



THE CAROLINA BAY-WATCH NEWSLETTER

Second Edition Kick-Off Brunch Social Friday, July 1st at 11:00am in the Forum

A newsletter created by the residents, for the residents, to keep the community connected. Featured in this issue: Veterans of Carolina Bay, “Ask Anne” Advice column, get to know the Life Enrichment Director & Wiman’s, fresh summer treats, and more! Grab your copy today at the social! (Next issue to be released October 1st)

CAROLINA BAY WATCH PUBLICATION MEETING’S ARE OPEN TO ALL RESIDENTS!

WEDNESDAY, JULY 6TH AND 20TH AT 4:00PM IN THE ART STUDIO

Meet & Greet

WELCOME “WAGON” WITH VIVIAN DESANTO TUESDAY, JULY 5TH AT 2:00PM & JULY 19TH AT 11:00AM

Reserve your seat to meet with Vivian to learn about businesses around Wilmington offering freebies & huge discounts to all Carolina Bay Residents! Free carwash, free haircut, free area rug, free return address stamp, free Edible Arrangement & more! Bring home a list of area physicians with the latest Wilmington maps! *Please reserve your seat so Vivian has enough for everyone!*

CAROLINA BAY ART GALLERY DEDICATION WITH FEATURED ARTIST MEET & GREET

FRIDAY, JULY 8TH AT 4:30PM/ART STUDIO

Join in the Art Studio as we take one more step in making this “house” feel like a home. Our Art Gallery leading to the Art Studio will now highlight one of Carolina Bay’s talented artists on a seasonal basis. Celebrating our first featured artist, Arlene Pulley, with a Gallery Dedication ceremony & social. Arlene’s love for her home at the coast is very apparent in her work, including acrylic & watercolor paintings. We might be lucky enough to have her in the studio painting during the social!

HALL REPRESENTATIVES MEETING

FRIDAY, JULY 15TH AT 11:00AM/CARD ROOM

HOW TO LIVE @ CAROLINA BAY

FRIDAY, JULY 15TH AT 3:00PM/FORUM

FLASHBACK FRIDAY SLIDESHOW

FRIDAY, JULY 15TH AT 4:00PM/FORUM

Stick around to reminisce on the past events of Carolina Bay! Watch closely, there might be some baby pictures for you to guess who they might be!

MIXED MEDIA ART CLASS WITH ERIN

TUESDAY, JULY 19TH AT 2:00PM/ART STUDIO

Bring a small photo to use as the center of attention for your piece of art. Decoupage other paper in layers to create your one of a kind mixed-media painting for yourself, family member or friend. You do not need to be Picasso to have a good time and test out your artistic talent! All supplies to turn your photo into an amazing keepsake will be provided.

CONGRATULATIONS, MR. & MRS. FUTRELL!

FRIDAY, JULY 29TH AT 7:30PM IN THE FORUM

After knowing each other for over 9 years and after 27 months of dating, Nate finally put a ring on it! Now it’s our turn to see the Pinehurst Wedding! Ceremony held at The Village Chapel & Reception at The Members Club at the No. 2 Golf Course. Gather to give a special cheers to the newly weds! *Champagne toast will be served, please reserve your seat.*



SOCIAL DANCING AT CAROLINA BAY

When you dance, your purpose is not to get to a certain place on the floor.
It’s to enjoy each step along the way.

EVERY MONDAY NIGHT IN THE WELLNESS STUDIO

5:00pm Beginner

6:00pm Intermediate

Dancing with Erin & Ajay under the instruction of dance extraordinaire, Patricia Carver-Garcia. Currently practicing a Rhumba & Waltz routine, but always open to suggestions! Anyone interested in shag, line dance, etc?

Interest Groups & Games

MAHJONG

TUESDAY’S AT 1:00PM/CARD ROOM

BRIDGE

WEDNESDAY’S & THURSDAY’S AT 1:30PM/CARD ROOM

POKER

WEDNESDAY’S AT 7:00PM/BILLIARDS LOUNGE

BILLIARDS

THURSDAY’S AT 7:00PM/BILLIARDS LOUNGE

TRAVEL INTEREST GROUP

WEDNESDAY, JULY 6TH AT 1:00PM/CARD ROOM

Interested in traveling with Carolina Bay?

Bahama’s, Belize, Boone... Let’s discuss all of the possibilities!

HAND & FOOT CANASTA

MONDAY, JULY 11TH & 25TH AT 1:30PM/CARD ROOM

PUTTING WITH NATE

MONDAY, JULY 11TH & 25TH AT 2:00PM/COURTYARD

Practice makes perfect! Please meet on the Putting Green in the Courtyard. No supplies or skill needed!

ALOHA LIBRARY VISITS

WEDNESDAY, JULY 13TH AT 10:45AM/ LOBBY LIBRARY AREA

APPLES 2 APPLES GAME

TUESDAY, JULY 26TH AT 4:00PM/ART STUDIO

A game of hilarious comparisons! Guaranteed to laugh a little and learn a little more about your neighbors!



CAROLINA BAY
AT AUTUMN HALL

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

JULY
2016



Your lifestyle calendar designed around the 6 aspects of wellness; *Purposeful, Spiritual, Physical, Social, Emotional, Intellectual*

Shore things this month

STAR SPANGLED SONGS MUSICAL BIOGRAPHY WITH PHIL BRUSCHI

MONDAY, JULY 4TH AT 3:00PM IN THE FORUM (RESERVE YOUR SEAT)

Patriotic music has always been an important part of the American culture. Much of this music comes from the number of wars America fought in, starting with the American Revolution right up to the present. Phil will discuss the origins of these songs, their composers, and why they were written, while singing such songs as, "The Battle Hymn of the Republic," "America the Beautiful," "This Land is Your Land," and "God Bless the USA."

Happy Independence Day! Complimentary Red, White & Blue Sangria to all!

REGENERATIVE MEDICINE WITH DR. AUSTIN YEARGAN, MD “DISCOVERING A NEW PATH TO WELLNESS”

TUESDAY, JULY 12TH AT 4:00PM IN THE FORUM/ (RESERVE YOUR SEAT)

Dr. Yeargan will be discussing modern alternatives to joint replacement with non operative cellular and molecular therapies. He will explain the process of harvesting stem cells and re-delivering them to areas of injury to combat inflammation and enhance the healing environment.

COFFEE TALK: HOW ESSENTIAL OILS ENHANCE OUR MINDFUL WELLNESS CLASSES

THURSDAY, JULY 14TH AT 9:30AM IN THE LIGHTHOUSE MARKET (RESERVE YOUR SEAT)

Essential oils enhance relaxation and support your physical body for a greater overall health benefit. and are a great addition to Ajay’s mindful wellness classes. Many practices such as tai chi, yoga and meditation use oils to invigorate the senses, deepen the practice and more! Come down to the Lighthouse Market for a cup of coffee and sample aromas that could be used in class.

PIANO RECITAL & WHITE WINE SOCIAL WITH AL DIMARCO

FRIDAY, JULY 22ND AT 5:00PM IN THE FORUM (RESERVE YOUR SEAT)

Before dinner, join in the Forum for some toe-tapping tunes performed on our Piano by the multi-talented Al DiMarco! Get to know your new neighbors over a glass of wine and live jazz music.

Out on the Town

OPERA HOUSE THEATER PRESENTS: “1776”

TUESDAY, JULY 5TH AT 7:15PM/LOBBY (RESERVE YOUR SEAT)

Philadelphia is hot as a furnace, and the debates inside are no less heated as John Adams, Thomas Jefferson, Benjamin Franklin, and the rest of the founding fathers argue over independence and revolution. Come celebrate the 4th of July and the 240th Anniversary of the signing of the Declaration of Independence with the endearing, entertaining, and patriotic musical 1776!

BEHIND THE SCENES WITH OPERA WILMINGTON AT UNCW MAIN STAGE

SATURDAY, JULY 23RD AT 9:30AM/LOBBY (RESERVE YOUR SEAT)

Behind the scenes with Opera Wilmington offers the community a chance to learn all about the facets of the upcoming production of *Così fan tutte*: (Thus Do They All, or The School for Lovers.) Participants will have the opportunity to tour the set & costume shop and interact with members of the cast & crew. (RSVP by 7/20)

OPERA WILMINGTON PRESENTS: MOZART’S COSI FAN TUTTE

WEDNESDAY, JULY 27TH LEAVING AT 6:45PM (RESERVE YOUR SEAT)


Mozart's brilliant comedic masterpiece, *Così fan tutte*, will be held in the CFCC Cultural Arts Building. It all started with a bet: two young soldiers agree to disguise themselves to test their lovers’ fidelity. Seduction, mistaken identities, and sublime music combine to see if love can, indeed, conquer all.

LOCATION KEY

- 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



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday		
<div>YOUR STAFF</div> <div>Joe Soto, Executive Director</div> <div>Bill Piper, Marketing Director</div> <div>Nancy Bartlett, Move-In Coordinator</div> <div>Nate Futrell, Wellness Director</div> <div>Erin Rhyne, Life Enrichment Director</div> <div>Seth Geradot, Maintenance Engineer</div>		<div>Shirley Knox, Transportation</div> <div>Zack Alaimo, Valet/Receptionist</div> <div>Lisa Hall Administrative Assistant</div> <div>Gay Sawyers, Office Manager</div> <div>Ajay Bhatt, Personal Trainer & Instructor</div> <div>Kim White, Housekeeping Supervisor</div> <div>Marianna Stacy, Community Outreach</div>			<div>MORRISON'S</div> <div>DIETARY STAFF</div> <div>T.J. Milliron, Executive Chef</div> <div>Joe Zondlo, Director of Culinary</div>		<div>8:00 Tidewater Aerobics/AC</div> <div>9am-1pm RSVT/L</div> <div>9:00 Cardio & Strength/WS</div> <div>10:00 Tai Chi/WS</div> <div>11:00 Functional Fitness/WS</div> <div>11:00 Carolina Bay Watch #2 Release Party/CR</div>	
<div>11:30-2:30 Sunday Brunch/LH</div> <div>4:00 Bring Your Own Plastic Cup Pool Party!/AC</div>	<div>Independence Day</div> <div>No Coach Transportation</div> <div>No Fitness/Aquatic Classes</div> <div>3:00 Star Spangled Songs with Phil Bruschi/F</div> <div>5:00 Beginner Dance Sport /WS</div> <div>6:00 Int.. Dance Sport/WS</div>	<div>8:00 Tidewater Aerobics/AC</div> <div>9am-1pm RSVT/L</div> <div>10:00 Tai Chi (B)/WS</div> <div>11:00 Tai Chi (A)/WS</div> <div>1:00 MahJongg /CR</div> <div>2:00 Meditation/WS</div> <div>2:00 Newcomers Welcome with Vivian/F</div> <div>3:00 Headwater Aerobics/AC</div> <div>7:00 Opera House Theater:"1776"/L</div>	<div>8:00 Saltwater Circuit/AC</div> <div>9am-1pm RSVT/L</div> <div>9:00 Cardio & Strength/AS</div> <div>10:00 Bike Autumn Hall/WL</div> <div>11:00 Functional Fitness/WS</div> <div>1:00 Travel Interest Group/CR</div> <div>1:30 Bridge Club/CR</div> <div>4:00 Carolina Bay Watch/AS</div> <div>7:00 Poker Group/BL</div>	<div>8:00 Tidewater Aerobics/AC</div> <div>9am-1pm RSV-Teeter/L</div> <div>10:00 Yoga (B)/WS</div> <div>11:00 Yoga (A)/WS</div> <div>12:00 OUTING: Lunch @ Bill's Front Porch Brewery /L</div> <div>1:30 Bridge Club/CR</div> <div>2:00 Meditation/WS</div> <div>3:00 Headwater Aerobics/AC</div> <div>7:00 Billiards 101/BL</div>	<div>8:00 Tidewater Aerobics/AC</div> <div>9am-1pm RSVT/L</div> <div>9:00 Cardio & Strength/WS</div> <div>10:00 Tai Chi/WS</div> <div>11:00 Functional Fitness/WS</div> <div>4:30 Art Gallery Dedication/AS</div>			
<div>11:30-2:30 Sunday Brunch/LH</div>	<div>8:00 Tidewater Aerobics/AC</div> <div>9am-1pm RSVT-WalMart/L</div> <div>9:00 Cardio & Strength/WS</div> <div>10:00 Yoga/WS</div> <div>11:00 Functional Fitness/WS</div> <div>1:30 Hand & Foot/CR</div> <div>2:00 Putting with Nate/CY</div> <div>5:00 Beginner Dance Sport /WS</div> <div>6:00 Int.. Dance Sport/WS</div>	<div>8:00 Tidewater Aerobics/AC</div> <div>9am-1pm RSVT/L</div> <div>10:00 Tai Chi (B)/WS</div> <div>11:00 Tai Chi (A)/WS</div> <div>1:00 MahJongg /CR</div> <div>2:00 Meditation/WS</div> <div>3:00 Headwater Aerobics/AC</div> <div>4:00 Regenerative Medicine with Dr. Yeargan/F</div>	<div>8:00 Saltwater Circuit/AC</div> <div>9am-1pm RSVT/L</div> <div>9:00 Cardio & Strength/AS</div> <div>10:00 Bike Autumn Hall/WL</div> <div>10:45 ALOHA Library/L</div> <div>11:00 Functional Fitness/WS</div> <div>1:30 Bridge Club/CR</div> <div>7:00 Poker Group/BL</div>	<div>8:00 Tidewater Aerobics/AC</div> <div>9am-1pm RSV-Teeter/L</div> <div>9:30 How Essential Oils Enhance Mindful Wellness Classes/LH</div> <div>10:00 Yoga (B)/WS</div> <div>11:00 Yoga (A)/WS</div> <div>1:30 Bridge Club/CR</div> <div>2:00 Meditation/WS</div> <div>3:00 Headwater Aerobics/AC</div> <div>7:00 Billiards 101/BL</div>	<div>8:00 Tidewater Aerobics/AC</div> <div>9am-1pm RSVT/L</div> <div>9:00 Cardio & Strength/WS</div> <div>10:00 Tai Chi/WS</div> <div>11:00 Functional Fitness/WS</div> <div>11:00 Hall Representative Meeting/CR</div> <div>3:00 How to Live @ Carolina Bay/F</div> <div>4:00 Flashback Friday Slideshow/F</div>			
<div>11:30-2:30 Sunday Brunch/LH</div>	<div>8:00 Tidewater Aerobics/AC</div> <div>9am-1pm RSVT-WalMart/L</div> <div>9:00 Cardio & Strength/WS</div> <div>10:00 Yoga/WS</div> <div>11:00 Functional Fitness/WS</div> <div>5:00 Beginner Dance Sport /WS</div> <div>6:00 Int.. Dance Sport/WS</div>	<div>8:00 Tidewater Aerobics/AC</div> <div>9am-1pm RSVT/L</div> <div>10:00 Tai Chi (B)/WS</div> <div>11:00 Tai Chi (A)/WS</div> <div>11:00 Newcomers Welcome with Vivian/F</div> <div>1:00 MahJongg /CR</div> <div>2:00 Meditation/WS</div> <div>2:00 Mixed Media Art Class/AS</div> <div>3:00 Headwater Aerobics/AC</div>	<div>8:00 Saltwater Circuit/AC</div> <div>9am-1pm RSVT/L</div> <div>9:00 Cardio & Strength/AS</div> <div>10:00 Bike Autumn Hall/WL</div> <div>10:00 OUTING: UNCW "FAM" Summer Series Jazz Workshop/\$L</div> <div>11:00 Functional Fitness/WS</div> <div>1:30 Bridge Club/CR</div> <div>4:00 Carolina Bay Watch/AS</div> <div>7:00 Poker Group/BL</div>	<div>8:00 Tidewater Aerobics/AC</div> <div>9am-1pm RSV-Teeter/L</div> <div>10:00 Yoga (B)/WS</div> <div>11:00 Yoga (A)/WS</div> <div>1:30 Bridge Club/CR</div> <div>2:00 Meditation/WS</div> <div>3:00 Headwater Aerobics/AC</div> <div>4:00 Tech Tutor: What's Google all about?/F</div> <div>7:00 Billiards 101/BL</div>	<div>8:00 Tidewater Aerobics/AC</div> <div>9am-1pm RSVT/L</div> <div>9:00 Cardio & Strength/WS</div> <div>10:00 Tai Chi/WS</div> <div>11:00 Functional Fitness/WS</div> <div>5:00 Piano Recital & White Wine Social with Al DiMarco on Piano/F</div>	<div>9:30 OUTING: Behind the scenes of Opera Wilmington/L</div>		
<div>11:30-2:30 Sunday Brunch/LH</div>	<div>8:00 Tidewater Aerobics/AC</div> <div>9am-1pm RSVT-WalMart/L</div> <div>9:00 Cardio & Strength/WS</div> <div>10:00 Yoga/WS</div> <div>11:00 Functional Fitness/WS</div> <div>1:30 Hand & Foot/CR</div> <div>2:00 Putting with Nate/CY</div> <div>5:00 Beginner Dance Sport /WS</div> <div>6:00 Int.. Dance Sport/WS</div>	<div>8:00 Tidewater Aerobics/AC</div> <div>9am-1pm RSVT/L</div> <div>10:00 Tai Chi (B)/WS</div> <div>11:00 Tai Chi (A)/WS</div> <div>1:00 MahJongg /CR</div> <div>2:00 Meditation/WS</div> <div>3:00 Headwater Aerobics/AC</div> <div>4:00 Apples2Apples/AS</div>	<div>8:00 Saltwater Circuit/AC</div> <div>9am-1pm RSVT/L</div> <div>9:00 Cardio & Strength/AS</div> <div>10:00 Bike Autumn Hall/WL</div> <div>11:00 Functional Fitness/WS</div> <div>1:30 Bridge Club/CR</div> <div>7:00 Poker Group/BL</div> <div>6:45 OUTING: Opera Wilmington "Cosi fan tutte"/L</div>	<div>8:00 Tidewater Aerobics/AC</div> <div>9am-1pm RSV-Teeter/L</div> <div>10:00 Yoga (B)/WS</div> <div>11:00 Yoga (A)/WS</div> <div>1:30 Bridge Club/CR</div> <div>2:00 Meditation/WS</div> <div>3:00 Headwater Aerobics/AC</div> <div>7:00 Billiards 101/BL</div>	<div>8:00 Tidewater Aerobics/AC</div> <div>9am-1pm RSVT/L</div> <div>9:00 Cardio & Strength/WS</div> <div>10:00 Tai Chi/WS</div> <div>11:00 Functional Fitness/WS</div> <div>7:30 Featured Film: The Futrell's Wedding!/F</div>			
<div>11:30-2:30 Sunday Brunch/LH</div>	<div></div> <div>GWEN FRANKEL, HAIRSTYLIST</div> <div>DINA LABARGE, NAIL STYLIST</div>	<div>REFLECTIONS SALON & SPA HOURS</div> <div>TUESDAY 9AM-4PM</div> <div>WEDNESDAY 9AM-4PM</div> <div>THURSDAY 9M-4PM</div> <div>FRIDAY 9AM-3PM</div>	<div>RESERVED TRANSPORTATION & PERSONAL TRANSPORTATION: APPOINTMENTS MADE IN BRIGHT GREEN TRANSPORTATION BINDER</div> <div>Please be mindful in scheduling appointments no earlier than 9:30am & no later than 12:00 to account for travel & traffic time.</div> <div>Please meet in the Lobby by 8:45 for a 9:00am departure.</div> <div>All reserved transportation appointments should be scheduled by 5:00pm the night prior to date of appointment.</div> <div>When done with medical appointment, call Shirley & she can pick you up if within scheduled transportation time.</div>					