

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

February 2026
Carolina Bay
630 Carolina Bay Dr. Wilmington, NC 28403



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div>12:30Rummikub (CR)</div> <div>1:00Groove, Strength, and Stretch (WS)</div> <div>2:00Mexican Train (CR)</div> <div>4:00GB2 Performance (F)</div> <div>1</div>	<div>RSVT 8:30-3:00 (L)</div> <div>2</div> <div>8:30Advanced Water Aerobics (AC)</div> <div>9:30Communion (CH)</div> <div>9:30Water Aerobics (AC)</div> <div>10:00BEAT (G)</div> <div>10:00Advance Floor Yoga (WS)</div> <div>10:30Paint w Moe McKenna (AS)</div> <div>11:00Mens Lifetime Learning (CR)</div> <div>11:30Brain Fitness (WS)</div> <div>1:00Adv. Canasta (CR)</div> <div>2:00BINGO (AS)</div> <div>2:00Independent Water Exercise (AC)</div> <div>2:00Walmart (L)</div> <div>3:00Baywatch Co (AS)</div> <div>4:00Ping Pong (WS)</div>	<div>NO RSVT</div> <div>3</div> <div>9:00Adv. Circuit (WS)</div> <div>10:00Balanced Brains (AS)</div> <div>10:30Adv. Balance (WS)</div> <div>11:00The Great Course (CR)</div> <div>11:00Boathouse & Blue Moon (L)</div> <div>11:30Int. Balance (WS)</div> <div>1:00Mahjong (CR)</div> <div>1:30Beg. Balance (WS)</div> <div>2:30Land Aerobics (WS)</div> <div>3:30Trivia Tuesday (AS)</div> <div>4:00Gentle Seated Yoga (WS)</div>	<div>RSVT 8:30-3:00 (L)</div> <div>4</div> <div>8:30Adv. Water Aerobics (AC)</div> <div>9:30BEAT (G)</div> <div>9:30Morning Meditation (WS)</div> <div>9:30Water Aerobics (AC)</div> <div>10:00Latte Fun (CR)</div> <div>10:30Core (WS)</div> <div>11:00Farkle (AS)</div> <div>11:30Functional Fitness (WS)</div> <div>1:30Functional Fitness (WS)</div> <div>1:30Bridge Club (CR)</div> <div>2:00Movie - The Pursuit of Happyness (F)</div> <div>2:30Kitchen Tour w Dining (DW)</div> <div>3:30Advance Floor Yoga (WS)</div> <div>4:301st & 2nd, & 3rd Floor Happy Hour (FCA)</div>	<div>RSVT 8:30-3:00 (L)</div> <div>5</div> <div>9:00Adv. Circuit (WS)</div> <div>10:00Balanced Brains (AS)</div> <div>10:30Adv. Balance (WS)</div> <div>11:00Valentines Card Making (AS)</div> <div>11:30Int. Balance (WS)</div> <div>1:30Beg. Balance (WS)</div> <div>2:00Line Dance (WS)</div> <div>2:00Harris Teeter (L)</div> <div>3:00Piano Performance w Neil Dorval (F)</div> <div>6:40Thalian Hall - Murder on the Orient Express (L)</div> <div>7:30Pool Party with Ann Hill (AC)</div>	<div>RSVT 8:30-3:00 (L)</div> <div>6</div> <div>NATIONAL WEAR RED DAY</div> <div>8:30Adv. Water Aerobics (AC)</div> <div>9:30BEAT (G)</div> <div>9:30Water Aerobics (AC)</div> <div>10:00The Breakfast Club (AS)</div> <div>10:30Parkinson's Class (WS)</div> <div>11:00Farkle (AS)</div> <div>11:30Pound It! (WS)</div> <div>1:00Hand & Foot (CR)</div> <div>1:30Bible Study (CH)</div> <div>1:30CB Crafty Chicks (AS)</div> <div>2:00Independent Water Exercise (AC)</div> <div>2:00Heart Health Panel (F)</div> <div>3:30Free Swim (AC)</div> <div>4:00Ping Pong (WS)</div> <div>7:00Party Bridge (CR)</div>	<div>10:00Tai Chi (WS)</div> <div>11:00Open Art Studio (AS)</div> <div>1:00Rummikub (CR)</div> <div>3:00Free Gym (G)</div> <div>6:40Wilmington Symphony: Vilvadi's The Four Seasons (L)</div> <div>7</div>
<div>12:30Rummikub (CR)</div> <div>1:00Groove, Strength, and Stretch (WS)</div> <div>1:30St James Communion (CH)</div> <div>2:00Mexican Train (CR)</div> <div>8</div>	<div>RSVT 8:30-3:00 (L)</div> <div>9</div> <div>8:30Advanced Water Aerobics (AC)</div> <div>9:30Communion (CH)</div> <div>9:30Water Aerobics (AC)</div> <div>10:00BEAT (G)</div> <div>10:00Advance Floor Yoga (WS)</div> <div>10:30Paint w Moe McKenna (AS)</div> <div>11:00Mens Lifetime Learning (CR)</div> <div>11:30Brain Fitness (WS)</div> <div>1:00Book Club (CR)</div> <div>1:00Adv. Canasta (CR)</div> <div>2:00BINGO (AS)</div> <div>2:00Independent Water Exercise (AC)</div> <div>2:00Wellness Co (WS)</div> <div>2:00LIDL (L)</div> <div>3:00Life Enrichment Co (AS)</div> <div>4:00Ping Pong (WS)</div>	<div>NO RSVT</div> <div>10</div> <div>9:00Adv. Circuit (WS)</div> <div>10:00Balanced Brains (AS)</div> <div>10:30Adv. Balance (WS)</div> <div>11:00The Great Course (CR)</div> <div>11:00Lunch at The Sounder (L)</div> <div>11:30Int. Balance (WS)</div> <div>1:00Mahjong (CR)</div> <div>1:30Beg. Balance (WS)</div> <div>2:30Land Aerobics (WS)</div> <div>3:00M&O Co (BL)</div> <div>3:30Trivia Tuesday (AS)</div> <div>4:00Gentle Seated Yoga (WS)</div> <div>4:15Garden Flats Happy Hour (CR)</div>	<div>RSVT 8:30-3:00 (L)</div> <div>11</div> <div>8:30Adv. Water Aerobics (AC)</div> <div>9:30BEAT (G)</div> <div>9:30Morning Meditation (WS)</div> <div>9:30Water Aerobics (AC)</div> <div>10:00Latte Fun (CR)</div> <div>10:30Core (WS)</div> <div>11:00Farkle (AS)</div> <div>11:30Functional Fitness (WS)</div> <div>1:30Functional Fitness (WS)</div> <div>1:30Bridge Club (CR)</div> <div>2:00Dining Co (PUB)</div> <div>2:00Movie - The Breakfast Club (F)</div> <div>3:00Games Galore - Charades (BL)</div> <div>3:30Advance Floor Yoga (WS)</div> <div>4:301st & 2nd, & 3rd Floor Happy Hour (FCA)</div>	<div>RSVT 8:30-3:00 (L)</div> <div>12</div> <div>9:00Adv. Circuit (WS)</div> <div>10:00Balanced Brains (AS)</div> <div>10:30Adv. Balance (WS)</div> <div>11:00Painting Class (AS)</div> <div>11:00Candy Gram Sale (LHM)</div> <div>11:30Int. Balance (WS)</div> <div>1:30Beg. Balance (WS)</div> <div>2:00Food Lion (L)</div> <div>2:00Line Dance (WS)</div> <div>2:00Environmental Co (BL)</div> <div>3:00Music Trivia - Love Song Edition (CR)</div> <div>4:00Vespers (CH)</div> <div>7:30Pool Party with Ann Hill (AC)</div>	<div>RSVT 8:30-3:00 (L)</div> <div>13</div> <div>8:30Adv. Water Aerobics (AC)</div> <div>9:30BEAT (G)</div> <div>9:30Water Aerobics (AC)</div> <div>10:00The Breakfast Club (AS)</div> <div>10:00Audiologist Jason R (CR)</div> <div>10:30Parkinson's Class (WS)</div> <div>11:00Farkle (AS)</div> <div>11:30Pound It! (WS)</div> <div>1:00Hand & Foot (CR)</div> <div>1:30Bible Study (CH)</div> <div>1:30CB Crafty Chicks (AS)</div> <div>2:00Independent Water Exercise (AC)</div> <div>2:00GB2 Co (BL)</div> <div>3:00Palentine's Party (LHM)</div> <div>3:30Free Swim (AC)</div> <div>4:00Ping Pong (WS)</div> <div>7:00Party Bridge (CR)</div>	<div>10:00Tai Chi (WS)</div> <div>11:00Bradley Creek Buddy Program (BCL)</div> <div>11:00Open Art Studio (AS)</div> <div>1:00Rummikub (CR)</div> <div>3:00Free Gym (G)</div> <div>14</div> <div></div>
<div>12:30Rummikub (CR)</div> <div>1:00Groove, Strength, and Stretch (WS)</div> <div>2:00Mexican Train (CR)</div> <div>4:00GB2 Performance (F)</div> <div>15</div>	<div>RSVT 8:30-3:00 (L)</div> <div>16</div> <div>8:30Advanced Water Aerobics (AC)</div> <div>9:30Communion (CH)</div> <div>9:30Water Aerobics (AC)</div> <div>10:00BEAT (G)</div> <div>10:00Advance Floor Yoga (WS)</div> <div>11:00Mens Lifetime Learning (CR)</div> <div>11:00Craft - Floral Heart Wreath (AS)</div> <div>11:30Brain Fitness (WS)</div> <div>1:00Adv. Canasta (CR)</div> <div>2:00BINGO (AS)</div> <div>2:00Independent Water Exercise (AC)</div> <div>2:00University Commons (L)</div> <div>4:00Ping Pong (WS)</div>	<div>NO RSVT</div> <div>17</div> <div>9:00Adv. Circuit (WS)</div> <div>10:00Balanced Brains (AS)</div> <div>10:30Adv. Balance (WS)</div> <div>11:00The Great Course (CR)</div> <div>11:30Int. Balance (WS)</div> <div>1:00Mahjong (CR)</div> <div>1:30Beg. Balance (WS)</div> <div>2:30Land Aerobics (WS)</div> <div>3:30Trivia Tuesday (AS)</div> <div>4:00Gentle Seated Yoga (WS)</div> <div>6:40Wilson Center Broadway: Chicago (L)</div>	<div>RSVT 8:30-3:00 (L)</div> <div>18</div> <div>8:30Adv. Water Aerobics (AC)</div> <div>9:30BEAT (G)</div> <div>9:30Morning Meditation (WS)</div> <div>9:30Water Aerobics (AC)</div> <div>10:00Latte Fun (CR)</div> <div>10:30Core (WS)</div> <div>11:00Farkle (AS)</div> <div>11:30Functional Fitness (WS)</div> <div>1:30Functional Fitness (WS)</div> <div>1:30Bridge Club (CR)</div> <div>2:00Movie - Singin' in the Rain (F)</div> <div>2:30In the Lab with Lil (AS)</div> <div>3:30Advance Floor Yoga (WS)</div> <div>4:301st & 2nd, & 3rd Floor Happy Hour (FCA)</div> <div>6:40Opera House - To Kill a Mockingbird (L)</div>	<div>RSVT 8:30-3:00 (L)</div> <div>19</div> <div>9:00Adv. Circuit (WS)</div> <div>10:00Balanced Brains (AS)</div> <div>10:30Adv. Balance (WS)</div> <div>11:00Painting Class (AS)</div> <div>11:30Int. Balance (WS)</div> <div>1:30Beg. Balance (WS)</div> <div>2:00Line Dance (WS)</div> <div>2:00Harris Teeter (L)</div> <div>3:00All Resident Happy Hour (LHM)</div> <div>7:30Pool Party with Ann Hill (AC)</div>	<div>RSVT 8:30-3:00 (L)</div> <div>20</div> <div>8:30Adv. Water Aerobics (AC)</div> <div>9:30BEAT (G)</div> <div>9:30Water Aerobics (AC)</div> <div>10:00The Breakfast Club (AS)</div> <div>10:30Parkinson's Class (WS)</div> <div>11:00Farkle (AS)</div> <div>11:30Pound It! (WS)</div> <div>1:00Hand & Foot (CR)</div> <div>1:30Bible Study (CH)</div> <div>1:30CB Crafty Chicks (AS)</div> <div>2:00Independent Water Exercise (AC)</div> <div>2:00M&O Co (BL)</div> <div>3:00Cape Fear Museum Presentation (F)</div> <div>3:30Free Swim (AC)</div> <div>4:00Ping Pong (WS)</div> <div>7:00Party Bridge (CR)</div>	<div>10:00Tai Chi (WS)</div> <div>11:00Open Art Studio (AS)</div> <div>1:00Rummikub (CR)</div> <div>3:00Free Gym (G)</div> <div>21</div>

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<div>12:30Rummikub (CR)</div> <div>1:00Groove, Strength, and Stretch (WS)</div> <div>2:00Mexican Train (CR)</div> <div>22</div>	<div>RSVT 8:30-3:00 (L)</div> <div>23</div> <div>8:30Advanced Water Aerobics (AC)</div> <div>9:30Communion (CH)</div> <div>9:30Water Aerobics (AC)</div> <div>10:00BEAT (G)</div> <div>10:00Advance Floor Yoga (WS)</div> <div>11:00Mens Lifetime Learning (CR)</div> <div>11:00Craft - Mason Jar Vases (AS)</div> <div>11:30Brain Fitness (WS)</div> <div>1:00Adv. Canasta (CR)</div> <div>2:00BINGO (AS)</div> <div>2:00Independent Water Exercise (AC)</div> <div>2:00Food Lion & Library (L)</div> <div>4:00Ping Pong (WS)</div>	<div>NO RSVT</div> <div>24</div> <div>9:00Adv. Circuit (WS)</div> <div>10:00Balanced Brains (AS)</div> <div>10:30Adv. Balance (WS)</div> <div>10:45Floor Reps Meeting (AS)</div> <div>11:00The Great Course (CR)</div> <div>11:00Council Meeting (AS)</div> <div>11:15Lunch at Four Corners (L)</div> <div>11:30Int. Balance (WS)</div> <div>1:00Mahjong (CR)</div> <div>1:30Beg. Balance (WS)</div> <div>2:30Land Aerobics (WS)</div> <div>3:00All Resident Meeting (F)</div> <div>4:00Gentle Seated Yoga (WS)</div> <div>4:15Garden Flats Happy Hour (GFCA)</div>	<div>RSVT 8:30-3:00 (L)</div> <div>25</div> <div>8:30Adv. Water Aerobics (AC)</div> <div>9:30BEAT (G)</div> <div>9:30Morning Meditation (WS)</div> <div>9:30Water Aerobics (AC)</div> <div>10:00Latte Fun (CR)</div> <div>10:30Core (WS)</div> <div>11:00Farkle (AS)</div> <div>11:30Functional Fitness (WS)</div> <div>1:30Functional Fitness (WS)</div> <div>1:30Bridge Club (CR)</div> <div>2:00Movie - Bye Bye Birdie (F)</div> <div>2:30Kitchen Tour w Dining (DW)</div> <div>2:30Mobility Clinic (WS)</div> <div>3:00Games Galore - Charades (BL)</div> <div>3:30Advance Floor Yoga (WS)</div> <div>4:301st & 2nd, & 3rd Floor Happy Hour (FCA)</div>	<div>RSVT 8:30-3:00 (L)</div> <div>26</div> <div>9:00Adv. Circuit (WS)</div> <div>10:00Balanced Brains (AS)</div> <div>10:30Adv. Balance (WS)</div> <div>11:00Painting Class (AS)</div> <div>11:30Int. Balance (WS)</div> <div>1:30Beg. Balance (WS)</div> <div>2:00Food Lion (L)</div> <div>2:00Line Dance (WS)</div> <div>3:00Jim Seems Performance (F)</div> <div>4:00Vespers (CH)</div> <div>7:30Pool Party with Ann Hill (AC)</div>	<div>RSVT 8:30-3:00 (L)</div> <div>27</div> <div>8:30Adv. Water Aerobics (AC)</div> <div>9:30BEAT (G)</div> <div>9:30Water Aerobics (AC)</div> <div>10:00The Breakfast Club (AS)</div> <div>10:30Parkinson's Class (WS)</div> <div>11:00Farkle (AS)</div> <div>11:30Pound It! (WS)</div> <div>1:00Hand & Foot (CR)</div> <div>1:30Bible Study (CH)</div> <div>1:30CB Crafty Chicks (AS)</div> <div>2:00Independent Water Exercise (AC)</div> <div>2:30Wine, Chocolate, & Cheese Tasting (DW)</div> <div>3:30Free Swim (AC)</div> <div>4:00Ping Pong (WS)</div> <div>7:00Party Bridge (CR)</div>	<div>10:00Tai Chi (WS)</div> <div>11:00Open Art Studio (AS)</div> <div>1:00Rummikub (CR)</div> <div>3:00Free Gym (G)</div> <div>28</div>

Locations Legend
<div>Wellness Studio (WS)</div> <div>Card Room (CR)</div> <div>Art Studio (AS)</div> <div>Aquatics Center (AC)</div> <div>Lobby (L)</div> <div>Gym (G)</div> <div>Forum (F)</div> <div>Chapel (CH)</div> <div>Billiards Lounge (BL)</div> <div>Floor Common Area (FCA)</div> <div>The Driftwood (DW)</div> <div>Light House Market (LHM)</div> <div>Pub (PUB)</div> <div>Bradley Creek Lobby (BCL)</div> <div>Garden Flat Common Area (GFCA)</div>

Facilitators Legend
<div>Wellness</div> <div>Department Led</div> <div>Resident Led</div> <div>Life Enrichment</div> <div>Department Led</div> <div>Contractor/Vendor</div> <div>Led</div> <div>Transportation</div> <div>Driver</div> <div>Staff</div>

February Birthdays
<div>Bob Clark 2/10</div> <div>Nadine Whitacre 2/14</div> <div>Cy Chaco 2/15</div> <div>Rich Kaiser 2/16</div> <div>Tricia Foy 2/16</div> <div>Martha Miles 2/19</div> <div>Bob O'Neil 2/20</div> <div>Jack Lucas 2/21</div> <div>Molly DuPre 2/21</div> <div>Gerald Hardison 2/22</div> <div>Pat Finger 2/22</div> <div>Larry Vacek 2/24</div> <div>Loretta Meyers 2/27</div> <div>Paul Maguire 2/29</div> <div>Happy Birthday Y'all!</div>

MOVIES
<div>2:00pm on Wednesday's</div> <div>The Pursuit of Happyness - 2/4</div> <div>A struggling salesman takes custody of his son as he's poised to begin a life-changing professional career. 1H57M</div> <div>The Breakfast Club - 2/11</div> <div>Five high school students meet in Saturday detention and discover how they have a great deal more in common than they thought. 1H37M</div> <div>Singin' in the Rain - 2/18</div> <div>A silent film star falls for a chorus girl just as he and his delusionally jealous screen partner are trying to make the difficult transition to talking pictures in 1920s Hollywood. 1H43M</div> <div>Bye Bye Birdie - 2/25</div> <div>A rock singer travels to a small Ohio town to make his "farewell" television performance and kiss his biggest fan before he is drafted. 1H52M</div>

February Staff Birthdays
<div>Kindell Welch 2/5</div> <div>Janice Romero 2/11</div> <div>Happy Birthday Y'all!</div>