

JOYFUL JUNE

Speakers, Performers & Artists This Month

Moe McKenna

Moe will be leading her Acrylic paint class for you. Moe is a very talented artist who prepares all of the materials for this fun and creative painting class. She walks you through step-by-step to create a beautiful final product for you to show off to your friends and families. This class is open to all and we would love if you joined us on **June 9th** at **23rd** in the Art Studio at **10:30!**

Holly Hines

In honor of Alzheimer's awareness month, come listen to Holly Hines, Liberty's Dementia Care Co-ordinator, as she presents on the topic of Dementia. She will discuss the signs of Dementia and brain stimulating activities to help individuals with dementia and without to exercise the mind daily to strengthen ones cognitive state. This will be a very educational and meaningful presentation. Join us in the Forum on Friday, **June 6th** at **2:00.**

Scotti Stringz

Scotti will be returning for our favorite event of the month, our All Resident Happy Hour and Birthday Social. All residents are welcome and we especially encourage those who have a birthday in the month of June to be present. Scotti and your fellow residents will sing Happy Birthday at the conclusion of the party. As always we will have beverages and tasty hors d'oeuvres while Scotti sings some classics. Join us in the Light House for the fun times on the **third Thursday** at **3:30!**

Rachael Leach

Join Rachael in the Forum on **June 18th** at **3:30** to talk about the importance of stretching! You will learn new stretches that you can incorporate into your daily life. Movement and stretching is very important for all individuals so take advantage of this opportunity to hear from an expert in this field, your very own Wellness Director.

Kinne and The Guys

Join us for our Bash At The Bay, Weather Permitting to listen to Haley Kinne– Norris and their band play. This event will be filled with great music, dancing and socializing. We will also have a food and ice cream bus present for individual purchase. We will provide chairs for our residents under the shaded covering. This event is open to the public and we strongly encourage you to invite your friends and family from outside the community. Please ask them to provide their own chairs and to bring their own beverages! Pray for good weather so we can dance the night away on **June 25th** from **6:00-8:00!**

Haley Kinne-Norris

Many LGBT+ older adults face discrimination and exclusion in senior living communities, often unintentionally. This session explores these concerns and provides strategies to combat them. Attendees will gain insights from research articles and the presenter's study, enabling them to implement inclusive programming that ensures all residents feel welcomed. You'll be able to define exclusion and inclusion in senior living communities and programming, recall standards of ensuring programming opportunities are inclusive and identify additional needs that may be present for LGBT+ residents. Join Haley in the Forum on **June 26th** at **3:30** to learn more!



JUNE 2025

630 CAROLINA BAY DR. WILMINGTON, NC 28403



Your Lifestyle Calendar Designed to INSPIRE

Inclusive, Nutritional, Social, Physical, Intellectual, Recreational, Engaging

This Month In Life Enrichment...

Art Classes:

Open Art Studio, Painted Tulips, Puzzle Design & Creation, Seashell Wreath, Moe McKenna Acrylic Painting Class!

Social Events:

Bourbon & Bros, All Resident Happy Hour & Birthday Social, Breakfast Club, Bash At The Bay, Latte Fun, Games Galore!

Educational Events:

Dementia Presentation, LGBTQ+ Presentation, Balanced Brains, In The Lab W Lil, The Great Course, Carolina Bay Men's Lifetime Learning Class, Team Table Trivia!

Musical Acts:

Scotti Stringz, FlashBack!

Resident Led Events:

Farkle, Bingo, Book Club, Free Art, Party Bridge, Duplicate Bridge, Bible Study with Bob Perry, Mahjong, CB Crafty Chicks, Chess Club, Ping Pong Club, Hand & Foot, Vespers, Floor Happy Hours!

Outings:

Arboretum & Lunch, Cracker Barrel and Blue Moon, Beach Day, Thalian Hall: Hairspray, CAM & CAM Café, Boat Tour and Lunch!

This Month In Wellness...

The Importance of Stretching Presentation

Please join us in the forum (6/18/2025) @3:30pm, for a presentation on the Importance of Stretching. This talk will be given by Rachael, the wellness director. Not only will you learn about the benefits of stretching but the positive impact it has on your muscles and joints.

Beach Day– June 12th at 9:00

Limited spots for Beach Day! Join us for a fun filled day at the beach, we will provide the chairs, a shaded spot and lunch at Carolina Beach. Ocean Cure, a non-profit organization will be present to assist you on and off the beach and into the ocean!

Class Schedule Update

We are introducing a new section of Functional Fitness at 1:30pm on Wednesday's. If you sign up for one functional fitness class, please do not sign up for the second section. This way we can give everyone a chance to be able to take the class!



