



What's Lucky in January?

Lucky Color: Purple

Lucky Animal: Tiger

Lucky Letters: B and G

Lucky Day: Sunday

Lucky Plant: Amaryllis

Special Firsts that Happened in January

1496 – Leonardo da Vinci successfully tests a flying machine.

1880 – Thomas Edison files a patent for the lightbulb.

1902 – The first Rose Bowl game is played in Pasadena, California.

1930 – The Mickey Mouse comic strip is released.

1957 – The Hamilton Watch Company introduces the first electric watch.

1959 – The movie Sleeping Beauty is released.

1961 – Ham the Chimp travels into outer space.

1967 – The first Super Bowl is played.

1984 – The first Apple Macintosh goes on sale.

1999 – The euro currency is introduced.

2005 – Eris, the second-largest known dwarf planet in the solar system, is identified.

2013 – Calcium deposits are discovered on Mars by NASA's Curiosity rover.

Famous Birthdays

Greta Thunberg [activist] | January 3, 2003

Julie Chen [TV anchor] | January 6, 1970

George Foreman [boxer] | January 10, 1949

Faye Dunaway [actress] | January 14, 1941

Dian Fossey [primatologist] | January 16, 1932

Cary Grant [actor] | January 18, 1904

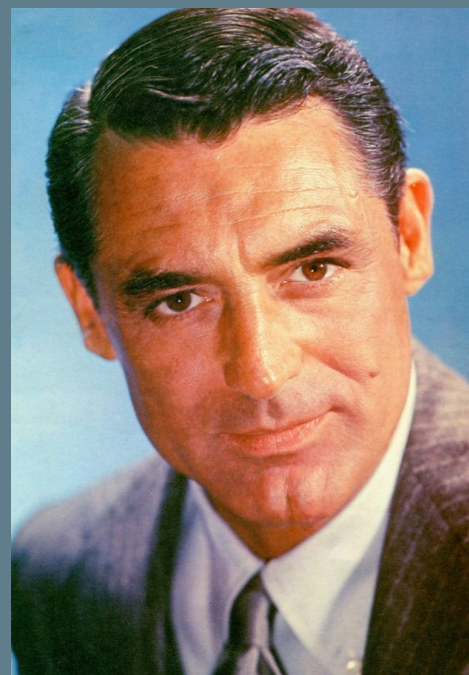
Willa Brown [air pioneer] | January 22, 1906

Ernest Borgnine [actor] | January 24, 1917

Lewis Carroll [writer] | January 27, 1832

Oprah Winfrey [mogul] | January 29, 1954

Phil Collins [singer] | January 30, 1951



January 2024

Special Events

Monday, 1/1

[New Year Celebration]

Thursday, 1/4

[Entertainment by Scotti Stringz]

Friday, 1/5

[Outing to Rucker John's]

Monday, 1/8

[Hot Chocolate Social]

Thursday, 1/11

[Entertainment by Gary P]

Friday, 1/12

[Butterbean Auction]

Tuesday, 1/16

[Hearing Aid Cleaning]

Friday, 1/19

[Birthday Celebration with
Entertainment by Duke Ladd]

Tuesday, 1/23

[National Pie Day]

Thursday, 1/25

[Entertainment by Gil Bowen]

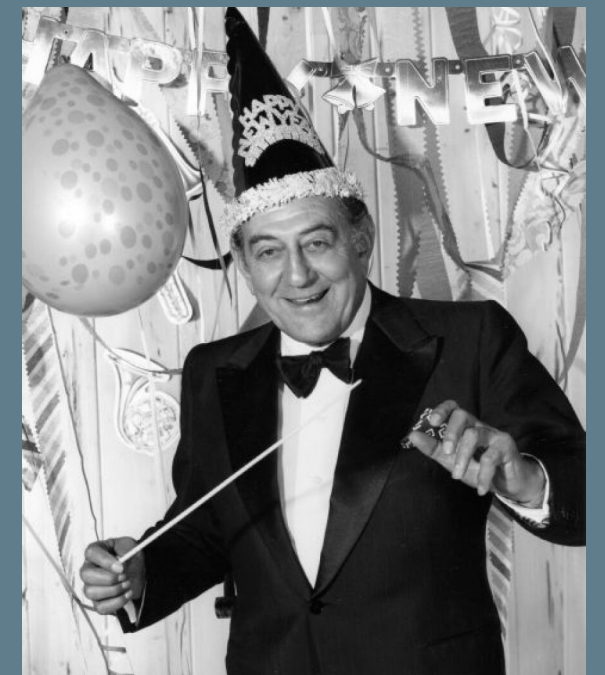
Friday, 1/26

[Outing to Gabe's]

Monday, 1/29

[New Resident Social]

Tuesday, 1/30






Most Common New Year's Resolutions:

1. Exercise more
2. Lose weight
3. Get organized
4. Learn a new skill or hobby
5. Live life to the fullest
6. Save more money / spend less money
7. Quit smoking
8. Spend more time with family and friends
9. Travel more
10. Read more

January 2024
The Kempton at Brightmore



| Sunday | | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|---|--|---|---|---|
| <div><p>CATERED ASSISTED LIVING</p></div> <div><p><i>Location Key</i></p><p>Resident Room [R]</p><p>Lobby [L]</p><p>Outing [O]</p><p>1st Floor Dining Room [DR1]</p><p>2nd Floor Country Kitchen [CK2]</p><p>3rd Floor Activity Room [A3]</p></div> |  | <div>Holiday Decoration Takedown</div> <div>New Year's Day</div> <div>10:00 Exercise with Katherine [A3]</div> <div>11:15 Card Bingo [A3]</div> <div>3:00 Wine & Cheese Social [New Year Themed!] [CK2]</div> | <div>10:00 Exercise with Katherine [A3]</div> <div>11:15 Sequence [A3]</div> <div>3:00 January Trivia Competition [A3]</div> | <div>10:00 Catholic Church [CK2]</div> <div>10:00 Sit & Fit [A3]</div> <div>11:00 Pet Therapy [R]</div> <div>3:00 Bingo [DR1]</div> | <div>10:00 Exercise with Katherine [A3]</div> <div>11:15 Uno [A3]</div> <div>3:00 Entertainment by Scotti Stringz [DR1]</div> | <div>10:00 Sit & Fit [A3]</div> <div>11:30 Outing to Rucker John's [O]</div> <div>3:00 Pokeno [DR1]</div> | <div>Daily Delight Packets</div> <div>2:30 Saturday Movie [A3]</div> |
| | <div>Daily Delight Packets</div> <div>3:00 Church Service [A3]</div> | <div>10:00 Sit & Fit [A3]</div> <div>11:15 Card Bingo [A3]</div> <div>3:00 Hot Chocolate Social [CK2]</div> | <div>10:00 Exercise with Katherine [A3]</div> <div>11:15 Sequence [A3]</div> <div>3:00 Craft: Snowflake Banners [A3]</div> | <div>10:00 Catholic Church [CK2]</div> <div>10:00 Sit & Fit [A3]</div> <div>11:00 Pet Therapy [R]</div> <div>3:00 Bingo [DR1]</div> | <div>10:00 Exercise with Katherine [A3]</div> <div>11:15 Uno [A3]</div> <div>3:00 Entertainment with Gary [DR1]</div> | <div>10:00 Sit & Fit [A3]</div> <div>11:15 Pokeno [A3]</div> <div>3:00 Butterbean Auction [A3]</div> | <div>Daily Delight Packets</div> <div>2:30 Bingo [DR1]</div> |
| |  | <div>Daily Delight Packets</div> <div>3:00 Church Service [A3]</div> | <div>Martin Luther King, Jr. Day</div> <div>10:00 Sit & Fit [A3]</div> <div>11:15 Card Bingo [A3]</div> <div>3:00 Resident Council [CK2]</div> | <div>2:00 Hearing Aid Cleaning [C]</div> | <div>10:00 Catholic Church [CK2]</div> <div>10:00 Sit & Fit [A3]</div> <div>11:00 Pet Therapy [R]</div> | <div>10:00 Exercise with Katherine [A3]</div> <div>11:15 Uno [A3]</div> <div>3:00 Food Committee [CK2]</div> | <div>10:00 Sit & Fit [A3]</div> <div>11:15 Pokeno [A3]</div> <div>2:30 Birthday Celebration with Entertainment by Duke Ladd [DR1]</div> |
| | <div>Resident Birthdays</div> <div>Margaret Birbick 1/1</div> <div>Vaida Trimakas 1/3</div> <div>Louise Byron 1/5</div> <div>Jim Kindt 1/16</div> | <div>Daily Delight Packets</div> <div>3:00 Church Service [A3]</div> | <div>10:00 Sit & Fit [A3]</div> <div>11:15 Card Bingo [A3]</div> <div>2:30 Painting with Katherine [A3]</div> <div>3:30 Scrabble [A3]</div> | <div>National Pie Day</div> <div>10:00 Exercise with Katherine [A3]</div> <div>11:15 Sequence [A3]</div> <div>3:00 Cooking Group: Mini Pies [CK2]</div> | <div>10:00 Catholic Church [CK2]</div> <div>10:00 Sit & Fit [A3]</div> <div>11:00 Pet Therapy [R]</div> <div>3:00 Bingo [DR1]</div> | <div>10:00 Exercise with Katherine [A3]</div> <div>11:15 Uno [A3]</div> <div>3:00 Entertainment with Gil Bowen [DR1]</div> | <div>10:00 Sit & Fit [A3]</div> <div>11:15 Pokeno [A3]</div> <div>1:00 Outing to Gabe's [O]</div> <div>3:00 Afternoon Movie [A3]</div> |
| <div>2298 41st Street</div> <div>Wilmington, NC 28403</div> <div>(910) 332-6899</div> | | <div>Daily Delight Packets</div> <div>3:00 Church Service [A3]</div> | <div>10:00 Sit & Fit [A3]</div> <div>11:15 Card Bingo [A3]</div> <div>3:00 New Resident Social [CK2]</div> | <div>10:00 Exercise with Katherine [A3]</div> <div>12:30 Men's Lunch [CK2]</div> <div>3:00 Sequence [A3]</div> | <div>10:00 Catholic Church [CK2]</div> <div>10:00 Sit & Fit [A3]</div> <div>11:00 Pet Therapy [R]</div> <div>3:00 Bingo [DR1]</div> | <div>The Kempton Staff</div> <div>Administrator <i>Melissa Crouch</i></div> <div>Marketing/Admissions Director <i>Joanna Davis</i></div> <div>Office Manager <i>Stacey Eakes</i></div> <div>Maintenance Director <i>Chad Pope</i></div> <div>Medical Records/ Transportation <i>Lottie Beamon</i></div> <div>Director of Nursing <i>Cathy Morgan</i></div> <div>Receptionist <i>Judi Dawson</i></div> <div>Housekeeping Supervisor <i>Lisa Groves</i></div> <div>Activity Director <i>Katherine Tuck</i></div> | |