

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

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

MET OPERA LIVE "DER FLIEGEN DE HOLLANDER"

SATURDAY, MARCH 14TH LEAVING AT 11:30AM/LOBBY

@ UNCW Fisher Center Lumina Theater. Tickets required. To purchase tickets, you must call (910) 962-3195. *

BATTLE HOUSE LASER TAG WITH PICNIC LUNCH

TUESDAY, MARCH 17TH LEAVING AT 10:45AM FROM THE LOBBY

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!

EMPTY BOWLS FUNDRAISER

FRIDAY, MARCH 20TH LEAVING IN BETWEEN 10:30 & 11AM FROM THE LOBBY

Today in North Carolina, 1 in 7 people and 1 in 5 children face an empty bowl. You can help fill it—at Wilmington's 10th Empty Bowls! Empty Bowls is a notable event that brings together community while bringing awareness to the very real problem of hunger in Eastern North Carolina. Guests select a bowl hand-made by local artisans and enjoy a delicious bowl of soup and breads. The souvenir bowl guests take home reminds them of the many Eastern North Carolina families that are currently struggling with hunger. **Tickets will be \$25 in advance and \$30 at the door.** Empty Bowls benefits Mother Hubbard's Cupboard, which supplies emergency food to those in need, and Good Shepherd Center, which prepares meals for the hungry and shelters the area's homeless.

PNC BROADWAY SHOW: AN AMERICAN IN PARIS

SATURDAY, MARCH 21ST LEAVING AT 7:00PM FROM THE LOBBY

@ Wilson Center. Tickets required & range from \$38.00 to \$68.00. To purchase tickets, you must call (910) 362-7999. *

UPCOMING PROGRAMS THIS MONTH...

THE GREAT COURSE EDUCATIONAL SERIES: THE SURVEILLANCE STATE: BIG DATA, FREEDOM, AND YOU

LED BY: PROFESSOR PAUL ROSENZWEIG, JD, THE GEORGE WASHINGTON UNIVERSITY LAW SCHOOL

TUESDAYS AT 4:00PM IN THE CARD ROOM

Tuesday, March 3rd: *Technology Outruns the Law & Your Personal Data Is the Product*

Tuesday, March 10th: *The Internet of Things & Anonymity: Going off the Grid*

Tuesday, March 17th: *Code Breaking versus Code Making & Europe's Right to Be Forgotten*

Tuesday, March 24th: *FINAL CLASS* *National Security and the First Amendment & The Privacy Debate Needs You*

MONTHLY CAREGIVER SUPPORT GROUP- STAY TUNED FOR MORE INFO!

MONDAY, MARCH 9TH AT 3:30PM IN THE CHAPEL

ALOHA LIBRARY VISITS

FRIDAY, MARCH 13TH AT 11:30AM IN THE LOBBY

The library has filled the outreach position and they will be returning for the monthly mobile library cart on the 2nd Friday at 11:30am every month!

INSPIRE INTERN PRESENTATION WITH SHANNON HARDY "BREAKING THE STIGMA ON MENTAL HEALTH"

MONDAY, MARCH 23RD AT 11:00AM IN THE WELLNESS STUDIO

BRIDGE BASICS WITH LARRY VACEK

MONDAYS AT 11:00AM IN THE CARD ROOM

Want to learn more about bridge in a no-pressure environment? And have fun at the same time? Maybe you played 30 years ago and want to be refreshed. Maybe you're playing now and want to be updated on changes in bidding. Or maybe you have never played and want to learn how. In any case, we meet once a week to learn more about bridge basics. The content is modified to meet the needs of the attendees.

"52 WEEKS THRU THE PSALM'S" BIBLE STUDY LED BY CHAPLAIN JOHN SOLANO

MONDAYS AT 2:00PM IN THE CHAPEL

JOURNEY THROUGH THE BIBLE W/BOB PERRY "RELEVATION"

FRIDAYS AT 1:30PM IN THE CHAPEL

Have you ever tried to read the Book of Revelation and become confused, bewildered and perhaps put-off by what you read?

That's a common reaction, but this is an incredible book about Christian hope and the salvation of the Lord God through Jesus Christ. Come and learn what Revelation says and what it really means.

PLANTING COLOR IN THE COURTYARD

THURSDAY, MARCH 26TH AT 1:30PM IN THE ART STUDIO/COURTYARD

It's Spring time already and that means time for new flowers to be planted in all of the planters in the courtyard! Please come help get the plants in the dirt for all to see and enjoy! (This will also mean we need to start our Watering Committee back!)

PAINT A SEASONAL SIGN FOR YOUR DOOR

FRIDAY, MARCH 27TH AT 2:00PM IN THE ART STUDIO

Come with an idea in mind, or use one of ours! Examples will be available to be seen in the Art Studio at a closer date.



MARCH 2020



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

MAD HATTER'S TEA PARTY

FRIDAY, MARCH 6TH AT 10:30AM IN THE FORUM

In honor of International Women's Day, let's be ladies and sip some tea! Bring your favorite tea cup with you to be filled with your favorite tea to wash down the crumpets. (RSVP BY WED. MARCH 4TH)

IRISH COFFEE BAR WITH COURTNEY

TUESDAY, MARCH 17TH AT 4:30PM IN THE LIGHTHOUSE MARKET

We all have a little Irish in us on St. Patrick's Day, come share a spot of Bailey's with us!

FIRST DAY OF SPRING SOCIAL WITH EMILY ON GUITAR

FRIDAY, MARCH 20TH AT 4:00PM IN THE COURTYARD OR FORUM

Come see a different side to your Yoga instructor Emily as she performs some relaxing tunes to begin the weekend right!

SPEAKER: RYAN GODFREY, PT, DPT, "CURRENT TRENDS ON SENIOR PHYSICAL WELLNESS"

WEDNESDAY, MARCH 25TH AT 4:00PM IN THE FORUM

Join us to learn more about the current state of our healthcare system & find out how we can play an active role in shifting our mindset for improved wellness practices. You will find out more about the valuable resources for health & wellness in our local community.

SPEAKER: ANN LAREAU "SENIOR FRAUD PREVENTION"

THURSDAY, MARCH 26TH AT 4:00PM IN THE FORUM

Local educator & senior advocate, Ann LaReau has extensive training on senior safety and is here to share some tips and tricks on how to keep yourself safe! Ann will be discussing ID theft, internet safety, telephone & mail scams, trusting a professional and more very vital information to always be reminded of & kept up to date with!

Out On The Town

OUT TO VOTE THEN TO CRACKER BARREL FOR BRUNCH

TUESDAY, MARCH 3RD LEAVING AT 10:30AM FROM THE LOBBY

TOUR YOUR TOWN WITH JACK MILLS, CAPE FEAR MUSEUM VOLUNTEER, ENDING WITH UNDERGROUND TOUR OF CAPE FEAR ARTIFACTS

WEDNESDAY, MARCH 11TH LEAVING AT 1:15PM FROM THE LOBBY/(12 MAX)

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!

THALIAN CHILDREN'S THEATER ASSOCIATION PRESENTS DRESS REHEARSAL OF: "XANADU JR."

THURSDAY, MARCH 12TH LEAVING AT 6:45PM FROM THE LOBBY

Xanadu Jr. is inspired by the Tony Award-nominated Broadway musical and the Universal Pictures' cult classic movie that starred Olivia Newton-John and Gene Kelly. Xanadu JR. is a moving, electrifying tale of endless fun that will keep audiences in stitches while the original, legendary chart-topping tunes lift them out of their seats. Held at Hannah Block.

LUNCH AT WINNIE'S TAVERN THEN TOUR OF THE ILM PORT

FRIDAY, MARCH 13TH LEAVING AT 11:45AM FROM THE LOBBY- BUS IS ALREADY FULL

Due to the overwhelming interest, another tour will be scheduled for Fall 2020 to those that were not able to make this trip.


WILMINGTON SYMPHONY POP'S CONCERT "AZALEA FESTIVAL"

SUNDAY, MARCH 29TH LEAVING AT 4:15PM FROM THE LOBBY

@ Wilson Center. (free tickets to the first 11 to sign up!) An official event of the North Carolina Azalea Festival, this concert will feature light classics, film scores, and the premiere of a work commissioned by the Festival and composed by conductor Steven Errante.

TOUR OF GOOD SHEPHERD CENTER WITH LUNCH

TUESDAY, MARCH 31ST LEAVING AT 11:15AM FROM THE LOBBY

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>1</p> <p>9:30 Catholic Communion Service/BC /3rd Floor</p>	<p>2</p> <p>9:00-1 RSVT/L 10:30 RSVT-WalMart/L 11:00 Bridge Basics/CR 1:00 Hand & Foot Canasta/CR 2:00 "52 Weeks with Psalm's"/CH 3:00 Activity Committee Meeting/AS 4:00 Resident for Resident Meeting/AS 4:00 DOLLAR BINGO/F 7:00 Ping Pong Club/WS 7:00 Movie/F</p>	<p>3</p> <p>10:30 OUTING: To Vote then Brunch at Cracker Barrel/\$L 1:30 Mahjongg/CR 3:00 Baywatch Meeting/AS 3:30 Background Kitchen Tour/PUB 4:00 The Great Course: "The Surveillance State #17 & 18/CR 5:00 1st Floor Happy Hour/AS</p>	<p>4</p> <p>9:00-1 RSVT/L 10:30 Protestant Worship/BC/3rd Floor 1:30 Bridge Club/CR 2:00 First Aide with Susan/AS 7:00 Poker Group/BL</p>	<p>5</p> <p>9:00-3 RSVT /L 10:30 Badminton Club/CY 1:00 RSVT-Harris Teeter/L 1:30 Bridge Club/CR 2:00 First Aide with Susan/AS 7:00 Billiards/BL 7:00 Ping Pong Club/WS</p>	<p>6</p> <p>9:00-3 RSVT/L 9:30 Morning Painting/AS 10:30 Mad Hatter Tea Party/F 1:30 Journey Through the Bible "Revelations"/CH 2:30 Maintenance Committee Meeting/BL 7:00 Movie /F 7:45 Friday Bridge/CR</p>	<p>7</p> <p>10:00 CB Chorus Practice/F</p>
<p>8</p> <p>9:30 Catholic Communion Service/BC /3rd Floor</p>  <p>DAYLIGHT SAVINGS TIME BEGINS Time to Spring Ahead</p>	<p>9</p> <p>9:00-1 RSVT/L 10:00 Bible Study with Beth/CH 10:30 RSVT-WalMart/L 11:00 Bridge Basics/CR 1:30 Book Club/CR 2:00 "52 Weeks with Psalm's"/CH 3:00 Wellness Committee Meeting/WS 3:30 Caregiver Support Group Meeting/CH 4:00 DOLLAR BINGO/F 7:00 Movie/F</p>	<p>10</p> <p>11:00 OUTING: Lunch at Johnny Lukes & Out to the Movies/\$L 1:30 Mahjongg/CR 4:00 The Great Course: "The Surveillance State #19 & 20/CR 5:00 1st Floor Happy Hour/AS</p>	<p>11</p> <p>9:00-1 RSVT/L 10:30 Protestant Worship/BC/3rd Floor 1:15 OUTING: Narrated Tour of Wilmington & Background Tour of Cape Fear Museum with Jack Mills/L 3:00 Baywatch Meeting/AS 1:30 Bridge Club/CR 7:00 Poker Group/BL</p>	<p>12</p> <p>7:30 CB LOSERS CLUB/LH 9:00-3 RSVT /L 10:00 Audiology of Wilmington visits/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 Committee Meeting/BL 5:00 Morrison's Wine Club/PUB 6:45 OUTING: TACT Dress Reh. Of "Xandau Jr." at Hannah Block/L 7:00 Billiards/BL 7:00 Ping Pong Club/WS</p>	<p>13</p> <p>9:00-3 RSVT/L 9:00 Breakfast Social: Sausage Biscuits/LH 9:30 Morning Painting/AS 11:30 ALOHA Library/L 11:45 OUTING: Lunch @ Winnies Tavern then Tour of ILM Port/\$L 1:30 Journey Through the Bible "Revelations"/CH 4:00 Movie Matinee: "A Dog's Purpose"/F 7:00 Movie /F</p>	<p>14</p> <p>10:00 CB Chorus Practice/F 11:30 Trans. To: Met Opera "Der Fliegen de Hollander"/\$L</p>
<p>15</p> <p>9:30 Catholic Communion Service/BC /3rd Floor</p>	<p>16</p> <p>9:00-1 RSVT/L 10:30 RSVT-WalMart/L 11:00 Bridge Basics/CR 1:00 Hand & Foot Canasta/CR 2:00 "52 Weeks with Psalm's"/CH 4:00 DOLLAR BINGO/F 5:15 3rd Floor Happy Hour 7:00 Ping Pong Club/WS 7:00 Movie /F</p>	<p>17</p> <p>10:45 OUTING: Battle House Lazer Tag with Picnic Lunch/\$L 1:30 Mahjongg/CR 4:00 The Great Course: "The Surveillance State #21 & 22/CR 4:30 Irish Coffee Bar with Courtney/LH 5:00 1st Floor Happy Hour/AS HAPPY ST. PATRICK'S DAY!</p>	<p>18</p> <p>9:00-1 RSVT/L 10:30 Protestant Worship /BC/3rd Floor 10:30 Beltone Hearing/CR 1:30 Bridge Club/CR 1:30 Jewelry Create & Repair/AS 3:00 Baywatch Meeting/AS 3:30 Dining Committee Meeting/DR 5:00 2nd Floor Happy Hour 7:00 Poker Group/BL</p>	<p>19</p> <p>7:30 CB LOSERS CLUB/LH 9:00-3 RSVT/L 10:30 Badminton Club/CY 11:00 Environmental Services Meeting/CR 1:00 RSVT-Harris Teeter/L 1:30 Bridge Club/CR 2:00 GB2 Committee Meeting/BL 4:00 Operations Meeting/BL 7:00 Billiards/BL 7:00 Ping Pong Club/WS</p>	<p>20</p> <p>8:30 Morrisons Breakfast Buffet/\$LH 9:00-3 RSVT/L 9:30 Morning Painting/AS 10:30-11 Trans. To: Empty Bowls Fundraiser for Good Shepherd Center & Mother Hubbards Cupboard/\$L 11:00 Council Meeting/CR 1:00 CLINIC: Cornhole & Bocce/CY 1:30 Journey Through the Bible "Revelations"/CH 3:00 Carolina Bay Monthly Update/F 4:00 1st Day of Spring Social with Emily on Guitar/F or CY 7:00 Movie/F 7:45 Friday Bridge/CR</p>	<p>21</p> <p>10:00 CB Chorus Practice/F 7:00 Trans. To: PNC Broadway show "American in Paris"/\$L</p>
<p>22</p> <p>9:30 Catholic Communion Service/BC /3rd Floor</p>	<p>23</p> <p>9:00-1 RSVT/L 10:30 RSVT-WalMart/L 11:00 Bridge Basics/CR 11:00 INTERN Presentation: Shannon on "Breaking the Stigma of Mental Health"/WS NO Functional Fitness 2:00 "52 Weeks with Psalm's"/CH 4:00 DOLLAR BINGO/F 5:15 3rd Floor Happy Hour 7:00 Ping Pong Club/WS</p>	<p>24</p> <p>1:30 Mahjongg/CR 4:00 The Great Course: "The Surveillance State #23 & 24/CR 5:00 1st Floor Happy Hour/AS April Calendars Delivered</p>	<p>25</p> <p>9:00-1 RSVT/L 10:30 Protestant Worship/BC/3rd Floor 1:30 Bridge Club/CR 1:30 Caring & Sharing Group/L 2:45 Morrison's Q&A/DR 4:00 SPEAKER: Ryan Godfrey, PT, "Trends on Senior Physical Wellness"/F 5:00 2nd Floor Happy Hour 7:00 Poker Group/BL</p>	<p>26</p> <p>9:00-3 RSVT/L 10:30 Badminton Club/CY 11:00 Environmental Committee/CR 1:00 RSVT-Harris Teeter/L 1:30 Bridge Club/CR 1:30 Planting Color for the Courtyard/AS 2:00 GB2 Comm. Meet//BL 3:00 April Sign up Binder Out 4:00 SPEAKER: Ann LaReau "Senior Fraud Prevention"/F 7:00 Billiards/BL</p>	<p>27</p> <p>9:00-3 RSVT/L 9:00 Krispy Kreme Morning/LH 9:30 Morning Painting/AS 1:30 Ind. Act: Meeting at Cardinal Lanes Shipyard Bowling/\$3.00 1:30 Journey Through the Bible "Revelations"/CH 2:00 Paint a Seasonal Sign for your Door!/AS 7:00 Movie /F</p>	<p>28</p> <p>10:00 CB Chorus Practice/F</p>
<p>29</p> <p>9:30 Catholic Communion Service/BC /3rd Floor</p> <p>4:15 OUTING: ILM Symphony POP's Concert "Azalea Festival" at Wilson-11 free!/L</p>	<p>30</p> <p>9:00-1 RSVT/L 10:30 RSVT-WalMart/L 11:00 Bridge Basics/CR 1:00 Hand & Foot Canasta/CR 2:00 "52 Weeks with Psalm's"/CH 3:00 Baywatch Meeting/AS 4:00 DOLLAR BINGO/F 5:15 3rd Floor Happy Hour 7:00 Ping Pong Club/WS</p>	<p>31</p> <p>11:15 OUTING: Tour of Good Shepherd Center with Lunch/L 1:30 Mahjongg/CR 4:00 FINAL The Great Course: "The Surveillance State #25 & 26/CR 5:00 1st Floor Happy Hour/AS</p>	