

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

**May 2026
Carolina Bay**

630 Carolina Bay Dr. Wilmington, NC 28403



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>Facilitators Legend</p> <p>Resident Led Wellness Department Led Life Enrichment Department Led Contractor/Vendor Led Transportation Driver IL Programming Teams Co-Led Staff</p>	<p>Locations Legend</p> <p>Wellness Studio (WS) Card Room (CR) Art Studio (AS) Lobby (L) Aquatics Center (AC) Gym (G) Chapel (CH) Forum (F) Courtyard (CY)</p> <p>Floor Common Area (FCA) Billiards Lounge (BL) Light House Market (LHM) Front Entrance (FE) Pub (PUB) Garden Flat Common Area (GFCA)</p>			<p>RSVT 8:30-3:00 (L) 1</p> <p>8:30Adv. Water Aerobics (AC) 9:30BEAT (G) 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) 3:00Kentucky Derby Party (CY) 3:30Free Swim (AC) 4:00Ping Pong (WS) 7:00Party Bridge (CR)</p>	<p>11:00Open Art Studio (AS) 2 1:00Rummikub (CR) 3:00Free Gym (G)</p>
<p>12:30Rummikub (CR) 3 1:30Groove, Strength, and Stretch (WS) 2:00Mexican Train (CR) 4:00GB2 Concert (F)</p>	<p>RSVT 8:30-3:00 (L) 4</p> <p>8:30Advanced Water Aerobics (AC) 9:30Communion (CH) 10:00BEAT (G) 10:00Advance Floor Yoga (WS) 10:30Painting w/ Moe Mckenna (F) 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) 3:00Monday Fun Day: Courtyard (CY) 4:00Ping Pong (WS)</p>	<p>NO RSVT 5</p> <p>9:00Adv. Circuit (WS) 10:00Balanced Brains (AS) 10:15Canterbury Stables Tour & Lunch at Olympia (L) 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)</p>	<p>RSVT 8:30-3:00 (L) 6</p> <p>8:30Adv. Water Aerobics (AC) 9:30BEAT (G) 9:30Morning Meditation (WS) 10:00Latte Fun (CR) 10:30Core (WS) 11:30Functional Fitness (WS) 1:30Functional Fitness (WS) 1:30Bridge Club (CR) 2:00Movie - 9 to 5 (F) 2:30Mobility Clinic (WS) 3:30Advance Floor Yoga (WS) 4:301st & 2nd, & 3rd Floor Happy Hour (FCA)</p>	<p>RSVT 8:30-3:00 (L) 7</p> <p>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) 2:30Artificial Intelligence Talk (F) 7:30Pool Party with Ann Hill (AC)</p>	<p>RSVT 8:30-3:00 (L) 8</p> <p>10:00Audiologist Jason R (CR) 10:30Masters Putting Tournament (CY) 11:00Farkle (AS) 1:00Hand & Foot (CR) 1:30Bible Study (CH) 1:30CB Crafty Chicks (AS) 2:00Independent Water Exercise (AC) 2:00Environmental Co (BL) 3:30Free Swim (AC) 4:00Ping Pong (WS) 7:00Party Bridge (CR)</p>	<p>11:00Open Art Studio (AS) 9 1:00Rummikub (CR) 3:00Free Gym (G)</p>
<p>12:30Rummikub (CR) 10 1:30Groove, Strength, and Stretch (WS) 1:30St James Episcopal Church Communion - All Are Welcome (CH) 2:00Mexican Train (CR)</p>	<p>RSVT 8:30-3:00 (L) 11</p> <p>8:30Advanced Water Aerobics (AC) 9:30Communion (CH) 10:00BEAT (G) 10:00Advance Floor Yoga (WS) 10:30Ladies Brunch & Bubbly (F) 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) 2:00Food Lion (L) 3:00Life Enrichment Co (AS) 3:00Monday Fun Day: Indoor Volleyball (WS) 4:00Ping Pong (WS)</p>	<p>NO RSVT 12</p> <p>9:00Adv. Circuit (WS) 10:00Balanced Brains (AS) 10:30Adv. Balance (WS) 11:00The Great Course (CR) 11:00Lunch at Solstice & Boat Ride (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) 4:15Garden Flats Happy Hour (CR)</p>	<p>RSVT 8:30-3:00 (L) 13</p> <p>8:30Adv. Water Aerobics (AC) 9:30BEAT (G) 9:30Morning Meditation (WS) 10:00Latte Fun (CR) 10:30Core (WS) 11:30Functional Fitness (WS) 1:30Functional Fitness (WS) 1:30Bridge Club (CR) 2:00Dining Co (PUB) 2:00Movie - Rain Man (F) 3:00Share & Care Gathering (CH) 3:30Advance Floor Yoga (WS) 4:301st & 2nd, & 3rd Floor Happy Hour (FCA) 6:40Opera House: The Wild Party (L)</p>	<p>RSVT 8:30-3:00 (L) 14</p> <p>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) 3:00Safe Stretches For The Lower Back and Hips (F) 4:00Vespers (CH) 7:30Pool Party with Ann Hill (AC)</p>	<p>RSVT 8:30-3:00 (L) 15</p> <p>8:30Adv. Water Aerobics (AC) 9:30BEAT (G) 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) 2:30Hearing Loss Presentation (F) 3:30Free Swim (AC) 4:00Ping Pong (WS) 7:00Party Bridge (CR)</p>	<p>11:00Open Art Studio (AS) 16 1:00Rummikub (CR) 3:00Free Gym (G)</p>

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>17</p> <p>12:30 Rummikub (CR) 1:30 Groove, Strength, and Stretch (WS) 2:00 Mexican Train (CR) 4:00 GB2 Performance (F)</p>	<p>18</p> <p>RSVT 8:30-3:00 (L) 8:30 Advanced Water Aerobics (AC) 9:30 Communion (CH) 10:00 BEAT (G) 10:00 Advance Floor Yoga (WS) 11:00 Mens Lifetime Learning (CR) 11:00 Craft - Pressed Flower Bookmarks (AS) 11:30 Brain Fitness (WS) 1:00 Adv. Canasta (CR) 2:00 BINGO (AS) 2:00 Independent Water Exercise (AC) 2:00 Publix (L) 3:00 Monday Fun Day: Indoor Basketball (WS) 4:00 Ping Pong (WS)</p>	<p>19</p> <p>NO RSVT 9:00 Adv. Circuit (WS) 10:00 Balanced Brains (AS) 10:30 Adv. Balance (WS) 11:00 The Great Course (CR) 11:00 Lunch at Oceanic (L) 11:00 Council Meeting (AS) 11:30 Int. Balance (WS) 1:00 Mahjong (CR) 1:30 Beg. Balance (WS) 2:30 Land Aerobics (WS) 3:00 All Resident Meeting (F) 4:00 Gentle Seated Yoga (WS)</p>	<p>20</p> <p>RSVT 8:30-3:00 (L) 8:30 Adv. Water Aerobics (AC) 9:30 BEAT (G) 9:30 Morning Meditation (WS) 10:00 Latte Fun (CR) 10:30 Core (WS) 11:30 Functional Fitness (WS) 1:30 Functional Fitness (WS) 1:30 Bridge Club (CR) 3:30 Advance Floor Yoga (WS) 4:30 1st & 2nd, & 3rd Floor Happy Hour (FCA) 6:00 Summer Bash at the Bay (FE)</p>	<p>21</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 Line Dance (WS) 2:00 Harris Teeter (L) 2:00 GB2 Co (BL) 3:00 All Resident Happy Hour (LHM) 7:30 Pool Party with Ann Hill (AC)</p>	<p>22</p> <p>RSVT 8:30-3:00 (L) 8:30 Adv. Water Aerobics (AC) 9:30 BEAT (G) 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) 3:30 Free Swim (AC) 4:00 Ping Pong (WS) 7:00 Party Bridge (CR)</p>	<p>23</p> <p>11:00 Open Art Studio (AS) 1:00 Rummikub (CR) 3:00 Free Gym (G)</p>
<p>24</p> <p>12:30 Rummikub (CR) 1:30 Groove, Strength, and Stretch (WS) 2:00 Mexican Train (CR)</p>	<p>25</p> <p>RSVT 8:30-3:00 (L) 8:30 Advanced Water Aerobics (AC) 9:30 Communion (CH) 10:00 BEAT (G) 10:00 Advance Floor Yoga (WS) 11:00 Mens Lifetime Learning (CR) 11:00 Craft - Pressed Flower Soap (AS) 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) 3:00 Monday Fun Day: Pool (AC) 4:00 Ping Pong (WS)</p>	<p>26</p> <p>NO RSVT 9:00 Adv. Circuit (WS) 10:00 Balanced Brains (AS) 10:30 Adv. Balance (WS) 10:30 Arboretum & Lunch at Perla (L) 11:00 The Great Course (CR) 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 (GFCA)</p>	<p>27</p> <p>RSVT 8:30-3:00 (L) NATIONAL SENIOR HEALTH & FITNESS DAY! 9:30 Spiritual: Nature Meditation (CY) 10:00 Intellectual: Blue Zone Documentary (CR) 11:00 Nutritional Table (LHM) 11:00 Recreational: Flower Arranging (AS) 1:30 Bridge Club (CR) 2:30 Kitchen Tour (LHM) 3:00 Share & Care Gathering (CH) 3:00 Physical - Autumn Hall Walk (FE) 3:30 Advance Floor Yoga (WS) 4:00 Engaging: Volunteer Activity (CY) 4:30 1st & 2nd, & 3rd Floor Happy Hour (FCA)</p>	<p>28</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 Line Dance (WS) 2:00 Harris Teeter (L) 4:00 Vespers (CH) 7:30 Pool Party with Ann Hill (AC)</p>	<p>29</p> <p>RSVT 8:30-3:00 (L) 8:30 Adv. Water Aerobics (AC) 9:30 BEAT (G) 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 Recycling Presentation (F) 3:30 Free Swim (AC) 4:00 Ping Pong (WS) 7:00 Party Bridge (CR)</p>	<p>30</p> <p>11:00 Open Art Studio (AS) 1:00 Rummikub (CR) 3:00 Free Gym (G)</p>
<p>31</p> <p>12:30 Rummikub (CR) 1:30 Groove, Strength, and Stretch (WS) 2:00 Mexican Train (CR)</p>			<p>May Birthdays</p> <p>Gladys Beach 5/3 Celeste Liola 5/6 Marty Schaub 5/9 Bobbie Barden 5/10 Anne Freeling 5/11 Cathy Walser 5/11 Ted Härke 5/12 Patty Gibson 5/14 Steve Worcester 5/15 Karen Wilkins 5/16</p> <p>Sue Stubblefield 5/16 Nancy Bierer 5/18 Tom Freeling 5/23 Bob Warwick 5/26 Roger Chase 5/26 Tony Risco 5/26 Ed Maino 5/28 Susan Aldridge 5/30 Betty Leak 5/31</p> <p>Happy Birthday Y'all! If your birthday is missing, please let Life Enrichment know!</p>	<p>MOVIES 2:00pm on Wednesday's 9 to 5 - 5/6 Three secretaries get revenge on their sexist, egotistical boss by fantasizing about and then enacting a takeover of the company. <i>Starring: Jane Fonda, Lily Tomlin, and Dolly Parton.</i> 1H49M Rain Man - 5/13 After a selfish L.A. yuppie learns his estranged father left a fortune to an autistic-savant brother in Ohio that he didn't know existed, he absconds with his brother and sets out across the country, hoping to gain a larger inheritance. <i>Starring: Dustin Hoffman, Tom Cruise, and Valeria Golino.</i> 2H13M The Daughter of Rosie O'Grady - 5/20 An Irish horsecar driver's daughter meets New York showman Tony Pastor and goes into vaudeville. <i>Starring: June Haver, Gordon MacRae, and James Barton.</i> 1H44M The Year of Living Dangerously - 5/27 A young Australian reporter tries to navigate the political turmoil of Indonesia during the rule of President Sukarno with the help of a diminutive photographer. <i>Starring: Mel Gibson, Sigourney Weaver, and Linda Hunt.</i> 1H55M</p>		