

YOUR TICKET, OUR RIDE. TRANSPORTATION PROVIDED TO...

BUY YOUR OWN TICKETS. RESERVE YOUR SEAT ONLY AFTER PURCHASED.

WILMINGTON SYMPHONY ORCHESTRA PERFORMANCE “HIGH STRUNG”

SATURDAY, SEPTEMBER 22ND LEAVING AT 6:45PM FROM THE LOBBY

At the Wilson Center. Tickets required. To purchase rickets, you must call (910) 362-7999. (8 FREE TICKETS TO THE 1ST EIGHT TO SIGN UP!)

CHAMBER MUSIC WILMINGTON “CAROLINE SHAW & JASPER QUARTET”

SUNDAY, SEPTEMBER 23RD, LEAVING AT 6:45PM FROM THE LOBBY

At Beckwith Hall. Tickets required. To purchase tickets, you must call (910) 962-3500. (10 FREE TICKETS TO THE 1ST TEN TO SIGN UP!)

FRANKIE VALLI & THE 4 SEASONS

FRIDAY, SEPTEMBER 28TH LEAVING AT 6:45PM FROM THE LOBBY

At the Wilson Center. Tickets required. To purchase tickets, you must call (910) 362-7999.

SEASON OPENING ACT: NC SYMPHONY BEETHOVEN’S 5TH

SATURDAY, SEPTEMBER 29TH LEAVING AT 6:45PM FROM THE LOBBY

At the Wilson Center. Tickets required. To purchase tickets, you must call (877) 627-6724.

UPCOMING PROGRAMS THIS MONTH... IN CHRONOLOGICAL ORDER

BAYWATCH PUBLICATION MEETING

TUESDAY, SEPTEMBER 4TH @ 3:00PM & THURSDAY, SEPTEMBER 20TH @ 3:00PM/AS

We are looking for NEW authors for the upcoming issue of Baywatch that will be released November 1st. Please keep this in mind and share any stories, reviews, etc. to the editorial committee today!

THE GREAT COURSE: “METEROLOGY: AN INTRODUCTION TO THE WONDERS OF THE WEATHER”

TUESDAY, SEPTEMBER 4TH, 11TH, 18TH & 25TH AT 4:00PM IN THE CARD ROOM

Famed physicist Richard Feynman once said, "Anyone who has been in a thunderstorm has enjoyed it, or has been frightened by it, or at least has had some emotion. And in those places in nature where we get an emotion, we find there is generally a corresponding complexity and mystery about it."

“THE WRITE STUFF” WITH BEV HEIDRICH

WEDNESDY, SEPTEMBER 5TH AND 19TH AT 2:00PM IN THE ART STUDIO

Open to anyone and everyone that has a thought to share, or an ear to listen. Reminiscence and explore memories with neighbors in a comfortable, non-judgmental environment!

WINE & CHEESE SOCIAL WITH RAY & JEFF ON GUITAR

FRIDAY, SEPTEMBER 7TH AT 5:00PM IN THE COURTYARD/FORUM (WEATHER PERMITTING)

They always bring the sunshine, let’s see if we get lucky enough to relax on the courtyard with a glass of wine and the soothing sounds of Ray & Jeff on the Guitar. Come on down before dinner to celebrate the beginning of the weekend with everyone!

WELCOME “WAGON” WITH VIVIAN DESANTO

THURSDAY, SEPTEMBER 20TH AT 1:00PM IN THE LOBBY LOUNGE

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!

PHIL BRUSCHI MUSICAL BIOGRAPHY PROGRAM TITLED “TO SPEND ONE NIGHT WITH YOU- A SALUTE TO DOO WOP LOVE SONGS”

FRIDAY, SEPTEMBER 21ST AT 4:00PM IN THE LIGHTHOUSE MARKET

As a result of Phil's teaching at the University of North Carolina at Wilmington and involvement in the Continuing Studies area, Phil has created a variety of musical programs that are sometimes referred to as "Edu-Tain-Ment." It's a mixture of education and entertainment rolled into one. In these musical biographies/programs, Phil shares information about careers of the artists and performs their songs.

INSPIRE INTERN LECTURE WITH MARY BLAKE: “MIND DIET FOR MEMORY HEALTH”

WEDNESDAY, SEPTEMBER 26TH AT 11:00AM IN THE WELLNESS STUDIO



LIFE ENRICHMENT CALENDAR OF EVENTS



SEPTEMBER 2018

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

SPEAKER: KAREN THOMAS WITH AAA TRAVELERS INFORMATION ON UPCOMING TRIPS

FRIDAY, SEPTEMBER 14TH AT 1:00PM IN THE FORUM

Trip discussion on the coach trips we currently have: Nashville, Savannah and Asheville/Biltmore and our Holland America rep will accompany me and he will present Alaska Land & Sea Journeys as well as New England/Nova Scotia.

AUTHOR TALK: DIANE PASCOE “LIFE ISN’T PERFECT, BUT MY LIPSTICK IS!”

MONDAY, SEPTEMBER 17TH AT 4:00PM IN THE FORUM

Diane Pascoe was at the supermarket checkout counter when Norman-a clerk so fidgety that he was probably resisting the urge to scratch himself-casually mentioned the savings she'd earned with her senior discount. There just was one teensy problem: Diane hadn't revealed her age or asked for a senior discount. Norman-with-an-itch had guessed her age and decided she was...what? Sixty? A hundred and two? Come down and meet the fun Diane Pascoe who when isn't writing, is managing her lipstick addiction-for which, thankfully, there is no cure. (Her favorite shade is Hot Coral #712) Books will be available to purchase.

ALL ABOARD! THE MODULAR RAILROAD WATERFRONT DISPLAY

WEDNESDAY, SEPTEMBER 19TH (SET UP AFTER LUNCH TIME)

The display will take about two hours to set up and the volunteers would be happy to have any of our modeler folks and other interested people watch the set-up process. Once operational, Mark will be available to say a few words about the Museum and Wilmington railroad-ing. Display will close at 5pm.

THURSDAY, SEPTEMBER 20TH AT 10:00AM IN THE FORUM

Anyone interested will be able to control one of the operating trains and run them around the layout. We will have people available to answer modeling questions or questions about the Museum or railroading in general. Come have a little fun!

ADMINISTRATION STAFF SERVING BREAKFAST FUNDRAISER FOR THE AMERICAN HEART ASSOCIATION

TUESDAY, SEPTEMBER 25TH BEGINNING AT 8:30AM IN THE FORUM

All-You-Can-Eat & a la carte Pricing available! Let us serve you, while we support a cause that means so much to so many of us!

NHRMC PHYSICIAN GROUP- ATLANTIC UROLOGY ON “WOMEN'S HEALTH”

THURSDAY, SEPTEMBER 27TH AT 4:00PM IN THE FORUM

Atlantic Urology invites you to learn more about health issues women face such as urinary tract infections (UTIs), overactive bladder and urinary incontinence. The hour-long session is free, and light refreshments will be served. Presented by Lisa M. Long, FNP-C.

Out On The Town

THALIAN CHILDREN'S THEATER DRESS REHEARSAL OF “ALICE IN WONDERLAND”

THURSDAY, SEPTEMBER 6TH LEAVING AT 6:45 FROM THE LOBBY

At Hannah Block Historic USO Building. FREE. 25 seats available on coach. More seats available at the theater at 120 S. 2nd St.

OVER 50'S DANCE WITH DAN CHOP, BALLROOM DANCE INSTRUCTOR

TUESDAY, SEPTEMBER 11TH LEAVING AT 6:45PM FROM THE LOBBY

Please see Tim or Robin Gugan for Tickets. Let’s join in on the monthly fun at the New Hanover County Senior Center for a dance mixer, lead by Dan Chop. Light refreshments available.

OUT TO DINNER TO THE HOLIDAY INN SUNSPREE RESTAURANT, OCEANS

THURSDAY, SEPTEMBER 13TH LEAVING AT 5:00PM FROM THE LOBBY

CAPE FEAR ARTS IN MOTION ECLECTIC COLLECTION DANCE RECITAL

FRIDAY, SEPTEMBER 14TH, LEAVING AT 6:45PM FROM THE LOBBY

At Thalian Hall. 10 free tickets, \$18/cash per person after the first 10 sign up. 25 seats available on coach. More seats available at the theater at 310 Chestnut St. Expect an inspired and exciting evening of music, film, visual arts, and modern, contemporary and jazz dance from choreographer Tracy Verga.

DAY-TRIP TO CALABASH, NC: LUNCH AT BECK’S SEAFOOD HOUSE & SHOPPING AT “ALL-FAMOUS” CALLAHAN’S NAUTICAL & HOLIDAY GIFT SHOP

TUESDAY, SEPTEMBER 18TH LEAVING AT 11:15AM FROM THE LOBBY

A great day-trip getaway for some good eats and early Holiday shopping! If you’ve never been to Callahan’s... now is your chance! It is known as the one stop shop or all of your Holiday gifts & décor all year long!

THALIAN ASSOCIATION DRESS REHEARSAL OF “PIPPIN”

THURSDAY, SEPTEMBER 27TH LEAVING @ 6:45PM FROM THE LOBBY

At Thalian Hall. FREE. 25 seats available on coach. More seats available at the theater at 310 Chestnut St.

