

A FIRECRACKIN JULY

Fourth Of July

We want to wish our CB Community a happy 4th of July! On this day, we celebrate our nation's independence and freedom. Don't forget to wear your red, white, and Blue and we will too!

National Chocolate Day

Come celebrate Chocolate Day with us and indulge in a fantastic chocolate birthday social! Yummy chocolate treats will be provided along with a musical performer who has been recommended by many!

Brain Games

Bring your friends and challenge your minds while playing team games, board games, word games, and other brain fitness fun! We often forget that our brains need just as much exercise as our bodies do!

CB Team Trivia

How much do you think you know? Get a team together or play solo; join us for trivia every Monday afternoon. There will be a new topic each week and prizes to be won! Don't forget that this is just practice! At the end of the month, there will be a jeopardy game which will include all the topics from the previous week. Who knows? You might recognize a question or two.

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 Battle of Leyte Gulf.

Lisa Barker

Lisa will be presenting on long-term care and Medicare Insurance on the 11th!

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!

Elaine Henson

Elaine will be returning in July to present the history of how life on Lumina was between WWI, WWII and Vietnam

Mike Yeley

Mike sings a variety of genres and tempos that will keep you very intrigued always wanting more. He has performed for us many times and always leaves the crowd with a smile on their faces.

Luisa Martin LCMHC, LCAS & Carolyn Jackson LCSW, LCAS

Licensed Therapists from the New Hanover Senior Center will be coming in to discuss mental health in the aging population and provide resources for our residents who are seeking assistance.



630 CAROLINA BAY DR. WILMINGTON, NC
28403

JULY 2022

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

This Month In Life Enrichment...

Art Classes:

Bob Ross Acrylic Painting Class, Maureen McKennas Acrylic Painting Class, Color with Claire, Wax Melting Class, Free Art on Wednesdays at 2:00 and Watercolor class on Thursdays at 11:00.

Social Events:

The Breakfast Club and The July Chocolate Birthday Social

Musical Events:

Mike Yeley on the Guitar and Duo Harpists Carole and Julie

Educational Events:

Admiral Henderson presentation, Elaine Henson Presentation, The Great Course on U.S history, Carolina Bay Mens Lifetime Learning Class, Carolina Bay Discussion Group, CB team trivia, Jeopardy, INSPIRE series, Ted Talk Tuesdays,

Resident Led Events:

Farkle, Bingo, Virtual Bridge Basics, Book Club, Free Art, Bridge Club, Bible Study with Bob Perry, Mahjongg, Carolina Bay Discussion Group, Men's Lifetime Learning Class

Outings:

The Port Tour and Rebellion for Lunch, Fishy Fishy, AMC Mayfaire: Where The Crawdad Sings, Cameron Arts Museum and Kilwins.

This Month In Wellness...

INSPIRE Series with Shannon Hardy

Have you ever wanted to learn more about our INSPIRE Wellness program? Well now is your chance! Each month Wellness Assistant, Shannon Hardy, will be talking about a different piece of our holistic INSPIRE Wellness program. We will be starting with the N of INSPIRE which stands for Nutrition! On the second Friday in July, **7/8/2022 at 9:15am** in the forum we will be discussing nutrition. Topics to be covered include, but are not limited to: macro- and micronutrients, various diets and eating styles, reviewing the 2020-2025 Dietary Guidelines for Americans and discussing what specific nutritional recommendations there are for older adults.

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

JULY 2022

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

9:00-3 RSVT/ L
10:00 The Breakfast Club: Pancake Bar /AS
 1:30 Bible study with Bob Perry/CH
 11:00 Farkle/ AS
 1:15 Netflix: Virgin River/ CR
2:30 Maintenance Co/BL
3:00 Admiral Henderson: GuadalCanal/ F



3 NO RSVT
 11:00 Virtual Bridge Basics/CR
 2:00 Bingo



4 NO RSVT
10:00 Operations CO/ BR
10:30 The Port Tour and Rebellion for Lunch/ LS
 11:00 The Great Course On American History /CR
 1:00 Mahjongg/ CR
2:00 Bay Watch Meeting/ AS
2:00 Environmental/CR
3:00 Operations/ BR

5 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 9 To 5/ F
 2:00 Free Art /AS
3:30 Brain Games/ CR
4:00 Duo Harpists Julie and Carole/F

6 9:00-3 RSVT /L
 10:00 Audiology of Wilmington/ CR
11:00 Watercolor Class/ AS
11:00 Mens Lifetime Learning Class/ CR
1:00 RSVT-Harris Teeter/L
 1:30 Bridge Club/ CR
3:00 Medicare Advantage Presentation for Healthy Seniors: Heart and Diabetes/ F

7 9:00-3 RSVT/ L
10:00 INSPIRE Series: Nutrition With Shannon Hardy/ F
 11:00 Farkle/ AS
 1:15 Netflix: Virgin River/ CR
 1:30 Bible Study with Bob Perry/CH

10 9:00-1 RSVT/ L
10:30 RSVT- Target/L
11:00 Cookie Decorating w Claire/ AS
 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/ WS
3:00 CB Team Trivia/ CR

11 NO RSVT
10:00-2:00 Carte Bou-tique/ F
 11:00 The Great Course On American History /CR
10:30 Fishy Fishy/ LS
 1:00 Mahjongg/CR
 2:00 CORE library/ L
3:00 Color with Claire/ AS

12 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 Free Art /AS
2:00 The Best Exotic Mari-gold/F
2:00 Dining Committee/ Pub
3:30 Brain Games/ CR

13 9:00-3 RSVT /L
11:00 Watercolor Class/ AS
11:00 Mens Lifetime Learning Class/ CR
1:00 RSVT-Harris Teeter/L
 1:30 Bridge Club/ CR
2:00 Finance Co/BL

14 9:00-3 RSVT/ L
 10:00 Jason Rickman Cleaning/ CR
10:00 The Breakfast Club/ AS
 11:00 Farkle/ AS
11:00 Council Members Meeting/CR
 1:15 Netflix: Virgin River/ CR
 1:30 Bible Study w/ Bob Perry/ CH
3:00 Resident Meeting/F

17 9:00-1 RSVT/ L
11:00 Wax Melt Canvas/ AS
10:30 RSVT- Walmart/L
 11:00 Virtual Bridge Basics/ CR
 2:00 \$1 Bingo/F
3:00 CB Team Trivia/ CR

18 NO RSVT
The Cinema: Where The Crawdads Sings/LS
 10:30 Carolina Bay Discussion Group/ AS
 11:30 WUMC Luncheon/ PDR
 11:00 The Great Course On American History /CR
 1:00 Mahjongg/CR
2:00 Ted Talk Tuesday/ F

19 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 The Magnificent Seven/ F
3:30 Brain Games/ CR

20 9:00-3 RSVT /L
11:00 Watercolor/ AS
11:00 Mens Lifetime Learning Class/ AS
1:00 RSVT-Harris Teeter/L
 1:30 Bridge Club/ CR
3:00 Elaine Henson Presentation On Lumina Between The Wars/ F

21 9:00-3 RSVT/ L
 11:00 Farkle/ AS
 1:15 Netflix: Virgin River/ CR
 1:30 Bible Study with Bob Perry/CH

24 9:00-1 RSVT/ L
10:30 RSVT- Belk/L
11:00 Bob Ross Acrylic Painting Canvas Class/ AS
 11:00 Virtual Bridge Basics/ CR
 2:00 \$1 Bingo/F
3:15 Jeopardy/ F



25 NO RSVT
 11:00 The Great Course On American History /CR
10:00 Cameron Arts Museum and Kilwins/ LS
 1:00 Mahjongg/CR
3:00 Caregiver Support Group/ F
2:00 Color With Claire/ AS

26 9:00-12 RSVT/ L
9:30 Morning Meditation/ WS
 11:00 Farkle/ AS
 12:00 Chorus Rehearsal/ F
1:30 Moe Mckenna Beginner Painting Class/AS
 1:30 Bridge Club/CR
2:00 Julie and Julia/ F
 2:00 Free Art/ AS
3:30 Brain Games/ CR

27 9:00-3 RSVT/ L
11:00 Water Color Class/ AS
11:00 Mens Lifetime Learning Class/ CR
1:00 RSVT Harris Teeter/ L
1:30 Bridge Club/ CR
2:30 Chocolate Birthday Social with Mike Yeley/F

28 RSVT 9:00-3 RSVT/ L
10:00 Breakfast Club- Bagels and Brews/AS
 11:00 Farkle/ AS
 1:15 Netflix: Virgin River/ CR
 1:30 Bible Study with Bob Perry/ CH
3:00 Senior Mental Health Presentation/F