

Feeling Creative

in the Art Studio

PAINTING CREATIONS!

YOUR FAVORITE BEACH VIEW

TUESDAY, JANUARY 5TH AT 2:00PM

THURSDAY, JANUARY 14TH AT 3:00PM

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

TUESDAY, JANUARY 12TH AT 2:00PM

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)

THURSDAY, JANUARY 28TH 2-4:00PM

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!



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

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 5th 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!

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!

CAMPUS VENUES

- 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 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 Desk

 **DID YOU KNOW....**
 Harris Teeter offers a special Senior Discount on Thursdays! Reserve your seat to ride the coach to Harris Teeter, available every Thursday!



YOUR STAFF

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

Shirley Knox, Transportation
 Zack Alaimo, Valet Driver
 Lindsay Hooks, Receptionist
 Gay Sawyers, Office Manager
 Marianna Stacy, Community Outreach
 Ajay Bhatt, Personal Trainer & Instructor
 Kim White, Housekeeping Supervisor
 John Feeley, Security Guard

Please be sure to check the weekly update with any additions or cancellations to the monthly Social Calendar!

1
Happy New Years Day 2016!
 No Wellness Classes
 No Transportation
 No Housekeeping

2

3

4
 9am-1pm RSVT-WalMart
 9:00 Cardio & Strength
 10:00 Yoga
 11:00 Functional Fitness
 3:00 Movie Matinee/F

5
 9am-1pm RSVT
 9:00 Bay Balance
 10:00 Tai Chi (B)
 11:00 Tai Chi (A)
 1:00 MahJongg /CR
 2:00 Meditation
 2:00 Painting/AS

6
 9:00 Cardio & Strength
9:15 Catholic @ BM/L
 10:00 Bike Autumn Hall/WL
 11:00 Functional Fitness
5:00 GRAND OPENING OF THE PUB!
 6:30 Resident Literary Publication Group Discussion/AS

7
 9am-1pm RSV-Teeter
 9:00 Bay Balance
 10:00 Yoga (B)
 10-12:00 Resident Directory Photos in Billiards Room
 11:00 Yoga (A)
 1:30 Bridge/CR
 2:00 Meditation

8
 9am-1pm RSVT
 9:00 Cardio & Strength
 10:00 Tai Chi
 11:00 Functional Fitness
 7:00 Billiards 101/BL

9

10

11
 9am-1pm RSVT-WalMart
 9:00 Cardio & Strength
 10:00 Yoga
 11:00 Functional Fitness
 11-12:30 BW Reserved
 3:00 Movie Matinee/F
 7:00 Connect with Kinect/CR

12
 9am-1pm RSVT
 9:00 Bay Balance
 10:00 Tai Chi (B)
 11:00 Tai Chi (A)
 2:00 Cuban Crafting/AS
 2:00 Meditation
 7:00 Card Room Reserved

13
 9:00 Cardio & Strength
9:15 Catholic @ BM/L
 10:00 Bike Autumn Hall/WS
 10:45 ALOHA Library Visits/F
 11:00 Functional Fitness
 2:00 Book Club Discussion/AS
 6:30 Into to Social Dance Interest Group/WS

14
 9am-1pm RSV-Teeter
 9:00 Bay Balance
 10:00 Yoga (B)
 11:00 Yoga (A)
 1:30 Bridge/CR
 2:00 Meditation
 3:00 Painting/AS

15
 9am-1pm RSVT
 9:00 Cardio & Strength
 10:00 Tai Chi
 11:00 Functional Fitness

16
 1:15 Depart for UNCW vs. William & Mary Basketball Game/\$/L



17
 3:00 Cape Fear Chorale Concert @ Brightmore Independent (Ind.Act)

18
Martin Luther King Jr. Day
 9am-1pm RSVT-WalMart
 9:00 Cardio & Strength
 10:00 Yoga
 11:00 Functional Fitness
 3:00 Documentary/F
 7:00 Billiards 101

19
 9am-1pm RSVT
 9:00 Bay Balance
 10:00 Tai Chi (B)
 11:00 Tai Chi (A)
 1:00 MahJongg /CR
 2:00 Meditation
 2:00 Cuban Crafting/AS
See Erin if interested in NC Symphony



20
 9:00 Cardio & Strength
9:15 Catholic @ BM/L
 10:00 Bike Autumn Hall/WL
 11:00 Functional Fitness
6:30 Social Dance 101/WS

21
 9am-1pm RSV-Teeter
 9:00 Bay Balance
 10:00 Yoga (B)
 11:00 Yoga (A)
 1:30 Bridge/CR
 2:00 Meditation
4:30 What's the Treadlr?/WS
6:30 TACT: "It Takes Two"/L

22
 9am-1pm RSVT
 9:00 Cardio & Strength
 10:00 Tai Chi
 11:00 Functional Fitness

23

24
 6:45 Wilmington Chamber Music/L

25
 8:00 Tidewater Aerobics
 9am-1pm RSVT-WalMart
 9:00 Cardio & Strength
 10:00 Yoga
 11:00 Functional Fitness
 3:30 Chakras & Energy Centers for the New Year/AS

26
 9am-1pm RSVT
 9:00 Bay Balance
 10:00 Tai Chi (B)
 10-12:00 Resident Directory Photos in Billiards Room
 11:00 Tai Chi (A)
 2:00 Meditation
 4:00 Paws4People/AS

27
 9:00 Cardio & Strength
9:15 Catholic @ BM/L
9:15 WWII Remembered @ Snr. Cntr/L
 10:00 Bike Autumn Hall/WL
 11:00 Functional Fitness
3:00 Stampin' Up Cards/\$/AS
6:30 Social Dance 101/WS

28
 9am-1pm RSV-Teeter
 9:00 Bay Balance
 10:00 Yoga (B)
 11:00 Yoga (A)
 1:30 Bridge/CR
 2-4:00 Alterations/AS
 2:00 Meditation

29
 9am-1pm RSVT
 9:00 Cardio & Strength
 10:00 Tai Chi
 11:00 Functional Fitness

30
 12:00 Wilmington Wine & Chocolate Festival Marketplace/L

31

 **RESERVED TRANSPORTATION & PERSONAL TRANSPORTATION:**
 Appointments can be made in Reservation Binder
Transportation to & from Medical Appointments will be on Monday, Tuesday, Thursday & Friday.
 Please be mindful in scheduling appointments no earlier than 9:30am & no later than 12:00 noon to account for travel & traffic time. Residents should meet in the Lobby by 8:45 for a 9:00am departure.
 All reserved transportation appointments should be scheduled by 5:00pm the night prior to date of appointment. When done with medical appointment, call Shirley & she can pick you up if within scheduled transportation time.
 IF your appointment goes past 1:00pm, Shirley will not be able to pick you up.

MORRISON'S DIETARY STAFF
 T.J. Milliron, Executive Chef
 Joe Zondlo, Director of Culinary