

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

November 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

9:00-3 RSVT/ L **1**
 11:00 Farkle/ AS
 12:00 Chorus Rehearsal/F
 1:30 Duplicate Bridge/CR
1:10 Wilson Center: To Kill A Mocking Bird/L
2:00 Wonder/F
 4:30 2nd Floor Happy Hour

9:00-3 RSVT/L **2**
 10:00 Audiology of Wilm/ CR
11:00 Watercolor/ AS
 1:30 Party Bridge/ CR
2:00 RSVT-Harris Teeter/L
3:00 The Health of The Cape Fear River/F

9:00-3 RSVT/ L **3**
10:00 Breakfast Club/AS
 11:00 Farkle/ AS
11:30 POUND IT/WS
 1:15 Virgin River/CR
 1:30 Bible study w/ Bob/CH
 1:30 Knitting Club/AS
2:00 Environmental Co/CR
2:30 Five Piece Jazz Ensemble/F
 4:00 Ping Pong/WS
 7:00 Party Bridge/CR

2:00 Rummikub/CR **4**

2:00 Chess Club/PDR **5**

9:00-1 RSVT/L
 11:00 Mens LL Class/CR
11:00 Veterans Day Cards/AS
1:00 RSVT-Food Lion/L
 1:00 Book Club/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
 8:00 Pub Trivia/PUB

NO RSVT **6**
 11:00 The Great Course: Music History/CR
11:00 Duplin Winery/L\$
 1:00 Mahjong/CR
3:00 M/O Co/ BL
 4:30 1st Floor Happy Hour
 4:30 Flats Happy Hour

9:00-3 RSVT/ L **8**
9:30 Meditation/ WS
 11:00 Farkle/ AS
 12:00 Chorus Rehearsal/F
 1:30 Duplicate Bridge/CR
2:00 Dining Co/ Pub
3:00 Moe Mckenna Painting Class/AS
 4:30 2nd Floor Happy Hour

9:00-3 RSVT/L **9**
11:00 Watercolor/AS
 1:30 Party Bridge/ CR
2:00 RSVT-Harris Teter/I
2:00 Finance Co/ CR
3:00 Ukaholics Performance/F
3:30 GB2 Co/BL

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 Virgin River/CR
 1:30 Knitting Club/AS
 1:30 Bible study w/ Bob/CH
2:30 Veterans Day Program/F
 4:00 Ping Pong//WS



4:00 GB2 Concert Performance (By Reservation Only)/F **12**

9:00-1 RSVT/L
 11:00 Mens LL Class/CR
11:00 Sweet Edible Turkey Craft/ AS
1:00 RSVT- Walmart/L
 2:00 \$1 Bingo/F
2:00 Wellness Co/WS
3:00 LE Co/AS
3:00 Courtyard Games
 4:00 Ping Pong Club/WS
 4:30 3rd Floor Happy Hour
 8:00 Pub Trivia/PUB

NO RSVT **14**
 11:00 The Great Course: Music History/CR
11:00 South Port Trip: Oliver/ L\$
 1:00 Mahjong/CR
 2:00 Core Library/ L
3:00 Board Games Galore/BL
 4:30 1st Floor Happy Hour

9:00-3 RSVT/L **15**
9:30 Meditation/ WS
 11:00 Farkle/ AS
 12:00 Chorus Rehearsal/ F
 1:30 Duplicate Bridge/CR
2:00 Woman In Gold/F
3:00 Walking Club/L
 4:30 2nd Floor Happy Hour

9:00-3 RSVT /L **16**
 8:30 Breakfast With The Dining Director/ Grill
11:00 Watercolor/AS
 1:30 Party Bridge/ CR
2:00 RSVT-Harris Teeter/I
3:30 All Resident Happy Hour & Birthday Social/LH

9:00-3 RSVT/ L **17**
10:00 Breakfast Club/AS
 11:00 Farkle/ AS
11:00 Council Members Meeting/CR
11:30 POUND IT/WS
 1:15 Virgin River/CR
 1:30 Knitting Club/AS
 1:30 Bible Study w/ Bob/CH
3:00 All Resident Meeting/F
 4:00 Ping Pong/WS

12:30 Wilson Center: Pretty Woman/L\$ **18**
2:00 Rummikub/CR

2:00 Chess Club/PDR **19**

9:00-1 RSVT/ L
 11:00 Mens LL Class/ CR
11:00 Fall Corner Book Mark/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
 8:00 Pub Trivia/PUB

NO RSVT **21**
 11:00 The Great Course: Music History/CR
 1:00 Mahjong/CR
11:00 Six Happiness/L\$
3:00 Board Games Galore/BL
 4:30 1st Floor Happy Hour
 4:30 Flats Happy Hour

9:00-3 RSVT/ L **22**
9:30 Meditation / WS
 11:00 Farkle/ AS
 12:00 Chorus Rehearsal/ F
 1:30 Duplicate Bridge/CR
2:00 Champions/ F
3:00 Moe Mckenna Painting Class/AS
 4:30 2nd Floor Happy Hour

NO RSVT **23**
HAPPY THANKSGIVING Y'ALL!


9:00-3 RSVT/ L **24**
 11:00 Farkle/AS
 1:30 Knitting Club/AS
 1:30 Bible study w/ Bob/CH
 4:00 Ping Pong/WS

2:00 Rummikub/CR **25**

2:00 Chess Club/PDR **26**

9:00-1 RSVT/ L
 11:00 Mens LL Class/CR
11:00 Pine Cone Turkey/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
 8:00 Pub Trivia/PUB

NO RSVT **28**
 11:00 The Great Course: Music History/CR
11:00 Olive Garden/L\$
 1:00 Mahjong/CR
3:00 Caregiver Support Group/F
 4:30 1st Floor Happy Hour

9:00-12 **NO RSVT AFTER 12** **29**
9:30 Meditation/WS
 11:00 Farkle/ AS
 12:00 Chorus Rehearsal/ F
1:00 Mikes Farm Christmas Show/L
 1:30 Duplicate Bridge/CR
2:00 The Blind Side/F
 4:30 2nd Floor Happy Hour

9:00-3 RSVT /L **30**
11:00 Watercolor/ AS
 1:30 Party Bridge/ CR
2:00 RSVT-Harris Teeter/L
3:30 INSPIRE Series W Shannon Hardy/F



Thankful For November



November 2023



Speakers, Performers, & Artists This Month

Educational Enrichment Series

Dick Levebvre has started the Educational Enrichment Series to bring in speakers to discuss various topics of interest. This month Dick will be hosting Kemp Burdette who is the Cape Fear Riverkeeper and he works to protect and improve the water quality of the Lower Cape Fear River. This presentation on November 2nd at 3:00 will be very informative.

Five Piece Jazz Ensemble

Please welcome this 5 piece combo of two Horns and a Trio who play predominantly Jazz Instrumentals. They will be playing music by artists ranging from Miles Davis, Louis Armstrong, Spyra Gyra, and Kenny G. Join us in the Forum on Friday November 3rd at 3:00.

Moe McKenna

Talented Artist back again for her monthly painting class, beginners, intermediate painters and advanced artists are all encouraged to attend this class! Moe McKenna will be coming to Carolina Bay twice a month from now on! One Class will be on **November 8th at 3:00** and her other class will take place on **November 22nd at 3:00**. **Sign-Up required!!**

The Port City Ukuholics

This Ukulele crew will be coming to perform for you! This group will be playing fan favorite sing-a-longs on their ukuleles! Come check this group out! Keep in mind that we will be starting a Ukulele class for beginners in the new year to come! Come to the Forum on November 9th at 3:00!

Scotti Stringz

Everybody's favorite performer is back for our Monthly All Resident Happy Hour! Come tap your toes, and sing-a-long with the man that does it all! Hors d'oeuvres, wine & non-alcoholic beverages will be provided! Come party with us in the light house on November 16th at 3:30 in the Light House!

Shannon Hardy

Our favorite Wellness Director Shannon Hardy will be presenting on our INSPIRE series. This month she will be focusing on Spiritual Well-Being. What does it mean to be a spiritual person? What are the benefits of spirituality? Why is the spiritual dimension important for holistic wellness? Bring your notebooks and come learn with us on November 30th at 3:30 in Forum!

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:

Art Classes:

Veterans Day Card Making, Fall Corner Book Mark, Sweet Edible Turkey Craft, Pine Cone Turkey, Moe McKennas Acrylic Painting Class and Watercolor class on Thursdays at 11:00!

Social Events:

The Breakfast Club, The Veterans Day Program, All Resident Happy Hour & Birthday Social, Courtyard Games, Walking Club, Board Games Galore.

Musical Performers:

Scotti Stringz, Five Piece Jazz Ensemble, The Port City Ukuholics.

Educational Events:

Educational Enrichment Series: Health of Our Cape Fear River, The Great Course: Music History, Men's Lifetime Learning Class, INSPIRE Series: Spiritual.

Resident Led Events:

Farkle, Knitting Club, Bingo, Book Club, Party Bridge, Duplicate Bridge, Bible Study with Bob Perry, Mahjong, Pinnochle, Rummikub, Chess Club.

Outings:

Wilson Center: To Kill A Mocking Bird, Duplin Winery, Wilson Center: Pretty Woman, South Port: Olivers, Lunch at Six Happiness, Lunch at Olive Garden, Mikes Farm Ho Ho Christmas Show!

This Month in Wellness:

INSPIRE Series Thursday 30th at 3:30pm in the Forum This month as we restart the INSPIRE series we will be talking about Spiritual Wellness! Another vital part of holistic wellness, we'll be talking about the importance of having a sense of purpose, the physical benefits of spirituality and more! Come learn about the Spiritual dimension of wellness!

Express Gratitude and thankfulness this month. In this season of giving make sure to express to your friends, family and neighbors how grateful you are to have them. As your staff we want to remind you all of how much we truly appreciate each and every one of you. Happy Thanksgiving Y'all!

