

DERBY DAYS AT CAROLINA BAY



HIGH HATS & BOW TIES FOR THE 142ND RUN FOR THE ROSES

SATURDAY, MAY 7TH

4:00pm Mint Julip Cheers

5:25pm ...And they're off! The Start of the Triple Crown

2ND ANNUAL COASTAL DUCK DERBY @ JUNGLE RAPIDS

FUNDRAISER BENEFITTING COASTAL HORIZON'S OPEN HOUSE YOUTH SHELTER



DUCK ADOPTION PARTY AT BRIGHTMORE

WEDNESDAY, MAY 11TH AT 1:45PM/LOBBY (RESERVE YOUR SEAT)

Let's bring an entire flock of ducks to show our support for such an important piece of our community, while having a little fun along the way! Ducks adopted will have a computer chip with your "adoption" information to determine if your duck was one of the first 10 to cross the finish line! Each adoption is also an opportunity to WIN \$1,000 CASH, \$500 CASH and MORE! (You do *not* need to be present to win.) No quackin' around here!

2ND ANNUAL COASTAL DUCK DERBY AT JUNGLE RAPIDS FRIDAY, MAY 20TH LEAVING AT 4:45PM

Coastal Horizon's needs YOUR help- **Show your support as a volunteer** by greeting & cheering on all quacktastic Duck Derby participants on Race Day! There will be music, food, libations, & activities for all ages! Reserve your seat for a great afternoon, all for a great cause! Watch thousands of rubber ducks take the plunge down the slide of Jungle Rapids!

MEET & GREET

TECH TUTOR WITH ROSEMARIE SUMMERS this will be "conversational" style where Rosemarie will chat about the following topics related to Technology:

MONDAY, MAY 2ND AT 6:30PM/PUB

Overview of Computers & Devices

TUESDAY, MAY 10TH AT 2:45PM/FORUM

Apple vs. Android, which is better & why?

MONDAY, MAY 16TH AT 6:30/PUB

Benefits of Using the Internet & Email

TUESDAY, MAY 24TH AT 2:45PM/FORUM

Computer Tricks & Safety Tips

CINCO DE MAYO SOCIAL

THURSDAY, MAY 5TH AT 4:00PM IN THE FORUM

We're going to MeXiCo! Grab your sombreros and cheers with a Margarita! We will be practicing the Mexican Hat Dance!

PHIL BRUSCHI PERFORMING "AN EVENING OF SINATRA" FOR DINNER

WEDNESDAY, MAY 18TH AT 6:00PM IN THE CAROLINA BAY GRILL

RALLY FOR THE RED NOSE COFFEE SOCIAL "LAUGH. GIVE. SAVE A KID"

THURSDAY, MAY 26TH AT 9:00AM/FORUM (RESERVE YOUR SEAT)

The NBC Special featuring the country's favorite comedians, musicians and Hollywood stars- on the big screen! A FUN-raiser for the Red Nose Day Funds which distributes money to organizations whose work helps to achieve Comic Relief Inc.'s vision of a just world free from poverty. The inaugural Red Nose Day in the U.S. was held on May 21, 2015 and raised more than \$23 million!! A special day to come together, have fun, and make a difference for kids

WINE & CHEESE NEWCOMERS SOCIAL WITH RAY & JEFF

FRIDAY, MAY 27TH AT 6:30PM/FORUM

Be a good neighbor and let's welcome the newest residents to Carolina Bay with a wine & cheese social in the Forum. Everyone is invited to enjoy a complimentary glass of wine (or 2!) while we get to know each other with relaxing guitar music sure to get your toe-tappin!



NATIONAL SENIOR HEALTH & FITNESS DAY

WEDNESDAY, MAY 25TH

"IMPROVE YOUR HEALTH FOR A BETTER SELF"

MORNING BEACH WALK WITH ERIN

LEAVING AT 9:00AM. PLEASE MEET IN THE LOBBY (RESERVE YOUR SEAT)

Enjoy the beauty of your own "backyard" at Wrightsville Beach. Watch the waves, collect shells for upcoming crafts, or join Erin for a walk down the beach! Don't forget the sunscreen or a hat! We will have a small cooler with water. Seats confirmed the night prior.

1-MILE TEAM WATER WALK & POOL VOLLEYBALL

1:00PM IN THE AQUATIC CENTER

Work together to create a strong current to make the walk faster & easier on your body! The Walk will begin at 1:00 and will end with a pool-side mimosa & fresh fruit to reward ourselves! Then, 2 teams will compete for a fun game of Pool Volleyball!

WRIGHTSVILLE BEACH CRUISE FOR DERBY DAY'S TOP 6 WINNERS!

3:00PM FROM THE LOBBY/SEATS WILL BE CONFIRMED

Congratulations to the lucky winners of the Kentucky Derby, you will be enjoying an afternoon cruise along the Intercostal Waterway, on-board the 23' Clearly Hooked, with Captain Austin Eubank.



MAY
2016



630 CAROLINA BAY DRIVE
WILMINGTON, NC 28403
(910) 769-7500

Your lifestyle calendar designed around the six aspects of wellness;
Purposeful, Spiritual, Physical, Social, Emotional, Intellectual

SHORE THINGS THIS MONTH

MOTHER/DAUGHTER PIANO RECITAL FOR MOTHER'S DAY

SUNDAY, MAY 8TH AT 2:00PM IN THE FORUM (RESERVE YOUR SEAT)

Honoring all of Carolina Bay's Mothers with an extra special performance by Bianca Gore, housekeeper, and her mother, Sandra Green. Relax with a cold Mimosa & reminiscence with our favorites.

SCREENING OF "STARTING AGAIN" BY UNCW STUDENT, TAYLOR MONTALTO

FRIDAY, MAY 6TH AT 5:30PM IN THE FORUM (RESERVE YOUR SEAT)

"Retirement simply means a new beginning" Taylor & her team have been working diligently on their final project for Film Studies, and the film is finally ready for all to see! Featuring Ann Polanski and Robin Gugin, learn different perspectives as to what life is like for active seniors after retirement. Taylor shares reasons why & where seniors choose to live their later years

MEDICINAL FLOWERS YOU CAN GROW WITH BETH MINCHER

THURSDAY, MAY 12TH AT 1:00PM IN THE LIGHTHOUSE MARKET (RESERVE YOUR SEAT)

Learn a little while you enjoy your lunch in the Lighthouse Market! May is flower month - Learn what edible plants & herbs you can grow indoors to benefit your health. Plants like dandelion, prickly pear, lambs quarter and more! An intimate group sharing personal stories about nutrition, cooking, and natural healing methods- from a Certified Holistic Health Coach.

ANNUAL SPRING PIANO RECITAL WITH MARY PATTERSON'S STUDENTS

SUNDAY, MAY 15TH AT 1:30PM/FORUM

Welcome pianists ranging from 7-18 as they perform some more popular, exciting music as well as some classical.

MEMORIAL DAY COOKOUT ON THE COURTYARD WITH ROOT BEER FLOATS & YARD GAMES

MONDAY, MAY 30TH 11:30-2:30PM / (RSVP DUE BY SATURDAY, MAY 28TH @ 1:00PM)

All Veterans enjoy a free meal, straight off the grill! Wash it down with a complimentary root beer float from Erin, and enjoy a round of croquet, bocce, or volleyball!

Cookout Price: ADULT \$13.00 CHILDREN 10 & UNDER \$6.50

THE PUB WILL BE OPEN FROM 11:30-2:30PM FOR BEER & WINE ON MEMORIAL DAY ONLY

OUT ON THE TOWN

AIRLIE GARDENS ON NATIONAL PUBLIC GARDENS DAY

FRIDAY, MAY 6TH LEAVING AT 1:30PM FROM THE LOBBY (RESERVE YOUR SEAT) **FREE!**

Created in 1901 as a private garden, for the Pembroke Jones family by Mrs. Jones, as a lush, flowing, natural-istic Southern garden, with thousands of azaleas, camellias, magnolias, and wisteria. German landscape architect Rudolf Topel, transformed the garden to a picturesque garden. In 1999, it was purchased by New Hanover County for all to enjoy, and what a better day than National Public Gardens Day!

STRAWBERRY PICKIN' AT LEWIS STRAWBERRY FARMS

FRIDAY, MAY 13TH LEAVING AT 1:30PM FROM THE LOBBY (RESERVE YOUR SEAT)

It's that time of year to turn your fingers red from picking fresh, juicy strawberries for the season, or buy them already picked and relax with a cup of home made ice cream! Enjoy exploring their greenhouse and gardens! A southern tradition you don't want to miss!