

**The Great Courses Educational Study Showing Monday's and Wednesdays at 3:00 pm (MR) Documentary Series: Tuesday & Thursday's 3:00pm (MR) *The Last Dance*** In the fall of 1997, Michael Jordan and the Chicago Bulls allowed a film crew to follow them as they went for their sixth NBA title in eight seasons. That resulted in a stunning portrait of one of the sport's most iconic athletes and a celebrated team. (*will begin mid March*)

**Euchre Group Thursday's, 10:30am (EDR)**

**Cleveland Museum of Art- "New Testament: Biblical Representations in the Collection of the CMA" Wednesday, March 5th 2:00pm (SU)CH** The New Testament **videoconference** introduces depictions of Jesus, Mary, and John the Baptist in paintings, prints, and in carved ivory. Join us for a sense of how the interpretation of these important stories varies in style and media, yet endures.

**Spring Wreath Class Monday, March 10th 11am(SU)EDR** Spring is just around the corner, lets create a floral wreath to adorn our doors with to celebrate!

**Profit Foot Care Talk Tuesday, March 11th 11:00am (CH) SU** If you would like to know how to choose proper shoes for your foot or a specific activity this class talk is for you!

**Brightmore's Book Club: Thursday, March 20th 3:00pm (CH)** March the club is *Mystic River* by Dennis Lehane, April is *Resilient* by Rick Hanson Ph.D

**What is mindfulness and why does it matter? Friday, March 14th 1:30pm(SU)CH** Ashlen will talk about how practicing mindfulness is an important part of your wellness routine!

**Devotional w/ Angela Friday, March 21st 10:30 am (CH) SU** Everyone is Welcome!

**Painting with Mo Monday, March 25th 2:00pm (SU)EDR** A fun & easy step by step painting class great for beginner to advanced!

**NHC Core Library Visit Thursday, March 27th 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 Brightmore



### Celebrations, Socials & Entertainment

**Resident Led \$1 Bingo Thursday, March 6th & 20th 3:00pm (EDR)**

**Taste of the World Tuesday March 11th 2:00pm (SU)EDR** Taste of the Word has returned. Starting in March, the event will be solely for Brightmore residents—each month enjoying food from a different city of the world. **March: Food of NYC (30 spots per month)**

**Prize Bingo: Wednesday, March 12th & 26th 3:00pm (EDR)**

**Wine & Drink Tasting Happy Hour Friday's 4:00pm (PR)** Join Morrison every Friday for a different drink tasting each Friday!

**Irish Coffees & Irish Soda Bread Monday, March 17th** Enjoy a festive drink and snack to start off you St. Patrick's Day!

**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)**  
\*Now showing movies every Friday evening!

**Meet Your Neighbors Monday, March 31st 11:00am (CH)** This months theme is working and carrier! Come share in a an informal environment!



#### Movie Matinee

#### Waking Ned Devine

Friday, March 7th at 2:00 pm MR

When best friends Jackie O'Shea and

Michael O'Sullivan discover someone in their small Irish village has won the lottery, they immediately set off to see if the winner is in a sharing mood.

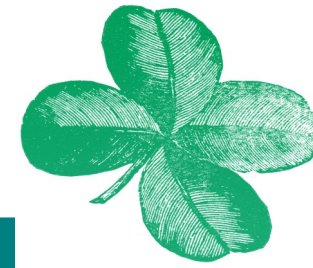
#### March Wellness Corner

#### Spring into Action!

Spring is the perfect time to refresh your wellness routine and stay active. Take advantage of the warmer weather by going for a walk, stretching outdoors, or trying a new activity like gardening. Staying active not only boosts energy but also supports overall health, so make movement a daily habit this season!



March 2025



March



### Brightmore's March Special Events ...

**Fat Tuesday Mardi Gras Tuesday, March 4th (PR) 9am** Indulge in some sweet breakfast treats on this day of celebration( While supplies last), later on in the day enjoy some live piano music in the parlor (2:00pm start time)

**Fort Fisher State Historic Sight Tour Thursday March 6th 1:00pm (SU)EN** Fort Fisher was a Confederate fort during the American Civil War. It protected the vital trading routes of the port at Wilmington, North Carolina, from 1861 until its capture by the Union in 1865. During today's trip—our group will get a guided tour and see the history in person!

**Aging in Place: Adaptive Equipment in the Home Friday, March 7th 11am** Join Kaylee Price for an insightful program focused on **aging in place** and the use of **adaptive equipment** to enhance independence and safety in the home. As an occupational therapy student, she will guide you through various adaptive tools designed to support daily living and improve overall quality of life! We'll discuss the benefits of these devices but also dive into the **stigma** that often surrounds their use. Together, you will explore ways to overcome barriers and empower you to embrace solutions that promote confidence, comfort, and autonomy at home. Bring your questions and experiences for an engaging, informative conversation!

**Wilmington Chamber Music at UNCW: Jason Vieaux, Guitar, Roberto Diaz, Viola & Friends from Curtis Institute Sunday, March 9th 3:30pm (SU) EN** GRAMMY Award-winning guitarist and Curtis faculty Jason Vieaux, renowned violist and Curtis President Roberto Díaz, and emerging artists from Curtis perform a thrilling program for guitar and strings.

**Cabi Spring Fashion Show Wednesday, March 12th 11:00m (SU) EDR** Looking for a way to spruce up your wardrobe for spring? Come enjoy some time with friends while you can try on sample products and get help on what works with your body type!

**Wilmington Fire Department Headquarters Tour Thursday, March 13th 10am (SU) EN** Ever been curious what the behind the scenes of a fire station looks like? Today we will get a tour of the EFD Headquarters, and see the ins and outs of every day life for the firefighters live and respond to calls.

**St. Patrick's Day Four Leaf Clover Scavenger Hunt Monday, March 17th** Spread across our entire building will be 20 paper four leaf clovers. If you find one return it to the front desk for a prize!

**St Patrick's Day Performance & Sing- Along Monday, March 17th 2:00pm (SU)CH** Welcome back beloved Duke Ladd—today he will entertain us with some St. Pat's music - audience participation mandatory!! :)

**Liberty Games Week of March 17** Team Brightmore is heading to Mt. Pleasant South Carolina to compete against all the other Liberty properties in a week of Olympic style games! Please be sure to wish our athletes well! - Ann Rosser, Betty Pierce and Rhonda Frazee as well as Renee and Ashlen will be at the games the entire week of the 17th!

**Fast Food Friday(S) 12:30pm (SU) EN** Enjoy a quick trip out with Chad for some lunch! **March 7th:** Chilies **March 14th** Grim Burger **March 21st** Block Taco

**Men's Lunch with Morrison Friday, March 26th 12pm (SU) EDR** Today is chance for all the men of Brightmore to get together and chat amongst friends enjoying some laughs and some great food catered by Morrison.

**Dinner and Music at the Cameron Art Museum Thursday, March 27th 4:45pm (SU) EN** March we will head out for dinner to enjoy acoustic music by Raphael Namé as you enjoy a delicious dinner and cocktail in a beautiful setting.

**NewComers & Birthday Party Friday March 28th 2:30pm. (DR)** Come together today to welcome of Brightmore's newest residence, as well as **FloBone** - a professional chamber duet that specializes in performing a variety of music genres .

## Sunday Monday Tuesday Wednesday Thursday Friday Saturday

### 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



<p><b>Groundhog Day</b> 2</p> <p>10:20 Grace United Methodist Bus Pick up (SU) EN</p> <p>10:45 Pine Valley Methodist Bus Pick Up (SU) EN</p> <p>6:00 Movie (MR)</p>	<p>9:00 Medical Appt./ Walmart 3</p> <p>1:00 Medical Appt./Personal</p> <p>2:00 Scrabble Game Ext DR</p> <p>3:00 Great Courses MR</p>	<p><b>Fat Tuesday/Mardi Gras</b> 4</p> <p>9:00 Medical Appt. (Personal)</p> <p>9:00 Fat Tuesday Treats (PR)</p> <p>1:00 Medical Appt./Personal</p> <p>2:00 Hand &amp; Foot Canasta CR</p> <p>2:00 Piano Music (PR)</p> <p>3:00 Documentary (MR)</p> <p>7:15 Chapel Service CH</p>	<p><b>Ash Wednesday</b> 5</p> <p>9:00 Medical Appt Pers.</p> <p>10:00 Catholic Communion</p> <p>1:00 Medical Appt./Personal</p> <p>1:15 Handiwork Group CR</p> <p>2:00 CMOA Talk (SU)CH</p> <p>3:00 Great Courses (MR)</p>	<p>9:00 Medical Appt./ Harris Teeter 6</p> <p>10:30 Euchre (EDR)</p> <p>1:00 Fort Fisher Tour (SU)EN</p> <p>2:00 Hand &amp; Foot Canasta CR</p> <p>3:00 Documentary (MR)</p> <p>3:00 \$1 Bingo (EDR)</p>	<p>9:00 Medical Appt./ Personal 7</p> <p>11:00 Assisted Device Talk (SU)CH</p> <p>12:30 Fast Food Friday (SU)</p> <p>2:00 Movie Matinee (MR)</p> <p>4:00 Happy Hour (PR)</p> <p>7:30 Movie (MR)</p>	<p>10:45 Rhythm, Strength &amp; Dance (FC) 1</p> <p>1:00 Qigong Class (SU) FC</p> <p>2:00 Hand &amp; Foot Canasta CR</p> <p>7:30 Movie (MR)</p>
<p><b>*Daylight Savings Time</b> 9</p> <p>10:20 Grace United Methodist Bus Pick up (SU) EN</p> <p>10:45 Pine Valley Methodist Bus Pick Up (SU) EN</p> <p>3:30 Chamber Music (SU)EN</p> <p>6:00 Movie (MR)</p>	<p>9:00 Medical Appt. Walmart 10</p> <p>11:00 Spring Wreath Class (SU)EDR</p> <p>1:00 Medical Appt. Personal</p> <p>2:00 Scrabble (EDR)</p> <p>3:00 Great Courses MR</p>	<p>9:00 Medical Appt./Persnl 11</p> <p>11:00 Profit Shoe Talk (SU) CH</p> <p>1:00 Medical Appt./Persnl</p> <p>2:00 Hand &amp; Foot Canasta CR</p> <p>3:00 Documentary (MR)</p> <p>2:00 Taste of the World (SU) EDR</p> <p>7:15 Chapel Service CH</p>	<p>9:00 Medical Appt./Personal 12</p> <p>10:00 Catholic Communion CH</p> <p>11:00 Cabi Fashion Show (SU) EDR</p> <p>1:00 Medical Appt./Personal</p> <p>1:15 Handiwork Group CR</p> <p>1:30 Food Committee (CH)</p> <p>3:00 Great Courses (MR)</p> <p>3:00 Prize Bingo (EDR)</p>	<p>9:00 Medical Appt./ Harris Teeter 13</p> <p>10:00 Fire Station Tour (SU)</p> <p>10:30 Euchre (EDR)</p> <p>1:30 Alterations (SU)FC</p> <p>2:00 Hand &amp; Foot Canasta CR</p> <p>3:00 Documentary (MR)</p>	<p><b>*Norman's Class Cancelled</b> 14</p> <p>9:00 Medical Appt./Personal</p> <p>12:30 Fast Food Friday (SU) CH</p> <p>4:00 Happy Hour (SU)PR</p> <p>7:30 Movie (MR)</p>	<p>10:45 Rhythm, Strength &amp; Dance 15</p> <p>1:00pm Qigong Class (SU) FC</p> <p>2:00 Hand &amp; Foot Canasta CR</p> <p>7:30 Movie (MR)</p>
<p>10:20 Grace United 16</p> <p>Methodist Bus Pick up (SU) EN</p> <p>10:45 Pine Valley Methodist Bus Pick Up (SU) EN</p> <p>6:00 Movie (MR)</p>	<p>St. Patrick's Day Scavenger Hunt 17</p> <p>9:00 Medical Appt./ WLM</p> <p>9:00 Irish Coffee &amp; Bread (PR)</p> <p>1:00 Medical Appt. /Persnl</p> <p>2:00 Scrabble (EDR)</p> <p>2:00 Duke Ladd Performance (SU)CH</p> <p>3:00 Great Courses MR</p>	<p>9:00 Medical Appt./Persnl 18</p> <p>1:00 Medical Appt./Persnl</p> <p>2:00 Hand &amp; Foot Canasta CR</p> <p>3:00 Documentary (MR)</p> <p>7:15 Chapel Service CH</p>	<p>9:00 Medical Appt./Personal 19</p> <p>10:00 Catholic Communion CH</p> <p>1:00 Medical Appt./Personal</p> <p>1:15 Handiwork Group CR</p> <p>3:00 Great Courses (MR)</p>	<p>9:00 Medical Appt./ Harris Teeter 20</p> <p>10:30 Euchre (EDR)</p> <p>2:00 H&amp; F Canasta (CR)</p> <p>3:00 Book Club (CH)</p> <p>3:00 Resident Association (F)</p> <p>3:00 \$1 Bingo (EDR)</p> <p>3:00 Documentary (MR)</p>	<p><b>*Norman's Class Cancelled</b> 21</p> <p>9:00 Medical Appt./ Personal</p> <p>10:30 Angela's Dev. (SU)CH</p> <p>12:30 Fast Food Friday (SU)</p> <p>4:00 Happy Hour PR</p> <p>7:30 Movie (MR)</p>	<p>10:45 Rhythm, Strength &amp; Dance (FC) 22</p> <p>2:00 Hand &amp; Foot Canasta CR</p> <p>7:30 Movie (MR)</p>
<p>10:20 Grace United 23</p> <p>Methodist Bus Pick up (SU)</p> <p>10:45 Pine Valley Methodist Bus Pick Up (SU)</p> <p>6:00 Movie (MR) 30</p>	<p>9:00 Medical Appt./ WLM 24</p> <p>1:00 Medical Appt/Personal</p> <p>2:00 Scrabble (EDR)</p> <p>3:00 Great Courses MR</p> <p>9:00 Medical Appt./ WLM 31</p> <p>11:00 Meet your neighbor (SU)</p> <p>1:00 Medical Appt/Personal</p> <p>2:00 Scrabble (EDR)</p> <p>3:00 Great Courses MR</p>	<p>9:00 Med Appts./ Personal 25</p> <p>1:00 Medical Appt./Personal</p> <p>2:00 Hand &amp; Foot Canasta CR</p> <p>2:00 Painting w/ Mo (SU) EDR</p> <p>3:00 Documentary (MR)</p> <p>7:15 Chapel Service CH</p>	<p>9:00 Medical Appt./ Personal 26</p> <p>10:00 Catholic Com CH</p> <p>12:00 Men's Lunch (SU)EDR</p> <p>1:00 Medical Appt./Personal</p> <p>1:15 Handiwork Group CR</p> <p>3:00 Great Courses (MR)</p> <p>3:00 Prize Bingo (EDR)</p>	<p>9:00 Medical Appt./ Harris Teeter 27</p> <p>10:30 Euchre (EDR)</p> <p>12:00 NHC Core Library (PR)</p> <p>2:00 Hand &amp; Foot Canasta CR</p> <p>3:00 Documentary (MR)</p> <p>4:45 Dinner out @ CAM (SU) EN</p>	<p>9:00 Medical Appt./ Personal 28</p> <p>2:30 NewComers Party (PR)</p> <p>4:00 Happy Hour PR</p> <p>7:30 Movie (MR)</p>	<p>10:45 Rhythm, Strength &amp; Dance (FC) 29</p> <p>2:00 Hand &amp; Foot Canasta CR</p> <p>7:30 Movie (MR)</p>

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

**Every Tuesday & Thursday's**

**Breakfast Biscuits at 9:00am (PR)**

**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  
 Paul Bazzini: Campus Chef  
 Chris Garner: 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 Associate  
 Chad Small Transportation Associate  
 Jeanne Cole, Catherine Anthony, Emily Blanton, Yemisi Coker Concierge  
 Christine Campbell: Assistant Director of Dining

**For all 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.**

**All trips meet in the main entrance.**

- Resident Birthdays!**
- Frank Ogden -March 3rd
  - Ann Byrum -March 3rd
  - Sue Carter -March 8th
  - Nellie Harrison -March 14th
  - Jennifer Maitland -March 23rd
  - Jean O'Daniell -March 26th
  - Catherine Stewart -March 30th

