

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

Inspirational: The INSPIRE program allows you to feel better physically, mentally & emotionally through our personcentered 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

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.

STAY TUNED FOR MORE INFORMATION ABOUT "BEAT TODAY" - A MONITORED CARDIOPULMONARY EXERCISE PROGRAM!

MEETINGS & INTEREST GROUPS

CAROLINA BAY WATCH RESIDENT NEWSLETTER PUBLICATION MEETINGS

WEDNESDAY, SEPTEMBER 7TH, 14TH, AND 21ST AT 4:00PM IN THE ART STUDIO

MONDAY, SEPTEMBER 26TH AT 4:00PM IN THE ART STUDIO

BIBLE STUDY WITH BETH CHERRY MONDAY, SEPTEMBER 12TH AT 10:00AM/CARD ROOM

BOOK CLUB MEETING: THE #1 LADY'S DETECTIVE AGENCY
MONDAY, SEPTEMBER 12TH AT 1:30PM IN THE CARD ROOM
Went to most september 12TH.

Want to meet some interesting characters? Open a book with your fellow neighbors! Grab the book and join in on the discussion! We will be setting up a list of "Books in a Bag" for upcoming reads, if interested please come!

YARN-OVERS KNITTING GROUP DROP-IN AFTERNOON

WEDNESDAY. SEPTEMBER 21ST FROM 3-5:00PM IN THE PRIVATE DINING ROOM

Do you enjoy knitting, needlepoint or cross stitching? Or maybe you have always wanted to learn one of these crafts. Meet other "needle nuts" for a social afternoon knitting OR learning how to knit! Teachers are available! Drop in when you can!

ACTIVE AGING WEEK 2016 EXPLORE THE POSSIBILITIES

DAILY FITNESS CONTESTS:

MONDAY

FRIDAY

VOLLEYBALL ACE

SHOULDER MASSAGES AND WARM APPLE CIDER

MONDAY, SEPTEMBER 26TH II-1:00PM IN THE CARD ROOM (RESERVE YOUR TIME SLOT IN THE RESERVATION BINDER) Haven't met our in-house masseuse? Kate Hassell will be here to share her special touch with a complimentary shoulder

ARM CURL
TUESDAY
SIT TO STAND
WEDNESDAY
CHAIR SIT & REACH
THURSDAY
BACK SCRATCH
UPPER BODY FLEX

TUESDAY

SIT TO STAND
ARM CURL
TUESDAY
SIT TO STAND
WEDNESDAY
CHAIR SIT & REACH
THURSDAY
BACK SCRATCH
THESDAY SEPTEMBER 27TH AT 4:30PM IN THE ART STILDIO (RESERVE SEAT)

TUESDAY SEPTEMBER 27TH AT 4:30PM IN THE ART STUDIO (RESERVE SEAT) Review simple painting lessons with Erin to build confidence with your brush! Beginning with simple color combinations to create your own wheel!

OUTING: OPERA HOUSE THEATER DRESS REHEARSAL OF: "ROCK OF AGES"

WEDNESDAY, SEPTEMBER 28TH LEAVING AT 7:15PM FROM THE LOBBY (THERE WILL BE A DRAWING FOR THE 25 SEATS ON THE COACH) The setting is Hollywood in the late 1940s, with two stories occurring simultaneously: a Hollywood comedy and a detective drama.

1-MILE WATER WALK *FRIDAY, SEPTEMBER 30TH AT 9:00AM IN THE AQUATIC CENTER*

POOL PARTY WITH JERRY POWELL

FRIDAY, SEPTEMBER 30TH AT 11:30AM IN THE AQUATIC CENTER (RESERVE SEAT)

Explore the Possibilities in the POOL! Who knows, we might even pull the grill around! Jerry Powell will be strumming the ol' guitar as we splash & relax.

OUTING: ANNUAL ART IN THE ARBORETUM FRIDAY, SEPTEMBER 30TH LEAVING AT 1:15PM FROM THE LOBBY (PLEASE RESERVE YOUR SEAT) (\$5.00/PERSON, FREE FOR MILITARY & FRIENDS OF ARBORETUM MEMBERS) An Annual Fall event that fills the gardens with art & music for a weekend. Featuring local artists' works including paintings, pottery, sculpture, and other media. A raffle, silent auction, & performances by local musicians too!



SEPTEMBER 2016

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

ESSENTIAL OF THE MONTH WITH BETH: "THE LEGEND OF THIEVES"

THURSDAY, SEPTEMBER 8TH 10:30AM IN THE CARD ROOM (PLEASE RESERVE YOUR SEAT) Listen & learn "the Legend of Thieves," one of the most popular herbal legends. You can enjoy the spicy, yet relaxing aroma that we will be diffusing as the "Essential of the Month" in the Art Studio all month long! The Art Studio is now home to a wonderful aromatic, essential oils diffuser - for your use! As well as a library of essential oils information for you to come enjoy, experience and read about anytime you wish! FIRST DAY OF AUTUMN ELDER ABUSE AWARENESS WALK WITH NATE & ERIN

THURSDAY, SEPTEMBER 22ND AT 10:00AM IN THE LOBBY

Let's form a strong Carolina Bay Walking Group to meet monthly & travel around town participating in walks for a cause. This walk, we will be spreading Elder Abuse Awareness so be sure and wear your purple!

MODERN TIMES MODERN CRIMES: ELDER ABUSE TRAINING

THURSDAY, SEPTEMBER 22ND (RESERVATIONS WITH LISA HALL REQUIRED)

A free workshop was offered as local and state enforcement agencies presented information that seniors need to know to protect themselves and their money from frauds, scams, cyber-crimes, financial exploitation, elder abuse and more! Our morning Keynote Speaker is Secretary of State, Elaine Marshall and our afternoon Keynote Speaker is Attorney General, Roy Cooper.

CHAMBER OF COMMERCE SHŔIMPAROO 2ND ANNUAL FUNDRAISER

THURSDAY, SEPTEMBER 29TH FROM 5:00-7:00PM
Join us for the Chamber's old-fashioned Shrimparoo enjoying all-you-can eat shrimp & libations! Carolina Bay residents will have a discounted rate of \$ 12.00 per person. (residents only - no guests) Must purchase tickets in advance from Marketing Team (tickets will not be available the night of the event) Deadline for ticket purchase is Friday, Sept 23. (no exceptions &/or refunds.)

Out on the Town PLEASE RESERVE YOUR SEAT FOR ALL

MOONLIGHT DANCE CRUISE ON THE INTRACOASTAL WATERWAY

FRIDAY, SEPTEMBER 2ND LEAVING AT 8:00PM FROM THE LOBBY (\$15.00/PERSON)

Enjoy coastal living as you cruise along the Intracoastal Waterway. Come dance the night away under the

stars. If that's not for you, grab your favorite cold beverage and a seat on the top deck to enjoy the views. Full Cash Bar on board. Boarding Time: 8:45 - 9:00 PM Return Time: 10:30 PM

VISITING THE FORT FISHER AQUARIUM

TUESDAY, SEPTEMBER 6TH AT 1:15PM FROM THE LOBBY (\$12.00/PLEASE RESERVE YOUR SEAT)

Celebrating their 40th anniversary, now's the time to visit! Make connections with the natural world, wonder at baby sea turtles, talk to a diver swimming with the sharks or grab a great "bite" at SharkBites Café too! CAPE FEAR LITERACY COUNCIL'S 29TH ANNUAL SPELLING BEE @ THE TERRACES ON **SIR TYLER** *Thursday september 15th leaving at 6:30pm from the lobby (free!)* Join the audience for your "non-traditional" spelling bee with teams up to 4 adults who work together to spell words that are increasingly more difficult in each round. Cash bar, refreshments, audience games & prizes AND amazing raffles including a 7-day trip to Hilton Head, Jerry's Gift Certificate and more!

SUNNY SENIORS BEACH DAY, AN ACCESSIBLE BEACH EXPERIENCE!

SUNDAY, SEPTEMBER 18TH FROM 2-5:00PM AT CAROLINA BEACH BOARDWALK BEACHSIDE The Ocean Cure Team will be providing assistance to those wanting to feel the Atlantic Ocean safely and securely. Expert instruction along with adaptive equipment ensures for a day full of fun in the sun making memories of a lifetime. A plywood ramp will lead you to tents with chairs with your name written all over them, food for your belly, a sand castle contest for children (of all ages), beach games and more! Call the family to visit for this weekend for sure! (PLEASE RESERVE YOUR SEAT TO RIDE THE COACH, OR LET ERIN KNOW IF YOU WILL BE DRIVING YOURSELF.)

FOURTH FRIDAY ARTWORKS ON WILLARD

FRIDAY, SEPTEMBER 23RD AT 5:30PM FROM THE LOBBY (FREE!) Browse through various loal artist booths, meet the artists and enjoy free wine & finger food while doing so! Acrylics, oils, watercolor, sculpture, jewelry, mixed media, photography and more! A very inspirational & creative outing with something for all tastes.

Sunday **Monday Thursday Friday** Tuesday Wednesday **Saturday** SEPTEMBER 8:00 Tidewater Aerobics/AC 8:00 Tidewater Aerobics/AC CAMPUS VENUES REFLECTIONS SALON/SPA 9am-1pm RSV-Teeter/L 9am-1pm RSVT/L SALON HOURS 9:00 Beat Today (preapproval)/FC Lib. Library 9:00 Cardio & Strength/WS TUESDAY 9AM-4PM 10:00 Yoga (B)/WS 10:00 Tai Chi/WS Meet in Lobby WEDNESDAY 9AM-4PM 11:00 Yoga (A)/WS 11:00 Functional Fitness/WS Billiards Lounge 1:30 Bridge Club/CR **THURSDAY** 9M-4PM 8:00 OUTING: Moonlight Dance AS Art Studio 2:00 Meditation/WS FRIDAY 9AM-3PM Cruise/\$15/L CR 3:00 Headwater Aerobics/AC Card Room GWEN FRANKEL, HAIRSTYLIST 7:00 Billiards 101/BL Forum DINA LABARGE, NAIL STYLIST The Lighthouse Market 8:00 Tidewater Aerobics/AC 8:00 Tidewater Aerobics/AC Carolina Bay Grill 8:00 Saltwater Circuit/AC 8:00 Tidewater Aerobics/ 9 Happy Labor Day! 10 9am-1pm RSV-Teeter/L 9am-1pm RSVT/L 9am-1pm RSVT/L Cape Fear Pub 9:00 Beat Today (preapproval)/FC 9:00 Beat Today (preapproval)/FC 9:00 Cardio & Strength/AS No Coach Transportation Breakwaters Private DR 9am-1pm RSVT/L 10:00 Yoga (B)/WS No Dance Class 10:00 Tai Chi (B)/WS 10:00 Bike Autumn Hall/WL 10:30 Beth's Essential of the Month: 9:00 Cardio & Strength/WS CY Courtyard 11:00 Functional Fitness/WS 11:00 Tai Chi (A)/WS Legend of Thieves/WL 10:00 Tai Chi/WS Wellness Lounge 8:00 Tidewater Aerobics/AC 11:30-2:30 Sunday Brunch/LH 1:30 Bridge Club/CR 1:00 MahJongg/CR 11:00 Yoga (A)/WS 11:00 Functional Fitness/WS 4:00 Carolina Bay Watch Meeting 9:00 Cardio & Strength/WS Reflections Spa & Salon 1:15 OUTING: Ft. Fisher Aquarium/\$L 1:30 Bridge Club/CR 11:30-2:30 Labor Day Buffet with 2:00 Meditation/WS 2:00 Meditation/WS FC Fitness Center 7:00 Poker Group/BL Morrison's (RSVP by 9/3) 3:00 Headwater Aerobics/AC 3:00 Headwater Aerobics/AC AC **Aquatics Center** 7:00 Billiards 101/BL Zen Garden 8:00 Saltwater Circuit/AC 8:00 Tidewater Aerobics/AC 8:00 Tidewater Aerobics/AC Wellness Studio 8:00 Tidewater Aerobics/AC Happy Grandparents Day! 8:00 Tidewater Aerobics/AC 17 **13** 16 9am-1pm RSVT/L 9am-1pm RSVT/L 9am-1pm RSV-Teeter/L 9am-1pm RSVT/L 9am-1pm RSVT-WalMart/L South Entrance 9:00 Beat Today (preapproval)/FC 9:00 Cardio & Strength/AS 9:00 Beat Today (preapproval)/FC 9:00 Cardio & Strength/WS 9:00 Cardio & Strength/WS 2-2:30 Paws4People Visits in the RSVT = Reserved Transportation 10:00 Tai Chi (B)/WS 10:00 Yoga (B)/WS 10:00 Bike Autumn Hall/WL 10:00 Tai Chi/WS 10:00 Yoga/WS **Art Studio** 11:30-2:30 Sunday Brunch/LH 11:00 Tai Chi (A)/WS 11:00 Yoga (A)/WS 10:45 ALOHA Library/L 11:00 Functional Fitness/WS Ind. Act. = Independent Activity 10:00 Bible Study with Beth 1:30 Bridge Club/CR 1:00 MahJongg /CR 1:30 Bridge Club/CR 11:00 Hall Representatives Meet-Cherry/CR **Bold = Reservation Required** 2:00 Meditation/WS 4:00 Carolina Bay Watch Meeting/ 2:00 Meditation/WS ing/CR 1:30 Book Club/CR 3:00 Headwater Aerobics/AC @ the Registration Desk 3:00 Headwater Aerobics/AC 3:00 Movie Matinee/F 3:00 How to Live @ Carolina Bay/F 7:00 Poker Group/BL 6:30 OUTING: CFLC Spelling Bee/L 7:00 Billiards 101/BL **FULL MOON** 8:00 Tidewater Aerobics/AC 8:00 Tidewater Aerobics/AC 8:00 Saltwater Circuit/AC 8:00 Tidewater Aerobics/AC **9**3 8:00 Tidewater Aerobics/AC 24 9am-1pm RSV-Teeter/L 9am-1pm RSVT/L 9am-1pm RSVT/L 9am-1pm RSVT-WalMart/L 9am-1pm RSVT/L 9:00 Beat Today (preapproval)/FC 9:00 Beat Today (preapproval)/FC 9:00 Cardio & Strength/AS 9:00 Cardio & Strength/WS 9:00 Cardio & Strength/WS 9:30-2:30 "Modern Times Modern Crimes 11:30-2:30 Sunday Brunch/LH 10:00 Tai Chi (B)/WS 10:00 Bike Autumn Hall/WL "/pre-reg./F 11:00 Functional Fitness/WS 10:00 Yoga/WS CAROLINA BAY STAFF 11:00 Tai Chi (A)/WS 11:00 Functional Fitness/WS 10:00 Elder Abuse Awareness Walk/L 4:45 OUTING:Artworks on Willard/L 11:00 Functional Fitness/WS 2:00-5:00 OUTING: Sunny Seniors 1:30 Bridge Club/CR 10:00 Yoga (B)/WS 1:00 Mahjongg /CR Joe Soto 1:30 Hand & Foot/CR 3-5:00 Knitting Group/BW **NEW HANOVER COUNTY** Beach Day at Carolina Beach 11:00 Yoga (A)/WS 2:00 Meditation/WS Executive Director 7:00 Poker Group/BL 1:30 Bridge Club/CR Boardwalk/L LIBRARY FALL BOOK SALE 3:00 Headwater Aerobics/AC 2:00 Meditation/WS Bill Piper PREVIEW & SALE BEGINS 4:00 Carolina Bay Watch Meeting/ 3:00 Headwater Aerobics/AC Marketing Director FOR THE WEEKEND 7:00 Billiards 101/BL Nancy Bartlett 8:00 Tidewater Aerobics/AC Move-In Coordinator 8:00 Tidewater Aerobics/AC 8:00 Saltwater Circuit/AC 8:00 Tidewater Aerobics/AC 8:00 Tidewater Aerobics/AC 30 9am-1pm RSVT/L 9am-1pm RSVT-WalMart/L The next issue of Nate Futrell 9am-1pm RSV-Teeter/L 9am-1pm RSVT/L 9am-1pm RSVT/L 9:00 Beat Today (preapproval)/FC 9:00 Cardio & Strength/WS 9:00 Beat Today (preapproval)/FC Wellness Director 11:30-2:30 Sunday Brunch/LH 9:00 Cardio & Strength/AS 9:00 Cardio & Strength/WS 10:00 Tai Chi (B)/WS your CAROLINA 10:00 Yoga (B)/WS 10:00 Yoga/WS Seth Geradot 11:00 Tai Chi (A)/WS 9:00 1-Mile Water Walk/AC 10:00 Bike Autumn Hall/WL 11:00 Yoga (A)/WS 11:00 Functional Fitness/WS **BAY WATCH** 11:30 TreadIr In-service & Tread-a-Thon/CR Maintenance Engineer 2:30 OUTING: Chamber Music 11:00 Functional Fitness/WS 10:00 Tai Chi/WS 1:30 Bridge Club/CR 11:00-1:00 Shoulder Massages & 1:00 MahJongg /CR 2:00 Meditation/WS 1:30 Bridge Club/CR 11:00 Functional Fitness/WS will be released on Erin Rhyne Wilmington: Zora Quartet/(10 2:00 Meditation/WS Warm Apple Cider/CR 3:00 Headwater Aerobics/AC 7:00 Poker Group/BL 11:30 Pool Party with Jerry Powell/AC Life Enrichment Director free)/L 3:00 Headwater Aerobics/AC TUESDAY, 5-7:00 Fundraiser: Chamber of Commerce 1:30 Carolina Cruisers Walking 7:15 OUTING: Thalian "Rock of 1:15 OUTING: Art in the Arboretum/ Gay Sawyers 4:30 The Art of Living Well: The Shrimparoo/\$/CY Group/L OCTOBER 4TH! \$5/L Color Wheel & Wine/AS Ages"/L 6:45 OUTING: NC Symphony (tix 7:00 Billiards 101/BL Office Manager 4:00 Carolina Bay Watch Meeting/ Lisa Hall on own)/L Administrative Assistant Zack Alaimo Valet/Receptionist

HOW TO LIVE @ CAROLINA BAY THE 3RD FRIDAY OF EACH MONTH AT 3:00PM IN THE FORUM

UP WITH THE LATEST NEWS. ALL RESIDENTS ARE HIGHLY

Reservations are required for every Sunday Brunch by the previous Saturday at 1:00pm to the front desk. Thank you!

MORRISON'S **DIETARY STAFF**

T.J. Milliron, Executive Chef Joe Zondlo, Director of Culinary

Kim White MEET NEW RESIDENTS & CATCH Housekeeping Supervisor

Shirley Knox

Ajay Bhatt

Transportation

Marianna Stacy Community Outreach

Personal Trainer & Instructor