

Fill Up on Turkey Trivia

- A turkey typically has about 70 percent white meat and 30 percent dark meat
- Americans eat about 690 million pounds of turkey on Thanksgiving
- Astronauts eat turkey dinner on Thanksgiving, too
- The process of deep-frying turkeys for Thanksgiving originated in Louisiana

November Birthday's:

11/1 Rene S.
11/2 Sandy D.
11/5 Pat B.
11/21 Orman. E
11/26 Laura B.

Staff Birthday's
11/2 Rhea Marshall
11/9 Tanisia Gause
11/11 Dot Jordan
11/11Michelle Miller





The Kempton AT BRIGHTMORE
CATERED ASSISTED LIVING

November 2026

Special Musical Events

November 2nd
3:00PM Music with Jim Seem
November 11th
3:00PM Veterans Day Social with Susan
Join us as we celebrate our Veterans
November 13th
3:00PM Monthly Birthday Social with Ray & Jeff
November 20th
3:00PM Wine & Cheese with Ray & Jeff
November 27th
3:00PM Music with Gil Bowen

Don't forget join Bettie Morrow's Independent Music every Friday at 7:00PM in the conference room.

Save the date:
December 9th 6:00PM
Annual Holiday Party with Scottie Stringz



Weekly Wellness Classes

Mondays & Fridays at 10 AM:
Sit & Fit with Paula!
Tuesdays at 9:30AM:
Balloon Games
Wednesdays at 9:45AM:
Exercise led by Kati From Brightmore Independent!
Thursdays at 10 AM:
Ageless Grace & Musical Movement with Tanya!

November 2026

The Kempton at Brightmore of Wilmington

The Kempton AT BRIGHTMORE
CATERED ASSISTED LIVING

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 **Daily Delights: Pick up in the lobby** **Daylight Savings Time Ends** 10:00 YouTube Exercise on TV (AR3) 3:00 Church Service (DR1)	**2** **Daily Delights: Pick up in the lobby** 10:00 Sit and Fit with Paula (AR3) 11:00 A-Z Words in Flight (AR3) **2:15 Resident Meeting (AR3)** **3:00 Music with Jim Seem (DR1)**	**3** **Daily Delights: Pick up in the lobby** 9:30 Balloon Toss and Tunes (AR3) 11:00 Youtube Flashback & Trivia: 1970s (AR3) 2:00 Wacky Word Games (AR3) 3:00 Cornhole (AR3)	**4** **Daily Delights: Pick up in the lobby** 9:45 Exercise with Kati (AR3) 10:00 Catholic Church Communion (CK2:) 10:30 Catholic Lesson with Teresa (CK2:) 11:00 The Brainy Bunch Trivia Group (AR3) 3:00 Bingo (DR1)	**5** **Daily Delights: Pick up in the lobby** 9:00 Happy Trails Walking Group (L) 10:00 Ageless Grace with Tanya (AR3) 11:00 Thursday Whiteboard Games (AR3) **2:30 Lets Paint: Cornucopia (AR3)**	**6** **Daily Delights: Pick up in the lobby** 10:00 Sit and Fit with Paula (AR3) 11:00 Pokeno (AR3) **3:00 AL Oylmpics Awards (AR3)** **7:00 Independent Music with Bettie Morrow (C)**	**7** **Daily Delights: Pick up in the lobby** 11:00 Bingo with Lisa (AR3) 2:30 Afternoon Movie (AR3)
8 **Daily Delights: Pick up in the lobby** 10:00 Morning Movie (AR3) 3:00 Church Service (DR1)	**9** **Daily Delights: Pick up in the lobby** 10:00 Sit and Fit with Paula (AR3) 11:00 Whiteboard Games with Morgan (AR3) 2:00 Walks around the Pond (FP) **3:00 Teaching Kitchen with Tori (CK2:)**	**10** **Daily Delights: Pick up in the lobby** 9:30 Balloon Toss and Tunes (AR3) **11:00 Out To Lunch (O)** 2:00 London Word Searches (AR3) **3:00 London Travelogue with Katheryn (AR3)**	**11** **Daily Delights: Pick up in the lobby** **Veteran's Day** 9:45 Exercise with Kati (AR3) 10:00 Catholic Church Communion (CK2:) 10:30 Catholic Lesson with Teresa (CK2:) **10:30 Veterans Singing Group Outing (O)** 11:00 LCR Dice Game (AR3) **3:00 Veterans Day Social & Ceremony (DR1)**	**12** **Daily Delights: Pick up in the lobby** 9:00 Happy Trails Walking Group (L) 10:00 Ageless Grace with Tanya (AR3) 11:00 Word In A word (AR3) **2:00 Therapy Dog Visits with Dave (IR)** 3:00 Thursday Bingo (DR1)	**13** **Daily Delights: Pick up in the lobby** **World Kindness Day** 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)**	**14** **Daily Delights: Pick up in the lobby** 11:00 Independent Uno/Card Game (AR3) **11:00 Friendsgiving Meet up with our friends from Delta Zeta (DR1)** 2:30 Afternoon Movie (AR3)
15 **Daily Delights: Pick up in the lobby** 10:00 Morning Movie (AR3) 3:00 Church Service (DR1)	**16** **Daily Delights: Pick up in the lobby** 10:00 Sit and Fit with Paula (AR3) 11:00 Remember When: Trivia and Reminiscing Game (AR3) 3:00 Resident Council (All Residents Welcome) (AR3) 3:30 Food Committee (AR3)	**17** **Daily Delights: Pick up in the lobby** 9:30 Balloon Toss and Tunes (AR3) 10:45 Whiteboard Games (AR3) **2:30 Crafts with Lessa (AR3)**	**18** **Daily Delights: Pick up in the lobby** 9:45 Exercise with Kati (AR3) 10:00 Catholic Church Communion (CK2:) 10:30 Catholic Lesson with Teresa (CK2:) 11:00 Getting to Know you Shannon (AR3) 3:00 Bingo (DR1)	**19** **Daily Delights: Pick up in the lobby** 9:00 Happy Trails Walking Group (L) 10:00 Ageless Grace with Tanya (AR3) 11:00 Jeopardy (AR3) 12:30 Men's Lunch (CK2:) **2:30 Holiday Stained Glass Projects (AR3)**	**20** **Daily Delights: Pick up in the lobby** 10:00 Sit and Fit with Paula (AR3) 11:00 Pokeno (DR1) **3:00 Wine & Cheese with Ray & Jeff (DR1)** **7:00 Independent Music with Bettie Morrow (C)**	**21** **Daily Delights: Pick up in the lobby** 11:00 Saturday Morning Games: Dice Game or Cards (AR3) 2:30 Afternoon Movie (AR3)
22 **Daily Delights: Pick up in the lobby** 10:00 Morning Movie (AR3) 3:00 Church Service (DR1)	**23** **Daily Delights: Pick up in the lobby** 10:00 Sit and Fit with Paula (AR3) 11:00 Cornhole (AR3) **2:00 Gratitude Coloring Group (AR3)** **3:00 Making Clay Christmas Ornaments (AR3)**	**24** **Daily Delights: Pick up in the lobby** **Great American Road Trip: Massachusetts** 9:30 Balloon Toss and Tunes (AR3) 11:00 Making a Boston Creme Poke Cake (AR3) 2:00 Massachusetts Word Game (AR3) **3:00 Great American Road Trip Travelogue (AR3)**	**25** **Daily Delights: Pick up in the lobby** 9:45 Exercise with Kati (AR3) 10:00 Catholic Church Communion (CK2:) 10:30 Catholic Lesson with Teresa (CK2:) 11:00 Friendly Thanksgiving Feud (AR3) 3:00 Bingo (DR1)	**26** **Daily Delights: Pick up in the lobby** **Thanksgiving** 12:00 Thanksgiving Lunch (DR1) 2:30 Thanksgiving Movie: Planes Trains and Automobiles (AR3)	**27** **Daily Delights: Pick up in the lobby** 11:00 Pokeno (DR1) **3:00 Friday Social with Gil Bowen (AR3)** **7:00 Independent Music with Bettie Morrow (C)**	**28** **Daily Delights: Pick up in the lobby** 11:00 Independent Uno/Card Game (AR3) 2:30 Afternoon Movie (AR3)
29 **Daily Delights: Pick up in the lobby** 10:00 Morning Movie (AR3) 3:00 Church Service (DR1)	**30** **Daily Delights: Pick up in the lobby** 9:00 Walks around the Pond (BoP) **11:00 Decorating our Clay Christmas Ornaments (AR3)** 3:00 Butterbean Auction (AR3)			Calendar Is Subject To Change To Meet The Needs Of Our Residents. Changes Will Be Posted	Locations Legend Activity Room 3 (AR3) Dining Room 1 (DR1) Country Kitchen 2 (CK2:) Conference Room (C) Lobby (L) Outing (O) Front Porch (FP) In Room (IR) Back @ Pond (BoP)	