

SWEET SEPTEMBER

Speakers, Performers & Artists This Month

Shannon Hardy

Join Shannon Hardy as she gives her last INSPIRE talk. Shannon will be talking about the Final Letter in INSPIRE which is Engaging! Shannon had begun our INSPIRE lecture series a few years ago so be sure to be there to support her last lecture. This will be held in the Forum at 2:30 on September the 6th!

Moe McKenna

Talented Artist back again for her monthly painting class, beginners, intermediate painters and advanced artists are all encouraged to attend this class! Moe's class will take place on September 9th & September 23rd. Sign-Up is required to participate.

Bank Of America: Braxton Nicholson

Braxton will be returning to educate us on how to properly bank online! He will be providing some tips and tricks to make online banking easier for us all! You won't want to miss his presentation— this will take place on September 12th at 3:00 in the Forum, bring whatever questions you may have regarding online banking.

David Bohn

Join us in the Forum to enjoy a lovely afternoon with fabulous tunes! We can't wait to have David here. He will be playing his guitar and singing for us in the Forum on September 13th at 2:30!

Scotti Stringz

Back by popular demand— this guy knows just how to party which is exactly why he will be here for our most fun event of the month! Come to our All Resident Happy Hour and Birthday Social at 3:30 on September 19th in the Light House! We will have Appetizers, Beverages and a grand-ole time!

Ukuholics

Welcome the Ukuholics for our Annual End of Summer Celebration in the courtyard! The Ukuholics is lead by our wonderful ukulele teacher Lynn O'connel! Some of our lovely ukulele group from Carolina Bay will be joining the group to perform a few songs! Join us in the Courtyard to celebrate the end of summer at 4:00!



SEPTEMBER 2024



630 CAROLINA BAY DR. WILMINGTON, NC 28403

*Your Lifestyle Calendar Designed Around The 6 Aspects Of Wellness:
Purposeful, Spiritual, Physical, Social, Emotional, Intellectual*

This Month In Life Enrichment...

Art Classes:

Monday Crafts: Therapeutic Coloring, Stamped Tote Bags, Moe McKennas Acrylic Painting Class and Watercolor/Acrylic class on Thursdays at 11:00!

Social Events:

Steps & Starbucks, Breakfast Club, Latte Fun, All Resident Happy Hour & Birthday Social, End of Summer Celebration!

Educational Events:

INSPIRE Lecture Series with Shannon Hardy In The Lab W Lil, The Great Course, Carolina Bay Men's Lifetime Learning Class, Carolina Bay Jeopardy, Team Table Trivia!

Musical Acts:

Mike Dardis, David Bohn, Scotti Stringz, Ukuholics!

Resident Led Events:

Farkle, Bingo, Book Club, Free Art, Party Bridge, Duplicate Bridge, Bible Study with Bob Perry, Mahjong, Knitting Club, Chess Club, Ping Pong Club, Choir, Floor Happy Hours!

Outings:

Blueberry Grille, Henrys & Spruced, Passport Tasting at Brightmore, Wilson Center: NC Symphony: Beethoven No 9!

This Month In Wellness...

Labor Day Games - 9/2 at 10:30am

Join us in the Forum for fun and games for the long weekend.

Olympics Practice - Mondays at 3:00pm

We will be back in the Card Room, Billiards Lounge and Courtyard on Monday afternoons! Pay attention to your calendars and weekly to know where each practice will be. Join us for billiards, kings on the corners, scrabble, ping pong, seated bowling, cornhole, bocce, shuffleboard and more as we gear up for the Olympics!

INSPIRE Series w Shannon - Friday 9/6 @ 2:30pm

We will finish the INSPIRE series with the last letter E - Engage. Join us in the Forum to talk about our wellness program and why all aspects of wellness are so important to your health.

Welcome Rachael Leach!

We are SO excited to announce Rachael Leach will be joining our Wellness Team! She is a recreation therapist who is eager to join our staff and get moving! She will start September 3rd, so be sure you stop by and introduce yourself! :)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
1 2:00 Mexican Train/CR	2 NO RSVT 10:30 Labor Day Games/F 11:00 Mens LL Class/CR 2:00 \$1 Bingo/AS 4:00 Ping Pong /WS 4:30 3rd Floor Happy Hour	3 NO RSVT 10:30 Billiards Club/BL 10:00 Blueberry Grille/LS 11:00 The Great Course/CR 1:00 Mahjong/CR 4:30 1st Floor Happy Hour	4 8:30-3:00 RSVT/ L 9:30 Meditation/ WS 11:00 Farkle/ AS 12:30 Chefs Table/LH 1:30 Duplicate Bridge/CR 2:00 Movie: The Long Game/F 3:00 Ukulele Practice/AS 4:30 2nd Floor Happy Hour	5 8:30-3:00 RSVT/ L 10:00 Audiology of Wilming- ton/ BL 10:30 Billiards Club/BL 11:00 Acrylic Class/ AS 1:30 Party Bridge / CR 2:00 RSVT-Harris Teeter/L 2:00 Line Dance/WS 7:30 Pool Party with Ann	6 8:30-3:00 RSVT/ L 10:00 Breakfast Club/AS 11:00 Farkle/ AS 11:30 POUND IT/WS 1:30 Bible Study w Bob/CH 1:30 Knitting Club/AS 2:00 Environmental Co/BL 2:30 INSPIRE Lecture Se- ries/F 4:00 Ping Pong/WS 7:00 Party Bridge/CR	7 2:00 Pinochle & Rummikub/CR	
8 2:00 Mexican Train/CR	9 8:30-3:00 RSVT/ L 10:00 Steps & Starbucks/L 10:30 Moe McKenna Acrylic Painting Class/AS 11:00 Mens LL Class/CR 1:00 Book Club/CR 2:00 \$1 Bingo/AS 2:00 Wellness Co/WS 3:00 Life Enrichment Co/AS 3:00 Olympic Practice/BL 4:00 Ping Pong /WS 4:30 3rd Floor Happy Hour	10 NO RSVT 10:00 Latte Fun/CR 10:30 Billiards Club/BL 11:00 The Great Course/CR 1:00 Mahjong/CR 3:00 M&O Co/BL 3:30 Team Table Trivia/AS 4:15 Flats Happy Hour 4:30 1st Floor Happy Hour	11 8:30-3:00 RSVT/ L 9:30 Meditation/WS 11:00 Farkle/AS 12:30 Chefs Table/LH 1:30 Duplicate Bridge/CR 2:00 Movie: Me Before You 2:00 Dining Committee/ Pub 3:00 Ukulele Lessons/AS 4:30 2nd Floor Happy Hour	12 8:30-3:00 RSVT/ L 10:00 Balanced Brains/AS 10:30 Billiards Club/BL 11:00 Watercolor/AS 1:30 Party Bridge/ CR 2:00 RSVT-Harris Teeter/L 2:00 Line Dance/WS 3:00 Bank Of America: Online Banking/F 7:30 Pool Party With Ann	13 8:30-3:00 RSVT/ L 10:00 Breakfast Club/AS 10:00 Audiologist Jason Rickman/ CR 11:00 Farkle/AS 11:30 POUND IT/WS 1:30 Bible Study w Bob/CH 1:30 Knitting Club/AS 2:30 David Bohn Performs/F 4:00 Ping Pong/WS	14 2:00 Pinochle & Rummikub/CR	
15 2:00 Mexican Train/CR	16 8:30-3:00 RSVT/ L 10:00 Steps & Starbucks/L 11:00 Therapeutic Coloring/AS 11:00 Mens LLClass/CR 2:00 RSVT- LIDL/L 2:00 \$1 Bingo/AS 3:00 Olympic Practice/WS 4:00 Ping Pong/WS 4:30 3rd Floor Happy Hour	17 NO RSVT 10:00 Latte Fun/CR 10:30 Billiards Club/BL 11:00 The Great Course/CR 11:00 Henrys & Shopping at Spruced/LS 1:00 Mahjong/CR 4:30 1st Floor Happy Hour	18 8:30-3:00 RSVT/ L 9:30 Meditation/ WS 11:00 Farkle/ AS 12:30 Chefs Table/LH 1:30 Duplicate Bridge/CR 2:00 Movie: Twisters/F 2:00 In The Lab With Lil/AS 3:00 Ukulele Practice/AS 4:30 2nd Floor Happy Hour	19 8:30-3:00 RSVT/ L 10:00 Balanced Brains/AS 10:30 Billiards Club/BL 11:00 Acrylic Class/ AS 1:30 Party Bridge/ CR 2:00 RSVT-Harris Teeter/L 2:00 Line Dance/WS 3:30 All Resident Happy Hour & Birthday Social/LH 7:30 Pool Party With Ann	20 8:30-3 RSVT/ L 10:00 Breakfast Club/AS 10:45 Floor Reps Mtg/CR 11:00 Council Members/CR 11:00 Farkle/AS 11:30 POUND IT/WS 1:15 Anne with an "E"/CR 1:30 Bible Study w Bob/CH 1:30 Knitting Club/AS 3:00 All Resident Meeting/F 4:00 Ping Pong/WS 7:00 Party Bridge	21 2:00 Pinochle & Rummikub/CR	
22 2:00 Mexican Train/CR 4:00 GB2 Performance: Reservation only/F	23 8:30-3:00 RSVT/ L 10:00 Steps & Starbucks/L 10:30 Moe McKenna Acrylic Painting Class/AS 11:00 Mens LL Class/ CR 2:00 RSVT- Food Lion /L 2:00 \$1 Bingo/AS 3:00 Olympic Practice/CY 4:00 Ping Pong/WS 4:30 3rd Floor Happy Hour	24 NO RSVT 10:00 Latte Fun/CR 11:00 The Great Course/CR 10:30 Billiards Club/BL 11:00 CORE/L 1:00 Mahjong/CR 1:30 Passport Tasting/L 3:00 Caregiver Support Group/ F 3:30 Team Table Trivia/AS 4:15 Flats Happy Hour 4:30 1st Floor Happy Hour	25 8:30-3:00 RSVT/ L 9:30 Mediation/ WS 11:00 Farkle/ AS 12:30 Chefs Table/LH 1:30 Duplicate Bridge/CR 2:00 Movie: First Man/F 3:00 Ukulele Lessons/AS 4:30 2nd Floor Happy Hour	26 8:30-3:00 RSVT/ L 10:00 Balanced Brains/AS 10:30 Billiards Club/BL 11:00 Watercolor/ AS 1:30 Party Bridge/ CR 2:00 RSVT-Harris Teeter/L 2:00 Line Dance/WS 4:00 End Of Summer Celebration/CY 7:30 Pool Party With Ann	27 8:30-3:00 RSVT/ L 10:00 Breakfast Club/AS 11:00 Farkle/AS 11:30 POUND IT/WS 1:30 Bible Study w Bob/CH 1:30 Knitting Club/AS 4:00 Ping Pong/WS	28 2:00 Pinochle & Rummikub/CR 6:45 Wilson Center NC Symphony Bee- thoven Symphony No, 9/L	
29 2:00 Mexican Train/CR	30 8:30-3:00 RSVT/ L 10:00 Steps & Starbucks/L 11:00 Stamped Tote Bags/AS 11:00 Mens LL Class/ CR 2:00 RSVT- Walmart /L 2:00 \$1 Bingo/AS 3:00 Olympic Practice/CY 4:00 Ping Pong/WS 4:30 3rd Floor Happy Hour	Color Code: Magenta: Activities With Life Enrichment Orange: Performers, Speakers and Artists Black: Resident Led Activities Red: Committee Meetings Blue: Outings Green: Shopping Trips Movies: Wednesdays at 2:00				<h1>SEPTEMBER 2024</h1>	