

The Great Courses Educational Study Showing Monday's and Wednesdays at 3:00 pm (MR) Documentary Series: Tuesday & Thursday's 3:00pm (MR) Abraham Lincoln "Abraham Lincoln" tells the true story of America's iconic 16th president. Across three two-hour episodes, the mini-series immerses viewers into the world and story of Abe before Lincoln. A young man looking to make his mark, who grows into a leader.

Euchre Group Thursday's, 10:30am (EDR) Euchre is a card game in which each player is dealt five cards and the player making trump must take three tricks to win a hand. Takes four players to play. Come if you already know how to play or want to learn!

Cholesterol Screenings by Novant Health Tuesday, February 4th 10:00am-12noon (EDR)

Valentine's Day Trivia & Name That Tune with Eldercare Friday, February 7th 11am(SU)EDR Eldercare will be here today to have some fun with a couple of games with prizes!!!

Safe Stretches for you Neck & Shoulder Pain Tuesday, February 11th 11:00am (CH) SU Dr. Brian Heer our presenter today, is the owner of the two Stretch Zone Wilmington locations and is a retired physician with 22 years of experience in the Wilmington area. Dr. Heer will explain the most common muscles involved in neck and shoulder problems and will demonstrate some safe at-home stretches to help you improve your posture and live your best life.

Brightmore's Book Club: Thursday, February 20th 2:00pm (CH) February the club is discussing their favorite love poem/ book.

Victory Undone. African American Civil War Veterans & the Wilmington Coup d'etat Monday, February 24th 11am (SU)CH

In February 1865, African American soldiers & sailors helped take Wilmington from Confederate control. Several Black veterans remained in the port city after the Civil War. They created new lives as citizens & members of their communities with new voting and civil rights guaranteed by law. Wilmington became a majority Black city with a thriving middle class until the white supremacist violence of 1898. This Black History Month, join Bennett Place Historic Site manager Kaitlin O'Connor, formerly of Fort Fisher, to learn more about the experiences of Civil War veterans who lived through the Wilmington Coup & Massacre.

NHC Core Library Visit Thursday, February 27th 12 noon (PR) CORE is a service that the NHC Library provides monthly— where you may request, check out and return your library books. All here at Brightmore

Devotional w/ Angela Friday, February 28th 10:30 am (CH) SU Everyone is Welcome!

Celebrations, Socials & Entertainment

Resident Led \$1 Bingo Thursday, February 13th & 27th 3:00pm (PR) More Bingo! One of our residents is excited to organize, lead and call Bingo on these dates.

Meet Your Neighbors Monday, February 17th 11:00am This month's theme is how you met your spouse! Share your short story—we have the ability to hear from multiple residence.

Prize Bingo: Wednesday, February 5th & 19th 3:00pm (EDR)

Red Wine Tasting Happy Hour Friday, February 7th 4:00pm (PR) It has been shown that drinking red wine can be GOOD for your heart, so during Heart Month, join Chris from Morrison to learn all about a few different RED wines.

February: National Muffin Day Monday February 20th PR 2:00pm Come enjoy a little afternoon treat today!

BYOD! "Bring Your Own Drink" Every Friday at 4:00 pm (PR) Snacks are provided- come down to relax and visit with your neighbors and friends!

Weekend Movies: Every Saturday @ 7:30pm (MR) & Sunday @ 6:00pm (MR)



Movie Matinee

Sleepless in Seattle

Friday, February 21st at 2:00 pm MR

After the death of his wife, Sam Baldwin moves to Seattle with his son, Jonah. When Jonah calls in to a talk-radio program to find a new wife for his father, Sam grudgingly gets on the line to discuss his feelings. Annie Reed, a reporter in Baltimore, hears Sam speak and falls for him. Unsure where it will lead, she writes Sam a letter asking him to meet her at the Empire State Building on Valentine's Day.

February Wellness Corner

Heart Health Month is celebrated every February to raise awareness about the importance of cardiovascular health and to encourage people to take steps toward reducing their risk of heart disease. It's a time to highlight healthy habits, such as maintaining a balanced diet, staying active, managing stress, and getting regular check-ups. By prioritizing heart health, we can reduce the impact of heart disease, which remains the leading cause of death worldwide

Don't have a designated buddy to swim with, but still want to swim? I have added in times on Tues. and Thurs. (1:30-2:30 pm) where you can come swim without a buddy, I will supervise so you can swim! Any other time you want to swim, you will NEED to have a buddy with you.

February 2025



February



Brightmore's February Special Events ...

Red Social & Granola Bar Monday, February 3rd 11:00am (PR)SU February is American Heart month, a time to raise awareness about heart disease and how to prevent it. Today, dress in your favorite red attire and join in a healthy bar of fruits, granola and yogurt. **Suggested donation \$3 for the Heart Association**

Chocolate & Coffee Tasting Tuesday February 4th 2:00pm (EDR)SU Look, smell and taste three different kinds of Chocolates and rate them noting the complexities like you would wine. Alongside our chocolates will be a variety of coffees—so that our group can notice acidity and sweetness while rating their favorites!

Thalian Community Theater: "A Few Good Men" Thursday, February 6th 7:00pm (EN) SU Tonight we will enjoy Aaron Sorkin's groundbreaking production that tells the story of a group of military lawyers assigned to defend two Marines in Guantanamo Bay. During the course of the trial, they uncover a high-level conspiracy designed to eliminate weaker soldiers in the name of patriotism.

2025 Super Bowl Party Friday, February 7th 2pm (FC) SU Come dressed in your favorite teams colors or spirit gear! Enjoy some traditional football snacks, play some games and watch some football highlights from the 2024/2025 season!

Wilmington Symphony Orchestra: "SAINT-SAËNS + RAVEL" Saturday, February 8th 7:00pm (EN) SU
Saint-Saëns: Cello Concerto No.1 Wagner: Prelude to *Die Meistersinger* Ravel: Daphnis & Chloë Suite No. 2
Brahms: *Academic Festival Overture*

NC Aquarium at Fort Fisher: "Living Seashells" Wednesday, February 12th 11am (CH) SU Join our friends from the Fort Fisher Aquarium to take a closer look at treasures found on North Carolina's beaches and hear the stories they have to tell. You may be surprised to learn where they come from and how they find themselves resting in the sand.

Fast Food Friday(S) 12:30pm (SU) EN Enjoy a quick trip out with Chad for some lunch! **February 14th:** Mess Hall **February 21st:** The Half **February 28th:** The Smoke House

Valentine's Day Happy Hour Friday, February 14th 3:45pm (SU) PR Enjoy the afternoon happy hour with your friends and neighbors enjoying some live piano music, sweet treats and drinks! **Do you have a photo of a significant other or someone you love that you would like to share? Pass it along to Renee—she is creating a DIGITAL slideshow for the afternoon. \$5 suggested donation to participate going towards the Heart Association**

Container Gardening Workshop w/ New Hanover County's Cooperative Extension Tuesday, February 18th 11:00am (SU) EDR Create beautiful container gardens with flowering plants in Valentine's colors like reds, pinks, and whites. Personalize your containers with heart-shaped picks or ribbons while learning about plant care and soil selection—making it both creative and educational. Along the way, our team of Master Gardener volunteers will provide guidance on selecting the right plants, preparing soil, and caring for container gardens. We'll also share helpful tips on watering, light needs, and maintaining healthy plants.

Duplin Winery: Lunch & Wine Tasting Thursday, February 27th 9:30am (SU) EN Travel to North Myrtle beach today to enjoy a delicious lunch followed by wine tasting and some free time in the gift shop. Duplin Winery are the makers of America's favorite Muscadine wine! The wine tastings let you sample at least ten preselected Duplin wines while one of the associates will walk you through the flavors and history of each wine.

NewCommers & Birthday Party Friday February 28th 2:30pm. (DR) Welcome back the Ukuholics for some up-beat fun party music played on the ukulele!

February is Heart Health Month!

To recognize Heart Health Brightmore will be celebrating with activities as well as raising money! Support the efforts by purchasing handmade valentine cards, buying a 50/50 raffle ticket, wearing RED on Feb 3rd & Feb 7th, come to the Valentine Happy Hour or simply join in on an exercise class to keep your heart happy!

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

Abbreviations

- CH Chapel
- CR Card /Activity Room
- EN Entrance/Main Lobby
- FC Fitness Center
- SR- 1 Sunroom 1st FL
- SR-2 Sunroom 2nd Fl
- SR-3 Sunroom 3rd Fl
- TV-2 Media Room 1st Fl
- DR Dining Room
- LIBR Library
- MR Media Room
- BLR Billiards Room 2nd Fl
- PR Parlor
- CY Courtyard
- AO Activity Office/2nd Floor
- EDR Extended Dining Rm.
- CH 1395 Community Channel
- SU Sign Up
- rsvd Reserved
- Ind Act. Independent Activity

Resident Birthdays!

- Genevieve Berray Feb 03
- Mary Becker Feb 04
- Jack Custer Feb 06
- Robert Carroll Feb 09
- Madeleine Arnold Feb 10
- Carol Milam Feb 10
- Robert Kahan Feb 19
- Patricia Hawkins Feb 19
- Virginia Bredeck Feb 23
- Lawton Salley Feb 23
- Ann Rosser Feb 24
- Marie Cherry Feb 25



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10:45 Rhythm, Strength & Dance (FC)
1:00 Qigong Class (SU) FC
2:00 Hand & Foot Canasta CR
7:30 Movie (MR)

Groundhog Day 2
10:20 Grace United
Methodist Bus Pick up (SU) EN
10:45 Pine Valley
Methodist Bus Pick Up (SU) EN
6:00 Movie (MR)

Wear Red Day 3
9:00 Medical Appt./Walmart
11:00 Granola Social (SU)PR
1:00 Medical Appt./Personal
2:00 Scrabble Game Ext DR
3:00 Great Courses MR

9:00 Medical Appt. (Personal) 4
10:00am-12 noon Cholesterol Screenings by Novant Health (EDR)
1:00 Medical Appt./Personal
2:00 Hand & Foot Canasta CR
2:00 Coffee & Chocolate Tasting (SU)EDR
3:00 Documentary (MR)
7:15 Chapel Service CH

9:00 Medical Appt Pers. 5
10:00 Catholic Communion
1:00 Medical Appt./Personal (SU)
1:15 Handiwork Group CR
3:00 Great Courses (MR)
3:00 Prize Bingo (EDR)

9:00 Medical Appt./ Harris Teeter 6
10:30 Euchre (EDR)
2:00 Hand & Foot Canasta CR
3:00 Documentary (MR)
7:00 Thalian trip (SU)EN

National Wear Red Day 7
9:00 Medical Appt./ Personal
11:00 Trivia & Name That Tune (SU)EDR
2:00 Super Bowl Party (SU)FC
4:00 Resident "BYOD"(PR)
***Red Wine Tasting w/**

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10:45 Rhythm, Strength & Dance
2:00 Hand & Foot Canasta CR
7:00 Orchestra Trip (SU) EN
7:30 Movie (MR)

Super Bowl Sunday 9
10:20 Grace United
Methodist Bus Pick up (SU) EN
10:45 Pine Valley
Methodist Bus Pick Up (SU) EN
6:00 Movie (MR)

9:00 Medical Appt. Walmart 10
1:00 Medical Appt. Personal
2:00 Scrabble (EDR)
3:00 Great Courses MR

9:00 Medical Appt./ Persnl 11
11:00 Safe Stretches (SU) CH
1:00 Medical Appt./Persnl
2:00 Hand & Foot Canasta CR
3:00 Documentary (MR)
7:15 Chapel Service CH

9:00 Medical Appt./Personal 12
10:00 Catholic Communion CH
11:00 Aquarium Talk (SU)CH
1:00 Medical Appt./Personal
1:15 Handiwork Group CR
1:30 Food Committee (CH)
3:00 Great Courses (MR)

9:00 Medical Appt./ Harris Teeter 13
10:30 Euchre (EDR)
2:00 Hand & Foot Canasta CR
3:00 Documentary (MR)
3:00 \$1 Bingo (EDR)

Happy Valentines Day 14
9:00 Medical Appt./Personal
10:30 Java w/ Jess & Deb (PR)
12:30 Fast Food Friday (SU)
3:45 Valentine Happy Hour (SU)PR

15
10:45 Rhythm, Strength & Dance
1:00pm Qigong Class (SU) FC
2:00 Hand & Foot Canasta CR
7:30 Movie (MR)

10:20 Grace United 16
Methodist Bus Pick up (SU) EN
10:45 Pine Valley
Methodist Bus Pick Up (SU) EN
6:00 Movie (MR)

Presidents' Day 17
9:00 Medical Appt./ WLM
11:00 Meet your neighbor (SU)CH
1:00 Medical Appt. / Personal
2:00 Scrabble (EDR)
3:00 Great Courses MR

9:00 Medical Appt./Persnl 18
11:00 Container Gardening (SU)EDR
1:00 Medical Appt./Persnl
2:00 Hand & Foot Canasta CR
3:00 Documentary (MR)
7:15 Chapel Service CH

9:00 Medical Appt./Personal 19
10:00 Catholic Communion CH
1:00 Medical Appt./Personal
1:15 Handiwork Group CR
3:00 Great Courses (MR)
3:00 Prize Bingo (EDR)

9:00 Medical Appt./ Harris Teeter 20
10:30 Euchre (EDR)
2:00 H& F Canasta (CR)
2:00 Muffin Day (PR)
2:00 Book Club (CH)
3:00 Resident Association (FC)

9:00 Medical Appt./ Personal 21
9:30 Duplicate Bridge (EDR)
12:30 Fast Food Friday (SU)
2:00 Movie Matinee (MR)
4:00 Resident "BYOD" PR

22
10:45 Rhythm, Strength & Dance (FC)
2:00 Hand & Foot Canasta CR
7:30 Movie (MR)

10:20 Grace United 23
Methodist Bus Pick up (SU) EN
10:45 Pine Valley
Methodist Bus Pick Up (SU) EN
6:00 Movie (MR)

9:00 Medical Appt./ WLM 24
11:00 "Victory Undone" (SU) CH
1:00 Medical Appt./Personal
2:00 Scrabble (EDR)
3:00 Great Courses MR

9:00 & 1:00 Med Appts./ Personal 25
1:00 Medical Appt./Personal
2:00 Hand & Foot Canasta CR
3:00 Documentary (MR)
7:15 Chapel Service CH

9:00 Medical Appt./ Personal 26
10:00 Catholic Communion CH
1:00 Medical Appt./Personal
1:15 Handiwork Group CR
3:00 Great Courses (MR)

9:00 Medical Appt./ Harris Teeter 27
9:30 Duplin Winery (SU)EN
10:30 Euchre (EDR)
12:00 NHC Core Library (PR)
2:00 Hand & Foot Canasta CR
3:00 Documentary (MR)
3:00 \$1 Bingo (EDR)

9:00 Medical Appt./ Personal 28
10:30 Angela's Devotional (SU)CH
12:30 Fast Food Friday (SU)
2:30 NewCommers Party (PR)



Your calendar is created to provide you with a variety of activities based around the four components of our Brightmore lifestyle:

*Intellectual * Physical
* Social * Spiritual

Every Tuesday & Thursday's

Breakfast Biscuits at 9:00am (PR)

YOURSTAFF
Lisa Sherrill Executive Director
Angela Fox Business Office Manager
May Heath Sales and Marketing Director
Deana Martin Housekeeping Supervisor
April Royal Sales and Marketing Associate
Renee Mastrangelo: Life Enrichment Coordinator
Paul Bazzini: Campus Chef
Chris Garner: Director of Dining Services

Ashlen James LRT/CTRS
Wellness Coordinator
Frank Napoleon Maintenance Director
John Metzger Maintenance Worker
James Head Maintenance Worker
Fred Detterman Transportation
Chad Small Transportation
Jeanne Cole, Catherine Anthony, Donna Spinelli, Yemisi Coker Concierge
Christine Campbell: Assistant Director of Dining

For all transportation you MUST sign up in the transportation book located on the first floor.

Sign up's end at 5pm the night before.
Address and appointment time are required with each trip.

All trips meet in the main entrance.

