



Happy Birthday!!

Kent Atkins 7/9
Noreen Wayland 7/20
Sara Floyd 7/20
Jane Brown 7/31

Riddle 1: The Spark

I go up with a boom and light up the night. I come in colors, loud and bright.
What am I?

Riddle 2: The Date

Do they have a 4th of July in Australia?

Riddle 3: The Symbol

I wave but have no hands. I represent a very proud land with stripes and stars.
What am I?

"Freedom is not worth having if it does not include the freedom to make mistakes."

— *Mohandas Gandhi*



The
Kempton
AT BRIGHTMORE



CATERED ASSISTED LIVING

July 2026

July's Highlights:

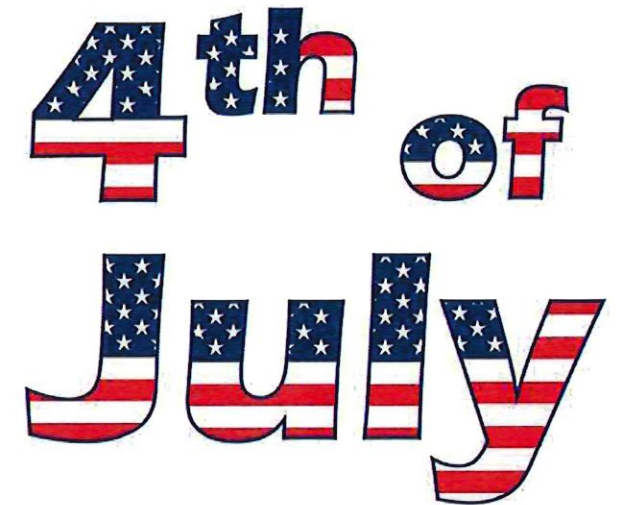
Music Programs

July 2nd 3:00PM
Patriotic Tunes with Neil
July 3rd 3:00PM
Happy Birthday USA with Music from Gil
July 10th 3:00PM
Monthly Birthday Party with Scottie
July 17th 3:00PM
TGIF Social with Ray and Jeff
July 24th 3:00PM
Watermelon and Music with Gil Bowen
July 31st 3:00PM
Dog Days of Summer Social with Eric Mets

Don't Forget Every Friday Night at 7:00PM Independent Music with Bettie
Morrow in the Conference Room

Creative Programs

July 7th 2:30PM
Making Coasters
July 16th 11:00AM
Let's Make Magnets
July 23rd 2:30PM
3D Flower Crafting Project
July 30th 2:30PM
Paint Like Picasso



Weekly Wellness Classes

Mondays & Fridays at 10 AM:

Sit & Fit with Paula!

Tuesdays at 9:30AM:

Balloon Games

Wednesdays at 10 AM:

Exercise led by Kati From Brightmore Independent!

Thursdays at 10 AM:

Ageless Grace & Musical Movement with Tanya!

July 2026

The Kempton at Brightmore of Wilmington



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Locations Legend Activity Room 3 (AR3) Dining Room 1 (DR1) Country Kitchen 2 (CK2:) Conference Room (C) Lobby (L) Outing (O)			Daily Delights: Pick up in the lobby 1 10:00 Catholic Church Communion (CK2:) 10:00 Exercise with Kati (AR3) 10:30 Catholic Lesson with Teresa (CK2:) 11:00 4th Of July Word Mining (AR3) 3:00 Red, White and Blue Bingo (DR1)	Daily Delights: Pick up in the 2 lobby 10:00 Ageless Grace with Tanya (AR3) 11:00 Americas Declaration: Educational Video (AR3) 3:00 Patriotic Tunes & Mocktails with Neil (DR1)	Daily Delights: Pick up in the lobby 3 10:00 Sit and Fit with Paula (AR3) 11:00 Pokeno (DR1) 3:00 Happy Birthday America: Cake and Patriotic Music from Gil (DR1) 7:00 Independent Music with Bettie Morrow (C)	Daily Delights: Pick up in the 4 lobby Independence Day 11:00 Bingo with Lisa (AR3) 2:30 Afternoon Movie: Independence Day (AR3)
Daily Delights: Pick up in the 5 lobby 10:00 YouTube Exercise on TV (AR3) 3:00 Church Service (DR1)	Daily Delights: Pick up in the 6 lobby 10:00 Sit and Fit with Paula (AR3) 11:00 White Board Games: 4X4 Word Game (AR3) 2:00 Independent Word Games (AR3) 3:00 Making Oreo Truffles (CK2:)	Daily Delights: Pick up in the 7 lobby 9:30 Balloon Toss and Tunes (AR3) 11:00 Out to Eat At Cape Fear Seafood (O) 11:00 Independent Dice or Uno (AR3) 2:30 Coaster Crafting (AR3)	Daily Delights: Pick up in the lobby 8 9:00 Happy Trails Walking Group (L) 10:00 Catholic Church Communion (CK2:) 10:00 Exercise with Kati (AR3) 10:30 Catholic Lesson with Teresa (CK2:) 11:00 Liberty Podcast & Coffee (AR3) 3:00 Bingo (DR1)	Daily Delights: Pick up in the lobby 9 10:00 Ageless Grace with Tanya (AR3) 11:00 Write Word Game: Brain Games (AR3) 2:00 Afternoon Yoga & Meditation (AR3) 3:00 Wine and Cheese: Getting to Know You (DR1)	Daily Delights: Pick up in the 10 lobby 10:00 Sit and Fit with Paula (AR3) 11:00 Pokeno (DR1) 3:00 Monthly Birthday Social with Scottie Stringz (DR1) 7:00 Independent Music with Bettie Morrow (C)	Daily Delights: Pick up in the 11 the lobby 11:00 Independent Uno/Card Game (AR3) 2:30 Afternoon Movie :Sister Act (AR3)
Daily Delights: Pick up in the lobby 12 10:00 YouTube Exercise on TV (AR3) 3:00 Church Service (DR1)	Daily Delights: Pick up in the lobby 13 10:00 Sit and Fit with Paula (AR3) 11:00 Learn about Roanake Island and the Mystery Around it (AR3) 2:00 Wacky Wordies (AR3) 3:00 Monthly Cornhole Tournament (AR3)	Daily Delights: Pick up in the lobby 14 9:30 Balloon Toss and Tunes (AR3) 11:00 White Board Games A-Z (AR3) 2:00 Tuesday Tranquility: Meditation and Yoga (AR3) 3:00 Armchair Travel: Celebrating France for Bastille day (AR3) 4:00 Music with Callie and Maddie (AR3)	Daily Delights: Pick up in the lobby 15 9:00 Happy Trails Walking Group (L) 10:00 Catholic Church Communion (CK2:) 10:00 Exercise with Kati (AR3) 10:30 Catholic Lesson with Teresa (CK2:) 11:00 Let's Make Magnets (AR3) 3:00 Bingo (DR1)	Daily Delights: Pick up in the lobby 16 10:00 Ageless Grace with Tanya (AR3) 11:00 Independent LCR Dice Game (AR3) 2:30 Afternoon Movie and Snacks : Jerry and Marge Go Large (AR3)	Daily Delights: Pick up in the lobby 17 10:00 Sit and Fit with Paula (AR3) 11:00 Independent DICE & UNO (AR3) 3:00 Friday Music with Ray & Jeff (DR1) 7:00 Independent Music with Bettie Morrow (C)	Daily Delights: Pick up in the lobby 18 11:00 Bingo with Lisa (AR3) 2:30 Afternoon Movie: The Intern (AR3)
Daily Delights: Pick up in the lobby 19 10:00 YouTube Exercise on TV (AR3) 3:00 Church Service (DR1)	Daily Delights: Pick up in the lobby 20 10:00 Sit and Fit with Paula (AR3) 11:00 Celebrating the Moon Landing: Video (AR3) 3:00 Resident Council (All Residents Welcome) (AR3) 3:30 Food Committee (AR3)	Daily Delights: Pick up in the lobby 21 9:30 Balloon Toss and Tunes (AR3) 11:00 Name 5 Word Game (AR3) 12:30 Men's Lunch (CK2:) 2:00 Independent Word Games (AR3) 3:00 Jeopardy (AR3)	Daily Delights: Pick up in the lobby 22 9:00 Happy Trails Walking Group (L) 10:00 Catholic Church Communion (CK2:) 10:00 Exercise with Kati (AR3) 10:30 Catholic Lesson with Teresa (CK2:) 3:00 Bingo (DR1)	Daily Delights: Pick up in the lobby 23 10:00 Ageless Grace with Tanya (AR3) 11:00 Wacky Word Games (AR3) 2:30 3D Flower Crafting (AR3)	Daily Delights: Pick up in the lobby 24 10:00 Sit and Fit with Paula (AR3) 11:00 Pokeno (DR1) 3:00 Watermelon and Music with Gil (DR1) 7:00 Independent Music with Bettie Morrow (C)	Daily Delights: Pick up in the lobby 25 11:00 Independent Uno/Card Game (AR3) 2:30 Afternoon Movie (AR3)
Daily Delights: Pick up in the lobby 26 10:00 YouTube Exercise on TV (AR3) 3:00 Church Service (DR1)	Daily Delights: Pick up in the lobby 27 Great American Road Trip: Alabama 10:00 Sit and Fit with Paula (AR3) 11:00 Making Peanutbutter Pie (CK2:) 2:00 Yoga and Meditation (AR3) 3:00 Armchair Travel: Alabama (AR3)	Daily Delights: Pick up in the lobby 28 9:30 Balloon Toss and Tunes (AR3) 11:00 Trivia Time: Can you guess it? (AR3) 3:00 Sweet & Savory Ladies Soirée (DR1) 4:00 Music with Callie and Maddy (DR1)	Daily Delights: Pick up in the lobby 29 10:00 Catholic Church Communion (CK2:) 10:00 Exercise with Kati (AR3) 10:30 Catholic Lesson with Teresa (CK2:) 3:00 Bingo (DR1)	Daily Delights: Pick up in the lobby 30 10:00 Ageless Grace with Tanya (AR3) 11:00 Are You Smarter Than A 5th Grader? (AR3) 2:30 Paint Like Picasso (AR3)	Daily Delights: Pick up in the lobby 31 10:00 Sit and Fit with Paula (AR3) 11:00 Pokeno (DR1) 3:00 Under the Sea Social with Music From Eric Metts (AR3) 7:00 Independent Music with Bettie Morrow (C)	