

YOUR TICKET.... OUR RIDE. Transportation Provided For....

MET. OPERA LIVE “BELLINI’S NORMA”

At UNCW’s Lumina Theater in Fisher Student Center. To order tickets, call (910) 962-3195. Questions? See Jean Peterken Apt. 344

MET. OPERA LIVE “MOZART’S DIE ZAUBERFLOTE”

At UNCW’s Lumina Theater in Fisher Student Center. To order tickets, call (910) 962-3195. Questions? See Jean Peterken Apt. 344

“ROSIE THE RIVETER: AMERICAN WOMEN IN WWII”

At Hannah Block Historic USO Building. To order tickets, call (910) 341-7860

PNC BROADWAY SERIES “KINKY BOOTS”

At CFCC Wilson Center. To order tickets, call (910) 362-7999. Questions? See Eileen Thome Apt. 123

SATURDAY, OCTOBER 7TH LEAVING AT 12:15PM/L

SATURDAY, OCTOBER 14TH LEAVING AT 12:15PM/L

FRIDAY, OCTOBER 20TH LEAVING AT 6:45PM/L

SATURDAY, OCTOBER 28TH LEAVING AT 6:30PM



OCTOBER 2017

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



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

SHORE THINGS THIS MONTH

OPENING RECEPTION FOR CROHN’S & COLITIS ART SALE FUNDRAISER

FRIDAY, OCTOBER 6TH FROM 4-6:00PM IN THE ART STUDIO

SALE CONTINUES SATURDAY FROM 10AM-2PM

Let’s continue to be the Top Friends & Family Fundraising Team and beat our last year collection of \$2,480! With so many art-ists in the building and no where for their work to go, it only makes sense to have a Art Sale Fundraiser! All donations to the Crohn’s and Colitis Foundation of America (CCFA) are tax deductible.

CELEBRATING OCTOBER BIRTHDAY’S WITH PHIL BRUSCHI AND MARK TEACHY

THURSDAY, OCTOBER 26TH AT 5:00PM IN THE FORUM

Join in the Forum to toast with punch & Cupcakes to those “boo babies” at Carolina Bay! Honoring all October birthday’s at once, we hope you can make it!

SPOOKY MASQUERADE HALLOWEEN PARTY WITH DUKE LADD

TUESDAY, OCTOBER 31ST AT 7:00PM IN THE FORUM

Please join us for a wicked, delightfully haunting Halloween Masquerade bash with our favorite Duke Ladd on Piano! Cos-tumed preferred. Create your own from the prop box in the Activity Office! Prizes awarded for: Best Male & Female Costume and Best Male & Female Masks! We will be making masks on Monday, October 23rd for those feeling extra spooky!

OUT ON THE TOWN

CASTLE BAY COUNTRY CLUB DRIVING RANGE

WEDNESDAY, OCTOBER 4TH LEAVING AT 8:00AM FROM THE ENTRANCE

What better way to improve your game than hitting a couple of buckets at the Driving Range. Whether it’s fixing your swing so that you can Drive the ball further or become more consistent with your Irons, the Driving Range is the most effec-tive way to do so. FREE BALLS to those who come along! You may bring your own clubs or use some of Castle Bay’s.

WRIGHTSVILLE BEACH SUNSET CRUISE ONBOARD THE SHAMROCK

THURSDAY, OCTOBER 5TH LEAVING AT 5:00PM FROM THE ENTRANCE/\$20 PERSON

Please be mindful to those who were not able to make last month’s cruise as they will have priority seating. 17 seats available on the boat. Cash only Payment accepted on the coach prior to leaving. Light snacks & Wine will be provided.

OVER 50’S DANCE WITH LIVE ENTERTAINMENT BY LENNY FRANK

TUESDAY, OCTOBER 10TH AT 6:45PM FROM THE LOBBY/\$8 PERSON

TAKE STEPS FOR CROHNS & COLITIS @ WRIGHTSVILLE BEACH LOOP

SATURDAY, OCTOBER 14TH AT 3:00PM/LOBBY (PRE-REGISTER WITH ACTIVITY DIRECTOR)

Walk for a cause that is very close to several Carolina Bay Resident’s heart and join the walking group! Enjoy the coastal views from the Wrightsville Beach Loop while spreading awareness on finding cures for digestive diseases. Let’s continue to be the Top Friends & Family Fundraising Team and beat our last year record of \$2.480! All donations to the Crohn’s and Co-litis Foundation of America (CCFA) are tax deductible. Walk any distance, or join on the loop for festivities, there are many ways to show your support!

FERRY TO SOUTHPORT FOR LUNCH & SHOPPING

WEDNESDAY, OCTOBER 18TH LEAVING AT 1:30PM FROM THE LOBBY/LUNCH ON YOUR OWN

After feeding the seagulls on the ferry, we will break into small groups and browse the town how we want! (within Walking distance.) The coach will leave to return to Carolina Bay at 5:00pm. 24 seats available on the coach.

HISTORY OF OAKDALE CEMETERY & DOWNTOWN WILMINGTON BUS TRIP BY ROBIN TRIPLETT

WEDNESDAY, OCTOBER 25TH LEAVING AT 1:30PM FROM THE LOBBY

Part two with Trips with Triplett! 24 seats available.

THE ART OF LIVING WELL

SPEAKERS, SINGERS, ETC.

WILBUR JONES ON WWII & ROSIE THE RIVETER PLAYING AT HANNAH BLOCK

WEDNESDAY, OCTOBER 4TH AT 3:00PM IN THE FORUM

Rosie the Riveter has been a cultural icon for generations: an inspiring image of a strong, capable woman rising to the chal-lenge of her era and the foundation for the contemporary women’s movement. Rosie has become a symbol of feminism and women’s economic power. Explore the Rosie phenomenon with a presentation by Wilbur Jones that covers women in all as-pects of service to the nation. Rosie's famous motto, "We Can Do It," meant two things: united, our nation will win the war; and, we women will make a difference in the workplace. The Rosie impact actually started the postwar women's liberation movement.

HISTORY OF DOWNTOWN WILMINGTON & OAKDALE CEMETERY WITH ROBIN TRIPLETT- PART ONE OF A TWO PART SERIES

TUESDAY, OCTOBER 10TH AT 4:00PM IN THE FORUM

Robin is a retired social studies teacher from New Hanover County. She grew up in Wilmington and loves teaching U.S. and Cape Fear History. Enjoy what you learned about our beautiful town here? We will have a bus trip with Triplett on the 25th!

MEET YOUR LIBERTY STAFF: MARIANNA STACY, COMMUNITY OUTREACH EDUCATOR, WHAT DOES SHE DO FOR YOUR COMMUNITY?

THURSDAY, OCTOBER 12TH AT 4:00PM IN THE FORUM

AARP PRESENTS “TECH AT THE BEACH”: *I-PHONES AND I-PADS*

TUESDAY, OCTOBER 17TH AT 4:00 PM IN THE FORUM

AARP’s TEK Academy can help you connect with friends, family and your passions through this course that will Introduce you to Smartphones and Ipads, Taught by volunteers of AARP and UNCW students.

WE LOVE NC! VISIT NC CONCIERGE SPEAKS ON STATE ATTRACTIONS OF NORTH CAROLINA

THURSDAY, OCTOBER 19TH AT 4:00PM IN THE FORUM

CAPE FEAR MUSIC TEACHERS ASSOCIATION’S STUDENT HALLOWEEN PIANO RECITAL

SATURDAY, OCTOBER 21ST AT 3:00PM IN THE FORUM

Students will arrive in full Halloween garb and play their spooky pieces (or other) for us!

FAVORITE HYMNS WITH SANDY STINSON

SUNDAY, OCTOBER 22ND AT 4:00PM IN THE FORUM

MARINE ONE PILOT, CHRIS PINCKNEY MONDAY, OCTOBER 23RD AT 4:00PM IN THE FORUM

Chris Pinckney served for 22 years in the US Marine Corps and retired as Lt Col in 2012. He had many tours of duty and de-loyment to support our country. One of his tours, he flew Marine One which is the Presidential helicopter for 4 years. Chris will be speaking on his experience and stories from his tour at HMX-1, the Presidential helicopter squadron. Chris is married to Georgianna with 3 children; Jordan, Logan, and Haydan.

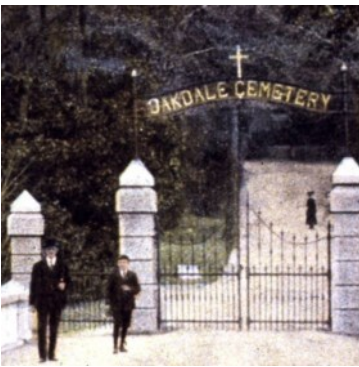
AARP PRESENTS “TECH AT THE BEACH”: *ANDROIDS AND TABLETS*

TUESDAY, OCTOBER 24TH AT 4:00 PM IN THE FORUM

AARP’s TEK Academy can help you connect with friends, family and your passions through this course that will Introduce you to Androids and Tablets. Taught by volunteers of AARP and UNCW students.

CAPE FEAR CHORDSMEN SINGING FOR DINNER CROWD

TUESDAY, OCTOBER 24TH AT 6:30PM BEGINNING IN LIGHTHOUSE AND WILL WORK THEIR WAY DOWN




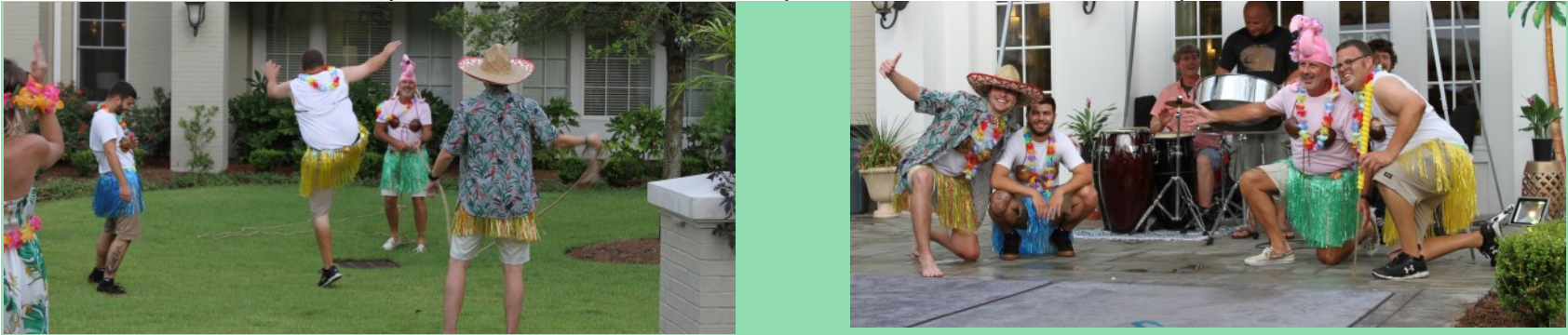
OCTOBER

CAMPUS VENUES

- AC Aquatics Center
- AS Art Studio
- BL Billiards Lounge
- CBG Carolina Bay Grill
- CH Chapel (2nd Floor)
- CR Card Room
- CY Courtyard
- F Forum
- FC Fitness Center
- L Lobby
- LH Lighthouse Market
- LIB Library
- PDR Private Dinning Room
- PUB Cape Fear Pub
- SE South Entrance
- SPA Reflections Spa & Salon
- WL Wellness Lounge
- WS Wellness Studio
- ZG Zen Garden

RSVT = Reserved Transportation
Ind. Act. = Independent Activity
Bold = Reservation Required
@ the Reservation Desk
\$ = Cost on your own

VIVAN DESANTO WITH WELCOME SERVICES, will be coming to share local freebies, coupons, maps, and homemade brownies to those who have recently moved into Carolina Bay! Please be sure to sign-up in the reservation binder so Vivian knows how many welcome packs to bring! Mark your calendars for her visits this month on...
TUESDAY, OCTOBER 3RD AT 3PM AND MONDAY, OCTOBER 30TH AT 11:45AM IN THE FORUM

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|---|---|---|---|--|--|
| <div>1</div> <div>11:30-2:30 Sunday Brunch/LH</div> <div>2:00 OUTING: Airlie Gardens & Dinner @ Bridge-tender/ \$L</div> | <div>2</div> <div>9am-1pm RSVT-WalMart/L</div> <div>1:00 Hand & Foot Canasta/CR</div> <div>1:30 Golf Training/CY</div> <div>2:00 Ukulele performance by the “SOKS”/F</div> <div>3:00 “The Quest” w/John Solano/CH</div> <div>4:00 DOLLAR BINGO/F</div> | <div>3</div> <div>9am-1pm RSVT/L</div> <div>11:30-3:30 Herman 2 Tables RSVD/CR</div> <div>12:00 Treasured Memory Boards for Family & Veterans/LH</div> <div>1:00 MahJongg /CR</div> <div>3:00 Newcomer’s Welcome with Vivian DeSanto & Brownies/F</div> <div>3:30 Kitchen Tour (6 people)</div> | <div>4</div> <div>NATIONAL GOLF DAY</div> <div>8:00 OUTING: Castle Bay Driving Range/L</div> <div>9am-1pm RSVT/L</div> <div>10:30 Protestant Worship Service/BC/3rd Floor</div> <div>1-5:00 2 Tables RSVD/CR</div> <div>1:30 Bridge Club/CR</div> <div>3:00 Carolina Cruisers Walking Club/WL</div> <div>3:00 Speaker: Wilbur Jones on WWII & Rosie the Riveter /L</div> <div>7:00 Poker Group/BL</div> | <div>5</div> <div>FULL MOON</div> <div>9am-1pm RSVT-Harris Teeter/L</div> <div>1:30 Bridge Club/CR</div> <div>1:30 Duplicate Bridge/CR</div> <div>5:00 OUTING: WB Sunset Cruise/\$L</div> <div>7:00 Billiards/BL</div> | <div>6</div> <div>9am-1pm RSVT/L</div> <div>1:30 Golf Training/CY</div> <div>3:00 Line Dancing/WS</div> <div>4:00 Opening Reception for Crohn’s & Colitis Fundraiser/ AS</div> <div>7:45 First Friday Bridge/CR</div> | <div>7</div> <div>10:00am-2:00pm Art Sale Fundraiser for Crohn’s and Colitis/AS</div> <div>12:15 Transportation for MET OPERA/\$L</div> <div>7:00 Scrabble Night/BL</div> |
| <div>8</div> <div>11:30-2:30 Sunday Brunch/LH</div> | <div>9</div> <div>COLUMBUS DAY</div> <div>9am-1pm RSVT-WalMart/L</div> <div>10:00 Bible Study w/Beth Cherry/CR</div> <div>1:30 Book Club/CR</div> <div>1:30 Golf Training/CY</div> <div>3:00 “The Quest” w/John Solano/CH</div> <div>3:00 Activity Committee Meeting/AS</div> | <div>10</div> <div>9am-1pm RSVT/L</div> <div>1:00 MahJongg /CR</div> <div>4:00 SPEAKER: Robin Triplett on History of Downtown Wilm & Oakdale Cemetery/F</div> <div>6:45 OUTING: Over 50’s Dance @ NHC Senior Center/\$8/L</div> | <div>11</div> <div>9am-1pm RSVT/L</div> <div>10:30 Protestant Worship Service/BC/3rd floor</div> <div>10:45 ALOHA Library/L</div> <div>11:00 Functional Fitness/WS</div> <div>1-5:00 2 Tables RSVD/CR</div> <div>1:30 Bridge Club/CR</div> <div>3:00 Carolina Cruisers Walking Group/WL</div> <div>3:00 Baywatch Meeting/AS</div> <div>7:00 Poker Group/BL</div> | <div>12</div> <div>9am-1pm RSVT-Harris Teeter/L</div> <div>10:00 Audiology of Wilmington/CR</div> <div>1:30 Bridge Club/CR</div> <div>1:30 Duplicate Bridge/CR</div> <div>4:00 Meet Your Staff: Marianna Stacy, Community Outreach/F</div> <div>7:00 Billiards/BL</div> | <div>13</div> <div>9am-1pm RSVT/L</div> <div>9:00 Breakfast: BAGELS/LH</div> <div>1:30 Golf Training/CY</div> <div>1:30 Jewelry with Florence/AS</div> <div>3:00 Line Dancing/WS</div> | <div>14</div> <div></div> <div>12:15 Transportation for MET OPERA/\$L</div> <div>3:00 OUTING: Take Steps for Crohn’s & Colitis at WB Loop Park/ L</div> <div>7:00 Scrabble Night/BL</div> |
| <div>15</div> <div>11:30-2:30 Sunday Brunch/LH</div> <div>Premiere of Good Behavior2</div> | <div>16</div> <div>9am-1pm RSVT-WalMart/L</div> <div>1:00 Hand & Foot Canasta/CR</div> <div>1:30 Golf Training/CY</div> <div>3:00 “The Quest” w/John Solano/CH</div> <div>3:00 Baywatch Deadline Meeting/AS</div> <div>4:00 DOLLAR BINGO/F</div> | <div>17</div> <div>9am-1pm RSVT/L</div> <div>10:45-1:45 Flu Shots in the Forum</div> <div>1:00 Mahjongg/CR</div> <div>2:00 Spooky Décor Day/AS</div> <div>4:00 SPEAKER with AARP on iPhones & iPads/F</div> | <div>18</div> <div>9am-1pm RSVT/L</div> <div>10:30 Protestant Worship Service/BC/3rd Floor</div> <div>1-5:00 2 Tables RSVD/CR</div> <div>1:30 Bridge Club/CR</div> <div>1:30 OUTING: Ferry to Southport for Lunch & Shopping/L</div> <div>3:00 Knit, Stitch, Craft & Chat Meeting/L</div> <div>3:00 Carolina Cruisers Walking Group/WL</div> <div>7:00 Poker Group/BL</div> | <div>19</div> <div>9am-1pm RSVT-Harris Teeter/L</div> <div>1:30 Bridge Club/CR</div> <div>1:30 Duplicate Bridge/CR</div> <div>2:00 Painting Pumpkins/AS</div> <div>4:00 SPEAKER: Visit NC Conci-erge, we love NC!/F</div> <div>7:00 Billiards/BL</div> | <div>20</div> <div>9am-1pm RSVT/L</div> <div>11:00 Council Meeting/CR</div> <div>1:30 Golf Training/CY</div> <div>1:30 Jewelry with Florence/AS</div> <div>3:00 How to Live @ Carolina Bay/F</div> <div>6:45 Transportation for “Rosie the Riveter” @ Hannah Block/\$L</div> | <div>21</div> <div>3:00 Cape Fear Music Teachers Association Halloween Recital/F</div> <div>7:00 Scrabble Night/BL</div> |
| <div>22</div> <div>11:30-2:30 Sunday Brunch/LH</div> <div>4:00 Favorite Hymns on the Piano w/Sandy/F</div> | <div>23</div> <div>9am-1pm RSVT-WalMart/L</div> <div>1:30 Golf Training/CY</div> <div>3:00 “The Quest” w/John Solano/CH</div> <div>3:00Make a Mask Monday/AS</div> <div>4:00 SPEAKER: Marine One Pilot, Chris Pinckney/F</div> | <div>24</div> <div>9am-1pm RSVT</div> <div>11:00 SPEAKER: Rabbi Paul Sildofsky, Temple of Israel/CH</div> <div>1:00 Mahjongg/CR</div> <div>1:30 Mask Finish-up/AS</div> <div>4:00 SPEAKER with AARP on An-droids & Tablets/F</div> <div>6:30 Cape Fear Chordsmen Sing for Dinner Crowd/LH/CBG/PUB</div> | <div>25</div> <div>9am-1pm RSVT/L</div> <div>10:30 Protestant Worship Service/BC/3rd Floor</div> <div>1-5:00 2 Tables RSVD/CR</div> <div>1:30 Bridge Club/CR</div> <div>1:30 OUTING: History Bustrip @ Oakdale & Downtown Wilmington/ L</div> <div>3:00 Carolina Cruisers Walking Club/WL</div> <div>7:00 Poker Group/BL</div> | <div>26</div> <div>9am-1pm RSVT-Harris Teeter/L</div> <div>1:30 Bridge Club/CR</div> <div>1:30 Duplicate Bridge/CR</div> <div>2:00 Spooky Décor Day/AS</div> <div>5:00 Mark Teachy & Phil Bru-schi Birthday Social/F</div> <div>7:00 Billiards/BL</div> | <div>27</div> <div>9:00 Breakfast Social: Donuts/LH</div> <div>9am-1pm RSVT/L</div> <div>1:30 Golf Training/CY</div> <div>1:30 Jewelry with Florence/AS</div> <div>3:00 Line Dancing/WS</div> | <div>28</div> <div>6:30 Transportation for: “Kinky Boots” @ Wilson Cen-ter/\$L</div> <div>7:00 Scrabble Night/BL</div> |
| <div>29</div> <div>11:30-2:30 Sunday Brunch/LH</div> | <div>30</div> <div>9am-1pm RSVT-WalMart/L</div> <div>11:45 Newcomer’s Welcome with Vivian DeSanto & Brownies/ F</div> <div>1:00 Hand & Foot Canasta/CR</div> <div>1:30 Golf Training/CY</div> <div>3:00 “The Quest” w/John Solano/CH</div> <div>4:00 DOLLAR BINGO/F</div> | <div>31</div> <div>9am-1pm RSVT</div> <div>1:00 Mahjongg/CR</div> <div>7:00 Duke Ladd Spooky Masquerade Party/F</div> <div>HAPPY HALLOWEEN</div> |  | | | |

CAROLINA BAY STAFF

| | | | |
|----------------|--------------------------|----------------|-----------------------------|
| Cindy Stancil | Executive Director | Gay Sawyers | Office Manager |
| Bill Piper | Marketing Director | Dean Daniels | Environmental Services |
| Nancy Bartlett | Marketing Assistant | Dana Peterson | Housekeeping Supervisor |
| Nate Futrell | Wellness Director | Dermot Mackin | Transportation |
| Erin Rhyne | Life Enrichment Director | Julie Covich | Day Receptionist |
| Seth Geradot | Maintenance Director | Trudi Buchman | Evening Receptionist |
| Zack Alaimo | Maintenance Assistant | Marianna Stacy | Community Outreach Educator |



REFLECTIONS SALON AND SPA

SALON HOURS

| | |
|-----------|---------|
| TUESDAY | 9AM-4PM |
| WEDNESDAY | 9AM-4PM |
| THURSDAY | 9M-4PM |
| FRIDAY | 9AM-3PM |

GWEN FRANKEL, HAIRSTYLIST DINA LABARGE, NAIL STYLIST
BY APPOINTMENT ONLY: SUSAN MCKENDRICK, FACIALS
KATE HASSEL, IN-APARTMENT MASSAGE THERAPIST

MORRISON’S

DIETARY STAFF

T.J. Milliron, Executive Chef
Joe Zondlo, Director of Culinary
Monita “Mo” Moore, Assistant