



THE CARLISLE CURRENT

News from The Carlisle Palm Beach luxury senior living community, in Lantana, Florida.



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Welcome to the second issue of *The Carlisle Current*, your inside look at the energy, creativity, and connection that shape life at **The Carlisle Palm Beach**.

From lively events and resident spotlights to behind-the-scenes updates and thoughtful initiatives from Liberty Senior Living, each edition highlights the people, moments, and ideas that make **The Carlisle** feel like home.

Life here is rich with opportunity. Residents gather for engaging programs, explore new hobbies, and share meaningful moments that spark joy and friendship. Our team works with care and intention to ensure every experience is memorable, while Liberty Senior Living continues to enhance daily life through leadership and innovation.

Whether you are here to stay informed, feel inspired, or simply enjoy a story that warms the heart, *The Carlisle Current* offers something for everyone.

We invite you to flip through these pages to see what is happening, what is new, and what makes **The Carlisle** such a welcoming place to call home.

Liberty Senior Living, a division of Liberty Health, is a North Carolina-based, family-owned company with more than 150 years of experience, that owns and operates dozens of senior living communities across the Southeast.



Liberty Senior Living's Inaugural Leadership Summit

Liberty Senior Living recently hosted our inaugural Leadership Summit, bringing together executive directors and administrators from across our communities for a time of learning, growth, and recognition.

The event fostered collaboration and connection while celebrating the extraordinary work of leaders who continue to elevate the resident experience. Over the past year, their efforts have driven meaningful growth and impact across the organization.

Liberty Senior Living's Chief Operations Officer, Bob Goyette, reflected on that success, saying, "Together our teams welcomed thousands of new residents into our communities, surpassing expectations while staying grounded in what matters most: serving others with purpose, compassion and excellence. That is the real measure of our success."

A highlight of the Summit was the presentation of the Cindy Stancil Leadership Award to **Sean Davis, Executive Director of South Bay at Mount Pleasant**, in recognition of his outstanding performance.

"Sean truly embodies the values of Liberty and sets a powerful example for all of us," Bob said.

The Summit reinforced Liberty's commitment to building communities where people feel a true sense of belonging.

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I is for Inclusive

Inclusivity is a defining element of the INSPIRE program, creating a community where every resident feels welcomed, valued, and empowered. At Liberty Senior Living, wellness is approached holistically, supporting physical, emotional, spiritual, and mental well-being through programming designed for all.

This commitment is reflected in a wide range of activities, educational opportunities, and fitness offerings intentionally designed to appeal to diverse interests and abilities. Whether someone is new to an activity or highly experienced, programs are offered at varying skill levels so everyone can participate comfortably and confidently. From beginner games to advanced play, and from seated fitness to more active classes, each offering meets residents where they are.

Inclusivity also extends beyond programming into the culture of the community. Residents are embraced as part of a welcoming environment that promotes acceptance, connection, and a strong sense of belonging. With a person-centered approach, programming celebrates the unique backgrounds, experiences, and identities of each individual.

By prioritizing inclusivity, the INSPIRE program ensures that every resident has opportunities to engage, connect, and thrive, creating a vibrant community where everyone truly feels at home.



5th Annual Liberty Games Bring 12 Communities Together for Three Days of Competition

One hundred fifty residents, ages 56 to 98, from 12 southeastern independent senior living communities gathered at **Hayes Barton Place** senior living community in Raleigh, North Carolina, for the 5th Annual Liberty Games.

This Olympic-style event, a signature of Liberty Senior Living, featured more than two dozen competitions over three days. Athletes competed in events ranging from bocce, swimming, and shuffleboard to trivia, chess, Scrabble and billiards.

The Games opened with a keynote from Olympic gold medalist Charlie Houchin, followed by a spirited team introduction. Participating communities included **The Barclay at SouthPark, Brightmore of South Charlotte, Brightmore of Wilmington, Carolina Bay at Autumn Hall, Pisgah Valley, Quail Haven Village, South Bay at Mount Pleasant, The Templeton of Cary, Wellington Bay, The Carlisle Palm Beach, and Preserve at Fairfield Glade.**

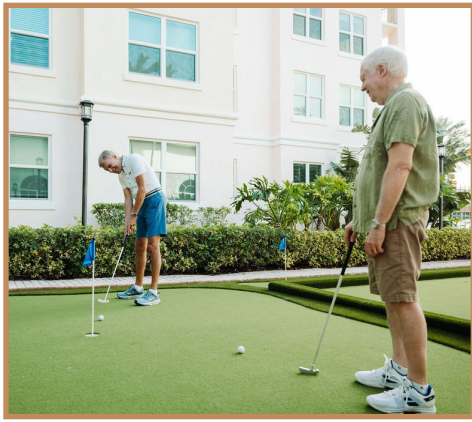
A philanthropic element added deeper meaning this year. A raffle raised \$3,000 for Special Olympics North Carolina, which Liberty matched for a total of \$6,000. Haley Kinne-Norris, Home Office Director of Life Enrichment and Wellness, noted the organization's admiration for the athletes and pride in supporting the mission.

Liberty corporate team members also volunteered, assisting with logistics and cheering on participants, allowing community staff to focus fully on residents.

The Liberty Games were designed to crown champions and, even more importantly, foster a sense of community, camaraderie, and active engagement. They embody a corporate-wide commitment to promoting a culture of wellness, where staying engaged and active is a priority at every age.

150 PARTICIPANTS.
12 COMMUNITIES.
3 DAYS.
2 DOZEN EVENTS.
AGES 56 TO 98.





Continuing Our Remarkable Transformation

An extraordinary community just keeps getting even better. Under the ownership and management of Liberty Senior Living, **The Carlisle Palm Beach** is being thoughtfully restored to its former glamour while embracing a new era of luxury, comfort, and innovation!

Inspired by classic Palm Beach design, the community is undergoing a stunning transformation featuring refreshed residences, elegant gathering spaces, and a beautifully enhanced pool area. Residents are also enjoying a new putting green, bocce ball court, grand entrance, and carefully curated exterior improvements, including redesigned arrival features and a striking fountain.

Shared spaces now showcase sophisticated furnishings by Kemble Interiors, while dining venues have been added and refreshed to elevate the culinary experience. Apartment renovations continue with upgraded finishes and new design options, ensuring **The Carlisle** remains one of Palm Beach's most exceptional places to call home.

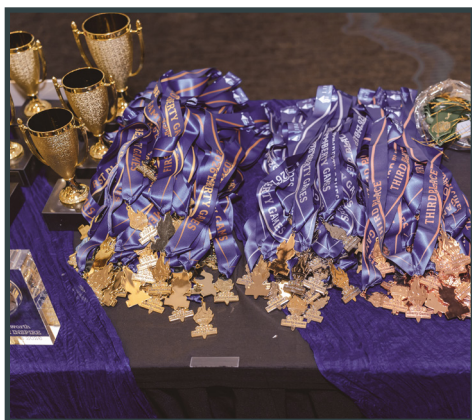


Residents Bring Team Spirit to Liberty Games

Residents from **The Carlisle** recently brought their competitive spirit and community pride as they joined participants from 12 independent living communities for a few unforgettable days of friendly competition and connection.

Five residents, along with team members, traveled to **Hayes Barton Place** in Raleigh for Liberty Senior Living's 5th Annual Liberty Games, where the action included corn hole, races, shot put, water balloon tosses, Scrabble, trivia or chess.

While the games sparked lots of laughter and playful rivalry, the biggest win were the friendships formed along the way. Residents had the chance to connect with peers from sister communities, proving that a little competition is even more fun when it brings people together.





Resident Led Living: The Heart of Life at The Carlisle Palm Beach

At **The Carlisle Palm Beach**, intellectual curiosity and cultural enrichment are woven into daily life. Several of the community's most cherished programs are resident led, reflecting the remarkable depth of talent, knowledge, and experience found among those who call **The Carlisle** home.

A favorite among residents is Intellectual Stimulation, an engaging forum where participants explore topics ranging from classical music and the arts to science, history, and philosophy. Thoughtful dialogue and spirited discussion foster fresh perspectives and meaningful connections.

Music is equally celebrated through a resident led sing along group. Gathering in the club room, residents enjoy an eclectic repertoire spanning Broadway classics, timeless standards, and beloved Nat King Cole favorites. The result is an atmosphere of sophistication, camaraderie, and shared enjoyment that reflects the vibrant spirit of **The Carlisle**.



A New Wave of Dining at The Carlisle

Dining is an important part of life at **The Carlisle**, where every meal is designed to be an experience. Residents now have an exciting new option with the debut of High Tide, an elevated dining concept located within Ocean 450. This unique "restaurant within a restaurant" features a distinct culinary theme each quarter, bringing fresh flavors, creative menus, and an enhanced dining atmosphere to the community.

High Tide joins **The Carlisle's** two other exceptional dining venues, Ocean 450 and Ocean's Edge Bistro & Bar, both of which have been beautifully refreshed. Together, the three venues offer residents a variety of dining experiences, from elegant fine dining to casual fare. Through culinary innovation, quality ingredients, and exceptional service, **The Carlisle** continues to elevate the resident dining experience.





Dean Jack Watson presenting Haley with Hall of Fame plaque

UNCW Hall of Fame Honors Haley Kinne-Norris

Haley Kinne-Norris, Home Office Director of Life Enrichment and Wellness for Liberty Senior Living, has been inducted into the UNCW College of Health and Human Services Hall of Fame. One of five inaugural honorees, Haley was recognized for leadership, service, and meaningful contributions to both the senior living profession and future generations of students.

A 2018 graduate of UNCW with a Bachelor of Science in Exercise Science and a 2021 graduate with a Master of Science in Applied Gerontology, Haley's connection to Liberty began as part of the university's first intern cohort at **Carolina Bay at Autumn Hall**. After joining Liberty as a Wellness Director in 2018, Haley advanced into a leadership role supporting wellness and life enrichment initiatives across the organization's communities.

Committed to developing future professionals, Haley has mentored more than 25 UNCW interns, some of whom have gone on to careers with Liberty Senior Living.

In their current role, Haley created INSPIRE, Liberty's holistic wellness program that supports residents' physical, emotional, and social well-being. Haley also secured Liberty's membership with the International Council on Active Aging, presented at industry conferences, and helped multiple communities earn the ICAA Beacon Wellness Award.

Additional initiatives of Haley's include the Annual Liberty Games, Alympics competitions, Senior Beach Day, and a World War II veterans luncheon.

"Haley's impact on our organization and the residents we serve is extraordinary," said Nicole Cook, Vice President of Operations. "We are incredibly proud to see Haley recognized with this well-deserved honor."

The recognition reflects Haley's lasting influence on residents, colleagues, and the future of aging services.

“

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Nicole Cook
Liberty Senior Living
Vice President of Operations



LIBERTY *Connects*

Brought to you by  LIBERTY
Senior Living



Age should
never put
distance
between you
and what's
happening
now.

Introducing *Liberty Connects* Podcast

If you think conversations about senior living are all quiet routines and predictable topics, Liberty Connects is here to change that.

Liberty Senior Living's newly launched podcast brings energy, humor, and curiosity to the realities of aging well.

This is where grandmas are gaming, pickleball sparks friendly debate, and someone finally says what everyone is thinking about noisy restaurants.

Episodes lean into everyday moments that feel familiar, surprising, and often funny, including "Storage Units and Other Expensive Forms of Denial," "Procrastination: Humanity's Favorite Hobby," and "The Elephants in the Room: Stuffed, Shelved and Slightly Worthless." Even technology gets a fresh look in "Beyond Quacks and Commands," which explores how virtual voice assistants are reshaping daily life.

Hosted by veteran broadcaster Lisa Fielding, Liberty Connects is a monthly podcast created for anyone who believes aging should be anything but boring... certainly seniors, but also their children, grandchildren, friends and anyone who wants some timely info and suggestions without being preachy.

Each episode is structured into five short segments, making it easy to listen in quick moments or sit back for a longer experience. We're having Liberty Connects events at our communities, during which residents can listen and then discuss the episode. They're enjoying it as much as we enjoy putting it together.

At its heart, Liberty Connects is about staying curious, building connection, and embracing life with humor and purpose. We encourage you to tune in and enjoy!!

To listen anytime, visit www.LibertySeniorLiving.com today for more.



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LIBERTY
Connects
with Lisa Fielding



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Check out *Liberty Connects*, Liberty Senior Living's podcast exploring wellness, technology, travel, lifelong learning, and more, all designed to inspire connection, curiosity, and vibrant living.



Scan the QR code to Listen to the latest and greatest of Liberty Connects!



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