

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

MARCH 2023

Color Code:
Magenta: Activities With Life Enrichment
Orange: Performers, Speakers and Artists
Black: Resident Led Activities
Red: Committee Meetings
Blue: Outings
Green: Shopping Trips

			<p>9:00-1 RSVT/ L 1 9:30 Meditation/ WS 11:00 Farkle/ AS 1:30 Bridge Club/CR 2:00 The Kings Speech/F 2:00 Free Art /AS 3:00 Walking Club/L 4:30 2nd Floor Happy Hour</p>	<p>9:00-3 RSVT/L 2 10:00 Audiology of Wilm/ CR 11:00 Watercolor/ AS 11:00 Mens Lifetime Learning Class/ CR 1:30 Bridge Club/ CR 2:00 RSVT-Harris Teeter/L 2:00 Wii Games/BL 3:00 Dementia Live by Ha-ley Kinne-Norris/F</p>	<p>9:00-3 RSVT/ L 3 10:00 Breakfast Club/AS 11:00 Farkle/ AS 11:30 POUND IT/WS 1:15 Sweet Magnolias/CR 1:30 Bible study w/ Bob/CH 2:00 POUND IT/WS 2:30 Environmental Co/CR 2:30 Maintenance Co/BL 4:00 Ping Pong/WS</p>	<p>2:00 Rummikub/CR 4</p>
<p>1:15 Chicago (Van Transportation) / L 5</p>	<p>9:00-1 RSVT/L 6 11:00 Shamrock Wreath/ AS 1:30 Book Club: Movie on Education of Little Tree/CR 2:00 \$1 Bingo/F 3:00 Courtyard Games 3:00 Baywatch/ AS 4:00 Ping Pong Club/WS 4:30 3rd Floor Happy Hour</p>	<p>NO RSVT 7 10:00 Positivity Workshop/AS 11:00 The Great Course: Conquest of Americas/CR 1:00 Mahjong/CR 2:00 Get To Know Your Neighbor/AS 3:00 Operations Co/ BL 4:30 1st Floor Happy Hour</p>	<p>9:00-1 RSVT/ L 8 9:30 Meditation/ WS 11:00 Farkle/ AS 12:00 Chorus Rehearsal/F 1:30 Bridge Club/CR 2:00 Dining Committee/ Pub 2:00 Elvis/F 3:00 Walking Club/ L 4:30 2nd Floor Happy Hour</p>	<p>9:00-3 RSVT/L 9 11:00 Watercolor/AS 11:00 Mens Lifetime Learning Class/ CR 1:30 Bridge Club/ CR 2:00 RSVT-Harris Teeter/l 3:00 All Resident Happy Hour w David Bohn/ LH</p>	<p>9:00-3 RSVT/ L 10 10:00 Breakfast Club/ AS 10:00 Audiologist Jason R/ CR 11:30 POUND IT/WS 11:00 Farkle/AS 1:15 Sweet Magnolias/CR 1:30 Bible study w/ Bob/CH 2:00 POUND IT/ WS 4:00 Ping Pong/WS</p>	<p>2:00 Rummikub/CR 11</p>
<p>3:20 Chamber Music: Trio Reveron (10 Seats) /L 12</p>	<p>9:00-1 RSVT/L 13 11:00 Women's History Craft/ AS 1:30 Book Club/CR 2:00 \$1 Bingo/F 2:00 Wellness Co/WS 3:00 Life Enrichment Co/AS 3:00 Liberty Games Send Off/ CY 4:00 Ping Pong Club/WS 4:30 3rd Floor Happy Hour</p>	<p>NO RSVT 14 10:00 Coffee Chat /AS 11:00 The Great Course: Conquest of Americas/CR 1:00 Mahjong/CR 2:00 Core Library/ L 2:00 Get To Know Your Neighbor/AS 4:30 1st Floor Happy Hour</p>	<p>9:00-1 RSVT/L 15 LIBERTY GAMES 9:30 Meditation/ WS 11:00 Farkle/ AS 12:00 Chorus Rehearsal/ F 1:30 Bridge Club/CR 2:00 Paint with Moe /AS 2:00 Death In The Nile/F 3:00 Walking Club/L 4:30 2nd Floor Happy Hour</p>	<p>9:00-3 RSVT/ L 16 LIBERTY GAMES 8:30 Breakfast With The Dining Director/ Grill 11:00 Watercolor/AS 11:00 Mens Lifetime Learning Class/ CR 1:30 Bridge Club/ CR 2:00 RSVT-Harris Teeter/l 3:00 Jeopardy/F</p>	<p>9:00-3 RSVT/ L 17 LIBERTY GAMES Leprechaun Hunt/L 11:00 Farkle/ AS 1:15 Sweet Magnolias/CR 1:30 Bible Study w/ Bob/CH 2:00 Celebration for Leprechauns Safe Return w Duke Ladd/CY 4:00 Ping Pong/WS</p>	<p>2:00 Rummikub/CR 18</p>
	<p>19 9:00-1 RSVT/ L 20 11:00 Edible Spring Craft/AS 1:00 RSVT- Food Lion/L 2:00 \$1 Bingo/F 3:00 Courtyard Games 4:00 Ping Pong Club/WS 4:30 3rd Floor Happy Hour</p>	<p>NO RSVT 21 10:00 Positivity Workshop/AS 11:00 The Great Course: Conquest of Americas/CR 11:00 Fishy Fishy & South Port Shopping/L 1:00 Mahjong/CR 2:00 Get To Know Your Neighbor/AS 4:30 1st Floor Happy Hour</p>	<p>9:00-1 RSVT/ L 22 9:30 Meditation / WS 11:00 Farkle/ AS 12:00 Chorus Rehearsal/ F 1:30 Bridge Club/CR 2:00 Chef/ F 3:00 Walking Club/L 4:30 2nd Floor Happy Hour</p>	<p>9:00-3 RSVT/ L 23 11:00 Watercolor/ AS 11:00 Mens Lifetime Learning Class/ CR 1:30 Bridge Club/ CR 2:00 RSVT-Harris Teeter/L 2:00 Teaching Kitchen/Grille 3:00 Mental Health in Aging w Luisa Martin/F 3:30 GB2 Committee/ BL</p>	<p>9:00-3 RSVT/L 24 10:00 Breakfast Club/AS 11:00 Farkle/AS 11:00 Council Meeting/CR 11:30 POUND IT/WS 1:15 Sweet Magnolias/ CR 1:30 Bible Study w/ Bob/CH 2:00 POUND IT/WS 3:00 All Resident Meting/F 4:00 Ping Pong/WS</p>	<p>2:00 Rummikub/CR 25</p>
<p>3:00 Brahms Symphony No. 3 (14 tickets, sign up in performance binder) 26</p>	<p>9:00-1 RSVT/ L 27 11:00 Sugar Scrubs/AS 12:00 WUMC Luncheon/PDR 1:00 RSVT- Target/L 2:00 \$1 Bingo/F 3:00 Courtyard Games 4:00 Ping Pong Club/WS 4:30 3rd Floor Happy Hour</p>	<p>NO RSVT 28 10:00 Coffee Chat/AS 11:00 The Great Course: Conquest of Americas/CR 1:00 Mahjong/CR 2:00 Get To Know Your Neighbor/AS 3:00 Caregiver Support Group/F 4:30 1st Floor Happy Hour/ AS</p>	<p>9:00-1 RSVT/ L 29 9:30 Meditation/WS 11:00 Farkle/ AS 12:00 Chorus Rehearsal/ F 1:30 Bridge Club/CR 2:00 The Devil Wears Prada/F 3:00 Walking Club/L 4:30 2nd Floor Happy Hour</p>	<p>9:00-3 RSVT/ L 30 11:00 Watercolor/ AS 11:00 Mens Lifetime Learning Class/ CR 1:30 Bridge Club/ CR 2:00 RSVT-Harris Teeter/L 3:00 Birthday Social w Scotti Stringz/ LH</p>	<p>9:00-3 RSVT/ L 31 10:00 Breakfast Club/ AS 10:00 Audiologist Jason R/ CR 11:30 POUND IT/WS 11:00 Farkle/AS 1:15 Sweet Magnolias/ CR 1:30 Bible study w/ Bob/CH 2:00 POUND IT/ WS 3:00 Professor Dr. News-ham Lecture/F 4:00 Ping Pong/WS</p>	

March Madness



March 2023

Speakers, Performers, & Artists This Month

Haley Kinne-Norris

Haley—our previous wellness director, will be presenting on Dementia Live. Please join us in the Forum on March 2nd at 3:00!

Dave Bohn

Join us at our monthly happy hour with Dave Bohn! Dave is a great entertainer who plays the guitar and sings! Come socialize and enjoy his tunes on March 9th at 3:00 in the Light House.

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!!**

Duke Ladd

Duke Ladd has performed for us on many occasions but has not been back in three years. Lets give him a warm welcome and join him at our St. Patricks day social when we celebrate the re-turning of all the leprechauns. March 17th at 2:00 in the Courtyard!

Luisa Martin

Luisa is a registered therapist that works at the Senior Resource Center in Wilmington. She will be discussing mental health in the aging population. Come to this talk to receive points towards our Recreation Challenge! This talk will be held on March 23rd at 3:00 in the Forum.

Scotti Stringz

Back by **VERY** popular demand— this guy knows just how to party which is exactly why he will be here to celebrate our March Born Residents at our Birthday Social on March 30th at 3:00 in the Light House.

Dr. Tina Newsham

UNCW Professor Dr. Newsham will be joining us for a lecture that you will not want to miss. More details in the section labeled “This Month In Wellness:”

March Birthdays

Norman Deakyne 3/3

Joan Pio 3/18

Ginny Hall 3/27

Grace Napper 3/8

Marie Risco 3/19

Jim Hagen 3/27

Ann Hill 3/16

Hedy Vandermeiden 3/20

Roger Simmons 3/29

Colleen Bastuscheck 3/17 **Christian Swiers 3/21**

Movies

The Kings Speech- *Because this movie was interrupted we are re running it to ensure everyone can watch it completely through. * “The story of King George VI, his impromptu ascension to the throne of the British Empire in 1936, and the speech therapist who helped the unsure monarch overcome his stammer.”

Elvis- “It follows the life of the American rock and roll singer and actor Elvis Presley, told from the perspective of his manager, Colonel Tom Parker”

Death In The Nile- “Belgian sleuth Hercule Poirot's Egyptian vacation aboard a glamorous river steamer turns into a terrifying search for a murderer when a picture-perfect couple's idyllic honeymoon is tragically cut short.”

Chef- “A head chef quits his restaurant job and buys a food truck in an effort to reclaim his creative promise, while piecing back together his estranged family.”

The Devil Wears Prada- “A smart but sensible new graduate lands a job as an assistant to Miranda Priestly, the demanding editor-in-chief of a high fashion magazine.”

630 CAROLINA BAY DR. WILMINGTON, NC 28403

Your lifestyle calendar designed around INSPIRE:

Inclusive, Nutritional, Spiritual, Physical, Intellectual, Recreational, Engaging

This Month In Life Enrichment...

NEW ACTIVITIES:

POUND IT, Positivity Workshop, Walking Club, Courtyard Games, Wii Games

Art Classes:

Shamrock Wreath Making, Womens History Craft, Edible Spring Craft, Sugar Scubs Craft, 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, Liberty Games Send Off, Courtyard Games, Walking Club, Leprechauns Return Celebration

Musical Performers:

Scotti Stringz, Dave Bohn, Duke Ladd

Informational Events:

Dementia Live by Haley Kinne-Norris, The Great Course on Conquest of the Americas, Men's Lifetime Learning Class, Teaching Kitchen with Morrisons, Lecture by Gerontologist Dr. Newsham

Resident Led Events: Farkle, Knitting Club, Bingo, Virtual Bridge Basics, Book Club, Free Art, Bridge Club, Bible Study with Bob Perry, Mahjong, Pinnochle, Rummikub

Outings: Wilson Center: *Chicago*, Chamber Music: *Trio Reveron*, Fishy Fishy and SouthPort Shopping, Wilmington Symphony: *Brahms Symphony No. 3*

This Month in Wellness:

Liberty Games Send Off Monday March 13th at 3:00pm in the Courtyard Join us in celebrating our Carolina Bay athletes who are representing our community at the 2023 Liberty Games in Mount Pleasant, SC! Wear your red and blue Olympics attire to celebrate

The second annual Liberty Games is taking place in Mount Pleasant, SC on March 15-17. Competing residents from 8 of Liberty's independent living communities will face off in various Olympic events for the Liberty Games trophy! Last year was the first ever Liberty Games hosted here at Carolina Bay and we won!

Dr. Newsham Lecture Friday March 31st at 3:00pm in the Forum Join UNCW Gerontology program coordinator Dr. Tina Newsham for a lecture discussing the role of art in addressing ageism and promoting an age-inclusive society with a special focus on female artists in recognition of Women's History Month.

Courtyard Games are back again with the beautiful weather. Join us on Mondays at 3:00 for fun in the sun. Bocce, shuffle board, putting, cornhole and more... Bring a friend and join us for some healthy competition.