

"By all these lovely tokens,
September days are here,
with summer's best of
weather and autumn's best of
cheer."

— H.H. Jackson



Weekly Wellness Classes

Mondays & Fridays at 10 AM:

Sit & Fit with Paula!

Tuesdays at 9:30AM:

Balloon Games

Wednesdays at 9:30AM:

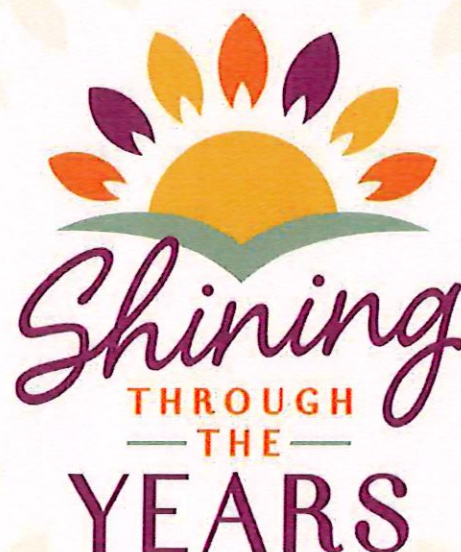
Exercise led by Kati From Brightmore
Independent!

Thursdays at 10 AM:

Ageless Grace & Musical Movement
with Tanya!

**National Assisted Living
Week is
September 14th-18th!**

**Come join us on a time travel
adventure as we Shine
Through The Years!**



The
Kempton
AT BRIGHTMORE



CATERED ASSISTED LIVING

**September Highlights:
Music Programs**

September 3rd 2:30PM

Thirsty Thursday with James Q

September 4th 3:00PM

Music and Harmony with Tara Jenkins

September 11th 3:00PM

Monthly Birthday Party with Scottie
Stringz

September 18th 3:00PM

1980's Party with Susan

September 25th 3:00PM

Friday Music with Gil

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

September Birthday:

Grace Aquilini 9/03

Jerry McIntosh 9/05

Karen McGee 9/14

Francis Jernigan 9/21

Libby McIntosh 9/24

Staff

Amy Robbins 9/04

Michelle Pope 9/18

Tanya Langley 9/25

**Save The Date
Annual Fall Festival:**

Friday, October 9th,
3:00 PM - 5:00 PM

Join us for music, food, a
petting zoo, raffles, and fun!
Proceeds benefit the
Alzheimer's Association.

September 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:) Lobby (L) Conference Room (C) Outing (O)		Daily Delights: Pick up in the lobby 1 9:30 Balloon Toss and Tunes (AR3) 11:00 Paint your own succulent plant holder (AR3) 2:00 Word Ladder Word Games (AR3) 3:00 Explore the Wonders of the World (AR3)	Daily Delights: Pick up in the lobby 2 9:30 Exercise with Kati (AR3) 10:00 Catholic Church Communion (CK2:) 10:30 Catholic Lesson with Teresa (CK2:) 11:00 LCR Dice Game (AR3) 3:00 Bingo (DR1)	Daily Delights: Pick up in the lobby 3 9:00 Happy Trails Walking Group (L) 10:00 Ageless Grace with Tanya (AR3) 11:00 Thursday White Board Games (AR3) 2:30 Music with James Q (DR1)	Daily Delights: Pick up in the lobby 4 10:00 Sit and Fit with Paula (AR3) 11:00 Pokeno (DR1) 3:00 Music & Harmony with Tara Jenkins (DR1) 7:00 Independent Music with Bettie Morrow (C)	Daily Delights: Pick up in the lobby 5 11:00 Independent Uno/Card Game (AR3) 2:30 Afternoon Movie (AR3)
Daily Delights: Pick up in the lobby 6 10:00 YouTube Exercise on TV (AR3) 3:00 Church Service (DR1)	Daily Delights: Pick up in the lobby 7 Labor Day 10:00 Sit and Fit with Paula (AR3) 11:00 Making Mandarin Orange Cake (CK2:) 2:00 Kindness Crew Crafting : Love What You Do Alzheimer's Project (AR3) 3:00 Great Courses: Discovering our National Parks: Sequoia (AR3)	Daily Delights: Pick up in the lobby 8 9:30 Balloon Toss and Tunes (AR3) 10:30 Making Fall Door Hangers (AR3) 2:30 Fall & Halloween Door Hangers: Part 2 (AR3)	Daily Delights: Pick up in the lobby 9 9:30 Exercise with Kati (AR3) 10:00 Catholic Church Communion (CK2:) 10:30 Catholic Lesson with Teresa (CK2:) 11:00 LCR Dice Game (AR3) 3:00 Bingo (DR1)	Daily Delights: Pick up in the lobby 10 9:00 Happy Trails Walking Group (L) 10:00 Ageless Grace with Tanya (AR3) 11:00 White Board Games: Name 5 (AR3) 2:00 Planting our Succulents (AR3) 3:00 Monthly Cornhole Tournament (AR3)	Daily Delights: Pick up in the lobby 11 Patriot 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)	Daily Delights: Pick up in the lobby 12 11:00 Bingo with Lisa (AR3) 2:30 Afternoon Movie (AR3) 2:30 Painting with Our Friends from Delta Zeta (AR3)
Daily Delights: Pick up in the lobby 13 10:00 YouTube Exercise on TV (AR3) 3:00 Church Service (DR1)	Daily Delights: Pick up in the lobby 14 Assisted Living Week: Shining Through The Years Wild, Wild West Day 10:00 Sit and Fit with Paula (AR3) 11:00 Making Wild Wild West Treats (CK2:) 2:00 Wild Wild West Word Games (AR3) 3:00 You tube Look Back: Learning about the Wild Wild West (AR3)	Assisted Living Week: Shining Through The Years 15 Daily Delights: Pick up in the lobby 1950's Day 9:30 Balloon Toss and Tunes (AR3) 11:00 1950's a Virtual Look Back (AR3) 3:00 Sock Hop: Allan Nicosea (DR1)	Assisted Living Week: Shining Through The Years 16 Daily Delights: Pick up in the lobby 1980's Day 9:30 Exercise with Kati (AR3) 10:00 Catholic Church Communion (CK2:) 10:30 Catholic Lesson with Teresa (CK2:) 11:00 1980's Look Back (AR3) 3:00 Neon Double Bingo (DR1)	Assisted Living Week: Shining Through The Years 17 Daily Delights: Pick up in the lobby Roarin 20's Day 9:00 Happy Trails Walking Group (L) 10:00 Ageless Grace with Tanya (AR3) 11:00 Making Flapper Headbands (AR3) 3:15 Great Gatsby Speakeasy Social (AR3)	Assisted Living Week: Shining Through The Years 18 Daily Delights: Pick up in the lobby 1960's Day: Flower Power 10:00 Sit and Fit with Paula (AR3) 11:00 Pokeno (DR1) 7:00 Independent Music with Bettie Morrow (C)	Daily Delights: Pick up in the lobby 19 11:00 Independent Uno/Card Game (AR3) 2:30 Afternoon Movie (AR3)
Daily Delights: Pick up in the lobby 20 10:00 YouTube Exercise on TV (AR3) 3:00 Church Service (DR1)	Daily Delights: Pick up in the lobby 21 10:00 Sit and Fit with Paula (AR3) 11:00 Travelogue: Iceland (AR3) 12:30 Men's Lunch (AR3) 3:00 Resident Council (All Residents Welcome) (AR3) 3:30 Food Committee (AR3)	Daily Delights: Pick up in the lobby 22 9:30 Balloon Toss and Tunes (AR3) 11:00 LCR Dice Game (AR3) 11:00 Out To Lunch (Must Sign Up) (O) 2:30 Crafting with Lesa (Must Sign Up) (AR3)	Daily Delights: Pick up in the lobby 23 9:30 Exercise with Kati (AR3) 10:00 Catholic Church Communion (CK2:) 10:30 Catholic Lesson with Teresa (CK2:) 11:00 Wacky Wordies (AR3) 3:00 Bingo (DR1)	Daily Delights: Pick up in the lobby 24 9:00 Happy Trails Walking Group (L) 10:00 Ageless Grace with Tanya (AR3) 11:00 Thursday White Board Games (AR3) 3:00 Jeopardy (AR3)	Daily Delights: Pick up in the lobby 25 10:00 Sit and Fit with Paula (AR3) 11:00 Pokeno (DR1) 3:00 Friday Rainbow social with Gil (DR1) 7:00 Independent Music with	Daily Delights: Pick up in the lobby 26 11:00 Bingo with Lisa (AR3) 2:30 Afternoon Movie (AR3)
Daily Delights: Pick up in the lobby 27 10:00 YouTube Exercise on TV (AR3) 3:00 Church Service (DR1)	Daily Delights: Pick up in the lobby 28 10:00 Sit and Fit with Paula (AR3) 11:00 The Greatest Average American Game! (AR3) 2:00 Mindfulness Coloring Group (AR3)	Daily Delights: Pick up in the lobby 29 Great American Road Trip: Arkansas 9:30 Balloon Toss and Tunes (AR3) 11:00 Making Possum Pie (AR3) 2:00 Arkansas Word Games (AR3) 3:00 Virtual Trip to Arkansas (AR3) 3:00 Cooking with Justin (DR1)	Daily Delights: Pick up in the lobby 30 9:30 Exercise with Kati (AR3) 10:00 Catholic Church Communion (CK2:) 10:30 Catholic Lesson with Teresa (CK2:) 11:00 LCR Dice Game (AR3) 3:00 Bingo (DR1)	Calendar Subject To Change To Meet The Needs of Our Residents. Changes will be posted		