Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					)22	*: + appy * *: + appy * * ew * lear *
2	9:00-1 RSVT/L 11:00 Puzzle Piece Ornament Craft/ AS 11:00 Virtual Bridge Basics/CR 10:30 RSVT - Walmart 1:30 Canary Row Movie Showing/ CR 2:00 \$1 Bingo/F 2:00 Baywatch Meeting/AS 3:30 Let's Get Fit/ CR	NO RSVT 4 10:00 Origami with Emmy/ AS 11:00 The Great Course /CR 1:00 Mahjongg/CR	9:00-3 RSVT/ L 9:30 Morning Meditation/ WS 12:00 Chorus Rehearsal/ F 1:30 Bridge Club/CR 2:00 Free Art /AS 3:30 Fun and Games W Haley/CR	9:00-3 RSVT /L 10:00 Audiology of Wilmington/CR 10:00 Prayer Group/ CH 11:00 Watercolor Class/ AS 1:00 RSVT-Harris Teeter/L 1:30 Bridge Club/ CR 2:00 Grumpier Old Men/ F 3:00 Creative Writing/ AS	9:00-3 RSVT/L 10:00 Breakfast Club: Parfaits/AS 1:30 Bible study with Bob Perry/CH 11:00 Farkle/ AS 2:30 Environmental Co/CR 2:30 Maintenance Co/BL	BREAK FAST
9 Coffee	9:00-1 RSVT/L 10:30 RSVT- Target/L 11:00 Coffee and Color. AS 11:00 Virtual Bridge Basics/CR 1:30 Book Club/CR 2:00 \$1 Bingo/F 2:30 Life Enrichment Co/A 3:15 Get To Know Your Neighbor/ F	NO RSVT1110:00 Origami with Emmy/ AS11:00 The Great Course /CR1:00 Mahjongg/CR1:30 Snap Poetry/AS2:00 Operations Co/BL	9:00-3 RSVT/ L 9:30 Morning Meditation/ WS 11:00 Farkle/ AS 12:00 Chorus Rehearsal/ F 1:30 Bridge Club/CR 2:00 Free Art /AS 3:30 Bradley Creek Talk Panel/ F	9:00-3 RSVT /L 10:00 Herbal Tea Party/ AS 11:00 Watercolor Class/ AS 1:00 RSVT-Harris Teeter/L 1:30 Bridge Club/ CR 2:00 The Accountant/F 2:00 Finance Co/BL	9:00-3 RSVT/L 10:00 Jason Rickman Cleaning/CR 11:00 Farkle/ AS 1:30 Bible Study with Bob Perry/CH 2:00 Dementia Friends Training Presentation/F	Dementia
16	9:00-1 RSVT/L 17 11:00 Do It Yourself Snow Globe/ AS 11:00 Virtual Bridge Basics/CR 2:00 \$1 Bingo/F 3:30 Let's Get Fit/ CR	NO RSVT1810:00 Origami with Emmy/ AS11:00 The Great Course /CR1:00 Mahjongg/CR3:00 Police Department: Crime Prevention/ F	9:00-3 RSVT/ L 10:00 Morning Meditation/ CH 11:00 Farkle/ AS 12:00 Chorus Rehearsal/ F 1:30 Bridge Club/CR 1:30 Moe McKenna Painting/ AS 4:00 SnowFlake Soiree/ F	9:00-3 RSVT /L 20 10:00 Prayer Group/ CH 11:00 Watercolor Class/ AS 1:00 RSVT-Harris Teeter/L 1:30 Bridge Club/ CR 2:00 Julie and Julia /F 4:00 Jeopardy/F	9:00-3 RSVT/L 21 10:00 Breakfast Club: Banana Bread & 21 Berries/AS 11:00 Farkle/ AS 11:00 Council Members Meeting/CR 1:30 Bible Study with Bob Perry/CH 3:00 Resident Meeting/F 4:00 Karaoke/ F	
Wilmington Symphony: Bruch 23 Violin Concerto ft. Randall Groosby 5:15/L	9:00-1 RSVT/ L 11:00 Coffee and Color/ AS 10:30 RSVT- Target/L 11:00 Virtual Bridge Basics/CR 2:00 \$1 Bingo/F 3:15 Get To Know Your Neighbor/ F	NO RSVT 25 10:00 Origami with Emmy/ AS 11:00 The Great Course /CR 12:00 Jack Mills Museum Tour/ L 1:00 Mahjongg/CR 1:30 Snap Poetry 3:00 Caregiver Support Group/ F	9:00-3 RSVT/L 26 9:30 Morning Meditation/WS 11:00 Farkle/ AS 12:00 Chorus Rehearsal/ F 1:30 Bridge Club/CR 2:00 Free Art /AS 3:30 Fun and Games/CR Beautiful: The Carole King Musical 6:30/L	9:00-3 RSVT /L 27 10:00 Herbal Tea Party/ AS 11:00 Watercolor Class/ AS 1:00 RSVT-Harris Teeter/L 1:30 Bridge Club/ CR 2:00 Heartburn/ F 3:00 Creative Writing/ AS 4:00 Admiral Henderson Medal of Honor/F	9:00-3 RSVT/L 28 11:00 Farkle/ AS 1:30 Bible Study with Bob Perry/CH 2:00 Dementia Friends Training Presentation/ F 3:30 January Birthday Party/ F	
30 Chamber Music: Verona Quartet 3:15/L	9:00-1 RSVT/L 31 11:00 Pinecone Flowers/AS 10:30 RSVT- Target/L 11:00 Virtual Bridge Basics/CR 2:00 \$1 Bingo/F 3:30 Let's Get Fit/ CR	CARDY LARD	I Poetry			WINTER FUN!
-					L - Lobby LH - Lighthouse Market vity Bold = Reservation Required	



### **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

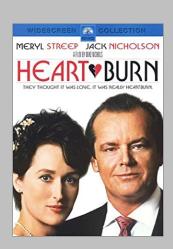
## Starring: Meryl Streep, Jack Nicholson, Jeff Daniels

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! Reminder 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**