

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

**March 2026  
Carolina Bay**

630 Carolina Bay Dr. Wilmington, NC 28403



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>12:30 Rummikub (CR)</b></p> <p><b>1:30 Groove, Strength, and Stretch (WS)</b></p> <p><b>2:00 Mexican Train (CR)</b></p>	<p><b>RSVT 8:30-3:00 (L)</b></p> <p>8:30 Advanced Water Aerobics (AC)</p> <p>9:30 Communion (CH)</p> <p>9:30 Water Aerobics (AC)</p> <p>10:00 BEAT (G)</p> <p>10:00 Advance Floor Yoga (WS)</p> <p>11:00 Mens Lifetime Learning (CR)</p> <p>11:00 Craft - Pipe Cleaner Flowers (AS)</p> <p>11:30 Brain Fitness (WS)</p> <p>1:00 Adv. Canasta (CR)</p> <p>2:00 BINGO (AS)</p> <p>2:00 Independent Water Exercise (AC)</p> <p><b>2:00 Walmart (L)</b></p> <p>2:30 Kitchen Tour w Dining (DW)</p> <p>3:00 Monday Activity - Charades (BL)</p> <p>4:00 Ping Pong (WS)</p>	<p><b>NO RSVT</b></p> <p>9:00 Adv. Circuit (WS)</p> <p>10:00 Balanced Brains (AS)</p> <p><b>10:00 Brunswick Energy Education Center &amp; Lunch at Fishy Fishy (L)</b></p> <p>10:30 Adv. Balance (WS)</p> <p>11:00 The Great Course (CR)</p> <p>11:30 Int. Balance (WS)</p> <p><b>1:00 Mahjong (CR)</b></p> <p>1:30 Beg. Balance (WS)</p> <p>2:30 Land Aerobics (WS)</p> <p>3:30 Trivia Tuesday (AS)</p> <p>4:00 Gentle Seated Yoga (WS)</p>	<p><b>RSVT 8:30-3:00 (L)</b></p> <p>8:30 Adv. Water Aerobics (AC)</p> <p>9:30 BEAT (G)</p> <p>9:30 Morning Meditation (WS)</p> <p>9:30 Water Aerobics (AC)</p> <p>10:00 Latte Fun (CR)</p> <p>10:30 Core (WS)</p> <p>11:00 Farkle (AS)</p> <p>11:30 Functional Fitness (WS)</p> <p>1:30 Functional Fitness (WS)</p> <p>1:30 Bridge Club (CR)</p> <p>2:00 Movie - Blossoms in the Dust (F)</p> <p>2:30 Kitchen Tour w Dining (DW)</p> <p>3:30 Advance Floor Yoga (WS)</p> <p>4:30 1st &amp; 2nd, &amp; 3rd Floor Happy Hour (FCA)</p>	<p><b>RSVT 8:30-3:00 (L)</b></p> <p>9:00 Adv. Circuit (WS)</p> <p>10:00 Balanced Brains (AS)</p> <p>10:30 Adv. Balance (WS)</p> <p>11:00 Painting Class (AS)</p> <p>11:30 Int. Balance (WS)</p> <p>1:30 Beg. Balance (WS)</p> <p><b>2:00 Harris Teeter (L)</b></p> <p><b>6:40 Wilson Center - Mamma Mia (L)</b></p> <p>7:30 Pool Party with Ann Hill (AC)</p>	<p><b>RSVT 8:30-3:00 (L)</b></p> <p>8:30 Adv. Water Aerobics (AC)</p> <p>9:30 BEAT (G)</p> <p>9:30 Water Aerobics (AC)</p> <p>10:00 The Breakfast Club (AS)</p> <p>10:30 Parkinson's Class (WS)</p> <p>11:00 Farkle (AS)</p> <p>11:30 Pound It! (WS)</p> <p>1:00 Hand &amp; Foot (CR)</p> <p>1:30 Bible Study (CH)</p> <p>1:30 CB Crafty Chicks (AS)</p> <p>2:00 Independent Water Exercise (AC)</p> <p>3:30 Free Swim (AC)</p> <p>4:00 Ping Pong (WS)</p> <p>7:00 Party Bridge (CR)</p>	<p><b>10:00 Tai Chi (WS)</b></p> <p><b>11:00 Open Art Studio (AS)</b></p> <p><b>1:00 Rummikub (CR)</b></p> <p><b>3:00 Free Gym (G)</b></p>
<p><b>12:30 Rummikub (CR)</b></p> <p><b>1:30 Groove, Strength, and Stretch (WS)</b></p> <p><b>1:30 St James Episcopal Church Communion - All Are Welcome (CH)</b></p> <p><b>2:00 Mexican Train (CR)</b></p>	<p><b>RSVT 8:30-3:00 (L)</b></p> <p>8:30 Advanced Water Aerobics (AC)</p> <p>9:30 Communion (CH)</p> <p>9:30 Water Aerobics (AC)</p> <p>10:00 BEAT (G)</p> <p>10:00 Advance Floor Yoga (WS)</p> <p>10:00 Blood Drive for AHA (FE)</p> <p>10:30 Painting w/ Moe Mckenna (AS)</p> <p>11:00 Mens Lifetime Learning (CR)</p> <p>11:30 Brain Fitness (WS)</p> <p>1:00 Book Club (CR)</p> <p>1:00 Adv. Canasta (CR)</p> <p>2:00 BINGO (AS)</p> <p>2:00 Wellness Co (WS)</p> <p>2:00 Independent Water Exercise (AC)</p> <p><b>2:00 Food Lion (L)</b></p> <p>3:00 Life Enrichment Co (AS)</p> <p>4:00 Ping Pong (WS)</p>	<p><b>NO RSVT</b></p> <p>9:00 Adv. Circuit (WS)</p> <p>10:00 Balanced Brains (AS)</p> <p>10:30 Adv. Balance (WS)</p> <p>11:00 The Great Course (CR)</p> <p><b>11:00 Boathouse &amp; Blue Moon (L)</b></p> <p>11:30 Int. Balance (WS)</p> <p><b>1:00 Mahjong (CR)</b></p> <p>1:30 Beg. Balance (WS)</p> <p>2:30 Land Aerobics (WS)</p> <p>3:00 M&amp;O Co (BL)</p> <p>3:30 Trivia Tuesday (AS)</p> <p>4:00 Gentle Seated Yoga (WS)</p> <p>4:15 Garden Flats Happy Hour (CR)</p>	<p><b>RSVT 8:30-3:00 (L)</b></p> <p>8:30 Adv. Water Aerobics (AC)</p> <p>9:30 BEAT (G)</p> <p>9:30 Morning Meditation (WS)</p> <p>9:30 Water Aerobics (AC)</p> <p>10:00 Latte Fun (CR)</p> <p>10:30 Core (WS)</p> <p>11:00 Farkle (AS)</p> <p>11:30 Functional Fitness (WS)</p> <p>1:30 Functional Fitness (WS)</p> <p>1:30 Bridge Club (CR)</p> <p>2:00 Dining Co (PUB)</p> <p>2:00 Movie - Wicked (F)</p> <p>2:30 In the Lab with Lil (AS)</p> <p>3:30 Advance Floor Yoga (WS)</p> <p>4:30 1st &amp; 2nd, &amp; 3rd Floor Happy Hour (FCA)</p>	<p><b>RSVT 8:30-3:00 (L)</b></p> <p>9:00 Adv. Circuit (WS)</p> <p>10:00 Balanced Brains (AS)</p> <p>10:30 Adv. Balance (WS)</p> <p>11:00 Painting Class (AS)</p> <p>11:30 Int. Balance (WS)</p> <p>1:30 Beg. Balance (WS)</p> <p><b>2:00 Harris Teeter (L)</b></p> <p>3:00 Thomas Choiniere Performance (F)</p> <p>4:00 Vespers (CH)</p> <p><b>6:40 Thalian Hall - 1776 (L)</b></p> <p>7:30 Pool Party with Ann Hill (AC)</p>	<p><b>RSVT 8:30-3:00 (L)</b></p> <p>8:30 Adv. Water Aerobics (AC)</p> <p>9:30 BEAT (G)</p> <p>9:30 Water Aerobics (AC)</p> <p>10:00 The Breakfast Club (AS)</p> <p>10:00 Audiologist Jason R (CR)</p> <p>10:30 Parkinson's Class (WS)</p> <p>11:00 Farkle (AS)</p> <p>11:30 Pound It! (WS)</p> <p>1:00 Hand &amp; Foot (CR)</p> <p>1:30 Bible Study (CH)</p> <p>1:30 CB Crafty Chicks (AS)</p> <p>2:00 Independent Water Exercise (AC)</p> <p>2:00 Environmental Co (BL)</p> <p>3:00 St Patricks Day History w John (F)</p> <p>3:30 Free Swim (AC)</p> <p>4:00 Ping Pong (WS)</p> <p>7:00 Party Bridge (CR)</p>	<p><b>10:00 Tai Chi (WS)</b></p> <p><b>11:00 Bradley Creek Buddy Program (BCL)</b></p> <p><b>11:00 Open Art Studio (AS)</b></p> <p><b>1:00 Rummikub (CR)</b></p> <p><b>3:00 Free Gym (G)</b></p> <p><b>6:40 Wilmington Symphony - Classical Connection (L)</b></p>
<p><b>12:30 Rummikub (CR)</b></p> <p><b>1:30 Groove, Strength, and Stretch (WS)</b></p> <p><b>2:00 Mexican Train (CR)</b></p>	<p><b>RSVT 8:30-3:00 (L)</b></p> <p>8:30 Advanced Water Aerobics (AC)</p> <p>9:30 Communion (CH)</p> <p>9:30 Water Aerobics (AC)</p> <p>10:00 BEAT (G)</p> <p>10:00 Advance Floor Yoga (WS)</p> <p>11:00 Mens Lifetime Learning (CR)</p> <p>11:00 Craft - Lucky Charm Bracelets (AS)</p> <p>11:30 Brain Fitness (WS)</p> <p>1:00 Adv. Canasta (CR)</p> <p>2:00 BINGO (AS)</p> <p>2:00 Independent Water Exercise (AC)</p> <p>3:00 St. Patrick's Day Social (LHM)</p> <p>4:00 Ping Pong (WS)</p>	<p><b>NO RSVT</b></p> <p>9:00 Adv. Circuit (WS)</p> <p>10:00 Leprechaun Scavenger Hunt (L)</p> <p>10:30 Adv. Balance (WS)</p> <p>11:00 The Great Course (CR)</p> <p>11:30 Int. Balance (WS)</p> <p><b>1:00 Mahjong (CR)</b></p> <p>1:30 Beg. Balance (WS)</p> <p>2:30 Land Aerobics (WS)</p> <p>3:30 Trivia Tuesday (AS)</p> <p>4:00 Gentle Seated Yoga (WS)</p>	<p><b>RSVT 8:30-3:00 (L)</b></p> <p>8:30 Adv. Water Aerobics (AC)</p> <p>9:30 BEAT (G)</p> <p>9:30 Morning Meditation (WS)</p> <p>9:30 Water Aerobics (AC)</p> <p>10:00 Latte Fun (CR)</p> <p>10:30 Core (WS)</p> <p>11:00 Farkle (AS)</p> <p>11:30 Functional Fitness (WS)</p> <p>1:30 Functional Fitness (WS)</p> <p>1:30 Bridge Club (CR)</p> <p>2:30 Mobility Clinic (WS)</p> <p>3:00 Bank of America Fraud Talk (F)</p> <p>3:30 Advance Floor Yoga (WS)</p> <p>4:30 1st &amp; 2nd, &amp; 3rd Floor Happy Hour (FCA)</p>	<p><b>RSVT 8:30-3:00 (L)</b></p> <p>9:00 Adv. Circuit (WS)</p> <p>10:00 Balanced Brains (AS)</p> <p>10:30 Adv. Balance (WS)</p> <p>11:00 Painting Class (AS)</p> <p>11:30 Int. Balance (WS)</p> <p>1:30 Beg. Balance (WS)</p> <p><b>2:00 Harris Teeter (L)</b></p> <p>3:00 All Resident Happy Hour (LHM)</p> <p>7:30 Pool Party with Ann Hill (AC)</p>	<p><b>RSVT 8:30-3:00 (L)</b></p> <p>8:30 Adv. Water Aerobics (AC)</p> <p>9:30 BEAT (G)</p> <p>9:30 Water Aerobics (AC)</p> <p>10:00 The Breakfast Club (AS)</p> <p>10:30 Parkinson's Class (WS)</p> <p>11:00 Farkle (AS)</p> <p>11:30 Pound It! (WS)</p> <p>1:00 Hand &amp; Foot (CR)</p> <p>1:30 Bible Study (CH)</p> <p>1:30 CB Crafty Chicks (AS)</p> <p>2:00 Independent Water Exercise (AC)</p> <p>3:00 Liberty Games Pep Rally (F)</p> <p>3:30 Free Swim (AC)</p> <p>4:00 Ping Pong (WS)</p> <p>7:00 Party Bridge (CR)</p>	<p><b>10:00 Tai Chi (WS)</b></p> <p><b>11:00 Open Art Studio (AS)</b></p> <p><b>1:00 Rummikub (CR)</b></p> <p><b>3:00 Free Gym (G)</b></p>



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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><b>22</b></p> <p>12:30 Rummikub (CR)</p> <p>1:30 Groove, Strength, and Stretch (WS)</p> <p>2:00 Mexican Train (CR)</p> <p>2:30 <b>NC Symphony - Beethoven Emperor Concerto (L)</b></p>	<p><b>23</b></p> <p><b>RSVT 8:30-3:00 (L)</b></p> <p>8:30 Advanced Water Aerobics (AC)</p> <p>9:30 Communion (CH)</p> <p>9:30 Water Aerobics (AC)</p> <p>10:00 BEAT (G)</p> <p>10:00 Advance Floor Yoga (WS)</p> <p>10:30 Painting w/ Moe Mckenna (AS)</p> <p>11:00 Mens Lifetime Learning (CR)</p> <p>11:30 Brain Fitness (WS)</p> <p>1:00 Adv. Canasta (CR)</p> <p>1:00 Liberty Games Send Off (L)</p> <p>2:00 BINGO (AS)</p> <p>2:00 Independent Water Exercise (AC)</p> <p><b>2:00 Aldi (L)</b></p> <p>3:00 Monday Activity: Charades (BL)</p> <p>4:00 Ping Pong (WS)</p>	<p><b>24</b></p> <p><b>NO RSVT</b></p> <p>9:00 Adv. Circuit (WS)</p> <p>10:00 Balanced Brains (AS)</p> <p>10:30 Adv. Balance (WS)</p> <p>10:45 Floor Reps Mtg (AS)</p> <p>11:00 The Great Course (CR)</p> <p>11:00 Council Meeting (AS)</p> <p><b>11:00 Lunch at Cafe Chinois (L)</b></p> <p>11:30 Int. Balance (WS)</p> <p>1:00 Mahjong (CR)</p> <p>1:30 Beg. Balance (WS)</p> <p>2:30 Land Aerobics (WS)</p> <p>3:00 All Resident Meeting (F)</p> <p>4:00 Gentle Seated Yoga (WS)</p> <p>4:15 Garden Flats Happy Hour (CR)</p>	<p><b>25</b></p> <p><b>RSVT 8:30-3:00 (L)</b></p> <p>8:30 Adv. Water Aerobics (AC)</p> <p>9:30 BEAT (G)</p> <p>9:30 Morning Meditation (WS)</p> <p>9:30 Water Aerobics (AC)</p> <p>10:00 Latte Fun (CR)</p> <p>10:30 Core (WS)</p> <p>11:00 Farkle (AS)</p> <p>11:30 Functional Fitness (WS)</p> <p>1:30 Functional Fitness (WS)</p> <p>1:30 Bridge Club (CR)</p> <p>2:00 Movie - The Quick and the Dead (F)</p> <p>3:30 Advance Floor Yoga (WS)</p> <p>4:30 1st &amp; 2nd, &amp; 3rd Floor Happy Hour (FCA)</p>	<p><b>26</b></p> <p><b>RSVT 8:30-3:00 (L)</b></p> <p>9:00 Adv. Circuit (WS)</p> <p>10:00 Balanced Brains (AS)</p> <p>10:30 Adv. Balance (WS)</p> <p>11:00 Painting Class (AS)</p> <p>11:30 Int. Balance (WS)</p> <p>1:30 Beg. Balance (WS)</p> <p>2:00 Line Dance (WS)</p> <p><b>2:00 Harris Teeter (L)</b></p> <p>3:00 Movie Ticket Purchase (CR)</p> <p>4:00 Vespers (CH)</p> <p>7:30 Pool Party with Ann Hill (AC)</p>	<p><b>27</b></p> <p><b>RSVT 8:30-3:00 (L)</b></p> <p>8:30 Adv. Water Aerobics (AC)</p> <p>9:30 BEAT (G)</p> <p>9:30 Water Aerobics (AC)</p> <p>10:00 The Breakfast Club (AS)</p> <p>10:30 Parkinson's Class (WS)</p> <p>11:00 Farkle (AS)</p> <p>11:30 Pound It! (WS)</p> <p>1:00 Hand &amp; Foot (CR)</p> <p>1:30 Bible Study (CH)</p> <p>1:30 CB Crafty Chicks (AS)</p> <p>2:00 Independent Water Exercise (AC)</p> <p>3:00 Jazz Duo Performance (F)</p> <p>3:30 Free Swim (AC)</p> <p>4:00 Ping Pong (WS)</p> <p>7:00 Party Bridge (CR)</p>	<p><b>28</b></p> <p>10:00 Tai Chi (WS)</p> <p>11:00 Open Art Studio (AS)</p> <p>1:00 Rummikub (CR)</p> <p>3:00 Free Gym (G)</p>
<p><b>29</b></p> <p>12:30 Rummikub (CR)</p> <p>1:30 Groove, Strength, and Stretch (WS)</p> <p>2:00 Mexican Train (CR)</p>	<p><b>30</b></p> <p><b>RSVT 8:30-3:00 (L)</b></p> <p>8:30 Advanced Water Aerobics (AC)</p> <p>9:30 Communion (CH)</p> <p>9:30 Water Aerobics (AC)</p> <p>10:00 BEAT (G)</p> <p>10:00 Advance Floor Yoga (WS)</p> <p>11:00 Mens Lifetime Learning (CR)</p> <p>11:00 Craft - Easter Egg Dying (AS)</p> <p>11:30 Brain Fitness (WS)</p> <p>1:00 Adv. Canasta (CR)</p> <p>2:00 BINGO (AS)</p> <p>2:00 Independent Water Exercise (AC)</p> <p><b>2:00 Library &amp; Food Lion (L)</b></p> <p>2:30 Craft Beer Tasting (PUB)</p> <p>4:00 Ping Pong (WS)</p>	<p><b>31</b></p> <p><b>NO RSVT</b></p> <p>9:00 Adv. Circuit (WS)</p> <p>10:00 Balanced Brains (AS)</p> <p>10:30 Adv. Balance (WS)</p> <p>11:00 The Great Course (CR)</p> <p><b>11:00 Lunch at Coquina &amp; Movie - The Optimist (L)</b></p> <p>11:30 Int. Balance (WS)</p> <p>1:00 Mahjong (CR)</p> <p>1:30 Beg. Balance (WS)</p> <p>2:30 Land Aerobics (WS)</p> <p>3:30 Trivia Tuesday (AS)</p> <p>4:00 Gentle Seated Yoga (WS)</p>				
	<p><b>March Birthdays</b></p> <p>Mearlene White 3/4</p> <p>Betty Moore 3/5</p> <p>Carol Roberts 3/7</p> <p>Ann Hill 3/16</p> <p>Colleen Bastuscheck 3/17</p> <p>Marie Risco 3/19</p> <p>Betsy Balas 3/25</p> <p>Jim Hagen 3/27</p> <p>Sue Smith 3/31</p> <p><b>Happy Birthday Y'all!</b></p> <p><i>If your birthday is missing, please let Life Enrichment know!</i></p>	<p><b>MOVIES</b></p> <p>2:00pm on Wednesday's</p> <p><i>Blossoms in the Dust - 3/4</i></p> <p>After losing her son, Edna Gladney opposes the unfair laws discriminating against children whose parents are unknown, and opened an orphanage for those children. 1H39M</p> <p><i>Wicked (2024) - 3/11</i></p> <p>Elphaba, a young woman ridiculed for her green skin, and Galinda, a popular girl, become friends at Shiz University in the Land of Oz. After an encounter with the Wonderful Wizard of Oz, their friendship reaches a crossroads. 2H40M</p> <p><i>The Quick and the Dead - 3/25</i></p> <p>A female gunfighter returns to a frontier town where a dueling tournament is being held, which she enters in an effort to avenge her father's death. 1H45M</p>	<p><b>March Staff Birthdays</b></p> <p>Win Win Htwe 3/3</p> <p>Neelima Gabriel 3/20</p> <p>Erica Ates 3/21</p> <p>Kenny Courtney 3/22</p> <p><b>Happy Birthday Y'all!</b></p>	<p><b>Locations Legend</b></p> <ul style="list-style-type: none"> <li>Wellness Studio (WS)</li> <li>Card Room (CR)</li> <li>Art Studio (AS)</li> <li>Aquatics Center (AC)</li> <li>Lobby (L)</li> <li>Gym (G)</li> <li>Chapel (CH)</li> <li>Forum (F)</li> <li>Billiards Lounge (BL)</li> <li>Floor Common Area (FCA)</li> <li>The Driftwood (DW)</li> <li>Pub (PUB)</li> <li>Light House Market (LHM)</li> <li>Front Entrance (FE)</li> <li>Bradley Creek Lobby (BCL)</li> </ul>	<p><b>Facilitators Legend</b></p> <ul style="list-style-type: none"> <li>Wellness Department Led</li> <li>Resident Led</li> <li>Life Enrichment Department Led</li> <li>Contractor/Vendor Led</li> <li>Transportation Driver Staff</li> <li>IL Programming Teams Co-Led</li> </ul>	