

**INSPIRE: Inclusive,
Nutritional, Spiritual,
Intellectual,
Recreational, Engaging**

**January 2026
Carolina Bay**

630 Carolina Bay Dr. Wilmington, NC 28405



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>Facilitators Legend</p> <p>Wellness Department Led Resident Led Life Enrichment Department Led Contractor/Vendor Led Transportation Driver Staff</p>	<p>Locations Legend</p> <p>Wellness Studio (WS) Art Studio (AS) Card Room (CR) Aquatics Center (AC) Lobby (L) Gym (G) Chapel (CH) Forum (F)</p>	<p>Floor Common Area (FCA) Billiards Lounge (BL) Pub (PUB) Light House Market (LHM) Bradley Creek Lobby (BCL) The Driftwood (DW)</p>	<p>NO RSVT (L) 10:30 New Years Day Games (AS) 7:30 Pool Party with Ann Hill (AC)</p>	<p>RSVT 8:30-3:00 (L) 8:30 Adv. Water Aerobics (AC) 9:30 Water Aerobics (AC) 10:00 The Breakfast Club (AS) 10:30 Parkinson's Class (WS) 11:00 Farkle (AS) 11:30 Pound It! (WS) 1:00 Hand & Foot (CR) 1:30 Bible Study (CH) 1:30 CB Crafty Chicks (AS) 2:00 Independent Water Exercise (AC) 4:00 Ping Pong (WS) 5:00 Free Swim (AC) 7:00 Party Bridge (CR)</p>	<p>10:00 Tai Chi (WS) 11:00 Open Art Studio (AS) 1:00 Rummikub (CR) 3:00 Free Gym (G)</p>
	<p>1:00 Groove, Strength, and Stretch (WS) 2:00 Mexican Train (CR)</p>	<p>RSVT 8:30-3:00 (L) 8:30 Advanced Water Aerobics (AC) 9:30 Communion (CH) 9:30 Water Aerobics (AC) 10:00 Advance Floor Yoga (WS) 10:00 BEAT (G) 10:30 Painting w/ Moe Mckenna (AS) 11:00 Mens Lifetime Learning (CR) 11:30 Brain Fitness (WS) 1:00 Adv. Canasta (CR) 2:00 Independent Water Exercise (AC) 2:00 Walmart (L) 2:00 BINGO (AS) 3:00 Baywatch Co (AS) 4:00 Ping Pong (WS)</p>	<p>NO RSVT 9:00 Adv. Circuit (WS) 10:30 Adv. Balance (WS) 11:00 The Great Course (CR) 11:30 Lunch at Perla Raw Bar (L) 11:30 Int. Balance (WS) 1:00 Mahjong (CR) 2:30 Land Aerobics (WS) 3:30 Trivia Tuesday (AS) 4:00 Gentle Seated Yoga (WS)</p>	<p>RSVT 8:30-3:00 (L) 8:30 Adv. Water Aerobics (AC) 9:30 Water Aerobics (AC) 9:30 BEAT (G) 10:00 Open Card Play (CR) 10:30 Core (WS) 11:00 Farkle (AS) 11:30 Functional Fitness (WS) 1:00 Bridge Club (CR) 1:30 Functional Fitness (WS) 2:00 Movie - A Fish Called Wanda (F) 2:30 Gym Clinic (G) 4:30 1st & 2nd, & 3rd Floor Happy Hour (FCA)</p>	<p>RSVT 8:30-3:00 (L) 9:00 Adv. Circuit (WS) 10:30 Adv. Balance (WS) 11:00 Painting Class (AS) 11:30 Int. Balance (WS) 1:30 Beg. Balance (WS) 2:00 New Year, New Classes - Q&A with Wellness (WS) 2:00 Harris Teeter (L) 4:00 Vespers (CH) 7:30 Pool Party with Ann Hill (AC)</p>	<p>RSVT 8:30-3:00 (L) 8:30 Adv. Water Aerobics (AC) 9:30 BEAT (G) 9:30 Water Aerobics (AC) 10:00 The Breakfast Club (AS) 10:00 Audiologist Jason R (CR) 10:30 Parkinson's Class (WS) 11:00 Farkle (AS) 11:30 Pound It! (WS) 1:00 Hand & Foot (CR) 1:30 CB Crafty Chicks (AS) 1:30 Bible Study (CH) 2:00 Independent Water Exercise (AC) 2:00 Environmental Co (BL) 2:30 Freddy Tripp Performance (F) 4:00 Ping Pong (WS) 5:00 Free Swim (AC) 7:00 Party Bridge (CR)</p>
	<p>12:30 Rummikub (CR) 1:00 Groove, Strength, and Stretch (WS) 1:30 St James Communion (CH) 2:00 Mexican Train (CR)</p>	<p>RSVT 8:30-3:00 (L) 8:30 Advanced Water Aerobics (AC) 9:30 Communion (CH) 9:30 Water Aerobics (AC) 10:00 BEAT (G) 10:00 Advance Floor Yoga (WS) 11:00 Edible Winter Craft (AS) 11:00 Mens Lifetime Learning (CR) 11:30 Brain Fitness (WS) 1:00 Book Club (CR) 1:00 Adv. Canasta (CR) 2:00 BINGO (AS) 2:00 Wellness Co (WS) 2:00 Independent Water Exercise (AC) 2:00 University Commons (L) 3:00 Life Enrichment Co (AS) 3:00 Monday Activity - Pictionary (CR) 4:00 Ping Pong (WS)</p>	<p>NO RSVT 9:00 Adv. Circuit (WS) 10:00 Balanced Brains (AS) 10:30 Adv. Balance (WS) 11:00 Cape Fear Seafood & Uptown Market (L) 11:30 Int. Balance (WS) 1:00 Mahjong (CR) 1:30 Beg. Balance (WS) 2:00 M&O Co (BL) 2:30 Land Aerobics (WS) 3:30 Trivia Tuesday (AS) 4:00 Gentle Seated Yoga (WS) 4:15 Garden Flats Happy Hour (CR)</p>	<p>RSVT 8:30-3:00 (L) 8:30 Adv. Water Aerobics (AC) 9:30 BEAT (G) 9:30 Morning Meditation (WS) 9:30 Water Aerobics (AC) 10:00 Latte Fun (CR) 10:30 Core (WS) 11:00 Farkle (AS) 11:30 Functional Fitness (WS) 1:00 Bridge Club (CR) 1:30 Functional Fitness (WS) 2:00 Dining Co (PUB) 2:00 Movie - The Big Lebowski (F) 4:30 1st & 2nd, & 3rd Floor Happy Hour (FCA)</p>	<p>RSVT 8:30-3:00 (L) 9:00 Adv. Circuit (WS) 10:00 Balanced Brains (AS) 10:30 Adv. Balance (WS) 11:00 Painting Class (AS) 11:30 Int. Balance (WS) 1:30 Beg. Balance (WS) 2:00 Food Lion (L) 3:00 All Resident Happy Hour (LHM) 7:30 Pool Party with Ann Hill (AC)</p>	<p>RSVT 8:30-3:00 (L) 8:30 Adv. Water Aerobics (AC) 9:30 BEAT (G) 9:30 Water Aerobics (AC) 10:00 The Breakfast Club (AS) 10:30 Parkinson's Class (WS) 11:00 Farkle (AS) 1:00 Hand & Foot (CR) 1:30 Bible Study (CH) 1:30 CB Crafty Chicks (AS) 2:00 Independent Water Exercise (AC) 3:00 GB2 Co (BL) 4:00 Ping Pong (WS) 5:00 Free Swim (AC) 7:00 Party Bridge (CR)</p>
	<p>10:00 Tai Chi (WS) 11:00 Open Art Studio (AS) 1:00 Rummikub (CR) 3:00 Free Gym (G)</p>					<p>10:00 Tai Chi (WS) 11:00 Bradley Creek Buddy Program (BCL) 11:00 Open Art Studio (AS) 1:00 Rummikub (CR) 3:00 Free Gym (G)</p>

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:30 Rummikub (CR) 1:00 Groove, Strength, and Stretch (WS) 2:00 Mexican Train (CR)	18 RSVT 8:30-3:00 (L) 8:30 Advanced Water Aerobics (AC) 9:30 Communion (CH) 9:30 Water Aerobics (AC) 10:00 BEAT (G) 10:00 Advance Floor Yoga (WS) 11:00 Mens Lifetime Learning (CR) 11:00 Craft-DIY Snow Globe (AS) 11:30 Brain Fitness (WS) 1:00 Adv. Canasta (CR) 2:00 BINGO (AS) 2:00 Independent Water Exercise (AC) 2:00 Target (L) 2:00 Mobility Clinic (WS) 3:00 Monday Activity - Charades (CR) 4:00 Ping Pong (WS)	19 NO RSVT	20 9:00 Adv. Circuit (WS) 10:00 Balanced Brains (AS) 10:00 CAM & CAM Cafe (L) 10:30 Adv. Balance (WS) 10:45 Floor Reps Meeting (AS) 11:00 Council Meeting (AS) 11:30 Int. Balance (WS) 1:00 Mahjong (AS) 1:30 Beg. Balance (WS) 2:30 Land Aerobics (WS) 3:00 All Resident Meeting (F) 4:00 Gentle Seated Yoga (WS)	21 RSVT 8:30-3:00 (L) 8:30 Adv. Water Aerobics (AC) 9:30 BEAT (G) 9:30 Morning Meditation (WS) 9:30 Water Aerobics (AC) 10:00 Latte Fun (AS) 10:30 Core (WS) 11:00 Farkle (AS) 11:30 Functional Fitness (WS) 1:30 Functional Fitness (WS) 2:00 Movie - Legally Blonde (F) 2:30 Science Class: In the Lab with Lil (AS) 3:30 Advance Floor Yoga (WS) 4:30 1st & 2nd, & 3rd Floor Happy Hour (FCA)	22 RSVT 8:30-3:00 (L) 9:00 Adv. Circuit (WS) 10:00 Balanced Brains (AS) 10:30 Adv. Balance (WS) 11:00 Painting Class (AS) 11:30 Int. Balance (WS) 1:30 Beg. Balance (WS) 2:00 Line Dance (WS) 2:00 Harris Teeter (L) 4:00 Vespers (CH) 6:40 NC Symphony: All Mozart (L) 7:30 Pool Party with Ann Hill (AC)	23 RSVT 8:30-3:00 (L) 8:30 Adv. Water Aerobics (AC) 9:30 BEAT (G) 9:30 Water Aerobics (AC) 10:00 The Breakfast Club (AS) 10:30 Parkinson's Class (WS) 11:00 Farkle (AS) 11:30 Pound It! (WS) 1:00 Hand & Foot (CR) 1:30 Bible Study (CH) 1:30 CB Crafty Chicks (AS) 2:00 Independent Water Exercise (AC) 3:00 Thalian Hall Talk w Shane Fernando (F) 4:00 Ping Pong (WS) 5:00 Free Swim (AC) 7:00 Party Bridge (CR)
12:30 Rummikub (CR) 1:00 Groove, Strength, and Stretch (WS) 2:00 Mexican Train (CR)	25 RSVT 8:30-3:00 (L) 8:30 Advanced Water Aerobics (AC) 9:30 Communion (CH) 9:30 Water Aerobics (AC) 10:00 BEAT (G) 10:00 Advance Floor Yoga (WS) 10:30 Painting w/ Moe Mckenna (AS) 11:00 Mens Lifetime Learning (CR) 11:30 Brain Fitness (WS) 1:00 Adv. Canasta (CR) 2:00 BINGO (AS) 2:00 Independent Water Exercise (AC) 2:00 Food Lion & Library (L) 2:30 End of Days Distillery Tasting (PUB) 4:00 Ping Pong (WS)	26 NO RSVT	27 9:00 Adv. Circuit (WS) 10:00 Balanced Brains (AS) 10:30 Adv. Balance (WS) 11:00 The Great Course (CR) 11:00 Council Meeting (AS) 11:00 Johnny Lukes Kitchen & Port City Peddler (L) 11:30 Int. Balance (WS) 1:00 Mahjong (CR) 1:30 Beg. Balance (WS) 2:30 Land Aerobics (WS) 3:30 Trivia Tuesday (AS) 4:00 Gentle Seated Yoga (WS) 4:15 Garden Flats Happy Hour (CR)	28 RSVT 8:30-3:00 (L) 8:30 Adv. Water Aerobics (AC) 9:30 BEAT (G) 9:30 Morning Meditation (WS) 9:30 Water Aerobics (AC) 10:00 Latte Fun (CR) 10:30 Core (WS) 11:00 Farkle (AS) 11:30 Functional Fitness (WS) 1:00 Bridge Club (CR) 1:30 Functional Fitness (WS) 2:00 Movie - The Desperados (CR) 2:30 Kitchen Tour w Dining (DW) 3:30 Advance Floor Yoga (WS) 4:30 1st & 2nd, & 3rd Floor Happy Hour (FCA)	29 RSVT 8:30-3:00 (L) 9:00 Adv. Circuit (WS) 10:00 Balanced Brains (AS) 10:30 Adv. Balance (WS) 11:00 Painting Class with Kelcey (AS) 11:30 Int. Balance (WS) 1:30 Beg. Balance (WS) 2:00 Food Lion (L) 2:00 Line Dance (WS) 3:00 Thomas Choinere Performance (LHM) 7:30 Pool Party with Ann Hill (AC)	30 RSVT 8:30-3:00 (L) 8:30 Adv. Water Aerobics (AC) 9:30 BEAT (G) 9:30 Water Aerobics (AC) 10:00 The Breakfast Club (AS) 10:30 Parkinson's Class (WS) 11:00 Farkle (AS) 11:30 Pound It! (WS) 1:00 Hand & Foot (CR) 1:30 Bible Study (CH) 1:30 CB Crafty Chicks (AS) 2:00 Independent Water Exercise (AC) 3:00 Maritime History of Southport w John Moseley (CR) 4:00 Ping Pong (WS) 5:00 Free Swim (AC) 7:00 Party Bridge (CR)
		<p>January Birthdays</p> <p>Rick Smith 1/2 Carolyn Christ 1/5 Eileen Ballance 1/6 Rosa Swain 1/7 Tom Abate 1/7 Bo Dawson 1/8 Pam Molander 1/8 Barbara Breemen 1/29</p> <p>Happy Birthday Y'all! <i>If your birthday is missing, please let Life Enrichment know!</i></p>	<p>MOVIES</p> <p><u>A Fish Called Wanda</u> In London, four very different people team up on a jewel heist, then try to double-cross one another for the loot, complicated by their efforts to fool the very proper barrister Archibald Leach. 1H48M</p> <p><u>The Big Lebowski</u> Jeff "The Dude" Lebowski, mistaken for a millionaire of the same name, seeks restitution for his ruined rug and enlists his bowling buddies to help get it. 1H57M</p> <p><u>Legally Blonde</u> Fashionable sorority queen Elle Woods follows her boyfriend to law school, where she discovers that there is more to her than just looks. 1H36M</p> <p><u>The Desperados</u> A wanted outlaw arrives in town to rob a bank that has already been held up! His past and his friendship with the sheriff land them both in trouble. 1H27M</p>	<p>January Staff Birthdays</p> <p>Kpi Paw 1/1</p> <p>Happy Birthday!</p>		<p>10:00 Tai Chi (WS) 11:00 Open Art Studio (AS) 1:00 Rummikub (CR) 3:00 Free Gym (G)</p>