

ALOHA SEPTEMBER

Educational Enrichment Series: History of Paper Making

For our next Educational Enrichment series, Ernie Alexander will be presenting on the History of Paper Making. Join him in the forum on Friday September 1st at 3pm.

Susan Savia

Susan is a seasoned professional soloist, acoustic singer, and instrumentalist. She performs songs from the 20's, to the 80's, jazz, classic country and more! Come down to the Lighthouse to enjoy her performance during Wine Wednesday on September 6th at 3pm.

Moe McKenna

Moe is a talented artist and teacher! She teaches a beginner to intermediate level acrylic painting class with step-by-step instruction and provides all materials! This class is perfect for those just starting or want to continue honing their artistic skills! Sign up in the activity's binder for her class on Wednesday, September 13th at 3pm in the art studio

ReSoul Band

Carolina Bay is proud to announce that ReSoul, Wilmington's hottest dance band will be performing at this year's End of Summer Luau celebration! Their song list has no boundaries and are known for dance, rock, and country tunes from the 60's and 70's! Dance the night away from 4-6pm on Thursday, September 14th!

Bradley Creek Healthcare

Representatives of Bradley Creek's healthcare team will be presenting on the different levels of care and the healthcare provided. Join us in on Tuesday, September 19th at 3pm in the forum.

Scotti Stringz

Are you ready to rock n roll? Scotti is returning to rock the lighthouse during our monthly Resident Happy Hour! Come on out for some light snacks, beverages, and a good time on Thursday, September 21st at 3:30pm in the Lighthouse!

Cardiac Rehab

Cardiac Rehab is returning to Carolina Bay to present on heart health! Learn heart healthy tips and tricks, as well as what to look out for! They will be in the forum on Friday, September 22nd at 3pm.

Julia Rheder & Susan Savia

Julia & Susan, both seasoned string instrumentalists will be performing during the Art Gallery, as you enjoy and learn more about your talented neighbors! All are invited to dress to the nines as the first official Olympic Event! The music will begin at 3:30pm on Thursday, September 28th.



SEPTEMBER 2023



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

This Month In Life Enrichment...

Art Classes:

Luau Center Piece Creating, Olympics Poster Designing, Olympics Noise Makers Assembly, Moe McKenna Art Class and Watercolor class on Thursdays at 11:00, Free Art.

Social Events:

The Annual End Of Summer Luau, The Breakfast Club, The Birthday Social, Wine Wednesday, All Resident Happy Hours, Courtyard Games, Music Bingo, Olympics Socials.

Educational Events:

Educational Enrichment Series: Paper Making by Ernie Alexander, Bradley Creek Health Care Talk, Cardiac Rehabilitation Presentation, The Great Course, Carolina Bay Men's Lifetime Learning Class, Jeopardy.

Musical Acts:

Susan Savia, Scotti Stringz, Wilmington's Biggest Dance Band: ReSoul, Julie Rhedar.

Resident Led Events:

Farkle, Bingo, Book Club, Free Art, Party Bridge, Duplicate Bridge, Bible Study with Bob Perry, Mahjong, Knitting Club, Ping Pong Club.

Outings: Thalian Hall: PROM, Olympics Outing: Thrifting & Party City, Indochine, Movies: Barbie, Blueberry Grille & Lumina Station, North Carolina Symphony: Beethoven No. 2.

This Month In Wellness...

Meet us in the Forum on Labor Day, **9/4 from 10-11:30am** for lots of fun indoor games! You can also use this as an opportunity to practice some Olympic events!

We will be continuing the INSPIRE series this month, on the topic of Nutrition. Come see what it's all about on **Friday 9/8 at 3pm** in the Forum!

We will host the Novant Cardiac Rehab team for a panel event discussing all things related to Cardiac Health at **3pm in the Forum on Friday 9/22**.

Kicking off the Olympics festivities, our Spirit Week will take place from **9/25-9/28**. Dress up in your most spirited outfits and come hang with us at the socials!

2023 Carolina Bay Olympics will begin **Friday 9/29!** Join us for Opening Ceremony at **10am in the Courtyard!**

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

SEPTEMBER 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
All Movies Will Be Held At 2:00 In The Forum

9:00-3 RSVT/ L
 10:00 Breakfast Club/AS 1
 11:00 Farkle/ AS
 11:30 POUND IT/WS
 1:15 Anne with an "E"/CR
 1:15 Mikes Farm Christmas Show Ticket Purchase/BL
 1:30 Bible Study w Bob/CH
 1:30 Knitting Club/AS
 2:00 Environmental Co/CR
 3:00 Educational Enrichment Series: History of Paper Making/F
 4:00 Ping Pong/WS
 7:00 Party Bridge

2:00 Pinochle & Rummikub/CR 2

3 9:00-1 RSVT/ L
 10:00-11:30 Labor DAY 4
 Indoor Games/F
 11:30 Labor Day Cook-out /LH
 2:00 \$1 Bingo/F
 4:00 Ping Pong Club/WS
 4:30 3rd Floor Happy Hour

4 NO RSVT
 TBD Flu Shot Clinic/F 5
 11:00 The Great Course/CR
 1:00 Mahjong/CR
 2:00 CORE/L
 2:30 Rockin Rollators/WS
 3:00 M&O Committee/BL
 4:30 1st Floor Happy Hour

6 9:00-3 RSVT/ L
 9:30 Meditation/ WS 6
 11:00 Farkle/ AS
 12:00 Chorus Rehearsal/F
 1:30 Duplicate Bridge/CR
 2:00 Scent Of A Woman/F
 3:00 Wine Wednesday w Susan Savia/LH
 6:50 Thalian Hall: PROM/L
 4:30 2nd Floor Happy Hour

7 9:00-3 RSVT /L
 10:00 Audiology of Wilm/BL
 10:30 Book Club Movie: Captain Corelli's Mandelin/CR
 11:00 Watercolor/ AS
 1:30 Party Bridge / CR
 2:00 RSVT-Harris Teeter/L
 3:30 Jeopardy/F
 4:15 Flats Happy Hour

8 9:00-3 RSVT/ L
 10:00 Breakfast Club/AS 8
 10:00 Audiologist Jason/CR
 11:00 Farkle/AS
 11:30 POUND IT/WS
 1:15 Anne with an "E"/CR
 1:30 Bible Study w Bob/CH
 1:30 Knitting Club/AS
 3:00 INSPIRE Series: Nutrition/F
 4:00 Ping Pong/WS

2:00 Pinochle & Rummikub/CR 9

4:00 GB2: Becoming Dr. Ruth: Sex therapist Theatrical Play (By Reservation Only) /F 10

11 9:00-1 RSVT/L
 11:00 Luau Centerpiece Making/ AS
 11:00 Mens Lifetime Learning Class/ CR
 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 Courtyard Games/CY
 4:00 Ping Pong Club/WS
 4:30 3rd Floor Happy Hour
 8:00 Monday Night Trivia/PUB

12 NO RSVT
 10:00 Coffee & Pastries/ AS
 11:00 The Great Course/CR
 1:00 Mahjong/CR
 TBD Movies: Barbie/LS
 2:30 Rockin Rollators/WS
 3:00 Music Bingo/AS
 4:30 1st Floor Happy Hour

13 9:00-3 RSVT/ L
 9:30 Meditation/WS 13
 11:00 Farkle/ AS
 11:00 WUMC Chapel Service/CH
 12:00 Chorus Rehearsal/F
 1:30 Duplicate Bridge/CR
 2:00 Free Art/AS
 2:00 Dining Committee/ Pub
 2:00 Peanut Butter Falcon/F
 3:00 Paint w/ Moe McK/AS
 4:30 2nd Floor Happy Hour

14 9:00-3 RSVT /L
 11:00 Watercolor/AS 14
 11:00 GB2 CO/BL
 1:30 Party Bridge/ CR
 2:00 RSVT-Harris Teeter/L
 2:00 Finance Committee/BL
 4:00 End Of Summer Celebration/CY



15 9:00-3 RSVT/ L
 10:00 Breakfast Club/AS 15
 11:00 Council Members/CR
 11:00 Farkle/AS
 11:30 POUND IT/WS
 1:15 Anne with an "E"/CR
 1:30 Bible Study w Bob/CH
 1:30 Knitting Club/AS
 3:00 All Resident Meeting/F
 4:00 Ping Pong/WS
 7:00 Party Bridge

2:00 Pinochle & Rummikub/CR 16

17 9:00-1 RSVT/ L
 11:00 Olympics Poster Making /AS 18
 11:00 Mens Lifetime Learning Class/ CR
 1:00 RSVT- Food Lion/L
 2:00 \$1 Bingo/F
 4:00 Ping Pong Club/WS
 3:00 Courtyard Games/CY
 4:30 3rd Floor Happy Hour
 8:00 Monday Night Trivia/PUB

19 NO RSVT
 10:00 Coffee Chat/AS 19
 11:00 The Great Course/CR
 10:00 Thrifting, Party City & Indochine/L
 1:00 Mahjong/CR
 2:30 Rockin Rollators/WS
 3:00 Bradley Creek Healthcare Talk/F
 4:30 1st Floor Happy Hour

20 9:00-3 RSVT/ L
 9:30 Meditation/ WS 20
 11:00 Farkle/ AS
 12:00 Chorus Rehearsal/ F
 1:30 Duplicate Bridge/CR
 2:00 Free Art/AS
 2:00 Mamma Mia/F
 4:30 2nd Floor Happy Hour

21 9:00-3 RSVT /L
 11:00 Watercolor/AS 21
 1:30 Party Bridge/CR
 2:00 RSVT-Harris Teeter
 3:30 All Resident Happy Hour w Scotti Stringz & Birthday Social/LH
 4:15 Flats Happy Hour

22 9:00-3 RSVT/ L
 10:00 Breakfast Club/AS 22
 11:00 Farkle/AS
 11:30 POUND IT/WS
 1:15 Anne with an "E"/CR
 1:30 Bible Study w Bob/CH
 1:30 Knitting Club/AS
 3:00 Cardiac Rehab Presentation/F
 4:00 Ping Pong/WS

2:00 Pinochle & Rummikub/CR 23

24 9:00-1 RSVT/ L
 11:00 Olympics Noise Makers/AS 25
 11:00 Mens Lifetime Learning Class/ CR
 1:00 RSVT- Trader Joes/L
 2:00 Olympics Social/CY
 4:00 Ping Pong Club/WS
 4:30 3rd Floor Happy Hour
 8:00 Monday Night Trivia/PUB
 Spirit Week: Dynamic Duos

26 NO RSVT
 9:15 Blueberry Grille & Lumina Station/L 26
 11:00 The Great Course/CR
 1:00 Mahjong/CR
 2:00 Olympics Social/CY
 3:00 Support Group/F
 4:30 1st Floor Happy Hour
 Spirit Week: Cowboys and Hippies

27 9:00-3 RSVT/ L
 9:30 Meditation/ WS 27
 11:00 Farkle/ AS
 12:00 Chorus Rehearsal/ F
 1:30 Duplicate Bridge/CR
 2:00 Free Art/ AS
 2:00 A Good Year/ F
 2:00 Olympics Social/CY
 6:50 NC Symphony: Beethoven NO.2/L
 4:30 2nd Floor Happy Hour
 Spirit Week: Out Of This World

28 9:00-3 RSVT /L
 11:00 Watercolor/AS 28
 1:30 Party Bridge/CR
 2:00 RSVT-Harris Teeter
 3:30 Olympics Art Gallery & Social/F
 4:15 Flats Happy Hour
 Spirit Week: Dress To The Nines

29 9:00-3 RSVT/ L
 10:00 Opening Ceremony/CY 29
 10:30 Water Balloon/ CY
 11:00 Football Throw/ CY
 11:00 Soccer Kick/CY
 2:00 Shuffle Board/CY
 2:00 Putting/CY

2:00 Pinochle & Rummikub/CR 30