

MARCH MADNESS



Speakers, Performers, & Artists This Month

Moe McKenna

Every month Moe McKenna brings her expertise to our art studio as she creates a wonderful atmosphere to learn how to paint like a professional. She offers two classes, one being an intermediate level which will take place on **March 3rd**, the other class being a beginner class which will take place on **March 31st**. Both classes will be held in the Art Studio at **10:30!**

Parade of Homes Presentation

Join us in the forum for a presentation on the parade of homes. **March 6th** at **3:00** to learn more about the parade of homes!

50 Shades of Grey

Welcoming back 50 Shades of Grey Doo Wop! We are excited to have these talented men back in our home to perform for us on a fun Friday afternoon! Come tap your toes and sing along to 50 Shades on Friday **March 7th** at **3:00!**

Puppy Yoga

Back by popular demand, this event was such a success. Come meet the cutest service puppies in training and do some gentle stretching, breathing and yoga on **March 11th** at **3:30** in the Wellness Studio. We will have **15 spots** available and **SIGN UP IS MANDATORY.**

Gil Bowen

We are excited to have Gil Bowen return to Carolina Bay for another oldies but goodies performance! To also celebrate National Pie Day we will be serving a variety of pies to enjoy as he sings and plays his guitar. Grab a slice of pie and meet Gil in the Forum on **March 14th** at **3:00!**

Nicko Poulos

Nicko Poulos, Lilys Dad and Superior Bakery Owner will be joining us on **March 12th** to talk to us about the history of the family owned business. Nicko will also be bringing us yummy treats to enjoy while he talks with us! Meet Nicko in the Forum at **3:00!**

Craig Thompson Irish Band

Join us at the St Pattys day social to celebrate the return of the leprechauns on **March 17th** at **3:00** in the Forum! Enjoy some green beer, and delectable appetizers as their Irish band performs for us!

Abbey Research Presentation

Abbey from UNCW will be presenting her on her research study conducted at Carolina Bay in regard to grip strength. Learn about her findings in the Forum on **March 18th** at **3:00.**

Jim Seems

Jim Seems is a very talented local performer! Come to the Forum on **March 19th** at **2:30** to listen to him sing and strum his guitar!

Scotti Stringz

Our main man Scotti will be back for our All Resident Happy Hour & Birthday Social in the lighthouse! Join us in celebrating your neighbors with wine and hors d'oeuvres and some fun music by Scotti! This fun celebration will be held in the lighthouse on **March 20th** at **3:30!**

Cabi Boutique Fashion Show

Back for a spring fashion show! All ladies welcome to join us for their presentation! We are looking for a few women who would volunteer to model their clothing line! Please contact Life Enrichment if you are interested and join us in the Forum on **March 27th** at **2:00!**

Magician, Illusionist & Comedian

We are so excited to have Dana Hill here for a magical and comedic performance. Come to the Forum on **March 31st** at **3:00** to see what tricks he has up his sleeves! He will be utilizing magic and illusion to capture our attention— I promise you will not want to miss this!



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:

Special Events:

Rockin Rollators, Magic Show Monday, Leprechaun Scavenger Hunt, Liberty Games Pep Rally, Carolina Bay Critics, Puppy Yoga, Cabi Boutique Fashion Show!

Art Classes:

Women's History Craft, Moe McKennas Acrylic Painting Class and Open Art Studio on Thursdays at 11:00!

Social Events:

The Breakfast Club, All Resident Happy Hour & Birthday Social, Latte Fun!

Educational Events:

Parade of Homes Presentation, Nicko Poulos Presentation on Superior Bakery, Grip Strength Research Study, Teaching Kitchen, Balanced Brains, In The Lab with Lab, The Great Course, Men's Lifetime Learning Class!

Musical Acts:

50 Shades of Grey, Scotti Strings, Jim Seems, Gil Bowen, Craig Thompsans Irish Band!

Resident Led Events:

Billiards Club, Farkle, Carolina Bay Crafty Chicks, Bingo, Book Club, Party Bridge, Duplicate Bridge, Chess Club, Bible Study with Bob Perry, Mahjong, Pinochle, Rummikub, Hand & Foot, Vespers, Pool Party with Ann!

Outings:

Lunch Outing, Wilson Center: Wilmington Symphony— Bernstein, Copland Torke, Thalian Hall Ghost Tour with Michael O'Connell & Lunch!

This Month in Wellness:

Blood Drive 3/10/25

Please join us for the second annual American Red Cross Blood Drive hosted here at Carolina Bay! The donation bus will be parked in front of the main building from 10am-2pm. We will gladly accept any donations of blood or monetary donations for the Red Cross. Please see Rachael or Madison for help signing up to give blood.

Liberty Games

Help us in cheering on our Carolina Bay Liberty Games team on the 18th-21st as they travel to South Bay at Mount Pleasant, South Carolina to compete against other Liberty Communities in Olympic-Style events!!

New Class Alert!

We are excited to announce that we are introducing a Land Aerobics class on Tuesday afternoons at 2:30pm in the Wellness Studio. This will be a combination of cardio and resistance training. If you plan to attend, please sign up in the binder.

