

“Look deep into nature  
and you will understand  
everything better”

— *Albert Einstein*

May Birthday's

Edith Fisher 5/7  
Frances Frydman 5/7

Staff Birthday's

LaShon Knox 5/2  
GiGi Wright 5/5  
Justin Abramsky 5/13

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!

***Cheryl Crainshaw from  
Hearing Life will be with us  
on the fourth Thursday of  
each month at 2:00 PM to  
conduct hearing aid checks  
and cleaning.***

**MEMORIAL DAY**



**Remember and Honor**

*The  
Kempston*

AT BRIGHTMORE



CATERED ASSISTED LIVING

**May 2026**

Upcoming May Highlights:

Every Friday Evening Meet in the Conference  
Room for Independent Music  
with Bettie Morrow 7PM

Friday, May 1, 2026 3:00PM  
Kentucky Derby Social  
Join us for Treats and Derby Fun

Friday, May 8, 2026 3:00PM  
Monthly Birthday Party  
Music From Scottie Stringz

Saturday, May 9, 2026 3:00PM  
Mother's Day Social  
Music from Susan Savia

Monday, May 18, 2026 3:00PM  
Resident Council and Food Committee

Thursday, May 21, 2026 3:00PM  
Sip & Savor Wine Social

Friday, May 22, 2026 3:00PM  
Lemonade and Lyrics Social with Gil

Wednesday, May 27, 2026 3:00PM  
World Smile Day Party  
with Music from Ray & Jeff



**Bake Sale for ALS  
Friday May 29th, 2026**

Drop by for a yummy bake sale  
from 10 to 2 in the lobby!

Plus, grab some adorable  
handmade crafts while you're  
here!

# May 2026

## The Kempton at Brightmore of Wilmington



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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**Locations Legend**  
 Activity Room 3 (AR3)  
 Dining Room 1 (DR1)  
 Country Kitchen 2 (CK2:)  
 Conference Room (C)  
 Lobby (L)  
 Outing (O)

					<b>Daily Delights: Pick up in the lobby 1</b> 10:00 Sit and Fit with Paula (AR3) 11:00 Pokeno (DR1) 3:00 Kentucky Derby Social (DR1) 7:00 Independent Music with Bettie Morrow (C)	<b>Daily Delights: Pick up in the 2 lobby</b> 11:00 Independent Uno/Card Game (AR3) 2:30 Afternoon Movie (AR3)
<b>Daily Delights: Pick up in the 3 lobby</b> 10:00 YouTube Exercise on TV (AR3) 3:00 Church Service (DR1)	<b>Daily Delights: Pick up in the lobby 4</b> 10:00 Sit and Fit with Paula (AR3) 11:00 Word Game Monday: Begins with... (AR3) 2:00 Making Cards For Nurses Day! (L) 3:00 Making No Bake Eclair Pie (CK2:)	<b>Daily Delights: Pick up in the lobby 5</b> <b>Cinco De Mayo</b> 9:30 Balloon Toss and Tunes (AR3) 11:00 Arm Chair Travel To Mexico (AR3) 3:00 Cinco De Mayo Chips and Margarita Punch (DR1)	<b>Daily Delights: Pick up in the lobby 6</b> 10:00 Catholic Church Communion (CK2:) 10:00 Exercise with Kati (AR3) 10:30 Catholic Lesson with Teresa (CK2:) 11:00 LCR Dice Game, Puzzles and Uno (AR3) 3:00 Bingo (DR1)	<b>Daily Delights: Pick up in the lobby 7</b> 10:00 Ageless Grace with Tanya (AR3) 11:00 Name 5 Trivia Game (AR3) 2:00 Color with Me (AR3) 3:00 Jeopardy (AR3)	<b>Daily Delights: Pick up in the lobby 8</b> 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)	<b>Daily Delights: Pick up in the 9 lobby</b> 11:00 Bingo with Lisa (AR3) 3:00 Mother's Day Music with Susan (DR1)
<b>Daily Delights: Pick up in the lobby 10</b> <b>Mother's Day</b> 10:00 YouTube Exercise on TV (AR3) 12:00 Mother's Day Lunch (DR1) 3:00 Church Service (DR1)	<b>Daily Delights: Pick up in the lobby 11</b> 9:00 Happy Trails Walking Group (L) 10:00 Sit and Fit with Paula (AR3) 11:00 Word Mining Word Game (AR3) 2:30 Let's Paint: Pink Flamingos Painting (AR3)	<b>Daily Delights: Pick up in the lobby 12</b> 9:30 Balloon Toss and Country Music (AR3) 11:00 Uno & LCR Dice Game (AR3) 12:30 Men Lunch (CK2:) 2:30 TV Game Show Time (AR3) 4:00 Piano Music with Maddie (DR1)	<b>Daily Delights: Pick up in the lobby 13</b> 10:00 Catholic Church Communion (CK2:) 10:00 Exercise with Kati (AR3) 10:30 Catholic Lesson with Teresa (CK2:) 11:00 Morning Trivia (AR3) 11:00 Happy Trails Walking Group (L) 3:00 Bingo (DR1)	<b>Daily Delights: Pick up in the lobby 14</b> <b>The Great American Road Trip: Tennessee</b> 10:00 Ageless Grace with Tanya : Tennessee Edition (AR3) 11:00 Armchair Travel: Tennessee (AR3) 2:00 Tennessee Word Game (AR3) 3:00 Tennessee Trivia and Treats (DR1)	<b>Daily Delights: Pick up in the lobby 15</b> 10:00 Sit and Fit with Paula (AR3) 11:00 Pokeno (DR1) 3:00 Friday Ice Cream Social and Name That Tune (DR1) 7:00 Independent Music with Bettie Morrow (C)	<b>Daily Delights: Pick up in 16 the lobby</b> 11:00 Independent Uno/Card Game (AR3) 2:30 Afternoon Movie (AR3)
<b>Daily Delights: Pick up in the lobby 17</b> 10:00 YouTube Exercise on TV (AR3) 3:00 Church Service (DR1)	<b>Daily Delights: Pick up in the lobby 18</b> 10:00 Sit and Fit with Paula (AR3) 11:00 Movies & Stars Trivia (AR3) 3:00 Resident Council (All Residents Welcome) (AR3) 3:30 Food Committee (AR3)	<b>Daily Delights: Pick up in the lobby 19</b> 9:30 Balloon Toss and Tunes (AR3) 10:45 Out To Lunch At Rucker Johns (Must Sign up) (O) 11:00 Independent Uno & Dice Game (AR3) 2:30 Butterfly Flower Craft (AR3)	<b>Daily Delights: Pick up in the lobby 20</b> 10:00 Catholic Church Communion (CK2:) 10:00 Exercise with Kati (AR3) 10:30 Catholic Lesson with Teresa (CK2:) 3:00 Bingo (DR1)	<b>Daily Delights: Pick up in the lobby 21</b> 9:00 Happy Trails Walking Group (L) 10:00 Ageless Grace with Tanya (AR3) 11:00 Word in a Word (AR3) 2:00 Hearing Aid Checks with Hearing Life (C) 3:00 Sip & Savor Social Hour (AR3)	<b>Daily Delights: Pick up in the lobby 22</b> 10:00 Sit and Fit with Paula (AR3) 11:00 Pokeno (DR1) 3:00 Lemonade and Lyrics Social with Gil (DR1) 7:00 Independent Music with Bettie Morrow (C)	<b>Daily Delights: Pick up in 23 the lobby</b> 11:00 Bingo with Lisa (AR3) 2:30 Afternoon Movie (AR3)
<b>Daily Delights: Pick up in the lobby 24</b> 10:00 YouTube Exercise on TV (AR3) 3:00 Church Service (DR1)	<b>Daily Delights: Pick up in the lobby 25</b> <b>Memorial Day</b> 10:00 Sit and Fit with Paula (AR3) 11:00 Word Game: Category Sprint (AR3) 2:30 Ice Cream Social (DR1)	<b>Daily Delights: Pick up in the lobby 26</b> <b>Senior Fitness Day</b> 9:30 Out Shopping: Target Must Sign Up (O) 10:30 Independent Dice & Uno (AR3) 2:00 Afternoon Yoga & Stretch with Tanya (AR3) 3:00 Monthly Cornhole Tournament (AR3)	<b>Daily Delights: Pick up in the lobby 27</b> 10:00 Catholic Church Communion (CK2:) 10:00 Exercise with Kati (AR3) 10:30 Catholic Lesson with Teresa (CK2:) 3:00 World Smile Day Party with Ray & Jeff (DR1)	<b>Daily Delights: Pick up in the lobby 28</b> 10:00 Ageless Grace with Tanya (AR3) 11:00 Coffee Social: Best Vacations (AR3) 2:00 Hearing Aide Checks with Cheryl (C) 3:00 Double Bingo (DR1)	<b>Daily Delights: Pick up in the lobby 29</b> <b>Celebrating National Smile Day</b> 10:00 Sit and Fit with Paula (AR3) 10:00 Kindness Crew: Bake Sale for ALS (L) 11:00 Pokeno (DR1) 3:00 Butterbean Auction (DR1) 7:00 Independent Music with Bettie Morrow (C)	<b>Daily Delights: Pick up in the lobby 30</b> 11:00 Independent Uno/Card Game (AR3) 2:30 Afternoon Movie (AR3)
<b>Daily Delights: Pick up in the lobby 31</b> 10:00 YouTube Exercise on TV (AR3) 3:00 Church Service (DR1)						<b>Calendar Subject To Change To Meet The Needs Of Our Residents. Changes Will Be Posted</b>