

Hello August



AUGUST 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...

Art Classes:

Flower Arranging, Edible Craft, Moe McKenna Acrylic Painting Class, Watercolor class on Thursdays at 11:00!

Social Events:

Breakfast Club, All Resident Happy Hour and Birthday Social, Summer Bash At The Bay, Latte Fun!

Educational Events:

Educational Lecture Series: Rising Sea Levels, Firefighter Preventative Fall Talk, In The Lab with Lil, Drug Safety Presentation, Carolina Bay Men's Lifetime Learning Class, Carolina Bay Jeopardy, Team Table Trivia, The Great Course on National Geographic Photography!

Musical Events:

POUND IT, Scotti Strings, Ukulele Class with Lynn O'Connel, Summer Bash at The Bay!

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, Mexican Train, Pinochle, Rummikub!

Outings:

Lunch at Henrys & Shopping at Spruced, Lunch at Indochine, Thalian Hall Show: Fiddler

This Month In Wellness...

Olympic Practice- Mondays at 3:00pm:

We will be keeping up with Indoor Games, with a twist this month. We will have a variety of games that will be featured in our upcoming Carolina Bay Olympics! If you have questions about events or want to try out some games before October now is your chance. Come get your practice in! Each week will be **different Olympic Games in different locations** so pay close attention to your calendars and weekly's to note what we will be practicing.

UNCW Study with Abbey Keller:

Due to the UNCW study taking place, Brain Fitness and Functional Fitness will continue take place in the Forum. This will be the last month this occurs.

Speakers, Performers, Chefs & Artists This Month

Educational Lecture Series

We will be continuing our Educational Lecture Series that is hosted by Dick Levefre. Join us in the Forum on Thursday, August 1st at 3:00 as we learn about the rising sea levels.

Steps for Safety with Wilmington Fire Department

Join fire and EMS professionals as they present on Fall Safety on Friday Aug 2nd at 2pm in the Forum. This is an educational program about home fire and fall safety aimed at reducing incidence and injury from home fires and falls.

Throughout the month they will be back for short, low stress walks to help promote physical activity and engage in conversation relating to fall prevention. Those will occur Tuesday Aug 13th, 20th and 27th at 3pm.

Moe McKenna

Moe McKenna will be returning to lead a fun summer time painting class. This class is open to all! Moe has two classes, one class will be held on August 5th and the other class will be held on August 19th— both classes will begin at 10:30. Sign up in the activities binder to participate— this class will be in the Art Studio!

Lynn O'Connel

Our fabulous Ukulele teacher will be returning on the 14th and the 28th of August to continue her Beginner Ukulele Class! She is so helpful and makes learning a new instrument fun and easy! Come participate in this exciting class.

Scotti Stringz

Our guy Scotti Stringz will be returning on the third Thursday— Come celebrate the August born residents and enjoy some lovely appetizers and beverages and quality time with your neighbors! Happy Hour will start at 3:30 on the 15th of August!

Drug Safety

Winter Park Pharmacy will be covering medication safety and medication management. There will be a short presentation from their student intern and follow the presentation up with a game of drug safety Bingo on August 22nd at 3:00 in the Forum.

Summer Bash at The Bay: Feebs

Join us for our final Bash At The Bay on Wednesday the 28th at the front entrance of Carolina Bay! Feebs is the incredible band that Haley Kinne-Norris is the lead singer for! Their band is absolutely amazing, as they play a wide range of music that has something for everyone!

There will be food trucks and an ice cream bus present for individual purchase. Bring your own beverages, but we will provide the chairs for you! Invite your friends and family and remind them to bring a lawn chair and their own cooler! This event will be from 6:30-8:00 and I promise you will not want to miss the conclusion of our summer concert series!

Passport Tasting

Travel with us to Thailand and Mongolia As we host the passport tasting at Carolina Bay in our Grille. Residents from Brightmore will be joining us for this lovely tasting as the Chefs from Brightmore and the Chefs from Carolina Bay collaborate to bring a delicious tasting from around the world. This event is open for 20 individuals to sign-up and attend. Please sign up in the activities binder to be apart of this delicious experience! This event will be held on August 27th at 2:00.

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

AUGUST 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 **1**
 10:00 Audiology of Wilmington/ BL
10:00 Balanced Brains/AS
11:00 Acrylic Class/ AS
 1:30 Party Bridge / CR
2:00 RSVT-Harris Teeter/L
2:00 Line Dance/WS
3:00 Educational Lecture Series/F

8:30-3:00 RSVT/ L **2**
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/AS
2:00 Environmental Co/BL
2:00 Firefighter Preventative Fall Talk/F
 4:00 Ping Pong/WS

2:00 Pinochle & Rummikub/CR **3**

2:00 Mexican Train/CR **4**

8:30-3:00 RSVT/ L **5**
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
3:00 Olympic Practice/WS
 4:00 Ping Pong /WS
 4:30 3rd Floor Happy Hour

NO RSVT **6**
10:00 Latte Fun/CR
10:30 Billiards Club/BL
11:00 Lunch at Henrys & Shopping at Spruced/LS
 11:00 The Great Course/CR
 1:00 Mahjong/CR
3:30 Olympics Prep Jeopardy /F
 4:30 1st Floor Happy Hour

8:30-3:00 RSVT/ L **7**
9:30 Meditation/ WS
 11:00 Farkle/ AS
12:30 Chefs Table/LH
 1:30 Duplicate Bridge/CR
2:00 Movie: Race/F
2:00 In the Lab With Lil/AS
3:00 Ukulele Practice/AS
 4:30 2nd Floor Happy Hour

8:30-3:00 RSVT / L **8**
10:00 Balanced Brains/AS
10:30 Billiards Club/BL
11:00 Watercolor/AS
 1:30 Party Bridge/ CR
2:00 RSVT-Harris Teeter/L
2:00 Line Dance/WS
3:00 Carolina Bay Critics: Cheese Tasting/AS

8:30-3:00 RSVT/ L **9**
10:00 Breakfast Club/AS
 10:00 Audiologist Jason Rickman/ CR
 11:00 Farkle/AS
11:30 POUND IT/WS
 1:30 Bible Study w Bob/CH
 1:30 Knitting Club/AS
3:00 Olympics Information Meeting/F
 4:00 Ping Pong/WS

2:00 Pinochle & Rummikub/CR **10**

2:00 Mexican Train/ CR **11**

8:30-3:00 RSVT/ L **12**
11:00 Craft: Flower Arranging/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
3:00 Olympic Practice/BL
 4:00 Ping Pong /WS
 4:30 3rd Floor Happy Hour

NO RSVT **13**
10:00 Latte Fun/CR
10:30 Billiards Club/BL
 11:00 The Great Course/CR
11:30 Indochine/LS
 1:00 Mahjong/CR
3:00 M&O Co/BL
3:00 Steps for Safety/L
3:30 Olympics Prep: Team Table Trivia/AS
 4:15 Flats Happy Hour
 4:30 1st Floor Happy Hour

8:30-3:00 RSVT/ L **14**
9:30 Meditation/WS
 11:00 Farkle/ AS
12:30 Chefs Table/LH
 1:30 Duplicate Bridge/CR
2:00 Movie: Back To The Future/F
2:00 Dining Committee/ Pub
3:00 Ukulele Lessons/AS
 4:30 2nd Floor Happy Hour
6:45 Thalian Hall: Fiddler on The Roof/L

8:30-3:00 RSVT / L **15**
10:00 Balanced Brains/AS
10:30 Billiards Club/BL
11:00 Acrylic Class/AS
 1:30 Party Bridge/ CR
2:00 RSVT-Harris Teeter/L
2:00 Line Dance/WS
3:00 GB2 Committee/ BL
3:30 All Resident Happy Hour & Birthday Social/LH

8:30-3:00 RSVT/ L **16**
10:00 Breakfast Club/AS
10:45 Floor Rep Exchange
11:00 Council Meeting/CR
 11:00 Farkle/ AS
11:30 POUND IT/WS
 1:30 Bible Study w Bob/CH
 1:30 Knitting Club/AS
3:00 3rd Friday Meeting/F
 4:00 Ping Pong/WS

2:00 Pinochle & Rummikub/CR **17**

2:00 Mexican Train/CR **18**

8:30-3:00 RSVT/ L **19**
 11:00 Mens LLClass/CR
10:30 Moe McKenna Acrylic Painting Class/AS
2:00 RSVT- Target/L
 2:00 \$1 Bingo/AS
3:00 Olympic Practice/Pool
 4:00 Ping Pong/WS
 4:30 3rd Floor Happy Hour

NO RSVT **20**
10:00 Latte Fun/CR
10:30 Billiards Club/BL
 11:00 The Great Course/CR
11:00 Blue Moon & Lunch at Origins/LS
 1:00 Mahjong/CR
2:00 Grief Support Group/BCL
3:00 Steps for Safety/L
3:30 Jeopardy/F
 4:30 1st Floor Happy Hour

8:30-3:00 RSVT/ L **21**
9:30 Meditation/ WS
 11:00 Farkle/ AS
12:30 Chefs Table/LH
 1:30 Duplicate Bridge/CR
2:00 Movie: The Little Rascals/F
2:00 In The Lab With Lil/AS
3:00 Ukulele Practice/AS
 4:30 2nd Floor Happy Hour

8:30-3:00 RSVT / L **22**
10:00 Balanced Brains/AS
10:30 Billiards Club/BL
11:00 Watercolor/ AS
 1:30 Party Bridge/ CR
2:00 RSVT-Harris Teeter/L
2:00 Line Dance/WS
3:00 Drug Safety Talk/F

8:30-3:00 RSVT/ L **23**
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/AS
 4:00 Ping Pong/WS

2:00 Pinochle & Rummikub/CR **24**

2:00 Mexican Train/CR **25**

8:30-3:00 RSVT/ L **26**
11:00 Edible Craft/AS
 11:00 Mens LL Class/ CR
2:00 RSVT- Walmart /L
 2:00 \$1 Bingo/AS
3:00 Olympic Practice/CY
 4:00 Ping Pong/WS
 4:30 3rd Floor Happy Hour

NO RSVT **27**
10:00 Latte Fun/CR
 11:00 The Great Course/CR
11:00 CORE/L
10:30 Billiards Club/BL
11:30 Mens Outing: Watermans/LS
 1:00 Mahjong/CR
2:00 Passport Tasting/Grill
3:00 Caregiver Support Group/F
3:00 Steps for Safety/L
3:30 Team Table Trivia/AS
 4:15 Flats Happy Hour
 4:30 1st Floor Happy Hour

8:30-3:00 RSVT/ L **28**
9:30 Mediation/ WS
 11:00 Farkle/ AS
12:30 Chefs Table/LH
 1:30 Duplicate Bridge/CR
2:00 Movie: Unbroken/F
3:00 Ukulele Lessons/AS
 4:30 2nd Floor Happy Hour
6:30-8:00 Summer Bash At The Bay/Front Entrance

8:30-3:00 RSVT / L **29**
10:00 Balanced Brains/AS
10:30 Billiards Club/BL
11:00 Acrylic Class/ AS
 1:30 Party Bridge/ CR
2:00 RSVT-Harris Teeter/L
2:00 Line Dance/WS

8:30-3:00 RSVT/ L **30**
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/AS
2:00 Red Team Meeting/F
3:00 Blue Team Meeting/F
 4:00 Ping Pong/WS

2:00 Pinochle & Rummikub/CR **31**