

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

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

### KAREN BEASLEY SEA TURTLE REHAB & LUNCH AT DADDY MAC'S BEACH GRILL

TUESDAY, AUGUST 6TH LEAVING AT 9:45AM FROM THE LOBBY

This trip is FULL. Seat confirmations will be delivered closer to the day of event.

### SINGLE LADIES LUNCHEON TO BRASSERIE DU SOILEL

TUESDAY, AUGUST 20TH LEAVING AT 11:45AM FROM THE LOBBY

### ANNUAL LUMINA DAZE AT BLOCKADE RUNNER

SUNDAY, AUGUST 25 LEAVING AT 5:00PM FROM THE LOBBY

Step back into a time where big bands played and people danced the night away at Lumina Daze! There will be a silent auction, food, drinks, dancing, and a movie on the lawn. Dining & beverage options available on your own. 12 free tickets available, and 10 tickets available to purchase at discounted rate of \$15!

### ROMEO'S (Retired Old Men Eating Out) GO TO CAROLINA ALE HOUSE

TUESDAY, AUGUST 27TH LEAVING AT 11:45AM FROM THE LOBBY

## UPCOMING PROGRAMS THIS MONTH...

### ALL RESIDENT HAPPY HOUR WITH RAY AND JEFF ON GUITAR IN THE COURTYARD

FRIDAY, AUGUST 2ND AT 4:30PM IN THE COURTYARD

Kick back to the relaxing tunes of Ray & Jeff on guitar while relaxing outside with friends & neighbors.

This is the best way to start the weekend! Weather permitting...will be held in the Lighthouse if too hot or raining.

### “Once you have travelled, the voyage never ends....” Pat Conroy

#### SPEAKER: CHARLOTTE FRENCH, CAVATICA LUXURY TRAVEL

WEDNESDAY, AUGUST 7TH AT 3:00PM IN THE FORUM

As an avid traveler, visiting 70 countries to-date and counting, Charlotte is going to talk about her recent trip to Rwanda during “Kwibuka25”, the 25<sup>th</sup> anniversary of the Genocide that took the lives of almost 1 million men, women and children and share her personal experiences traveling 25 years after perhaps the cruellest, most inexplicable 100 days of loss and destruction. An event that has redefined the nation. Charlotte will also share the opportunities to see the Big Six in Rwanda and has some captivating pictures taken from her trip to share with us. Charlotte lives just up the street on Old Garden Rd in Autumn Hall and is a Virtuoso Travel Advisor. Cookies will be provided.

#### INSPIRE LECTURE: REBEKAH BELL “FOOD FOR THOUGHT: THE MEDITERRANEAN DIET”

MONDAY, AUGUST 12TH AT 11:00AM IN THE WELLNESS STUDIO

#### MONTHLY CAREGIVER SUPPORT GROUP

MONDAY, AUGUST 12TH AT 3:45PM IN THE CHAPEL

#### ICE CREAM SANDWICH SOCIAL

TUESDAY, AUGUST 13TH AT 4:00PM ON THE COURTYARD PATIO

When was the last time you had an ice cream sandwich melting down your hand? Come get one!

#### MOVIE MATINEE: “THE UPSIDE”

TUESDAY, AUGUST 20TH AT 4:00PM IN THE FORUM

A comedic look at the relationship between a wealthy man with quadriplegia and an unemployed man with a criminal record who's hired to help him. PG-13 | 2h 6min | Comedy, Drama . Soda & fresh popcorn will be served.

#### CREATE A CREPE PAPER TIGER LILY

PART 1: WEDNESDAY, AUGUST 14TH AT 3:00PM IN THE ART STUDIO

PART 2: MONDAY, AUGUST 19TH AT 3:00PM IN THE ART STUDIO

Every month of this year, we have practiced a new skill in creating realistic crepe paper flowers. This month, we are going to kick it up a notch to create THE MOST realistic dragon lily you have ever seen!

PLEASE plan on attending both sessions.

#### WINE & SCOTTI STRINGZ SOCIAL

FRIDAY, AUGUST 30TH AT 4:00PM IN THE LIGHTHOUSE MARKET



## AUGUST 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

### GRILLED HOT DOG FUNDRAISER FOR THE AMERICAN HEART ASSOCIATION

THURSDAY, AUGUST 1ST FROM 11:30-1:30PM IN THE COURTYARD

Administration will be grillin' up some dogs, and you get to make them just how you like it! Enjoy your dog fresh off the grill, sit inside or take to go, this \$5.00 donation will be sure to make your belly happy!

### MUSICAL BIOGRAPHY “TOO MARVELOUS FOR WORDS” ON JOHNNY MERCER WITH PHIL BRUSCHI

THURSDAY, AUGUST 15TH AT 4:00PM IN THE FORUM

Johnny mercer was one of America's best known lyricist and songwriter from the mid- 1930's through the mid- 1960's. Many of the songs he wrote were among the most popular hits of that time and are still being recorded by today's artist. he wrote lyrics to more than fifteen hundred songs, including compositions for many movies and Broadway musicals. Mercer was nominated for nineteen Academy Awards and won four. Join Phil Bruschi as he discusses the life and times of Mercer as a songwriter and sing songs such as "Summer Wind", "Autumn Leaves", "Too Marvelous for words", "One For My Baby", "Moon River" and many more.

### 3RD ANNUAL LUAU WITH ENTERTAINMENT BY THE TIKI TORCH TRIO

THURSDAY, AUGUST 22ND FROM 6-8:30PM IN THE COURTYARD

Welcoming the Steel Drum band, Tiki Torch Trio back for another night under the stars! Coconuts, pineapples, flamingos and more... invite your friends & family to celebrate the night away! Serving traditional island flavors and complimentary “Bay Splash Cocktail” to wash it down! Tropical dress encouraged. Please RSVP with the number of guests by *Thursday, August 23<sup>rd</sup> to the Front Desk.*

### SPEAKER: CITY OF WILMINGTON DIRECTOR OF PUBLIC SERVICES, DAVID MAYES

THURSDAY, AUGUST 29TH AT 3:00PM IN THE FORUM

be speaking about my department operations which includes City Building maintenance, Storm water Services, Recycling and Trash Services and Street Maintenance. NC State graduate with Civil Engineering degree NC Licensed professional engineer, 23 years with City, Developed Storm water program following 1996 Hurricanes, Managed Storm water program for 18 years, Public Services Director since 2015.

## Out On The Town

### 3RD ANNUAL BEACH DAY WITH OCEAN CURE VOLUNTEERS

FRIDAY, AUGUST 9TH LEAVING AT 9:15AM FROM THE LOBBY

Meet the entire Ocean Cure crew on the beach at the newly renovated & accessible Carolina Beach boardwalk beach access for a day on the beach with picnic lunch included. Chairs & tents will be set up waiting for you! Also, the Ocean Cure Team will be providing assistance to those wanting to feel the Atlantic Ocean safely & securely. Expert instruction along with adaptive equipment ensures for a day full of fun in the sun making memories of a lifetime! Call the family to visit for this weekend for sure! (PLEASE RESERVE YOUR SEAT TO RIDE THE COACH, OR LET ERIN KNOW IF YOU WILL BE DRIVING YOURSELF.)

### SENIOR MEN'S SOFTBALL GAME: TEAM CAROLINA BAY VS. CHAMPIONS ASSISTED LIVING

TUESDAY, AUGUST 13TH LEAVING AT 10:00AM FROM THE LOBBY

### 4TH FRIDAY OPEN GALLERY & SOCIAL AT ARTWORKS ON WILLARD

FRIDAY, AUGUST 23RD LEAVING AT 5:45PM FROM THE LOBBY

The Arts Council of Wilmington & NHC is pleased to coordinate the monthly Fourth Friday Gallery Walk. theArt-Works™, which includes an Art Village with 45+ working studios, as an international art destination, provides a creative environment for artists, educational opportunities, and enhances the community through art. *Light refreshments available*

### OPERA HOUSE THEATER DRESS REHEARSAL OF “SHAKESPERE IN LOVE”

WEDNESDAY, AUGUST 28TH LEAVING AT 6:45PM FROM THE LOBBY

The Academy Award winning romantic comedy *Shakespeare in Love* comes to the stage, complete with sword fights, secret trysts, mistaken identities, ruthless scheming, and backstage drama. Young playwright Will Shakespeare is short on inspiration until he encounters the beguiling Viola, whose fiery passion for poetry leaves her longing to act, and their star-crossed love inspires a masterpiece. This epic Elizabethan extravaganza is exuberant, witty, funny, and a beautiful homage to love, art, and theatre.

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# August 2019

				7:30 CB LOSERS CLUB/LH <sup>1</sup> 9:00-3 RSVT /L 10:30 Badminton Club/CY 11:30-1:30 FUNDRAISER: Grilled Hot Dog Bar/CY&F 1:00 RSVT-Harris Teeter/L 1:30 Bridge Club/CR 7:00 Billiards/BL	9:00-3 RSVT /L <sup>2</sup> 9:00 Breakfast Social: Fresh Fruit/LH 9:30 Morning Painting/AS 1:30 Journey Through the Bible "Gospel of Luke" with Bob/CH 2:30 Maintenance Committee/BL 3:00 Seated Aerobics/WS 3:30 Line Dancing/WS 4:30 Social with Ray & Jeff/CY 7:00 Movie/F 7:45 Friday Bridge/CR				
9:30 Catholic Communion Service/BC /3rd Floor <sup>4</sup>	9:00-1 RSVT/L <sup>5</sup> 10:30 RSVT-WalMart/L 11:00 Bridge Basics/CR 1:00 Hand & Foot Canasta/CR 2:00 "52 Weeks with Jesus"/CH 3:00 Activity Committee/AS 4:00 R4R Meeting/AS 4:00 DOLLAR BINGO/F 5:15 3rd Floor Happy Hour 7:00 Movie /F 7:00 Ping Pong Club/WS	9:45 Trans. To: Sea Turtle Hospital/L <sup>6</sup> 1:30 Mahjongg/CR 3:30 Kitchen Tour w/Mo/ PUB 5:00 1st Floor Happy Hour 5:30-7 Morrison Oyster Roast/CY	9:00-1 RSVT/L <sup>7</sup> 10:30 Protestant Worship w/Jack Mills/BC/3rd Floor 1:30 Bridge Club/CR 3:00 Caring & Sharing Group/L 3:00 SPEAKER: Travel with Char- lotte/F 4:15 Great Course: Conquest of Americas /CR 5:00 2nd Floor Happy Hour 7:00 Poker Group/BL	9:00-3 RSVT /L <sup>8</sup> 10:00 Audiology of Wilming- ton/CR 10:30 Badminton Club/CY 11:00 Finance Committee/BL 1:00 RSVT-Harris Teeter/L 1:30 Bridge Club/CR 4:00 Operations Meeting/BL 7:00 Billiards/BL	9:00-3 RSVT/L <sup>9</sup> 9:15 OUTING: SENIOR BEACH DAY/ L 9:30 Morning Painting/AS 11:30 ALOHA Library/L 1:30 Journey Through the Bible "Gospel of Luke" with Bob/CH 3:00 Seated Aerobics/WS 3:30 Line Dancing/WS 7:00 Movie /F				
9:30 Catholic Communion Service/BC /3rd Floor <sup>11</sup>	9:00-1 RSVT/L <sup>12</sup> 10:00 Bible Study w/Beth/CH 10:30 RSVT-WalMart/L 11:00 Bridge Basics/CR 11:00 INTERN presentations/WS 1:30 Book Club/CR 2:00 "52 Weeks with Jesus"/CH 3:00 Baywatch Meeting/AS 3:00 Wellness Committee Meet/WS 3:45 Caregiver Support Group/CH 4:00 DOLLAR BINGO/F 5:15 3rd Floor Happy Hour 7:00 Movie/F 7:00 Ping Pong Club/WS	10:00 OUTING: SENIOR SOFTBALL TEAM CAROLINA BAY VS. CHAMPIONS/L <sup>13</sup> <i>No advanced balance</i> 1:30 Mahjongg/CR 3:00 Jewelry Repair/AS 4:00 Ice Cream Sandwiches on the Courtyard 5:00 1st Floor Happy Hour/AS	9:00-1 RSVT/L <sup>14</sup> 10:30 Protestant Worship w/Jack Mills/BC/3rd Floor 1:30 Bridge Club/CR 3:00 Part 1-Crepe Paper Tiger Lilies/ AS 3:30 Dining Committee/DR 4:15 Great Course: Conquest of Americas /CR 5:00 2nd Floor Happy Hour 7:00 Poker Group/BL	9:00-3 RSVT/L <sup>15</sup> 10:30 Badminton Club/CY 11:30 Environmental Committee/ CR 1:00 RSVT-Harris Teeter/L 1:30 Bridge Club/CR 3:00 Baywatch Meeting/AS 4:00 GB2 Comm. Meet//BL 4:00 Musical Biography w/ Phil Bruschi "Johnny Mercer"/F 7:00 Billiards/BL	8:30 Breakfast Buffet w/ Morrison's/\$LH <sup>16</sup> 9:00-3 RSVT/L 9:30 Morning Painting/AS 11:00 Council Committee /CR 1:30 Journey Through the Bible "Gospel of Luke" w/Bob/CH 3:00 How to Live at Carolina Bay/F 7:45 Friday Bridge/CR				
9:30 Catholic Communion Service/BC /3rd Floor <sup>18</sup>  R4R BOXSUPPER/LH	9:00-1 RSVT/L <sup>19</sup> 10:30 RSVT-WalMart/L 11:00 Bridge Basics/CR 1:00 Hand & Foot Canasta/CR 2:00 "52 Weeks with Jesus"/CH 3:00 Part 2-Crepe paper Tiger Lilies/ AS 4:00 DOLLAR BINGO/F 5:15 3rd Floor Happy Hour 7:00 Movie /F 7:00 Ping Pong Club/WS	11:45 Trans. To: Single Ladies Luncheon @ Bras- serie du Solie/\$L <sup>20</sup> 1:30 Mahjongg/CR 4:00 Movie Matinee: "The Upside"/F 5:00 1st Floor Happy Hour/AS	9:00-1 RSVT/L <sup>21</sup> 10:30 Protestant Worship w/ Jack Mills/BC/3rd Floor 1:30 Bridge Club/CR 3:00 Caring & Sharing Group/L 4:15 Great Course: Conquest of Americas /CR 5:00 2nd Floor Happy Hour 7:00 Poker Group/BL	9:00-3 RSVT/L <sup>22</sup> 10:30 Badminton Club/ CY 1:00 RSVT-Harris Teeter/L 1:30 Bridge Club/CR 6-8:30 LUAU WITH TIKI TORCH TRIO 7:00 Billiards/BL	9:00-3 RSVT/L <sup>23</sup> 9:30 Morning Painting/AS 1:30 Journey Through the Bible "Gospel of Luke"/CH 3:00 Seated Aerobics/WS 3:30 Line Dancing/WS 5:45 OUTING: 4th Friday @ Artworks/L 7:00 Movie /F				
9:30 Catholic Communion Service/BC /3rd Floor <sup>25</sup>  5:00 OUTING: Lumina Daze at the Blockade Runner/L	9:00-1 RSVT/L <sup>26</sup> 10:30 RSVT-WalMart/L 11:00 Bridge Basics/CR 2:00 "52 Weeks with Jesus"/ CH 3:00 Baywatch Meeting/AS 4:00 DOLLAR BINGO/F 5:15 3rd Floor Happy Hour 7:00 Movie /F 7:00 Ping Pong Club/WS	11:45 OUTING: ROMEO'S go to Carolina Ale House/\$L <sup>27</sup> 1:30 Mahjongg/CR 5:00 1st Floor Happy Hour/AS September Calendar re- leased	9:00-1 RSVT/L <sup>28</sup> 10:30 Protestant Worship w/Jack Mills/ BC/3rd Floor 10:45 Belltone Hearing Checks/CR 1:30 Bridge Club/CR 2:45-3:30 Morrisons Q&A/PUB 4:15 Great Course: Conquest of Ameri- cas /CR 5:00 2nd Floor Happy Hour 6:45 OUTING: Opera House "Shakespeare In Love"/L 7:00 Poker Group/BL	9:00-3 RSVT/L <sup>29</sup> 10:30 Badminton Club/CY 1:00 RSVT-Harris Teeter/L 1:30 Bridge Club/CR 3:00 SPEAKER: David Mayes/F 4:00 September Sign up Bind- er out 6-8 MORRISONS WINE DIN- NER/\$F 7:00 Billiards/BL	9:00-3 RSVT/L <sup>30</sup> 9:00 Breakfast Social: Krispy Kreme/LH 9:30 Morning Painting/AS 1:30 Journey Through the Bible "Gospel of Luke"/CH 3:00 Seated Aerobics/WS 3:30 Line Dancing/WS 4:00 Wine Social: Scotti Stringz/ LH 7:00 Movie /F				

AC - Aquatics Center AS - Art Studio BL - Billiards Lounge CBG - Carolina Bay Grill CH - Chapel (2nd floor) CR - Card Room CY - Courtyard F - Forum L - Lobby LH - Lighthouse Market PDR - Private Dining Room  
 PUB - Cape Fear Pub WL - Wellness Lounge WS - Wellness Studio RG - Resident Garden RSVT = Reserved Transportation In. Act. = Independent Activity Bold = Reservation Required \$ = Cost on your own