

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
EASTER	8:30-3:00 RSVT/L 11:00 Mens LL Class/CR 11:00 Decoupage Flower Pots/AS 1:30 UNCW Research /F 2:00 \$1 Bingo/AS 2:00 RSVT-Food Lion/L 3:00 Courtyard Games 3:00 Baywatch/AS 4:00 Ping Pong Club/WS 4:30 3rd Floor Happy Hour	NO RSVT 10:00 Walking Club/L 11:00 Great Course/CR 11:00 Biggers Market & Origins/LS 1:00 Mahjong/CR 2:00 Jeopardy/F 3:00 M&O Committee/BL 4:30 1st Floor Happy Hour	8:30-3:00 RSVT/ L 9:30 Meditation/WS 11:00 Farkle/AS 12:00 Chefs Table/LH 1:30 Duplicate Bridge/CR 2:00 Akeelah & The Bee/F 2:00 In The Lab w Lil/AS 3:00 Ukulele Practice/AS 4:30 2nd Floor Happy Hour	8:30-3:00 RSVT /L 10:00 Audiology of Wil/BL 10:00 French Class/CR 11:00 Acrylic Class/AS 1:30 Party Bridge /CR 2:00 RSVT-Harris Teeter/L 3:00 INSPIRE Series/F 6:45 Opera House: Beauty & The Beast/L	8:30-3:00 RSVT/ L 10:00 Breakfast Club/AS 11:00 Farkle/AS 11:30 POUND IT/WS 1:30 Bible Study/CH 1:30 Knitting Club/AS 2:00 Environmental Co/CR 2:30 Nature Scavenger Hunt 4:00 Ping Pong/WS 7:00 Bridge/CR	2:00 Pinochle & Rummikub/CR	
7 2:00 Chess Club/PDR	8:30-3:00 RSVT/I 10:30 Intermediate Acrylic 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 3:00 Life Enrichment Co 3:00 Solar Eclipse/CY 4:00 Ping Pong Club/WS 4:30 3rd floor happy hour	NO RSVT 10:00 Walking Club/L 11:00 Bradley Creek Tour/L 10:30 Airlie Gardens & Solstice/LS 11:00 Great Course /CR 1:00 Mahjong/CR 2:00 Team Table Trivia/AS 3:00 Operations Co/BL 4:15 Flats Happy Hour 4:30 1st Floor Happy Hour	8:30-3:00 RSVT/L 9:30 Meditation/WS 11:00 Farkle/ AS 12:00 Chefs Table/LH 1:30 Bridge Club/CR 2:00 Dining Committee/Pub 2:00 Tysons Run/F 3:00 Ukulele Lessons/AS 4:30 2nd Floor Happy Hour	8:30-3:00 RSVT / L 10:00 French Class/CR 11:00 Watercolor/AS 1:30 Party Bridge/ CR 2:00 RSVT-Harris Teeter/L 2:00 Finance Committee/BL 3:00 Crumbl Cookie Tasting/AS	8:30-3:00 RSVT/ L 10:00 Breakfast Club/AS 10:00 Audiologist Jason/CR 11:00 Farkle/ AS 11:30 POUND IT/WS 1:30 Bible Study/CH 1:30 Knitting Club/AS 3:00 Memorial Service/F 4:00 Ping Pong/WS	2:00 Pinochle & Rummikub/CR	
14 2:00 Chess Club/PDR	8:30-3:00 RSVT/L 10:30 Beginner Acrylic Painting Class/AS 11:00 Mens LL Class/ CR 1:30 Book Club/CR 2:00 \$1 Bingo/AS 2:00 RSVT- Walmart/L 3:00 Courtyard Games 4:00 Ping Pong Club/WS 4:30 3rd floor happy hour	NO RSVT 10:00 Walking Club/L 11:00 Great Course/CR 11:10 Cargo District & Cheese Smith/LS 1:00 Mahjong/CR 2:00 CORE/L 3:00 Grief Support/Bradley Creek Lobby 4:30 1st Floor Happy Hour	8:30-3:00 RSVT/ L 9:30 Meditation/ WS 11:00 Farkle/ AS 12:00 Chefs Table/LH 1:30 Duplicate Bridge/CR 2:00 Soul Surfer/F 2:00 In The Lab w Lil/AS 3:00 Ukulele Practice/AS 4:30 2nd Floor Happy Hour	8:30-3:00 RSVT / L 10:00 French Class/CR 11:00 Acrylic Class/AS 2:00 RSVT-Harris Teeter/L 1:30 Party Bridge/ CR 3:30 GB2 CO/BL 3:30 Welcome Spring Social/ CY	8:30-3:00 RSVT/ L 10:00 Breakfast Club/AS 10:45 Floor Rep Exchange 11:00 Council Meeting 11:00 Farkle/ AS 11:30 POUND IT/WS 1:30 Bible Study/CH 1:30 Knitting Club/AS 3:00 3rd Friday Meeting 4:00 Ping Pong/WS 7:00 Bridge/CR	2:00 Pinochle & Rummikub/CR	
21 2:00 Chess Club/PDR	8:30-3:00 RSVT/ L 11:00 Sun Catcher/AS 11:00 Mens LL Class/ CR 2:00 \$1 Bingo/AS 2:00 Independence Mall/L 3:00 Courtyard Games 4:00 Ping Pong Club/WS 4:30 3rd Floor Happy Hour	NO RSVT 10:00 Walking Club/L 11:00 Great Course/CR 11:00 Eden Village Tour & Pilot House/LS 1:00 Mahjong/CR 2:00 Team Table Trivia/ AS 3:00 Caregiver Support Group/F 4:15 Flats Happy Hour 4:30 1st Floor Happy Hour	8:30-3:00 RSVT/L 9:30 Meditation/WS 12:00 Chefs Table/LH 11:00 Farkle/ AS 1:30 Duplicate Bridge/CR 2:00 It Could Happen To You/F 3:00 Ukulele Lessons/AS 4:30 2nd Floor Happy Hour	8:30-3:00 RSVT /L 10:00 French Class/CR 11:00 Watercolor/AS 1:30 Party Bridge/CR 2:00 RSVT-Harris Teeter 2:00 Bradley Creek Tour/L 3:30 Birthday Social/CY 6:45 Wilson Center: NC Symphony/L (Purchased Ticket Required)	8:30-3:00 RSVT/ L 10:00 Breakfast Club/AS 11:00 Farkle/AS 11:30 POUND IT/WS 1:30 Bible Study w Bob/CH 1:30 Knitting Club/S 2:30 Karaoke Party/F 4:00 Ping Pong/WS	2:00 Pinochle & Rummikub/CR 6:45 Wilson Center: Wilmington Symphony Harp & Soul (Lottery)	
28 2:00 Chess Club/PDR	8:30-3:00 RSVT/ L 11:00 Therapeutic Coloring/AS 11:00 Mens LL Class/ CR 2:00 RSVT- LIDL /L 2:00 \$1 Bingo/F 3:00 Courtyard Games 4:00 Ping Pong Club/WS 4:30 3rd Floor Happy Hour	NO RSVT 10:00 Walking Club/L 11:00 Great Course/CR 1:00 Mahjong/CR 2:00 Jeopardy/F 2:30 Teaching Kitchen: All About Herbs/CBG 4:30 1st Floor Happy Hour	<h1>APRIL 2024</h1> 				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 On Wednesdays at 2:00



Speakers, Performers, & Artists This Month

UNCW Research

Abbey Keller from UNCW will be conducting research for her thesis project at Carolina Bay—hear more about her research on April 1st at 1:30 in the Forum!

Lynn O'Connell

Lynn 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! Lynn will be teaching lessons on April 10th and April 24th!

INSPIRE Series: Shannon Hardy

Come join your favorite Wellness Director, Shannon Hardy on April 4th at 3:00 in the Forum as she continues our INSPIRE lecture series. She will be focusing Intellectual Well-being!

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 April 8th for the intermediate class and April 15th for the beginner class at 10:30!

Julie Rhedar

Julie will be playing the piano & harp during the Memorial Service on April 12th at 3:00, join us in the Forum to honor our residents who have passed over the last year.

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 as we welcome Spring on April 18th—Dress in springy attire and feel free to wear your big hats! This party will be held in the courtyard—there will be wine, hors d'oeuvres and of course, Scotti Stringz!

Susan Savia

Susan will be returning to help us celebrate all of our April born Residents! All are welcome to celebrate our residents birthdays! This will be in the courtyard on April 25th at 3:30!

Chef Jesse

Chef Jesse will be holding his weekly Chefs Table on Wednesdays starting at 12:00 where he will have a different feature each week—stop by for a treat! Chef Jesse will also be doing our Teaching Kitchen this month where it will be focused on all things herbs— all fresh herbs will be used to create a fabulous fresh dish on April 30th at 2:30!



April 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:

Walking Club, Crumbl Cookie Tasting, Morning Meditation, In The Lab With Lil, Rainbow Scavenger Hunt, POUND IT, Courtyard Games!

Art Classes:

Sun Catchers, Decoupage Flower Pots, Therapeutic Coloring, Moe McKenna Beginner & Intermediate Art Class, Watercolor/Acrylic class on Thursdays at 11:00!

Social Events:

The Breakfast Club, Courtyard Games, Welcome Spring Social, Birthday Social, Karaoke Party!

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, Team Table Bar Trivia, Jeopardy!

Musical:

Lynne O'Connell Ukulele Class, Julie Rhedar, Scotti Stringz, Susan Savia!

Resident Led Events:

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

Outings:

Biggers Market & Origins, Opera House: Beauty & The Beast, Airlie Gardens & Solstice, Cargo District & Cheese Smith, Eden Village & Pilot House, Wilson Center: NC Symphony-Mendelssohn Violin Concerto, Wilmington Symphony— Harp & Soul!

This Month In Wellness...

INSPIRE: Intellectual April 4th

The INSPIRE Series is back! Join Shannon Hardy for a talk about Intellectual Wellness in the Forum Thursday 4/4 at 3pm

Did you know April is move more month? Let's Spring into this month with more movement! Try a new exercise class, go on a walk with a new neighbor, set up an appointment with Shannon or Madison to get an exercise prescription in the gym. Complete your April challenge and let's move more together!