

Kindness
is
Magic

The Art of Kindness..

Kindness is more than behavior. The art of kindness means harboring a spirit of helpfulness, as well as being generous and considerate, and doing so without expecting anything in return. Kindness is a quality of being. The act of giving kindness often is simple, free, positive and healthy.

Good for the body

Kindness has been shown to increase self-esteem, empathy and compassion, and improve mood. It can decrease blood pressure and cortisol, a stress hormone, which directly impacts stress levels. People who give of themselves in a balanced way also tend to be healthier and live longer. Kindness can increase your sense of connectivity with others, which can directly impact loneliness, improve low mood and enhance relationships in general. It also can be contagious. Looking for ways to show kindness can give you a focus activity, especially if you tend to be anxious or stressed in some social situations.

Good for the mind

Physiologically, kindness can positively change your brain. Being kind boosts serotonin and dopamine, which are neurotransmitters in the brain that give you feelings of satisfaction and well-being, and cause the pleasure/reward centers in your brain to light up. Endorphins, which are your body's natural pain killer, also can be released.

Be kind to yourself

It is not just how you treat other people — it is how you extend those same behaviors and intentions to yourself as well. I believe you can be kinder in your own self-talk and practice gratitude. People are good at verbally beating themselves up, and rarely does that work as a pep talk. Rather, negativity often causes you to unravel and may even create a vicious cycle of regularly getting down on yourself. You wouldn't talk to your neighbor the way you sometimes talk to yourself. This is what I call the "good neighbor policy," which can be helpful. If you would not say it to your good neighbor, do not say it about yourself.



MAY 2021



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..

Lemonade Day Social

Monday, May 3rd at 3:00pm in the Courtyard

Join us in the Courtyard as we make this Monday a little sweeter! We will have a lemonade bar, music, and games! Please sign-up in the teal binder. Masks are required to be worn throughout the social.

Cinco de Mayo Social

Wednesday May 5th at 2:00pm in the Courtyard

Feeling a little thirsty after that Zumba Gold class? Come to the Courtyard where we will be serving up margaritas and chips with fresh salsa! Masks are required to be worn throughout the activity. Please sign-up in the teal binder.

Olympic Pizza Party!

Friday, May 21st at 12:00pm in the Courtyard

The Carolina Bay Olympics are a huge deal here at Carolina Bay! Come join us for a pizza party for all that celebrates the Red Team's victory. You are encouraged to wear your Olympic T-shirt as we enjoy pizza and games in the Courtyard!

Sinatra: A Voice in Time with Phil Bruschi

Friday, May 21st at 3:00pm in the Forum

Phil Bruschi pays tribute to Frank Sinatra's musical career. Phil for an informative and entertaining program. Masks are required to be worn for the duration of the activity.

INSPIRE Presentation with Haley Norris, Wellness Director

Monday, May 17th at 2:00pm in the Forum

The aging process poses many challenging emotions including fear and uncertainty; however, within the LGBT+ older adult communities, these individuals face, in addition to the previously listed, more concerns such as acceptance, fairness and being treated as equals with dignity and respect from healthcare providers as well as residents in various types of housing. The purpose in this research project is to explore the beliefs, experiences, and needs related to housing and housing discrimination in LGBT+ older adults living in the Cape Fear Region of North Carolina. By understanding the past and current instances of discrimination for older LGBT+ individuals, we, as a Nation, can better the future. This knowledge can help plan for and improve housing experiences for older LGBT+ adults.

Out on the Town..

OUTING: Downtown Wilmington Tour & Cape Fear Museum with Jack Mills/L

Tuesday, May 4th at 1:15pm and Tuesday, May 18th at 1:15pm

Come explore Downtown Wilmington and we will end with a tour of the collections at the Cape Fear Museum with Jack Mills. This outing has very limited numbers so there will be two separate trip. Outing is walker/rollator friendly! Couple sign-up individually. Meet in the Lobby at 1:00pm.

OUTING: Lewis Farms/\$L

Tuesday, May 11th at 1:00pm

Come enjoy the great outdoors! There is so much to do here.. Strawberry picking, plant shopping, homemade ice cream and much more! 20 spots available. Couples do not have to sign-up individually. Meet in the Lobby at 1:00pm.

OUTING: Poplar Grove Farmers Market/\$L

Wednesday, May 26th at 10:30am

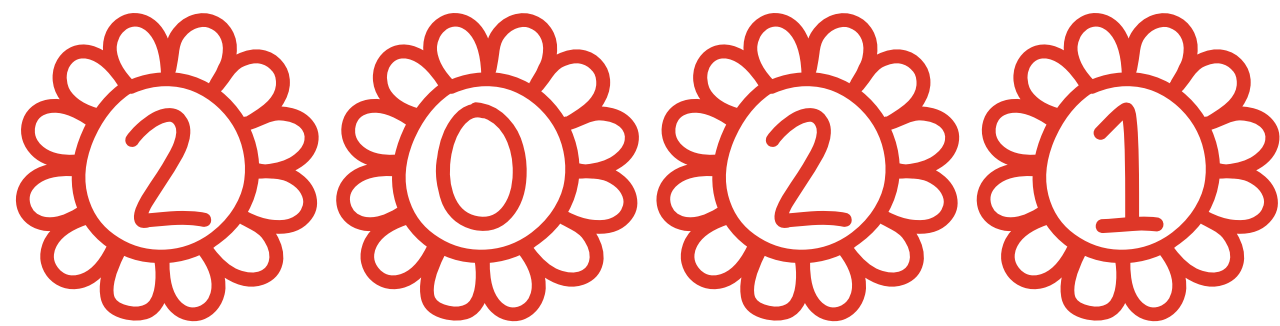
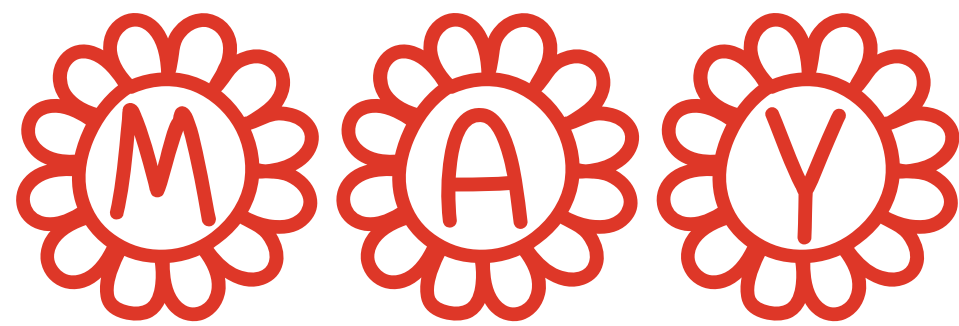
Poplar Grove Farmers Market is back at Poplar Grove Plantation! With over 60 vendors you are likely to find things you need and maybe a few things you want! There are places to sit and is walker/rollator friendly. 20 spots available. Couples do not have to sign-up individually. Meet in the Lobby at 10:15am.

OUTING: Burgwin-Wright Tour/\$L

Tuesday, May 25th at 2:00pm

Come get a tour of this historic downtown home! Walker/rollator friendly! 15 spots available. Couples sign-up individually. Meet in the Lobby at 1:30pm.

Sunday Monday Tuesday Wednesday Thursday Friday Saturday



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2	<p>9:00—1 RSVT/L 10:00 Coffee & Current Events/AS 10:30 RSVT-WalMart/L 11:00 Virtual Bridge Basics/CR 1:00 Hand & Foot Canasta/CR 1:30 Lemonade Day Social/CY 2:00 Baywatch Meeting/AS 3:30 Prize Bingo/F 4:00 Ping Pong/WS 5:00 3rd Floor Happy Hour</p>	3	<p>May the 4th Be With You!</p> <p>No RSVT 9:30 Walking Club/L 10:00 Bible Study with Ashley/CH 11:00 The Great Course/F 1:15 OUTING: Downtown Wilmington & Cape Fear Museum Tour with Jack Mills/L 1:30 Mahjongg /CR 5:00 1st Floor Happy Hour/AS</p>	4	<p>Cinco de Mayo!</p> <p>9:00—3RSVT/L 11:00 Farkle/AS 1:00 Zumba Gold Party/WS 1:30 Bridge Club/CR 2:00 Cinco de Mayo Social/CY 2:00 Free Painting/AS 4:00 Ping Pong/WS 5:00 2nd Floor Happy Hour</p>	5	<p>9:00—3RSVT/L 10:00 Walking Club/L 11:00 Watercolor Class: Lemons & Peaches/AS 1:00 RSVT-Harris Teeter/L 1:30 Bridge Club/CR 1:00 Movie Day: Hamilton/F 3:00 GB2 Committee/BL 7:00 Billiards/BL</p>	6	<p>9:00—3RSVT/L 11:00 Farkle/F 1:00 The Crown S1 E9/CR 1:30 Journey through the Bible with Bob Perry—Romans/CH 2:30 Environmental Committee/CR 2:30 Maintenance Committee/BL 3:00 Friday Social with Musical Performer Jerry Powell/CY 4:00 Ping Pong/WS 6:30 Friday Night Movie: I Can Only Imagine/F</p>	7	8
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9	<p>9:00—1 RSVT/L 10:00 Coffee & Current Events/AS 11:00 Virtual Bridge Basics/CR 11:00 Memorial Day Wreath/AS 1:30 Book Club/CR 2:30 Life Enrichment Committee/AS 2:45 Wellness Committee./WS 3:30 Prize Bingo/F 4:00 Ping Pong/WS 5:00 3rd Floor Happy Hour</p>	10	<p>No RSVT 9:30 Walking Club/L 10:00 Bible Study with Ashley/CH 11:00 The Great Course/F 1:00 OUTING: Lewis Farms/L 1:30 Mahjongg /CR 2:00 Operations Committee/BL 4:00 Cornhole/CY 5:00 1st Floor Happy Hour/AS</p>	11	<p>9:00—3RSVT/L 11:00 Farkle/AS 1:30 OUTING: Walk to Drift Coffee/\$L 1:30 Bridge Club/CR 2:00 Free Painting/AS 4:00 Ping Pong/WS 5:00 2nd Floor Happy Hour</p>	12	<p>9:00—3RSVT/L 10:00 Walking Club/L 10:00 Audiology of Wilmington/CR 11:00 Finance Committee/BL 11:00 Watercolor Class: Apples/AS 1:00 RSVT-Harris Teeter/L 1:30 Bridge Club/CR 1:00 Movie Day: News of the World/F 4:00 Movie Day: News of the World/F 7:00 Billiards/BL</p>	13	<p>9:00—3RSVT/L 11:00 Farkle/F 1:00 The Crown S1 E10 (Season 1 Finale)/CR 1:30 Journey through the Bible with Bob Perry—Romans/CH 2:00 Summer Shindig with Wellness & Life Enrichment/CY 4:00 Ping Pong/WS</p>	14	15
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16	<p>9:00—1 RSVT/L 10:00 Coffee & Current Events/AS 10:30 RSVT-WalMart/L 11:00 Virtual Bridge Basics/CR 1:00 Hand & Foot Canasta/CR 2:00 INSPIRE Presentation with Haley Norris/F 3:30 Prize Bingo/F 4:00 Ping Pong/WS 5:00 3rd Floor Happy Hour</p>	17	<p>No RSVT 9:30 Walking Club/L 10:00 Bible Study with Ashley/CH 11:00 The Great Course/F 1:00 OUTING: Downtown Wilmington & Cape Fear Museum Tour with Jack Mills/L 1:30 Mahjongg /CR 4:00 Cornhole/CY 5:00 1st Floor Happy Hour/AS</p>	18	<p>9:00—3RSVT/L 11:00 Farkle/AS 1:30 OUTING: Walk to Drift Coffee/\$L 1:30 Bridge Club/CR 2:00 Free Painting/AS 3:00 Dining Committee/CBG 4:00 Ping Pong/WS 5:00 2nd Floor Happy Hour</p>	19	<p>9:00—3RSVT/L 10:00 Walking Club/L 11:00 Watercolor Class: Clouds/AS 1:00 RSVT-Harris Teeter/L 1:30 Bridge Club/CR 1:00 Movie Day: Nomadland/F 4:00 Movie Day: Nomadland/F 7:00 Billiards/BL</p>	20	<p>9:00—3RSVT/L 11:00 Farkle/F 1:00 The Crown S2 E1/CR 12:00 Olympic Pizza Party/CY 1:30 Journey through the Bible with Bob Perry—Romans/CH 3:00 Sinatra: A Voice in Time with Phil Bruschi/F 4:00 Ping Pong/WS 6:30 Friday Night Movie: Hidden Figures/F</p>	21	22
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23	<p>9:00—1 RSVT/L 10:00 Coffee & Current Events/AS 11:00 Virtual Bridge Basics/CR 1:00 Glitter Wine Glasses/AS 3:30 Prize Bingo/F 4:00 Ping Pong/WS 5:00 3rd Floor Happy Hour</p>	24	<p>No RSVT 9:30 Walking Club/L 10:00 Bible Study with Ashley/CH 11:00 The Great Course/F 2:00 OUTING: Burgwin-Wright House Tour/\$L 1:30 Mahjongg /CR 3:00 Caregiver Support Group/F 4:00 Cornhole/CY 5:00 1st Floor Happy Hour/AS</p>	25	<p>9:00—3RSVT/L 10:30 OUTING: Poplar Grove Farmers Market/\$L 11:00 Farkle/AS 1:30 OUTING: Walk to Drift Coffee/\$L 1:30 Bridge Club/CR 2:00 Free Painting/AS 4:00 Ping Pong/WS 5:00 2nd Floor Happy Hour</p>	26	<p>9:00—3RSVT/L 10:00 Walking Club/L 11:00 Watercolor Class: Florals/AS 1:00 RSVT-Harris Teeter/L 1:30 Bridge Club/CR 1:00 Movie Day: Coming to America 2/F 4:00 Movie Day: Coming to America 2/F 7:00 Billiards/BL</p>	27	<p>9:00—3RSVT/L 11:00 Farkle/F 1:00 The Crown S2 E2/CR 1:30 Journey through the Bible with Bob Perry—Romans/CH 3:00 Friday Social with Musical Performers the Ray & Jeff Duo/CY 4:00 Ping Pong/WS</p>	28	29
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30	<p>Happy Memorial Day!</p> <p>No RSVT No Wellness Classes No Activities</p> 										
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