

# Educational Studies, Crafts, Art & Games

**The Great Courses Educational Study** Showing Monday's and Wednesdays at 3:00 pm in the Media Room. *Come down and learn!*

**Outdoor Games Day: Cornhole** Tuesday January 2nd : 2:00pm (SU) CY: Liberty Games are coming and this year we are going to be ready! Or at least have some fun trying!

**Support Group** Thursday, January 4th 11:00am (CH) Brightmore will now host a monthly "support group". 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.

**Life on our Planet: Netflix Series** Tuesday & Thursday's 3:00pm (MR) Narrated by Morgan Freeman This is a stunning new series chronicling the ongoing rise and fall of lives on Earth, from the cataclysmic events that reshape our ecosystems to the creatures that survived (or didn't) along the way. (\* This will run every other week for four weeks).

**NHC Mat Visit Monday, January 8th (PR) at 11:00am:** New Hanover County Board of Elections visits today to provide assistance with absentee-by-mail voting.

**Move it Monday** Monday's 11am (EN) New Year new US! 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)

**Devotional w/ Angela** on Friday, January 19th at 10:30 am (SU) (CH)

**Toxic Chemicals in the Cape Fear River** Monday, January 22nd 11:00am in the CH (SU) Meet Dana Sargent, Executive Director of the Cape Fear River Watch and learn about the health and safety of the water that surrounds us.

**Slips, Trips & Falls** Tuesday, January 23rd 11:00am (SU) EDR NHC Emergency Services will educate you today on how to prevent falls .



Wilmington's Preferred Retirement Community

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**January 2024**



## Brightmore's January Special Events ...

**Mary Mikels in Concert** Thursday, January 11th 3:00 (FC) SU -

*Born totally blind, Mary was selected by the North Carolina Master Chorale, official chorus of the NC Symphony, & selected by American Idol in the first round . She will share her talents with us today with a spectacular show called "Broadway Favorites & More"!*

**UNCW Chamber Music** Sunday, January 14th, 3:30pm (EN) SU

Dali Quartet will wow us today.

**Finding Nemo Jr. Thalian USO Theater** Thursday, January 18th

**7pm(EN) SU** Disney's *Finding Nemo JR.* is a musical adaptation of the beloved 2003 Pixar movie *Finding Nemo*, when Marlin, an anxious and over-protective clownfish, lives in the Great Barrier Reef with his kid Nemo, who longs to explore the world beyond their anemone home.

**Day trip to Raleigh: NC Museum of Art & Lunch** Friday, January 19th

**9am(EN) SU** Enjoy lunch once we arrive in the museum Café. A guided group tour is reserved for 1pm, or you can choose to tour on your own.

**Easy Healthy Eats: Breakfast** Wednesday, January 24th 11:00am

**(SU) EDR** The Nir Family YMCA's Community Health Program Director will educate on easy healthy ways to start the day with breakfast ideas. *A smoothie bar to all that attend!*

**Out to Lunch: Brunswick Beer & Cider** Thursday January 25th (EN)

**SU at 10:45am.** Would love to have you join us for lunch this month as we travel over the bridge to Leland!

**New Commers & Birthday Party** Friday, January 26th at 2:30pm.

*Shades of Grey*, a 50's & 60's Doo Wop group, will wow the crowd today as we enjoy mini sandwiches and a sweet treat. *Please remember to wear those name tags!*

**Music Bingo** Wednesday January 31st 3:00pm (FC) SU Let's have some fun today and merge two of Brightmore favorite past times: Bingo & Music. Hosted by a local DJ and event specialist! Of course there will be prizes!

## Celebrations, Socials & Entertainment

**Ladies Club** Friday, January 12th, 11:30 (EDR) (SU) *Enjoy a catered lunch from Chicken Salad Chick followed by a Vision Board/ Journal session led by Renee & Ashlen where you will be given the tools to create a vision for 2024!*

**Prize Bingo** Wednesday, January 10th (SU) (EDR) Come on down for some fun prizes!

**Men's Club** Monday, January 29th 11am (PR) Let's play the simple and fun dice game of left right center and enjoy some donuts!

**Movie Matinee Trip:** Tuesday January 30th 11:30am (EN) (SU) Tuesday's at the Point are \$movies. Sign up and Renee will be in touch closer to the time with movie choices.

**some fun tunes, be sure to wear those dancing shoes!**

**BYOD! "Bring Your Own Drink"** Every Friday at 4:00 pm in the Parlor

**Parlor.** Snacks are provided- come down to relax and visit with your neighbors and friends!

## Movie Matinee

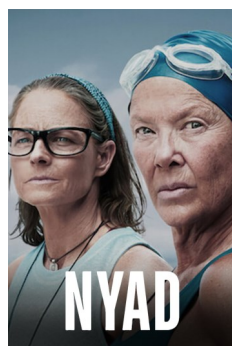
**"Nyad"**

(2023/PG-13) 2hr

Friday, January 5th

1:30 pm CH

Sixty-four-year-old marathon swimmer Diana Nyad attempts to become the first person ever to swim from Cuba to Florida.



## January Wellness Corner

Happy New Year everyone! Be sure to keep an eye out for an updated Fitness Class Schedule for the New Year. We've got lots of fun things planned, including "Move it Monday", two special classes a month, and more!

If you would like an updated assessment to see where you are at physically, please call Ashlen to make an appointment.







Abbreviations

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

Resident Birthdays!

Georgia Bennett 1/1  
  
Doris Danella 1/1  
\*Cheers to 100 Years!  
  
Jane Saintsing 1/3  
  
Robert Weeks 1/5  
Raymond Caspary 1/6  
Bill Zimmerman 1/9  
Marjorie Zumwalt 1/13  
Joyce Crawford 1/20  
  
Renee Lerner 1/21  
Jane Jones 1/22  
Ruth Brune 1/23  
JoAnn Jarrett 1/27

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<div>Happy New Year! 1</div> <div>9:00 Medical Appt./ Walmart -Cancelled</div> <div>1:00 Medical Appt. /Personal -Cancelled</div> <div>2:00 Scrabble Game Ext DR</div> <div>3:00 Great Courses MR</div> <div>*Happy 100th to Doris Danella!</div>	<div>9:00 Medical Appt./ Personal (SU) EN 2</div> <div>9:00 Breakfast Biscuits PR</div> <div>1:00 Medical Appt./Personal</div> <div>2:00 Hand &amp; Foot Canasta CR</div> <div>2:00 Outdoor Games: (SU) (CH)</div> <div>3:00 Life on Our Planet (MR)</div> <div>7:15 Chapel Service CH</div>	<div>9:00 Medical Appt Personal (SU) EN 3</div> <div>10:00 Catholic Communion CH</div> <div>1:00 Medical Appt./Personal (SU) EN</div> <div>1:15 Handiwork Group CR</div> <div>3:00 Great Courses MR</div>	<div>9:00 Medical Appt./ Harris Teeter (SU) EN 4</div> <div>9:00 Breakfast Biscuits PR</div> <div>11:00 Support Group (CH)</div> <div>1:25 Bridge (SU) CR</div> <div>3:00 Life on Our Planet (MR)</div> <div>6:00 Hand &amp; Foot Canasta</div>	<div>9:00 Medical Appt./ Personal (SU) EN 5</div> <div>11:00 Hearing Life (SU) CH</div> <div>1:30 Alterations (SU) FC</div> <div>1:30 Movie Matinee : Nyad (SU) (CH)</div> <div>4:00 Resident “BYOD” PR</div>	<div>10:00 Rhythm, Strength &amp; Dance (FC) 6</div> <div>2:00 Hand &amp; Foot Canasta CR</div>
<div>10:20 Grace United Methodist Bus Pick up (SU) EN 7</div> <div>10:45 Pine Valley Methodist Bus Pick Up(SU)EN</div>	<div>9:00 Medical Appt./ Walmart EN 8</div> <div>11:00 Move it Mon’s (SU) EN</div> <div>1:00 Medical Appt. /Personal (SU) EN</div> <div>1:30 Food Comm Mtg CH</div> <div>2:00 Mat Visit (PR) SU</div> <div>2:00 Scrabble Game Ext DR</div> <div>3:00 Great Courses MR</div>	<div>9:00 Medical Appt./Personal (SU) EN 9</div> <div>9:00 Breakfast Biscuits PR</div> <div>1:00 Medical Appt./Personal</div> <div>2:00 Hand &amp; Foot Canasta CR</div> <div>3:30 Wii Bowling-- Cancelled</div> <div>3:30 Moving &amp; Grooving w/ Heather (FC)</div> <div>7:15 Chapel Service CH</div>	<div>9:00 Medical Appt Personal (SU) EN 10</div> <div>10:00 Catholic Communion CH</div> <div>1:00 Medical Appt./Personal (SU) EN</div> <div>1:15 Handiwork Group CR</div> <div>3:00 Prize Bingo (SU) EDR</div> <div>3:00 Great Courses MR</div>	<div>9:00 Medical Appt./ Harris Teeter (SU) EN 11</div> <div>9:00 Breakfast Biscuits PR</div> <div>1:25 Bridge (SU) CR</div> <div>3:00 Mary Mikels Show (SU) FC</div> <div>6:00 Hand &amp; Foot Canasta CR</div>	<div>9:00 Medical Appt./ Personal (SU) EN 12</div> <div>9:30 Duplicate Bridge Ext. DR</div> <div>11:30 Ladies Club (SU) EDR</div> <div>4:00 Resident “BYOD” PR</div>	<div>10:00 Rhythm, Strength &amp; Dance (FC) 13</div> <div>2:00 Hand &amp; Foot Canasta CR</div>
<div>10:20 Grace United Methodist Bus Pick up (SU) EN 14</div> <div>10:45 Pine Valley Methodist Bus Pick Up (SU) EN</div> <div>3:30 Chamber Music (SU) EN</div>	<div>9:00 Medical Appt./ Walmart EN 15</div> <div>1:00 Medical Appt. Personal</div> <div>11:00 Move it Monday (SU) EN</div> <div>2:00 Scrabble (EDR)</div> <div>3:00 Great Courses MR</div> <div>7:15 Book Club (CH)</div> <div>Martin Luther King Day</div>	<div>9:00 Medical Appt./ Personal (SU) EN 16</div> <div>9:00 Breakfast Biscuits PR</div> <div>1:00 Medical Appt./Personal (SU) EN</div> <div>2:00 Hand &amp; Foot Canasta CR</div> <div>3:00 Life on Our Planet (MR)</div> <div>7:15 Chapel Service CH</div>	<div>9:00 Medical Appt./ Personal (SU) EN 17</div> <div>10:00 Catholic Communion CH</div> <div>1:00 Medical Appt./Personal (SU)</div> <div>1:15 Handiwork Group CR</div> <div>3:00 Great Courses</div>	<div>9:00 Medical Appt./ Harris Teeter (SU) EN 18</div> <div>9:00 Breakfast Biscuits PR</div> <div>1:25 Bridge (SU) CR</div> <div>3:00 Life on Our Planet (MR)</div> <div>6:00 Hand &amp; Foot Canasta CR</div> <div>7:00 Finding Nemo Jr. (SU) EN</div>	<div>9:00 Medical Appt./ Personal (SU) EN 19</div> <div>10:30 Devotional with Angela (SU) CH</div> <div>9:00 Trip to Raleigh-NC Museum of Art (SU) EN</div> <div>4:00 Resident “BYOD” PR</div>	<div>10:00 Rhythm, Strength &amp; Dance (FC) 20</div> <div>2:00 Hand &amp; Foot Canasta CR</div>
<div>10:20 Grace United Methodist Bus Pick up (SU) EN 21</div> <div>10:45 Pine Valley Methodist Bus Pick Up (SU) EN</div>	<div>9:00 Medical Appt./ WLM (SU) 22</div> <div>1:00 Medical Appt. /Personal (SU)</div> <div>11:00 Caper Fear River Watch Talk (SU)EN</div> <div>11:00 Move it Monday ((SU) EN</div> <div>2:00 Scrabble (EDR)</div> <div>3:00 Great Courses MR</div>	<div>9:00 &amp; 1:00 Med Appts./ Personal(SU) EN 23</div> <div>9:00 Breakfast Biscuits PR</div> <div>11:00 Slips, Trips &amp; Falls (SU) EDR</div> <div>1:00 Medical Appt./Personal (SU)</div> <div>2:00 Hand &amp; Foot Canasta CR</div> <div>3:30 Wii Bowling</div> <div>7:15 Chapel Service CH</div>	<div>9:00 Medical Appt./ Personal (SU) EN 24</div> <div>10:00 Catholic Comm. CH</div> <div>11:00 Health Eating Talk( SU) EDR</div> <div>1:00 Medical Appt./Personal (</div> <div>1:15 Handiwork Group CR</div> <div>3:00 Great Courses MR</div> <div>4:00 Advisory Board Meeting (CH)</div>	<div>9:00 Medical Appt./ Harris Teeter 25</div> <div>9:00 Breakfast Biscuits PR</div> <div>10:45 Lunch Trip: Brunswick Beer &amp; Cider (SU) EN</div> <div>1:25 Bridge (SU) CR</div> <div>6:00 Hand &amp; Foot Canasta CR</div>	<div>9:00 Medical Appt./ Personal 26</div> <div>1:00 Special “Try It” Exercise Class (FC)</div> <div>2:30 Newcomers &amp; Birthday Party: Shades of Grey (DR)</div> <div>4:00 Resident “BYOD” PR</div>	<div>10:00 Rhythm, Strength &amp; Dance (FC) 27</div> <div>2:00 Hand &amp; Foot Canasta CR</div>
<div>0:20 Grace United Methodist Bus Pick up (SU) EN 28</div> <div>10:45 Pine Valley Methodist Bus Pick Up (SU) EN</div>	<div>9:00 Medical Appt./ Walmart 29</div> <div>11:00 Men’s Club (SU) PR</div> <div>11:00 Move it Mon (SU) EN</div> <div>1:00 Medical Appt./Personal</div> <div>2:00 Scrabble (EDR)</div> <div>3:00 Great Courses MR</div>	<div>9:00 Medical Appt./ Personal (SU) EN 30</div> <div>9:00 Breakfast Biscuits PR</div> <div>11:30 Movie Mat. Trip (SU) EN</div> <div>1:00 Medical Appt./Personal (SU)</div> <div>2:00 Hand &amp; Foot Canasta CR</div> <div>3:00 Life on Our Planet (MR)</div> <div>7:15 Chapel Service CH</div>	<div>9:00 Medical Appt./ Personal (SU) EN 31</div> <div>10:00 Catholic Comm. CH</div> <div>1:00 Medical Appt./Personal (SU) EN</div> <div>1:15 Handiwork Group CR (SU) EDR</div> <div>3:00 Great Courses MR</div> <div>3:00pm Music Bingo (SU)</div>			
<div>Gift Shop Hours Monday &amp; Wednesday 1:00 pm-3:00 pm</div>	<div>Your calendar is created to provide you with a variety of activities based around the four components of our Brightmore lifestyle:</div> <div>-Intellectual -Physical -Social -Spiritual</div>	<div>YOUR STAFF</div> <div>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</div>			<div>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, Donna Spinelli, Anna Dukuh Concierge Christine Campbell: Assistant Director of Dining Services</div>	
					<div>Chapel Services</div> <div>*Tuesday Evening Chapel Services are held every Tuesday at 7:15 pm</div> <div>*Catholic Communion is every Wednesday at 10:00 am</div>	