

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>NO RSVT</b> 11:00 Mens LL Class/CR 2:00 \$1 Bingo/AS 4:00 Ping Pong Club/WS 4:30 3rd Floor Happy Hour  <i>New Years Day</i>	<b>NO RSVT</b> 11:00 Great Course/CR <b>TBD Movie Outing: WON-KA</b> <b>11:00 Hot Cocoa &amp; Hot Topics/AS</b> 1:00 Mahjong/CR <b>3:00 Jeopardy/F</b> <b>3:00 M&amp;O Committee/BL</b> 4:30 1st Floor Happy Hour	<b>8:30-3:00 RSVT/ L</b> <b>9:30 Meditation/WS</b> 11:00 Farkle/ AS 12:00 Chorus Rehearsal/ F 1:30 Duplicate Bridge/CR <b>2:00 My Big Fat Greek Wedding/F</b> <b>3:00 Ukulele Lessons/AS</b> 4:30 2nd Floor Happy Hour	<b>8:30-3:00 RSVT/ L</b> 10:00 Audiology of Wilmington/BL <b>10:00 French Class/CR</b> <b>11:00 Watercolor/AS</b> 1:30 Party Bridge / CR <b>2:00 RSVT-Harris Teeter/L</b> <b>3:00 Educational Enrichment Series: Ben David/F</b>	<b>8:30-3:00 RSVT/ L</b> <b>10:00 Breakfast Club/AS</b> 11:00 Farkle/AS 1:15 Netflix Show/ CR 1:30 Bible Study/CH 1:30 Knitting Group/AS <b>2:30 Environmental Co/CR</b> <b>3:00 INSPIRE Series W Shannon: Physical/F</b> 4:00 Ping Pong/WS	<b>2:00 Pinochle &amp; Rummikub/CR</b>
<b>2:00 Chess Club/PDR</b>	<b>8:30-3:00 RSVT/L</b> <b>11:00 Mitten Button Art/AS</b> 11:00 Mens LL Class/ CR 1:30 Book Club/CR 2:00 \$1 Bingo/AS <b>2:00 RSVT– Food Lion/L</b> <b>2:00 Wellness Co/WS</b> <b>3:00 Life Enrichment Co/AS</b> <b>3:00 Board Games Galore</b> 4:00 Ping Pong Club/WS 4:30 3rd floor happy hour	<b>NO RSVT</b> 11:00 Great Course /CR 1:00 Mahjong/CR <b>1:15 City Tour &amp; Railroad Museum w Jack Mills/ L</b> <b>3:00 Operations Co/BL</b> 4:15 Flats Happy Hour 4:30 1st Floor Happy Hour	<b>8:30-3:00 RSVT/L</b> <b>9:30 Meditation/WS</b> 11:00 Farkle/ AS 12:00 Chorus Rehearsal/F 1:30 Bridge Club/CR <b>2:00 Dining Committee/Pub</b> <b>2:00 My Big Fat Greek Wedding Part 2/F</b> <b>2:00 In The Lab w Lil/AS</b> 4:30 2nd Floor Happy Hour	<b>8:30-3:00 RSVT / L</b> 8:30 Breakfast with Dining Director/Grill <b>10:00 French Class/CR</b> <b>11:00 Watercolor/AS</b> 1:30 Party Bridge/ CR <b>2:00 RSVT-Harris Teeter/L</b> <b>2:00 Finance Committee/BL</b> <b>3:00 Hearing Loss Presentation/F</b> <b>6:45 NC Symphony: Debussy's La Mer/L</b>	<b>8:30-3:00 RSVT/ L</b> <b>10:00 Breakfast Club/AS</b> 10:00 Audiologist Jason/CR 11:00 Farkle/ AS <b>11:30 POUND IT/WS</b> 1:15 Netflix Show/CR 1:30 Bible Study/CH 1:30 Knitting Club/AS <b>3:00 Mary Mikels Broadway Performance/F</b> 4:00 Ping Pong/WS	<b>2:00 Pinochle &amp; Rummikub/CR</b>
<b>2:00 Chess Club/PDR</b>	<b>8:30-3:00 RSVT/ L</b> <b>10:30 Moe McKenna Painting Acrylic Class/AS</b> 11:00 Mens LL Class/ CR <b>2:00 RSVT– Target/L</b> 2:00 \$1 Bingo/AS <b>3:00 Board Games Galore</b> 4:00 Ping Pong Club/WS 4:30 3rd Floor Happy Hour	<b>NO RSVT</b> 11:00 Great Course/CR <b>11:00 Hot Cocoa &amp; Hot Topics/AS</b> 1:00 Mahjong/CR 2:00 CORE/L <b>3:00 Jeopardy/F</b> 4:15 Flats Happy Hour 4:30 1st Floor Happy Hour <b>6:45 Wilson Center: Come From Away/L</b>	<b>8:30-3:00 RSVT/ L</b> <b>9:30 Meditation/ WS</b> 11:00 Farkle/ AS 12:00 Chorus Rehearsal/ F 1:30 Duplicate Bridge/CR <b>2:00 The Bucket List/F</b> <b>3:00 Ukulele Lessons/AS</b> 4:30 2nd Floor Happy Hour	<b>8:30-3:00 RSVT / L</b> <b>10:00 French Class/CR</b> <b>11:00 Watercolor/AS</b> <b>2:00 RSVT-Harris Teeter/L</b> 1:30 Party Bridge/ CR <b>3:30 GB2 CO/BL</b> <b>3:30 Happy Hour &amp; Birthday Party w Scotti Stringz/ LH</b>	<b>8:30-3:00 RSVT/ L</b> <b>11:00 Council Meeting/CR</b> 11:00 Farkle/ AS <b>11:30 POUND IT/WS</b> 1:15 Netflix Show/CR 1:30 Bible Study/CH 1:30 Knitting Club/AS <b>3:00 3rd Friday Meeting/F</b> 4:00 Ping Pong/WS	<b>2:00 Pinochle &amp; Rummikub/CR</b>
<b>2:00 Chess Club/PDR</b>	<b>8:30-3:00 RSVT/ L</b> <b>11:00 Tie Blankets/AS</b> 11:00 Mens LL Class/ CR 2:00 \$1 Bingo/AS <b>3:00 Board Games Galore</b> 4:00 Ping Pong Club/WS 4:30 3rd Floor Happy Hour	<b>NO RSVT</b> 11:00 Great Course/CR 1:00 Mahjong/CR <b>2:00 Get To Know Your Neighbor/ AS</b> <b>3:00 Support Group/F</b> 4:15 Flats Happy Hour 4:30 1st Floor Happy Hour	<b>8:30-3:00 RSVT/L</b> <b>9:30 Meditation/ WS</b> 11:00 Farkle/ AS 12:00 Chorus Rehearsal/ F 1:30 Duplicate Bridge/CR <b>2:00 13 Going On 30/F</b> <b>2:00 In The Lab w Lil/AS</b> 4:30 2nd Floor Happy Hour	<b>8:30-3:00 RSVT / L</b> <b>10:00 French Class/CR</b> <b>11:00 Water Color/AS</b> 1:30 Party Bridge/CR <b>2:00 RSVT-Harris Teeter</b> <b>3:00 Wine Education Series: Spain/ PDR\$</b>	<b>8:30-3:00 RSVT/ L</b> <b>10:00 Breakfast Club/AS</b> 11:00 Farkle/AS <b>11:30 POUND IT/WS</b> 1:15 Netflix Show/CR 1:30 Bible Study w Bob/CH 1:30 Knitting Club/S <b>3:00 Carolina Bay's Got Talent/F</b> 4:00 Ping Pong/WS	<b>2:00 Pinochle &amp; Rummikub/CR</b>
<b>2:00 Chess Club/PDR</b>	<b>8:30-3:00 RSVT/ L</b> <b>11:00 Therapeutic Coloring/AS</b> 11:00 Mens LL Class/ CR 2:00 \$1 Bingo/F <b>3:00 Board Games Galore/ CR</b> 4:00 Ping Pong Club/WS 4:30 3rd Floor Happy Hour	<b>NO RSVT</b> 11:00 Great Course/CR 1:00 Mahjong/CR <b>11:00 Hot Cocoa &amp; Hot Topics/AS</b> <b>11:30 Cotton Exchange &amp; Lunch at Basics/L</b> 1:00 Mahjong/CR <b>2:30 Teaching Kitchen/Grille</b> 4:30 1st Floor Happy Hour	<b>8:30-3:00 RSVT/ L</b> <b>9:30 Meditation/ WS</b> 11:00 Farkle/ AS 12:00 Chorus Rehearsal/ F 1:30 Duplicate Bridge/CR <b>2:00 The Karate Kid/ F</b> <b>3:00 Ukulele Lessons/ AS</b> 4:30 2nd Floor Happy Hour	<h1>January 2024</h1>		<b>Color Code:</b> <b>Magenta: Activities With Life Enrichment</b> <b>Orange: Performers, Speakers and Artists</b> <b>Black: Resident Led Activities</b> <b>Red: Committee Meetings</b> <b>Blue: Outings</b> <b>Green: Shopping Trips</b> <b>All Movies Will Be Held On Wednesdays at 2:00</b>
AC - Aquatics Center AS - Art Studio BL - Billiards Lounge CBG - Carolina Bay Grill CH - Chapel (2nd floor) CR - Card Room CY - Courtyard F - Forum L - Lobby LH - Lighthouse Market PDR - Private Dining Room PUB - Cape Fear Pub WL - Wellness Lounge WS - Wellness Studio RG - Resident Garden RSVT = Reserved Transportation In. Act. = Independent Activity Bold = Reservation Required \$ = Cost on your own						



# Joyful January

## Speakers, Performers, & Artists This Month

### **Lynne O'Connell**

Lynne O'Connell will be joining us to teach Ukulele Lessons! She is the leader of the fabulous group The Ukaholics who performed for us a few months ago. Now it is your turn to learn how to play! You must purchase your own Ukulele and you can find a good one on Amazon for \$50.00! This class will begin on Wednesday, January 3rd and will be every other Wednesday from there on!

### **Educational Enrichment Series: Ben David**

DA Ben David has been asked to speak about crimes perpetrated against the elderly, credit card fraud, love fraud, and a general discussion of crime in New Hanover County.

### **INSPIRE Series: Shannon Hardy**

Come join your favorite Wellness Director, Shannon Hardy on January 5th at 3:00 in the Forum as she continues our INSPIRE lecture series. This month— Shannon will be talking about her specialty, Physical Health! With Shannon's educational background in Exercise Science and her experience as Wellness Director, she is the expert on this topic!

### **Hearing Loss Presentation**

Kim Calabretta will be educating us about hearing loss and accommodations through state programs. Join us in the Forum on January 11th at 3:00 to learn more!

### **Mary Mikels**

Mary Mikels has performed for us twice before and both times it was an absolute treat. Mary Mikels with Blind Notes Music sings Broadway and Gospel music. She is an absolute inspiration and has brought the crowd to tears with each performance. She is one of our favorite performers and I would not miss this if I were you! Join us in the Forum on January 12th at 3:00!

### **Moe McKenna**

Moe would love for you to come and try out her acrylic painting class! You DO NOT have to be a professional painter or even a good painter— this class is simply fun and Moe McKenna is great at assisting anybody that needs help! If you've never tried to paint but always wanted to— this is the class for you! Join us in the Art Studio on January 15th at 10:30!

### **Scotti Stringz**

Our main man Scotti Stringz is bringing the energy and the excitement! Come and see for yourself why he is everyone's favorite performer. Join us at the All Resident Happy Hour and Birthday Celebration in the Lighthouse on January 18th at 3:00— Wine, Apps and an overall good time!



# January 2024



**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...**

### **Activities To Try:**

Board Games Galore, Morning Meditation, Get To Know Your Neighbor, In The Lab With Lil, POUND IT!

### **Art Classes:**

Mitten Button Art, Tie Blankets, Therapeutic Coloring, Moe McKenna Art Class, Water-color class on Thursdays at 11:00!

### **Social Events:**

The Breakfast Club, Hot Cocoa & Hot Topics, Get To Know Your Neighbor, All Resident Happy Hour and Birthday Celebration, Carolina Bay's Got Talent!

### **Educational Events:**

Educational Enrichment Series, INSPIRE Series with Shannon, In The Lab With Lil, The Great Course, Beginner French Class, Ukulele Lessons, Teaching Kitchen, Carolina Bay Men's Lifetime Learning Class, Jeopardy!

### **Musical Acts:**

Lynne O'Connell Ukulele Class, Mary Mikels, Scotti Stringz!

### **Resident Led Events:**

Farkle, Bingo, Book Club, Free Art, Party Bridge, Duplicate Bridge, Bible Study with Bob Perry, Mahjong, Knitting Club, Ping Pong Club, Chess Club, Pinochle, Rummikub!

### **Outings:**

Movies: WONKA, City Tour & Railroad Museum with Jack Mills, NC Symphony: Debussy's La Mer, Wilson Center: Come From Away, The Cotton Exchange & The Basics!

## **This Month In Wellness...**

Shannon will be continuing the INSPIRE series this month, on the topic of Physical Wellness. Come see what it's all about on **Friday 1/5 at 3pm** in the Forum. We will be talking about all things physical and ways to add more movement into your day, we hope to see you there!

We will be adding back the 8:30am TRX class on Tuesdays as well as the 10:00am Advanced Balance class **starting after MLK weekend (1/16)**