

# A September To Remember

## Backyard Labor Day Bash

Join us in the courtyard to celebrate Labor Day! Drinks, snacks, and games provided from 10:00 am-11:30 am! There will be a putting, bocce, & a shuffleboard clinic during that time for the Olympics! Come celebrate Labor day with Life Enrichment and Wellness!

## Annual End Of Summer Luau

Get ready for our Annual Luau that will take place on September 8th from 6:00-8:00 PM. Food and Beverages will be served starting at 6:00! We also have an eight piece live band, Gary Lowder & Smokin hot, joining us to play all beach and shagging music starting at 6:30. Bring your dancing shoes and get ready to move! We will be holding a raffle and have had many local business' donate to our event to raise money for The Alzheimer's Foundation of America. Make sure that you dress in your Beachy and Hawaiian attire! This is one event that you will NOT want to miss!

## Salvation Army Clothing Donation

Please go through your closets and try to find any shoes and clothes that you are no longer in need of or using that have minimal wear and tear- We will have a large truck from Salvation Army here on Friday September, 9th at 11:00. Please drop off all bags by 10:30 AM in the forum!

## Spirit Week Socials:

Attend Our Spirit Week Socials to receive points for your team! Dress accordingly with the day and join us in the courtyard from 2:00-3:00, there will be treats & beverages along with a costume contest where you will be eligible to win even more points for your team!

| **Pirate Day** | **Safari Day** | **College Day** | **Carnival Day** | **Red Vs. Blue Day** |

## Speakers, Performers & Artists This Month

### Admiral Henderson

The admiral will be finishing his 8-week series this month on the first and second Friday of the month at 3:00 in the Forum.

### Benjamin James

Piano player, Benjamin James, will be returning to Carolina Bay on September 7th at 4:00 in the Forum.

### Moe McKenna

Moe McKenna will be returning to lead a fun fall painting class for beginners to intermediate painters! Even if art is not your thing, this class is nothing but fun!

### Gary Lowder

Gary Lowder & Smokin' Hot is a local beach music band who will be joining us for our Annual Luau this year- they will be playing all beach music and shagging music so put on your dancing shoes and lets have a ball!

### Randy Eubanks

Author and Motivational Speaker, Randy Eubanks, will be talking about how to live life to its fullest in your golden years. His mission is to teach people how to succeed spiritually, mentally, socially, financially, and physically in their lives. I

### Julie Rheder

Harpist, Julie, will be returning to Carolina Bay for our Olympics Art Gallery on September



SEPTEMBER 2022

630 CAROLINA BAY DR. WILMINGTON, NC 28403



Your Lifestyle Calendar Designed Around The Six 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, Craft Of The Day, Free Art on Wednesdays at 2:00 and Watercolor class on Thursdays at 11:00.

### Social Events:

The Breakfast Club, The Birthday Social, Spirit Week Socials, The Luau, Spirit Week Socials, Olympics!

### Musical Events:

Benjamin James Piano Player, Julie Rheder Harpists, The Luau!

### Educational Events:

Admiral Henderson presentation, The Great Course on U.S history, Carolina Bay Men's Lifetime Learning Class, Carolina Bay Discussion Group, Carolina Bay team trivia, Ted Talk Tuesdays, Randy Eubanks Motivational Speaker.

### 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:

Drift Coffee & Kitchen, The Boat House for Lunch, Thalian Hall: Forward Motion Dance Company Performance.

## This Month In Wellness

### Labor Day Courtyard Clinics 9/5

Join us Monday from 10-11:30am for a morning of Bocce, Putting, Cornhole and Shuffleboard! Brush up on your skills or learn some new ones in preparation for...

### The Carolina Bay Olympics! 9/23-9/30

Spirit Week: Monday 19th Pirate day, Tuesday 20th Safari day, Wednesday 21st College day, Thursday 22nd Carnival day

The week leading up to the Olympic games, earn points for your team by dressing up and participating in Spirit Week! Join us in the Courtyard every day from 2-3pm to show off your Olympic Spirit!

Friday 23rd Opening Ceremony - Friday 30th Closing Ceremony: Cheer, compete and most importantly have fun! Join the whole Carolina Bay community for a week of fun Olympic games where you can cheer on teammates and even participate in some of the events! The Olympics are a way to build community and try something new. At the end of the day if you had fun, then you won!

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# SEPTEMBER 2022

**Color Code:**  
**Magenta:** 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** 1  
 10:00 Audiology of Wilmington/ CR  
**11:00 Watercolor/ AS**  
 11:00 Mens Lifetime Learning Class/ CR  
**1:30 Mikes Farm Christmas Matinee, Show & Lights Ticket Purchase- 23 Seats Only- \$65 / AS**  
 1:30 Bridge Club/ CR  
**2:00 RSVT-Harris Teeter/L**

**9:00-3 RSVT/ L** 2  
**10:00 Breakfast Club: Mystery Breakfast/AS**  
 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 Admiral Henderson/ F**  
 4:00 Ping Pong/WS

**9:00-3 RSVT/ L** 3



**4** **9:00-1 RSVT/ L** 5  
**10:00 Backyard Labor Day Bash/CY**  
 11:00 Virtual Bridge Basics/ CR  
**1:00 RSVT—Target/L**  
 2:00 \$1 Bingo/F  
 4:00 Ping Pong Club/WS

**NO RSVT** 6  
**9:00 Drift Coffee & Kitchen/LS**  
 11:00 The Great Course on American History/CR  
**11:30 WUMC Luncheon/ PDR**  
 1:00 Mahjong/CR  
**2:00 Ted Talk Tuesday: "8 Principles To Achieve Optimal Health" / F**  
**3:00 Operations Co/ BL**  
 4:30 1st Floor Happy Hour/ AS

**9:00-3 RSVT/ L** 7  
**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 Sleepless In Seattle/ F**  
**3:00 Brain Games-Wii Games/ CR**  
**4:00 Benjamin James— Piano/F**  
 4:30 2nd Floor Happy Hour  
 4:30 Garden Flats Happy Hour

**9:00-3 RSVT / L** 8  
**11:00 Watercolor/AS** 9  
 11:00 Mens Lifetime Learning Class/ CR  
 1:30 Bridge Club/ CR  
**2:00 RSVT-Harris Teeter/ L**  
**6:00-8:00 ANNUAL SUMMER LUAU/ CY**

**9:00-3 RSVT/ L** 9  
 10:30 Audiologist Jason R / CR  
 11:00 Farkle/AS  
**11:00 Salvation Army Clothing Drive/L**  
 1:15 Virgin River S. 4/ CR  
 1:30 Journey through the Bible with Bob Perry/CH  
**3:00 Admiral Henderson/F**  
 4:00 Ping Pong/WS



**11** **9:00-1 RSVT/ L** 12  
**11:00 Craft Of The Day/ AS**  
 11:00 Virtual Bridge Basics/ CR  
**1:00 RSVT— Dillard's/L**  
 2:00 \$1 Bingo/F  
**2:00 Wellness Co/WS**  
**3:00 Life Enrichment Co/ AS**  
 4:00 Ping Pong Club/WS  
 4:30 3rd Floor Happy Hour

**NO RSVT** 13  
 11:00 The Great Course: American History/CR  
**11:00 Blue Team Meeting/F**  
**12:00 Lunch at Oceanic/LS**  
 1:00 Mahjong/CR  
 2:00 Core Library/ L  
**2:00 Ted Talk: "It Is Never To Late To Live Your Life To The Fullest" /F**  
 4:30 1st Floor Happy Hour/ AS

**9:00-3 RSVT/ L** 14  
**9:30 Morning Meditation/WS**  
**11:00 Red Team Meeting/ F**  
 11:00 Farkle/ AS  
 12:00 Chorus Rehearsal/F  
 1:30 Bridge Club/CR  
**2:00 Dining Committee/ Pub**  
**2:00 Painting with Moe McKenna/AS**  
**2:00 The Bourne Supremacy/F**  
**3:00 Brain Games— Scrabble/ F**  
 4:30 2nd Floor Happy Hour

**9:00-3 RSVT / L** 15  
**11:00 Watercolor/AS** 16  
 11:00 Mens Lifetime Learning Class/ CR  
 1:30 Bridge Club/ CR  
**2:00 RSVT-Harris Teeter/L**  
**3:30 Randy Eubanks, Author & Motivational Speaker Talks About Living In Your Golden Years/ F**  
**3:30 GB2 Committee/ BL**

**9:00-3 RSVT/ L** 16  
**10:00 The Breakfast Club: Smoothies/AS**  
**11:00 Council Members Meeting/CR**  
 11:00 Farkle/ AS  
 1:30 Journey through the Bible with Bob Perry/CH  
**2:30 September Birthday Social (Grab A Treat Before The Meeting)/F**  
**3:00 3rd Friday Resident Meeting/F**  
 4:00 Ping Pong/WS

**9:00-3 RSVT/ L** 17

**18** **9:00-1 RSVT/ L** 19  
**11:00 Bob Ross Acrylic Painting Class/ AS**  
 11:00 Virtual Bridge Basics/ CR  
**1:00 RSVT— Walmart/L**  
 2:00 \$1 Bingo/F  
**2:00 Pirate Social/CY**  
**3:00 BayWatch/ CR**  
 4:00 Ping Pong Club/WS  
 4:30 3rd Floor Happy Hour

**Pirate Day**

**NO RSVT** 20  
 10:30 Carolina Bay Discussion Group/ AS  
 11:00 The Great Course: American History/CR  
 1:00 Mahjong/CR  
**2:00 Safari Social/ CY**  
 4:30 1st Floor Happy Hour/ AS

**Safari Day**

**9:00-3 RSVT/ L** 21  
**9:30 Morning Mediation/ WS**  
 11:00 Farkle/ AS  
 12:00 Chorus Rehearsal/ F  
 1:30 Bridge Club/CR  
**2:00 The Bucket List/ F**  
**2:00 College Day Social/ CY**  
**3:00 Brain Games-Charades/ CR**  
 4:30 2nd Floor Happy Hour  
 4:30 Garden Flats Happy Hour

**College Day**

**9:00-3 RSVT / L** 22  
**11:00 Watercolor/ AS** 23  
 11:00 Mens Lifetime Learning Class/ CR  
 1:30 Bridge Club/ CR  
**2:00 RSVT-Harris Teeter/L**  
**2:00 Carnival Day Social/ CY**  
**6:30 Forward Motion Dance Company Performance @ Thalian Hall (Free)/ L**

**Carnival Day**

**9:00-3 RSVT/ L** 23  
**10am: Olympics Opening Ceremony (Courtyard)**  
**10:30am: Water Balloon Toss (Courtyard)**  
**2pm: Football throw and shuffleboard (Courtyard)**  
**2:30pm: Soccer kick and putting (Courtyard)**  
**3pm: Bocce / (Courtyard)**  
**2:30pm: Soccer kick and putting/ (Courtyard)**

**Red vs Blue Day**

**9:00-3 RSVT/ L** 24



**9am: Table Tennis Tournament [Singles and Doubles] (Wellness Studio)** 26  
**11am: Bridge (Cardroom)**  
**1pm: Pool Volleyball (Aquatics Center)**  
**2:30pm: Hall Race [Without Walking Device] (Outside of Activity Office)**  
**3pm: Hall Race [With Walking Device] (Outside of Activity Office)**

**9am: 1/2 Mile Walk Race (Front Entrance)** 27  
**10:30am: Chess, Checkers, Billiards [singles] (Cardroom)**  
**1pm: Water Polo (Aquatics Center)**  
**3pm: Water Balloon Archery (Courtyard)**

**10am: Seated Bowling (Wellness Studio)** 28  
**11am: Farkle (Art Studio)**  
**1pm: Swim Races (Aquatics Center)**  
**1:30pm: Water Basketball Shoot (Aquatics Center)**  
**4pm-5pm: Art Exhibit (Forum)**

**9am: 1 Mile Bike Race (Front Entrance)** 29  
**10am: Corn Hole (Courtyard)**  
**2pm: Single Leg Balance (Wellness Studio)**  
**2:30pm: Pool Walk (Aquatics Center)**  
**4pm: Red n Blue Feud Trivia (Forum)**

**9:00am: Breakfast (Market)** 30  
**11am: Closing Ceremony (Forum)**

