



Sunday Monday Tuesday Wednesday Thursday Friday Saturday

	9:00-1 RSVT/ L 10:00 Purchasing Tickets for Feebs concert Friday Night/ CR 11:00 Virtual Bridge Basics/CR 11:00 Bob Ross Acrylic Painting/ AS 1:00 RSVT—Target 2:00 \$1 Bingo/F 2:00 Baywatch Meeting/AS 3:00 CB Team Trivia/ CR 4:00 Ping Pong Club/WS	NO RSVT 10:00 Coffee & Color/AS 11:00 The Great Course on American History/CR 1:00 Mahjong/CR 2:00 Ted Talk Tuesday: “Top Ten Tips To Keep Your Brain Young”/ F 4:30 1st Floor Happy Hour/ AS	9:00-3 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 Second Most Exotic Mari-gold Hotel/ F 3:00 Brain Games-Word Within a Word/ CR 4:30 2nd Floor Happy Hour	9:00-3 RSVT /L 10:00 Audiology of Wilmington/ CR 11:00 Mens Lifetime Learning Class/ CR 11:00 Watercolor Class/ AS 1:30 Bridge Club/ CR 2:00 RSVT-Harris Teeter/L 1:30 Port Tour Registration (Bring Drivers License with you)/ AS 3:00 Admiral Henderson/ F 7:00 Thalian Hall: Company/ L	9:00-3 RSVT/ L 10:00 Breakfast Club: Coffee & Kreme 11:00 Farkle/ AS 1:15 Virgin River S. 4/CR 1:30 Journey through the Bible with Bob Perry/CH 2:30 Environmental Co/CR 2:30 Maintenance Co/BL 3:00 Tom Coleman Comedian/ F 4:00 Ping Pong/WS 6:00 Feebs Concert @ Airlie Gardens/ L
	9:00-1 RSVT/ L 9:30-2:00 BEACH DAY! 4:00 Ping Pong Club/WS 4:30 3rd Floor Happy Hour	NO RSVT 11:00 The Great Course: American History/CR 11:00 Rounds Golf & Ledos Pizza L/ \$ 1:00 Mahjong/CR 3:00 Operations Co/BL 2:30 Ted Talk Tuesday: “Why fun is the secret to a healthier life”/ F 4:30 1st Floor Happy Hour/ AS	9:00-3 RSVT/ L 9:30 Morning Meditation/ WS 11:00 Farkle/ AS 1:30 Bridge Club/CR 2:00 Dining Committee/ Pub 2:00 Water for Elephants/F 3:00 Brain Games– Never Ending Story/ CR 4:30 2nd Floor Happy Hour 6:45 Vivace Outing/L\$	9:00-3 RSVT /L 11:00 Mens Lifetime Learning Class/ CR 11:00 Watercolor Class/ AS 1:30 Bridge Club/ CR 2:00 RSVT-Harris Teeter/L 2:00 Vivace Performance/ F	9:00-3 RSVT/ L 10:30 Audiologist Jason R / CR 11:00 Farkle/AS 1:15 Virgin River S. 4/ CR 1:30 Journey through the Bible with Bob Perry/CH 2:00 Olympics Information Meeting/ F 3:30 Hedy Vandermeiden Presents on Dutch-Indie War W/ Japan/ F 4:00 Ping Pong/WS
14	9:00-1 RSVT/ L 11:00 Virtual Bridge Basics/CR 11:00 Tie Dye Shirts/AS 1:00 RSVT– Belk/L 2:00 \$1 Bingo/F 2:00 Wellness Co/WS 3:00 Life Enrichment Co/AS 3:30 CB Team Trivia/ CR 4:00 Ping Pong Club/WS 4:30 3rd Floor Happy Hour	NO RSVT 10:30 Carolina Bay Discussion Group/ AS 11:00 The Great Course: American History/CR 1:00 Mahjong/CR 2:00 Benjamin James Piano Player/F 4:30 1st Floor Happy Hour/ AS 6:15 Wrightsville Beach Sunset Cruise (14 seats)/ \$L	9:00-3 RSVT/ L 9:30 Morning Mediation/ WS 11:00 Farkle/ AS 12:00 Chorus Rehearsal/ F 1:30 Bridge Club/CR 2:00 Painting with Maureen McKenna / AS 2:00 Men Of Honor/ F 3:30 Brain Games-Charades/ CR	9:00-3 RSVT /L 8:30 Dining Directors Breakfast/ Grille 11:00 Mens Lifetime Learning Class/ CR 11:00 Watercolor Class/ AS 1:30 Bridge Club/ CR 2:00 RSVT-Harris Teeter/L 3:15 INSPIRE Presentation With Shannon: Spiritual/ F	9:00-3 RSVT/ L 10:00 The Breakfast Club: Mimosas & Muffins/AS 11:00 Council Members Meeting/ CR 11:00 Farkle/ AS 1:30 Olympic Teams Meeting/ F 1:30 Journey through the Bible with Bob Perry/CH 3:00 3rd Friday Resident Meeting/F 4:00 Ping Pong/WS
	9:00-1 RSVT/ L 11:00 Peachy Painting w Peach Mimosas/ F 11:00 Virtual Bridge Basics/CR 1:00 RSVT– Walmart/L 2:00 \$1 Bingo/F 3:00 Cobbler and CB Trivia/CR 4:00 Ping Pong Club/WS 4:30 3rd Floor Happy Hour	NO RSVT 10:00 Port Tour/ L 11:00 The Great Course: American History/CR 1:00 Mahjong/CR 2:30 Wine Tasting/ PDR 3:00 Caregiver Support Group/ AS 4:30 1st Floor Happy Hour/ AS	9:00-3 RSVT/ L 9:30 Morning Meditation/ WS 11:00 Farkle/ AS 1:30 Bridge Club/CR 2:00 Free Art/AS 2:00 P.S I Love You/F 3:30 Brain Games– Music Riff Off/CR 4:30 2nd Floor Happy Hour	9:00-3 RSVT /L 11:00 Mens Lifetime Learning Class/ CR 11:00 Watercolor Class/ AS 1:30 Bridge Club/ CR 2:00 RSVT-Harris Teeter/L 3:00 Elaine Henson Presentation/F 4:30 New Resident Happy Hour/ CY (Come Meet Your New Neighbors)	9:00-3 RSVT/ L Fall Recovery Clinic: What to do if you fall?/ WS 11:00 Farkle/ AS 1:15 Virgin River S. 4/ CR 1:30 Journey through the Bible with Bob Perry/CH 3:00 Tom and Daniel Duo /F 4:00 Ping Pong/WS

28	9:00-1 RSVT/ L 11:00 Beginner Free Art Class/ AS 11:00 Virtual Bridge Basics/CR 1:00 RSVT– Walmart/L 2:00 \$1 Bingo/F 3:00 Jeopardy/ F 4:00 Ping Pong/ WS 4:30 3rd Floor Happy Hour	NO RSVT 10:00 Biggers Market/ LS 11:00 The Great Course /CR 1:00 Mahjong/CR 3:00 August Birthday Celebration with performance from Emily Burdette/F 4:30 1st Floor Happy Hour/ AS	9:00-3 RSVT/ L 9:30 Morning Meditation 11:00 Farkle/ AS 1:30 Bridge Club/CR 2:00 Free Art /AS 2:00 Million Dollar Arm/ F 3:30 Brain Games-Virtual Vacation/ CR 4:30 2nd Floor Happy Hour	<h1 style="text-align: center;">AUGUST 2022</h1>	<p>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</p>
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WELCOME AUGUST



AUGUST 2022

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

Beach Day

August 8th is our second annual beach day! Come hang out with us at Carolina Beach for sun, sand, and waves. Ocean Cure will be there to ensure everyone has access! All you need to bring is yourself and be ready to have soak up the sun!

Feebs at Airlie Gardens

Our local favorite band Feebs, with lead singer Haley Norris is performing at Airlie Gardens on August 5th. Come hang out with us at the beautiful gardens and listen to some great music. Sign up in the activities binder to secure a spot on the bus! We will be leaving here at 5:30pm.

Eat a Peach Day

Time to get peachy! Did you know that August 22 is national "Eat a Peach Day"? We will be celebrating with peachy treats all day long. We will enjoy peach mimosas, peach cobbler, and more during your favorite activities.

Carolina Bay Olympics

It's that time of year again! Get ready for our very own CB Olympics. We will have meetings on the 4th and 12th of August where you will be assigned your team, have the chance to purchase t-shirts, hats, and sign up for the events you wish to compete in.

Speakers, Performers & Artists This Month

Tom Coleman

Tom is a 25 year veteran of dinner and community theater. He will be performing a 35 minute set titled "Laughing at Old Age". Come ready to share in the humor and lots of laughs.

Moe McKenna

A very talented artist will be leading a step-by-step acrylic painting class. Beginners are encouraged to participate. Sign ups are mandatory!

Vivace

Vivace Music is coming BACK to Carolina Bay! This talented group of 11 artists will be performing an in-house concert on August 11th!

Hedy Vandermeiden

Our very own Hedy has generously offered to present on her history and personal story and experiences from 1942 during the Dutch-Indie war with Japan.

Benjamin James

Ben is a young, talented pianist who will be returning to CB to perform various pieces of work. He plays classical, hymnals, and modern pieces. Don't miss out on this afternoon of peaceful piano.

Elaine Henson

Elaine will be continuing her presentation on vintage post cards and the impact they have on local history.

Tom And Daniel

Blind Violinist and accompanying Guitarist will perform an array of beautiful song selections on August 26th!

Shore Things This Month in Life Enrichment:

Art Classes:

Bob Ross Acrylic Painting Class, Maureen McKennas Acrylic Painting Class, Coffee & Color, Peachy Painting with Peach Mimosas, Free Art on Wednesdays at 2:00 and Watercolor class on Thursdays at 11:00.

Social Events:

The Breakfast Club, The Birthday Social, Wine Tasting, New Neighbors Happy Hour

Musical Events:

Vivace, Benjamin James Piano Player, Emily Burdette, Daniel A Bind Violinist & Tom A Guitarist (A Duo)

Educational Events:

Admiral Henderson presentation, Elaine Henson Presentation, The Great Course on U.S history, Carolina Bay-Men's Lifetime Learning Class, Carolina Bay Discussion Group, CB team trivia, Jeopardy, INSPIRE series, Ted Talk Tuesdays, Wine Tasting, Hedy Vandermeiden Presentation on Dutch-Indies War with Japan.

Resident Led Events:

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

Outings:

Rounds Golf and Ledos Pizza, Thalian Hall: Company, Airlie Gardens for Feebs Concert, Vivace at Wilson Center, Wrightsville Beach Sunset Tour, Port Tour and Biggers Market

This Month in Wellness:

INSPIRE Series: Spiritual Wellness Thursday August 18th at 3:15pm

Continuing after last month's INSPIRE Series talk, this month we will be talking about Spiritual Wellness. On the third Thursday in the forum we will be discussing the S in INSPIRE. Bring your notebooks from July and get ready to learn about this second dimension of wellness! Don't worry, this one will only be an hour ;)

Wellness Schedule Updates:

STARTING IN THE SECOND WEEK OF AUGUST AFTER BEACH DAY, there will be a few changes to the monthly wellness calendar. This includes a few additional pool classes: Monday and Friday's will include a beginner level supervised pool hour for anyone who is interested in water walking, bar exercises in the water or seated exercise in the water. Shannon will be in the pool and available to operate the lift for anyone who has concerns about getting into the pool. This will be a great opportunity for those who are trying to find ways to exercise or increase their mobility but find land exercise restrictive. Wednesday's will include pool based sports (like water polo and water volleyball) with instruction and referring from Shannon. This is great for anyone who enjoys fun and competition!

What to do if you fall clinic Friday August 26th

We will be holding another what to do if you fall clinic going over different strategies for getting off the floor and answering questions related to falls. Sign-ups for this will be put out later this month near the mailboxes. Similar to the one held earlier this year, we will have several sessions running all day that you have to sign up for to keep sessions individualized and safe.

Carolina Bay Olympics are just around the corner! Everyone will be receiving information relating to this years Olympics including registration, scheduling and important dates the first weekend. We will have a community wide information meeting Friday August 12 and a team meeting Friday August 19th to answer further questions, sign-up for events and begin strategizing with your teammates! The Carolina Bay Olympics will take place the last week in September the 23rd-30th.