

WELCOME JANUARY



JANUARY 2023



Happy New Year

With welcoming in the new year it is time to set some goals for this upcoming year. Reflect on 2022 and be proud of yourself for all of the things that you have accomplished! We wish you a Happy New Year and promise to work as hard as we can to make your 2023 even better than last year.

CBs Got Talent

Do you have a talent that you want to share with your neighbors, something that you can do that makes you proud. Maybe playing an instrument, singing, dancing, acting, magic tricks, comedy, reciting a poem you've written, painting a picture etc. You may participate as a group, a duo, a trio or even solo! The Last Friday of January we will be showcasing our talents. You have the option to have your talent pre-recorded and broadcasted as well as performing live! This light hearted event will be super fun and absolutely entertaining!

ACTive Minds

In this new activity we will be working with improvisational acting techniques and skills to improve cognitive ability, care for brain health, broaden creative expression and help increase social interaction. This class will be loads of fun, 30 minute exercises and will allow our minds to soar.

Prayer Group

This group is back by popular demand. Life can be tough, this group is used as a safe space to come together with your neighbors to talk about where you need prayer in your life. In this group, we will come together to support one another through all things that life throws our way. It feels good to have a community behind you when you need support— lets pray together Thursday mornings at 9:30 in the Chapel.

Get To Know Your Neighbor

In the new year, we are bringing back this fun activity that is filled with team bonding activities, ice breaker games and socializing! We have had many new residents move in and this activity will allow us the chance to get to know one another on a deeper level! Even if you are not a new resident, please join us to welcome the ones who recently moved in. Moving to a new place can be overwhelming, so lets join together in making everyone feel welcomed! Wear your name tags!

All Resident Happy Hour

Join us for our monthly happy hour now held in the **Light House Market** where we will be joined by a talented musician, Scotti Stringz. Scotti has been requested by many to return and sing for us. His energy is immaculate— join us to socialize with all of your neighbors while enjoying a refreshing beverage and tasty snacks. All residents are encouraged to come!

Speakers, Performers & Artists This Month

Burnie Smith

Burnie will be singing for us and playing his guitar on the 5th of January at 3:00 in the Forum— come listen to some good tunes!

Jim Seems

Jim will be playing at our birthday social this upcoming month! Jim has not played for Carolina Bay before but he will be performing some nice background music for us as we enjoy each others company!

Scotti Stringz

Back by popular demand— this guy knows just how to party which is exactly why he will be here for our most fun event of the month! Come to our All Resident Happy Hour on the 19th of January at 3:00 in the Light House!

Randy Eubanks

Randy is an author and motivational speaker, come to the Forum on the 12th of January at 3:30 for his presentation!

Moe McKenna

Talented Artist back again for her monthly painting class, beginners, intermediate painters and advanced artists are all encouraged to attend this class! **Sign-Up required!!!**

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...

NEW ACTIVITIES:

POUND IT, ACTive Minds, Prayer Group, Get To Know Your Neighbor, CB Talent Show!

Art Classes:

Snow Man Wine Glass, Christmas Card Coasters, Gnome Craft, Edible Craft, Snow Flake Soap, 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, Get To Know Your Neighbor, All Resident Happy Hour, Coffee Chat.

Musical Events:

Jim Seems at the Birthday Social, Burnie Smith Sings, Scotti Stringz.

Informational Events:

INSPIRE presentation by Shannon Hardy: *Intellectual*, Randy Eubanks Motivational Speaker, The Great Course on U.S history, Mens Lifetime Learning Class,. Wine and Dessert Tasting, Teaching Kitchen With Chef TJ.

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

Outings: Regal Mayfaire— *A Man Called Otto*, The Famous Toastery, Duplin Winery & Bistro, The Wilson Center: *Annie*, UNCW: Chamber Music— *Cassat String Quartet*, Wilmington Symphony: *Rachmaninoff Symphonic Dances*, Breaktime Billiards.

This Month In Wellness...

Happy New Year! We will continue to go through Olympic events on Monday afternoons. Every Monday at 3pm in January we will be playing a different indoor game. Monday January 2nd at 3pm we will be playing scrabble in the card room. Monday January 9th at 3pm we will be taking the van to Breaktime Billiards to play 8 ball pool. We have also arranged for one of their professional Billiards players to be there for a group lesson for anyone who is interested in learning more about Billiards. Monday January 16th we will be playing checkers in the card room. Monday January 23rd we will take the van back to Breaktime Billiards to play 8 ball pool. Finally, Monday January 30th we will be playing a round of Jeopardy!

The INSPIRE Series will continue Thursday January 12th at 11am with a talk on Intellectual Well-Being in the Forum.

During the new year we encourage you to review the schedule and try a new class! Have you ever wondered what we do in Ageless Grace? Always wanted to try Seated Yoga but never got around to it? Interested in Ping Pong club, even if it's just to watch? Have you ever thought the pool looked inviting but haven't got around to a class yet? The start of the new year is a great time to ask questions and get involved! Shannon and Madison are always happy to take some time to talk about any and all things Wellness!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday						
1	9:00-1 RSVT/L 11:00 Edible Winter Craft/AS 1:00 RSVT-Food Lion/L 2:00 \$1 Bingo/F 3:00 Scrabble Tournament/CR 3:00 Baywatch/AS 4:00 Ping Pong Club/WS 4:30 3rd Floor Happy Hour	2	NO RSVT 10:00 Coffee Chat/AS 11:00 The Great Course on American History/CR TBD Regal Mayfaire: A Man Called Otto/L 1:00 Mahjong/CR 2:30 Get To Know Your Neighbor/F 4:30 1st Floor Happy Hour	3	9:00-1 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 Age of Adaline/F 3:00 ACTIVE Minds/CH 4:30 2nd Floor Happy Hour 4:30 Garden Flats Happy Hour	4	9:00-3 RSVT/L 9:30 Prayer Group/CH 10:00 Audiology of Wilmington/CR 11:00 Watercolor/AS 11:00 Mens Lifetime Learning Class/CR 1:30 Bridge Club/CR 2:00 RSVT-Harris Teeter/L 3:00 Burnie Smith Sings/F	5	9:00-3 RSVT/L 10:00 Breakfast Club/AS 11:00 Farkle/AS 11:30 POUND IT/WS 1:15 The Crown/CR 1:30 Journey through the Bible with Bob Perry/CH 2:30 Environmental Co/CR 2:30 Maintenance Co/BL 4:00 Ping Pong/WS	6	2:00 Pinochle & Rummikub/CR	7
8	9:00-1 RSVT/L 11:00 Christmas Card Coasters/AS 1:00 RSVT-Walmart/L 1:30 Book Club/CR 2:00 \$1 Bingo/F 2:00 Wellness Co/WS 3:00 Life Enrichment Co/AS 3:00 Billiards Outing/L 3:00 Board Game Day/CR 4:00 Ping Pong Club/WS 4:30 3rd Floor Happy Hour	9	NO RSVT 10:00 Coffee Chat/AS 11:00 The Great Course: American History/CR 1:00 Mahjong/CR 2:00 Core Library/L 2:30 Get To Know Your Neighbor/F 3:00 Operations Co/BL 4:30 1st Floor Happy Hour	10	9:00-1 RSVT/L 9:30 Morning Meditation/WS 11:00 Farkle/AS 12:00 Chorus Rehearsal/F 1:30 Bridge Club/CR 2:00 Dining Committee/ Pub 2:00 Where the Crawdad Sings/F 3:00 ACTIVE Minds/CH 4:30 2nd Floor Happy Hour	11	9:00-3 RSVT/L 9:30 Prayer Group/CH 11:00 INSPIRE Series: Intellectual with Shannon/F 11:00 Watercolor/AS 11:00 Mens Lifetime Learning Class/CR 1:30 Bridge Club/CR 2:00 RSVT-Harris Teeter/L 3:30 Randy Eubanks Motivational Speaker/F 6:45 Wilson Center: Rachmaninoff Symphonic Dances/L	12	9:00-3 RSVT/L 10:00 Breakfast Club/AS 10:00 Audiologist Jason R/CR 11:30 POUND IT/WS 11:00 Farkle/AS 1:15 The Crown/CR 1:30 Journey through the Bible with Bob Perry/CH 3:00 Wine and Dessert Tasting/PDR 4:00 Ping Pong/WS	13	2:00 Pinochle & Rummikub/CR	14
15	9:00-1 RSVT/L 11:00 Snow Man Wine Glass Craft/AS 1:00 RSVT-Trader Joes/L 2:00 \$1 Bingo/F 3:00 Checkers Tournament/CR 4:00 Ping Pong Club/WS	16	NO RSVT 9:30 Breakfast at The Famous Toastery/L 10:00 Coffee Chat/AS 11:00 The Great Course: American History/CR 1:00 Mahjong/CR 2:30 Get To Know Your Neighbor/F 4:30 1st Floor Happy Hour	17	9:00-1 RSVT/L 9:30 Morning Meditation/WS 11:00 Farkle/AS 12:00 Chorus Rehearsal/F 1:30 Bridge Club/CR 2:00 Intermediate Painting with Moe McKenna/AS 2:00 As Good As It Gets/F 3:00 ACTIVE Minds/CH 4:30 2nd Floor Happy Hour	18	9:00-3 RSVT/L 8:30 Breakfast With The Dining Director/Grill 9:30 Prayer Group/CH 11:00 Watercolor/AS 11:00 Mens Lifetime Learning Class/CR 1:30 Bridge Club/CR 2:00 RSVT-Harris Teeter/L 3:30 GB2 Committee/BL 3:00 All Resident Happy Hour With Scotti Stringz/LH	19	9:00-3 RSVT/L 10:00 Breakfast Club/AS 11:00 Council Members Meeting/CR 11:30 POUND IT/WS 11:00 Farkle/AS 1:15 The Crown/CR 1:30 Journey through the Bible with Bob Perry/CH 2:15 Hot Coco Bar/L 3:00 3rd Friday Meeting/F 4:00 Ping Pong/WS	20	2:00 Pinochle & Rummikub/CR	21
22	9:00-1 RSVT/L 11:00 DIY Snow Flake Soap Making Class/AS 1:00 RSVT-Independence Mall/L 2:00 \$1 Bingo/F 3:00 Billiards Outing/L 3:00 Board Game Day/CR 3:30 MLK Movie/F 4:00 Ping Pong Club/WS 4:30 3rd Floor Happy Hour	23	NO RSVT 10:00 Coffee Chat/AS 10:00 Duplin Winery & Bistro/L 11:00 The Great Course: American History/CR 1:00 Mahjong/CR 3:00 Caregiver Support Group/f 3:00 January Birthday Social with Jim Seems/LH 4:30 1st Floor Happy Hour	24	9:00-1 RSVT/L 9:30 Morning Meditation/WS 11:00 Farkle/AS 12:00 Chorus Rehearsal/F 1:30 Bridge Club/CR 2:00 The Kings Speech/F 3:00 ACTIVE Minds/CH 4:30 2nd Floor Happy Hour 4:30 Garden Flats Happy Hour	25	9:00-3 RSVT/L 9:30 Prayer Group/CH 11:00 Watercolor/AS 11:00 Mens Lifetime Learning Class/CR 1:30 Bridge Club/CR 2:00 RSVT-Harris Teeter/L 3:00 Teaching Kitchen with Chef TJ/LH	26	9:00-3 RSVT/L 10:00 Breakfast Club/AS 10:00 Audiologist Jason R/CR 11:00 Farkle/AS 11:30 POUND IT/WS 1:15 The Crown/CR 1:30 Journey through the Bible with Bob Perry/CH 2:30 CB Got Talent/F 4:00 Ping Pong/WS	27	2:00 Pinochle & Rummikub/CR	28
29	1:15 Annie at the Wilson Center/L 9:00-1 RSVT/L 11:00 Gnome Craft/AS 1:00 RSVT-Publix/L 2:00 \$1 Bingo/F 3:30 Jeopardy Competition/F 4:00 Ping Pong Club/WS 4:30 3rd Floor Happy Hour	30	NO RSVT 10:00 Coffee Chat/AS 11:00 The Great Course: American History/CR 1:00 Mahjong/CR 2:30 Get To Know Your Neighbor/F 4:30 1st Floor Happy Hour/AS 6:45 Wilson Center: River Dance/L	31	Color Code: Magenta: Activities With Life Enrichment Orange: Performers, Speakers and Artists Black: Resident Led Activities Red: Committee Meetings Blue: Outings Green: Shopping Trips Movies: Wednesdays at 2:00	<h1>January 2023</h1>						