

## Feeling Creative

## in the Art Studio

### PAINTING CREATIONS!

*\*\*YOUR FAVORITE BEACH VIEW\*\**

Bring a piece of work you are currently working on, or come down to start a new one! Limited acrylic supplies provided, so please be sure to register or this event in the registration table! Instruction provided.

### CREATING CUBAN-O ATMOSPHERE

Take your part in this years Wilmington Wine and Chocolate Festival by creating the waitresses trays to match a Cuban Pub feel and several silhouettes to create a realistic appeal to a festive community event!

### ALTERATIONS (HEMMING/JEWELRY)

Have a pair of pants that are just a little too long, or a pocket coming loose? Do you have a hard time putting your necklaces on and off- Try a magnetic clasp! Bring any jewelry in need of light repair & anything in need of a quick hem!

TUESDAY, JANUARY 5TH AT 2:00PM

THURSDAY, JANUARY 14TH AT 3:00PM

TUESDAY, JANUARY 12TH AT 2:00PM

THURSDAY, JANUARY 28TH 2-4:00PM

# Aquatic Center soon to Open!

## NEW CLASSES IN THE AQUATIC CENTER & WELLNESS STUDIO

### Levels of Intensity

**Beginner:** Low-moderate intensity; seated class with some standing

**Advanced:** Moderate-high intensity; mostly standing & on exercise mats

**TIDEWATER AEROBICS (ADV.)** MONDAY, TUESDAY, THURSDAY & FRIDAY 8:00AM-8:45AM @AQUATIC CENTER  
Tidewater Aerobics is the advanced level, early morning water aerobics class which is designed for the experienced aquatic exerciser and is geared to push you to the limit! Tidewater Aerobics focuses on cardiovascular exercise with a resistance component using hand buoys and noodles, finished off with a cool down segment focusing on balance and flexibility. Start your day with a splash!

**SALTWATER CIRCUIT (ADV.)** WEDNESDAY 8:00-8:45AM @AQUATIC CENTER

This is a high intensity, high calorie burning aquatic strength training class designed for the individual wanting to increase strength, cardiovascular endurance, and overall stamina. The class is set up in a station format in the pool with residents quickly moving from station to station working a different muscle group while keeping the individual's heart rate elevated throughout the entire class. This class is a great compliment to the Tidewater Aerobics class and adds a 5<sup>th</sup> day of aquatic programming during the week for residents of Carolina Bay.

**HEADWATER AEROBICS (BEG.)** TUESDAY & THURSDAY 3:00-3:45PM @AQUATIC CENTER

Headwater Aerobics is a warm water exercise program certified through the Arthritis Foundation and lead by certified instructors that aims to reduce pain, relieve stress, gain strength and flexibility, decrease feelings of isolation through social interaction and improve your day to day life and overall health. Residents will begin to see improvements in joint function, increased muscular strength and endurance, and a decrease in arthritis pain primarily in the back, hips, and knees.

## WELCOME TO CAROLINA BAY, AJAY BHATT!

Ajay is an exciting addition to the Carolina Bay Wellness Team. Ajay comes to Carolina Bay bringing over 10 years of experience in Yoga, Tai Chi, Meditation, Personal Training and group exercise on both the land and in the pool for the senior population. Ajay is conducting 3 Yoga classes, 3 Tai Chi classes, 2 Meditation sessions and Personal Training, daily in the Wellness Center at Carolina Bay every week. If you are interested in Personal Training services please contact the Wellness Center at 769-7511. Everyone be sure to give Ajay a warm Wilmington and Carolina Bay welcome and check out his amazing programs in the Wellness Center today!

YOGA FOR EVERYONE MONDAY 10:00-10:45AM

YOGA FOR BEGINNERS THURSDAY 10:00-10:45AM

ADVANCED YOGA THURSDAY 11:00-11:45AM

TAI CHI FOR EVERYONE FRIDAY 10:00-10:45AM

TAI CHI FOR BEGINNERS TUESDAY 10:00-10:45AM

ADVANCED TAI CHI TUESDAY 11:00-11:45AM

MEDIATION TUESDAY & THURSDAY 2:00-2:45PM



### "WHAT'S THAT BIG WHITE THING"

Learn all about the Treadlr for better circulation on **THURSDAY, JANUARY 21ST AT 4:30PM** in the **WELLNESS STUDIO**. Meet the inventor & local physical therapist, Dr. Richard Hand, to have any questions answered after learning how the treadlr became what it is today and how beneficial something so small could truly be! As long as you can flex your ankle, you can use it! The unique modality has been proven to reduce wound healing time through increasing circulation in lower extremities by engaging the calf pump in a non-invasive & practically effortless manner- vital signs will not change during or post-use!



## JANUARY 2016

630 CAROLINA BAY DR. WILMINGTON, NC 28403

(910) 769-7500

Your lifestyle calendar designed around the 6 aspects of wellness; Purposeful, Spiritual, Physical, Social, Emotional, Intellectual

## Shore things this month

**RESIDENT LITERARY PUBLICATION MEETING** WEDNESDAY, JANUARY 6TH AT 6:30PM/AS

EVERYONE HAS A VOICE AND WE WANT TO HEAR IT! Meet with the kick starter & our Publication leader, Emilee Rosen, as we take the steps to build a creative outlet & news source for Carolina Bay residents. All residents are encouraged to attend with or without pieces to contribute to the first issue! Your art and writing will be the heart of this publication and will be treated with the upmost respect. We want to hear from everyone! Please show interest in the Reservation Binder.

**INTRO TO SOCIAL DANCING** WEDNESDAY, JANUARY 13TH AT 6:30PM/WELLNESS STUDIO

Begin your new year with a new healthy hobby, dancing! Meet our instructor, Ms. Patricia Carver Garcia, to learn the many different forms of dance there are. We want to see which specific dances our community wants to learn just for fun! Come join us for a casual discussion to answer any of your questions, and we will meet the following week for an open practice night.

**OPEN SOCIAL DANCE** WEDNESDAY, JANUARY 20TH & 27TH AT 6:30PM/WELLNESS STUDIO

Gather for the first time actively learning a new dance, or simply getting comfortable with the music and moves.

**CHAKRAS & ENERGY CENTERS FOR THE NEW YEAR WITH BETH MINCHER**

MONDAY, JANUARY 25TH AT 3:30PM/ART STUDIO

Balance Your Physical, Emotional & Spiritual State of Well-Being by learning about your body's natural energy centers, called Chakras. This is a principle of Ancient Eastern wellness. These energy centers are connected to major organs and glands that govern our system collectively and other body parts individually. If our emotions are out of balance, chakras can become blocked which can manifest as illness, aches or pains in the body. Come join us for a casual discussion, to learn more and take away some useful techniques that you can practice in your own home!

## Out on the Town

**CATHOLIC COMMUNION AT BRIGHTMORE INDEPENDENT LIVING**

WEDNESDAY'S LEAVING AT 9:15AM/LOBBY (RESERVE YOUR SEAT ON COORDINATING DAY)

**UNCW SEAHAWK MEN'S BASKETBALL GAME VS. WILLIAM & MARY**

SATURDAY, JANUARY 16TH LEAVING AT 1:15PM/LOBBY (RESERVE YOUR SEAT)

Calling all Basketball fans! Join the crowd as we cheer on our local UNCW Seahawks take on William & Mary! Tickets & vending on your own.

**THALIAN YOUTH THEATER PRESENTS: T23: IT TAKES TWO @ HANNAH BLOCK**

THURSDAY, JANUARY 21ST AT 6:30PM/LOBBY (RESERVE YOUR SEAT)

It Takes Two is a unique collaboration that bridges the gap between youth performers and adult actors. Following the success of duets from the Great White Way and songs of the Silver Screen, It Takes Two will have a new and exciting twist! (24 seats available, Free!)

**CHAMBER MUSIC WILMINGTON PRESENTS: CALIDORE STRING QUARTET**

SUNDAY, JANUARY 24TH AT 6:45PM/LOBBY (RESERVE YOUR SEAT)

Amidst today's many award-winning string quartets, the *Calidore String Quartet* is captivating hearts with its mature depth, sheer beauty and perfectly matched strings. Its glowing international reputation is well deserved. Currently in residence at Stony Brook University, this vibrant foursome joins Barbara McKenzie for the passionate Brahms *Piano Quintet*, the first quartet of Beethoven, *Op 18 No. 1* and the young Mendelssohn's *Quartet in A minor, Op. 13*. (20 seats available, Free!)

**2015 WILMINGTON WINE & CHOCOLATE FESTIVAL** SATURDAY, JANUARY 30TH AT 12:00PM/LOBBY (RESERVE YOUR SEAT) A benefit for the NHC Senior Center, enjoy an array of chocolate, wine & culinary delights!