

# LEARNING, CELEBRATING, & CREATING

## DOLLAR BINGO

MONDAY, JUNE 5TH AND 19TH AT 4:00PM IN THE FORUM

\$1.00 per card/5 card Maximum to Play. Each game wins \$1.00. After 45 minutes of playing, will play COVERALL for the rest of the pot!

## AUDIOLOGY OF WILMINGTON WITH JASON RICKMAN

THURSDAY, JUNE 8TH AT 10:00AM IN THE CARD ROOM (SIGN-UP SO HE KNOWS WHO NEEDS TO BE SEEN)

Hearing services at your service! Have hearing aids cleaned, batteries changed, and most importantly, have your personal questions answered by a local professional that visits monthly.

## DONALD DUCK'S BIRTHDAY... LET'S TURN THE POOL INTO A DUCK POND! 1-MILE WATER WALK

FRIDAY, JUNE 9TH AT 9:00AM IN THE AQUATIC CENTER

Every lap we will throw a rubber duck in the pool so we can keep track of our laps- 44 laps makes one mile! Celebrate our accomplishment with a traditional mimosa after- its just tradition!

## LULAROE POP-UP SHOPPING IN THE FORUM

FRIDAY, JUNE 9TH DROP-IN FROM 10:00AM-1:00PM

Attention shoppers of Carolina Bay! Come down to the Forum to try out the latest styles Lularoe has to offer! These are some of the softest, most comfortable clothing you will ever own!

## TGIF SOCIAL WITH RAY & JEFF ON GUITAR

FRIDAY, JUNE 9TH AT 5:15PM IN THE COURTYARD (WEATHER PERMITTING)

After a busy couple weeks, kick back and relax for a good ol' Friday social in the courtyard (rain rain stay away for just today!) Great music, cold beverages, and even better company to spend the afternoon with!

## BRUNCH & DREAM CATCHERS WITH UNCW STUDENT TIFFANY

THURSDAY, JUNE 8TH AT 10:00AM IN THE LIGHT HOUSE MARKET/(RESERVE YOUR SEAT)

Tiffany is here to experience Independent Living for Gerontology class and create a Dream Catcher to make & take with you. Let's show her what Independent Living is all about! Please **sign-up** so she has enough supplies!

## KNITTING, STITCHING- CHATTING & CRAFTING CLUB

EVERY 1ST AND 3RD WEDNESDAY OF THE MONTH FROM 3-5:00PM IN THE LOBBY LOUNGE

Open group to those interested in knitting, cross stitching, crocheting, needlepoint, jewelry, crafting, & more!



## UPCOMING THALIAN PRODUCTIONS PRESENTATION WITH DIRECTOR OF "MR. ROBERTS" & ACTOR

WEDNESDAY, JUNE 21ST AT 4:00PM IN THE FORUM

Speaking on special Thalian Association fundraising events including *Rosie the Riveter* in October and the upcoming July 4th - 23rd "Mr. Roberts" theatrical presentation on the fantail of the battleship. Learn more about the once in a lifetime historic presentation of the Tony Award winning play Mr. Roberts live on the fantail of the Battleship NORTH CAROLINA! Note-this is not the actual production. Actual *Rosie The Riveter* production will be held in the Hannah Block USO Building. Tickets \$12-15 with Military, Senior & Group Discounts. "Mr. Roberts" production tickets \$25 Seniors and \$15 for retired and active military. Group rates apply for parties of 12 or more.

## INSPIRE AT CAROLINA BAY ...TO BE THE BEST YOU!

**Inspirational:** The **INSPIRE** program allows you to feel better physically, mentally & emotionally through our person-centered dynamic programs

**Nutritional:** Morrison's healthy dining options, smoothie bar, fitness nutrition programming & nutritional seminars

**Spiritual:** Mindfulness Program including yoga, tai chi, meditation, stress reduction & relaxation techniques & life coaching

**Personal:** Wellness assessments, on-site personal training 7 days a week & individualized exercise programs for everyone.

**Integrative:** Open referral system between the rehab department & on-site Medical Director to address all resident needs

**Rehabilitative:** **INSPIRE** works directly with the rehab department to continue the plans of care for residents in the Wellness Center upon discharge from therapy services

**Educational:** The Osher Lifelong Learning Institute at UNC-Wilmington provides educational lectures & programs for residents of Carolina Bay.

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.



630 CAROLINA BAY DR. WILMINGTON, NC 28403

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

## Shore Things This Month

### SPRING & SUMMER FASHION SHOW WITH THE BARGAIN BOX OF WILMINGTON

TUESDAY, JUNE 13TH AT 4:30PM IN THE FORUM

You might recognize the models, and might find a piece for yourself! We will be showcasing the variety of fashions available at The Bargain box of Wilmington, one of our favorite thrift stores around town. Emceed by owner of Bargain Box, Kathy Vezzetti, learn about what the models are wearing and be surprised to learn what it costs! Sip a little bubbly, nibble on some sweets, this will be one you'll want to come see!

### FATHER'S DAY BREAKFAST SOCIAL

FRIDAY, JUNE 16TH AT 10:00AM IN THE LIGHTHOUSE MARKET

Honoring our fantastic Father's and Manly Men with all your favorites for breakfast! Please sign-up by Monday, June 12th if you plan on attending. (NOTE: *this sign up is in the red binder.* Father's DAY BUFFET reservations need to be made at the front desk.

### MEET THE AUTHOR: CAROL CINI ON HER RECENT MEMOIR, THE SPY AND HIS CIA BRAT

TUESDAY, JUNE 20TH AT 4:00PM IN THE FORUM

*The Spy and His CIA Brat* tells the tale of Cini's youth, as he traversed the globe alongside his father. Cini's father, Walter Cini, who was a CIA spy whose missions brought his family to exotic, foreign areas of the world. In the new book, readers get a firsthand account of what living the life of as a CIA brat is like. It was the attack on Pearl Harbor that was a turning point in Walter's life that he enlisted in the Army and that's when the ride of his life began. Walter was an integral part of the MIS-Y in World War II and a key agent in the Strategic Services Unit (CIA's forerunner). In "*The Spy and his Brat*", the author aims to reveal to the world the mysterious life that he and his family lead as they accompany his father in all his clandestine activities as a CIA spy.

### OPEN PIANO WITH CHAMBER MUSIC ARTISTIC DIRECTOR, BARBARA MCKENZIE

SUNDAY, JUNE 25TH FROM 5-7:00PM IN THE FORUM

An afternoon of toe tapping and finger flying. Come listen to piano students of Barbara McKenzie and other musicians looking for opportunity to share music with each other. This is open to others, so please contact Eileen Thome if you are interested in playing an instrument. Sit back and relax or step up to the piano and share a tune for everyone!

## Out On The Town

### 33RD ANNUAL LOBSTERFEST AT THE CHURCH OF THE SERVANT

SATURDAY, JUNE 3RD LEAVING AT 11:00AM FROM THE LOBBY (TICKETS HAVE BEEN PRE-PURCHASED)

Celebrate Summer by the sea with tasty seafood! Fresh Atlantic lobsters, crack & opened for you to leave the mess behind!

### PORT CITY MUSIC FESTIVAL CONCERT AT B'NAI ISRAEL

TUESDAY, JUNE 6TH LEAVING AT 6:45PM FROM THE LOBBY (RESERVE YOUR SEAT)

Mozart *Divertimento in E-flat, K. 563*. George Gershwin *Selected Songs*. Paul Schoenfield Trio for Clarinet, Violin & Piano. Instruments include: Violin, viola, cello, clarinet, Mezzo Soprano & Piano. FREE concert.

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

WEDNESDAY, JUNE 14TH LEAVING AT 9:00AM FROM THE LOBBY/LUNCH ON YOUR OWN/RESERVE SEAT

### SPRING FLEA AT THE BROOKLYN ARTS CENTER

FRIDAY, JUNE 16TH AT 4:00PM FROM THE LOBBY (RESERVE YOUR SEAT)

Shop with dozens of the regions finest vintage vendors. Retro, upcycled, fabulous finds will be found! Cash bar, food trucks, coffee shop, ATM on site... what more could we ask for?!

### CAPE FEAR CHORDSMEN PERFORMANCE OF "SILOUETTES" AT KENAN AUDITORIUM

FRIDAY, JUNE 23RD LEAVING AT 6:45PM FROM THE LOBBY (TICKETS \$15)

"Silhouettes" is the name of the 2017 Annual Show of the Cape Fear Chordsmen. Two friends meet and are on a quest for true love. Through it all they are, along with their chorus, (which just happens to be the Cape Fear Chordsmen) preparing for an appearance on the local radio show, WXYZ's vaudeville hour. If you think the jokes are bad wait 'til you hear the punch lines! Come on and see the show for a good hoot and holler, and find out why on earth it's called Silhouettes.



# JUNE


## CAMPUS VENUES

- CH Chapel
- 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  
**Bold = Reservation Required**

### RESERVED TRANSPORTATION & PERSONAL TRANSPORTATION

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 transportation requests should be made by 5:00pm the night prior to date of appointment. When done with 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
						
				7:30 CB Losers Meeting/LH 9am-1pm RSV-Teeter/L 11:00 Food Committee Meeting/PDR 1:30 Bridge Club/CR 1:30 Duplicate Bridge/CR 4:00 Carolina Bay Watch Meeting/AS 7:00 Billiards/BL	<b>NATIONAL DONUT DAY</b> 2 9am-1pm RSVT/L 9:00 National Donut Day Breakfast Social/LH 1:30 Putting with Nate/CY 4:00 Line Dancing with Heather/WS	10:45 OUTING: LOBSTERFEST 3 @ Church of the Servant/L  7:00 Scrabble Night/BL
11:30-2:30 Sunday Brunch/LH 1:30 Chapel Committee Meeting/CH	<b>4</b> 9am-1pm RSVT-WalMart/L5 1:30 Hand & Foot/CR 1:30 Putting with Nate/CY 3:30 Upcoming Painting Class Interest Group/AS 4:00 DOLLAR Bingo/F	<b>6</b> 9am-1pm RSVT/L 10:30 Clothing Alteration Service/CR 11:30-3:30 Herman 2 Tables RSVD/CR 1:00pm MahJongg /CR <b>6:45 OUTING: Port City Music Festival @ B'nai Isreal/L</b>	<b>7</b> 9am-1pm RSVT/L 1:30 Bridge Club/CR 3:00 Knit, Stitch, Craft & Chat/CH 3:00 Carolina Cruisers Walking Group/WL 7:00 Poker Group/BL	<b>8</b> 7:30 CB Losers Meeting/LH 9am-1pm RSV-Teeter/L 10:00 Audiology of Wilmington /CR 10:00 Brunch & Suncatchers with UNCW Student Tiffany/LH 1:30pm Bridge Club/CR 1:30 Duplicate Bridge/CR 7:00pm Billiards /BL	<b>9</b> <b>FULL MOON</b> 9am-1pm RSVT/L 9:00 One Mile Water Walk/AC 10-1pm Lularoe Pop-Up Shop/F 1:30 Putting with Nate/CY 4:00 Line Dancing with Heather/WS 5:15 Newcomer's Social with Ray and Jeff/CY	<b>10</b> Belmont Stakes Horse Race  7:00 Scrabble Night/BL
11:30-2:30 Sunday Brunch/LH	<b>11</b> <b>FATHERS DAY RSVP DUE</b> 12 9am-1pm RSVT-WalMart/L 10:00 Bible Study /CH 10:30-12:30 PDR RSVD 1:30 Book Club/CR 1:30 Putting with Nate/CY 2:00 Jewelry Repair & Create/AS 3:00 Movie Matinee/F	<b>13</b> 9am-1pm RSVT/L 1:00 MahJongg /CR 4:30 Fashion Show with the Bargain Box of Wilmington/F	<b>14</b> <b>FLAG DAY</b> 9am-1pm RSVT/L 9:00 OUTING: Lake Waccamaw Museum & Lunch at Dales/L\$ 10:45 ALOHA Library Visit/L 1:30 Bridge Club/CR 3:00 Carolina Cruisers Walking Group/WL 7:00 Poker Group/BL	<b>15</b> 7:30 CB Losers Meeting/LH 9am-1pm RSV-Teeter/L 1:30 Bridge Club/CR 1:30 Duplicate Bridge/CR 4:00 SPEAKER: John Golden on Riverboating in the Cape Fear/F 7:00 Billiards /BL	<b>16</b> 9am-1pm RSVT/L 10:00 Father's Day Breakfast Social/LH 1:30 Putting with Nate/CY 3:00 How to Live @ Carolina Bay/F <b>4:00 OUTING: Spring Flea at the BAC/L</b>	<b>17</b> NE LIBRARY BEACH READS BOOKSALE (Independent Activity)  7:00 Scrabble Night/BL
<b>Happy Father's Day!</b> 18 11:30-2:30 "MANLY MEAL"/LH	<b>19</b> 9am-1pm RSVT-WalMart/L 1:30 Hand & Foot/CR 1:30 Putting with Nate/CY 4:00 DOLLAR Bingo/F	<b>20</b> 9am-1pm RSVT/L 10:30 Clothing Alteration Service/CR 1:00 MahJongg /CR <b>4:00 Meet The Author, Carol Cini "The Spy and His CIA Brat"/F</b>	<b>21</b> <b>FIRST DAY OF SUMMER</b> 9am-1pm RSVT/L 1:00 Popsicle Party /Courtyard 1:30 Bridge Club/CR 3:00 Knit, Stitch, Craft & Chat Club/CH 3:00 Carolina Cruisers Walking Group/WL 4:00 Thalian Association Presentation on "Mr. Roberts"/ F 7:00 Poker Group/BL	<b>22</b> 7:30 CB Losers Meeting/LH 9am-1pm RSV-Teeter/L 9:00 OUTING: Beach Walk with Erin (limit 4)/L 1:30 Bridge Club/CR 1:30 Duplicate Bridge/CR 4:00 Carolina Bay Watch Meeting/AS	<b>23</b> 9am-1pm RSVT/L 1:30 Putting with Nate/CY 4:00 Line Dancing with Heather/WS <b>6:45 OUTING: Cape Fear Chordsmen performance "Silhouettes" @ UNCW/\$15/L</b>	<b>24</b> 7:00 Scrabble Night/BL
<b>25</b> 11:30-2:30 Sunday Brunch/LH 5:00-7:00pm Open Piano with Barbara McKensie /F	<b>26</b> 9am-1pm RSVT-WalMart/L 1:30 Putting with Nate/CY 2:00 Jewelry Repair & Create/AS 3:00 Movie Matinee/F	<b>27</b> 9am-1pm RSVT/L 1:00 MahJongg /CR <b>4:00 "The Quest" Study with John Solano-1st session/CH</b> <b>6:45 OUTING: UNCW Summer Concert Band @ Kenan Auditorium/FREE/L</b>	<b>28</b> 9am-1pm RSVT/L 1:30 Bridge Club/CR 3:00 Carolina Cruisers Walking Group/WL 7:00 Poker Group/BL	<b>29</b> 7:30 CB Losers Meeting/LH 9am-1pm RSV-Teeter/L 1:30 Bridge Club/CR 1:30 Duplicate Bridge/CR 4:00 "History of Watercolors" and Technique with Glenn Davis/AS 7:00 Billiards /BL	<b>30</b> <b>NO YOGA</b> 9am-1pm RSVT/L 10:00 Breakfast Social/LH 1:30 Putting with Nate/CY 4:00 Line Dancing with Heather/WS 5:00 Wine & Piano with Al DiMarco/F	<b>31</b> 7:00 Scrabble Night/BL

## 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 Geradot, Maintenance Director

- Zack Alaimo, Receptionist & Valet Driver
- Gay Sawyers, Office Manager
- Shirley Knox, MTW (am) Transportation
- Dermot Mackin, ThF/Event Transportation
- Dana Peterson, Housekeeping Supervisor
- Laura Brown, Evening Security
- Marianna Stacy, Community Outreach

## MORRISON'S DIETARY STAFF

- T.J. Milliron, Executive Chef
- Joe Zondlo, Director of Culinary
- Monitia "Mo" Moore, Assistant to Director of Culinary

