

NOVEMBER

CAMPUS VENUES

- Lib. Library
- L Lobby
- BL Billiards Lounge
- AS Art Studio
- CR Card Room
- F Forum
- LH The Lighthouse Market
- CBG Carolina Bay Grill
- PUB Cape Fear Pub
- BW Breakwaters
- CY Courtyard
- WL Wellness Lounge
- SPA Reflections Spa & Salon
- FC Fitness Center
- AC Aquatics Center
- ZG Zen Garden
- WS Wellness Studio
- SE South Entrance

RSVT = Reserved Transportation  
Ind. Act. = Independent Activity  
**Bold** = Reservation Required

THANKSGIVING BUFFET

Gobble, gobble. Oink, oink! Enjoy fresh carved turkey, glazed ham, green bean casserole, mashed potatoes, & all the fixin's will be on Carolina Bay's 1st Thanksgiving Buffet on Thursday, November 26th from 11am-2pm @ the Lighthouse Market. *RSVP to Front Desk by Tuesday, Nov. 24th*

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<i>"Fall Back" for Daylight Savings Time</i> <b>1</b>	9am-1pm RSVT <b>2</b> 9:00 Cardio & Strength 10:00 Walk Autumn Hall/WL 11:00 Functional Fitness 4:00 Dream Scheme/LH	<b>ELECTION DAY</b> <b>3</b> 9am-1pm RSVT 9:00 Bay Balance 10:00 Walk Autumn Hall/WL 11:00 Dynamic Balance	9am-1pm RSVT <b>4</b> 9:00 Cardio & Strength 10:00 Bike Autumn Hall/WL 11:00 Functional Fitness 3:00 Putters Welcome/CY 4:00 Wine ↓ Wednesday/LH	9am-1pm RSVT <b>5</b> 9:00 Bay Balance <b>10:00 National Donut Day with the Director/LH</b> 11:00 Dynamic Balance <b>2:00 Movie Matinee: Some Like It Hot/F</b>	9am-1pm RSVT <b>6</b> 9:00 Cardio & Strength 10:00 Walk Autumn Hall/WL 11:00 Functional Fitness <b>11:45 Oktoberfest AlzNC Fundraiser @ Brightmore/L</b> 4:00 Apples2Apples with Hard Apple Cider/CR	<b>7</b> 10am-4pm Cape Fear Kite Festival @ Ft. Fisher(Ind. Act.)
<b>8</b>	9am-1pm RSVT <b>9</b> 9:00 Cardio & Strength 10:00 Walk Autumn Hall/WL 11:00 Functional Fitness 2:00 Mahjong Interest/CR 3:00 Putters Welcome/CY	9am-1pm RSVT <b>10</b> 9:00 Bay Balance 10:00 Indoor Tennis/WS 11:00 Dynamic Balance 1:00 Bridge Club/CR 4:00 Brewsday: Pumpkin Brews/LH	<b>VETERAN'S DAY</b> <b>11</b> 9am-1pm RSVT 9:00 Cardio & Strength 10:00 Bike Autumn Hall/WL 11:00 Functional Fitness <b>1:00 Treasured Memories/BW</b> <b>3:00 Movie Matinee: Flags of Our Fathers/F</b>	9am-1pm RSVT <b>12</b> 9:00 Bay Balance 10:00 HORSE/WL 11:00 Dynamic Balance <b>1:00 Outing to Blue Moon Gallery/L</b>	9am-1pm RSVT <b>13</b> 9:00 Cardio & Strength 10:00 Walk Autumn Hall/WL 11:00 Functional Fitness <b>2:00 Open Table Host/BW</b> <b>3:30 NHC Public Library/CR</b> 4:00 Happy Hour/BL	<b>14</b>
<b>15</b> <b>3:15 Cape Fear Chorale Concert at Winter Park Baptist/L</b>	9am-1pm RSVT <b>16</b> 9:00 Cardio & Strength 10:00 Walk Autumn Hall/WL 11:00 Functional Fitness 1:00 Book Club Interest/CR <b>2:00 Fabulous Foil/AS</b>	9am-1pm RSVT <b>17</b> 9:00 Bay Balance 10:00 Connect w Kinect/CR 11:00 Dynamic Balance 4:00 Fireside Stories with Spiced Cider/CY	9am-1pm RSVT <b>18</b> 9:00 Cardio & Strength 10:00 Bike Autumn Hall/WS 11:00 Functional Fitness <b>2:00 Steamboat Willie/AS</b> 4:00 Wine ↓ Wednesday/LH	9am-1pm RSVT <b>19</b> 9:00 Bay Balance 10:00 Indoor Tennis/WS 11:00 Dynamic Balance <b>2:00 Stampin' Up/\$/AS</b>	<b>Happy Birthday, Joe Z! Revolution Anniversary</b> <b>20</b> 9am-1pm RSVT 9:00 Cardio & Strength 10:00 Walk Autumn Hall/WL 11:00 Functional Fitness 2:00 Daughters of the Revolution Lecture/CR 4:00 BYOD/BL	<b>21</b> <b>10am Craft Bazaar @ Brightmore/L</b>
<b>22</b>	9am-1pm RSVT <b>23</b> 9:00 Cardio & Strength 10:00 Walk Autumn Hall <b>10:30 "Bread &amp; Lights" @ CAM/L /\$</b> 11:00 Functional Fitness 3:00 Prize BiNgO/F	<b>Thanksgiving RSVP due</b> <b>24</b> 9am-1pm RSVT 9:00 Bay Balance 10:00 Connect w Kinect/CR 11:00 Dynamic Balance <b>2:00 Autumn Aroma's/AS</b> 4:00 Brewsday: Lager's/LH	9am-1pm RSVT <b>25</b> 9:00 Cardio & Strength 10:00 Bike Autumn Hall/WL 11:00 Functional Fitness 4:00 Birthday Social with Susan Savia/F	<b>Happy Thanksgiving!! No RSVT Fitness Classes Cancelled</b> <b>26</b> 9:00 Macy's Thanksgiving Day Parade /F <b>11am-2pm Traditional Thanksgiving Buffet @ Lighthouse Market (RSVP)</b>	9am-1pm RSVT <b>27</b> 9:00 Cardio & Strength 10:00 Walk Autumn Hall/WL 11:00 Functional Fitness 4:00 BYOD/BL	<b>28</b>  Wrightsville Beach Floatilla (Ind. Act.)
<b>29</b>	9am-1pm RSVT <b>30</b> 9:00 Cardio & Strength 10:00 Walk Autumn Hall/WL 11:00 Functional Fitness <b>3:00 No Shave November: History of Shaving/AS</b>	<b>ACTIVITY CANCELLATION POLICY</b>  If you register for an outside event, you are responsible for the cost of the ticket once it has been ordered. If you need to cancel that particular activity, your seat may be filled by someone on the waiting list.  If not, you will be billed the ticket cost.  Thank you for your understanding.				



YOUR STAFF

Joe Soto, Executive Director  
Bill Piper, Marketing Director  
Nancy Bartlett, Move-In Coordinator  
Nate Futrell, Wellness Director  
Erin Rhyne, Life Enrichment Director  
Seth Geradot, Maintenance Engineer

Gay Sawyers, Office Manager  
Lindsay Hooks, Day Receptionist  
Kimberly Burleson, Evening Receptionist  
Mary Beth Chieffo, Housekeeping  
Dana Peterson, Housekeeping  
Shirley Knox, Transportation  
Zack Ailamo, Valet Driver

MORRISON'S DIETARY STAFF

T.J. Milliron, Executive Chef  
Joe Zondlo, Director of Culinary