

Sunday Monday Tuesday Wednesday Thursday Friday Saturday



Color Code:
Magenta: Activities With Life Enrichment
Orange: Performers, Speakers and Artists
Black: Resident Led Activities
Red: Committee Meetings
Blue: Outings
Green: Shopping Trips
Movies In The Forum On Wednesdays at 2:00

8:30-3:00 RSVT/ L 1
9:30 Meditation/WS
 11:00 Farkle/ AS
12:00 Chefs Table/LH
 1:30 Duplicate Bridge/CR
2:00 Spa Day/WS
3:00 Ukulele Practice/AS
 4:30 2nd Floor Happy Hour

8:30-3:00 RSVT/L 2
 10:00 Audiology of Wilm/C
10:00 Balanced Brains/AS
11:00 Acrylic Class/ AS
11:00 National Day Of Prayer Event/L
 1:30 Party Bridge/ CR
2:00 RSVT-Harris Teeter/L
3:00 Educational Lecture Series/F

8:30-3:00 RSVT/ L 3
10:00 Breakfast Club/AS
 11:00 Farkle/ AS
11:30 POUND IT/WS
 1:30 Bible study w/ Bob/CH
 1:30 Knitting Club/AS
2:00 Environmental Co/CR
2:30 Thomas Choinere/F
 4:00 Ping Pong/WS
 7:00 Party Bridge/CR

10:00 Tai Chi With Oliver/WS 4
2:00 Rummikub/CR

2:00 Chess Club/PDR 5
4:00 Seated Yoga/WS

8:30-3:00 RSVT/L 6
 11:00 Mens LL Class/CR
11:00 Mothers Day Card Making/AS
 2:00 \$1 Bingo/F
2:00 RSVT-Food Lion/L
3:00 Baywatch/AS
 4:00 Ping Pong Club/WS
 4:30 3rd Floor Happy Hour

NO RSVT 7
10:00 Walking Club/L
11:00 Kitchen Sink & Belamy Mansion/L
 11:00 Great Course/CR
 1:00 Mahjong/CR
2:00 Team Table Trivia/AS
 4:15 Flats Happy Hour
 4:30 1st Floor Happy Hour

8:30-3:00 RSVT/ L 8
9:30 Meditation/ WS
10:30 Health Fair/F
12:00 Chefs Table/LH
 1:30 Duplicate Bridge/CR
2:00 Movie: Megan Leavey/F
3:00 Ukulele Lessons/AS
 4:30 2nd Floor Happy Hour

8:30-3:00 RSVT/L 9
10:00 Balanced Brains/AS
11:00 Watercolor/AS
 1:30 Party Bridge/ CR
2:00 RSVT-Harris Teeter/L
3:00 Crumbl Cookie Tasting/AS

8:30-3:00 RSVT/ L 10
10:30 Carolina Bay Masters/CY
 10:00 Audiologist Jason R/CR
 11:00 Farkle/AS
 1:30 Knitting Club/AS
 1:30 Bible study w/ Bob/CH
 4:00 Ping Pong//WS

10:00 Tai Chi With Oliver/WS 11
2:00 Rummikub/CR



8:30-3:00 RSVT/L 12
 11:00 Mens LL Class/CR
11:00 Ladies Tea/F
2:00 RSVT- University Commons/L
 1:00 Book Club/CR
 2:00 \$1 Bingo/F
2:00 Wellness Co/WS
3:00 LE Co/AS
3:00 Courtyard Games
 4:00 Ping Pong Club/WS
 4:30 3rd Floor Happy Hour

NO RSVT 14
10:30 Baseball Outing with the Senior League/L
 11:00 Great Course/CR
 1:00 Mahjong/CR
2:00 Jeopardy/F
3:00 M&O Co/ BL
 4:30 1st Floor Happy Hour

8:30-3:00 RSVT/L 15
9:30 Meditation/ WS
10:30 Wellness Seminar/F
 11:00 Farkle/ AS
12:00 Chefs Table/LH
 1:30 Duplicate Bridge/CR
2:00 Movie: Miracle Club/F
2:00 Dining Co/ Pub
2:00 In The Lab W Lil/AS
3:00 Ukulele Practice/AS
 4:30 2nd Floor Happy Hour

8:30-3:00 RSVT /L 16
10:00 Balanced Brains/AS
11:00 Acrylic Class/AS
 1:30 Party Bridge/ CR
2:00 RSVT-Harris Teeter/L
2:00 Bradley Creek Tour/ BC Lobby
3:00 GB2 Co/BL
3:30 All Resident Happy Hour & Birthday Social/CY

8:30-3:00 RSVT/ L 17
10:00 Breakfast Club/AS
 11:00 Farkle/ AS
10:45 Floor Rep Exchange/CR
11:00 Council Members Meeting/CR
11:30 POUND IT/WS
 1:30 Knitting Club/AS
 1:30 Bible Study w/ Bob/CH
3:00 All Resident Meeting/F
 4:00 Ping Pong/WS
 7:00 Party Bridge/CR

10:00 Tai Chi With Oliver/WS 18
2:00 Rummikub/CR

2:00 Chess Club/PDR 19
4:00 Seated Yoga/WS

8:30-3:00 RSVT/ L 20
 11:00 Mens LL Class/ CR
10:30 Moe Mckenna Intermediate Class/AS
2:00 RSVT- Food Lion/L
 2:00 \$1 Bingo/F
3:00 Courtyard Games
 4:00 Ping Pong Club/WS
 4:30 3rd Floor Happy Hour

NO RSVT 21
10:00 Walking Club/L
 11:00 Great Course/CR
11:00 Bradley Creek Tour
12:00 Lewis Farms & Molly Prichards?
 1:00 Mahjong/CR
 2:00 Core Library/ L
2:00 Team Table Trivia/AS
2:00 Grief Support Group/ Bradley Creek Lobby
 4:15 Flats Happy Hour
 4:30 1st Floor Happy Hour

8:30-3:00 RSVT/L 22
9:30 Meditation / WS
 11:00 Farkle/ AS
12:00 Chefs Table/LH
 1:30 Duplicate Bridge/CR
2:00 Movie: My All American/F
3:00 Ukulele Lessons/AS
 4:30 2nd Floor Happy Hour

8:30-3:00 RSVT /L 23
10:00 Balanced Brains/AS
11:00 Watercolor/AS
 1:30 Party Bridge/ CR
2:00 RSVT-Harris Teeter/L
3:00 Educational Lecture & Demonstration on Reiki Healing /F

8:30-3:00 RSVT/ L 24
10:00 Breakfast Club/AS
 11:00 Farkle/AS
11:30 POUND IT/WS
 1:30 Knitting Club/AS
 1:30 Bible study w/ Bob/CH
3:00 Mental Health Presentation/F
 4:00 Ping Pong//WS

10:00 Tai Chi With Oliver/WS 25
2:00 Rummikub/CR

2:00 Chess Club/PDR 26

8:30-3:00 RSVT/ L 27
11:30-2:00 Memorial Day Cookout/LH
 4:00 Ping Pong Club/WS
 4:30 3rd Floor Happy Hour

MEMORIAL DAY

NO RSVT 28
10:00 Walking Club/L
 11:00 Great Course/CR
 1:00 Mahjong/CR
2:00 Jeopardy/F
2:00 Passport Dining Tasting at Brightmore/L
3:00 Caregiver Support Group/F
 4:30 1st Floor Happy Hour

8:30-3:00 RSVT 29
9:30 Meditation/WS
 11:00 Farkle/ AS
12:00 Chefs Table/LH
 1:30 Duplicate Bridge/CR
2:00 Movie: Places In The Heart/F
2:00 In The Lab W Lil/AS
3:00 Ukulele Practice/AS
 4:30 2nd Floor Happy Hour

8:30-3:00 RSVT /L 30
10:00 Balanced Brains/F
10:30 Moe Mckenna Beginner Class/AS
 1:30 Party Bridge/ CR
2:00 RSVT-Harris Teeter/L
2:30 Picture Scavenger Hunt/ L

8:30-3:00 RSVT/ L 31
10:00 Breakfast Club/AS
 11:00 Farkle/AS
11:30 POUND IT/WS
 1:30 Knitting Club/AS
 1:30 Bible study w/ Bob/CH
 4:00 Ping Pong//WS

Hello May

Speakers, Performers, & Artists This Month

Educational Enrichment Series

Dick Lefebvre has started the Educational Enrichment Series to bring in speakers to discuss various topics of interest. This month Dick will be hosting The Mayor of Wilmington, Bill Saffo. The topic of his lecture will be regarding the city of Wilmington! He will discuss services for an aging population, the growth of Wilmington, Demographics of our population and the new city hall vision for the future! Join us on May 2nd at 3:00!

Thomas Choinere

Join us for a fun afternoon with this fabulous guitar player and singer! We are grateful to have him back in our community! He will be joining us in the Forum on May 3rd at 2:30!

Health Fair

We will be holding our first ever Health Fair, This health fair will be held in our Forum on May 8th from 10:30-12:00. We will be having over 20 vendors providing information on various services. This informational event is not one you want to miss, stop by for a few minutes and gain knowledge on all things related to your health and overall well-being.

Julie Rhedar

For our Ladies Tea, Julie will be playing her harp, join us as we celebrate all of the lovely women in this building. All Ladies are welcome to join us in the Forum on May 13th at 11:00 am!

Mother...Grandmother...Daughter...Aunt...Sister...Mentor...Friend

For all those who love like a mother...

Moe McKenna

Our Wonderful art teacher will be teaching her acrylic painting classes for beginner and intermediate level painters! This class is always fun, please sign-up in the activities binder for her classes, her intermediate class will take place on Monday, May 20th and her beginner class will take place on Thursday, May 30th. Both classes will be held in the Art Studio at 10:30 am!

Wellness Seminar

Join Kelly Purcell for a new wellness seminar coming Wednesday May 15th. When Kelly is not helping out with our yoga classes she works with Coastal Horizons Center, a non-profit organization that provides professional services to make communities healthier and safer. Kelly will be teaching the Community Resiliency Model (CRM), a set of biologically-based wellness skills aimed to reset and stabilize the nervous system. Want to learn more? Come to her seminar

Wednesday May 15th in the Forum at 10:30!

Jody Butler

Jody Butler is a Certified Reiki Master in a blend of the Usui and Tibetan Reiki systems. Jody will be talking about the practice and benefits of Reiki which is often called palm healing— Reiki is a natural healing technique that utilizes energy and touch for self-healing. The benefits of Reiki range from the release of habitual and mental/emotional stress to alleviating chronic pain. Join

Jody in the Forum on May 23rd at 3:00.

Christine Elderlin & Luisa Martin

Christine and Luisa are Mental Health Therapists who work for the Senior Center. In honor of Mental Health Awareness Month, they will be discussing mental health in the aging population. They will cover topics on grief, mental health in seniors, and healthy coping mechanisms. This is a presentation that you do not want to miss— join us in the Forum on May 24th at 3:00!



MAY 2024



630 CAROLINA BAY DR. WILMINGTON, NC 28403

Your lifestyle calendar designed around INSPIRE:

Inclusive, Nutritional, Spiritual, Physical, Intellectual, Recreational, Engaging

This Month In Life Enrichment:

Special Events:

Spa Day, National Day of Prayer Event, Health Fair, Carolina Bay Annual Masters, Ladies Tea, Crumbl Cookie Tasting, Picture Scavenger Hunt!

Art Classes:

Mothers Day Card Making for Health Care, Moe McKennas Acrylic Painting Class and Watercolor/Acrylic class on Thursdays at 11:00!

Social Events:

Ladies Tea, The Breakfast Club, All Resident Happy Hour & Birthday Social, Courtyard Games, Walking Club!

Educational Events:

Educational Enrichment Series: The Mayor-Bill Saffo, Balanced Brains, The Health Fair, Wellness Seminar, Educational Lecture on Reiki Healing, Mental Health Presentation, In The Lab with Lil, Team Table Trivia, Jeopardy, The Great Course, Men's Lifetime Learning Class.

Resident Led Events:

Farkle, Knitting Club, Bingo, Book Club, Party Bridge, Duplicate Bridge, Bible Study with Bob Perry, Mahjong, Pinnochle, Rummikub, Chess Club.

Outings:

Kitchen Sink & Bellamy Mansion, Softball Game with the Senior League, Lewis Farms and Molly Prichards American Diner, Passport Dining Tasting at Brightmore of Wilmington!

This Month in Wellness:

Spa Day: Join us in the Wellness Studio on May 1st at 2:00 for some special relaxation treatment! Sign-up is REQUIRED to participate in this event.

Health Fair: Meet us in the Forum on May 8th at 10:30 to learn about all things related to health and well-being there will be a plethora of vendors talking about their services and providing information on improving your quality of life as a whole.

Masters: Join us in the Courtyard on May 10th at 10:30 for our annual Carolina Bay Masters— sign up in our binder ONLY if you are competing, spectators are welcome to watch and do not need to sign-up!