

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
	<div>Facilitators Legend</div> <div>Wellness Department Led</div> <div>Resident Led</div> <div>Life Enrichment Department Led</div> <div>Contractor/Vendor Led</div> <div>Transportation Driver</div> <div>Staff</div>	<div>Locations Legend</div> <div>Wellness Studio (WS)</div> <div>Art Studio (AS)</div> <div>Card Room (CR)</div> <div>Aquatics Center (AC)</div> <div>Lobby (L)</div> <div>Gym (G)</div> <div>Chapel (CH)</div> <div>Forum (F)</div> <div>Floor Common Area (FCA)</div> <div>Billiards Lounge (BL)</div> <div>Pub (PUB)</div> <div>Light House Market (LHM)</div> <div>Bradley Creek Lobby (BCL)</div> <div>The Driftwood (DW)</div>		<div>NO RSVT (L)</div> <div>10:30 New Years Day Games (AS)</div> <div>7:30 Pool Party with Ann Hill (AC)</div>	<div>RSVT 8:30-3:00 (L)</div> <div>2</div> <div>8:30 Adv. Water Aerobics (AC)</div> <div>9:30 Water Aerobics (AC)</div> <div>10:00 The Breakfast Club (AS)</div> <div>10:30 Parkinson's Class (WS)</div> <div>11:00 Farkle (AS)</div> <div>11:30 Pound It! (WS)</div> <div>1:00 Hand & Foot (CR)</div> <div>1:30 Bible Study (CH)</div> <div>1:30 CB Crafty Chicks (AS)</div> <div>2:00 Independent Water Exercise (AC)</div> <div>4:00 Ping Pong (WS)</div> <div>5:00 Free Swim (AC)</div> <div>7:00 Party Bridge (CR)</div>	<div>10:00 Tai Chi (WS)</div> <div>3</div> <div>11:00 Open Art Studio (AS)</div> <div>1:00 Rummikub (CR)</div> <div>3:00 Free Gym (G)</div>
<div>1:00 Groove, Strength, and Stretch (WS)</div> <div>4</div> <div>2:00 Mexican Train (CR)</div>	<div>RSVT 8:30-3:00 (L)</div> <div>5</div> <div>8:30 Advanced Water Aerobics (AC)</div> <div>9:30 Communion (CH)</div> <div>9:30 Water Aerobics (AC)</div> <div>10:00 Advance Floor Yoga (WS)</div> <div>10:00 BEAT (G)</div> <div>10:30 Painting w/ Moe McKenna (AS)</div> <div>11:00 Mens Lifetime Learning (CR)</div> <div>11:30 Brain Fitness (WS)</div> <div>1:00 Adv. Canasta (CR)</div> <div>2:00 Independent Water Exercise (AC)</div> <div>2:00 Walmart (L)</div> <div>2:00 BINGO (AS)</div> <div>3:00 Baywatch Co (AS)</div> <div>4:00 Ping Pong (WS)</div>	<div>NO RSVT</div> <div>6</div> <div>9:00 Adv. Circuit (WS)</div> <div>10:30 Adv. Balance (WS)</div> <div>11:00 The Great Course (CR)</div> <div>11:30 Lunch at Perla Raw Bar (L)</div> <div>11:30 Int. Balance (WS)</div> <div>1:00 Mahjong (CR)</div> <div>2:30 Land Aerobics (WS)</div> <div>3:30 Trivia Tuesday (AS)</div> <div>4:00 Gentle Seated Yoga (WS)</div>	<div>RSVT 8:30-3:00 (L)</div> <div>7</div> <div>8:30 Adv. Water Aerobics (AC)</div> <div>9:30 Water Aerobics (AC)</div> <div>9:30 BEAT (G)</div> <div>10:00 Open Card Play (CR)</div> <div>10:30 Core (WS)</div> <div>11:00 Farkle (AS)</div> <div>11:30 Functional Fitness (WS)</div> <div>1:00 Bridge Club (CR)</div> <div>1:30 Functional Fitness (WS)</div> <div>2:00 Movie - A Fish Called Wanda (F)</div> <div>2:30 Gym Clinic (G)</div> <div>4:30 1st & 2nd, & 3rd Floor Happy Hour (FCA)</div>	<div>RSVT 8:30-3:00 (L)</div> <div>8</div> <div>9:00 Adv. Circuit (WS)</div> <div>10:30 Adv. Balance (WS)</div> <div>11:00 Painting Class (AS)</div> <div>11:30 Int. Balance (WS)</div> <div>1:30 Beg. Balance (WS)</div> <div>2:00 New Year, New Classes - Q&A with Wellness (WS)</div> <div>2:00 Harris Teeter (L)</div> <div>4:00 Vespers (CH)</div> <div>7:30 Pool Party with Ann Hill (AC)</div>	<div>RSVT 8:30-3:00 (L)</div> <div>9</div> <div>8:30 Adv. Water Aerobics (AC)</div> <div>9:30 BEAT (G)</div> <div>9:30 Water Aerobics (AC)</div> <div>10:00 The Breakfast Club (AS)</div> <div>10:00 Audiologist Jason R (CR)</div> <div>10:30 Parkinson's Class (WS)</div> <div>11:00 Farkle (AS)</div> <div>11:30 Pound It! (WS)</div> <div>1:00 Hand & Foot (CR)</div> <div>1:30 CB Crafty Chicks (AS)</div> <div>1:30 Bible Study (CH)</div> <div>2:00 Independent Water Exercise (AC)</div> <div>2:00 Environmental Co (BL)</div> <div>2:30 Freddy Tripp Performance (F)</div> <div>4:00 Ping Pong (WS)</div> <div>5:00 Free Swim (AC)</div> <div>7:00 Party Bridge (CR)</div>	<div>10:00 Tai Chi (WS)</div> <div>10</div> <div>11:00 Bradley Creek Buddy Program (BCL)</div> <div>11:00 Open Art Studio (AS)</div> <div>1:00 Rummikub (CR)</div> <div>3:00 Free Gym (G)</div>
<div>12:30 Rummikub (CR)</div> <div>11</div> <div>1:00 Groove, Strength, and Stretch (WS)</div> <div>1:30 St James Communion (CH)</div> <div>2:00 Mexican Train (CR)</div>	<div>RSVT 8:30-3:00 (L)</div> <div>12</div> <div>8:30 Advanced Water Aerobics (AC)</div> <div>9:30 Communion (CH)</div> <div>9:30 Water Aerobics (AC)</div> <div>10:00 BEAT (G)</div> <div>10:00 Advance Floor Yoga (WS)</div> <div>11:00 Edible Winter Craft (AS)</div> <div>11:00 Mens Lifetime Learning (CR)</div> <div>11:30 Brain Fitness (WS)</div> <div>1:00 Book Club (CR)</div> <div>1:00 Adv. Canasta (CR)</div> <div>2:00 BINGO (AS)</div> <div>2:00 Wellness Co (WS)</div> <div>2:00 Independent Water Exercise (AC)</div> <div>2:00 University Commons (L)</div> <div>3:00 Life Enrichment Co (AS)</div> <div>3:00 Monday Activity - Pictionary (CR)</div> <div>4:00 Ping Pong (WS)</div>	<div>NO RSVT</div> <div>13</div> <div>9:00 Adv. Circuit (WS)</div> <div>10:00 Balanced Brains (AS)</div> <div>10:30 Adv. Balance (WS)</div> <div>11:00 Cape Fear Seafood & Uptown Market (L)</div> <div>11:30 Int. Balance (WS)</div> <div>1:00 Mahjong (CR)</div> <div>1:30 Beg. Balance (WS)</div> <div>2:00 M&O Co (BL)</div> <div>2:30 Land Aerobics (WS)</div> <div>3:30 Trivia Tuesday (AS)</div> <div>4:00 Gentle Seated Yoga (WS)</div> <div>4:15 Garden Flats Happy Hour (CR)</div>	<div>RSVT 8:30-3:00 (L)</div> <div>14</div> <div>8:30 Adv. Water Aerobics (AC)</div> <div>9:30 BEAT (G)</div> <div>9:30 Morning Meditation (WS)</div> <div>9:30 Water Aerobics (AC)</div> <div>10:00 Latte Fun (CR)</div> <div>10:30 Core (WS)</div> <div>11:00 Farkle (AS)</div> <div>11:30 Functional Fitness (WS)</div> <div>1:00 Bridge Club (CR)</div> <div>1:30 Functional Fitness (WS)</div> <div>2:00 Dining Co (PUB)</div> <div>2:00 Movie - The Big Lebowski (F)</div> <div>4:30 1st & 2nd, & 3rd Floor Happy Hour (FCA)</div>	<div>RSVT 8:30-3:00 (L)</div> <div>15</div> <div>9:00 Adv. Circuit (WS)</div> <div>10:00 Balanced Brains (AS)</div> <div>10:30 Adv. Balance (WS)</div> <div>11:00 Painting Class (AS)</div> <div>11:30 Int. Balance (WS)</div> <div>1:30 Beg. Balance (WS)</div> <div>2:00 Food Lion (L)</div> <div>3:00 All Resident Happy Hour (LHM)</div> <div>7:30 Pool Party with Ann Hill (AC)</div>	<div>RSVT 8:30-3:00 (L)</div> <div>16</div> <div>8:30 Adv. Water Aerobics (AC)</div> <div>9:30 BEAT (G)</div> <div>9:30 Water Aerobics (AC)</div> <div>10:00 The Breakfast Club (AS)</div> <div>10:30 Parkinson's Class (WS)</div> <div>11:00 Farkle (AS)</div> <div>1:00 Hand & Foot (CR)</div> <div>1:30 Bible Study (CH)</div> <div>1:30 CB Crafty Chicks (AS)</div> <div>2:00 Independent Water Exercise (AC)</div> <div>3:00 GB2 Co (BL)</div> <div>4:00 Ping Pong (WS)</div> <div>5:00 Free Swim (AC)</div> <div>7:00 Party Bridge (CR)</div>	<div>10:00 Tai Chi (WS)</div> <div>17</div> <div>11:00 Open Art Studio (AS)</div> <div>1:00 Rummikub (CR)</div> <div>3:00 Free Gym (G)</div>

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>12:30 Rummikub (CR)</div> <div>1:00 Groove, Strength, and Stretch (WS)</div> <div>2:00 Mexican Train (CR)</div> <div>18</div>	<div>RSVT 8:30-3:00 (L)</div> <div>8:30 Advanced Water Aerobics (AC)</div> <div>9:30 Communion (CH)</div> <div>9:30 Water Aerobics (AC)</div> <div>10:00 BEAT (G)</div> <div>10:00 Advance Floor Yoga (WS)</div> <div>11:00 Mens Lifetime Learning (CR)</div> <div>11:00 Craft -DIY Snow Globe (AS)</div> <div>11:30 Brain Fitness (WS)</div> <div>1:00 Adv. Canasta (CR)</div> <div>2:00 BINGO (AS)</div> <div>2:00 Independent Water Exercise (AC)</div> <div>2:00 Target (L)</div> <div>2:00 Mobility Clinic (WS)</div> <div>3:00 Monday Activity - Charades (CR)</div> <div>4:00 Ping Pong (WS)</div> <div>19</div>	<div>NO RSVT</div> <div>9:00 Adv. Circuit (WS)</div> <div>10:00 Balanced Brains (AS)</div> <div>10:00 CAM & CAM Cafe (L)</div> <div>10:30 Adv. Balance (WS)</div> <div>10:45 Floor Reps Meeting (AS)</div> <div>11:00 Council Meeting (AS)</div> <div>11:30 Int. Balance (WS)</div> <div>1:00 Mahjong (AS)</div> <div>1:30 Beg. Balance (WS)</div> <div>2:30 Land Aerobics (WS)</div> <div>3:00 All Resident Meeting (F)</div> <div>4:00 Gentle Seated Yoga (WS)</div> <div>20</div>	<div>RSVT 8:30-3:00 (L)</div> <div>8:30 Adv. Water Aerobics (AC)</div> <div>9:30 BEAT (G)</div> <div>9:30 Morning Meditation (WS)</div> <div>9:30 Water Aerobics (AC)</div> <div>10:00 Latte Fun (AS)</div> <div>10:30 Core (WS)</div> <div>11:00 Farkle (AS)</div> <div>11:30 Functional Fitness (WS)</div> <div>1:30 Functional Fitness (WS)</div> <div>2:00 Movie - Legally Blonde (F)</div> <div>2:30 Science Class: In the Lab with Lil (AS)</div> <div>3:30 Advance Floor Yoga (WS)</div> <div>4:30 1st & 2nd, & 3rd Floor Happy Hour (FCA)</div> <div>21</div>	<div>RSVT 8:30-3:00 (L)</div> <div>9:00 Adv. Circuit (WS)</div> <div>10:00 Balanced Brains (AS)</div> <div>10:30 Adv. Balance (WS)</div> <div>11:00 Painting Class (AS)</div> <div>11:30 Int. Balance (WS)</div> <div>1:30 Beg. Balance (WS)</div> <div>2:00 Line Dance (WS)</div> <div>2:00 Harris Teeter (L)</div> <div>4:00 Vespers (CH)</div> <div>6:40 NC Symphony: All Mozart (L)</div> <div>7:30 Pool Party with Ann Hill (AC)</div> <div>22</div>	<div>RSVT 8:30-3:00 (L)</div> <div>8:30 Adv. Water Aerobics (AC)</div> <div>9:30 BEAT (G)</div> <div>9:30 Water Aerobics (AC)</div> <div>10:00 The Breakfast Club (AS)</div> <div>10:30 Parkinson's Class (WS)</div> <div>11:00 Farkle (AS)</div> <div>11:30 Pound It! (WS)</div> <div>1:00 Hand & Foot (CR)</div> <div>1:30 Bible Study (CH)</div> <div>1:30 CB Crafty Chicks (AS)</div> <div>2:00 Independent Water Exercise (AC)</div> <div>3:00 Thalian Hall Talk w Shane Fernando (F)</div> <div>4:00 Ping Pong (WS)</div> <div>5:00 Free Swim (AC)</div> <div>7:00 Party Bridge (CR)</div> <div>23</div>	<div>10:00 Tai Chi (WS)</div> <div>11:00 Open Art Studio (AS)</div> <div>1:00 Rummikub (CR)</div> <div>3:00 Free Gym (G)</div> <div>24</div>
<div>12:30 Rummikub (CR)</div> <div>1:00 Groove, Strength, and Stretch (WS)</div> <div>2:00 Mexican Train (CR)</div> <div>25</div>	<div>RSVT 8:30-3:00 (L)</div> <div>8:30 Advanced Water Aerobics (AC)</div> <div>9:30 Communion (CH)</div> <div>9:30 Water Aerobics (AC)</div> <div>10:00 BEAT (G)</div> <div>10:00 Advance Floor Yoga (WS)</div> <div>10:30 Painting w/ Moe Mckenna (AS)</div> <div>11:00 Mens Lifetime Learning (CR)</div> <div>11:30 Brain Fitness (WS)</div> <div>1:00 Adv. Canasta (CR)</div> <div>2:00 BINGO (AS)</div> <div>2:00 Independent Water Exercise (AC)</div> <div>2:00 Food Lion & Library (L)</div> <div>2:30 End of Days Distillery Tasting (PUB)</div> <div>4:00 Ping Pong (WS)</div> <div>26</div>	<div>NO RSVT</div> <div>9:00 Adv. Circuit (WS)</div> <div>10:00 Balanced Brains (AS)</div> <div>10:30 Adv. Balance (WS)</div> <div>11:00 The Great Course (CR)</div> <div>11:00 Council Meeting (AS)</div> <div>11:00 Johnny Lukes Kitchen & Port City Peddler (L)</div> <div>11:30 Int. Balance (WS)</div> <div>1:00 Mahjong (CR)</div> <div>1:30 Beg. Balance (WS)</div> <div>2:30 Land Aerobics (WS)</div> <div>3:30 Trivia Tuesday (AS)</div> <div>4:00 Gentle Seated Yoga (WS)</div> <div>4:15 Garden Flats Happy Hour (CR)</div> <div>27</div>	<div>RSVT 8:30-3:00 (L)</div> <div>8:30 Adv. Water Aerobics (AC)</div> <div>9:30 BEAT (G)</div> <div>9:30 Morning Meditation (WS)</div> <div>9:30 Water Aerobics (AC)</div> <div>10:00 Latte Fun (CR)</div> <div>10:30 Core (WS)</div> <div>11:00 Farkle (AS)</div> <div>11:30 Functional Fitness (WS)</div> <div>1:00 Bridge Club (CR)</div> <div>1:30 Functional Fitness (WS)</div> <div>2:00 Movie - The Desperados (CR)</div> <div>2:30 Kitchen Tour w Dining (DW)</div> <div>3:30 Advance Floor Yoga (WS)</div> <div>4:30 1st & 2nd, & 3rd Floor Happy Hour (FCA)</div> <div>28</div>	<div>RSVT 8:30-3:00 (L)</div> <div>9:00 Adv. Circuit (WS)</div> <div>10:00 Balanced Brains (AS)</div> <div>10:30 Adv. Balance (WS)</div> <div>11:00 Painting Class with Kelcey (AS)</div> <div>11:30 Int. Balance (WS)</div> <div>1:30 Beg. Balance (WS)</div> <div>2:00 Food Lion (L)</div> <div>2:00 Line Dance (WS)</div> <div>3:00 Thomas Choinere Performance (LHM)</div> <div>7:30 Pool Party with Ann Hill (AC)</div> <div>29</div>	<div>RSVT 8:30-3:00 (L)</div> <div>8:30 Adv. Water Aerobics (AC)</div> <div>9:30 BEAT (G)</div> <div>9:30 Water Aerobics (AC)</div> <div>10:00 The Breakfast Club (AS)</div> <div>10:30 Parkinson's Class (WS)</div> <div>11:00 Farkle (AS)</div> <div>11:30 Pound It! (WS)</div> <div>1:00 Hand & Foot (CR)</div> <div>1:30 Bible Study (CH)</div> <div>1:30 CB Crafty Chicks (AS)</div> <div>2:00 Independent Water Exercise (AC)</div> <div>3:00 Maritime History of Southport w John Moseley (CR)</div> <div>4:00 Ping Pong (WS)</div> <div>5:00 Free Swim (AC)</div> <div>7:00 Party Bridge (CR)</div> <div>30</div>	<div>10:00 Tai Chi (WS)</div> <div>11:00 Open Art Studio (AS)</div> <div>1:00 Rummikub (CR)</div> <div>3:00 Free Gym (G)</div> <div>31</div>
		<div>January Birthdays</div> <div>Rick Smith 1/2</div> <div>Carolyn Christ 1/5</div> <div>Eileen Ballance 1/6</div> <div>Rosa Swain 1/7</div> <div>Tom Abate 1/7</div> <div>Bo Dawson 1/8</div> <div>Pam Molander 1/8</div> <div>Barbara Foley 1/11</div> <div>Jan Jacobson 1/13</div> <div>Ray Hughes 1/13</div> <div>Jack Wright 1/16</div> <div>Janet O'Neil 1/17</div> <div>Ned Bacheldor 1/19</div> <div>Fran Scacheri 1/26</div> <div>Barbara Breemen 1/29</div> <div>Happy Birthday Y'all!</div> <div>If your birthday is missing, please let Life Enrichment know!</div>	<div>MOVIES</div> <div>A Fish Called Wanda</div> <div>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</div> <div>The Big Lebowski</div> <div>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</div> <div>Legally Blonde</div> <div>Fashionable sorority queen Elle Woods follows her ex-boyfriend to law school, where she discovers that there is more to her than just looks. 1H36M</div> <div>The Desperadoes</div> <div>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</div>	<div>January Staff Birthdays</div> <div>Kpi Paw 1/1</div> <div>Happy Birthday!</div>		