

The Great Courses Educational Study Showing Monday's and Wednesdays at 3:00 pm (MR)
Documentary Series: Tuesday & Thursday's 3:00pm (MR) . *The Cuba Libre Story*: This documentary series recounts the tumultuous history of Cuba, a nation of foreign conquest, freedom fighters and Cold War.

Euchre Group Thursday's, 10:30am (EDR)
Brightmore's Book Club: Off for the Summer
Painting with Mo Tuesday, July 1st 2pm (EDR) SUA Step by step painting in a relaxed fun atmosphere that anyone can do and enjoy!

Hearing Health Thursday, July 3rd 10:30am (CH) SU Do you have questions about your hearing health or want to learn more about your hearing aids? Today Cheryl from Hearing Life will be here to lead the discussion on hearing health.

Wii & Walking Wednesday Wednesday's (FC) July 2nd & 16th –Wii July 9th & 23rd Walking (indoors)
Scrapbooking Monday, July 14th 2:00pm (SU)FC Megan will lead this intro class for a quick one sheet of scrapbooking. Bring a special photo or memento that you would like a scrapbook page of.

Hurricane Season: Are you Ready? Wednesday, July 23rd 11am (SU)CH Join the Wilmington Fire Department for a helpful session on how you can prepare for hurricane season! We'll cover what to pack, how to plan, and simple steps you can take now to stay safe and comfortable before, during, and after a storm. You'll leave with an idea of how to create a personal plan, how to build an emergency kit, make a medication/ medical equipment plan, and talk about what this may look like at Brightmore specifically.

Brushstrokes at Brightmore Tuesday July 15th 2:00pm (SU) FC Let's have some fun today and do a fol- low along painting video lead by legendary Bob Ross via You Tube! Our neighbors from Kempton and Commons will be joining us! *Today's painting is titled "Ocean Sunset"*.

NHC Core Library Visit Thursday, July 24th 12 noon (PR) CORE is a service that the NHC Library provides monthly— where you may request, check out and return your library books. All here at Brighmore

Drumming for Fun! Thursday, July 31st 11am Join Megan and Renee to try out a new format for an exercise class , using yoga balls and drum sticks—we will get some fun movement in! Music is up- beat and above a whisper. Standing or seated works.

Tech help with Renee Thursday, July 31st 2:00pm Sign up or a 15 minute time slot for Renee to come help you with tech help in your apartment.

Devotional w/ Angela On vacation for July. See you in August.

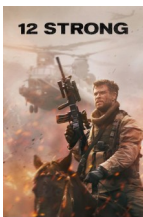
Fun Fridays! Friday, July 11th & 25th 11am A few Fridays a month Megan will be offering some fun indoor games! **Friday, July 11th** - Dog Parade. **Friday, July 25th** Balloon volleyball (FC)

Celebrations, Socials & Entertainment

Resident Led \$1 Bingo Thursday, July 3rd & 10th 3:00pm (EDR)
Prize Bingo: Wednesday, July 23rd & 30th 3:00pm (EDR)
Wine & Drink Tasting Happy Hour Friday's 4:00pm (PR) Join Morrison every Friday for a different drink tasting each Friday!

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! *Morrison now provides a sample tasting each week

Weekend Movies: Every *Friday @ 7:30 Saturday @ 7:30pm (MR) & Sunday @ 6:00pm (MR)
"The Crown" Thursday 's 7:30pm (MR) "The Crown" is a historical drama series on Netflix that chronicles the reign of Queen Elizabeth II, from her wedding in 1947 to the early 21st century, exploring political events, personal relationships, and the challenges faced by the British monarchy



Movie Matinee

12 Strong

Friday, July 4th at 1:30 pm (MR)

In the wake of the September 11 attacks, Captain Mitch Nelson leads a US Special Forces team into Afghanistan for an extremely dangerous mission. Once there, the soldiers develop an uneasy partnership with the Northern Alliance to take down the Taliban and its al-Qaida allies. .

July Wellness Corner

July is Journaling Month!

Take a few minutes each day to jot down your thoughts, track your meals, doodle your daydreams, or simply reflect. Whether it's a food log, a gratitude list, or a burst of creativity—there's no wrong way to journal. Let your pen be your summer companion! Be sure to also tryout our NEW fitness classes for July!



2324 South 41st St, Wilmington, NC 28403
 (910) 350-1980
www.brightmoreofwilmington.com

July 2025



July



Brightmore's July Special Events ...

Journaling in July July Wellness Challenge

There are many different kinds of journaling. During July we challenge you to explore ways to journal and get creative!

Journaling 101 Tuesday July 1st 11am (SU) CH Learn about some how you can explore different ways of journaling. Journaling is not just about writing down your feelings and emotions! You can doodle journal, photo journal, food / health journal and more! We will talk about how to start and provide journals to the first 10 residents in the class!

NC Orchestra: Red White and Boom Tuesday, July 2nd 7:00pm This is a pay your way trip. Purchase your own tickets and then sign up for transportation for that trip.

Mall Walking: Join us in July Monday, July 7th & Monday, July 28th SU (EN) 1:30pm Daily movement even when it is hot outside is so important. Megan will lead walkers for some steps in the nicely air conditioned Independence Mall.

Red White and Sing with Duke Ladd Wednesday July 2nd 2pm (CH) Join Duke to be entertained and up-lifted with some up-beat patriotic tunes! Duke will entertain and of course encourage others to join in and belt it out!

Stars, Stripes and Swimsuits Pool Party Thursday, July 3rd 1:30pm (pool) SU Make a splash this 4th with Megan at the pool! Enjoy some pool snacks, a dip in the pool and some fun times!

Taste of the World Thursday, July 10th 2:30pm (SU) EDR Chef Justin is back this month to cook up another tasty meal. July will be a Latin inspired meal that includes a beautiful meal, wine and dessert.

Dog Days of Summer Pet Parade Friday, July 11th 11:00am (SU) Brightmore residents include some pretty cute pooches, today all pets on leash meet at the sign up desk for a short parade to the fitness center for refreshments and treats for all the cute guests of honor.

Make Your Own Dog Treats Friday, July 11th 2:00pm (SU) FC Our little friends need homemade treats too! Come today to learn how.

Grateful Graze: Build Your Own Charcuterie Wednesday, July 16th 2:00 (SU) EDR \$15 pp Lead by a local business owner, she will lead us in a fun hands-on workshop where you will learn to create a beautiful and delicious spread of meats, cheese, fruits and more. You'll learn how to style a board, pair flavors and build your own to take home (including the board). *\$15 due at the time of sign up*

Wrightsville Beach Museum Thursday, July 17th 10:15am SU (EN) We will find a scale model of Wrightsville Beach circa 1910, exhibits featuring the early days of the beach, exquisite art and other items in their gift area and more.

NewComers & Birthday Party Friday July 18th 2:30pm. (DR) Come together today to welcome of Brightmore's newest residence and July birthday's! Enjoy Freddy Tripp as our entertainer! **Note that it s the 3rd Friday this month.*

Men's Club Lunch Tuesday, July 22nd 12:30 SU (EDR) Enjoy a casual lunch amongst friends provided by Morrison. Pease sign up by Friday, July 18th

Movie Outing Tuesday July 22nd 10:45am. (SU)EN Half price movies on Tuesdays at the Point movie theater As the day gets closer we will have a movie choice and possible earlier departure time.

Ladies Club: Sweet Tea & Trivia Tuesday, July 29th 2:00pm (SU) EDR Summer is for sitting back and having fun and relaxing with your friends. Lets sip on some sweet tea and play some FUN trivia!

Christmas in July Brightmore Employee Cookie Contest Thursday, July 24th 11am-2pm (PR) Participating staff will be baking up some of their favorite holiday treats—and you will be the judge of who did it best! Come down to sample all of them and vote for who has the most delicious Christmas treat! Winner gets bragging rights for a year!

Dinner out: Michale's on the Waterfront Wednesday, July 30th 4:45pm (SU) EDR A family-owned and operated restaurant in a building alive with history, serving up contemporary American cuisine with a coastal Carolina twist on the Cape Fear River.

Fast Food Friday(s) (SU)EN Friday July 11th Poe's Friday July 18th *The Rooster & the Crow*

Abbreviations

CH Chapel
CR Card /Activity Room
EN Entrance/Main Lobby
FC Fitness Center
SR- 1 Sunroom 1st FL
SR-2 Sunroom 2nd FI
SR-3 Sunroom 3rd FI
TV-2 Media Room 1st FI
DR Dining Room
LIBR Library
MR Media Room
BLR Billiards Room 2nd FI
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!

David Rider July 4

Larry Grantham July 5

Dot Carroll July 6

Bobby Gerold July 8

Sally Rider July 15

Sherry Hanson July 16

Glads Bond July

Noreen Wayland July 20

Sara Floyd July 20

Helen Currin July 22

Thomas Byrd July 28

William Reaman July 29





Doris Waugh July 30

Tracie Wilkins July 19

James Head July 20

John Metzger July 28

Deana Martin July 29

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div></div> <div>10:20 Grace United Methodist Bus Pick up (SU) EN 10:45 Pine Valley Methodist Bus Pick Up (SU) EN 6:00 Movie (MR)</div> <div>6</div>	<div></div> <div>9:00 Medical Appt./ Walmart 1:00 Medical Appt./Personal 2:00 Scrabble Game Ext DR 1:30 Mall Walking (SU)EN 3:00 Great Courses MR</div> <div>7</div>	<div>9:00 Med Appts./ Personal 11:00 Journaling Class (SU) 1:00 Medical Appt./Personal 2:00 Hand & Foot Canasta CR 2:00 Painting w/ Mo (SU) 3:00 Documentary (MR) 7:15 Chapel Service CH</div> <div>1</div>	<div>9:00 Medical Appt./Personal 9:00 Poker (CR) 10:00 Catholic Com CH 1:00 Medical Appt./Personal 1:15 Handiwork Group CR 1:30 Wii (FC) 2:00 Duke Ladd (SU) CH 3:00 Great Courses (MR) 7:00 Orchestra Trip (SU)</div> <div>2</div>	<div>9:00 Medical Appt./ Harris Teeter 10:30 Euchre (EDR) 10:30 Hearing Life Talk (SU) 1:30 Pool Party (SU) 2:00 Hand & Foot Canasta 3:00 \$1 Bingo (EDR) 3:00 Documentary (MR) 7:30 “The Crown” (MR)</div> <div>3</div>	<div>Happy Independence Day 2:00 Movie Matinee (MR) 4:00 Happy Hour (PR) 7:30 Movie (MR) No Transportation </div> <div>4</div>	<div>10:45 Rhythm, Strength & Dance (FC) 2:00 Hand & Foot Canasta CR 7:30 Movie (MR)</div> <div>5</div>
<div>10:20 Grace United Methodist Bus Pick up (SU) EN 10:45 Pine Valley Methodist Bus Pick Up (SU) EN 6:00 Movie (MR)</div> <div>6</div>	<div>9:00 Medical Appt./ Walmart 1:00 Medical Appt./Personal 2:00 Scrabble Game Ext DR 1:30 Mall Walking (SU)EN 3:00 Great Courses MR</div> <div>7</div>	<div>9:00 Medical Appt. (Personal) 1:00 Medical Appt./Personal 2:00 Hand & Foot Canasta 3:00 Documentary (MR) 7:15 Chapel Service CH</div> <div>8</div>	<div>9:00 Medical Appt Pers. 9:00 Poker (CR) 10:00 Catholic Communion 1:00 Medical Appt./Personal 1:15 Handiwork Group CR 1:30 Food Committee (CH) 1:30 Walking (FC) 3:00 Great Courses (MR)</div> <div>9</div>	<div>9:00 Medical Appt./ Harris Teeter 10:30 Euchre (EDR) 2:00 Hand & Foot Canasta 2:30 Taste of the World (SU) 3:00 Documentary (MR) 3:00 \$1 Bingo (EDR) 7:30 “The Crown” (MR)</div> <div>10</div>	<div>9:00 Medical Appt./ Personal 11:00 Dog Days Parade (SU) 12:30 Fast Food Friday (SU) 2:00 Dog Treat Class (SU) 4:00 Happy Hour (PR) 7:30 Movie (MR)</div> <div>11</div>	<div>10:45 Rhythm, Strength & Dance 2:00 Hand & Foot Canasta CR 7:30 Movie (MR)</div> <div>12</div>
<div>10:20 Grace United Methodist Bus Pick up (SU) EN 10:45 Pine Valley Methodist Bus Pick Up (SU) 6:00 Movie (MR)</div> <div>13</div>	<div>9:00 Medical Appt. Walmart 1:00 Medical Appt. Personal 2:00 Scrapbooking Class (SU) FC 2:00 Scrabble (EDR) 3:00 Great Courses MR</div> <div>14</div>	<div>9:00 Medical Appt./ Persnl 1:00 Medical Appt./Persnl 2:00 Hand & Foot Canasta CR 2:00 Brushstrokes Class (SU) 3:00 Documentary (MR) 7:15 Chapel Service CH</div> <div>15</div>	<div>9:00 Medical Appt./Personal 9:00 Poker (CR) 10:00 Catholic Communion CH 1:00 Medical Appt./Personal 1:15 Handiwork Group CR 1:30 Wii (FC) 2:00 Grateful Graze Class (SU) 3:00 Great Courses (MR)</div> <div>16</div>	<div>9:00 Medical Appt./ Harris Teeter 10:15 Wrightsville Beach Museum Trip (SU) 10:30 Euchre (EDR) 2:00 Hand & Foot Canasta CR 3:00 Advisory Board Meeting 3:00 Documentary (MR) 7:30 “The Crown” (MR)</div> <div>17</div>	<div>9:00 Medical Appt./ Personal 12:30 Fast Food Friday (SU) 2:30 Newcomers/Birthday Party (DR) 4:00 Happy Hour (PR) 7:30 Movie (MR)</div> <div>18</div>	<div>10:45 Rhythm, Strength & Dance 2:00 Hand & Foot Canasta CR 7:30 Movie (MR)</div> <div>19</div>
<div>10:20 Grace United Methodist Bus Pick up (SU) EN 10:45 Pine Valley Methodist Bus Pick Up (SU) EN 6:00 Movie (MR)</div> <div>20</div>	<div>9:00 Medical Appt./ WLM 1:00 Medical Appt. /Persnl 2:00 Scrabble (EDR) 3:00 Great Courses MR</div> <div>21</div>	<div>9:00 Medical Appt./ Persnl 10:45 Movie Outing (SU) 12:30 Men’s Club (SU)EDR 1:00 Medical Appt./Persnl 2:00 Hand & Foot Canasta CR 3:00 Documentary (MR) 7:15 Chapel Service CH</div> <div>22</div>	<div>9:00 Medical Appt./Pers 9:00 Poker (CR) 11:00 Storm Prep Talk (CH) 10:00 Catholic Communion CH 1:00 Medical Appt./Personal 1:15 Handiwork Group CR 1:30 Walking (FC) 3:00 Prize Bingo (EDR) 3:00 Great Courses (MR)</div> <div>23</div>	<div>9:00 Medical Appt./ Harris Teeter 10:30 Euchre (EDR) 11:00 Christmas in July Employee Baking contest (PR) 12:00 CORE (PR) 2:00 H& F Canasta (CR) 3:00 Documentary (MR) 7:30 “The Crown” (MR)</div> <div>24</div>	<div>9:00 Medical Appt./ Pers 11:00 Balloon Volleyball (FC) 4:00 Happy Hour PR 7:30 Movie (MR)</div> <div>25</div>	<div>10:45 Rhythm, Strength & Dance (FC) 2:00 Hand & Foot Canasta CR 7:30 Movie (MR)</div> <div>26</div>
<div>10:20 Grace United Methodist Bus Pick up (SU) 10:45 Pine Valley Methodist Bus Pick Up (SU) 6:00 Movie (MR)</div> <div>27</div>	<div>9:00 Medical Appt./ WLM 1:00 Medical Appt/Personal 1:30 Mall Walk (SU) 2:00 Scrabble (EDR) 3:00 Great Courses MR</div> <div>28</div>	<div>9:00 Medical Appt./Persnl 1:00 Medical Appt./Persnl 2:00 Hand & Foot Canasta(CR) 2:00 Ladies Club (SU)EDR 3:00 Documentary (MR) 7:15 Chapel Service CH</div> <div>29</div>	<div>9:00 Medical Appt./Pers 9:00 Poker (CR) 10:00 Catholic Communion CH 1:00 Medical Appt./Personal 1:15 Handiwork Group CR 2:00 Wii SU (FC) 3:00 Prize Bingo (EDR) 3:00 Great Courses (MR) 4:45 Dinner Trip (SU)</div> <div>30</div>	<div>9:00 Medical Appt./ Harris Teeter 10:30 Euchre (EDR) 11:00 Drumming Class (FC) 2:00 Tech Help (SU) 2:00 H& F Canasta (CR) 3:00 Documentary (MR) 7:30 “The Crown” (MR)</div> <div>31</div>	<div></div>	
<div>Your calendar is created to provide you with a variety of activities based around the four components of our <u>Brightmore lifestyle</u>: *Intellectual * Physical * Social * Spiritual</div>	<div>Every Tuesday & Thursday's Breakfast Biscuits at 9:00am (PR)</div>	<div>YOURSTAFF Lisa Sherrill Executive Director Angela Fox Business Office Manager May Heath Sales and Marketing Director Deana Martin Housekeeping Supervisor April Royal Sales and Marketing Associate Renee Mastrangelo: Life Enrichment Coordinator Megan Davis Wellness Coordinator</div> <div>Frank Napoleon Maintenance Director John Metzger Maintenance Worker James Head Maintenance Worker Chad Small Transportation Jeanne Cole, Catherine Anthony, Donna Spinelli, Yemisi Coker Concierge Justin Abramsky Campus Chef Chris Garner: Director of Dining Services</div>			<div>For <u>all</u> transportation you MUST sign up in the transportation book located on the first floor. Sign up’s end at 5pm the night before. Address and appointment time are required with each trip. <u>All trips meet in the main entrance.</u></div>	