

Educational Studies, Crafts, Art & Games

The Great Courses Educational Study Showing Monday's and Wednesdays at 3:00 pm (MR)
Move it Monday Monday's 11 am With cooler weather we will start back walking at the pond. Meet there—5 laps is a mile!

Documentary Series: "Explained" Tues. & Thurs. (MR) 3:00pm This enlightening series from Vox digs into a wide range of topics.

National Stress Awareness Day Documentary Wednesday, November 6th 11:15am (MR) Nov 6th is National Stress Awareness Day—Join the movement to stress less— These episodes will explore the nuts and bolts of the stress response system and its biological and psychological impact on your everyday health.

Grief and End of Life Challenges for Older Adults Tuesday November 12th 11am (CH)

Licensed Clinical Mental Health Counselor- Associate, Latosha Jones will discuss difficult topics today—helping participants positively impact their well-being, including understanding and managing complicated grief, ensuring end-of-life care and comfort, and the importance of support systems and coping mechanisms.

Smart Phone 101 Wednesday, November 13th 11am (SU) CH Are you looking for some help on how to use your smartphone? Join Mathew from the Wal-Mart Tech department today to get all your questions answered!

Brightmore's Book Club: Thursday November 14th 3pm: (CH) All are welcome! This month's book is: "The Secret Life of Sunflowers" by Marta Molnar

Devotional w/ Angela Friday, November 15h 10:30 am (CH) SU Everyone is Welcome!

Crafting with Lisa—Holiday Santa Ornament Friday, November 15th 2:00pm (SU) EDR Lisa will be guest teaching this month with a cute little Santa ornament ready for the holidays!

Spinal Cord Stimulation Talk Monday, November 18th 11:00am (CH) Come hear about one of the latest pain management techniques. *Presented by: Abbott Neuromodulation*

Painting with Mo: Tuesday, November 19th : 2:00 pm (EDR) Everyone is an artist! No experience needed for this fun all levels class!

Fall Risk Assessment FYZICAL Physical Therapy Wednesday, November 20th 12:30-3:00 Are you or a loved one concerned about the risk of falling? A Pt from Fyzical will work 1/1 with you to determine: Identification of individual risk factors, Guidance and personalized recommendations to enhance safety - this will allow you proactive approach to maintaining independence and well-being.

NHC Core Library Visit Thursday, November 21st 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.

Resident Association Meeting Thursday, November 21st 3:00pm (FC) Come one come all to the quarterly Brightmore Resident Association Meeting—hear up-dates from staff and enjoy seeing all your neighbors!

Celebrations, Socials & Entertainment

Meet & Greet with Chad Small Monday, November 14th 1:00pm (PR) Stop by and chat with Chad today to learn about Brightmore's newest member of the transportation department!

Resident Led \$1 Bingo Thursday, November 7th 3:00pm (PR) More Bingo! One of our new residents is excited to organize, lead and call Bingo on these dates.

Prize Bingo: Wednesday, November 27th 3:00pm (EDR)

November is National Peanut Butter Month November 27th PR 2:00pm Come enjoy some yummy peanut butter treats while supplies last!

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

Planes, Trains & Automobiles

Friday, November 22nd at 2:00 pm MR

Neal Page (Steve Martin) is

trying to get home to Chicago to spend Thanksgiving with his wife and kids, his flight is rerouted to a distant city in Kansas because of a freak snowstorm, and his sanity begins to fray .

November Wellness Corner

First week of November are the Brightmore Olympics!

November is all about the Brightmore Olympics! Please join us for one, two or all of the games! You can have fun while challenging your neighbors in some friendly competition!



2324 South 41st St, Wilmington, NC 28403
(910) 350-1980
www.brightmoreofwilmington.com

November 2024



Brightmore's November Special Events ...

Day of the Dead Friday, November 1st 11am (CH) SU Day of the Dead or *Día de los Muertos* in Spanish, is a holiday celebrated in Mexico, Central America, and other parts of the world to honor the deceased and welcome their spirits back. It is considered a joyful time to remember the deceased, celebrate their memory, and honor their ancestors. Today, join Ashlen & Renee for a talk about this interesting international holiday, create a little craft and enjoy some Spanish language games!

Celebrate Fred Friday, November 1st 3pm (FC) SU As we all know, Fred has made the official leap into retirement since driving for Brightmore for the last eight years. Join us today to deliver your well wishes to Fred and enjoy some refreshments alongside your friends and neighbors.

Qigong Classes Saturday, November 2nd & 16th 1:00pm (FC) SU Pronounced "chi gong," was developed in China thousands of years ago as part of traditional Chinese medicine and often compared to Thai Chi. This class will continue to be offered as long as there is interest and residents attend.

Brightmore Olympics First Week of November: 4th-8th (SU) A full week of games that ranges from cornhole to billiards to a balloon drop! Full schedule has already been delivered to each apartment. Qualify winners have the choice to compete in the Liberty Games—March 2025 at our Charleston property—all expenses paid!

Election Day: Hop on the Bus Tuesday, November 5th 9:30am & 1:30pm Chad will be running to shuttles to the Senior Resource Center if you choose to vote on election day.

DINNER Trip: Zocalo St. Food Thursday, November 7th 4:45 pm (EN) SU Let's enjoy some Mexican food for DINNER this month.

Wilmington Symphony Orchestra Trip: Rachmaninoff & Mozart Jupiter The Symphonic Dances Saturday, November 9th 7:00pm (SU) EN Our first of the season—enjoy a night out at that CFCC Wilson Center while enjoying the music of Wilmington's very own orchestra.

Veterans Day Honoring Monday, November 11th 2:00pm (SU) CH Duke Ladd will be here to honor our Vet's with a performance of patriotic music. Following, head to the parlor for an ice cream social.

Tour of Wrightsville Beach Coast Guard Station Tuesday, November 12th 1:30 pm (SU) EN Get a behind the scenes tour of the Wrightsville Beach Coast Guard Station, watch a video, and if mobility allows, take a look at one of the vessels the Coast Guard uses.

World Kindness Day: Wednesday, November 13th (SU) EN Today is "World Kindness Day" Have you experience an act of kindness that you would like to acknowledge? Sheets of paper will be in the parlor starting November 1st. **On November 13th they will be displayed for everyone to see!**

"North Carolina Indians before the English" Wednesday, November 13th 2:00pm (SU) CH November is Native American month—today David La Vere—a UNCW professor on Native American studies will be here to discuss NC Native American culture and society of about 1500, before Native Americans encountered the Europeans.

Irish Splendor Trip Info Meeting: October 2025. Monday, November 25th 2:00pm (SU) CH Collette Tours has a trip to Ireland in 2025 available to Brightmore Residents. Today's meeting will cover the itinerary, cost, payment plans and all the details to allow you choose if you would like to be a part if this epic journey!

Taste of the World —See you in January

Turkey Trot & Thankful Breads Tuesday, November 26th 11:15am (SU) Pond Break out those walking shoes for a mile walk around the pond! 1 lap, 2 laps or all five—just come and have some fun! Following—enjoy Thankful Breads in the parlor amongst friends & neighbors!

NewComers & Birthday Party Friday November 29th 2:30pm. (DR) Welcome back Jazz Reflections for some cool beats and fun jams! You will want to wear your dancing shoes today!







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!

- Wray Satterfield Nov 07
- James Baker Nov 07
- Donna Trivone Nov 14
- Rose White Nov 17
- Bruce Bowker Nov 21
- Jacque Flanigan Nov 21
- Stephanie Murphy Nov 21
- Shirley Shea, Nov 24
- Rhonda Frazee Nov 25
- Patricia Rogers Nov 26
- JudithChertier Nov 30

 10:20 Grace United 3 Methodist Bus Pick up (SU) EN 10:45 Pine Valley Methodist Bus Pick Up (SU) EN 6:00 Movie (MR)	 <u>Brightmore Olympics</u> 4 9:00 Medical Appt./Walmart 1:00 Medical Appt./Personal 2:00 Scrabble Game Ext DR 3:00 Great Courses MR	 <u>Brightmore Olympics</u> 5 9:00 Medical Appt. (Personal) 9:00 Breakfast Biscuits PR 9:30 Voting Transportation (SU) 1:00 Medical Appt./Personal 1:30 Voting Transportation (SU) 2:00 Hand & Foot Canasta CR 3:00 Documentary (MR) 7:15 Chapel Service CH	 <u>Brightmore Olympics</u> 6 9:00 Medical Appt Personal 10:00 Catholic Communion 11:15 Stress Awareness Doc. (MR) 1:00 Medical Appt./Personal (SU) 1:15 Handiwork Group CR 1:30 Food Committee Meeting (CH) 3:00 Great Courses (MR)	 <u>Brightmore Olympics</u> 7 9:00 Medical Appt./Harris Teeter (SU) EN 9:00 Breakfast Biscuits PR 2:00 Hand & Foot Canasta CR 3:00 Resident Lead Bingo (EDR) 3:00 Documentary (MR) 4:45 Dinner Trip (SU) EN	9:00 Medical Appt./ Personal (SU) EN 1 9:30 Duplicate Bridge (EDR) 11:00 Hearing Life (SU) 11:00 Day of the Dead (SU) CH 1:00 Bus for early Voting (EN) 1:30 Alterations (SU) FC 3:00 Celebration for Fred (SU) FC 4:00 Resident "BYOB" (PR)	10:45 Rhythm, Strength & Dance (FC) 2 1:00 Qigong Class (SU) FC 2:00 Hand & Foot Canasta CR 7:30 Movie (MR)
10:20 Grace United 10 Methodist Bus Pick up (SU) EN 10:45 Pine Valley Methodist Bus Pick Up (SU) EN 6:00 Movie (MR)	11 9:00 Medical Appt. Walmart 11:00 MIM (Pond) 1:00 Medical Appt. Personal 2:00 Scrabble (EDR) 2:00 Veteran's Day Event (SU) CH / PR 3:00 Great Courses MR	12 9:00 Medical Appt./Persnl 9:00 Breakfast Biscuits (PR) 11:00 Talk on Grief (SU) CH 1:00 Medical Appt./Persnl 2:00 Hand & Foot Canasta CR 1:30 Coast Guard Trip (SU) 3:00 Documentary (MR) 7:15 Chapel Service CH	13 9:00 Medical Appt./Personal 10:00 Catholic Communion CH 11:00 Smart Phone 101 (SU) CH 1:00 Medical Appt./Personal 1:15 Handiwork Group CR 2:00 "Indians before English" SU CH 3:00 Great Courses <u>*World Kindness Day</u>	14 9:00 Medical Appt./Harris Teeter 9:00 Breakfast Biscuits PR 1:00 Get to know Chad Small Day (PR) 2:00 Hand & Foot Canasta CR 3:00 Documentary (MR) 3:00 Book Club- (CH)	15 9:00 Medical Appt./ Personal 10:30 Devotional w/ Angela (SU) CH 2:00 Holiday Craft w/ Lisa (SU) EDR 4:00 Resident "BYOD" (PR)	10:45 Rhythm, Strength & Dance 16 1:00pm Qigong Class (SU) FC 2:00 Hand & Foot Canasta CR 7:30 Movie (MR)
10:20 Grace United 17 Methodist Bus Pick up (SU) EN 10:45 Pine Valley Methodist Bus Pick Up (SU) EN 6:00 Movie (MR)	18 9:00 Medical Appt./ WLM 11:00 Spinal Cord Stimulation Talk (SU) CH 1:00 Medical Appt. Personal (SU) EN 2:00 Scrabble (EDR) 3:00 3:00 Great Courses MR	19 9:00 Medical appt/ Personal 9:00 Breakfast Biscuits PR 1:00 Medical Appt./Personal 2:00 Hand & Foot Canasta CR 2:00 Painting w/ Mo (SU) EDR 3:00 Carolina Hearing (SU) 3:00 Documentary (MR) 7:15 Chapel Service CH	20 9:00 Medical Appt./ Personal 10:00 Catholic Comm. CH 12:30-3:00 "Fall Risk" Assessments (SU) EDR 1:00 Medical Appt./Personal 1:15 Handiwork Group CR 3:00 Great Courses MR	21 9:00 Medical Appt./ Harris Teeter 9:00 Breakfast Biscuits PR 12:00 NHC Core Library (PR) 2:00 Hand & Foot Canasta CR 3:00 Documentary (MR) 3:00 Resident Association Meeting (FC)	22 9:00 Medical Appt./ Personal 2:00 Movie Matinee (MR) 4:00 Resident "BYOD" PR	10:45 Rhythm, Strength & Dance (FC) 23 2:00 Hand & Foot Canasta CR 7:30 Movie (MR)
10:20 Grace United 24 Methodist Bus Pick up (SU) EN 10:45 Pine Valley Methodist Bus Pick Up (SU) EN 6:00 Movie (MR)	25 9:00 Medical Appt./ WLM 11:00 Brain Games (SU) EDR 1:00 Medical Appt/Personal 2:00 Scrabble (EDR) 2:00 Collette Tours: Irish Slender Presentation (SU) CH 3:00 Great Courses MR	26 9:00 & 1:00 Med Appts./ Personal 9:00 Breakfast Biscuits PR 11:15 Turkey Trot (SU) PND 11:45 Thankful Breads (PR) 1:00 Medical Appt./Personal 2:00 Hand & Foot Canasta CR 3:00 Documentary (MR) 7:15 Chapel Service CH	27 9:00 Medical Appt./ Personal 10:00 Catholic Comm. CH 1:00 Medical Appt./Personal 1:15 Handiwork Group CR 2:00 Peanut Butter Treats (PR) 3:00 Great Courses MR 3:00 Prize Bing (EDR)	28 Happy Thanksgiving 	29 9:00 Medical Appt./ Personal 2:30 Newcomers & Birthday: Jazz Reflections (DR) 4:00 Resident "BYOD" PR	10:45 Rhythm, Strength & Dance (FC) 30 2:00 Hand & Foot Canasta CR 7:30 Movie (MR)

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

For all transportation you MUST sign up in the transportation book.

All trips meet in the main entrance.

YOURSTAFF
 Lisa Sherrill Executive Director
 Angela Fox Business Office Manager
 May Heath Sales and Marketing Director
 Deana Martin Housekeeping Supervisor
 Ashtyn Fontinini Sales and Marketing Associate
 Renee Mastrangelo: Life Enrichment Coordinator
 Paul Bazzini: Campus Chef
 John Harker: 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 Associate
 Chad Small Transportation
 Jeanne Cole, April Royal, Catherine Anthony, Donna Spinelli Concierge
 Christine Campbell: Assistant Director of Dining

November is going to be a very busy month! Hello Holidays!
Brightmore Games will be held the first full week throughout the building—Ashlen led classes will be canceled this week. Renee will be out November 13-22nd both enjoying family and away at a work conference.
Ashlen will also be attending the conference—therefor Ahlen's classes cancelled: Nov, 18-22nd

Brightmore Staff Birthdays:

Chad Small Nov. 16th

