

Interest Groups & Discussion Forums

SOCIAL DANCESPORT 101 WITH PATRICIA MAHJONGG EVERY TUESDAY @ 1:00PM/CR
POKER GROUP EVERY FRIDAY @ 7:00PM/BL
CRAFTING 4 A CAUSE DISCUSSION

March is National Crafting Month...what a better time to discuss a year long project to raise money for charity of your choice!
BOOK DISCUSSION: THE WIDOW SPY
THE CAROLINA BAY-WATCH NEWSLETTER

FINAL EDIT BEFORE PRINT
 **Be on the lookout for the 1st edition of your "Carolina Bay-Watch" featuring meet the staff highlighting Nate Futrell, Recipe Corner, important upcoming dates, featured artist & much more! Bring YOUR addition and be a vital part of Liberty's 1st Resident Publication!
SEASON FINALE OF THE BACHELOR
HOW TO LIVE @ CAROLINA BAY
GREEN THUMB CLUB INTEREST MEETING
 What to plant? Where to plant? When to plant? Come share your thoughts on gardening at Carolina Bay!

EVERY MONDAY AT 5:00PM/\$-WS
BRIDGE EVERY THURSDAY @ 1:30PM/CR
BILLIARDS EVERY THURSDAY @ 7:00PM/BL
 TUESDAY, MARCH 1ST @ 2:00PM/AS
 WEDNESDAY, MARCH 9TH @ 11:00AM/CR
 WED. 9TH @ 4PM, TUES. 15TH @ 4PM, WED. 23RD @ 4PM
 TUES. 29TH @ 11:00AM/ART STUDIO
 featuring meet the staff highlighting Nate Futrell, Recipe Corner, important upcoming dates, featured artist & much more! Bring YOUR addition and be a vital part of Liberty's 1st Resident Publication!
 MONDAY, MARCH 14TH @ 8:00PM/FORUM
 FRIDAY, MARCH 18TH @ 3:00PM/FORUM
 TUESDAY, MARCH 29TH @ 2:00PM/AS



MARCH 2016



630 CAROLINA BAY DR. WILMINGTON, NC 28403

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

Shore things this month

MUSICAL BIOGRAPHY: FRANK SINATRA, BY PHIL BRUSCHI FRIDAY, MARCH 11TH AT 3:00PM/FORUM
 Phil Bruschi pays tribute to Frank Sinatra's musical career: how he continually reinvented himself as a singer, as well as some of his biggest recordings from 1939 to his final retirement in 1995. Join Phil for an informative and entertaining program. Frank Sinatra was an incomparable singer and icon who left an indelible mark on the 20th century music scene. (RESERVE YOUR SEAT)
MEET THE AUTHOR: ELIZABETH HARRIS "WHAT AM I TO DO NOW MAMA?"
 MONDAY, MARCH 14TH AT 4:00PM/FORUM/RESERVE YOUR SEAT

This novel will take you back to the 1950's when Charles Revis, aka Coy Bronson a talented man left the mountains of North Carolina to follow his dream. His love for the entertainment industry led him to California where he developed a career in acting, directing, producing, and writing. This story not only tells of Coy's life in entertainment, but demonstrates his love and special close connection with his Mama. He was a person that made things happen and didn't just sit around living a dull life. With many twists and turns he found himself always encouraged by his Mama and family in searching for his dream.

GET YOUR GREEN'S ON! DEMONSTRATION WITH HEALTH COACH, BETH MINCHER
 MONDAY MARCH 21ST AT 1:00PM/LIGHTHOUSE MARKET/ RESERVE YOUR SEAT
 You won't need the luck of the Irish or the Green March Leprechaun when you have your own greens! This month our theme is GREEN and that means...Green, Clean and Lean! We will explore fun and tasty Green Smoothie recipes that are packed with nutrients and good for you. Also, learn about different ways you can prepare and cook greens to add some variety to your menu and diet while giving your taste buds a treat. Going green is not only for your body, but for your environment too!

MEET THE AUTHOR: ARLEEN MERCORELLA "A MATTER OF SURVIVAL"
 THURSDAY, MARCH 31ST AT 4:00PM/FORUM/RESERVE YOUR SEAT
 A story one may think is unbelievable, although I can assure you this story was based on true facts. It is a daughter's illustration of how her mother coped even in the most adverse of times. She set a remarkable example, persevering through so many challenges while still keeping her faith in God. Years later, while raising a family of her own, Arleen tried to follow her mother's example and came to realize this inspirational story needed to be told. Hence, this novel was created.

Creating & Socializing



MAD HATTER'S TEA PARTY TUESDAY, MARCH 8TH AT 11:30AM/FORUM
 In honor of International Women's Day, let's be ladies and sip some tea! Bring your favorite tea cup with you to be filled with your favorite tea to wash down the crumpets. (RESERVE SEAT)
WATERCOLORS & WINE WEDNESDAY'S MARCH 9TH, 23RD & 30TH AT 6:30PM/AS
 Your choice of acrylics, watercolors, colored pencil watercolors or colored pencils/supplies provided.
FEELIN' LUCKY TRIVIA NIGHT THEME: GOING GREEN
 WEDNESDAY, MARCH 16TH AT 6:00PM/PUB/SIGN-UP BY TEAM NAME
 Team trivia, 3 rounds with 5 questions each round. Prize for 1st, 2nd & 3rd!

ST. PATTY'S DAY PARTY WITH YOUR STAFF THURSDAY, MARCH 17TH AT 2:00PM/FORUM
 Enjoy complimentary green beer with favorite Irish classics as we see who's the best Leprechaun of them all.

LUNCH & LEARN: DOCUMENTARY FEATURING THE CAROLINA BAY LIFESTYLE
 FRIDAY, MARCH 18TH AT 1:00PM/LIGHTHOUSE MARKET/RESERVE SEAT
 Meet Taylor, UNCW Student majoring in film with a minor in journalism. Her newest project will focus on the idea of what life is like for individuals after retirement, highlighting the lives of various active senior citizens (over the age of 65), this film will also look into why some people decide to live out their later years within their own neighborhoods, such as spending quality time with the people they love, going back to school, attending concerts/shows, etc. Through personal interviews of interested residents, their family members & friends, and employees at retirement communities, this film will help viewers understand the psychology behind why some people choose to interact and live solely with individuals who are just like them. PLEASE SEE LIFE ENRICHMENT DIRECTOR IF INTERESTED IN BEING A PART OF TAYLOR'S DOCUMENTARY!

PAWS4PEOPLE THERAPEUTIC DOG VISITS SATURDAY, MARCH 19TH AT 1:00PM/AS
DINNER HOUR LIVE ENTERTAINMENT : RAY & JEFF THURSDAY, MARCH 24TH AT 6:00PM/CFG
 Enjoy light background music in the Grill for a special evening before the Easter weekend. (RESERVE TABLE @ FRONT DESK)

MARCH MADNESS SCHEDULE

EVERY MONDAY AT 2:00PM, meet Erin & Nate in the Wellness Lounge to head out to the Basketball Court and play the classic shooting game of HORSE. Let's get Carolina Bay ballin' all March Madness long!
NCAA TOURNAMENT KICK-OFF: Wednesday, March 15th
NCAA SWEET 16 WEEKEND: Friday, March 25th -Sunday, March 27th
NCAA FINAL FOUR: Saturday, April 2nd in Houston, TX
2016 NCAA CHAMPIONSHIP BASKETBALL GAME: Monday, April 4th in Houston, TX

WELLNESS CORNER: EXERCISE YOUR WAY TO A BETTER NIGHT'S SLEEP

Sleeping soundly can be a problem for many people, but did you know that regular physical activity at the right times may help your sleep better? People who exercise 4 days a week report improved sleep quality, longer sleep, and less time falling asleep. That being said, the National Sleep Foundation recommends that you finish your workout at least 3 hours before you plan on going to bed.
 Sleep soundly this month by adding exercise to your morning, afternoon or early evening. Track your progress by keeping a sleep journal and noting how you feel when you wake up in the morning.



CHEER ON OUR UNCW SEAHAWKS ON FRIDAY, MARCH 4TH FOR THE CAA BASKETBALL CHAMPIONSHIP!

Out on the Town

"READ ACROSS WILMINGTON" FOR NTL. READ ACROSS AMERICA DAY & DR. SEUSS' BIRTHDAY!
 WEDNESDAY, MARCH 2ND AT 10:00AM/LOBBY/ RESERVE YOUR SEAT
 Who Reads? We Read! Reserve your seat to share a story with local elementary school students around town! First, we will begin with the 1st & 2nd graders of Blair Elementary, then finish with College Park Elementary 1st graders! Please bring story suggestions to Erin!
MUSIC ON MARKET: NOAH WADDELL, 14 YR. OLD PIANIST
 SATURDAY, MARCH 12TH AT 6:30PM/LOBBY /RESERVE YOUR SEAT
 FREE Concert at St. Andrews Covenant Presbyterian Church. At age 7, Noah Waddell discovered his amazing gift on the Piano. Now at age 14, and regarded as a child prodigy, he performs nationally with major orchestras. Known for his explosive and physical performances, Noah also plays with exquisite sensitivity. (FREE, 23 SEATS AVAILABLE)
TOUR NEW HANOVER COUNTY SENIOR CENTER WEDNESDAY, MARCH 16TH AT 10:00AM/LOBBY
 RESERVE YOUR SEAT for a casual tour of a public resource we can all benefit from somehow. Education, fitness, arts, assistance, and more!
5TH ANNUAL KIWANIS RUMMAGE SALE BENEFITTING BRIGADE BOYS & GIRLS HOME
 SATURDAY, MARCH 19TH AT 11:45AM/LOBBY/ RESERVE YOUR SEAT
SYMPHONY POPS CONCERT: CLASSICAL MYSTERY TOUR TRIBUTE TO THE BEATLES
 SATURDAY, MARCH 19TH AT 6:45PM/LOBBY (16 FREE TICKETS/ RESERVE YOUR SEAT)
 Imagine The Beatles playing with a symphony orchestra. Wonder what it would sound like? Find out for yourself when the Wilmington Symphony Orchestra performs the best of The Beatles exactly as written, like you've never heard before!
"THRIFT-TIQING" THURSDAY WITH SHIRLEY THURSDAY, MARCH 24TH AT 11:00AM/LOBBY
 Beginning at area thrift stores, re-fueling at lunch, then ending at antique stores, lets see who can find the BEST BARGAIN!
DAY TRIP TO MYRTLE BEACH TANGER OUTLETS WEDNESDAY, MARCH 30TH AT 9:00AM/LOBBY
 Please reserve your seat by Friday, March 25th. Hitch a ride down to Myrtle Beach for some "After Easter" Sales while taking the coach on our first "road trip!" Must have 8 to go, Lunch & shopping cost on your own. RESERVE YOUR SEAT.