

December



Hot Coco & Cookies

The greatest holiday memories are often paired with a steaming mug of home-made hot cocoa and fresh baked cookies. You and your two guest (family and/or friends) are invited to the Kempton to celebrate the season of Christmas on December 13 at 6:30pm. Get your cup of good cheer right here with our special guest: Jerry Powell. Following the holiday cheer, hot chocolate and cookies will be shared in your own apartment. RSVP in the front lobby.



Flower & Birthstone

- December's flower is the joyful holly plant. Its bright red berries and deep green leaves have come to symbolize the holiday season. Holly also symbolizes truth and protection and is commonly used to make wreaths and other decorations. It grows well in temperate and subtropical climates. Holly berries can be red, brown, black, green, or yellow; they are slightly toxic to humans but can be safely eaten by birds. Some types of holly leaves are used to make tea.
- Turquoise is prized for its beautiful pale blue color and black veins. First brought to Europe from Turkey (for which the mineral is named), turquoise is mined around the world, from Iran and Egypt to the southwestern United States. Since its discovery, many cultures have considered turquoise to be a holy stone or talisman. The Aztecs believed it would change color with the wearer's health, while the Apache thought it would increase an archer's precision.

Employee of the Month

Lenora Newman is a housekeeper for the second floor apartments. She has been at the Kempton since January 2014. Thank you for all that you do, going above and beyond, and so much more!

The Kempton Carolers

The best way to spread Christmas cheer is singing loud for all to hear. Caroling is a great way to make memories and spread JOY. It is finally time for a second year tradition of the "Kempton Carolers." If you love to sing or enjoy Christmas music, please join the Kempton Carolers. We will practice twice a week—Wednesday and Friday—at 11:15 in the dining room. The performance will be held on the National day of caroling—December 20th at 3:30 in the dining room. Invite your family and friends for the fun, laughing, dancing, joy, and cheer. Carols are not songs to be sung around Christmas time, they're a testimony to great tales in history. Preserving them is like preserving works of art. It is a simple way of giving back to others.

The
Kempton
AT BRIGHTMORE



Wilmington's Preferred Assisted Living Community

December 2022

2298 S. 41st Street
Wilmington, NC 28403
(910) 332-6899

Special Events

- Dara Flute: Tree light Ceremony: 12/1
- December Tea Social: 12/2
- Harmony Bell Music: 12/5
- Snowman Bracelets: 12/6
- Christmas Story Musical Outing: 12/8
- A Merry Little Christmas: 12/9
- Baking With Chef Connor: 12/12
- Griffin Therapy Dog: 12/15
- Christmas Light Outing: 12/9
- Winter Wonderland Luncheon: 12/20
- Breakfast with Santa: 12/21
- Bake Cinnamon Ornaments: 12/22
- Christmas Picture BINGO: 12/23
- Thankful for year 2022: 12/30
- Wine & Cheese Birthday Party: 12/30

Christmas Spirit Week

- Sun 12/18—Grouchy Grinch Green
- Mon 12/19—Santa Helper Accessories
- Tue 12/20—Winter Wonderland
- Wed 12/21—Christmas Sweater
- Thu 12/22—Pajama or Plaid/Flannel
- Fri 12/23—Rudolph Red
- Sat 12/24—Sleigh all day
- Sun 12/25—Christmas Best



Welcome Newcomers!

Welcome two new members
To the Kempton family!

Competiveness Christmas

There are many different benefits of playing games and the best part is that the positive impact can be experienced right away. In addition, research has shown that play in older adults can lead to numerous mental and physical health improvements. This month we will be incorporating play into our lifestyle and having a lot of fun along the way. Some various games include: price is right, switch/steal/unwrap holiday game, family feud, pokeno, stocking stuffer stumper game, butter bean auction, Christmas trivia, and jeopardy. Check the calendar for dates and times for the specific games. Bingo is held every Wednesday at 3:00 in the dining room. There are even card groups getting together to play various cards: bridge, hearts, rummy, spades, and karma. Games are for everyone to enjoy, they are a means to provide opportunities to come together!

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Abbreviations							
<p>1st= First Floor Dining Room</p> <p>2nd= Country Kitchen on the Second Floor</p> <p>3rd= Third Floor Activity</p> <p>SU=Sign up in lobby</p> <p>L= Lobby on First floor</p> <p>C= Conference/Library</p> <p>R= In room activity</p>	<p>Daily Delight Packets 4</p> <p>3:00 Church Service w/ Dr. Morrison/3</p>	<p>10:00 Music & Movement/3 5</p> <p>11:15 Price is Right/3</p> <p>3:00 Harmony Bells Music/1</p> <p>7:00 Night Cards/3</p>	<p>10:00 Ladder Ball/3 6</p> <p>11:15 Snowman Bracelet/3</p> <p>2:30 Switch, Steal, Unwrap Fun Game/3</p> <p>3:00 Legion of Mary</p>	<p>10:00 Music & Movement/3 7</p> <p>10:00 Catholic C/2</p> <p>11:15 Carol Practice/1</p> <p>3:00 Bingo/1</p> <p>4:15 NuStep Training</p>	<p>10:00 Drums/3 1</p> <p>11:00 Griffin/R</p> <p>2:30 Dara Flute Tree light Ceremony/3</p> <p>7:00 Night Cards/3</p>	<p>10:00 Exercise/3 2</p> <p>11:15 Carol Practice/1</p> <p>12:30 Orchestra Performance/Outside</p> <p>2:30 Christmas Tea Social/1</p>	<p>Daily Delight Packets 3</p> <p>2:30 Christmas Movie: White Christmas/2</p>
December Birthday's	<p>Daily Delight Packets 11</p> <p>3:00 Church Service w/ Dr. Morrison/3</p>	<p>10:00 Music & Movement/3 12</p> <p>11:15 Christmas Family Feud/3</p> <p>2:30 Baking With Chef Connor/3</p> <p>7:00 Night Cards/3</p>	<p>11:00 paws4 People dog visit/L 13</p> <p>2:30 Pokeno Game/3</p> <p>3:00 Legion of Mary/2</p> <p>6:30 Cocoa & Cookies & Holiday Cheer/1</p>	<p>10:00 Music & Movement/3 14</p> <p>10:00 Catholic C/2</p> <p>11:15 Carol Practice/1</p> <p>3:00 Bingo/1</p> <p>4:15 NuStep Training</p>	<p>11:00 Wreath/3 8</p> <p>2:30 Food Committee/2</p> <p>3:30 Pool Exercise/SU</p> <p>6:30 Christmas Story Musical Outing/SU</p> <p>7:00 Night Cards/3</p>	<p>10:00 Music & Movement/3 9</p> <p>11:15 Carol Practice/1</p> <p>2:30 Phil Bruschi—Have Yourself a Merry Little Christmas/1</p>	<p>Daily Delight Packets 10</p> <p>10:00 Lisa Craft—Tree Ornaments/3</p> <p>2:30 Christmas Movie/2</p>
<p>Resident Birthdays:</p> <p>Thelma Williams 12/6</p> <p>Peggy Barger 12/19</p> <p>Pat Butler 12/24</p> <p>Robert Penn 12/30</p> <p>Staff Birthdays:</p> <p>Heather Rudisill 12/5</p> <p>Debora Dewolf 12/10</p> <p>Mable Jones 12/10</p>	<p>Daily Delight Packets 18</p> <p>3:00 Church w/ Dr. Hedgepeth/3</p> <p>Ezra Piano</p> <p>Spirit Week Begins</p> <p>HANUKKAH BEGINS</p>	<p>10:00 Music & Movement/3 19</p> <p>11:15 Last Carol Practice/1</p> <p>2:30 Resident Council</p> <p>6:00 Christmas Lights Outing/3</p> <p>7:00 Night Cards/3</p>	<p>12:30 Winter Wonderland Lunch w/ Allen/1 20</p> <p>2:00 Hearing Aid/2</p> <p>3:00 Legion of Mary/2</p> <p>3:30 The Kempton Carolers/1</p>	<p>10:00 Music & Movement/3 21</p> <p>10:00 Catholic/2</p> <p>11:15 Surprise Snowball Craft/3</p> <p>3:00 Bingo/1</p> <p>4:15 NuStep Training</p>	<p>10:00 YOGA/3 15</p> <p>11:00 Griffin/R</p> <p>11:00 ALOHA/1</p> <p>2:30 Harris Teeter Outing/SU</p> <p>7:00 Night Cards/3</p>	<p>10:00 Music & Movement/3 16</p> <p>11:15 Carol Practice/1</p> <p>2:30 Duke Ladd Holiday Favorites/1</p>	<p>Daily Delight Packets 17</p> <p>10:00 Lisa Craft—Tree Ornaments/3</p> <p>2:30 Christmas Movie/2</p>
<p>December Birthday Party Celebration: Wine & Cheese 12/30 at 2:30 With Susan</p> 	<p>Daily Delight Packets 25</p> <p>3:00 Church Service w/ Dr. Hedgepeth/3</p>	<p>10:00 Exercise/3 19</p> <p>11:15 Last Carol Practice/1</p> <p>2:30 Resident Council</p> <p>6:00 Christmas Lights Outing/3</p> <p>7:00 Night Cards/3</p>	<p>12:30 Men's Group/2 27</p> <p>2:30 Butter Bean Auction/3</p> <p>3:00 Legion of Mary/2</p>	<p>10:00 Music & Movement/3 28</p> <p>10:00 Catholic C/2</p> <p>11:15 NuStep Train</p> <p>3:00 Bingo/1</p>	<p>7:30 Breakfast with Santa/3 22</p> <p>10:00 Drum Circle/3</p> <p>2:30 Bake Cinnamon Ornaments/3</p> <p>7:00 Night Cards/3</p>	<p>10:00 Music & Movement/3 23</p> <p>11:15 Stocking Stuffer Stumper Game/3</p> <p>2:30 Christmas Pic BINGO!</p>	<p>Daily Delight Packets 24</p> <p>2:30 Christmas Movie/</p> <p>CHRISTMAS EVE</p>
Inspirational Quote	<p>Daily Delight Packets 25</p> <p>3:00 Church Service w/ Dr. Hedgepeth/3</p>	<p>10:00 Music & Movement/3 26</p> <p>11:15 Trivia/3</p> <p>2:30 Pokeno Game/3</p> <p>7:00 Night Cards/3</p>	<p>12:30 Men's Group/2 27</p> <p>2:30 Butter Bean Auction/3</p> <p>3:00 Legion of Mary/2</p>	<p>10:00 Music & Movement/3 28</p> <p>10:00 Catholic C/2</p> <p>11:15 NuStep Train</p> <p>3:00 Bingo/1</p>	<p>11:00 Christmas Tree Bingo/3 29</p> <p>2:30 December Jeopardy/3</p> <p>7:00 Night Cards/3</p>	<p>10:00 Music & Movement/3 30</p> <p>11:15 Thankful for year 2022.</p> <p>2:30 Wine & Cheese Birthday W/ Susan/1</p>	<p>Daily Delight Packets 31</p> <p>2:30 Independent Bridge Card Game/3</p> <p>NEW YEARS EVE</p>

Inspirational Quote



 when you choose joy
 you feel good
 & when you feel good, you do good
 & when you do good it reminds others of what joy feels like
 & it just might inspire them to do the same.

Sign up for outings and pool classes in lobby

Card Groups: Bridge, Hearts, Spades, Karma, Rummy

Beauty Shop Available by Appointment

YOUR STAFF

Melissa Crouch Administrator
 Doris Austin Director of Nursing
 Victoria Holt, CTRS/LRT Activity Director
 Jeff Arciola Dietary Supervisor
 Gina Volpe Office Manager
 Chad Pope Maintenance Director

Joanna Davis Marketing & Admissions Director
 Judi Dawson Receptionist
 Lisa Groves Housekeeping Supervisor
 LaShon Knox Medical Records/Transportation

* Dates and Events may be subject to change. All accurate and current activities will be posted on the TV on the main floor daily.