


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

# July 2026

## Carolina Bay

630 Carolina Bay Dr. Wilmington, NC 28403



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>RSVT 8:30-3 (L) 1</b> 8:30Advanced Water Aerobics (AC) 9:30Morning Meditation (WS) 9:30BEAT (G) 10:30CORE (WS) 11:00Latte Fun (CR) 11:30Functional Fitness (WS) 1:30Bridge Club (CR) 1:30Functional Fitness (WS) 2:00Movie - The Seven Year Itch (F) 2:30Mobility Clinic (WS) 3:30Advance Floor Yoga (WS) 4:301st & 2nd, & 3rd Floor Happy Hour (FCA)	<b>RSVT 8:30-3:00 (L) 2</b> 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) <b>2:00Harris Teeter (L)</b> <b>3:00Dave Bohn Performance (F)</b>	<b>NO RSVT (L) 3</b> 9:304th of July Pool Party! (AC) 11:00Farkle (AS) 1:00Hand & Foot (CR) 1:30Bible Study (CH) 1:30CB Crafty Chicks (AS) 2:00Independent Water Exercise (AC) <b>2:00Patriotic Performance w Eric Metts (F)</b> 3:30Free Swim (AC) 4:00Ping Pong (WS) 7:00Party Bridge (CR)	<b>4</b> 9:30Pool Party with Ann Hill (AC) 11:00Open Art Studio (AS) <b>11:304th of July Cookout (LHM)</b> 1:00Rummikub (CR) 3:00Free Gym (G) 
<b>5</b> 12:30Rummikub (CR) 1:30Groove, Strength, and Stretch (WS) 2:00Mexican Train (CR)	<b>RSVT 8:30-3:00 (L) 6</b> 8:30Advanced Water Aerobics (AC) 9:30Communion (CH) 9:30Walking Club (L) 10:00BEAT (G) 10:00Advance Floor Yoga (WS) 11:00Mens Lifetime Learning (CR) 11:00Crafts - Decoupage Flower Pots (AS) 11:30Brain Fitness (WS) 1:00Adv. Canasta (CR) 2:00BINGO (AS) 2:00Independent Water Exercise (AC) <b>2:00Walmart (L)</b> 3:00Baywatch Co (AS) 4:00Ping Pong (WS)	<b>NO RSVT 7</b> 9:00Adv. Circuit (WS) 10:00Balanced Brains (AS) 10:30Adv. Balance (WS) 11:00The Great Course (CR) <b>11:00Shopping at Mayfaire &amp; Lunch at Coquina (L)</b> 11:30Int. Balance (WS) 1:00Mahjong (CR) 1:30Beg. Balance (WS) 2:30Land Aerobics (WS) 3:00M&O Co (BL) 3:30Trivia Tuesday (AS)	<b>RSVT 8:30-3:00 (L) 8</b> 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) 2:30Mobility Clinic (WS) 3:00Share & Care Gathering (CH) 3:30Advance Floor Yoga (WS) 4:301st & 2nd, & 3rd Floor Happy Hour (FCA)	<b>RSVT 8:30-3:00 (L) 9</b> 9:00Adv. Circuit (WS) 10:00Balanced Brains (AS) 10:30Adv. Balance (WS) 11:00Painting Class (AS) 11:30Int. Balance (WS) 1:30Beg. Balance (WS) 2:00Wellness Co (WS) <b>2:00Harris Teeter (L)</b> <b>4:00Vespers (CH)</b>	<b>RSVT 8:30-3:00 (L) 10</b> 8:30Adv. Water Aerobics (AC) 9:30BEAT (G) 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) 2:00Environmental Co (BL) 3:00Safe Stretches for the Hips & Lower Back Talk (F) 3:30Free Swim (AC) 4:00Ping Pong (WS) 7:00Party Bridge (CR)	<b>11</b> 9:30Pool Party with Ann Hill (AC) 11:00Open Art Studio (AS) 1:00Rummikub (CR) 3:00Free Gym (G)
<b>12</b> 12:30Rummikub (CR) 1:30Groove, Strength, and Stretch (WS) 1:30St James Episcopal Church Communion - All Are Welcome (CH) 2:00Mexican Train (CR)	<b>RSVT 8:30-3:00 (L) 13</b> 8:30Advanced Water Aerobics (AC) 9:30Communion (CH) 10:00BEAT (G) 10:00Advance Floor Yoga (WS) 10:30Painting w/ Moe Mckenna (AS) 11:00Mens Lifetime Learning (CR) 11:30Brain Fitness (WS) 1:00Book Club (CR) 1:00Adv. Canasta (BL) 2:00BINGO (AS) 2:00Wellness Co (WS) 2:00Independent Water Exercise (AC) <b>2:00Food Lion (L)</b> 3:00Life Enrichment Co (AS) 4:00Ping Pong (WS)	<b>NO RSVT 14</b> 9:00Adv. Circuit (WS) 10:00Balanced Brains (AS) 10:30Adv. Balance (WS) 11:00The Great Course (CR) <b>11:00Azalea Antiques &amp; Art &amp; Lunch at Indochine (L)</b> 11:30Int. Balance (WS) 1:00Mahjong (CR) 1:30Beg. Balance (WS) 2:30Land Aerobics (WS) 3:30Trivia Tuesday (AS) 4:15Garden Flats Happy Hour (F)	<b>RSVT 8:30-3:00 (L) 15</b> 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 - Wuthering Heights (F) 2:30Mobility Clinic (WS) 3:30Advance Floor Yoga (WS) 4:301st & 2nd, & 3rd Floor Happy Hour (FCA) <b>6:40Opera House: Come From Away (L)</b>	<b>RSVT 8:30-3:00 (L) 16</b> 9:00Adv. Circuit (WS) 10:00Balanced Brains (AS) 10:30Adv. Balance (WS) 11:00Painting Class (AS) 11:30Int. Balance (WS) 1:30Beg. Balance (WS) <b>2:00Line Dance (WS)</b> <b>2:00Harris Teeter (L)</b> <b>2:00GB2 Co (BL)</b> <b>3:00All Resident Happy Hour (LHM)</b>	<b>RSVT 8:30-3:00 (L) 17</b> 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) <b>3:00Neil Dorval Piano Performance (F)</b> 3:30Free Swim (AC) 4:00Ping Pong (WS) 7:00Party Bridge (CR)	<b>18</b> 9:30Pool Party with Ann Hill (AC) 11:00Open Art Studio (AS) 1:00Rummikub (CR) 3:00Free Gym (G)

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

# July 2026

## Carolina Bay

630 Carolina Bay Dr. Wilmington, NC 28403



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>12:30</b> Rummikub (CR) <b>19</b> <b>1:30</b> Groove, Strength, and Stretch (WS) <b>2:00</b> Mexican Train (CR)	<b>RSVT 8:30-3:00 (L) 20</b> <b>8:30</b> Advanced Water Aerobics (AC) <b>9:30</b> Communion (CH) <b>10:00</b> BEAT (G) <b>10:00</b> Advance Floor Yoga (WS) <b>11:00</b> Mens Lifetime Learning (CR) <b>11:00</b> Crafts (AS) <b>11:30</b> Brain Fitness (WS) <b>12:30</b> NC Symphony Ticket Purchase (F) <b>1:00</b> Adv. Canasta (CR) <b>2:00</b> BINGO (AS) <b>2:00</b> Independent Water Exercise (AC) <b>2:00</b> Lowes Foods (L) <b>3:00</b> Ice Cream Sundae Social (LHM) <b>4:00</b> Ping Pong (WS)	<b>NO RSVT 21</b> <b>9:00</b> Adv. Circuit (WS) <b>10:00</b> Balanced Brains (AS) <b>10:30</b> Adv. Balance (WS) <b>11:00</b> The Great Course (CR) <b>11:00</b> Council Meeting (AS) <b>11:30</b> Int. Balance (WS) <b>1:00</b> Mahjong (CR) <b>1:30</b> Beg. Balance (WS) <b>2:30</b> Land Aerobics (WS) <b>3:00</b> All Resident Meeting (F) <b>5:00</b> Dinner Outing - Nil's Mediterranean (L)	<b>RSVT 8:30-3:00 (L) 22</b> <b>8:30</b> Adv. Water Aerobics (AC) <b>9:30</b> BEAT (G) <b>9:30</b> Morning Meditation (WS) <b>10:00</b> Latte Fun (CR) <b>10:30</b> Core (WS) <b>11:30</b> Functional Fitness (WS) <b>1:30</b> Functional Fitness (WS) <b>1:30</b> Bridge Club (CR) <b>2:00</b> Movie - The Daughter of Rosie O' Grady (F) <b>2:30</b> Mobility Clinic (WS) <b>3:00</b> Share & Care Gathering (CH) <b>3:30</b> Advance Floor Yoga (WS) <b>4:30</b> 1st & 2nd, & 3rd Floor Happy Hour (FCA)	<b>RSVT 8:30-3:00 (L) 23</b> <b>9:00</b> Adv. Circuit (WS) <b>10:00</b> Balanced Brains (AS) <b>10:30</b> Adv. Balance (WS) <b>10:45</b> Floor Reps Mtg (AS) <b>11:00</b> Painting Class (AS) <b>11:30</b> Int. Balance (WS) <b>1:30</b> Beg. Balance (WS) <b>2:00</b> Line Dance (WS) <b>2:00</b> Harris Teeter (L) <b>3:00</b> Heartland Singers - Elvis Performance (F) <b>4:00</b> Vespers (CH)	<b>RSVT 8:30-3:00 (L) 24</b> <b>8:30</b> Adv. Water Aerobics (AC) <b>9:30</b> BEAT (G) <b>10:00</b> The Breakfast Club (AS) <b>10:30</b> Parkinson's Class (WS) <b>11:00</b> Farkle (AS) <b>11:30</b> Pound It! (WS) <b>1:00</b> Hand & Foot (CR) <b>1:30</b> Bible Study (CH) <b>1:30</b> CB Crafty Chicks (AS) <b>2:00</b> Independent Water Exercise (AC) <b>3:30</b> Free Swim (AC) <b>4:00</b> Ping Pong (WS) <b>7:00</b> Party Bridge (CR)	<b>9:30</b> Pool Party with Ann Hill (AC) <b>25</b> <b>11:00</b> Open Art Studio (AS) <b>1:00</b> Rummikub (CR) <b>3:00</b> Free Gym (G)
<b>12:30</b> Rummikub (CR) <b>26</b> <b>1:30</b> Groove, Strength, and Stretch (WS) <b>2:00</b> Mexican Train (CR)	<b>RSVT 8:30-3:00 (L) 27</b> <b>8:30</b> Advanced Water Aerobics (AC) <b>9:30</b> Communion (CH) <b>9:30</b> Walking Club (L) <b>10:00</b> BEAT (G) <b>10:00</b> Advance Floor Yoga (WS) <b>10:30</b> Painting w/ Moe Mckenna (AS) <b>11:00</b> Mens Lifetime Learning (CR) <b>11:30</b> Brain Fitness (WS) <b>1:00</b> Adv. Canasta (CR) <b>2:00</b> BINGO (AS) <b>2:00</b> Independent Water Exercise (AC) <b>2:00</b> Food Lion & Library (L) <b>4:00</b> Ping Pong (WS)	<b>NO RSVT 28</b> <b>9:00</b> Adv. Circuit (WS) <b>10:00</b> Balanced Brains (AS) <b>10:00</b> CAM & Cafe (L) <b>10:30</b> Adv. Balance (WS) <b>11:00</b> The Great Course (CR) <b>11:30</b> Int. Balance (WS) <b>1:00</b> Mahjong (CR) <b>1:30</b> Beg. Balance (WS) <b>2:30</b> Land Aerobics (WS) <b>3:30</b> Trivia Tuesday (AS) <b>4:15</b> Garden Flats Happy Hour (F)	<b>RSVT 8:30-3:00 (L) 29</b> <b>8:30</b> Adv. Water Aerobics (AC) <b>9:30</b> BEAT (G) <b>9:30</b> Morning Meditation (WS) <b>10:00</b> Latte Fun (CR) <b>10:30</b> Core (WS) <b>11:30</b> Functional Fitness (WS) <b>1:30</b> Functional Fitness (WS) <b>1:30</b> Bridge Club (CR) <b>2:00</b> Movie - The Devil Wears Prada (F) <b>2:30</b> Mobility Clinic (WS) <b>3:00</b> Summer Mocktails Tasting (PUB) <b>3:30</b> Advance Floor Yoga (WS) <b>4:30</b> 1st & 2nd, & 3rd Floor Happy Hour (FCA)	<b>RSVT 8:30-3:00 (L) 30</b> <b>9:00</b> Adv. Circuit (WS) <b>10:00</b> Balanced Brains (AS) <b>10:30</b> Adv. Balance (WS) <b>11:00</b> Painting Class (AS) <b>11:30</b> Int. Balance (WS) <b>1:30</b> Beg. Balance (WS) <b>2:00</b> Line Dance (WS) <b>2:00</b> Harris Teeter (L) <b>3:30</b> Music Sing Along (CR)	<b>RSVT 8:30-3:00 (L) 31</b> <b>8:30</b> Adv. Water Aerobics (AC) <b>9:30</b> BEAT (G) <b>10:00</b> The Breakfast Club (AS) <b>10:30</b> Parkinson's Class (WS) <b>11:00</b> Farkle (AS) <b>11:30</b> Pound It! (WS) <b>1:00</b> Hand & Foot (CR) <b>1:30</b> Bible Study (CH) <b>1:30</b> CB Crafty Chicks (AS) <b>2:00</b> Independent Water Exercise (AC) <b>3:30</b> Free Swim (AC) <b>4:00</b> Ping Pong (WS) <b>7:00</b> Party Bridge (CR)	

### July Birthdays

Pat Hardison 7/2	Steve Spence 7/17
Janet Blanton 7/3	Judy Webster 7/18
Mim Loffert 7/3	Mary Fitzpatrick 7/21
Aubrey Asby 7/5	Susie Wagner 7/22
Ed Bill 7/6	John Snyder 7/23
Dick Lefebvre 7/11	Pam Witherington 7/23
Barbara Klein 7/12	Nancy Werner 7/25
Ted Poucher 7/12	Bonnie Warwick 7/28
Mary Simmons 7/13	Joe Clapp 7/29
Elizabeth Lincoln 7/14	Ruth White 7/30
Susan Durham 7/16	

**Happy Birthday Y'all!**  
If your birthday is missing, please let Life Enrichment know!

### July Staff Birthdays

Andrew Rendon 7/16  
Rachael Leach 7/29

**Happy Birthday Y'all!**  
If your birthday is missing, please let Life Enrichment know!

### MOVIES

2:00pm on Wednesday's

**The Seven Year Itch - 7/1**  
When his family goes away for summer vacation, a hitherto faithful husband with an overactive imagination is tempted by an attractive new neighbor. **Starring: Marilyn Monroe, Tom Ewell, and Evelyn Keyes.** 1H45M

**Wuthering Heights - 7/15**  
A Passionate and tumultuous love story set against the backdrop of the Yorkshire moors, exploring the intense and destructive relationship between Heathcliff and Catherine Earnshaw. **Starring: Margot Robbie, Jacob Elordi, and Hong Chau.** 2H16M

**The Daughter of Rosie O'Grady - 7/22**  
An Irish horsecar driver's daughter meets New York showman Tony Pastor and goes into vaudeville. **Starring: June Haver, Gordon MacRae, and James Barton.** 1H44M

**The Devil Wears Prada - 7/29**  
Andy, a smart but sensible young journalist, starts working as an assistant to the cynical high fashion magazine editor Miranda Priestly. **Starring: Anne Hathaway, Meryl Streep, and Adrian Grenier.** 1H49M

### Locations Legend

- Wellness Studio (WS)
- Card Room (CR)
- Art Studio (AS)
- Lobby (L)
- Aquatics Center (AC)
- Gym (G)
- Chapel (CH)

### Locations Legend

- Forum (F)
- Floor Common Area (FCA)
- Billiards Lounge (BL)
- Light House Market (LHM)
- Pub (PUB)

### Facilitators Legend

- Wellness Department Led
- Resident Led
- Life Enrichment Department Led
- Transportation Driver
- Contractor/Vendor Led
- Staff
- IL Programming Teams
- Co-Led