

## 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)

**Documentary Series: Down to Earth** Tues. & Thurs. (MR) 3:00pm “Searching for ways to minimize their carbon footprint, Hosts Zac and Darin visit locations around the world - a self-sustaining home and other businesses innovating to reduce waste”.

**Outdoor Games** : See you in June!

**Support Group** Thursday, May 2nd 11:00am (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.

**“The Boys of 36”** Monday, May 6th 11:00am (MR) Inspired by Daniel James Brown's nonfiction book *The Boys in the Boat: Nine Americans and Their Epic Quest for Gold at the 1936 Berlin Olympics*, *The Boys of '36* is the thrilling story of the American Olympic rowing team that triumphed against all odds in Nazi Germany. \*This is not the movie, this is the 1 hr PBS special.

**Healthy Strawberry Salad Class** Wednesday, May 8th 11:30 (SU) EDR Welcome back Bridget from the Nir YMCA for a fun cooking lessons on a healthy seasonal strawberry salad!

**Lessons in Chemistry** Tuesday, & Thursday's finishing May 14 -11:00am (MR) Brightmore's Book Club read this book which is now it's own mini-series on Apple Tv! Come check it out!

**Walking in the Wild** Tuesday, May 14th at 10:00 am (EN) SU Hop in the bus for a short ride to Ogden Park—rescheduled from April- for a 1.3 mile walk around the park. Following enjoy a healthy lunch at Playa Bowls. Trail is paved.

**Painting w/ Mo McKenna** Thursday, May 15th (EDR) SU at 2pm: A fun & easy step by step painting class great for beginner to advanced!

**Brightmore's Book Club:** Thursday May 16th 4pm: (CH) - Book “The Color of Water” By: James McBride

**Devotional w/ Angela** Friday, May 17th at 10:30 am (CH) SU

**Medicinal & Tea Mushroom Class** Wednesday, May 29th 2:00pm An introduction to our local & non-local fungi, how to incorporate them into your diet & how they can help maintain your mind & body! Class lead by *The Wilmington Mushroom Club*.

## Celebrations, Socials & Entertainment

**Mothers Day Card Writing** Wednesday, May 1st 11am (PR) Today we will write Mother's Day cards to residents of Shem Creek Assisted Living All supplies provided.

**Meet & Greet w/ John Metzger** Wednesday, May 8th 11am (PR) Stop by and chat with John, one of Brightmore's amazing maintenance staff!

**\$1 Bingo: Wednesday May 8th (EDR)** B-I-N-G-O!

**Have a Coke Day Wed., May 8th 3pm (PR)** It's national Have a Coke day! Enjoy one until supplies last!

**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!

**Prize Bingo: Wednesday, May 22nd 3:00pm (EDR)**

**Weekend Movies:** Every Saturday there will now be a movie played in the MR @ 7:30pm.

### Movie Matinee

#### Killers of the Flower Moon

Rated R 3 hr 26 min

Monday, May 20th at 2:00 pm MR

Real love crosses paths with unspeakable betrayal as Mollie Burkhart, a member of the Osage Nation, tries to save her community from a spree of murders fueled by oil and greed.



### May Wellness Corner

**Get ready to log those steps this month!** Renee and Ashlen will be facilitating “Miles in May” starting Monday, May 6th.

Register with either of them to get a \*free pedometer and a log to keep track of your steps. “Steps” log are due the following Monday where you can then pick up the log for the following week. **All participants will be entered to win an awesome wellness basket and the one who logs the most steps wins a \$25 Harris Teeter gift card!**



Wilmington's Preferred Retirement Community

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(910) 350-1980

www.brightmoreofwilmington.com

May 2024



## Brightmore's May Special Events ...

**Summer Kickoff Party & Cookout Friday, May 3rd 12:00pm (CY & DR)** Nothing says summer like a cookout! Burgers, Dogs Chicken & all the fixings. Adult beverages & Beverage station! Music from 12:15—1:15. Eat at your normal brunch time. This will be the only meal served today.

**Try Qigong Class Saturday, May 4th 1:00pm (SU) FC** Pronounced “chi gong,” was developed in China thousands of years ago as part of traditional Chinese medicine. It involves using exercises to optimize energy within the body, mind, and spirit, with the goal of improving and maintaining balance, health and well-being.

**Apartment Safety Inspections Monday's, May 6th - 27th 10:00am SU** If you are interested in having a professional from the Wilmington Fire Department walk through your apartment for fall/ trip hazards as well as fire hazards please sign up. (Not offered on 5/20)

**Wilmington Historic Driving Tour Tuesday, May 7th 11am (EN) SU** Enjoy a step on guided tour of all the historic landmarks in and around downtown Wilmington.

**Lunch: K-38 (Mexican) Thursday, May 9th 10:45am (EN) SU** Enjoy lunch out at a local Mexican Restaurant to celebrate Cinco de Mayo month! (Mexican independence day)

**Mothers Day Tea Friday, May 10th 2:30-3:30pm (FC) SU** Gather together tables adorned with tablecloths and delicate china cups. Live harp music will fill the air as you enjoy a variety of teas and dainty finger sandwiches. Mothers, Aunts, Sisters and friends welcome to gather today! Tea will be hosted by: *Queen Ester Teas of Wilmington*.

**Canines for Service Wednesday, May 15th, (FC) time TBD** Today Brightmore will enjoy a visit from Canines for Service - a local non-profit that provides animal assisted therapy.

**Lewis Farms Trip Friday May 17th 11:00am (EN) SU** Every year Brightmore heads over to Lewis Farms for berry picking, plant and herb shopping or just to enjoy some of the best fresh ice cream around!

**Paint Your Own Ceramics Tuesday, May 21st 2:00 pm (EDR)** A Little Twisted Pottery Studio will be here today with a choice of two different ceramic projects to paint. Choice of project will be in the sign up book at time of registration.

**Ingram Planetarium Trip Thursday, May 23rd 12:30pm** Ingram Planetarium is a full-dome, immersive theater and science center in Sunset Beach. We will see the movie at 2pm.

**New Commers & Birthday Party Friday May 24th at 2:30pm. (DR)**

This month lets have some fun with a super fun performance by the local Ukulele band—the Ukaholics!

**Taste of the World Tuesday, May 28th 2:00m (EDR) SU (Last Tuesday of Each Month)**

Do you love to eat? Do you love to try new and delicious food? During the next 10 Months join Chef Paul & Jesse for a cooking class around the world! Director Daniel & John will pair fine wines that fit with each meal. There are 15 spots to enjoy a unique and special dining experience alongside our friends from Carolina Bay— classes will take place both here and at Carolina Bay (transportation provided) . Each participant will receive a passport to be stamped at each class—if you attend each one you will be entered in a drawing for a privet cooked dinner for you & 5 guests of the region of your choice.

**Déjà Vu Performance Thursday May 30th 11:30am (CH) SU** Back by popular demand, welcome back this group of ladies that will sing for us today!

**Theater for All Trip: “Wherefor Art Thou” Thursday, May 30th, 10:30am (SU)** This fun story of friendship, hopes and chance meetings, makes us question if art imitates life or life imitates art! See larger than life characters in TFA's latest creation. (*Theater For All is a theater company for people with disabilities here in Wilmington*).

## 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

### Resident Birthdays!

- Frank Hawkins 5/1
- Virginia Silliman 5/2
- Doris Riess 5/3
- Allene Wright 5/6
- Bea Stewart 5/8
- Derotha Fink 5/17
- Earl Roberson 5/22
- Dolores Klemme 5/27
- Barbara Klos 5/29
- Florence Whittaker 5/29
- Roberta Parker 5/30



9:00 Medical Appt./ Personal (SU) EN **1**  
 10:00 Catholic Comm. CH  
 11:00 Mother Day Card Writing (PR)  
 1:00 Medical Appt./Personal (SU) EN  
 1:15 Handiwork Group CR  
 3:00 Great Courses MR

9:00 Medical Appt./ Harris Teeter **2**  
 9:00 Breakfast Biscuits PR  
 11:00 Support Group (SR-1)  
 11:00 Lessons in Chemistry (MR)  
 3:00 Down to Eart Doc.(MR)  
 6:00 Hand & Foot Canasta CR

9:00 Medical Appt./ Personal (SU) EN **3**  
 11:00 Hearing Life (SU) CH  
 12:00 "Kick off to Summer: Cookout (CY & DR)  
 1:30 Alterations (SU) FC  
 4:00 Resident "BYOD" PR  
 7:00 Jewish Service (CH)

10:00 Rhythm, Strength & Dance (FC) **4**  
 1:00 pm "Try Qigong" Class SU (FC)  
 2:00 Hand & Foot Canasta CR  
 7:30 Movie (MR)

**5**  
 10:20 Grace United Methodist Bus Pick up (SU) EN  
 10:45 Pine Valley  
 Methodist Bus Pick Up(SU)EN  
 6:00Moive (MR)

9:00 Medical Appt./Walmart(su) **6**  
 10:30-Noon Wilmington Fire – Apt Inspections (SU)  
 11:00 "The Boys of 36 " Doc.(MR)  
 11:00 Move it Monday (POND)  
 1:00 Medical Appt./Personal (SU) EN  
 2:00 Scrabble Game Ext DR  
 3:00 Great Courses MR  
 \*Miles in May Begins

9:00 Medical Appt./Person**7**  
 9:00 Breakfast Biscuits PR  
 11:00 Lessons in Chemistry (MR)  
 11:00 Historic Driving Trip (SU)  
 1:00 Medical Appt./Personal  
 2:00 Hand & Foot Canasta CR  
 3:00 Down to Earth Doc. (MR)  
 7:15 Chapel Service CH

9:00 Medical Appt Persnl (SU) **8**  
 10:00 Catholic Communion CH  
 11:00 "Get to know John Metzger Day" (PR)  
 11:30 Strawberry Salad Class (SU) edr  
 1:00 Medical Appt./Personal (SU)  
 1:15 Handiwork Group CR  
 3:00 \$1 Bingo (SU) EDR  
 3:00 Great Courses MR  
 3:00 Have a Coke Day (PR)

9:00 Medical Appt./ Harris Teeter (SU) EN **9**  
 9:00 Breakfast Biscuits PR  
 10:45 Lunch trip K-38 (SU) EN  
 11:00 Lessons in Chemistry (MR)  
 3:00 Down to Earth Doc. (MR)  
 6:00 Hand & Foot Canasta CR

9:00 Medical Appt./ Personal (SU) EN **10**  
 9:30 Duplicate Bridge (EDR)  
 2:30 Mothers Day Tea (SU) FC  
 4:00 Resident "BYOD" PR

9:00 Rhythm, Strength & Dance **11**  
 2:00 Hand & Foot Canasta CR  
 7:30 Movie (MR)

Happy Mothers Day! **12**  
 10:20 Grace United Methodist Bus Pick up (SU) EN  
 10:45 Pine Valley  
 Methodist Bus Pick Up (SU) EN  
 6:00Moive (MR)

9:00 Medical Appt./ Walmart EN **13**  
 10:30-Noon Wilmington Fire –Apt Inspections (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

9:00 Medical Appt./Persl (SU) **14**  
 9:00 Breakfast Biscuits PR  
 10:00 Walking Club: Ogden Park (SU) EN  
 10:30 Pray the Rosary (CH)  
 11:00 Lessons in Chemistry (MR)  
 1:00 Medical Appt./Personal (SU)  
 2:00 Hand & Foot Canasta CR  
 3:00 Down to Earth Doc. (MR)  
 7:15 Chapel Service CH

9:00 Medical Appt./ Personal (SU) EN **15**  
 10:00 Catholic Communion CH  
 10:00 Visit from "Canines for Service" (FC)  
 1:00 Medical Appt./Personal (su)  
 1:15 Handiwork Group CR  
 2:00 Painting w/ Mo (SU) EDR  
 3:00 Great Courses

9:00 Medical Appt./ Harris Teeter (SU) EN **16**  
 9:00 Breakfast Biscuits PR  
 11:00 Lessons in Chemistry (MR)  
 3:00 Resident Association Meeting (FC)  
 4:00 Book Club (CH)  
 6:00 Hand & Foot Canasta CR

9:00 Medical Appt./ Personal (SU) EN **17**  
 10:30 Devotional w/ Angela (SU) CH  
 11:00 Lewis Farms Trip (SU) EN  
 4:00 Resident "BYOD" PR

10:00 Rhythm, Strength & Dance **18**  
 2:00 Hand & Foot Canasta CR  
 7:30 Movie (MR)  
 Armed Forces Day

10:20 Grace United Methodist Bus Pick up (SU) EN **19**  
 10:45 Pine Valley  
 Methodist Bus Pick Up (SU) EN  
 6:00Moive (MR)

9:00 Medical Appt./ WLM **20**  
 1:00 Medical Appt./Personal (SU)  
 11:00 Move it Monday - Pond  
 2:00 Scrabble (EDR)  
 2:00 Movie Matinee: "Killer of the Flower Moon" (SU) MR  
 3:00 Great Courses MR

9:00 & 1:00 Med Appts./ Personal) EN (SU) **21**  
 9:00 Breakfast Biscuits PR  
 10:30 Pray the Rosary (CH)  
 1:00 Medical Appt./Personal  
 2:00 Hand & Foot Canasta CR  
 2:00 Ceramics (SU) EDR  
 3:00 Down to Earth Doc. (MR)  
 7:15 Chapel Service CH

9:00 Medical Appt./ Personal (SU) EN **22**  
 10:00 Catholic Comm. CH  
 1:00 Medical Appt./Personal ( )  
 1:15 Handiwork Group CR  
 3:00 Great Courses MR  
 3:00 Prize Bingo (SU) CH

9:00 Medical Appt./ Harris Teeter **23**  
 9:00 Breakfast Biscuits PR  
 12:30 Ingram Planetarium Trip (SU) EN  
 3:00 Down to Earth Doc. (MR)  
 6:00 Hand & Foot Canasta CR

9:00 Medical Appt./ Personal **24**  
 2:30 Newcomers & Birthday: Ukulele Band (DR)  
 4:00 Resident "BYOD" PR

10:00 Rhythm, Strength & Dance (FC) **25**  
 2:00 Hand & Foot Canasta CR  
 7:30 Movie (MR)

**26**  
 10:20 Grace United Methodist Bus Pick up (SU)  
 10:45 Pine Valley  
 Methodist Bus Pick Up (SU) EN  
 6:00Moive (MR)

**NO TRANSPORTAION** **27**  
 10:30-Noon Wilmington Fire –Apt Inspections (SU)  
 11:00 Move it Mon - Pond  
 2:00 Scrabble (EDR)  
 3:00 Great Courses MR  
 Memorial Day

9:00 Medical Appt./Persnl(SU) **28**  
 9:00 Breakfast Biscuits PR  
 10:30 Pray the Rosary (CH)  
 1:00 Medical Appt./Persl(SU)  
 2:00 Hand & Foot Canasta CR  
 2:00 Taste of the World Class (SU) EDR  
 3:00 Carolina Hearing  
 3:00 Down to Earth Doc. (MR)  
 7:15 Chapel Service CH

9:00 Medical Appt./ Personal (SU) EN **29**  
 10:00 Catholic Comm. CH  
 1:00 Medical Appt./Personal ( )  
 1:15 Handiwork Group CR  
 2:00 Mushroom Class (SU) EDR  
 3:00 Great Courses MR

9:00 Medical Appt./ Harris Teeter **30**  
 9:00 Breakfast Biscuits PR  
 10:30 Theater for All Trip (SU) EN  
 11:30 déjà vu Performs (CH) SU  
 3:00 Down to Earth Doc. (MR)  
 6:00 Hand & Foot Canasta CR

**31**  
 9:00 Medical Appt./ Personal (SU) EN  
 4:00 Resident "BYOD" PR  
 \* Miles in May Ends



**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  
 Paul Bazzini: Campus Chef  
 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, May Royal, Catherine Anthony, Donna Spinelli** Concierge  
**Christine Campbell:** Assistant Director of Dining

**Friendly Reminder!**  
 We all know that life gets in the way sometimes, but please do not sign up for programs unless you intend on going and if you plan on coming please add your name at least 48 hours prior to the program. This helps with all the details that go into planning successful programs!