

MAY AT THE BAY



630 CAROLINA BAY DR. WILMINGTON, NC 28403

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

This Month In Life Enrichment...

Art Classes:

Coffee and Color, Bob Ross Acrylic Painting Class, Kathy Lepleys Watercolor Class, Maureen McKennas Acrylic Painting Class, Free Art on Wednesdays at 2:00 and Watercolor class on Thursdays at 11:00.

Social Events:

The Breakfast Club, Mothers Day Gathering, May Birthday Social, Walking Club Get To Know Your Neighbor.

Musical Events:

Mary Mikels Opera Singer, Scotti Stringz Sings, Vivace Musical Performance, Susan Savia Guitarist.

Informational Events:

Admiral Henderson presentation, Elaine Henson Presentation, Murray Sherman Presentation, The Great Course on U.S history.

Resident Led Events: Farkle, Bingo, Virtual Bridge Basics, Book Club, Free Art, Bridge Club, Bible Study with Bob Perry, Mahjongg.

Outings:

Airlie Gardens and Smoke On The Water– for these outings we only have 14 seats on the van. If you are willing to drive and meet us you are also welcome to join– please still sign up in the binder if you are driving so Sami can make reservations for the correct amount of people.

This Month In Wellness...

Wednesday, May 4th at 11:30 in the Forum our INSPIRE intern Ashley Brown will be giving a presentation on the benefits of going outside! Do you go outside in the sunshine everyday? Come learn about the mental and physical benefits going outside each day can provide. Join us for this presentation followed by an activity outside

Beach day is an annual tradition Carolina Bay, Brightmore, Bradley Creek, The Kempton and The Commons all join together for a fun day at the beach. We partner with Ocean Cure who will provide beach accessible chairs and surf boards. Don't worry, volunteers will be present to assist you on the boards if you would like to surf. Picnic lunch provided– keep in mind we will be on the Carolina Beach board walk and where Britts Donuts is located. Bring sunscreen, a hat, a towel, some cash if you would like any goodies on the board walk and a big smile! Beach day is so fun that we will be going twice this summer, June 14th and August 8th!

National Mimosa Day

To celebrate this quirky little day– we will be enjoying Mimosas and Muffins at The Breakfast Club on May 6th! You wont want to miss this social hour, please sign up in the Activities Binder when you get the chance!

Mothers Day

To honor our beautiful, selfless, kind, amazing mothers that live here at Carolina Bay. We will be hosting a Mothers Day gathering on May 9th at 11:00 am in the Forum. There will be coffee, tea, mimosas and an assortment of pastries Please sign up in the activities binder for this event.

Speakers, Performers & Artists This Month

Admiral Henderson

Presenting a six week series on "Key Battles of WW2 in the Pacific." This month Admiral Henderson will be speaking on the Coral Sea and Midway. May 13th at 3:00.

Mary Mikels

American Idol Singer who was “Born blind but born with perfect pitch”. This inspirational singer takes showtunes and opera music to the next level. This is one performance you WILL NOT want to miss. May 5th at 3:00.

Moe McKenna

A very talented artist will be leading a step-by-step painting class. Beginners are encouraged to participate and signing up is mandatory! May 18th at 3:00.

Kathy Thome Lepley

Professional Artist, Kathy Thome, will be leading and teaching a watercolor class on March 21st at 11:00! Sign-up is mandatory!

Scotti Stringz

Local guitar player and singer is coming back to perform for us again!! Come to The Forum on the 17th at 4:00 PM! He has great personality and a great voice.

Elaine Henson

Elaine will be joining us to speak on the history of traveling to Wrightsville– very informative presentation on our beautiful beach. Elaine will be sharing a three-part series over the next three months. May 19th at 3:00!

Vivace

Three musicians playing the violin and piano providing music by Bach, Mendelssohn, Mozart and more! Come watch these incredible musicians on Saturday the 21st at 1:30 in the Forum


Susan Savia

A singer with an elegant voice who also strums the guitar! Come check her out on the 26th of May in the Forum!

Murray Sherman

Our very own resident will be presenting on gene editing (CRISPR) and the effects it has on the future of human-kind. May 12th at 3:00!

Sunday **Monday** **Tuesday** **Wednesday** **Thursday** **Friday** **Saturday**

<p>1</p>	<p>2</p> <p>9:00-1 RSVT/ L 11:00 Bob Ross Acrylic Canvas Painting/ AS 11:00 Virtual Bridge Basics/CR 10:30 RSVT -Walmart 2:00 \$1 Bingo/F 2:00 Baywatch Meeting/ AS</p>	<p>3</p> <p>NO RSVT 11:00 The Great Course On American History /CR 1:00 Mahjongg/ CR 2:00 Airlie Gardens (14 seats only)/ L</p>	<p>4</p> <p>9:00-12 RSVT/ L 9:30 Morning Meditation/ WS 11:30 INSPIRE Presentation On The Great Outdoors/ CY 11:00 Farkle/ AS 12:00 Chorus Rehearsal/ F 1:30 Bridge Club/CR 2:00 South Pacific/ F 2:00 Free Art /AS 3:30 Walking Club/L</p>	<p>5</p> <p>9:00-3 RSVT/ L 10:00 Audiology of Wilmington/ CR 11:00 Watercolor Class With Kathy Thome Letley/ AS 1:00 RSVT-Harris Teeter/L 1:30 Bridge Club/ CR 3:00 Mary Mikels "Blind Notes Music"/ F 3:00 GB2 Meeting/ BR</p>	<p>6</p> <p>9:00-3 RSVT/ L 10:00 The Breakfast Club: Mimosas & Muffins/ AS 1:30 Bible study with Bob Perry/CH 11:00 Farkle/ AS 1:15 Netflix: Virgin River/ CR 2:30 Environmental Co/CR 2:30 Maintenance Co/BL</p>	<p>7</p> <p>7:00 Errante: Azalea Suite Premiere– Outing (Lottery Closed)</p>
 <p>8</p>	<p>9</p> <p>9:00-1 RSVT/ L 10:30 RSVT– Target/L 11:00 Mothers Day Gathering/ F 11:00 Virtual Bridge Basics/ CR 1:30 Book Club/CR 2:00 \$1 Bingo/F 2:00 Wellness Co/WS 3:00 Life Enrichment Co/AS</p>	<p>10</p> <p>NO RSVT 11:00 The Great Course On American History /CR 1:00 Mahjongg/CR 3:00 Operations Co/BL 2:00 CORE library/ L 3:00 Get To Know Your Neighbor (Come meet your new neighbors!)/ F</p>	<p>11</p> <p>9:00-12 RSVT/ L 9:30 Morning Meditation/ WS 10:30 WUMC Meeting/ CH 11:00 Farkle/ AS 12:00 Chorus Rehearsal/ F 1:30 Bridge Club/CR 2:00 Free Art /AS 2:00 My Big Fat Greek Wedding/F 3:00 Dining Committee/ PDR 3:30 Walking Club/ L</p>	<p>12</p> <p>9:00-3 RSVT/ L 11:00 Watercolor Class/ AS 1:00 RSVT-Harris Teeter/ L 1:30 Bridge Club/ CR 2:00 Finance Co/BL 3:00 Murray Sherman Talk On Gene Editing/ F 6:30 Sleuth/ L (sign up in PERFORMANCE binder required)</p>	<p>13</p> <p>9:00-3 RSVT/T 10:00 Jason Rickman Cleaning/ CR 11:00 Farkle/ AS 1:15 Netflix: Virgin River/ CR 1:30 Bible Study with Bob Perry/ CH 3:00 Admiral Henderson "Key Battles in the Pacific, Part II - Coral Sea and Midway"/ F</p>	<p>14</p>
<p>15</p>	<p>16</p> <p>9:00-1 RSVT/ L 11:00 Bob Ross Acrylic Painting Class/ AS 10:30 RSVT– Walmart/L 11:00 Virtual Bridge Basics/ CR 2:00 \$1 Bingo/F</p>	<p>17</p> <p>NO RSVT 11:00 Transportation For Primary Election/ L 11:00 The Great Course On American History /CR 1:00 Mahjongg/CR 4:00 Scotti Stringz Plays Guitar and Sings/ F</p>	<p>18</p> <p>9:00-12 RSVT/ L 9:30 Morning Meditation/ WS 11:00 Farkle/ AS 12:00 Chorus Rehearsal/ F 1:30 Bridge Club/CR 1:30 Moe Mckenna Beginner Painting Class/AS 2:00 The Help / F 3:30 Walking Club /L</p>	<p>19</p> <p>9:00-3 RSVT/ L 1:00 RSVT-Harris Teeter/L 1:30 Bridge Club/ CR 3:00 Elaine Henson Presentation "Going To Wrightsville from 1875-1958"/ F</p>	<p>20</p> <p>9:00-3 RSVT/ L 10:00 The Breakfast Club– Krispy Kreme Donuts 11:00 Farkle/ AS 11:00 Council Members Meeting/CR 1:15 Netflix: Virgin River/ CR 1:30 Bible Study w/ Bob Perry/CH</p>	<p>21</p> <p>1:30 Vivace Trio Musical Performance/ F</p>
<p>22</p>	<p>23</p> <p>9:00-1 RSVT/ L 10:30 RSVT– TJ Max/L 11:00 Virtual Bridge Basics/ CR 2:00 \$1 Bingo/F 3:15 Jeopardy/ F</p>	<p>24</p> <p>NO RSVT 11:00 The Great Course On American History /CR 1:00 Mahjongg/CR 3:00 Caregiver Support Group/ F</p>	<p>25</p> <p>9:00-12 RSVT/ L 9:30 Morning Meditation/ WS 11:00 Farkle/ AS 12:00 Chorus Rehearsal/ F 1:30 Bridge Club/CR 2:00 Runaway Bride/ F 2:00 Free Art/ AS 3:30 Walking Club /L</p>	<p>26</p> <p>9:00-3 RSVT/ L 10:00 Audiology of Wilmington/CR 11:00 Watercolor Class/ AS 1:00 RSVT-Harris Teeter/L 1:30 Bridge Club/ CR 3:00 Susan Savia Sings With Guitar/ F</p>	<p>27</p> <p>9:00-3 RSVT/ L 11:00 Farkle/ AS 1:15 Netflix: Virgin River/ CR 1:30 Bible Study with Bob Perry/CH</p>	<p>28</p>



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NO RSVT Due to Memorial Day
 11:00 Virtual Bridge Basics/CR
 2:00 \$1 Bingo/F

30

NO RSVT
11:00 Smoke On The Water (14 Seats)/ L
 11:00 The Great Course On American History /CR
 1:00 Mahjongg/CR
2:30 May Birthday Social (All Are Invited)/ CY

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Color Code:
Orange: Activities With Life Enrichment
Purple: Performers, Speakers and Artists
Black: Resident Led Activities
Red: Committee Meetings
Blue: Outings
Green: Shopping Trips
Movies Have Been Moved To Wednesdays at 2:00

MAY 2022