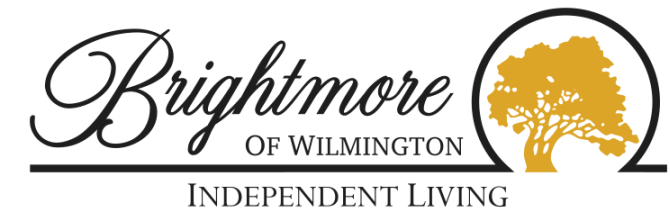


May 2026

Brightmore of Wilmington



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Your activities calendar will be distributed during the last week of each month.</p> <p>The following morning, the sign-up book will be placed at the sign-up desk at 11:30 AM.</p>						
<p>10:20 Grace United Methodist Church (EN) 6:00 Movie (MR)</p> <p>3</p>	<p>8:30 Functional Fitness (FC) 9:00 Mindful Stretching (FC) 9:00 W. Aerobics w/ Tonya (P) 10:30 Circuit Training (FC) 10:30 Art with Mitzie (EDR) 3:00 Documentary (MR) 7:30 Movie (MR)</p> <p>4</p>	<p>9:30 Rhythm & Strength with Aubrey (FC) 10:30 Wilm. Mental Health Talk (CH) 11:30 Paws for People (FC) 2:00 Cinco de Mayo GAMES!! (FC) 3:00 Documentary (MR)</p> <p>5</p>	<p>8:30 Total Body Fit (FC) 9:30 Seated Yoga with Fran (FC) 11:00 Functional Fitness (FC) 2:00 Taste of the World (EDR) 3:00 Documentary (MR) 3:00 Water Balance & Strength (P) 3:00 Prize Bingo (FC) 3:30 Learn to Swim (P) 5:00 Piano by Grace (LB) 7:30 Fabulous Mrs. Maisel (MR)</p> <p>6</p>	<p>9:30 Cardio Warmup (FC) 9:45 Functional Fitness (FC) 10:30 Strength & Balance (FC) 11:00 Sushi Making with Yemisi (EDR) 1:30 Meditative Movement (FC) 2:00 Arboretum Trip (EN) 3:00 Documentary (MR) 3:00 \$1 Bingo (EDR) 7:30 The Crown (MR)</p> <p>7</p>	<p>8:30 Water Aerobics (P) 9:30 Balance with Norman (FC) 10:30 Come & Play! (CRTY) 4:00 Happy Hour (PR) 7:30 Movie (MR)</p> <p>1</p>	<p>9:00 Play Outside Day! (CRTY) 10:30 Cardio Warmup (FC) 10:45 Strength & Balance (FC) 11:15 Mindful Stretching - Seated (FC) 7:30 Movie (MR)</p> <p>2</p>
<p>Mother's Day 10:20 Grace United Methodist Church (EN) 6:00 Movie (MR)</p> <p>10</p>	<p>8:30 Functional Fitness (FC) 9:00 Mindful Stretching (FC) 9:00 W. Aerobics w/ Tonya (P) 10:30 Circuit Training (FC) 10:30 Friends School (PR) 3:00 Documentary (MR) 7:30 Movie (MR)</p> <p>11</p>	<p>9:30 Cardio Warmup (FC) 9:45 Strength & Balance (FC) 10:30 Ikebana Talk and Demonstration (CH) 10:30 Gentle Motion (FC) 1:30 Line Dancing (FC) 2:00 Tech w/ Renee (RA) 3:00 Documentary (MR)</p> <p>12</p>	<p>8:30 Total Body Fit (FC) 9:30 Seated Yoga with Fran (FC) 11:00 Functional Fitness (FC) 1:30 Food Committee (CH) 3:00 Documentary (MR) 3:00 Water Balance & Strength (P) 3:30 Learn to Swim (P) 7:30 Fabulous Mrs. Maisel (MR)</p> <p>13</p>	<p>9:30 Cardio Warmup (FC) 9:45 Functional Fitness (FC) 10:30 Strength & Balance (FC) 11:00 Bracelet Making with Susan X (AR) 1:00 Library Trip (EN) 1:30 Meditative Movement (FC) 3:00 Documentary (MR) 3:00 Karaoke (FC) 7:30 The Crown (MR) 7:30 Thalian Hall Trip (LB)</p> <p>14</p>	<p>Nat'l Bring Flowers Day (LB) 8:30 Water Aerobics (P) 9:30 Balance with Norman (FC) 11:00 Pizza Party & Auction (FC) 12:00 Fast Food Friday (EN) 4:00 Happy Hour (PR) 7:30 Movie (MR)</p> <p>15</p>	<p>10:30 Cardio Warmup (FC) 10:45 Strength & Balance (FC) 11:15 Mindful Stretching - Seated (FC) 7:30 Movie (MR)</p> <p>16</p>
<p>10:20 Grace United Methodist Church (EN) 6:00 Movie (MR)</p> <p>17</p>	<p>8:30 Functional Fitness (FC) 9:00 Mindful Stretching (FC) 9:00 W. Aerobics w/ Tonya (P) 10:30 Circuit Training (FC) 1:30 Healthy Cherry Cobbler (PR) 3:00 Documentary (MR) 7:30 Movie (MR)</p> <p>18</p>	<p>9:30 Cardio Warmup (FC) 9:45 Strength & Balance (FC) 9:45 Pet Therapy Visits (RA) 10:30 Gentle Motion (FC) 2:00 Liberty Games Highlight Celebration (FC) 3:00 Documentary (MR)</p> <p>19</p>	<p>8:30 Total Body Fit (FC) 9:30 Seated Yoga with Fran (FC) 11:00 Functional Fitness (FC) 11:00 Historical Story Telling (CH) 2:00 Book Club (CH) 3:00 Documentary (MR) 3:00 Water Balance & Strength (P) 3:00 Beer & Sake Tasting (PR) 3:30 Learn to Swim (P) 7:30 Fabulous Mrs. Maisel (MR)</p> <p>20</p>	<p>9:30 Cardio Warmup (FC) 9:45 Functional Fitness (FC) 10:30 Strength & Balance (FC) 11:00 Origami Flower Art (EDR) 1:30 Meditative Movement (FC) 3:00 Documentary (MR) 3:00 Resident Association Meeting (FC) 7:30 The Crown (MR)</p> <p>21</p>	<p>8:30 Water Aerobics (P) 9:30 Balance with Norman (FC) 10:30 Come & Play! (CRTY) 10:30 Devotional (CH) 12:00 Fast Food Friday (EN) 2:30 Newcomers/B-Day Party (DR) 4:00 Happy Hour (PR) 7:30 Movie (MR)</p> <p>22</p>	<p>10:30 Cardio Warmup (FC) 10:45 Strength & Balance (FC) 11:15 Mindful Stretching - Seated (FC) 7:30 Movie (MR)</p> <p>23</p>
<p>10:20 Grace United Methodist Church (EN) 6:00 Movie (MR)</p> <p>24</p>	<p>Memorial Day 8:30 Functional Fitness (FC) 9:00 Mindful Stretching (FC) 9:00 W. Aerobics w/ Tonya (P) 10:30 Circuit Training (FC) 3:00 Documentary (MR) 7:30 Movie (MR)</p> <p>25</p>	<p>9:30 Cardio Warmup (FC) 9:45 Strength & Balance (FC) 10:00 Talk on Japan (CH) 10:30 Gentle Motion (FC) 2:00 Ai Talk (CH) 3:00 Documentary (MR)</p> <p>26</p>	<p>8:30 Total Body Fit (FC) 9:30 Seated Yoga with Fran (FC) 11:00 Functional Fitness (FC) 11:30 Dumpling Tasting (PR) 3:00 Documentary (MR) 3:00 Water Balance & Strength (P) 3:00 Prize Bingo (FC) 3:30 Learn to Swim (P) 7:30 Fabulous Mrs. Maisel (MR)</p> <p>27</p>	<p>9:30 Cardio Warmup (FC) 9:45 Functional Fitness (FC) 10:30 Strength & Balance (FC) 12:00 Strawberry Patch Trip (EN) 1:15 Lewis Farms Trip (EN) 1:30 Meditative Movement (FC) 3:00 Documentary (MR) 3:00 \$1 Bingo (EDR) 7:30 The Crown (MR)</p> <p>28</p>	<p>8:30 Water Aerobics (P) 9:30 Balance with Norman (FC) 10:30 Theater for All at Thalian Hall (EN) 12:00 Fast Food Friday (EN) 4:00 Happy Hour (PR) 7:30 Movie (MR)</p> <p>29</p>	<p>10:30 Cardio Warmup (FC) 10:45 Strength & Balance (FC) 11:15 Mindful Stretching - Seated (FC) 7:30 Movie (MR)</p> <p>30</p>
<p>10:20 Grace United Methodist Church (EN) 6:00 Movie (MR)</p> <p>31</p>	<p><u>Locations Legend</u></p> <p>Fitness Center (FC) Media Room (MR) Pool (P) Entrance (EN) Parlor (PR) Chapel (CH)</p>	<p>Extended dining room (EDR) Courtyard (CRTY) Lobby (LB) Resident Apartment (RA) Activity Room (AR) Dining Room (DR)</p>			<p>All transportation requests must be entered in the transportation book located on the first floor.</p> <p>Sign-up close at 5:00 PM the day before your scheduled trip.</p> <p>An address and appointment time are required. Depart from main entrance.</p>	