

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

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

UNCW SEABELLES WINTER CONCERT, HONORING HALEY NORRIS (UNCW INTERN)

SATURDAY, DECEMBER 2ND LEAVING AT 6:15PM FROM THE LOBBY

Haley Norris, our INSPIRE Wellness Intern, is the President of the group: the Seabelles, which is the only all-female group on campus at UNCW. They were established by 12 women in 2010 and have come a long way since then. The Seabelles are now the official singers, for the fourth year in a row, for the games of the Miracle League which is a baseball league for special needs children/adults in Wilmington. The Seabelles perform both on and off campus, and they find it important to perform for the community. They are currently in the process of auditioning for the International Competition of Collegiate A cappella, for the second year in a row. Last year, they traveled to Florida to compete in the Quarterfinals of this competition, which is the same one in the popular film "Pitch Perfect." **Admission is \$5 per person.** In addition, there will be guest performances from the all-male group on campus, the High Seas, and the co-ed group, the Seahawkappellas. See Nate or Haley for more info.

CAPE FEAR CHORAL SOCIETY HOLIDAY CONCERT “FRANK-INSENCE AND MYRRH”.

SUNDAY, DECEMBER 10TH LEAVING AT 3:15PM FROM THE LOBBY

At the Wilson Center Show begins at 4pm. Tickets \$16. You must call (910) 362-7999 to purchase.

NORTH CAROLINA SYMPHONY HOLIDAY POP’S CONCERT AT THE WILSON CENTER

WEDNESDAY, DECEMBER 20TH LEAVING AT 6:45PM FROM THE LOBBY

Join the North Carolina Symphony for this spectacular holiday celebration filled with joyful symphonic arrangements of Christmas classics and beloved holiday melodies. You must purchase ticket by calling (877) 627-6724.

SEASONAL CELEBRATIONS

CAPE FEAR MUSIC TEACHERS ASSOCIATION PLAY-A-THON WITH MARY PATTERSON STUDENTS & MORE!

SATURDAY, DECEMBER 2ND DROP-IN

TO LISTEN FROM 9AM TO 3PM IN THE FORUM

Welcome pianists ranging from 7-18 as they perform some more popular, exciting music as

well as some classical.

CAROLING & COOKIES WITH GRACE BAPTIST CHURCH

SUNDAY, DECEMBER 3RD AT 6:15PM IN THE FORUM

THE HARMONY BELLES HOLIDAY SHOW

WEDNESDAY, DECEMBER 13TH AT 10:30AM IN THE FORUM

Did you know, singing daily for at least 10 minutes reduces stress, clears sinuses, improves posture and can even help you live longer?! This performance is one you will be sure to catch yourself following along to! Formed in 1986, with a vision of singing together for fun and fellowship and sharing our music with groups throughout the community. This local group of light-hearted women shares their four-part harmony a capella for their annual show!

OPEN PIANO WITH CHAMBER MUSIC ARTISTIC DIRECTOR, BARBARA MCKENZIE

THURSDAY, DECEMBER 14TH AT 6:00PM IN THE FORUM

An afternoon of toe tapping and finger flying. Come listen to piano students of Barbara McKenzie and other musicians looking for opportunity to share music with each other. This is open to others, so please contact Eileen Thome if you are interested in playing an instrument. Sit back and relax or step up to the piano and share a tune for everyone!

ST. MARK’S 2ND GRADE NATIVITY PLAY

FRIDAY, DECEMBER 15TH AT 10:00AM IN THE FORUM

HOLIDAY PIANO RECITAL WITH STUDENTS OF EMILY MORGAN

SATURDAY, DECEMBER 16TH AT 10:30AM IN THE FORUM

HOLIDAY CELLO, VIOLIN & PIANO RECITAL WITH STUDENTS OF YEO WON KIM

SUNDAY, DECEMBER 17TH AT 3:00PM IN THE FORUM

“SPREADING THE CHRISTMAS SPIRIT” WITH CHRIST COMMUNITY CHURCH

SUNDAY, DECEMBER 17TH AT 5:00PM IN THE FORUM

CHRISTMAS CAROL SING-A-LONG WITH SANDY STINSON ON THE PIANO

MONDAY, DECEMBER 18TH AT 4:00PM IN THE FORUM

VISITS & SONGS WITH “SANTA’S KINDERGARTEN HELPERS” FROM COLLEGE PARK ELEMENTARY

TUESDAY, DECEMBER 19TH AT 9:30AM IN THE FORUM

A team of Santa’s helpers hope to see you for a morning of singing, card exchanging, and some surprises for all to enjoy!

“SEATED CAROLING” WITH SUSAN SAVIA ON THE GUITAR & SPECIAL EGG NOG

THURSDAY, DECEMBER 21ST AT 7:00PM IN THE FORUM

Many traditional holiday songs have a way of making you reminisce, unlike today’s music! Being the winner of Wilma Magazine's 2012 "Woman to Watch" award, Susan will turn the Forum into a magical wonderland you won't want to miss!



DECEMBER 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

“IT WAS A PRIVILEGE TO SERVE.” AUTOBIOGRAPHY BY RESIDENT, BOB NEWMAN

TUESDAY, DECEMBER 5TH AT 4:00PM IN THE FORUM

Covering the highlights of his own life, Bob Newman hopes to begin a Carolina Bay tradition and inspire other residents to share their interesting lives with others. Every residents in Carolina Bay has had an interesting life. The primary purpose of his talk is to encourage others to share their stories.

“SHARE THE MAGIC OF THE SEASON” HOLIDAY OPEN HOUSE

WEDNESDAY, DECEMBER 6TH FROM 6-8:00PM IN THE LOBBY & FORUM

Start your first Holiday Season in your new home with some new friends! Mingle & socialize throughout with Live Entertainment by Al DiMarco on the Piano in the Forum, complimentary heavy hors d'oeuvres & beverages in the Lobby.

FIRST DAY OF HANUKKAH SOCIAL WITH RABBI ROBERT WAXMAN ON THE GUITAR

TUESDAY, DECEMBER 12TH AT 4:00PM IN THE FORUM

Welcoming Rabbi Robert Waxman, Rabbi Emeritus B’nai Israel Congregation, for a special Hanukkah Celebration. Rabbi will provide song sheets for song, followed by traditional candle lighting, game of dreidel and of course, jelly donuts.

OSHER LIFELONG LEARNING INSTITUTE (OLLI) AT UNCW SPRING 2018 CATALOG REVIEW

TUESDAY, DECEMBER 19TH AT 4:00PM IN THE FORUM

As longtime members, volunteers and leaders at OLLI, Elwood & Mary Walker (Carolina Bay Residents) will walk us thru the new catalog describing classes, forums, societies and activities offered. The Walkers welcome any & all questions relative to membership, enrollment, etc. This informational session will provide every resident with an OLLI catalog.

OUT ON THE TOWN

“TUBA CHRISTMAS CAROLS” PERFORMANCE & HOLIDAY SHOPPING AT INDEPENDENCE MALL.

SUNDAY, DECEMBER 3TH LEAVING AT 2:00PM FROM THE LOBBY

Does the Mrs. need to do some shopping? Independence Mall understands “not everyone” enjoys shopping as much as others, so for those who do not need to do any shopping, we welcome you to enjoy a special Tuba/brass performance in the mall! Show begins at 3 PM in front of JCPenney. Under the direction of Daniel Johnson.(25 seats on coach– you may meet us there)

BACKGROUND TOUR OF FARMIN’ ON FRONT MARKET IN DOWNTOWN WILMINGTON

TUESDAY, DECEMBER 5TH LEAVING AT 1:30PM FROM THE LOBBY.

A true, local grocer has opened their doors to Carolina Bay residents to learn and witness first hand the in’s and out’s of how Farmin’ on Front works! (25 seats on coach– more seats available if you drive yourself)

THALIAN ASSOCIATION DRESS REHEARSAL OF “A CHRISTMAS STORY: THE MUSICAL”

THURSDAY, DECEMBER 7TH LEAVING AT 6:45PM FROM THE LOBBY

This classic holiday tale centers on a mischievous, bespectacled boy, Ralphie, who dreams of getting a BB-gun for Christmas. In the weeks before the big holiday, Ralphie, his friends and his family get into all kinds of situations — including run-ins with a bully with "yellow eyes," a tongue stuck to a flag pole, a bar of soap in the mouth, a garish leg lamp, a major award and a Chinese Christmas dinner. (25 seats on coach– more seats available if you drive yourself)

DAY TRIP TO RALEIGH TO TOUR THE GOVERNORS MANSION, THEN SOMEWHERE TO EAT

FRIDAY, DECEMBER 8TH LEAVING AT 10:00AM FROM THE LOBBY (DINNER ON YOUR OWN)

Ride to Raleigh for a Tour of our Governors Mansion, while decorated for the holiday’s and open to the public for tours! Stay tuned for more information regarding where we go eat. (25 seats available)

24TH ANNUAL CHRISTMAS AT FIRST BAPTIST CONCERT THE CHANCEL CHOIR & ORCHESTRA

SATURDAY, DECEMBER 9TH LEAVING AT 1:45PM FROM THE LOBBY

Show begins at 3:00pm. Contributions accepted for Habitat for Humanity.(25 seats on coach–you may drive yourself)

CAPE FEAR CHORDSMAN HOLIDAY SHOW

FRIDAY, DECEMBER 15TH LEAVING AT 6:15PM FROM THE LOBBY

Start your holiday season with this annual barbershop style vocal performance. Donations collected at the door benefit Alzheimer’s NC. Held at Roland Grise Middle School. Show begins at 7pm. (25 seats on coach–you may meet us there)

CAMPUS VENUES

Ch	Chapel
Lib.	Library
L	Meet in 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 Private DR
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
Bold = Reservation Required @ the Registration Binders




KEEPING OUR COMMUNITY WARM BLANKET DRIVE

Supporting the Good Shepherd Ministry

Donate New & Gently Used, Clean Blankets of any size to help our community stay warm this winter. Donations can be made in the Art Studio until December 11th.

TOYS 4 TOTS DRIVE

Collecting new and unwrapped toys to be distributed to needy children 12 and under in NC. Drop off at the Art Studio. Make a difference for a child and bring hope this Holiday season. Pick up will be on December 13th.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
YOUR CAROLINA BAY STAFF					9am-1pm RSVT/L 1 2:00 Maintenance Com. Mtg/CR 1:30 Golf Training/CY 3:00 Line Dancing/WS 7:45 First Friday Bridge/CR	2 9am-3pm Mary Patterson's Piano Playathon/F 6:15 Transportation to: UNCW Seabelles Winter Concert/\$L 7:00 Scrabble Night/BL
Bill Piper Executive Director Nancy Bartlett Marketing Director Nate Futrell Wellness Director Julie Covich Day Receptionist Dana Peterson Housekeeping Supervisor Zack Alaimo Maintenance Assistant	Gay Sawyers Office Manager Erin Rhyne Life Enrichment Director Seth Geradot Maintenance Director Trudi Buchman Evening Receptionist Dermot Mackin Transportation Driver Marianna Stacy Community Outreach Educator					
FULL MOON 3 2:00 OUTING: "Tuba Christmas" Show & Shopping at Independence Mall/L 6:15 Carolers & Cookies w/ Grace Baptist Church/F	NATIONAL COOKIE DAY 4 9am-1pm RSVT-Walmart/L 1:00 Hand & Foot Canasta/CR 130 Golf Training/CY 3:00 "The Quest" w/John Solano/CH 4:00 Cookie Swap & Wine Tasting/LH 7:00 PRIZE BINGO with Right at Home Health Care/F	9am-1pm RSVT/L 5 11:30-3:30 Herman 2 Tables RSVD/CR 1:00 Mahjongg/CR 1:30 OUTING: Farmin' on Front Back-ground Tour/L 3:30 Kitchen Tour (6 people) 4:00 Resident Speaker: Bob Newman "It was a Privilege to Serve/F 5:00 First Floor Social/AS	9am-1pm RSVT/L 6 10:30 Protestant Worship Service/BC/3rd Floor 1-5pm 2 Tables RSVD/CR 1:30pm Bridge Club/CR 3:00 Carolina Crisiers Walking Group/WL 3:00 Knit, Stitch, Craft & Chat Group/L 6-8:00 OPEN HOUSE: Live Entertainment with Al DiMarco on Piano/F 7:00 Poker Group	PEARL HARBOR REMEMBRANCE DAY 7 7:30 CB Losers Club/LH 9am-1pm RSV-Teeter/L 1:30 Bridge Club/CR 1:30 Duplicate Bridge/BL 4:00 DOLLAR BINGO/F 6:45 OUTING: Thalian "A Christmas Story"/L 7:00 Billiards /BL	9am MEDICAL ONLY/L 8 10:00 DAY TRIP TO RALEIGH Touring Governor's Mansion & Lunch/L 11:00 Inspire Intern Speakinh on "Releasing Stress Leads to Greater Life"/WS 1:30 Golf Training/CY 1:30 Jewelry with Florence/AS 3:00 Line Dancing/WS	9 1:45 OUTING: Christmas Concert at First Baptist/F 7:00 Scrabble Night/BL
10 3:15 Transportation For: Cape Fear Choral Society Holiday Concert "FRANK-insence and Myrrh"/ \$L 4:00 Favorite Hymns with Sandy Stinson/F	9am-1pm RSVT-WalMart/L 11 10:00 Bible Study w/Beth Cherry I the Chapel on 2nd Floor 10:15-12 Forum RSVD 1:30 Book Club/CR 1:30 Golf Training/CY 3:00 "The Quest" w/John Solano/CH 4:00 Activity Com. Meeting/AS	HANUKKAH BEGINS AT SUNSET 12 9am-1pm RSVT/L 11:45-12:15 Blood Pressure Checked/BL 1:00 MahJongg /CR 3:00 Bay Watch Meeting/AS 4:00 First Day of Hanukkah Social with Raabi Waxman on Guitar/F 5:00 First Floor Social/AS	9am-1pm RSVT/L 13 10:30 Protestant Worship Service/BC/3rd floor 10:30 Harmony Belles Holiday Performance/F 11:00 ALOHA Library/L 1:30 Bridge Club/CR 2:00 Wellness Com. Meeting/WS 3:00 Carolina Cruisers Walking Group/WL 4:00 "You Pick" Movie Matinee/F 7:00 Poker Group/BL	7:30 CB Losers Club/LH 14 9am-1pm RSVT-Harris Teeter/L 10:00 Audiology of Wilmington/CR 4:00 Operations Com. Meeting/BL 6:00 "Open Play" Musical Performances hosted by Barbara McKensie 7:00 Billiards/BL	9am-1pm RSVT/L 15 9:00 Breakfast: Bagels /LH 10:00 St. Mark 2nd Grade Nativity Play/F 11:00 Council Com. Meeting/CR 1:30 Golf Training/CY 1:30 Jewelry with Florence/AS 2:00 Newcomers w/Vivian/F 3:00 How to Live @ Carolina Bay/F 6:15 OUTING: CF Chordsmen Holiday Concert/L	16 10:30 Holiday Piano Recital w/ Students of Emily Morgan/F 7:00 Scrabble Night/BL
17 3:00 Cello, Violin & Piano Recital w/ Students of Yeo Won Kim/F 5:00 Spreading Christmas Spirit with Christ Community Church/F	9am-1pm RSVT-WalMart/L 18 1:00 Hand & Foot Canasta/CR 1:30 Golf Training/CY 3:00 "The Quest" w/John Solano/CH 4:00 Christmas Songs w/Sandy Stinson/F	9am-1pm RSVT/L 19 9:30 "Santa's Kindergarten Helpers" Visits & singing/F 1:00 Mahjongg/CR 4:00 Review of Spring 2018 OLLI Catalog with Mary and Elwood Walker/F 5:00 First Floor Social/AS	9am-1pm RSVT/L 20 10:30 Protestant Worship Service/BC/3rd Floor 1-5pm 2 Tables RSVD/CR 1:30 Bridge Club/CR 3:00 Carolina Cruisers Walking Club/WL 3:30 Dining Service Com. Mtg/DR 6:45 Transportation to NC Symphony/\$L 7:00 Poker Group/BL	FIRST DAY OF WINTER JANUARY CALENDAR OUT 21 7:30 CB Losers Club/LH 9:00 NO BEAT TODAY per Nate 9am-1pm RSVT-Harris Teeter/L 11:00 Environmental Com. Mtg/CR 1:30 Bridge Club/CR 1:30 Duplicate Bridge/CR 7:00 Billiards/BL 7:00 Seated Caroling & Egg Nog w/ Susan Savia/F	9am-1pm RSVT/L 22 1:30 Golf Training/CY 1:30 Jewelry with Florence/AS 3:00 Line Dancing/WS 4:00 "You Pick" Movie Matinee/F January Reservation Book Out	23 7:00 Scrabble Night/BL
24	CHRISTMAS DAY 25 NO TRANSPORTATION NO WELLNESS PROGRAMS	KWANZA BEGINS 26 NO WELLNESS PROGRAMS 9am-1pm RSVT 1:00 Mahjongg/CR 5:00 First Floor Social/AS	9am-1pm RSVT/L 27 10:30 Protestant Worship Service/BC/3rd Floor 1:30 Bridge Club/CR 3:00 Carolina Cruisers Walking Club/WL 7:00 Poker Group/BL	7:30 CB Losers Club/LH 28 9am-1pm RSVT-Harris Teeter/L 1:30 Bridge Club/CR 1:30 Duplicate Bridge/CR 3:00 Bay Watch Meeting/AS 4:00 "You Pick" Movie Matinee/F 7:00 Billiards/BL	9am-1pm RSVT/L 29 9:00 Breakfast: Donuts/LH 1:30 Golf Training/CY 1:30 Jewelry with Florence/AS 3:00 Line Dancing/WS 4:00 Staff & Resident "Funny Stories" Open Mic/ F	30
31 NEW YEARS EVE			<div>REFLECTIONS SALON AND SPA</div> <div>SALON HOURS</div> <div>TUESDAY 9AM-4PM WEDNESDAY 9AM-4PM THURSDAY 9M-4PM FRIDAY 9AM-3PM</div> <div></div> <div>GWEN FRANKEL, HAIRSTYLIST DINA LABARGE, NAIL STYLIST BY APPOINTMENT ONLY: SUSAN MCKENDRICK, FACIALS KATE HASSEL, IN-APARTMENT MASSAGE THERAPIST</div>			
<div>MORRISON'S DIETARY STAFF</div> <div>T.J. Milliron, Executive Chef Monita "Mo" Moore, Assistant To Director of Culinary</div>						