

# LIFE ENRICHMENT PROGRAMS

**CLOTHING ALTERATION SERVICE** (Mandatory Sign-up for her personal service)  
**TUESDAY, MAY 2ND & TUESDAY, MAY 16TH @ 10:30AM/CARD ROOM**

Meet Deb Skipper on the 1st and 3rd Tuesdays of every month with your pants that are too long, or sweater that's missing a button or any other piece of wardrobe needing to fit a little

## CINCO DE MAYO PINATA PARTY

THURSDAY, MAY 5TH AT 4:30PM IN THE FORUM

Grab your sombreros and cheers with a Margarita! We will be amazed by your tortilla toss & piñata skills!

## DERBY DAY AT CAROLINA BAY

SATURDAY, MAY 6TH 2:00-5:00PM/DROP-IN FRONT LAWN

Elaborate hats & bow ties, its that time of year! Our own horse drawn carriage awaits to create the ultimate Derby Day experience for you! Mingle in the lawn while sipping on the traditional Mint Julep.

## ALFRED DUNNER TRAVELING BOUTIQUE DROP-IN SHOPPING

MONDAY, MAY 8TH FROM 10:00AM-2:00PM IN THE FORUM

Try on the latest spring trends right at home! Cash, check. Cards accepted.

## "SPRING FASHION TRENDS" RUNWAY SOCIAL HOSTED BY THE BARGAIN BOX

MONDAY, MAY 15TH AT 4:30PM IN THE FORUM/SIGN-UP TO BE A MODEL

Wrapping up our Spring Fashion Series with a runway, champagne, and even the paparazzi! Learn about what the models are wearing with the fabulous emcee and owner of Bargain Box, Kathy Vezzetti. They have put on fashion shows for the New Hanover Newcomers and the Wilmington Sorosis Club, both using their own members as our models. **We DO NEED models!** Interested? See Erin to arrange a day to go to The Bargain Box and pick out a couple outfits for you to model!

## PIANO RECITAL WITH EMILY MORGAN'S PIANO STUDIO

SATURDAY, MAY 20TH AT 10:30AM/FORUM

## 2ND ANNUAL SPRING PIANO RECITAL WITH MARY PATTERSON'S STUDENTS

SUNDAY, MAY 21ST AT 1:00PM/FORUM Welcome pianists ranging from 7-18 for their annual recital!

## PIANO RECITAL WITH JOY MURRELL'S STUDENTS

SUNDAY, MAY 21ST AT 3:00PM IN THE FORUM

## EXCLUSIVE FLUTE QUARTET PERFORMANCE (AGES RANGE FROM 30-70)

TUESDAY, MAY 23RD AT 1:30PM IN THE LIGHTHOUSE MARKET

## PATRIOTIC NEWCOMER'S SOCIAL WITH SCOTTI STRINGZ

THURSDAY, MAY 25TH AT 4:00PM IN THE FORUM/COURTYARD PATIO (WEATHER PERMITTING)

Let's come together at the end of the month to get to know your newest neighbors of Carolina Bay over a complimentary beverage of choice & light snacks. This is Scotti's 1st performance here, let's give him a warm welcome!

## KNITTING, STITCHING- CRAFTING & CHATTING CLUB

Open group for anyone interested in knitting, cross stitching, laughing, complaining, crocheting, needlepoint, gossiping, jewelry making, crying, crafting, & more! THE #1 women's group!

Enjoy Bette Werling on the Piano during this time as well!

WEDNESDAY, MAY 3RD AND 17TH FROM 3-5:00PM IN THE LOBBY LOUNGE

# INSPIRE AT CAROLINA BAY TO BE THE BEST YOU!

Inspirational

Nutritional

Spiritual

Personal

Integrative

Rehabilitative

Educational

Multi-dimensional and comprehensive, designed to fully immerse residents in a well-rounded program where they can achieve an exceptional feeling of well-being and a high sense of self-efficacy. **INSPIRE** at Carolina Bay meets each resident's unique needs. Our goal is to provide residents with the opportunity to have some of the *best years* they have ever experienced.



## LINE DANCING WITH HEATHER WADSWORTH

3:00PM ON FRIDAY, MAY 5TH, 12TH AND 26TH IN THE WELLNESS STUDIO

From the latest line dances to the old favorites we will be moving and having a blast!

The first half of the class will be gentler dances for all fitness levels, with dances done at the bar. The second half of the class will be slightly harder dances, so you can stay and watch or just stay for the first half of class.



630 CAROLINA BAY DR. WILMINGTON, NC 28403

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

MAY  
2017



## Shore Things This Month

### "MAXIMIZING YOUR MEMORY" WITH DR. LEN LECCI

TUESDAY, MAY 16TH AT 4:00PM IN THE FORUM

This presentation will cover the processes involved in forming memories and the disruptions that occur in memory disorders such as Alzheimer's dementia. The central theme of the presentation will be on three factors that are important contributors to your memory health: Diet, exercise and monitoring of memory functioning.

### "REMEMBERING WHEN" OUTREACH PROGRAM WITH NHC FIRE DEPARTMENT

TUESDAY, MAY 9TH AT 1:30PM IN THE FORUM

New Hanover County Fire Rescue is committed to provide a professional service to the community by protecting life and property through all hazards response and risk reduction. Fire educators (not in uniform) will be here to teach important fall & fire prevention strategies, with a little culture trivia mixed in. We will also review the Carolina Bay emergency procedures. All residents are highly encouraged to attend.

### DR. DAVID LAVERE PRESENTING "WHAT HAPPENED TO THE LOST COLONY?"

MONDAY, MAY 22ND AT 4:00PM IN THE FORUM

Story about how Georgio almost stole the Lost Colony from North Carolina and what may have actually happened to the 1587 Lost Colony of Roanoke.

### DANDY DON TRAVELING COWBOY SHOW

THURSDAY, MAY 11TH AT 3:00PM IN THE FORUM

Take time to enjoy the music and cowboy comedy, over a glass of wine with friends & neighbors!

## Out On The Town

### "SASSY CLASSICS" PERFORMANCE & PRIVATE SHOPPING PARTY AT TICKLED PINK

TUESDAY, MAY 2ND LEAVING AT 6:00PM FROM THE LOBBY (RESERVE YOUR SEAT)

Tickled Pink is excited to extend this invitation to the residents of Carolina Bay, and look forward to welcoming all with refreshments, water, wine, and pink champagne of course. Enjoy the Sassy's performance held in the Courtyard of Lumina Station, followed by shopping with the Sassy's!

### "DIRTY DANCING" TRAVELING BROADWAY AT CFCC WILSON CENTER

WEDNESDAY, MAY 3RD LEAVING AT 6:45PM FROM THE LOBBY/TICKETS ON YOUR OWN

### TOUR YOUR TOWN WITH JACK MILLS, CAPE FEAR MUSEUM VOLUNTEER, ENDING WITH UNDERGROUND TOUR OF CAPE FEAR ARTIFACTS

FRIDAY, MAY 5TH LEAVING AT 1:15PM FROM THE LOBBY/(10 MAX- RESERVE YOUR SEAT)

Tour downtown while riding the Coach, under the guidance of Carolina Bay Resident, Jack Mills. Go behind the scenes at the Cape Fear Museum and see 60,000+ artifacts found in South Eastern North Carolina!

### THALIAN THEATER PRESENTS DRESS REHEARSAL OF "CAT ON A HOT TIN ROOF"

WEDNESDAY, MAY 10TH LEAVING AT 6:45PM FROM THE LOBBY/RESERVE YOUR SEAT

An American treasure brimming with intensity and wit, Cat on a Hot Tin Roof follows the powerful Southern family of the aging Big Daddy and his wife, Big Mama. As their son Brick and his beautiful but sexually frustrated wife Maggie "the Cat" scramble to secure their part of Big Daddy's estate, troubled relationships come to a stormy climax and a shockwave of secrets are revealed.

### MARILYN KEISER ORGAN RECITAL @ ST. PAUL'S EPISCOPAL CHURCH

FRIDAY, MAY 12TH LEAVING AT 6:45PM FROM THE LOBBY/RESERVE YOUR SEAT

### THE WILMINGTON CAPE FEAR ROSE SOCIETY'S 14TH ANNUAL ROSE GARDEN TOUR

SATURDAY, MAY 13TH LEAVING AT 9:30AM FROM THE LOBBY/RESERVE YOUR SEAT

Travel on-board the Carolina Bay Coach, stopping at 6 gardens. Proper shoes for walking are required as some gardens have uneven terrain. The tour is free, however dry/canned food donations are welcome to support the community food drive.

### TRIP TO RALEIGH MEMORIAL AUDITORIUM FOR CAROLINA BALLET PERFORMANCE OF, "CARMEN"

SATURDAY, MAY 20TH LEAVING AT 10:00AM FROM THE LOBBY (SEATS WILL BE CONFIRMED) SHOW BEGINS AT 2:00PM, WE WILL STOP SOMEWHERE BEFORE THE SHOW FOR LUNCH!

### TRIP TO LAKE WACCAMAW & LUNCH AT DALE'S RESTAURANT (MENU BY SIGN UP SHEET)

WEDNESDAY, MAY 24TH LEAVING AT 9:00AM FROM THE LOBBY/LUNCH ON YOUR OWN/RESERVE SEAT

# MAY



## Sunday Monday Tuesday Wednesday Thursday Friday Saturday

	<p><b>MAY DAY PHOTO DAY— Come have your picture taken with Erin!</b></p> <p>8:00 Tidewater Aerobics (A)/AC  <b>9am-1pm RSVT-WalMart/L</b>            9:00 Circuit Training (A)/FC            10:00 Yoga (B)/WS            10:00 Supervised Swim/AC            11:00 Functional Fitness/WS            2:00 Meditation/WS            4:00 DOLLAR BINGO/F</p>	<p>8:00 Tidewater Aerobics (A)/AC  <b>9am-1pm RSVT/L</b>            9:00 Beat Today (preapproval)/FC            10:00 Bay Balance (A)/WS  <b>10:30 Clothing Alteration Service/CR</b>            1:00 MahJongg /CR            2:00 Bay Balance (B)/WS            3:00 Headwater Aerobics (B)/AC            4:00 Carolina Bay Watch/AS  <b>6:00 OUTING: Tickled Pink—Sassy Classic Performance/L</b></p>	<p>8:00 Saltwater Circuit (A)/AC  <b>9am-1pm RSVT/L</b>            9:00 Cardio &amp; Strength (A)/WS            10:00 Supervised Swim/AC            10:00 Yoga (A)/WS            11:00 Functional Fitness (B)/WS            1:30 Bridge Club/CR            3:00 Knit, Stitch,Craft &amp; Chat/L            3:00 Carolina Cruisers Walking Club/L  <b>6:45 OUTING: Dirty Dancing @ Wilson Center/\$L</b>            7:00 Poker Group/BL</p>	<p>7:30 CB Losers Gathering/LH            8:00 Tidewater Aerobics (A)/AC  <b>9am-1pm RSV-Teeter/L</b>            9:00 Beat Today (preapproval)/FC            10:00 Bay Balance (A)/WS            1:30 Bridge Club/CR  <b>1:30 Duplicate Bridge/BL</b>            2:00 Bay Balance (B)/WS            2:00 DOLLAR BINGO/F            3:00 Headwater Aerobics (B)/AC            7:00 Billiards /BL</p>	<p>8:00 Tidewater Aerobics (A)/AC  <b>9am-1pm RSVT/L</b>            9:00 Circuit Training (A)/FC            10:00 Yoga/CANCELLED            10:00 Supervised Swim/AC            11:00 Functional Fitness  <b>1:15 OUTING: Tour Cape Fear Museum with Jack Mills/L</b>            2:00 Meditation/WS            3:00 Line Dancing/WS  <b>4:30 Cinco de Mayo Pinata Party/F</b></p>	<p>2-5 DERBY DAY HORSE CARRIAGE RIDES for the KENTUCKY DERBY/Front Lawn Area</p> <p>7:00 Scrabble Night/BL</p>
<p>11:30-2:30 Sunday Brunch/LH</p> <p>1:30 Chapel Committee Meeting</p>	<p><b>MOTHER'S DAY</b></p> <p>8:00 Tidewater Aerobics (A)/AC  <b>9am-1pm RSVT-WalMart/L</b>            9:00 Circuit Training (A)/FC            10:00 Yoga (B)/WS            10:00 Supervised Swim/AC            10:00 Bible Study/CH            10-2 Drop-In Alfred Dunner Mobile Boutique/F            11:00 Functional Fitness/WS            1:30 Book Club/CR            2:00 Meditation/WS</p>	<p>8:00 Tidewater Aerobics (A)/AC  <b>9am-1pm RSVT/L</b>            9:00 Beat Today (preapproval)/FC            10:00 Bay Balance (A)/WS            1:00 MahJongg /CR  <b>1:30 "Remembering When" w/Wilmington Fire Dept. Fall and Evacuation @ Carolina Bay/F</b>            2:00 Bay Balance (B)/WS            3:00 Headwater Aerobics (B)/AC            4:00 Carolina Bay Watch/AS</p>	<p><b>OCEAN DAY/FULL MOON</b></p> <p>8:00 Saltwater Circuit (A)/AC  <b>9am-1pm RSVT/L</b>            9:00 Cardio &amp; Strength (A)/WS            10:00 Supervised Swim/AC            10:00 Yoga (A)/WS            10:45 ALOHA Library Visits/L            11:00 Functional Fitness (B)/WS            1:30 Bridge Club/CR            3:00 Carolina Cruisers Walking Club/L  <b>6:45 OUTING: Thalian—"Cat on a Hot Tin Roof" /L</b>            7:00 Poker Group/BL</p>	<p>7:30 CB Losers Gathering/LH            8:00 Tidewater Aerobics (A)/AC  <b>9am-1pm RSV-Teeter/L</b>            9:00 Beat Today (preapproval)/FC            10:00 Bay Balance (A)/WS  <b>10:45 Audiology of Wilmington/CR</b>            1:30 Bridge Club/CR  <b>1:30 Duplicate Bridge/BL</b>            2:00 Bay Balance (B)/WS            3:00 Headwater Aerobics (B)/AC  <b>3:00 Dandy Don Show/F</b>            7:00 Billiards /BL</p>	<p><b>NATIONAL PUBLIC GARDENS DAY</b></p> <p>8:00 Tidewater Aerobics (A)/AC  <b>9am-1pm RSVT/L</b>            9:00 Circuit Training (A)/FC            10:00 Yoga/WS            10:00 Supervised Swim/AC            11:00 Functional Fitness            2:00 Meditation/WS  <b>2:00 Tech Fit: All About Apps/F</b>            3:00 Line Dancing/WS  <b>6:45 OUTING: Marilyn Keiser Organ Recital @ St.Paul's Episcopal Church/L</b></p>	<p>10:30 FREE OUTING: 14th Annual Rose Garden Tour/L</p> <p>4:00 Meet &amp; Greet—Facials w/ Susan McKendrick</p> <p>7:00 Scrabble Night/BL</p>
<p>11:30-2:30 Sunday Brunch/LH</p> <p>4:00 Mother's Day Piano Recital with Luis Barragan/F</p>	<p>8:00 Tidewater Aerobics (A)/AC  <b>9am-1pm RSVT-WalMart/L</b>            9:00 Circuit Training (A)/FC            10:00 Yoga (B)/WS            10:00 Supervised Swim/AC            11:00 Functional Fitness/WS            2:00 Meditation/WS  <b>4:30 SPRING FASHION SHOW W/BARGAIN BOX/F</b></p>	<p><b>NO WELLNESS PROGRAMS</b></p> <p>9am-1pm RSVT/L  <b>10:30 Clothing Alteration Service/CR</b>            1:00 MahJongg /CR  <b>4:00 "Maximizing Your Memory" with Dr. Len Lecci of MARS Memory/F</b></p>	<p><b>NO WELLNESS PROGRAMS</b></p> <p>9am-1pm RSVT/L            1:30 Bridge Club/CR            3:00 Knit, Stitch,Craft &amp; Chat/L            7:00 Poker Group/BL</p>	<p>7:30 CB Losers Gathering/LH            8:00 Tidewater Aerobics (A)/AC  <b>9am-1pm RSV-Teeter/L</b>            9:00 Beat Today (preapproval)/FC            10:00 Bay Balance (A)/WS            1:30 Bridge Club/CR  <b>1:30 Duplicate Bridge/BL</b>            2:00 Bay Balance (B)/WS            3:00 Headwater Aerobics (B)/AC  <b>3:00 Jewelry Repair/AS</b>            7:00 Billiards /BL</p>	<p>8:00 Tidewater Aerobics (A)/AC  <b>9am-1pm RSVT/L</b>            9:00 Circuit Training (A)/FC            10:00 Yoga/WS            10:00 Supervised Swim/AC            11:00 Functional Fitness            2:00 Meditation/WS            3:00 How to Live @ Carolina Bay/F</p>	<p>10:00 OUTING: Day Trip to Raleigh—Ballet "Carmen"/L</p> <p>10:30 Emily Morgan Piano Recital/F  <b>1-3:00 Forum RSVD</b>            7:00 Scrabble Night/BL</p>
<p>11:30-2:30 Sunday Brunch/LH</p> <p>1:00 2nd Annual Mary Paterson's Student Spring Piano Recital/F</p> <p>3:00 Joy Murrell Piano Recital/F</p>	<p><b>MEMORIAL DAY RSVP DUE LIGHHOUSE MKT. OPEN FOR DINNER</b></p> <p><b>NO WELLNESS PROGRAMS</b></p> <p>9am-1pm RSVT-WalMart/L            10:00 Yoga/WS  <b>2:30 Newcomers Welcome w/Vivian</b>  <b>4:00 "The Lost Colony" by David LaVere/F</b></p>	<p>8:00 Tidewater Aerobics (A)/AC  <b>9am-1pm RSVT/L</b>            9:00 Beat Today (preapproval)/FC            10:00 Bay Balance (A)/WS            1:00 MahJongg /CR            1:30 Flute Quartet Show/LH            2:00 Bay Balance(B)/WS            3:00 Headwater Aerobics (B)/AC            4:00 Carolina Bay Watch Meeting/AS</p>	<p>8:00 Saltwater Circuit (A)/AC  <b>9am-1pm RSVT: MEDICAL ONLY</b>            9:00 Cardio &amp; Strength (A)/WS  <b>9:00 OUTING: Lake Waccamaw w/Lunch at Dale's/L\$</b>            10:00 Supervised Swim/AC            10:00 Yoga (A)/WS            11:00 Functional Fitness/WS            1:30 Bridge Club/CR            3:00 Carolina Cruisers Walking Club/WL            3:00 Knit, Stitch, Craft&amp; Chat Group/L            7:00 Poker Group/BL</p>	<p>7:30 CB Losers Gathering/LH            8:00 Tidewater Aerobics (A)/AC  <b>9am-1pm RSV-teeter/L</b>            9:00 Beat Today (preapproval)/FC            10:00 Bay Balance (A)/WS            1:30 Bridge Club/CR  <b>1:30 Duplicate Bridge/BL</b>            2:00 Bay Balance (B)/WS            3:00 Headwater Aerobics (B)/AC            4:00 Scotti Strings Patriotic Program/L            7:00 Billiards /BL</p>	<p><b>NATIONAL WINE DAY</b></p> <p>8:00 Tidewater Aerobics (A)/AC  <b>9am-1pm RSVT/L</b>            9:00 Circuit Training (A)/FC            10:00 Yoga /WS            10:00 Supervised Swim/AC            11:00 Functional Fitness (B)/WS            2:00 Meditation/WS            3:00 Line Dancing            4:00 Wine Tasting Social/F</p>	<p>7:00 Scrabble Night/BL</p>

### OUR CAMPUS

- CH Chapel (2nd Floor)
- 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
- PDR 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

**Bold = Reservation Required @ Reservation Binders**

**Front Desk 910-769-7500**

**Security 910-619-1921**

**RESERVED TRANSPORTATION & PERSONAL TRANSPORTATION**

Please be mindful in scheduling appointments no earlier than 9:30am to account for travel & traffic time. Residents should meet in the Lobby by 8:45 for a 9:00am departure every week day. All transportation requests must be made by 5:00pm the night prior to date of appointment. When done with appointment, call driver & they can pick you up if within scheduled transportation time. ONE STOP ONLY. IF your appointment goes past 1:00pm, you will need to call Taxi/Uber to come home. Thank you!

**YOUR STAFF**

Joe Soto, Executive Director

Bill Piper, Marketing Director

Nancy Bartlett, Move-In Coordinator

Lisa Hall, Administrative Assistant

Nate Futrell, Wellness Director

Erin Rhyne, Life Enrichment Director

Seth Gerardot, Maintenance Director

Zack Alaimo, Receptionist & Valet Driver

Gay Sawyers, Office Manager

Shirley Knox, MTW (am) Transportation

Dermot Mackin, ThF/Event Transportation

Colby Grant, Personal Trainer

Brittany Mills, Wellness Instructor

Morgan Mott, Wellness Instructor

Dana Peterson, Housekeeping Supervisor



**MORRISON'S STAFF**

T.J. Milliron, Executive Chef

Joe Zondlo, Director of Culinary

Monitia "Mo" Moore, Assistant to Director of Culinary

**REFLECTIONS SALON & SPA**

**HOURS OF OPERATION**

TUESDAY 9AM-4PM

WEDNESDAY 9AM-4PM

THURSDAY 9AM-4PM

FRIDAY 9AM-3PM

GWEN FRANKEL-HAIR

DINA LABARGE-NAILS