

# LEARN A LITTLE

## WHAT'S FACEBOOK REALLY ALL ABOUT? WITH TECH TUTOR, ROSE MARIE SUMMERS

WEDNESDAY, JUNE 8TH AT 4:00PM IN THE CARD ROOM (RESERVE YOUR SEAT)

We've all heard of FACEBOOK, but what is it really all about? Facebook has evolved into an important marketing tool for companies, and jumpstarted the Social Media industry. You don't have to be on Facebook to attend- but if you are please bring any questions you might have about profile security, better search methods & more!

## MUSICAL BIOGRAPHY BY PHIL BRUSCHI:

"TOO MARVELOUS FOR WORDS" THE LYRICS OF JOHNNY MERCER

THURSDAY, JUNE 16TH AT 4:00PM IN THE FORUM (RESERVE YOUR SEAT)

Johnny Mercer was one of America's best known lyricist and songwriter from the mid 1930's through the mid 1960's. Many of his songs he wrote were among the most popular hits of that time, and are still being recorded by today's artists. Join Phil Bruschi as he discusses the life & times of Mercer as a songwriter and sing songs such as "Summer Wind," "Autumn Leaves," "Moon River," "One For My Baby," and many more!

## GET TO KNOW BRADLEY CREEK HEALTH CARE CENTER VOLUNTEER OPPORTUNITIES

TUESDAY, JUNE 21ST AT 3:00PM IN THE LIGHTHOUSE MARKET (RESERVE YOUR SEAT)

Our next door neighbors at Bradley Creek Health Care Center are looking for the busy bodies of Carolina Bay. Give back to the community by spending some time reading to assisted residents, deliver notices to residents & offer a brief conversation to someone who needs more socialization. Join Jenny, BCHC Life Enrichment Director, to discuss many volunteer opportunities available!

## HEALTHY FUN IN THE SUMMER SUN WITH BETH MINCHER

THURSDAY, JUNE 23RD AT 1:00PM IN THE LIGHTHOUSE MARKET (RESERVE YOUR SEAT)

best sunscreens to use and how to protect yourself while still reaping the benefits of natural Vitamin D. Including information on how to help your body best absorb nutrients like Vitamin D. As well as tips for staying hydrated, beating the heat and staying cool too.

# MEET & GREET

## BRIDGE GROUPS

WEDNESDAY & THURSDAYS AT 1:30PM IN THE CARD ROOM

## CAROLINA BAY-WATCH NEWSLETTER

Diligently working on the next issue of the "Carolina Bay Watch Quarterly," we welcome you to join in on the fun during one of the next meetings! Everyone has something to share for this "by the residents, for the residents" publication.

WEDNESDAY, JUNE 1ST AT 4:00PM/ART STUDIO

WEDNESDAY, JUNE 15TH AT 4:00PM/ART STUDIO

WEDNESDAY, JUNE 22ND AT 4:00PM/ART STUDIO

## WATERCOLORS & WINE

WEDNESDAY, JUNE 1ST & 15TH AT 6:30PM/ART STUDIO

Calling all painters! Practice technique to create your own artistic style on Wednesday evenings to wind down with a glass of wine.

## HAND & FOOT CANASTA (BEGINNERS WELCOME!)

TUESDAY, JUNE 7TH & 21ST AT 1:30PM IN THE CARD ROOM

## HALL REPRESENTATIVES MEETING

FRIDAY, JUNE 17TH AT 11:00AM/CARD ROOM

## WELCOME WAGON WITH VIVIAN DESANTO

TUESDAY, JUNE 21ST AT 11:00AM IN THE CARD ROOM

TUESDAY, JUNE 28TH AT 2:00PM IN THE BILLIARDS LOUNGE

New to Carolina Bay? Now is your time to stock up on some local coupons & freebies from the Wilmington Welcome Services

## WINE & CHEESE SPELLING BEE

THURSDAY, JUNE 23RD AT 4:00PM/LIGHTHOUSE MARKET

Get to know your neighbors over a glass of wine, and a classic Spelling Bee! Don't worry, this will be a Team Spelling-Bee, go find the retired Librarians!

NEXT  
NEWSLETTER  
RELEASE SOCIAL  
FRIDAY, JULY 1ST  
AT 11:00AM



# JUNE 2016



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

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

# SHORE THINGS THIS MONTH

## 1-MILE TEAM WATER "DUCK" WALK & POOL VOLLEYBALL

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

In honor of Donald Duck's 82nd Birthday, let's turn the pool into a DUCK POND! Work together to create a strong current to make the walk faster & easier on your body! The Walk will begin at 9:00am and will end with a pool-side mimosa & fresh fruit to reward ourselves! Then, build 2 teams for a fun game of Pool Volleyball!

## 148TH BELMONT STAKES SOCIAL

SATURDAY, JUNE 11TH AT 5:30PM IN THE LIGHTHOUSE MARKET (RESERVE YOUR SEAT)

The final leg of the American Thoroughbred racing's Triple Crown is finally here! The most demanding race of the Triple Crown, a run of 1.5 miles on Belmont Park's track in Hempstead, NY. Cheers to all with a Belmont traditional cocktail, the Belmont Jewel, for the last chance to win a seat on the Wrightsville Beach Cruise in July!

## PIANO SERIES WITH TALLIS CHAMBER CONCERT BAND

THURSDAY, JUNE 9TH AT 4:00PM IN THE FORUM

Kicking off the Summer season with a private concert provided by the chairs of the Wilmington Tallis Chamber Band! This is the 1st of the Tallis Summer Concert series at Carolina Bay! More to come!

## SUMMER SOLSTICE SHINDIG UNDER THE STARS

MONDAY, JUNE 20TH AT 6:30PM IN THE COURTYARD (WEATHER PENDING/RESERVE YOUR SEAT)

Enjoy a sparkling evening on the longest day of the year with music, dancing, appetizers, desserts & wine! Ray & Jeff are back for more another relaxing performance on guitar. Invite a friend, but please be sure to reserve your seats.

# OUT ON THE TOWN

## CHURCH OF THE SERVANT'S 32ND ANNUAL LOBSTER FEST

SATURDAY, JUNE 4TH LEAVING AT 11:00AM FROM THE LOBBY (PRE-ORDER)

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

## MONTY PYTHON'S SPAMALOT @ OPERA HOUSE THEATER

TUESDAY, JUNE 7TH LEAVING AT 7:30PM FROM THE LOBBY (RESERVE YOUR SEAT/26 SEATS AVAILABLE) FREE

The hilarious film, Monty Python and the Holy Grail, bursts onto stage and into song to tell the legend of King Arthur and his Knights of the Round Table as they search for the Holy Grail, with many hysterical detours along the way. (Seats will be confirmed by June 6th)

## BATTLESHIP NC FOR FLAG DAY CELEBRATION

TUESDAY, JUNE 14TH LEAVING AT 12:00NOON FROM THE LOBBY (RESERVE YOUR SEAT) \$10.00

Fly your own flag at the Battleship on Flag Day! American Legion Post 10 Honor Guard assists visitors in hoisting and folding their flags. Makes a great video keepsake and family heirloom. Provide your name and email and a certificate of authenticity will be mailed to you. Bring a flag or purchase a 3 x 5 foot American-made nylon flag with embroidered stars from the Ship's Store. Sales from the store benefit the Battleship.

## ARTWORKS ON WILLARD, FOURTH FRIDAY SOCIAL

FRIDAY, JUNE 24TH LEAVING AT 5:30PM FROM THE LOBBY (RESERVE YOUR SEAT) FREE

Browse through various local artist booths, meet the artists and enjoy free wine while doing so! Acrylic, oil, watercolor artists, as well as sculpture, photography, jewelry & more! (Light snacks available, but nothing that will fill you up)

## SALUTE TO THE TROOPS CONCERT & DANCE AT BRIGHTMORE WILMINGTON

THURSDAY, JUNE 30TH LEAVING AT 6:00PM FROM THE LOBBY (RESERVE YOUR SEAT) FREE

You don't want to miss this! Enjoy the Wilmington Big Band performing Patriotic & WWII Big Band Favorites! Enjoy complimentary Heavy Hors d'oeuvres, desserts & beverages. Adult beverages & raffle tickets will be available for purchase & donations welcome in support of the local Parkinson's Support Group, assisting those suffering Agent Orange exposure. (RSVP by Friday, June 24th, 26 seats available)

## 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.

### "DAD'S DAY"

FATHER'S DAY PIANO RECITAL WITH BIANCA GORE'S GOSPEL GROUP

SUNDAY, JUNE 19TH AT 2:30PM IN THE FORUM AND THEN...

FOR THE GOLF LOVERS, STICK AROUND TO WATCH THE US OPEN ON THE BIG SCREEN, WITH APPROPRIATE FATHER'S DAY REFRESHMENTS 3:00PM IN THE FORUM

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
<b>SOCIAL DANCING AT CAROLINA BAY</b> <i>Now featuring the Rhumba &amp; Waltz</i> <b>Monday's in the Wellness Studio</b> 5:00pm Beginner 6:00pm Intermediate FREE-4-ALL Dancing with Erin & Ajay, with Patricia Carver-Garcia. You are sure to laugh & learn something new, even if its not dance related, with a fun group of dancers!				8:00 Saltwater Circuit/AC 9:00 Cardio & Strength/WS <b>1</b> 10:00 Bike Autumn Hall/WL 11:00 Functional Fitness/WS 1:30 Bridge Club/CR 4:00 Bay Watch Newsletter/AS 6:30 Watercolors & Wine/AS	8:00 Tidewater Aerobics/AC 9am-1pm RSV-Teeter/L <b>2</b> 10:00 Yoga (B)/WS 11:00 Yoga (A)/WS 1:30 Bridge Club/CR 2:00 Meditation/WS 3:00 Headwater Aerobics/AC 7:00 Billiards 101/BL	8:00 Tidewater Aerobics/AC 9am-1pm RSVT/L <b>3</b> 9:00 Cardio & Strength/WS 10:00 Tai Chi/WS 11:00 Functional Fitness/WS 3:00 Movie Matinee/F 7:00 Poker Group/BL	11:00 OUTING: Church of Servant Lobster Fest /L <b>4</b>
11:30-2:30 Sunday Brunch/LH <b>5</b>	8:00 Tidewater Aerobics/AC <b>6</b> 9am-1pm RSVT-WalMart/L 9:00 Cardio & Strength/WS 10:00 Yoga/WS 11:00 Functional Fitness/WS 1:00 Color for the Courtyard/CY 5:00 Beginner Dance Sport /WS 6:00 Int.. Dance Sport/WS	8:00 Tidewater Aerobics/AC <b>7</b> 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 7:30 OUTING: Opera House Theater: Monty Python's Spamalot/L	8:00 Saltwater Circuit/AC <b>8</b> 9:00 Cardio & Strength/AS 9:00 Beach Walk with Erin/L 10:00 Bike Autumn Hall/WL 11:00 Functional Fitness/WS 1:30 Bridge Club/CR ALOHA Library will not be visiting this month* 4:00 What's the Facebook Craze?/F	8:00 Tidewater Aerobics/AC <b>9</b> 9am-1pm RSV-Teeter/L 9:00 1-Mile Duck Walk/AC 10:00 Yoga (B)/WS 11:00 Yoga (A)/WS 1:30 Bridge Club/CR 2:00 Meditation/WS 3:00 Headwater Aerobics/AC 4:00 Tallis Chamber Concert/F 7:00 Billiards 101/BL	8:00 Tidewater Aerobics/AC <b>10</b> 9am-1pm RSVT/L 9:00 Cardio & Strength/WS 10:00 Tai Chi/WS 11:00 Functional Fitness/WS 7:00 Poker Group/BL	5:30 Belmont Stakes Party/LHM <b>11</b>	
<b>Shavuot</b> Happy 50th Anniversary Mr. & Mrs. Epstein! <b>12</b> "Life Rolls On" Adaptive Suring Event (See Erin for more details) 11:30-2:30 Sunday Brunch/LH	<b>Shavuot</b> <b>13</b> 8:00 Tidewater Aerobics/AC 9am-1pm RSVT-WalMart/L 9:00 Cardio & Strength/WS 10:00 Yoga/WS 11:00 Functional Fitness/WS 1:30 Hand & Foot/CR 5:00 Beginner Dance Sport /WS 6:00 Int. Dance Sport/WS US Open Begins	<b>Flag Day</b> <b>14</b> 8:00 Tidewater Aerobics/AC 9am-1pm RSVT/L 10:00 Tai Chi (B)/WS 11:00 Tai Chi (A)/WS 12:00 OUTING: Flag Day @ Battleship/L 1:00 MahJongg /CR 2:00 Meditation/WS 3:00 Headwater Aerobics/AC	8:00 Saltwater Circuit/AC <b>15</b> 9:00 Cardio & Strength/WS 10:00 Bike Autumn Hall/WL 11:00 Functional Fitness/WS 1:30 Bridge Club/CR 4:00 Bay Watch Newsletter/AS 6:30 Watercolors & Wine/AS	8:00 Tidewater Aerobics/AC <b>16</b> 9am-1pm RSV-Teeter/L 10:00 Yoga (B)/WS 11:00 Yoga (A)/WS 1:30 Bridge Club/CR 2:00 Meditation/WS 2:30 BINGO BASH @ Kempton (Ind. Act.) 3:00 Headwater Aerobics/AC 4:00 "Songs on Johnny Mercer" with Phil Bruschi/F 7:00 Billiards 101/BL	8:00 Tidewater Aerobics/AC <b>17</b> 9am-1pm RSVT/L 9:00 Cardio & Strength/WS 10:00 Tai Chi/WS 11:00 Functional Fitness/WS 11:00 Hall Representative Meeting/CR 3:00 How to Live @ Carolina Bay/F 7:00 Poker Group/BL	International Picnic Day <b>18</b>	
<b>Father's Day</b> <b>19</b> 11:30-2:30 Sunday Brunch/LH 2:30 Father's Day Piano Recital/F 3:00 US OPEN on the Big Screen/F 10:00 Marti on CNN	<b>1st Day of Summer!</b> <b>20</b> 8:00 Tidewater Aerobics/AC 9am-1pm RSVT-WalMart/L 9:00 Cardio & Strength/WS 10:00 Yoga/WS 11:00 Functional Fitness/WS 2:00 Putting with Nate/CY 5:00 Beginner Dance Sport /WS 6:30 Summer Solstice Shindig with Ray & Jeff in the Courtyard	8:00 Tidewater Aerobics/AC <b>21</b> 9am-1pm RSVT/L 10:00 Tai Chi (B)/WS 11:00 Tai Chi (A)/WS 11:00 Welcome Services/CR 1:00 MahJongg /CR 2:00 Meditation/WS 3:00 BCHC Volunteer with Jenny/LH 3:00 Headwater Aerobics/AC	8:00 Saltwater Circuit/AC <b>22</b> 9:00 Cardio & Strength/WS 10:00 Bike Autumn Hall/WL 11:00 Functional Fitness/WS 1:30 Bridge Club/CR 4:00 Baywatch Newsletter/AS	8:00 Tidewater Aerobics/AC <b>23</b> 9am-1pm RSV-Teeter/L 10:00 Yoga (B)/WS 11:00 Yoga (A)/WS 1:00 Fun in the Sun/LH 1:30 Bridge Club/CR 2:00 Meditation/WS 3:00 Headwater Aerobics/AC 4:00 Spelling Bee/LH 7:00 Billiards 101/BL	8:00 Tidewater Aerobics/AC <b>24</b> 9am-1pm RSVT/L 9:00 Cardio & Strength/WS 10:00 Tai Chi/WS 11:00 Functional Fitness/WS 5:30 OUTING: Artworks on Willard/L 7:00 Poker Group/BL		
11:30-2:30 Sunday Brunch/LH <b>26</b>	8:00 Tidewater Aerobics/AC <b>27</b> 9am-1pm RSVT-WalMart/L 9:00 Cardio & Strength/WS 10:00 Yoga/WS 11:00 Functional Fitness/WS 1:30 Hand & Foot/CR 3:00 Movie Matinee/F 5:00 Beginner Dance Sport /WS 6:00 Int.. Dance Sport/WS	8:00 Tidewater Aerobics/AC <b>28</b> 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/BL 3:00 Headwater Aerobics/AC	8:00 Saltwater Circuit/AC <b>29</b> 9:00 Cardio & Strength/AS 10:00 Bike Autumn Hall/WL 11:00 Functional Fitness/WS 1:30 Bridge Club/CR	8:00 Tidewater Aerobics/AC <b>30</b> 9am-1pm RSV-Teeter/L 10:00 Yoga (B)/WS 11:00 Yoga (A)/WS 2:00 Meditation/WS 3:00 Headwater Aerobics/AC 6:15 OUTING: Salute the Troops w/ Wilmington Big Band/L 7:00 Billiards 101/BL			
 <p><b>GWEN YOUNG, HAIRSTYLIST</b> <b>DINA LABARGE, NAIL STYLIST</b></p>		<p><b>REFLECTIONS SALON &amp; SPA HOURS</b></p> <p>TUESDAY 9AM-4PM WEDNESDAY 9AM-4PM THURSDAY 9AM-4PM FRIDAY 9AM-3PM</p>		 <p><b>YOUR STAFF</b></p> <p>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</p>		<p>Shirley Knox, Transportation Zack Alaimo, Valet/Receptionist Lisa Hall, Administrative Assistant Gay Sawyers, Office Manager Marianna Stacy, Community Outreach Ajay Bhatt, Personal Trainer &amp; Instructor Kim White, Housekeeping Supervisor</p>	
						<p><b>MORRISON'S DIETARY STAFF</b></p> <p>T.J. Milliron, Executive Chef Joe Zondlo, Director of Culinary</p>	