

Educational Studies, Crafts, Art & Games

Monthly Jewish Service Now the First Friday of each Month: 7:30pm (CH)
The Great Courses Educational Study Showing Monday's and Wednesdays at 3:00 pm in the 'Media Room. *Come down and learn!*

Move it Monday Monday's 11am (Meet at pond) It has been proven that the more steps and intentional movement you have - the healthier you are! Join us every Monday. All levels encouraged to join! (This is an on-going group— every Monday)

Med Instead of Med's Class, Tuesday's 11am (SU) CH— The Med Instead of Meds class series will help you Go Mediterranean by exploring 7 simple steps to eating the Med Way. Learn Med tips, life hacks, and recipes that will help you eat the Med Way every day .(Last class 3/26)

Documentary Series: Human, The World With In Tuesday & Thursday from *3/5–3/21 (MR) 3:00pm Diverse personal stories from around the world reveal how lives, passions and goals are facilitated by the human body's various complex systems.

Support Group Thursday, March 14th 1:00am (SR-1) The goal of this group is to give everyone a safe space to come and share. This group will be lead by Renee & Ashlen. Everyone is encouraged to join.

Outdoor Games Day: Will be back in April

Painting w/ Mo McKenna Thursday, March 18th (CR) SU at 2pm: A fun & easy step by step painting class great for beginner to advanced!

Election Day Bus Tuesday, March 5th 10:30am (SU) Primaries are held today. Brightmore's polling place is the Wilmington Senior Center. Voters must vote IN the senior center today. Lines are possible.

Brightmore's Book Club: Thursday March 21st 3:30pm: Book "The Exchange: After the Firm" by John Grisham *Please note: Book club is now the third Thursday each month @ 3:30.

Devotional w/ Angela Friday, March 29th at 10:30 am (CH) SU

Trivia Tuesday Tuesday, March 26th at 2:00pm (FC) SU We have missed a few months, lets get back at it! Everyone welcome!

Walking Wednesday's Wednesday, March 27th at 10:00 am (EN) SU Hop in the bus for a short ride to Smith Creek Park for a 1.3 mile walk around the park. Following enjoy a health lunch at "Chopt".

Celebrations, Socials & Entertainment

Meet & Greet w/ Frank Wednesday, March 6th 11am (PR) Stop by and chat with Frank, the Director of Maintenance. A chance to get to know Frank / discuss maintenance at Brightmore.

Prize Bingo: Wednesday March 27th 3pm (EDR) B-I-N-G-O!

BYOD! "Bring Your Own Drink" Every Friday at 4:00 pm (PR) Snacks are provided- come down to relax and visit with your neighbors and friends!

Weekend Movies: Every Saturday there will now be a movie played in the MR @ 6:15pm. Each weekly will post the showing.



Greyhound Movie Matinee

(2020/PG-13) 1hr 31min

Friday, March 8th at 2:00 pm MR

U.S. Navy Cmdr. Ernest Krause is assigned to lead an Allied convoy across the Atlantic during World War II. His convoy, however, is pursued by German U-boats. Although this is Krause's first wartime mission, he finds himself embroiled in what would come to be known as the longest, largest and most complex naval battle in history: The Battle of the Atlantic.

March Wellness Corner

March: In like a Lion out like a Lamb
Staring out the month strong Renee and I will be away participating in Liberty Games. We get points for crowd support. Stop by Carolina Bay during the games if you would like to cheer on Brightmore!

Rounding the month out—join us at beautiful Smith Creek Park for another 1.3 mile walk and lunch at Chop It. Every level welcome!



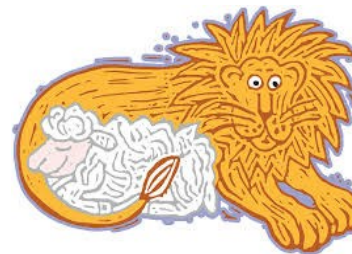
Wilmington's Preferred Retirement Community

2324 South 41st St, Wilmington, NC 28403

(910) 350-1980

www.brightmoreofwilmington.com

March 2024



Brightmore's March Special Events ...

Chamber Music @ UNCW Sunday March 3rd 3:30pm (EN) SU Today's trip will take us to a live performance of the Poulenc Trio.

Pro Fit Foot Care Class Monday, March 11th 10:00am (EDR) SU Known as the foot whisper, Bill the owner, will be here today to go over common foot questions and how to solve them with the correct type and fit of shoes!

Olivia Walsh Performance: Wednesday, March 13th 2:30 (CH) SU Olivia will entertain today singing a variety of songs while accompanied by the piano.

National Pie Day Tuesday March 14th 3:00pm PR In honor of National Pie Day, come & get some—until supplies last.

Intro to Acting Class: Thursday's, March 14 & 28th, 2:00pm (EDR) SU Unleash your creativity & come sharpen your mind & have fun in a relaxed atmosphere!

St. Patrick's Day Entertainment Friday, March 15th, 2:30pm (FC) SU Dressed as a leprechaun, Gary Pizzichillo will entertain today singing a mix of Irish songs & songs from the 50's & 60's.

Rocking Happy Hour Friday March 15th 4:00pm PR Join us for our weekly BYOD - but today Brightmore will enjoy some live music by Louis Paschoa while visiting w/ prospective new residents.

Flower Arranging Craft Wednesday March 19th 2:00pm (EDR) SU Decoupage your own jar and then pick from a variety of provided fresh flowers to make a bouquet to take home with you!

Ladies Club: Consignment Shopping & Lunch Friday March 20th 9:45am (EN) SU Enjoy a day out with friends! The group will start at Clothes Mentor—eat lunch at Chick Fila and make one more stop at Vintage Values on College road before heading home.

Shopping & Out to Lunch: Bridgewater Wines & Pender Pines Thursday, March 21st 10:45am (DR) SU After lunch at Bridgewater Wines, the group will make a stop at Pender Pines for shopping or just enjoying the animals.

New Commers & Birthday Party Friday March 22nd at 2:30pm. Newcomer, John Hammond will entertain us with a singing & piano Door prizes, sweet treats and lots of fun today! *Maybe you will win something for wearing your name tag!*

Wilmingtonn Orchestra, Masquerade Saturday, March 23rd 7:00pm Don't miss an enchanting evening at Masquerade, the Wilmington Symphony Orchestra's Pops concert, featuring GRAMMY nominated, world-renowned pianist Richard Dowling!

Ordinary Women, Extraordinary Changes: Wilmington's Women Who Made History Monday March 25th at 11:00am. (CH) SU What can the stories of one nurse, two entrepreneurs, and three women who ran for political office tell us about the history of New Hanover County? Find out at this talk by Cape Fear Museum's historian Dr. Jan Davidson .

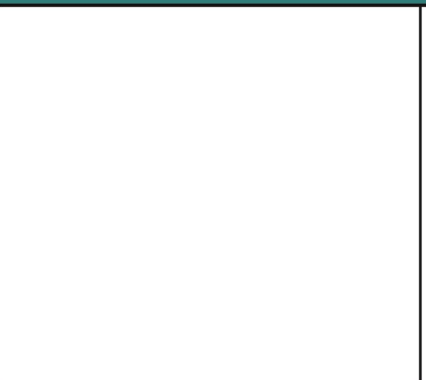
Ikebana Exhibition @ NHC Arboretum Friday, March 29th 1:45pm (EN) SU Today lets head to the Arboretum to see the Ikebana Exhibit—Japanese Flower Arranging.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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Abbreviations

- CH** Chapel
- CR** Card /Activity Room
- EN** Entrance/Main Lobby
- FC** Fitness Center

- SR-1** Sunroom 1st FL
- SR-2** Sunroom 2nd Fl
- SR-3** Sunroom 3rd Fl
- TV-2** Media Room 1st Fl
- DR** Dining Room
- LIBR** Library
- MR** Media Room
- BLR** Billiards Room 2nd Fl
- PR** Parlor
- CY** Courtyard
- AO** Activity Office/2nd Floor
- EDR** Extended Dining Rm.
- CH 1395** Community Channel
- SU** Sign Up
- rsvd** Reserved
- Ind Act.** Independent Activity



9:00 Medical Appt./ Personal (SU) EN
 11:00 Hearing Life (SU) CH
 1:30 Alterations (SU) FC
 2:00 Movie Matinee :Greyhound (SU) (MR)
 4:00 Resident "BYOD" PR
 7:00 Jewish Service (CH)

10:00 Rhythm, Strength & Dance (FC)
 2:00 Hand & Foot Canasta CR
 6:15 Movie (MR)

Resident Birthdays!

- Margaret Stenerson 3/3
- Frank Ogden 3/3
- Nellie Harrison 3/14
- Sue Carter 3/18
- Jennifer Maitland 3/23

3

10:20 Grace United Methodist Bus Pick up (SU) EN
 10:45 Pine Valley Methodist Bus Pick Up(SU)EN
 3:45 UNCW Chamber Music (SU) EN

4

9:00 Medical Appt./ Walmart EN
 11:00 Move it Mon's (POND)
 1:00 Medical Appt. /Personal (SU) EN
 2:00 Scrabble Game Ext DR
 3:00 Great Courses MR

5

LIBERTY GAMES
 9:00 Medical Appt./Personal 9:00 Breakfast Biscuits PR
 10:30 Election Day- Walk In only (EN)
 11:00 Instead of Meds (CH) SU
 1:00 Medical Appt./Personal
 2:00 Hand & Foot Canasta CR
 2:30 Pray the Rosary (CH)
 3:00 Human (MR)
 7:15 Chapel Service CH

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LIBERTY GAMES
 9:00 Medical Appt Personal (SU) EN
 10:00 Catholic Communion CH
 11:00 "Get to know Frank Day" (PR)
 1:00 Medical Appt./Personal (SU)
 1:15 Handiwork Group CR
 3:00 Great Courses MR

7

LIBERTY GAMES
 9:00 Medical Appt./ Harris Teeter (SU) EN
 9:00 Breakfast Biscuits PR
LIBERTY GAMES
 6:00 Hand & Foot Canasta CR
 3:00 Human (MR)

8

9:00 Medical Appt./ Personal (SU) EN
 9:30 Duplicate Bridge (EDR)
 2:00 Movie Matinee (SU) MR
 4:00 Resident "BYOD" PR

9

2:00 Hand & Foot Canasta CR
 6:15 Movie (MR)

10

10:20 Grace United Methodist Bus Pick up (SU) EN
 10:45 Pine Valley Methodist Bus Pick Up (SU) EN

11

9:00 Medical Appt./ Walmart EN
 10:00 am Pro Fit Foot Shoe Class (CH) SU
 11:00 Move it Monday (Pond)
 1:00 Medical Appt. Personal
 1:30 Food Comm Mtg CH
 2:00 Scrabble (EDR)
 3:00 Great Courses MR

12

9:00 Medical Appt./Persl (SU)
 9:00 Breakfast Biscuits PR
 11:00 Instead of Meds (CH) SU
 1:00 Medical Appt./Personal (SU)
 2:00 Hand & Foot Canasta CR
 2:30 Pray the Rosary (CH)
 3:00 Human (MR)
 10:00 Rhythm, Strength & Dance (FC)
 7:15 Chapel Service CH

13

9:00 Medical Appt./ Personal (SU) EN
 10:00 Catholic Communion CH
 10:30 Olivia Walsh Performance (CH) SU
 1:00 Medical Appt./Personal (SU)
 1:15 Handiwork Group CR
 3:00 \$1 Bingo (SU) EDR
 3:00 Great Courses

14

9:00 Medical Appt./Harris Teeter (SU) EN
 9:00 Breakfast Biscuits PR
 2:00 Into to Acting (SU) CH
 3:00 Nat. Pie Day (PR)
 3:00 Human (MR)
 4:00 Book Club (SR-1)
 6:00 Hand & Foot Canasta CR

15

9:00 Medical Appt./ Personal (SU) EN
 2:30 Gary Pizzichillo Performance (CH) SU
 4:00 Rocking Happy Hour: Music by Louis Pachoa PR

16

2:00 Hand & Foot Canasta CR
 6:15 Movie (MR)

17

St. Patrick's Day
 10:20 Grace United Methodist Bus Pick up (SU) EN
 10:45 Pine Valley Methodist Bus Pick Up (SU)

18

9:00 Medical Appt./ WLM
 1:00 Medical Appt. /Personal (SU)
 11:00 Move it Monday - Pond
 2:00 Scrabble (EDR)
 2:00 Painting w/ Mo (SU) FC
 3:00 Great Courses MR

19

9:00 & 1:00 Med Appts./Personal (SU) EN
 9:00 Breakfast Biscuits PR
 11:00 Instead of Meds (CH) SU
 1:00 Medical Appt./Personal (SU)
 2:00 Hand & Foot Canasta CR
 2:00 Flower Craft (SU) EDR
 2:30 Pray the Rosary (CH)
 3:00 Carolina Hearing
 3:00 Human (MR)
 7:15 Chapel Service CH

20

9:00 Medical Appt./ Personal (SU) EN
 9:45 Ladies Club Trip (SU) EN
 10:00 Catholic Comm. CH
 1:00 Medical Appt./Personal (SU) EN
 1:15 Handiwork Group CR
 3:00 Great Courses MR

21

9:00 Medical Appt./ Harris Teeter
 9:00 Breakfast Biscuits PR
 10:30 Lunch / Pender Pines Trip (SU) EN
 12:00 Core Visit (PR)
 3:00 Human (MR)
 3:30 Book Club (CH)
 6:00 Hand & Foot Canasta CR

22

9:00 Medical Appt./ Personal
 2:30 Newcomers & Birthday John Hammond (DR)
 4:00 Resident "BYOD" PR

23

10:00 Rhythm, Strength & Dance (FC)
 2:00 Hand & Foot Canasta CR
 6:15 Movie (MR)
 6:45 Orchestra (SU) EN

24

Palm Sunday
 10:20 Grace United Methodist Bus Pick up (SU) EN
 10:45 Pine Valley Methodist Bus Pick Up (SU) EN

25

9:00 Medical Appt./ Walmart
 11:00 Move it Mon - Pond
 11:00 Hist. Women's Talk (SU) CH
 1:00 Medical Appt./Personal (SU) EN
 2:00 Scrabble (EDR)
 3:00 Great Courses MR

26

9:00 Medical Appt./ Personal (SU) EN
 9:00 Breakfast Biscuits PR
 11:00 Instead of Meds (CH) SU
 1:00 Medical Appt./Persl (SU) EN
 2:00 Hand & Foot Canasta CR
 2:00 pm Trivia (SU) FC
 2:30 Pray the Rosary (CH)
 7:15 Chapel Service CH

27

9:00 Medical Appt./ Personal (SU) EN
 10:00 Catholic Comm. CH
 10:00am Walk/ Smith Creek (SU) EN
 1:00 Medical Appt./Personal (SU) EN
 1:15 Handiwork Group CR
 3:00 Great Courses MR
 3:00 Prize Bing (SU)EDR

28

9:00 Medical Appt./ Harris Teeter
 9:00 Breakfast Biscuits PR
 2:00 Into to Acting (SU) CH
 6:00 Hand & Foot Canasta CR

29

Good Friday
 9:00 Medical Appt./ Personal
 10:30 Devotional with Angela (SU) CH
 1:45 Arboretum Trip (SU) EN
 4:00 Resident "BYOD" PR

30

10:00 Rhythm, Strength & Dance (FC)
 2:00 Hand & Foot Canasta CR
 6:15 Movie (MR)

Gift Shop Hours
Monday & Wednesday
 1:00 pm-3:00 pm

*Your calendar is created to provide you with a variety of activities based around the four components of our **Brightmore lifestyle:***

-Intellectual -Physical
 -Social -Spiritual

YOUR STAFF
 Lisa Sherrill Executive Director
 Angela Fox Business Office Manager
 May Heath Sales and Marketing Director
 Deana Martin Housekeeping Supervisor
 Calli Hensley Sales and Marketing Associate
 Renee Mastrangelo: Life Enrichment Coordinator
 John Harker: Director of Dining Services

Ashlen James LRT/CTRS
 Wellness Coordinator
Frank Napoleon Maintenance Director
John Metzger Maintenance Worker
James Head Maintenance Worker
Fred Detterman Transportation
Jon Ripley Transportation
Jeanne Cole, April Royal, Catherine Anthony, Donna Spinelli Concierge
Christine Campbell: Assistant Director of Dining

Liberty Games

March 5th—7th Liberty Games will be hosted at Carolina Bay at Autumn Hall.

Renee & Ashlen will be out of the building most of this time - please check with Ashlen for the exercise schedule during this time. Go Team Brightmore!!!!

