

MARCH

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 Private DR
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 @ the Registration Desk

RESERVED TRANSPORTATION & PERSONAL TRANSPORTATION



Can be made in Reservation Binder @ Registration Desk


Transportation to & from Medical Appointments will be on Monday, Tuesday, Thursday & Friday.

Please be mindful in scheduling appointments no earlier than 9:30am & no later than 12:00 noon to account for travel & traffic time. Residents should meet in the Lobby by 8:45 for a 9:00am departure.

All reserved transportation appointments should be scheduled by 5:00pm the night prior to date of appointment.

When done with medical appointment, call Shirley & she can pick you up if within scheduled transportation time.

IF your appointment goes past 1:00pm, Shirley will not be able to pick you up.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
REFLECTIONS SALON/SPA SALON HOURS TUESDAY 9AM-4PM WEDNESDAY 9AM-4PM THURSDAY 9M-4PM FRIDAY 9AM-3PM Gwen Young, Hairstylist		8:00 Tidewater Aerobics 9am-1pm RSVT/L 10:00 Tai Chi (B) 11:00 Tai Chi (A) 1:00 MahJongg /CR 2:00 Meditation 2:00 Crafting 4 a Cause Interest/AS 3:00 Headwater Aerobics 4:00 Free Wine Tasting /Pub	 2 8:00 Saltwater Circuit 9:00 Cardio & Strength 10:00 Bike Autumn Hall/WS 10:00 "Read Across ILM"/L 11:00 Functional Fitness 7:00 Fireside Stories & Smore's/CY	3 8:00 Tidewater Aerobics 9am-1pm RSV-Teeter & Early Voting/L 10:00 Yoga (B) 11:00 Yoga (A) 1:30 Bridge/CR 2:00 Meditation 3:00 Headwater Aerobics 7:00 Billiards/BL	4 8:00 Tidewater Aerobics 9am-1pm RSVT/L 9:00 Cardio & Strength 10:00 Tai Chi 11:00 Functional Fitness 7:00 Poker Group/BL <i>CAA Championship Kick-Off</i>	5
6 3-8:00 Billiards Lounge RSVD 9:00 Downton Abbey on the Big Screen/F	7 8:00 Tidewater Aerobics 9am-1pm RSVT-WalMart/L 9:00 Cardio & Strength 10:00 Yoga 11:00 Functional Fitness 1:00 Card Room RSVD 2:00 HORSE with Nate/WL 5:00 DanceSport 101/WS 8:00 Bachelor on Big Screen/F	8 <i>International Women's Day</i> 8:00 Tidewater Aerobics 9am-1pm RSVT/L 10:00 Tai Chi (B) 11:00 Tai Chi (A) 11:30 Mad Hatter's Tea Party/F 1:00 MahJongg /CR 2:00 Meditation 3:00 Headwater Aerobics	9 <i>ACC Tournament Begins</i> 8:00 Saltwater Circuit 9:00 Cardio & Strength 10:00 Bike Autumn Hall/WL 10:45 ALOHA Library Visits/F 11:00 Book Discussion: The Widow Spy/CR 11:00 Functional Fitness 4:00 Baywatch Newsletter/AS 6:30 Watercolors & Wine/AS	10 8:00 Tidewater Aerobics 9am-1pm RSV-Teeter/L 10:00 Yoga (B) 11:00 Yoga (A) 1:30 Bridge/CR 2:00 Meditation 3:00 Headwater Aerobics 3:00 Movie Matinee/F 7:00 Billiards/BL	11 8:00 Tidewater Aerobics 9am-1pm RSVT/L 9:00 Cardio & Strength 10:00 Tai Chi 11:00 Functional Fitness 3:00 Musical Biography: Frank Sinatra by Phil Bruschi/F 7:00 Poker Group/BL	12 6:30 Music on Market/FREE Concert/L <i>Spring Clocks Forward!</i>
13 <i>Daylight Savings Time</i> 9:00 Downton Abbey on the Big Screen/F	14 8:00 Tidewater Aerobics 9am-1pm RSVT-WalMart/L 9:00 Cardio & Strength 10:00 Yoga 11:00 Functional Fitness Card Room RSVD 2:00 HORSE with Nate/WL 4:00 Meet the Author: What Am I To Do Now Mama?/F 5:00 DanceSport 101/WS 8:00 Season Finale of the Bachelor/F	15 <i>Primary Election/NCAA March Madness Begins</i> 8:00 Tidewater Aerobics 9am-1pm RSVT/L 10:00 Tai Chi (B) 11:00 Tai Chi (A) 1:00 MahJongg /CR 2:00 Meditation 3:00 Headwater Aerobics 4:00 Baywatch Newsletter/AS	16 8:00 Saltwater Circuit 9:00 Cardio & Strength 10:00 Bike Autumn Hall/WS 10:00 Tour NHC Senior Center/L 11:00 Functional Fitness 6:00 Feelin' Lucky Trivia Night/Pub	17 <i>Happy St. Patrick's Day!</i> 8:00 Tidewater Aerobics 9am-1pm RSV-Teeter/L 10:00 Yoga (B) 11:00 Yoga (A) 1:30 Bridge/CR 2:00 Meditation 2:00 St. Patty's Party with Staff/F 3:00 Headwater Aerobics 6:45 NC Symphony: Vivaldi's 4 Seasons/\$L 7:00 Billiards/BL	18 8:00 Tidewater Aerobics 9am-1pm RSVT/L 9:00 Cardio & Strength 10:00 Tai Chi 11:00 Functional Fitness 1:00 Lunch & Learn with UNCW Film Student, Taylor/LH 3:00 How to Live @ Carolina Bay/F 7:00 Poker Group/BL	19 11:45 Kiwanis Rummage Sale/L 1:00 Paws4People Therapeutic Dog Visits/AS 6:45 Symphony Pops Concert: Classical Mystery Tour Tribute of The Beatles/16 tickets available/L
20 <i>Palm Sunday</i> First Day of Spring! 9:00 Downton Abbey on the Big Screen/F	21 8:00 Tidewater Aerobics 9am-1pm RSVT-WalMart/L 9:00 Cardio & Strength 10:00 Yoga 11:00 Functional Fitness 1:00 "Green Greens" with Beth Mincher/LH 2:00 HORSE with Nate/WL 5:00 DanceSport 101/WS	22 8:00 Tidewater Aerobics 9am-1pm RSVT/L 10:00 Tai Chi (B) 11:00 Tai Chi (A) 11-12:30 Forum RSVD 1:00 MahJongg /CR 2:00 Meditation 3:00 Headwater Aerobics 3:00 Easter Craft/AS	23 8:00 Saltwater Circuit 9:00 Cardio & Strength 9:15 WWII Remembered @ Senior Center/L 10:00 Bike Autumn Hall/WS 11:00 Functional Fitness 4:00 Baywatch Newsletter/AS 6:30 Watercolors & Wine/AS <i>Full Moon</i>	24 8:00 Tidewater Aerobics 9am-1pm RSV-Teeter/L 10:00 Yoga (B) 11:00 Yoga (A) 11:00 Thrift-tiquing Thursday/\$L 1:30 Bridge/CR 2:00 Meditation 3:00 Headwater Aerobics 6:00 Live Entertainment by Ray & Jeff/ CBG 7:00 Billiards/BL	25 <i>Good Friday</i> 8:00 Tidewater Aerobics 9am-1pm RSVT/L 9:00 Cardio & Strength 10:00 Tai Chi 11:00 Functional Fitness 7:00 Poker Group/BL NCAA Sweet 16 Weekend—>	26
27 <i>Easter Sunday</i> 9:00 Downton Abbey on the Big Screen/F	28 8:00 Tidewater Aerobics 9am-1pm RSVT-WalMart/L 9:00 Cardio & Strength 10:00 Yoga 11:00 Functional Fitness 2:00 HORSE with Nate/WL 5:00 DanceSport 101/WS	29 8:00 Tidewater Aerobics 9am-1pm RSVT/L 10:00 Tai Chi (B) 11:00 Tai Chi (A) 11:00 Baywatch Newsletter/AS 1:00 MahJongg /CR 2:00 Meditation 2:00 Green Thumbs Club/AS 3:00 Headwater Aerobics	30 8:00 Saltwater Circuit 9:00 Cardio & Strength 9:00 Day Trip to Tanger Outlets, Myrtle Beach/\$L 10:00 Bike Autumn Hall/WS 11:00 Functional Fitness 6:30 Watercolors & Wine/AS	31 8:00 Tidewater Aerobics 9am-1pm RSV-Teeter 10:00 Yoga (B) 11:00 Yoga (A) 1:30 Bridge/CR 2:00 Meditation 3:00 Headwater Aerobics 4:00 Meet The Author: A Matter of Survival"/F 7:00 Billiards/BL		

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

Shirley Knox, Transportation
Zack Alaimo, Valet Driver
Lindsay Hooks, Receptionist
Gay Sawyers, Office Manager
Marianna Stacy, Community Outreach
Ajay Bhatt, Personal Trainer & Instructor
Kim White, Housekeeping Supervisor

MORRISON'S DIETARY STAFF

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