

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

September 2026

Carolina Bay

630 Carolina Bay Dr. Wilmington, NC 28403



CAROLINA BAY

AT AUTUMN HALL

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		NO RSVT1 9:00Adv. Circuit (WS) 10:00Balanced Brains (AS) 10:30Adv. Balance (WS) 11:00The Great Course (CR) 11:30Int. Balance (WS) 11:30Lunch at Pine Valley Market & Shopping at Bazar (L) 1:00Mahjong (CR) 1:30Beg. Balance (WS) 2:30Land Aerobics (WS) 3:30Trivia Tuesday (AS)	RSVT 8:30-3:00 (L)2 FLU CLINIC 9AM-12PM (F) 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 - Breakfast at Tiffany's (F) 2:30Mobility Clinic (WS) 3:30Advance Floor Yoga (WS) 4:301st & 2nd, & 3rd Floor Happy Hour (FCA)	RSVT 8:30-3:00 (L)3 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) 3:00Jim Seems Performance (F)	RSVT 8:30-3:00 (L)4 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) 3:30Free Swim (AC) 4:00Ping Pong (WS) 7:00Party Bridge (CR)	9:30Pool Party with Ann Hill (AC)5 11:00Open Art Studio (AS) 1:00Rummikub (CR) 3:00Free Gym (G)
12:30Rummikub (CR) 1:30Groove, Strength, and Stretch (WS) 2:00Mexican Train (CR) 6	Labor Day NO RSVT (L)7 9:30Communion (CH) 11:00Mens Lifetime Learning (CR) 1:00Adv. Canasta (CR) 2:00Independent Water Exercise (AC) 3:00Baywatch Co (AS) 4:00Ping Pong (WS) 	NO RSVT8 9:00Adv. Circuit (WS) 10:00Balanced Brains (AS) 10:30Adv. Balance (WS) 11:00The Great Course (CR) 11:00Lunch at Solstice (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 (F)	RSVT 8:30-3:00 (L)9 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 - Song Sung Blue (F) 2:30Mobility Clinic (WS) 3:00Share & Care Gathering (CH) 3:30Advance Floor Yoga (WS) 4:301st & 2nd, & 3rd Floor Happy Hour (FCA)	RSVT 8:30-3:00 (L)10 9:00Adv. Circuit (WS) 10:00Balanced Brains (AS) 10:30Adv. Balance (WS) 10:30Painting w/ Moe Mckenna (AS) 11:30Int. Balance (WS) 1:30Beg. Balance (WS) 2:00Line Dance (WS) 2:00Harris Teeter (L) 3:00Olympic Training: Water Basketball & Volleyball (AC) 4:00Vespers (CH)	RSVT 8:30-3:00 (L)11 Art Gallery Forms Due 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) 3:30Free Swim (AC) 4:00Ping Pong (WS) 7:00Party Bridge (CR)	9:30Pool Party with Ann Hill (AC)12 11:00Open Art Studio (AS) 1:00Rummikub (CR) 3:00Free Gym (G)
12:30Rummikub (CR) 1:30Groove, Strength, and Stretch (WS) 1:30St James Episcopal Church Communion - All Are Welcome (CH) 2:00Mexican Train (CR) 13	RSVT 8:30-3:00 (L)14 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) 2:00Food Lion (L) 3:00Life Enrichment Co (AS) 4:00Ping Pong (WS)	NO RSVT15 9:00Adv. Circuit (WS) 10:00Balanced Brains (AS) 10:30Adv. Balance (WS) 11:00The Great Course (CR) 11:00Lunch at River 128 & Shopping at Old City Market (L) 11:30Int. Balance (WS) 1:00Mahjong (CR) 1:30Beg. Balance (WS) 2:30Land Aerobics (WS) 3:30Trivia Tuesday (AS) 5:00Garden Flats Picnic (GFCA)	RSVT 8:30-3:00 (L)16 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) 2:00Caring Connections Series (F) 2:30Mobility Clinic (WS) 3:30Advance Floor Yoga (WS) 4:301st & 2nd, & 3rd Floor Happy Hour (FCA)	RSVT 8:30-3:00 (L)17 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) 2:00GB2 Co (BL) 3:00All Resident Happy Hour (LHM)	RSVT 8:30-3:00 (L)18 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) 2:30Scam & Safety Talk w Sheriff Moore (F) 3:30Free Swim (AC) 4:00Ping Pong (WS) 7:00Party Bridge (CR)	9:30Pool Party with Ann Hill (AC)19 11:00Open Art Studio (AS) 1:00Rummikub (CR) 3:00Free Gym (G)

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
12:30Rummikub (CR) 1:30Groove, Strength, and Stretch (WS) 2:00Mexican Train (CR) 20	RSVT 8:30-3:00 (L) 8:30Advanced Water Aerobics (AC) 9:30Communion (CH) 10:00BEAT (G) 10:00Advance Floor Yoga (WS) 11:00Mens Lifetime Learning (CR) 11:00Crafts (AS) 11:30Brain Fitness (WS) 1:00Adv. Canasta (CR) 2:00BINGO (AS) 2:00Independent Water Exercise (AC) 2:00LIDL (L) 3:00Olympic Training: Courtyard Events & Yarts (CY) 4:00Ping Pong (WS) 21	NO RSVT 9:00Adv. Circuit (WS) 9:00Senior Softball Game (L) 10:00Balanced Brains (AS) 10:30Adv. Balance (WS) 11:00The Great Course (CR) 11:00Council Meeting (AS) 11:30Int. Balance (WS) 1:00Mahjong (CR) 1:30Beg. Balance (WS) 2:30Land Aerobics (WS) 3:00All Resident Meeting (F) 4:15Garden Flats Happy Hour (F) 22	RSVT 8:30-3:00 (L) 8:30Adv. Water Aerobics (AC) 9:30BEAT (G) 9:30Morning Meditation (WS) 10:00Latte Fun (CR) 10:30Core (WS) 11:00Tech Talk - Uber How To (F) 11:30Functional Fitness (WS) 1:30Functional Fitness (WS) 1:30Bridge Club (CR) 2:00Movie - Arthur The King (F) 2:30Mobility Clinic (WS) 3:00Share & Care Gathering (CH) 3:30Advance Floor Yoga (WS) 4:301st & 2nd, & 3rd Floor Happy Hour (FCA) 23	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) 3:00Olympic Training: Courtyard Events & Water Balloon Toss (CY) 4:00Vespers (CH) 24	RSVT 8:30-3:00 (L) 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) 3:00Oktoberfest Celebration (LHM) 3:30Free Swim (AC) 4:00Ping Pong (WS) 7:00Party Bridge (CR) 25	9:30Pool Party with Ann Hill (AC) 11:00Open Art Studio (AS) 1:00Rummikub (CR) 3:00Free Gym (G) 6:40Wilmington Symphony: Barber Violin Concerto + Dvorak Symphony No. 9 (L) 26
12:30Rummikub (CR) 1:30Groove, Strength, and Stretch (WS) 2:00Mexican Train (CR) 27	RSVT 8:30-3:00 (L) 8:30Advanced Water Aerobics (AC) 9:30Communion (CH) 10:00BEAT (G) 10:00Advance Floor Yoga (WS) 11:00Mens Lifetime Learning (CR) 11:00Olympic Craft (AS) 11:30Brain Fitness (WS) 1:00Adv. Canasta (CR) 2:00BINGO (AS) 2:00Independent Water Exercise (AC) 2:00Food Lion & Library (L) 3:00Olympic Training: Trivia (CR) 4:00Ping Pong (WS) 28	NO RSVT 9:00Adv. Circuit (WS) 10:00Balanced Brains (AS) 10:30Adv. Balance (WS) 11:00The Great Course (CR) 11:00Lunch at King Neptunes (L) 11:30Int. Balance (WS) 1:00Mahjong (CR) 1:30Beg. Balance (WS) 2:30Land Aerobics (WS) 3:30Trivia Tuesday (AS) 29	RSVT 8:30-3:00 (L) 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 - Hamnet (F) 2:30Mobility Clinic (WS) 3:00Scotch Tasting (PUB) 3:30Advance Floor Yoga (WS) 4:301st & 2nd, & 3rd Floor Happy Hour (FCA) 30			
	September Birthdays Nancy Bowers 9/2 Carolyn Zielinski 9/4 Chip Christ 9/6 Jim Hindle 9/8 Phyllis Puzzutiello 9/9 Ken Karpinski 9/10 Cheryl Spetrino 9/12 Peggy Williams 9/14 Judy Wagner 9/20 Sue Crisp 9/23 Jim Phlegar 9/24 Pauline Johannsen 9/24 Pam Andre 9/29 Eileen Thome 9/30 Happy Birthday Y'all! If your birthday is missing, please let Life Enrichment know!	MOVIES 2:00pm on Wednesday's Breakfast at Tiffany's - 9/2 A young New York socialite becomes interested in a young man who has moved into her apartment building, but her past threatens to get in the way. Starring: Audrey Hepburn, George Peppard, and Patricia Neal. 1H55M Song Sung Blue- 9/9 Lightning and Thunder, a Milwaukee husband and wife Neil Diamond tribute act, experience soaring success and devastating heartbreak in their musical journey together. Starring: Hugh Jackman, Kate Hudson, and Ella Anderson. 2H12M Arthur The King - 9/23 An adventure racer adopts a stray dog named Arthur to join him in an epic endurance race. Starring: Mark Wahlberg, Simu Liu, and Juliet Rylance. 1H47M Hamnet- 9/30 In late 16th-century England, Agnes, a healer sensitive to the world around her, builds a home with William, a local tutor and aspiring playwright. As their lives fracture, they are tested by distance, silence, and grief. Starring: Jessie Buckley, Paul Mescal, and Zac Wishart. 2H5M	September Staff Birthdays Josh Hunkeler 9/2 Sha Pee 9/5 Davis Wilson 9/12 Lissette Diaz 9/14 Happy Birthday Y'all!	Locations Legend Wellness Studio (WS) Card Room (CR) Art Studio (AS) Lobby (L) Aquatics Center (AC) Gym (G) Chapel (CH) Forum (F) Floor Common Area (FCA) Billiards Lounge (BL) Pub (PUB) Light House Market (LHM) Courtyard (CY) Garden Flat Common Area (GFCA)	Facilitators Legend Wellness Department Led Resident Led Life Enrichment Department Led Transportation Driver Contractor/Vendor Led Staff IL Programming Teams Co-Led	