

JANUARY

Through the Decades

If you're looking for fun and feeling groovy, this month is for you. In honor of Reminiscence Month and the new years, we are going to celebrate the decades. Check your calendar for the dates and times for the following activities: 1960s price is right, fabulous 40s Music with Allan, decades themed trivia, 1950s reminisce socials with coffee and donuts, and is it groovy game. We are celebrating this month with "Give my Regards to Broadway." There is nothing more exciting and entertaining as a live Broadway Show. For decades, musicals have always been popular with audiences and some of the greatest songs ever written have made their debut on the Broadway stage before Hollywood turned many of them into film versions. Join Phil Bruschi as he sings the best Broadway songs from variety of music over the years during the Luncheon Celebration On January 24th at 12:30.

S.M.A.R.T Goals

Crafting S.M.A.R.T. Goals are designed to help you identify if what you want to achieve is realistic and determine a deadline. It makes a good resolution to keep all year long. To help you be more successful this year, start with SMART GOALS!

S- Specific: What do you want to accomplish? How and why will it be accomplished? **M-** Measurable: How can you measure progress and know if you've successfully met your goal? **A-** Achievable: Do you have the skills required to achieve the goal? If not, can you obtain them? What is the motivation for this goal **R-** Relevant: Why am I setting this goal now? **T-** Time-Bound: What time frame is connected to this goal? Is there a completion date for the goal?

Flower & Bird

- January's flower is the sweet and pretty yet hearty carnation. The carnation dates back to ancient Greek and Roman times when it was used in art and décor. Some Christians believe that the first carnation bloomed on Earth when Mary wept for Jesus as he carried his cross. Carnations in those early days were primarily found in shades of pale pink and peach, but the palette of available colors has grown significantly to include red, yellow, white, purple, and green.
- An owl is January bird of the month. Owl huge eyes and stoic, patient, knowing faces, have long been considered to hold great wisdom. These impressive birds of prey are found nearly all over the world, the exceptions being the polar ice caps and some secluded islands. Owls have large broad heads, flat faces, binocular vision, and necks that can turn quite far around (as much as 270 degrees) to let them completely view their surroundings from a fixed position.

The
Kempton
AT BRIGHTMORE



Wilmington's Preferred Assisted Living Community

January 2023

2298 S. 41st Street
Wilmington, NC 28403

Special Events

New Years Goals 1/2

1960s Price is Right: 1/5

City of Steeples ILM History: 1/6

Cooking With Chef Connor: 1/9

Food Committee: 1/12

Allan Music—Fabulous 1940s: 1/13

Martin Luther King Trivia: 1/16

Men's Group—Burger Bar: 1/17

Butter Bean Auction: 1/19

Chinese New Year—Rabbit: 1/23

Broadway Luncheon w/ Phil: 1/24

Shopping Outing: 1/25

Ice Cream Birthday Party: 1/26

Wine & Cheese Social: 1/30

Is it Groovy in the 1960s?: 1/31

You look Fabulous!

Be sure to tell your friends, family, neighbors, and strangers just how wonderful they are on January 24. Why? It's National Compliment Day. Let them know what you appreciate about them—it's sure to make their day!



Welcome Newcomers!

Welcome one new members
To the Kempton family!

New Years, New Beginnings

Every year, millions of people make New Year's resolutions, hoping to spark positive change. A new year is a new beginning. As the new year begins, we feel that we need to make changes in our life, start on a new path, do new things, and say goodbye to old habits. The top 5 most common resolutions are: Exercise more, Lose weight, Get organized, Learn a new skill or hobby, or Live life to the fullest. You can make your new year resolutions successful by attending more group activities such as: morning exercise music and movement classes, get crafty with flower arrangement or making hearts using wine bottle corks, or even learn a new way to play BINGO! Live your life to the fullest because you are never too old to set another goal or dream a new dream. What make you happy is your state of mind, your thoughts, building relationships and fantastic memories!

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Abbreviations 1st= First Floor Dining Room 2nd= Country Kitchen on the Second Floor 3rd= Third Floor Activity SU=Sign up in lobby L= Lobby on First floor C= Conference/Library R= In room activity	Daily Delight Packets 1 3:00 Church Service w/ Dr. Morrison/3 NEW YEARS DAY	10:00 Music & Movement/3 2 11:00 Tree Take Down/3 2:30 New Year Goals for 2023/3 7:00 Night Cards/3	10:00 Corn Hole/3 3 11:00 Tree Take Down/2 2:00 iBridge Card/3 2:30 Room Visits/R 3:00 Legion of Mary	10:00 Music & Movement/3 4 10:00 Catholic C/2 11:15 Tree Take Down/1 3:00 Bingo/1 4:15 NuStep Training	Daily Delight Packets 5 Positive Velvet Art Posters/3 7:00 Night Cards/3	10:00 Music & Movement/3 6 Positive Velvet Art Poster/3 2:30 City of Steeples Wilmington History with Robin/3	Daily Delight Packets 7 2:30 Cards, Cards, Cards
	Daily Delight Packets 8 3:00 Church Service w/ Dr. Morrison/3	10:00 Music & Movement/3 9 11:15 LCR Dice Game/3 2:30 Cooking w/ Chef Connor/2 7:00 Night Cards/3	10:00 Ladder Ball/3 10 11:15 Pokeno/3 2:00 iBridge Card/3 2:30 Room Visits/R 3:00 Legion of Mary/2	10:00 Music & Movement/3 11 10:00 Catholic C/2 11:15 Blackjack 21/3 3:00 Bingo/1 4:15 NuStep Training	10:00 Drum Circle/3 12 11:00 Griffin/R 2:30 Food Committee/2 3:30 Pool Exercise/BM 7:00 Night Cards/3	10:00 Music & Movement/3 13 11:15 Snowflake Card Bingo/3 2:30 Allan Music— Fabulous 40s/1	Daily Delight Packets 14 2:30 Cards, Cards, Cards
December Birthday's Resident Birthdays: Margaret Birbick 1/1 Vaida Trimakas 1/16 Jim Kindt 1/16 Staff Birthdays: Angela Simmons 1/1 Peggy Woods 1/3 Lisa Groves 1/5 David Pope 1/7 Jaclyn Chaves 1/9 January Birthday Party Celebration: Ice Cream Party January 26 2:30 PM in Dining Room	Daily Delight Packets 15 3:00 Church Service w/ Dr. Hedgepeth/3	10:00 Music & Movement/3 16 11:15 MLK Day —The Write Word Game/3 2:30 Resident Council/3 7:00 Night Cards/3	10:00 Horseshoe 17 12:30 Men's Group/2 2:00 iBridge Card/3 2:00 Hearing Aid Cleaning Clinic/C 3:00 Legion of Mary/2	10:00 Music & Movement/3 18 10:00 Catholic C/2 3:00 Bingo/1 4:15 NuStep Training	10:00 YOGA/3 19 11:00 ALOHA/1 2:30 Butter Bean Auction/3 3:30 Pool Exercise/BM 7:00 Night Cards/3	10:00 Music & Movement/3 20 11:15 Uno Cards/3 2:30 Duke Ladd Entertainment/1	Daily Delight Packets 21 2:30 Cards, Cards, Cards
	Daily Delight Packets 22 3:00 Church w/ Dr. Hedgepeth/3 CHINESE NEW YEAR (Year of the Rabbit)	10:00 Sit & Fit/3 23 11:15 Chinese Fortune Scratch Off/3 2:30 Flower Arrangements/3 7:00 Night Cards/3	12:30 Broadway Luncheon with Phil Bruschi/1 24 2:00 iBridge Card/1 2:30 Room Visits/R 3:00 Legion of Mary/2	9:00 Coffee and Donuts/1 25 10:00 Catholic/2 10:30 Shopping Outing/SU 3:00 Bingo/1 4:15 NuStep Training	10:00 Seated Line Dancing/3 26 11:00 Griffin/R 2:30 Ice Cream Jan Birthday Party/1 3:30 Pool Exercise/BM 7:00 Night Cards/3	10:00 Sit & Fit/3 27 11:15 Jeopardy Game/3 2:30 Dara Flute Music Bird/1	Daily Delight Packets 28 2:30 Cards, Cards, Cards
Daily Delight Packets 29 3:00 Church Service w/ Dr. Hedgepeth/3 National Puzzle Day	10:00 Music & Movement/3 30 11:15 Who ? Where Trivia/3 3:00 Wine & Cheese Social/2 7:00 Night Cards/3	10:00 Bean Bag Toss/3 31 11:15 Is it Groovy in the 1960s Game/3 2:00 iBridge Card/3 2:30 Cork Craft/3 3:00 Legion of Mary/2					

December Birthday's

Resident Birthdays:
 Margaret Birbick 1/1
 Vaida Trimakas 1/16
 Jim Kindt 1/16

 Staff Birthdays:
 Angela Simmons 1/1
 Peggy Woods 1/3
 Lisa Groves 1/5
 David Pope 1/7
 Jaclyn Chaves 1/9

January Birthday Party Celebration:
 Ice Cream Party
 January 26
 2:30 PM in Dining Room



Inspirational Quote

You are never too old to set another goal or to dream a new dream.
 ©S.J. Lewis

Sign up for outings in lobby

Card Groups:
 Bridge
 Hearts
 Spades
 Karma
 Rummy

Beauty Shop Available by Appointment

YOUR STAFF
 Melissa Crouch Administrator
 Doris Austin Director of Nursing
 Abby Smith 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.