

Educational Studies, Crafts, Art & Games

The Great Courses Educational Study Showing Monday's and Wednesdays at 3:00 pm (MR)
Documentary Series: Tuesday & Thursday's 3:00pm (MR) *Turning Point* During World War II, the US begins to work on a top-secret project that results in the atomic bombings on Japan — and a global conflict lasting decades. ***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)

Stretch Zone : "Lower Back & Hip Pain" Talk Tuesday, May 13th 2pm (CH) Presented by the Stretch Zone of Wilmington.

"Victory Undone" : African American Civil War Veterans & the Wilmington Coup d'etat

Thursday, May 15th 2:00pm In February 1865, African American soldiers & sailors helped take Wilmington from Confederate control. Several Black veterans remained in the port city after the Civil War. They created new lives as citizens & members of their communities with new voting and civil rights guaranteed by law. Wilmington became a majority Black city with a thriving middle class until the white supremacist violence of 1898. Join Bennett Place Historic Site manager Kaitlin O'Connor, formerly of Fort Fisher, to learn more about the experiences of Civil War veterans who lived through the Wilmington Coup & Massacre.

Brightmore's Book Club: Thursday, May 15th 2:00pm (EDR) May our book club is reading "The Many Lives of Mamma Love" by Lara Love Harden

Devotional w/ Angela Friday, May 16th 10:30 am (CH) SU Everyone is Welcome!

Painting with Mo Tuesday, May 20th 2pm (SU)EDR A fun & easy step by step painting class great for beginner to advanced!

Get to know Megan Davis Wednesday, May 21st 2pm (CH) Stop by this afternoon to learn a little more about our new Wellness Coordinator—Megan Davis!

NHC Core Library Visit Thursday, May 22nd 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

Tech Help Tuesday, May 27th (SU) This month—Renee will come to you if you have a question about a TV—Computer or other electronic device in your apartment for 15 minute time slots. Starting at 1pm

Paint your own pottery Thursday, May 29th 2pm (SU)EDR Join Renee to paint your own ceramic succulent pot and fill with your own easy to care for succulent plant!

Musical Canvas Friday, May 30th 11am (SU)EDR: An interactive experience connecting artistic expression to music, with an unexpected twist. You must attend this special curated event too experience it firsthand. Presenter will be our own Sales and Marketing Director May Heath.

Celebrations, Socials & Entertainment

Resident Led \$1 Bingo Thursday, May 8th & 22nd 3:00pm (EDR)

Prize Bingo: Wednesday, May 14th & 28th 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

Wicked

Friday, May 2nd at 2:00 pm MR

The musical "Wicked" tells the story of Elphaba and Glinda, who are not the Wicked Witch of the West and Glinda the Good, respectively, but rather their origin story

2hr 40 min (PG)

May Wellness Corner

May is Mental Health Awareness month, a perfect time to pause, reflect, and care for our well-being. Join us as we make calming aromatherapy sprays for your home and come together for a peaceful meditation in the courtyard. Let's recharge our minds, move with intention, and take a step toward whole body wellness, inside and out!



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www.brightmoreofwilmington.com

May 2025



May



Brightmore's May Special Events ...

Mental Health in May May is Mental Health Awareness Month! Learn ways to take care of your mental health throughout the month of May with Renee and Megan! Grab a punch card from Renee or Megan - fill it up by attending fitness or Life Enrichment and get entered into a drawing for wellness prizes!

Wednesday: May 7th 1:30-3:30- 15 Minute Chair Massages (SU) \$15 paid to Renee at time of sign up. Self care is great for mental health!

Wednesday, May 14th 2pm - Aromatherapy—How can it help you and your mental health?—2:00pm (SU)CH

Wednesday, May 21st 11am - Meditation with Megan—Join in and learn how medication can help maintain mental health (SU) CY

Wednesday, May 28th 11am (EDR)- Laughing Games - Come have fun playing some games and laughing away your worries!

"The First Day of Spring" by Theater for All Friday, May 2nd SU (EN) 10:30am Theater for All is a local theater troop that is made up of young adults with disabilities. Today's performance will be held at Thalian Hall with music by Wilmington Symphony Youth Orchestra.

Wilmington Symphony Orchestra Saturday, May 3rd 7:00pm (SU) Celebrating Steven Errante's *finale* as Music Director after 39 years. Featuring the Vanguard Voices

Cinco de Mayo Monday, May 5th 11:00am & 3pm (SU) Cinco de Mayo has become a fun way to celebrate the Mexican culture here in the USA! At 11am in the EDR Renee will teach a intro- basic Spanish lesson and trivia games (prizes awarded of course) and then in the parlor at 3:00pm for margaritas and chips & salsa! (while supplies last)

Lunch Trip to Bluewater Grill Thursday, May 8th 10:45am (SU) EN Enjoy the beautiful Spring weather as we lunch along the intercoastal waterway at the Bluewater Grill of Wrightsville Beach!

Spring - Mother's Day Tea Party Friday, May 9th 2pm (SU) FC Mother's, aunt's, sisters and Grandmothers gather today for a relaxed tea party catered by Queen Esther Tea's of Wilmington. Games, live music and fun to be enjoyed!

Thalian Hall: "Legally Blond" Thursday May 15th 7:00pm (SU)EN A fabulously fun award-winning musical based on the adored movie, Legally Blonde The Musical, follows the transformation of Elle Woods as she tackles stereotypes and scandal in pursuit of her dreams.

Lewis Farms Trip Friday, May 16th 1:30pm Lewis Farms is a local 4th generation berry farm and ice cream parlor. There are pick your own berries, and plants also for sale.

Thalian Hall Tour Thursday, May 22nd 12:30pm A behind-the-scenes tour, led by a trained volunteer docent with a passion for history. You'll enjoy an in-depth discovery of the theatre's rich history, renovation, and its performances past and present. Tour the old lobby, auditorium, balcony, stage, and some special surprises!

Ready, Set ... Summer Social Friday, May 23rd (SU) CY Here come those long sunny summer days! This afternoon Jerry Powell will entertain while we enjoy refreshments, hot dogs and some sweet treats on your courtyard!

Men's Club Lunch Date TBD We are glad to have this back on the calendar! Enjoy a sub sandwich and sides with a few beers amongst your Brightmore friends!

Taste of the World Wednesday, May 28th 2:00pm (SU) EDR Welcome Chef Justin to his promotion as we celebrate the coast with "Taste of the Seas" featuring a variety of seafood dishes! *Space limited*





NewComers & Birthday Party Friday May 30th 2:30pm. (DR) Come together today to welcome of Brightmore's newest residence and May birthday's! Enjoy the Ray & Jeff Duo as our entertainment!

Fast Food Friday(s) Friday May 9th Henry's (SU)EN Friday May 30th The Boat House (SU)EN

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

				9:00 Medical Appt./ Harris Teeter 1 10:30 Euchre (EDR) 2:00 Hand & Foot Canasta 3:00 Documentary (MR) 7:30 "The Crown" (MR)	9:00 Medical Appt./ Personal 2 10:30 Thalian (SU)EN 2:00 Movie Matinee (MR) 4:00 Happy Hour (PR) 7:30 Movie (MR)	10:45 Rhythm, Strength & Dance (FC) 2:00 Hand & Foot Canasta CR 7:00 Orchestra Trip (SU)EN 7:30 Movie (MR) 3
10:20 Grace United Methodist Bus Pick up (SU) EN 4 10:45 Pine Valley Methodist Bus Pick Up (SU) EN 6:00 Movie (MR)	9:00 Medical Appt./ Walmart 5 11:00 Cinco de Mayo (SU)EDR 1:00 Medical Appt./Personal 2:00 Scrabble Game Ext DR 3:00 Cinco de Mayo Snacks (SU)PR 3:00 Great Courses MR	9:00 Medical Appt. (Personal) 6 1:00 Medical Appt./Personal 2:00 Hand & Foot Canasta 3:00 Documentary (MR) 7:15 Chapel Service CH	9:00 Medical Appt Pers. 7 9:00 Poker (CR) 10:00 Catholic Communion 1:00 Medical Appt./Personal 1:15 Handiwork Group CR 1:30 Chair Massages (SU) PDR 3:00 Great Courses (MR)	9:00 Medical Appt./ Harris Teeter 8 10:30 Euchre (EDR) 10:45 Lunch Trip (SU)EN 2:00 Hand & Foot Canasta 3:00 Documentary (MR) 3:00 \$1 Bingo (EDR) 7:30 "The Crown" (MR)	9:00 Medical Appt./ Personal 9 12:30 Fast Food Friday (SU) EN 2:00 Mother's Day Tea (SU) FC 4:00 Happy Hour (PR) 7:30 Movie (MR)	10:45 Rhythm, Strength & Dance 2:00 Hand & Foot Canasta CR 7:30 Movie (MR) 10
10:20 Grace United Methodist Bus Pick up (SU) EN 11 10:45 Pine Valley Methodist Bus Pick Up (SU) EN 6:00 Movie (MR)	9:00 Medical Appt. Walmart 12 1:00 Medical Appt. Personal 2:00 Scrabble (EDR) 3:00 Great Courses MR	9:00 Medical Appt./ Persnl 13 1:00 Medical Appt./Persnl 2:00 Hand & Foot Canasta CR 2:00 Stretch Zone (SU)CH 3:00 Documentary (MR) 7:15 Chapel Service CH	9:00 Medical Appt./Personal 14 9:00 Poker (CR) 10:00 Catholic Communion CH 1:00 Medical Appt./Personal 1:15 Handiwork Group CR 1:30 Food Committee (CH) 2:00 Aromatherapy Class (SU) 3:00 Great Courses (MR) 3:00 Prize Bingo (EDR)	9:00 Medical Appt./ Harris Teeter 15 10:30 Euchre (EDR) 2:00 Hand & Foot Canasta CR 2:00 Book Club (EDR) 2:00 Victory Undone (CH) 3:00 Resident Association (FC) 7:00 Thalian Trip (SU)EDR 7:30 "The Crown" (MR)	9:00 Medical Appt./ Personal 16 10:30 Devotional w/ Angela (SU)CH 1:30 Lewis Farms Trip (SU) 4:00 Happy Hour PR 7:30 Movie (MR)	10:45 Rhythm, Strength & Dance 2:00 Hand & Foot Canasta CR 7:30 Movie (MR) 17
10:20 Grace United Methodist Bus Pick up (SU) EN 18 10:45 Pine Valley Methodist Bus Pick Up (SU) EN 6:00 Movie (MR)	9:00 Medical Appt./ WLM 19 1:00 Medical Appt. /Persnl 2:00 Scrabble (EDR) 3:00 Great Courses MR	9:00 Medical Appt./ Persnl 20 1:00 Medical Appt./Persnl 2:00 Hand & Foot Canasta CR 2:00 Painting w/ Mo (SU) EDR 3:00 Documentary (MR) 7:15 Chapel Service CH	9:00 Medical Appt./ Personal 21 9:00 Poker (CR) 11:00 Meditation (SU)CY 10:00 Catholic Communion CH 1:00 Medical Appt./Personal 1:15 Handiwork Group CR 2:00 Get to know Megan (CH) 3:00 Great Courses (MR)	9:00 Medical Appt./ Harris Teeter 22 10:30 Euchre (EDR) 12:00 CORE (PR) 12:30 Thalian Tour (SU)EN 2:00 H& F Canasta (CR) 3:00 \$1 Bingo (EDR) 3:00 Documentary (MR) 7:30 "The Crown" (MR)	9:00 Medical Appt./ Personal 23 2:00 Ready, Set... Summer! (SU)CY 4:00 Happy Hour PR 7:30 Movie (MR)	10:45 Rhythm, Strength & Dance (FC) 2:00 Hand & Foot Canasta CR 7:30 Movie (MR) 24
10:20 Grace United Methodist Bus Pick up (SU) EN 25 10:45 Pine Valley Methodist Bus Pick Up (SU) EN 6:00 Movie (MR)	Memorial Day 26 9:00 Medical Appt./ WLM 1:00 Medical Appt./Personal 2:00 Scrabble (EDR) 3:00 Great Courses MR	9:00 Med Appts./ Personal 27 1:00 Medical Appt./Personal 1:00 Tech Help (SU) 2:00 Hand & Foot Canasta CR 3:00 Documentary (MR) 7:15 Chapel Service CH	9:00 Medical Appt./ Personal 28 9:00 Poker (CR) 10:00 Catholic Com CH 12:30 Men's Club (SU) EDR 1:00 Medical Appt./Personal 1:15 Handiwork Group CR 2:00 Taste of the World (SU)EDR 3:00 Great Courses (MR) 3:00 Prize Bingo (EDR)	9:00 Medical Appt./ Harris Teeter 29 10:30 Euchre (EDR) 2:00 H& F Canasta (CR) 2:00 Paint Your Own Pottery (SU)EDR 3:00 Documentary (MR) 7:30 "The Crown" (MR)	9:00 Medical Appt./ Personal 30 11:00 Musical Canvas (SU) EDR 12:30 Fast Food Friday (SU) 2:30 Newcomers Party (DR) 4:00 Happy Hour PR 7:30 Movie (MR)	10:45 Rhythm, Strength & Dance (FC) 2:00 Hand & Foot Canasta CR 7:30 Movie (MR) 31

Resident Birthdays!

- Frank Hawkins May 1
- Allene Wright May 6
- Dee Fink May 17
- Earl Roberson May 22
- Flo Whittaker May 29
- Jane Hilt May 31

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
 Justin Abramsky Campus Chef
 Chris Garner: Director of Dining Services

Megan Davis Wellness Coordinator
 Frank Napoleon Maintenance Director
 John Metzger Maintenance Worker
 James Head Maintenance Worker
 Fred Detterman Transportation
 Chad Small Transportation
 Jeanne Cole, Catherine Anthony, Emily Blanton, Yemisi Coker Concierge
 Christine Campbell: Assistant Director of Dining Services

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.

