





### Movie Descriptions

For all movies below – Descriptions are provided by Amazon. Movie times are subject to change, pay attention to the times on the calendar and the weekly-> All are in the Forum:

**January 6th— Grumpier Old Men / 1hr. 43 min. / Comedy, Romance**

**Starring: Walter Matthau, Jack Lemmon, Ann-Margret**

Bio: John and Max resolve to save their beloved bait shop from turning into an Italian restaurant, just as its new female owner catches Max's attention.

**January 13th—The Accountant / 2hrs. 8 min / Thriller**

**Starring: Ben Affleck, Anna Kendrick, J.K. Simmons**

Bio: As a math savant uncooks the books for a new client, the Treasury Department closes in on his activities, and the body count starts to rise.

**January 20th— Julie and Julia / 2 hr. and 3 minutes / Biography, Drama, Romance**

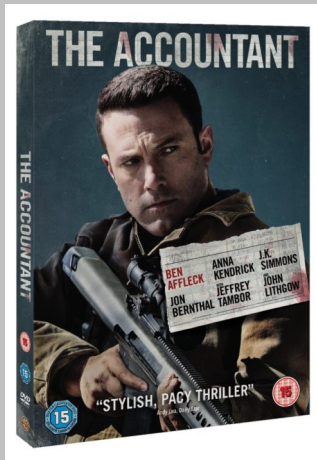
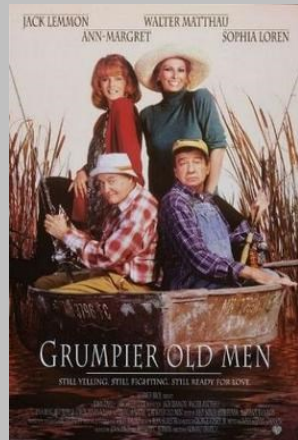
**Starring: Amy Adams, Meryl Streep, Chris Messina**

Bio: Julia Child's story of her start in the cooking profession is intertwined with blogger Julie Powell's 2002 challenge to cook all the recipes in Child's first book.

**January 27th— Heartburn / 1hr. and 48 minutes / Drama, Comedy**

**Starring: Meryl Streep, Jack Nicholson, Jeff Daniels**

Bio: She's a magazine writer who gives up her career for love and family. He's a playboy newspaper columnist who can't quite give up his old tricks. And if that combination doesn't give a relationship Heartburn, nothing will.



### Shore Things This Month in Activities:

Signing up in the activities binder is a **MUST** to help the Life Enrichment team plan and prepare for all events! We thank you in advance!

**Emily will be leading a few neat crafts every Monday at 11:00 and Origami every Tuesday at 10:00 in the art studio!**

**Back by popular demand we are going to continue our Herbal Tea Parties, Get To Know Your Neighbor and The Breakfast Club!**

**To allow for our talented residents to express themselves, we are beginning a Creative Writing Course and a Snap Poetry Club!**

**Lets Get Fit is a new feature on our calendar that will be used to promote physical activity while having fun at the same time– you won't want to miss this!**

**To promote a sense of community and to enhance the support system here at Carolina Bay we will be joining together in a Prayer Group. (All Are Welcome)**

**Life Enrichment and Wellness will be teaming up to discuss all matters that deal with how to properly manage stress.**

**We will have many speakers this month including a representative from the Police and Fire Department, Bradley Creek Health Care and Dementia Friends.**

**New Socials include our Snow Flake Soiree and the January Birthday Party!**

**We have lots of great performers coming this month and we are very excited!**

**\*Please see insert with New Activity Descriptions\***

### This Month in Wellness:

**The New Year is here! We would like to remind you that we have over 30 exercise classes per week that provide you with a good workout, a social outlet and a new hobby! Come meet some new people in Tai Chi, Line Dancing, Water Aerobics, Ageless Grace, Balance and more! Remind-er that you must have your initial assessment with the wellness staff before beginning any IN-SPIRE programming. We are working hard to schedule reassessments in the new year, so if you have been here for over 1 year, expect a call from us in the coming months. Ping pong club meets Mondays, Fridays, and the weekends, so if you are looking for a new hobby during the chilly winter months, check it out! Aqua Zumba class on January 3<sup>rd</sup> and January 17<sup>th</sup>!**

**Color Code Key for the Monthly Calendar: Committee Meetings in Red, New Activities in Orange Musicians/Speakers in purple, Outings in Dark Blue**