

# Love Thy Neighbor

## Speakers, Performers, Chefs & Artists This Month

### **Moe McKenna**

Moe McKenna will be returning to lead a fun summer time painting class. This class will be geared towards intermediate painters! Moe McKenna will be bringing a beautiful and challenging painting. Sign up in the activities binder for February 5th and 19th at 10:30 am in the Art Studio!

### **Lynn O'Connel**

Our fabulous Ukulele teacher will be returning on the 7th and the 21st of February to continue her Beginner Ukulele Class! She is so helpful and makes learning a new instrument fun and easy! You must purchase your own Ukulele to participate and they cost roughly \$50.00 on Amazon. Come learn a new instrument and participate in an exciting class.

### **UNCW Professor Glen Harris**

In honor of Black History month Professor Glen Harris will be presenting on Black History and the events of Wilmington in 1898. Professor Harris has written two books, one on Social Justice and Liberation Struggles and the other on Alexander Rivera. He specializes in African American History, the Civil Rights Movement and Hollywood and Black Film. Come to the Forum on February 8th at 3:00 to learn more.

### **Heart Health Panel**

We are welcoming back the cardiac experts from Novant Health for an hour long presentation and Q&A panel on February 9th at 3:00. They will touch on 3 major aspects of heart health; Stress Management, Exercise, and Nutrition. During this informative session, residents and staff will learn new facts and tips & tricks for feeling our best.

### **Scotti Stringz**

Our guy Scotti Stringz will be returning on the third Thursday— this Palentine's Themed All Resident Happy Hour will be an absolute hit ! We will have appetizers and beverages on the 15th of February in the Light House. Bring your Pals and feel the LOVE in the room!

### **Chef Jesse**

Chef Jesse will be bringing back chefs table on Wednesdays at 12:30 in the Light House! He will also be leading another fun Teaching Kitchen where we will make homemade Cookie Dough and bake it fresh! Sign up in the activities binder to join us for this fun teaching kitchen on February 22nd at 2:30 in the Grille!

### **Susan Savia**

To celebrate Leap Year and All February Born Residents Susan Slavia will be performing for us in the Light House. Susan has been with us on many occasions and she is absolutely talented. To hear her beautiful voice and to enjoy a wonderful Happy Hour, join us in the Light House on February 29th at 3:30!



## February 2024



**630 CAROLINA BAY DR. WILMINGTON, NC 28403**

**Your Lifestyle Calendar Designed Around The Six Aspects Of Wellness:  
Inclusive, Nutritional, Spiritual, Physical, Intellectual, Recreational, Engaging  
This Month In Life Enrichment...**

### **NEW ACTIVITY ALERT:**

Brain Games, Calendar Conversations with Coffee, In The Lab W Lily!

### **Art Classes:**

Heart Flower Vases, Vision Boards & Mimosas, Moe McKenna Acrylic Painting Class, Watercolor class on Thursdays at 11:00!

### **Social Events:**

The Breakfast Club, Superbowl Watch Party, Palentine's Social with Scotti Stringz, Leap Year & Birthday Celebration, Board Games Galore, Courtyard Games, Brain Games!

### **Educational Events:**

Heart Health Panel, Ukulele Class, Black History Presentation, What To Do If You Fall Clinic, Carolina Bay Men's Lifetime Learning Class, Carolina Bay Jeopardy, Teaching Kitchen, The Great Course on U.S History!

### **Musical Events:**

POUND IT, Scotti Strings, Ukulele Class with Lynn O'Connel, Susan Savia!

### **Resident Led Events:**

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

### **Outings:**

Wilmington Symphony: River Rhapsody, Opera House: Steel Magnolias, Jack Mills Cape Fear Museum Tour, South Port Lunch at Oliver's and Shopping, Lunch at Zocalos & Movie Outing!

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

We are kicking things off in February on Friday 2/2 with national wear red day for Heart Health Awareness month! Then on Friday 2/9 professionals from Novant Health's Cardiac Rehab program will be coming to present on heart health information. We will be hosting a Blood Drive in March (3/11), stay tuned for more information leading up to the event! We will also be hosting a super bowl potluck party on Sunday 2/11! Bring a snack and come to the Forum to watch the game! We will also have a football throw competition and score guessing game with prizes!

Finally, we will be hosting our bi-annual What to do if you Fall clinic Friday 2/23 with information regarding falls, what to do if you fall and sharing fall prevention information.



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

# February 2024

**Color Code:**  
**Magenta: Activities With Life Enrichment**  
**Orange: Performers, Speakers and Artists, Chefs**  
**Black: Resident Led Activities**  
**Red: Committee Meetings**  
**Blue: Outings**  
**Green: Shopping Trips**  
**Movies Wednesdays at 2:00**

**8:30-3:00 RSVT / L** <sup>1</sup>  
 10:00 Audiology of Wilmington/ BL  
 10:00 French Class/CR  
**11:00 Watercolor/ AS**  
 1:30 Party Bridge / CR  
**2:00 RSVT-Harris Teeter/L**

**8:30-3:00 RSVT/ L** <sup>2</sup>  
**10:00 Breakfast Club/AS**  
 11:00 Farkle/ AS  
**11:30 POUND IT/WS**  
 1:15 Netflix Show/CR  
 1:30 Bible Study w Bob/CH  
 1:30 Knitting Club/AS  
**2:00 Environmental Co/CR**  
 4:00 Ping Pong/WS  
**NATIONAL WEAR RED DAY**

<sup>3</sup>  
**2:00 Pinochle & Rummikub/CR**  
  
**6:45 Wilmington Symphony: River Rhapsody/L**

<sup>4</sup>  
**2:00 Chess Club/ PDR**

**8:30-3:00 RSVT/ L** <sup>5</sup>  
**10:30 Moe McKenna Acrylic Painting Class/AS**  
 11:00 Mens LL Class/CR  
 2:00 \$1 Bingo/AS  
**2:00 Food Lion/L**  
**3:00 Baywatch Meeting/AS**  
**3:30 Board Games Galore**  
 4:00 Ping Pong Club/WS  
 4:30 3rd Floor Happy Hour

**NO RSVT** <sup>6</sup>  
**10:00 Calendar Conversations with Coffee/AS**  
 11:00 The Great Course/CR  
**11:30 Lunch at Cape Fear Seafood/L\$**  
 1:00 Mahjong/CR  
**3:00 M&O Co/BL**  
**3:00 Brain Games/AS**  
 4:30 1st Floor Happy Hour

**8:30-3:00 RSVT/ L** <sup>7</sup>  
**9:30 Meditation/ WS**  
 11:00 Farkle/ AS  
 12:00 Chorus Rehearsal/F  
**12:30 Chefs Table/LH**  
 1:30 Duplicate Bridge/CR  
**2:00 Blue Miracle/F**  
**3:00 Ukulele Lessons/AS**  
 4:30 2nd Floor Happy Hour

**8:30-3:00 RSVT / L** <sup>8</sup>  
 10:00 French Class/CR  
**11:00 Watercolor/AS**  
 1:30 Party Bridge/ CR  
**2:00 RSVT-Harris Teeter/L**  
**3:00 Black History Presentation/F**  
**6:50 Opera House: Steel Magnolias (22 Seats) /L**

**8:30-3:00 RSVT/ L** <sup>9</sup>  
**10:00 Breakfast Club/AS**  
 10:00 Audiologist Jason Rickman/ CR  
 11:00 Farkle/AS  
**11:30 POUND IT/WS**  
 1:15 Netflix Show/CR  
 1:30 Bible Study w Bob/CH  
 1:30 Knitting Club/AS  
**3:00 Heart Health Panel/F**  
 4:00 Ping Pong/WS  
**Rep Your Fave Football Team**

<sup>10</sup>  
**2:00 Pinochle & Rummikub/CR**

<sup>11</sup>  
**2:00 Chess Club/ PDR**  
**6:00 Superbowl Party/F**

**8:30-3:00 RSVT/ L** <sup>12</sup>  
**11:00 Heart Necklace Making/AS**  
 11:00 Mens LL Class/CR  
 1:00 Book Club/CR  
 2:00 \$1 Bingo/AS  
**2:00 RSVT- Walmart/L**  
**2:00 Wellness Co/WS**  
**3:00 Life Enrichment Co/AS**  
**3:30 Board Games Galore**  
 4:00 Ping Pong Club/WS  
 4:30 3rd Floor Happy Hour

**NO RSVT** <sup>13</sup>  
**11:00 Brain Games/AS**  
 11:00 The Great Course/CR  
**11:00 Finance Co/BL**  
**1:15 Jack Mills- Cape Fear Museum Tour/L**  
 1:00 Mahjong/CR  
**2:00 CORE/L**  
**3:00 Jeopardy/F**  
 4:15 Flats Happy Hour  
 4:30 1st Floor Happy Hour  
**5-7:30 Mardi Meal/CBG**

**8:30-3:00 RSVT/ L** <sup>14</sup>  
**9:30 Meditation/WS**  
 11:00 Farkle/ AS  
**11:30-1:00 Candy Grams/LH**  
**12:30 Chefs Table/LH**  
 12:00 Chorus Rehearsal/F  
 1:30 Duplicate Bridge/CR  
**2:00 Dining Committee/ Pub**  
**2:00 Valentines Day/F**  
**2:00 In the Lab With Lil/AS**  
 4:30 2nd Floor Happy Hour

**8:30-3:00 RSVT / L** <sup>15</sup>  
**8:30 Breakfast with The Dining Director/Grill**  
 10:00 French Class/CR  
**11:00 Watercolor/AS**  
 1:30 Party Bridge/ CR  
**2:00 RSVT-Harris Teeter/l**  
**3:00 GB2 Committee/ BL**  
**3:30 Palentines Social with Scotti Stringz/ LH**

**8:30-3:00 RSVT/ L** <sup>16</sup>  
**10:00 Breakfast Club/AS**  
**11:00 Council Members Meeting/CR**  
 11:00 Farkle/ AS  
**11:30 POUND IT/WS**  
 1:15 Netflix Show/CR  
 1:30 Bible Study w Bob/CH  
 1:30 Knitting Club/AS  
**3:00 3rd Friday Resident Meeting/F**  
 4:00 Ping Pong/WS

<sup>17</sup>  
**2:00 Pinochle & Rummikub/CR**

<sup>18</sup>  
**2:00 Chess Club/ PDR**

**8:30-3:00 RSVT/ L** <sup>19</sup>  
 11:00 Mens LLClass/CR  
**10:30 Moe McKenna Acrylic Painting Class/AS**  
**2:00 RSVT- Whole Foods/L**  
 2:00 \$1 Bingo/AS  
 4:00 Ping Pong Club/WS  
**3:00 Courtyard Games**  
 4:30 3rd Floor Happy Hour

**NO RSVT** <sup>20</sup>  
**11:00 Brain Games/AS**  
**11:00 South Port: Oliver's Lunch Outing/L\$**  
 11:00 The Great Course/CR  
 1:00 Mahjong/CR  
**3:00 Jeopardy/F**  
 4:30 1st Floor Happy Hour

**8:30-3:00 RSVT/ L** <sup>21</sup>  
**9:30 Meditation/ WS**  
 11:00 Farkle/ AS  
 12:00 Chorus Rehearsal/ F  
**12:30 Chefs Table/LH**  
 1:30 Duplicate Bridge/CR  
**2:00 Walk The Line/F**  
**3:00 Ukulele Lessons/AS**  
 4:30 2nd Floor Happy Hour

**8:30-3:00 RSVT / L** <sup>22</sup>  
 10:00 French Class/CR  
**11:00 Watercolor/ AS**  
 1:30 Party Bridge/ CR  
**2:00 RSVT-Harris Teeter/L**  
**2:30 Cookie Teaching Kitchen/CBG**

**8:30-3:00 RSVT/ L** <sup>23</sup>  
**10:00 Breakfast Club/AS**  
 11:00 Farkle/AS  
**11:30 POUND IT/WS**  
 1:15 Netflix Show/CR  
 1:30 Bible Study w Bob/CH  
 1:30 Knitting Club/AS  
**2:00 What To Do If You Fall Clinic/F**  
 4:00 Ping Pong/WS

<sup>24</sup>  
**2:00 Pinochle & Rummikub/CR**

<sup>25</sup>  
**2:00 Chess Club/ PDR**

**8:30-3:00 RSVT/ L** <sup>26</sup>  
**11:00 Vision Boards & Mimosas/AS**  
 11:00 Mens LL Class/ CR  
**2:00 RSVT- Target /L**  
 2:00 \$1 Bingo/AS  
**3:00 Courtyard Games**  
 4:00 Ping Pong Club/WS  
 4:30 3rd Floor Happy Hour

**NO RSVT** <sup>27</sup>  
**11:00 Music Bingo/AS**  
**11:00 Lunch at Zocalo & Movie Outing/L\$**  
 11:00 The Great Course/CR  
 1:00 Mahjong/CR  
**3:00 Support Group/ F**  
**3:00 Brain Games/AS**  
 4:15 Flats Happy Hour  
 4:30 1st Floor Happy Hour

**8:30-3:00 RSVT/ L** <sup>28</sup>  
**9:30 Mediation/ WS**  
 11:00 Farkle/ AS  
 12:00 Chorus Rehearsal/ F  
**12:30 Chefs Table/LH**  
 1:30 Duplicate Bridge/CR  
**2:00 Radio/F**  
**2:00 In The Lab With Lil/AS**  
 4:30 2nd Floor Happy Hour

**8:30-3:00 RSVT / L** <sup>29</sup>  
 10:00 French Class/CR  
**11:00 Watercolor/ AS**  
 1:30 Party Bridge/ CR  
**2:00 RSVT-Harris Teeter/L**  
**3:30 Leap Day & Birthday Celebration/LH**

