

Thankful For November

Performers , Speakers, Artists & Chefs This Month

Educational Lecture Series

Aswani Volety is the Chancellor of UNCW. Dr Volety's tenure at UNCW began in July 2022. The Chancellor has an impressive background that has prepared him for his current position. Dr. Volety will share the story of The University of North Carolina at Wilmington looking at the past history, the present impressive posture of programing and value to our community as well as share the future plans for the University. Join us in the Forum on November, 1st at 3:00 to hear from Chancellor Volety.

Thomas Choinere

Thomas will be here for our annual Farmers Market! Thomas will playing his guitar and singing right along while we enjoy shopping and crafting on November 6th from 10:30-12:00. Come hangout and shop around and help us raise money for Going Beyond The Pink!

Saxophone & Guitar Duo

We will be having a Jazz duo perform here at Carolina Bay on November 7th at 3:00 in the Forum. We will have a saxophone player along with a guitarist. Come listen to some good tunes and have a good time with us!

Dr. Brian Heer

Dr. Brian Heer is the owner of Stretch Zone. He is a retired doctor of chiropractic who currently provides educational workshops for residents in Wilmington, NC. Dr Heer will be presenting on "Safe Stretches for Lower Back & Hip Pain" and "Stretching for Neck & Shoulded Pain", as well as general flexibility. Join us in the Forum on November 8th at 2:30 to learn more!

Cabi Boutique Fashion Show

Join Tracy in the Forum for another Cabi Fashion Show! Tracy will be bringing Cabi's new fall line of clothes for us to try on and shop through! This event is always so much fun and so convenient! Shopping brought to your home! This event will be held in the Forum on November 14th at 1:30.

Scotti Stringz

Scotti is back for some great tunes and some great times. Scotti will be signing, strumming his guitar and tapping his toes along to the beat. Come listen to Scotti in the light house on November 22nd at 2:00- he will perform for our All Residents Happy Hour & Birthday Social and you wont want to miss this!

Moe McKenna

Our Lovely, art teacher will be back for her regular scheduled programming. Two classes this month, one is geared towards intermediate painters and the other is geared towards beginners! This class will be held on November 4th and 18th at 10:30 in the Art Studio! Even if you have never painted before, give this class a try! It is so much fun!

Lynn O'Connel

Lynn wants YOU to join our beginner Ukulele class! This class is open to all and we are beginning a new session to teach step-by-step how to play a new instrument. Learning a new instrument is so beneficial for the mind and body. Work on fine motor skills and memory by taking this class with Lynn on November 6th and 20th in the Art Studio at 3:00!



NOVEMBER 2024

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



Your lifestyle calendar designed around the 6 aspects of wellness:
Purposeful, Spiritual, Physical, Social, Emotional, Intellectual

This Month In Life Enrichment...

Art Classes:

Christmas Craft Ornament Making, Moe McKenna Art Class and Watercolor or Acrylic class on Thursdays at 11:00!

Social Events:

The Breakfast Club, Farmers Market, Veterans Day Celebration, Cabi Fashion Show, Positivity Work Shop, All Resident Happy Hour and Birthday Celebration, Carolina Bay Critics!

Educational Events:

Educational Lecture Series: Chancellor Volety, Chiropractor Talk on Safe Stretching, Balanced Brains, In The Lab With Lil, The Great Course, Carolina Bay Men's Lifetime Learning Class, Team Table Trivia!

Musical Events:

Thomas Choinere, Saxophone & Guitar Jazz Duo, Scotti Stringz Lynn O'Connel Ukulele Lessons!

Resident Led Events:

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

Outings:

Men's Outing: Waterman's Brewing, Lobster Roll & Shopping at Assistance League, Wilson Center: Wilmington Symphony: Rachmanioff- Symphonic Dances, Wilson Center: NC Symphony: Beethoven Piano Concerto, Wilson Center: Hadestown!

This Month In Wellness...

It's time for another **Carolina Bay Challenge!** Participate in our **Thanks and Giving** Challenge this month! Once you have completed the challenge, turn your sheet into the wellness department for a special treat at the end of the month!

Mindfulness Lecture

Join us in the Forum on Monday, November 4th at 3:00 for a **Mindfulness Presentation** by your wellness team, Madison and Rachael!

Indoor Games

As the weather cools down, we will make the switch to **INDOOR GAMES** in the Wellness Studio on **Monday, November 11th** and **Monday, November 18th!**

Nature Scavenger Hunt

Let's have fun in nature! We will be doing another **Color Schemed Scavenger Hunt**, but this time with fall colors- meet us in the Lobby at **3:00** on **Monday, November 25th!**

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

NOVEMBER 2024

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 At 2:00 In The Forum

8:30-3:00 RSVT/L **1**
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
3:00 Educational Lecture Se-
ries/F
 4:00 Ping Pong/WS
 7:00 Party Bridge/CR

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

2:00 Mexican Train/CR **3**

8:30-3:00 RSVT/L **4**
 9:30 Catholic Communion/CH
10:30 Intermediate Acrylic Painting Class/AS
 11:00 Mens LL Class/CR
 2:00 \$1 Bingo/AS
2:00 RSVT-Food Lion/L
3:00 Mindfulness Presentation/F
 4:00 Ping Pong Club/WS
 4:30 3rd Floor Happy Hour

NO RSVT **5**
10:00 Latte Fun/ CR
10:30 Billiards Club/BL
11:30 Men's Outing: Waterman's Brewing/LS
 11:00 The Great Course/CR
 1:00 Mahjong/CR
3:30 Team Table Trivia/AS
 4:30 1st Floor Happy Hour

8:30-3:00 RSVT/ L **6**
10:30 Farmers Market/CY
 11:00 Farkle/ AS
 1:30 Duplicate Bridge/CR
2:00 Movie: A Walk To Remember/F
3:00 Beginners Ukulele Lessons/AS
 4:30 2nd Floor Happy Hour

8:30-3:00 RSVT/ L **7**
10:00 Balanced Brains/AS
10:30 Billiards Club/BL
11:00 Watercolor/AS
2:00 RSVT-Harris Teeter/L
2:00 Line Dance/WS
3:00 Saxophone & Guitar Duo/F
7:30 Pool Party With Ann

8:30-3:00 RSVT/L **8**
 10:00 Audiologist Jason/CR
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
2:30 Chiropractor Talk on Stretches for Pain /F
 4:00 Ping Pong/WS
 7:00 Party Bridge/CR

2:00 Pinochle & Rummikub/CR **9**
6:45 Wilmington Symphony: Rachmanioff- Symphonic Dances/L

2:00 Mexican Train/CR **10**

8:30-3:00 RSVT/L **11**
 9:30 Catholic Communion
11:00 Veterans Day Service/F
 11:00 Mens LL Class/ CR
1:00 RSVT-LIDL/L
1:00 Book Club/CR
 2:00 \$1 Bingo/AS
2:00 Wellness Co/WS
3:00 Life Enrichment Co/AS
3:00 Indoor Games/WS
 4:00 Ping Pong Club/WS
 4:30 3rd Floor Happy Hour

8:30-3:00 RSVT/L **12**
10:00 Latte Fun/CR
 11:00 Great Course/CR
11:30 Lobster Roll & Shopping at Assistance League/LS
 1:00 Mahjong/CR
3:30 Team Table Trivia/AS
3:00 M/O Committee/BL
 4:30 1st Floor Happy Hour

8:30-3:00 RSVT/L **13**
9:30 Meditation/WS
10:00 Open Card Play/CR
 11:00 Farkle/ AS
 1:30 Duplicate Bridge/CR
2:00 In The Lab W Lil/AS
2:00 Movie: Gifted/F
2:00 Dining Committee/ Pub
3:00 Ukulele Practice/AS
 4:30 2nd Floor Happy Hour

8:30-3:00 RSVT/L **14**
10:00 Balanced Brains/AS
 10:00 Audiology of Wilm/BL
11:00 Finance Co/BL
11:00 Watercolor/AS
1:30 Cabi Boutique Fashion Show/F
2:00 Line Dance/WS
2:00 RSVT-Harris Teeter/L
4:00 Vespers/CH
7:30 Pool Party With Ann

8:30-3:00 RSVT/L **15**
10:00 Breakfast Club/AS
10:45 Floor Rep Exchange/BL
11:00 Council Members/CR
 11:00 Farkle/AS
11:30 POUND IT/WS
 1:30 Bible Study w Bob/CH
 1:30 Knitting Club/AS
3:00 All Resident Meeting/F
 4:00 Ping Pong/WS
 7:00 Party Bridge/CR

2:00 Pinochle & Rummikub/CR **16**

2:00 Mexican Train/CR **17**
6:45 NC Symphony: Beethoven Piano Concerto/L

8:30-3:00 RSVT/L **18**
 9:30 Catholic Communion/CH
10:30 Beginner Acrylic Painting Class/AS
 11:00 Mens LL Class/ CR
1:00 RSVT- Trader Joes/L
 2:00 \$1 Bingo/AS
3:00 Indoor Games/WS
 4:00 Ping Pong Club/WS
 4:30 3rd Floor Happy Hour

NO RSVT **19**
10:00 Latte Fun/CR
 11:00 Great Course/CR
 1:00 Mahjong/CR
2:00 Positivity Workshop/AS
3:30 Team Table Trivia/AS
 4:30 1st Floor Happy Hour

8:30-3:00 RSVT/L **20**
9:30 Meditation/ WS
10:00 Open Card Play/CR
 11:00 Farkle/ AS
 1:30 Duplicate Bridge/CR
2:00 Movie: You've Got Mail/F
3:00 Beginners Ukulele Lessons/AS
 4:30 2nd Floor Happy Hour

8:30-3:00 RSVT/ L **21**
10:00 Balanced Brains/AS
10:30 Billiards Club/BL
11:00 Acrylic Class/ AS
2:00 RSVT-Harris Teeter/L
2:00 Line Dance/WS
3:30 Carolina Bay Critics/AS
7:30 Pool Party With Ann

8:30-3:00 RSVT/L **22**
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 All Resident Happy Hour & Birthday Social/LH
 4:00 Ping Pong/WS
 7:00 Party Bridge/CR

2:00 Pinochle & Rummikub/CR **23**

2:00 Mexican Train/CR **24**

8:30-3:00 RSVT/L **25**
 9:30 Catholic Communion /CH
11:00 Ornament Making/AS
 11:00 Mens LL Class/ CR
1:00 RSVT- Walmart /L
 2:00 \$1 Bingo/AS
3:00 Scavenger Hunt/L
 4:00 Ping Pong Club/WS
 4:30 3rd Floor Happy Hour

8:30-3:00 RSVT/L **26**
10:00 Latte Fun/CR
 11:00 Great Course/CR
 1:00 Mahjong/CR
2:00 Positivity Workshop/AS
3:30 Team Table Trivia/AS
 4:15 Flats Happy Hour
 4:30 1st Floor Happy Hour
6:45 Wilson Center: Hadestown/L

8:30-3:00 RSVT/L **27**
9:30 Meditation/ WS
10:00 Open Card Play/CR
 11:00 Farkle/ AS
 1:30 Duplicate Bridge/CR
2:00 In The Lab With Lil/AS
3:00 Ukulele Practice/AS
 4:30 2nd Floor Happy Hour

NO RSVT **28**


8:30-3:00 RSVT/L **29**
10:00 Breakfast Club/AS
 11:00 Farkle/AS
11:00 POUND IT/WS
 1:30 Bible Study w Bob/CH
 1:30 Knitting Club/AS
 4:00 Ping Pong/WS
 7:00 Party Bridge

2:00 Pinochle & Rummikub/CR **30**