

MAY 2016

CAMPUS VENUES

Bold = Reservation Required  
@ the Reservation Desk

- 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
- 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

BRUNCH RESERVATIONS  
Are required for every  
Sunday by Saturday  
at 1:00pm.








SUNDAY, MAY 8TH  
11:30AM-2:30PM

Enjoy fresh carving stations  
paired with “mums”  
traditional favorites!

Followed by...  
AN EXTRA SPECIAL  
Mother/Daughter  
Piano Recital

With Ms. Bianca Gore &  
mother, Sandra Greene  
2:00PM IN THE FORUM  
(RESERVE YOUR SEAT)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>1</div> <div>11:30-2:30 Sunday Brunch/LH</div>	<div>2</div> <div>8:00 Tidewater Aerobics/AC 9am-1pm RSVT-WalMart/L 9:00 Cardio &amp; Strength/WS 10:00 Yoga/WS 11:00 Functional Fitness/WS 2:00 Putting with Nate/CY 3:00 What is CORNHOLE?/CY 5:00 Rhumba &amp; Waltz /WS 6:30 Tech Tutor/PUB</div>	<div>3</div> <div>8:00 Tidewater Aerobics/AC 9am-1pm RSVT/L 10:00 Tai Chi (B)/WS 11:00 Tai Chi (A)/WS 1:00 MahJongg /CR 2:00 Meditation/WS 3:00 Headwater Aerobics/AC 3:00 Welcome Services/F</div>	<div>4</div> <div>8:00 Saltwater Circuit/AC 9:00 Cardio &amp; Strength/WS 10:00 Bike Autumn Hall/WL 11:00 Functional Fitness/WS 1:30 Bridge Club/CR 2:00 Tour of Bradley Creek/L 4:00 Tour of Bradley Creek/L</div>	<div>5</div> <div>8:00 Tidewater Aerobics/AC 9am-1pm RSV-Teeter/L 10:00 Yoga (B)/WS 10:45 ALOHA Library/L 11:00 Yoga (A)/WS 2:00 Meditation/WS 3:00 Headwater Aerobics/AC 4:00 Cinco De Mayo Social/F 7:00 Billiards 101/BL</div>	<div>6</div> <div>8:00 Tidewater Aerobics/AC 9am-1pm RSVT/L 9:00 Cardio &amp; Strength/WS 10:00 Tai Chi/WS 11:00 Functional Fitness/WS 1:30 National Public Garden's Day trip to Airlie Garden/L 5:30 Carolina Bay Documentary Screening/F 7:00 Poker Group/BL</div>	<div>7</div> <div>4:00 Kentucky Derby Social/F</div> <div></div>
<div>8</div> <div>Happy Mother's Day! 11:30-2:30 Sunday Brunch/LH 2:00 Mother's Day Piano Recital/F</div>	<div>9</div> <div>8:00 Tidewater Aerobics/AC 9am-1pm RSVT-WalMart/L 9:00 Cardio &amp; Strength/WS 10:00 Yoga/WS 11:00 Functional Fitness/WS 2:00 Putting with Nate/CY 3:00 Ntl. Pet Week Paw Painting/AS 5:00 Rhumba &amp; Waltz /WS</div>	<div>10</div> <div>8:00 Tidewater Aerobics/AC 9am-1pm RSVT/L 10:00 Tai Chi (B)/WS 11:00 Tai Chi (A)/WS 1:00 MahJongg /CR 2:00 Meditation/WS 2:00 Welcome Services/F 2:45 Tech Tutor/F 3:00 Headwater Aerobics/AC 4:00 Baywatch Newsletter/AS</div>	<div>11</div> <div>8:00 Saltwater Circuit/AC 9:00 Cardio &amp; Strength/AS 10:00 Bike Autumn Hall/WL 11:00 Functional Fitness/WS 1:30 Bridge Club/CR 1:45 OUTING:Duck Adoption Party/L</div> <div></div>	<div>12</div> <div>8:00 Tidewater Aerobics/AC 9am-1pm RSV-Teeter/L 10:00 Yoga (B)/WS 11:00 Yoga (A)/WS 1:00 Medicinal Flowers You Can Grow with Beth/LH 2:00 Meditation/WS 3:00 Headwater Aerobics/AC 6:00 Thirsty Thurs: Mai Tai/PUB 7:00 Billiards 101/BL</div>	<div>13</div> <div>8:00 Tidewater Aerobics/AC 9am-1pm RSVT/L 9:00 Cardio &amp; Strength/WS 10:00 Tai Chi/WS 11:00 Functional Fitness/WS 1:30 OUTING: Lewis Strawberry/L 5:00 BYOD Social/CR 7:00 Poker Group/BL Greek Festival (Ind. Act.)</div>	<div>14</div> <div>Stamp Out Hunger (Postal Service Food Drive- Bring items to Basket by Mailboxes)</div> <div>Greek Festival (Ind. Act.)</div>
<div>15</div> <div>11:30-2:30 Sunday Brunch/LH 1:30 Piano Recital/F</div> <div>Greek Festival (Ind. Act.)</div>	<div>16</div> <div>8:00 Tidewater Aerobics/AC 9am-1pm RSVT-WalMart/L 9:00 Cardio &amp; Strength/WS 10:00 Yoga/WS 11:00 Functional Fitness/WS 2:00 Putting with Nate/CY 5:00 Rhumba &amp; Waltz /WS 6:30 Tech Tutor/PUB</div>	<div>17</div> <div>8:00 Tidewater Aerobics/AC 9am-1pm RSVT/L 10:00 Tai Chi (B)/WS 11:00 Tai Chi (A)/WS 1:00 MahJongg /CR 2:00 Meditation/WS 2:00 Welcome Services/F 3:00 Headwater Aerobics/AC</div>	<div>18</div> <div>8:00 Saltwater Circuit/AC 9:00 Cardio &amp; Strength/WS 9:00-4:00 Forum RSVD 10:00 Bike Autumn Hall/WL 11:00 Functional Fitness/WS 1:30 Bridge Club/CR 4:00 Watercolors &amp; Wine/AS 6:00 Dinner Entertainment with Phil Bruschi/CFG</div>	<div>19</div> <div>8:00 Tidewater Aerobics/AC 9am-1pm RSV-Teeter/L 10:00 Yoga (B)/WS 11:00 Yoga (A)/WS 2:00 Meditation/WS 3:00 Headwater Aerobics/AC 4:00 Movie Matinee: The Vow/F 7:00 Billiards 101/BL</div>	<div>20</div> <div>8:00 Tidewater Aerobics/AC 9am-1pm RSVT/L 9:00 Cardio &amp; Strength/WS 10:00 Tai Chi/WS 10:00-4:00 Silver Arts Exhibition &amp; Sale (Ind. Act) 11:00 Functional Fitness/WS 11:00 Hall Representative Meeting/CR 3:00 How to Live @ Carolina Bay/F 4:30 Coastal Duck Derby Volunteer/L 7:00 Poker Group/BL</div>	<div>21</div> <div>10:00-4:00 Silver Arts Exhibition &amp; Sale @ Artworks (Ind. Act)</div> <div>The Preakness</div> <div>FULL MOON</div>
<div>22</div> <div>10:00-4:00 Silver Arts Exhibition &amp; Sale (Ind. Act) 11:30-2:30 Sunday Brunch/LH</div>	<div>23</div> <div>8:00 Tidewater Aerobics/AC 9am-1pm RSVT-WalMart/L 9:00 Cardio &amp; Strength/WS 10:00 Yoga/WS 11:00 Functional Fitness/WS 12:00 Lunch &amp; Learn with Patrick Kelly, Dignity Memorial/F 5:00 Rhumba &amp; Waltz /WS</div>	<div>24</div> <div>8:00 Tidewater Aerobics/AC 9am-1pm RSVT/L 10:00 Tai Chi (B)/WS 11:00 Tai Chi (A)/WS 1:00 MahJongg /CR 2:00 Meditation/WS 2:00 Welcome Services/F 2:45 Tech Tutor/F 3:00 Headwater Aerobics/AC</div>	<div>25</div> <div>NATIONAL SENIOR HEALTH &amp; FITNESS DAY 8:00 Saltwater Circuit/AC 9:00 Cardio &amp; Strength/WS 9:00 Beach Walk with Erin/L 11:00 Functional Fitness/WS 1:00 1-Mile Water Walk/AC 1:30 Bridge Club/CR 3:00 Wrightsville Beach Cruise/L</div>	<div>26</div> <div>8:00 Tidewater Aerobics/AC 9am-1pm RSV-Teeter/L 9:00 Red Nose Day Coffee Social/F 10:00 Yoga (B)/WS 11:00 Yoga (A)/WS 2:00 Meditation/WS 3:00 Headwater Aerobics/AC 4:00 Baywatch Newsletter/AS 6:00 Thirsty Thurs: Daiquiri's/PUB 7:00 Billiards 101/BL</div>	<div>27</div> <div>8:00 Tidewater Aerobics/AC 9am-1pm RSVT/L 9:00 Cardio &amp; Strength/WS 10:00 Tai Chi/WS 11:00 Functional Fitness/WS 6:30 Wine &amp; Cheese Newcomers Social with Ray &amp; Jeff/F 7:00 Poker Group/BL</div>	<div>28</div> <div>*Memorial Day Cookout RSVP Due</div>
<div>29</div> <div>11:30-2:30 Sunday Brunch/LH 100th Indy 500 Race</div>	<div>30</div> <div>MEMORIAL DAY COOKOUT 11:30-2:30 No Coach Transportation 8:00 Tidewater Aerobics/AC 9:00 Cardio &amp; Strength/WS 10:00 Yoga/WS 11:00 Functional Fitness/WS 12:00 Root Beer Float Social/CY Dance CANCELLED</div>	<div>31</div> <div>8:00 Tidewater Aerobics/AC 9am-1pm RSVT/L 10:00 Tai Chi (B)/WS 11:00 Tai Chi (A)/WS 1:00 MahJongg /CR 2:00 Meditation/WS 2:00 Welcome Services/F 3:00 Headwater Aerobics/AC</div>	<div>“HOW TO LIVE @ CAROLINA BAY” ...is always the 3rd Friday of each Month Come with questions, concerns, &amp; praises to share with Administration to learn more about life at the bay! MAY MEANS MANDATORY HURRICANE MEETING IT IS VERY IMPORTANT YOU ATTEND . Friday, May 20th at 3:00pm in the Forum</div>			
<div></div> <div>GWEN YOUNG, HAIRSTYLIST DINA LABARGE, NAIL STYLIST</div>	<div>REFLECTIONS SALON &amp; SPA</div> <div>TUESDAY 9AM-4PM WEDNESDAY 9AM-4PM THURSDAY 9AM-4PM FRIDAY 9AM-3PM</div>	<div></div>	<div>YOUR STAFF</div> <div>Joe Soto, Executive Director Bill Piper, Marketing Director Nancy Bartlett, Move-In Coordinator Nate Futrell, Wellness Director Erin Rhyne, Life Enrichment Director Seth Geradot, Maintenance Engineer</div>	<div>Shirley Knox, Transportation Zack Alaimo, Valet Driver Lisa Hall, Receptionist Gay Sawyers, Office Manager Marianna Stacy, Community Outreach Ajay Bhatt, Personal Trainer &amp; Instructor Kim White, Housekeeping Supervisor</div>	<div>MORRISON'S DIETARY STAFF</div> <div>T.J. Milliron, Executive Chef Joe Zondlo, Director of Culinary</div>	