

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



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

Locations Legend

Wellness Studio (WS)
Card Room (CR)
Art Studio (AS)
Aquatics Center (AC)
Lobby (L)
Gym (G)
Forum (F)
Chapel (CH)
Billiards Lounge (BL)

Floor Common Area (FCA)
The Driftwood (DW)
Light House Market (LHM)
Pub (PUB)
Bradley Creek Lobby (BCL)
Garden Flat Common Area (GFCA)

Facilitators Legend

Wellness Department Led
Resident Led
Life Enrichment Department Led
Contractor/Vendor Led
Transportation Driver
Staff

February Birthdays

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

Happy Birthday Y'all!

MOVIES
2:00pm on Wednesday's
[The Pursuit of Happyness - 2/4](#)

A struggling salesman takes custody of his son as he's poised to begin a life-changing professional career. 1H57M
[The Breakfast Club - 2/11](#)

Five high school students meet in Saturday detention and discover how they have a great deal more in common than they thought. 1H37M
[Singin' in the Rain - 2/18](#)

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
[Bye Bye Birdie - 2/25](#)

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

February Staff Birthdays

Kindell Welch 2/5
Janice Romero 2/11

Happy Birthday Y'all!