SHOW

FRIDAY, MARCH 8TH AT 4:00PM IN THE FORUM

Featuring music, comedy and tall tales. If you enjoy the Classic Western songs of Roy Rogers, Gene Autry, The Sons of the Pioneers and other great western performers, then you will certainly love the music of Dandy Don. Enjoy the music and cowboy comedy, over a glass of wine with friends & neighbors!

THE MODULAR RAILROAD WATERFRONT DISPLAY *WEDNESDAY, MARCH 13TH (AFTER LUNCH)*

The display will take about two hours to set up and the volunteers would be happy to have any of our modeler folks and other interested people watch the set-up process. Once operational, Mark will be available to say a few words about the Museum and Wilmington railroading. Display will close at 5pm.

SPEAKER: ANN LAREAU WITH ALZHEIMER’S CONSULTING ON “AN OVERVIEW OF ALZHEIMER’S & DEMENTIA”

THURSDAY, MARCH 28TH AT 4:00PM IN THE FORUM

Learn the importance of capturing those with forms of dementia’s background information & how to use it to reduce stress of activities of daily living. In this session, learn how to identify behaviors that need to be addressed as well as the value of music therapy. Ann will review techniques to handle these challenging behaviors. Ann is trained by the NC Alzheimer’s Association & certified by the Teepa Snow of Alzheimer’s NC to teach the course. Family & caregivers are welcome & encouraged to attend this session.

“ARTISTRY IN JAZZ” BIG BAND PERFORMANCE & DANCE *SUNDAY, MARCH 31ST 3:00-5:00PM/FORUM*

ARTISTRY IN JAZZ is a group of 21 musicians and a vocalist local to the Wilmington area. The music performed is based on the west coast style of Stan Kenton. His music was performed from the 40’s through the late 70’s. The orchestra plays the original manuscript copies as recorded by the Kenton Orchestra. Put on your dancing shoes and come on down!!

Out On The Town

BATTLE HOUSE LASER TAG

WEDNESDAY, MARCH 13TH LEAVING AT 1:00PM FROM THE LOBBY (PRE-PAY TO HALEY BY MARCH 8TH)

When was the last time you did something for the first time? This is a fun, safe way to build relationships and laugh with one another. The building will be rented out for just our residents, so grab your camo, you might need to blend in!

WILMINGTON SYMPHONY “POP’S” CONCERT —JEANS & CLASSICS

SATURDAY, MARCH 16TH LEAVING AT 6:45PM FROM THE LOBBY

Free ticket to the first 11 to sign up! Jeans ‘n Classics has toured nationwide with over 100 orchestras performing original rock and pop orchestrations. Join us for “Blood Sweat Tears, Earth Wind Fire, and a little Chicago”. Come groove with us as Jeans ‘n Classics and the Wilmington Symphony perform classics like “September,” “Spinning Wheel,” “If You Leave Me Now,” “God Bless the Child,” and “25 or 6 to 4.”

TABLE TENNIS CLINIC WITH TIM CONNELLY (ILM’S #1 PLAYER FOR 30 YEARS!)

MONDAY, MARCH 18TH LEAVING AT 6:30PM FROM THE LOBBY

TRACK & FIELD CLINIC WITH UNCW TRACK TEAM

TUESDAY, MARCH 19TH LEAVING AT 11:30AM FROM THE LOBBY

LUNCH AT STEAM RESTAURANT & TOUR OF WILMINGTON RAILROAD MUSEUM

TUESDAY, MARCH 26TH LEAVING AT 11:45AM FROM THE LOBBY (LUNCH ON YOUR OWN)

GOLF CLINIC WITH UNCW MEN’S GOLF TEAM

THURSDAY, MARCH 28TH LEAVING AT 11:00AM FROM THE LOBBY- \$7/PERSON

PICKLEBALL CLINIC AT GREENFIELD LAKE WITH ILM PICKLE BALL ASSOCIATION

SATURDAY, MARCH 30TH LEAVING AT 8:45AM FROM THE LOBBY

Sunday Monday Tuesday Wednesday Thursday Friday Saturday



<p>3</p> <p>9:30 Catholic Communion Service/BC /3rd Floor</p> <p>1:15 Trans. To: UNCW Theater "Marion Robin Hood"/\$L</p>	<p>4</p> <p>9:00-1 RSVT/L 11:00 Bridge Basics/CR 12:30 Bocce & Cornhole Clinic/CY 1:00 Hand & Foot Canasta/CR 2:00 "52 Weeks with Jesus" by John Solano/CH 3:00 Activity Committee/AS 4:00 DOLLAR BINGO/F 5:15 3rd Floor Happy Hour 7:00 Movie "The Light Between Oceans"/CR 7:30 UNCW Basketball Clinic/WS</p>	<p>5</p> <p>FAT TUESDAY</p> <p>1:00 Mahjongg/CR 3:30 Kitchen Tour w/Mo/PUB 4:00 Mardi Gras Gala with Jon Hill Quartet & David Walker on Sax/F 5:00 1st Floor Happy Hour/AS</p>	<p>6</p> <p>ASH WEDNESDAY</p> <p>9:00-1 RSVT/L 10:30 Protestant Worship w/Jack Mills/BC/3rd Floor 1:30 Bridge Club/CR 3:00 Caring & Sharing GUEST SPEAKER: Nancy Carnegie on Fiddle Mats/F 5:00 2nd Floor Happy Hour 7:00 Poker Group/BL</p>	<p>7</p> <p>7:30 CB LOSERS CLUB/LH 9:00-3 RSVT & Harris Teeter/L 1:30 Bridge Club/CR 4:00 SPEAKER: Wendi Epps, Wilm. Coordinator for Senior Games by the Sea/WS *Morrison's Wine Dinner in Forum 7:00 Billiards/BL</p>	<p>1</p> <p>9:00-3 RSVT/L 10am-5pm Lancome Facials w/the spa Experts/AS 1:00 Journey Through the Bible with Bob/CH 2:30 Maintenance Comm.Meet./CR 3:00 Seated Aerobics/WS 3:30 Line Dancing/WS 7:00 Movie & BYOD/CR 7:45 Friday Bridge/CR</p>	<p>2</p>
<p>10</p> <p>DAYLIGHT SAVINGS TIME: SPRING AHEAD</p> <p>9:30 Catholic Communion Service/BC /3rd Floor</p> <p>6:45 Trans. To: Chamber Music "Caroline Shaw & Jasper Quartet/L</p>	<p>11</p> <p>9:00-1 RSVT/L 10:00 Bible Study w/Beth/CH 11:00 Bridge Basics/CR 1:30 Book Club/CR 2:00 "52 Weeks with Jesus" led by John Solano/CH 3:00 Crepe Paper Potted Clover /AS 4:00 Caregiver Support Group/CH 5:15 3rd Floor Happy Hour 7:00 Movie: "Brooklyn"/CR</p>	<p>12</p> <p>1:00 Mahjongg/CR 3:00 Baywatch Meeting/AS 4:00 GREAT COURSE: The Skeptics Guide to American History/CR 5:00 1st Floor Happy Hour/AS 7:30 Irish Songs Sing-a-long with Sandy/F</p>	<p>13</p> <p>WILMINGTON RAILROAD MUSEUM SET UP IN FORUM</p> <p>9:00-1 RSVT/L 10:30 Protestant Worship w/Jack Mills/BC/3rd Floor 1:00 Trans. To: Battle House Laser Tag/\$L 1:30 Bridge Club/CR 3:30 Dining Service Com. Meet./DR 5:00 2nd Floor Happy Hour 7:00 Poker Group/BL</p>	<p>14</p> <p>7:30 CB LOSERS CLUB/LH 9:00-3 RSVT & Harris Teeter/L 10:00 Audiology of Wilmington/CR 11:00 Environmental Comm. Meet./BL WILMINGTON RAILROAD MUSEUM TAKE DOWN N FORUM 1:30 Bridge Club/CR 2:30 Wellnesss Comm.Meet./WS 4:00 Operations Comm.Meet./BL 7:00 Billiards/BL</p>	<p>8</p> <p>INT. WOMEN'S DAY</p> <p>9:00-3 RSVT /L 9:00 Breakfast Social: Berries/LH 11:30 ALOHA Library Visit/L 1:30 Journey Through the Bible with Bob/CH 3:00 Seated Aerobics/WS 3:30 Line Dancing/WS 4:00 Dandy Don Cowboy Show/F 7:00 Movie & BYOD/CR</p>	<p>9</p>
<p>17</p> <p>ST. PATRICK'S DAY</p> <p>9:30 Catholic Communion Service/BC /3rd Floor</p> <p>6:45 Trans. To: NC Symphony "Chopin & Mozart"/\$L</p>	<p>18</p> <p>9:00-1 RSVT/L 11:00 Bridge Basics/CR 1:00 Hand & Foot Canasta/CR 2:00 "52 Weeks with Jesus" led by John Solano/CH 2:00 Cycling Clinic with 2-wheeler dealer/WS 3:00 Baywatch Meeting/AS 4:00 DOLLAR BINGO/F 5:15 3rd Floor Happy Hour 6:30 OUTING: Table Tennis Clinic/L 7:00 Movie & BYOD/CR</p>	<p>19</p> <p>11:30 OUTING: Track & Field Clinic with UNCW Track Team/L 1:00 Mahjongg/CR 2:00 Tech Tuesday with Zack/F 4:00 GREAT COURSE: The Skeptics Guide to American History/CR 5:00 1st Floor Happy Hour/AS 6:45 Trans. To: "Jersey Boys"/\$L</p>	<p>20</p> <p>FIRST DAY OF SPRING</p> <p>8:30-10 Administration Serving Breakfast/LH 9:00-1 RSVT/L 10:30 Protestant Worship w/Jack Mills/BC/3rd Floor 1:30 Bridge Club/CR 3:00 Caring & Sharing Group/L 5:00 2nd Floor Happy Hour 7:00 Poker Group/BL</p>	<p>21</p> <p>7:30 CB LOSERS CLUB/LH 9:00-3 RSVT & Harris Teeter/L 1:30 Bridge Club/CR 7:00 Billiards/BL</p>	<p>15</p> <p>8:30 Morrison's Breakfast Buffet/LH 9:00-3 RSVT/L 11:00 Resident Council Meet./CR 1:30 Journey Through the Bible with Bob/CH 3:00 How to Live at Carolina Bay/F 6-8:00 RSVD Forum 7:00 Movie & BYOD/BL 7:45 Bridge/CR</p>	<p>16</p> <p>6:45 OUTING: ILM Symphony "Pops" Concert/L (11 Free Tickets)</p>
<p>24</p> <p>9:30 Catholic Communion Service/BC /3rd Floor 4:00 Hymn Sing with Sandy/F</p>	<p>25</p> <p>9:00-1 RSVT /L 11:00 Bridge Basics/CR 11:00 INSPIRE Intern Ebony Ormeno "Does Exercise Slow Down Aging?/WS NO FUNCTIONAL FITNESS 2:00 "52 Weeks with Jesus" led by John Solano/CH 5:15 3rd Floor Happy Hour 7:00 Movie & BYOD/CR APRIL CALENDAR RELEASED</p>	<p>26</p> <p>11:45 OUTING:: Lunch at STEAM Restaurant & Tour of Wilmington Railroad Museum/\$L 1:00 Mahjongg/CR 4:00 GREAT COURSE: The Skeptics Guide to American History/CR 5:00 1st Floor Happy Hour/AS</p>	<p>27</p> <p>9:00-1 RSVT/L 10:30 Protestant Worship w/Jack Mills/BC/3rd Floor 1:30 Bridge Club/CR 3:00 APRIL SIGN UP BOOK OUT 3-5:00 Weaving on Wednesday with Aynsley/AS 5:00 2nd Floor Happy Hour 7:00 Poker Group/BL</p>	<p>28</p> <p>7:30 CB LOSERS CLUB/LH 9:00-3 RSVT & Harris Teeter/L 11:00 OUTING: UNCW Men's Golf Clinic/\$L 1:30 Bridge Club/CR 3:00 Baywatch Meeting/AS 4:00 SPEAKER: Ann Lareau "An Overview of Dementia"/F 7:00 Billiards/BL</p>	<p>22</p> <p>9:00-3 RSVT/L 9:00 Breakfast Social: Krispy Kreme/LH 1:30 Journey Through the Bible w/Bob/CH 2:00 Swimming Clinic/AC 3:00 Seated Aerobics/WS 3:30 Line Dancing/WS 4:00 Wine & Cheese Social with Duke Ladd on Piano/F 7:00 Movie & BYOD/CR</p>	<p>23</p> <p>11:40 Trans. To: Met Opera "La Traviata"/\$L (Ends 4:30)</p>
<p>31</p> <p>3:00-5:00 "Artistry in Jazz" Performance- BIG BAND SHOW/F</p>	<p>29</p> <p>9:00-3 RSVT/L 1:30 Journey Through the Bible w/Bob/CH 3:00 Seated Aerobics/WS 3:30 Line Dancing/WS 7:00 Movie & BYOD/CR</p>	<p>30</p> <p>8:30 OUTING: Pickleball Clinic at Greenfield Park/L</p>	<p>29</p> <p>9:00-3 RSVT/L 1:30 Journey Through the Bible w/Bob/CH 3:00 Seated Aerobics/WS 3:30 Line Dancing/WS 7:00 Movie & BYOD/CR</p>	<p>30</p>	<p>29</p>	<p>30</p>