

**Monthly Jewish Service On Pause**

**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! Get ready for the Heart Walk now!

**Support Group On Pause**

**Documentary Series: "Explained" Tues. & Thurs. (MR) 3:00pm** This enlightening series from Vox digs into a wide range of topics such as the rise of cryptocurrency, why diets fail, and the wild world of K-pop.

**Boost Your Brain at Brightmore Thursday, October 3rd (SU) FC 12:30pm** May from Marketing will be leading the group today—come have some fun!

**Indoor Games: Drop in Cornhole Wednesday's in October 11:00am (FC)** Equipment will be in the FC for those who would like to practice to get ready for Brightmore Games in Nov.

**Indoor Games: Drop in Table Tennis Thursday's in October 2:00pm (FC)** Equipment will be in the FC for those who would like to practice to get ready for Brightmore Games in Nov.

**Please know that staff will not be available—this is for residents to practice on your own.**

**Painting with Mo:** Back in November

**Fall Craft Tuesday, October 8th 2pm (SU) CH** Let's make some pressed flower white pumpkins!

**All About Bees Wednesday, October 9th 11am (SU) CH** NHC Beekeepers Society will join us to today (with some bees for demo) to educate us on the interesting life of a bees, the importance of bees and what we can do to protect them!

**Heart Walk T-Shirt Making: Tuesday, October 15th 2pm (EDR) SU** If you are walking with Team Brightmore for the Heart walk please join us to make our team shirts!

**Brightmore's Book Club: Thursday October 17th 3pm: (CH) All are welcome!** This month's book is: "Jane Eyre" by Charlotte Bronte

**Talk on Pelvic Floor Health Friday, October 18th 2:00pm (CH)**

**Easy Electronics On Pause**

**Devotional w/ Angela Friday, October 18th 10:30 am (CH) SU**

**NHC Core Library Visit Thursday, October 24th 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.

**Looking For Volunteers!**

Our annual Fall Festival is coming Friday, October 11th: 4:00-7pm. We are recruiting volunteers to help with: Face painting, pumpkin painting, fall craft table, pie in the face table, bean bag & can toss games! Please see Renee to sign up!

**Celebrations, Socials & Entertainment**

**National Dessert Day Monday, October 14th PR 2:00pm** Come enjoy an yummy dessert to celebrate this very important day! \*While supplies last.

**Meet & Greet with Ashtyn Fontinini Monday, October 14th 11am (PR)** Stop by and chat with Ashtyn today to learn about our newest Brightmore staff member!

**Resident Led \$1 Bingo Thursday, October 3rd & 17th 3:00pm (PR)** More Bingo! One of our new residents is excited to organize, lead and call Bingo on these dates. *If numbers are low, we will move to one resident lead bingo in November.*

**Prize Bingo: Wednesday, October 9th 3:00pm (EDR)**

**Pizza Bingo Wednesday October 23rd 12pm (EDR) \$4**

**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**

**The Adam Project**

**Friday, October 4th at 2:00 pm MR**

Time-travelling fighter pilot Adam Reed teams up with his 12-year-old self for a

mission to save the future after unintentionally crash landing in 2022. .



**October Wellness Corner**

**First week of October is Active Aging Week!**

The first week of October is Active Aging week! Join us in a week of fun and wellness, see flyer for dates and times .



WELLNESS



Wilmington's Preferred Retirement Community

2324 South 41<sup>st</sup> St, Wilmington, NC 28403

(910) 350-1980

www.brightmoreofwilmington.com

**October 2024**



Happy Fall

**October**



Happy Fall

**Brightmore's October Special Events ...**

**Active Aging Week First Week of October (SU)** While we all are getting older, that does not mean we need to stop moving or having fun! Join us all week for special classes and a fun social and line dancing to close it out! See Active Aging Week flier for all the details.

**Chamber Music Wilmington: Akropolis Reed Quartet Sunday, October 6th 3:30pm (SU) EN**

Described as: sonically daring ensemble who specializes in performing new works with charisma and integrity

**Qigong Class Saturday, October 5th & 19th 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. Note: class is now TWO times a month!*

**"The Battle of Morris Creek" Tuesday, October 8th 11am (CH) SU** Join today to hear Rangers from the Morris Creek Battlefield in Currie NC recount what occurred between Patriot and Loyalist forces in North Carolina on February 27, 1776.

**Lunch Trip: Burgaw Brewing Thursday, October 10th 10:30 am (EN) SU** Let's get out of town and enjoy some lunch in the quaint town of Burgaw, a short 30 minute drive from Wilmington.

**Fall Festival 2024 Friday, October 11th 4:00pm - 7pm** Invite the whole family out for an evening of fun! Live entertainment, activities for the kids, a petting zoo, food trucks and raffle prize winners will be announced!

**Early Voting Bus Thursday**

**Afternoon Oktoberfest Happy Hour Friday, October 18th 4pm (SU) PR** Cheers! It's October! And that means two things! Pretzels and beer! Enjoy some German beer and fresh made soft pretzels made locally by Crofton Pretzels.

\*While supplies last

**Tour of the Wilmington Port Monday, October 21st 9:30 am (SU) EN** Learn about the every day operations of the port and get a behind the scenes driving tour. All participants MUST provide: **full legal name as on license, state of issuance, and license number at time of signup.**

**Taste of the World Tuesday, October 22nd 1:30pm (EN)** This program is closed to registration, the group that is signed up will finish the 10 month program and new folks can then register for the next round. October's menu is TBD. *This month we are going to Carolina Bay.*

**Pizza Bingo Wednesday, October 23rd 12:00pm (FC) SU \$4** Come for the lunch—stay for the games! Pizza and lunch served first followed by some \$1 bingo!

**Planting Your Family Tree: A Beginners Guide to Finding Your Roots Thursday, October 24th**

**12pm (SU)PR** Genealogy research can be intimidating. Where do you even begin? Join Jennifer from NHC Library to learn about free resources from NHCPL that you can use at home or at any of the library branches (or the Senior Center!) to dig into your family history. All ages are welcome because the best way to begin family research is by sharing intergenerational family stories.

**NewComers & Birthday Party Friday October 25th 2:30pm. (DR)** Welcome first timers, No Sleeves Magic for their *Flim Flam Alakazam Show!* Live magic with audience participation strongly encouraged and expected!!!

**American Heart Association Heart Walk: Saturday October 26th 9:15am. (SU) EN** Support our local chapter of the American Heart Association, spend time with friends and get some fresh air while we walk 1 mile together at UNCW! \$20 suggested donation per walker. Donations welcome from non-walkers alike. Be sure to come on **Oct. 8th to make your team t-shirt!**




**Halloween Party Cookout Thursday, October 31st (DR & CY)**

Lets celebrate the fun of the season with costumes, candy and a cookout! Today enjoy this party with a cookout buffet of: maple soy glazed chicken thighs, chicken fried steaks and "Oktoberfest" Franks...Plus lots of sides and ice cream sandwiches for dessert. Prizes for the best costume judged by Chef Paul! **Please come at your Sunday Brunch time.**

## 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

|  |  |   |   |  |   |   |
|--|--|---|---|--|---|---|
| <br>10:20 Grace United Methodist Bus Pick up (SU) EN<br>10:45 Pine Valley Methodist Bus Pick Up (SU) EN<br>3:30 Chamber Music (SU)EN<br>6:00Movie(CH) | <br>9:00 Medical Appt./ Walmart (SU)EN<br>11:00 MIM(POND)<br>1:00 Medical Appt./Personal (SU) EN<br>2:00 Scrabble Game Ext DR<br>3:00 Great Courses MR | 9:00 Medical Appt./Persnl (SU)<br>9:00 Breakfast Biscuits PR<br>1:00 Medical Appt./Persl(SU)<br>2:00 Hand & Foot Canasta CR<br>2:00 Wellness Seminar (SU)FC<br>3:00 Documentary (MR)<br>7:15 Chapel Service CH<br>*Active Aging Week                  | 9:00 Medical Appt./ Personal (SU) EN<br>10:00 Catholic Comm. CH<br>11:00 Drop in Cornhole (FC)<br>1:00 Medical Appt./Personal<br>1:15 Handiwork Group CR<br>2:00 Pickleball (SU) FC<br>3:00 Great Courses MR<br>*Active Aging Week  | 9:00 Medical Appt./ Harris Teeter (SU) EN<br>9:00 Breakfast Biscuits PR<br>11:15 Laughing Brain Games (SU)12:30<br>Boost Your Brain at Brightmore (SU) FC<br>2:00 Hand & Foot Canasta CR<br>2:00 Drop in Table Tennis (FC)<br>3:00 Documentary (MR)<br>3:00 Resident Led \$1 Bingo (EDR)<br>*Active Aging Week | 9:00 Medical Appt./ Personal (SU) EN<br>9:30 Duplicate Bridge (EDR)<br>10:45 Line Dancing & Social (SU) FC<br>11:00am Hearing Life (SU)<br>1:30 Alterations (SU) FC<br>2:00 Movie Matinee (MR)<br>4:00 Resident "BYOB" (PR)<br>*Active Aging Week | 10:45 Rhythm, Strength & Dance (FC)<br>1:00 pm Qigong Class (SU) FC<br>2:00 Hand & Foot Canasta CR<br>7:30 Movie (CH)   |
| 10:20 Grace United Methodist Bus Pick up (SU) EN<br>10:45 Pine Valley Methodist Bus Pick Up (SU) EN<br>3:30 Chamber Music (SU)EN<br>6:00Movie(CH)  | 9:00 Medical Appt./ Walmart (SU)EN<br>11:00 MIM(POND)<br>1:00 Medical Appt./Personal (SU) EN<br>2:00 Scrabble Game Ext DR<br>3:00 Great Courses MR   | 9:00 Medical Appt. (Persnl)<br>9:00 Breakfast Biscuits PR<br>11:00 "Battle of Morris Creek" Talk (SU) CH<br>1:00 Medical Appt./Personal<br>2:00 Hand & Foot Canasta CR<br>2:00 Fall Craft (SU) EDR<br>3:00 Documentary (MR)<br>7:15 Chapel Service CH | 9:00 Medical Appt Persnl (SU) EN<br>10:00 Catholic Communion<br>11:00 "All about Bees"(SU) CH<br>11:00 Drop in Cornhole (FC)<br>1:00 Medical Appt./Personal (SU)<br>1:15 Handiwork Group CR<br>1:30 Food Committee Meeting(CH)<br>3:00 Great Courses (MR)<br>3:00 Prize Bingo (EDR) | 9:00 Medical Appt./ Harris Teeter (SU) EN<br>9:00 Breakfast Biscuits PR<br>10:30 Lunch Trip (SU)EN<br>2:00 Hand & Foot Canasta CR<br>2:00 Drop in table tennis (FC)<br>3:00 Documentary (MR)   | 9:00 Medical Appt./ Personal (SU) EN<br>10:30 Java w/ Jess & Deb (PR)<br>4:00 Fall Festival (Outside)<br>4:00 Resident "BYOD" PR  | 10:45 Rhythm, Strength & Dance<br>2:00 Hand & Foot Canasta CR<br>7:30 Movie (CH)  |
| 10:20 Grace United Methodist Bus Pick up (SU) EN<br>10:45 Pine Valley Methodist Bus Pick Up (SU) EN<br>6:00 Movie (CH)   | 9:00 Medical Appt./ Walmart (SU) EN<br>11:00 Get to know Ashtyn Day (PR)<br>1:00 Medical Appt. Personal (SU)<br>2:00 Scrabble (EDR)<br>2:00 National Dessert Day (PR) *while supplies last<br>3:00 Great Courses MR                      | 9:00 Medical Appt./Prsnl (SU)<br>9:00 Breakfast Biscuits PR<br>1:00 Medical Appt./Persnl (SU)<br>2:00 Hand & Foot Canasta CR<br>2:00 T-Shirt Making (SU) EDR<br>3:00 Documentary (MR)<br>7:15 Chapel Service CH                                       | 9:00 Medical Appt./ Personal (SU) EN<br>10:00 Catholic Communion CH<br>11:00 Drop in Cornhole (FC)<br>1:00 Medical Appt./Personal (SU)<br>1:15 Handiwork Group CR<br>3:00 Great Courses   | 9:00 Medical Appt./ Harris Teeter (SU) EN<br>9:00 Breakfast Biscuits PR<br>2:00 Hand & Foot Canasta CR<br>2:00 Drop in Table Tennis(FC)<br>3:00 Resident Led \$1 Bingo (edr)<br>3:00 Documentary (MR)<br>3:00 Book Club- (CH)  | 9:00 Medical Appt./ Personal (SU) EN<br>10:30 Devotional w/ Angela (SU) CH<br>2:00 Talk on pelvic floor health (SU) CH<br>4:00 Octoberfest Happy Hour (PR)  | 10:45 Rhythm, Strength & Dance<br>1:00pm Qigong Class (SU) FC<br>2:00 Hand & Foot Canasta CR<br>7:30 Movie (CH)         |
| 10:20 Grace United Methodist Bus Pick up (SU) EN<br>10:45 Pine Valley Methodist Bus Pick Up (SU) EN<br>6:00Moive (CH)  | 9:00 Medical Appt./ WLM<br>9:30 Trip to tour Port (SU) EN<br>11:00 MIM(POND)<br>1:00 Medical Appt./Personal (SU)<br>2:00 Scrabble (EDR)<br>3:00 3:00 Great Courses MR  | 9:00 & 1:00 Med Appts./ Personal) EN (SU)<br>9:00 Breakfast Biscuits PR<br>1:00 Medical Appt./Personal<br>2:00 Hand & Foot Canasta CR<br>1:30 Taste of the World (EN)<br>3:00 Documentary (MR)<br>7:15 Chapel Service CH                              | 9:00 Medical Appt./ Personal (SU) EN<br>10:00 Catholic Comm. CH<br>11:00 Drop in Cornhole (FC)<br>12:00 Pizza Bingo (SU)FC<br>1:00 Medical Appt./Personal<br>1:15 Handiwork Group CR<br>3:00 Great Courses MR<br>4:00 Adv. Board Meeting (CH)                                       | 9:00 Medical Appt./ Harris Teeter<br>9:00 Breakfast Biscuits PR<br>12:00 NHC Core Library (PR)<br>12:00 NHC Library Genealogy info session (PR)<br>2:00 Drop in table tennis (FC)<br>2:00 Hand & Foot Canasta CR<br>3:00 Documentary (MR)  | 9:00 Medical Appt./ Personal<br>2:30 Newcomers & Birthday: No Sleeves Magic (DR)<br>4:00 Resident "BYOD" PR<br>*Norman's Class Cancelled  | 9:15am UNCW Heart Walk (SU) EN<br>10:45 Rhythm, Strength & Dance (FC)<br>2:00 Hand & Foot Canasta CR<br>7:30 Movie (CH) |
| 10:20 Grace United Methodist Bus Pick up (SU) EN<br>10:45 Pine Valley Methodist Bus Pick Up (SU) EN<br>6:00 Movie (CH)   | 9:00 Medical Appt./Walm<br>11:00 MIM(POND)<br>1:00 Medical Appt/Personal(SU)<br>2:00 Scrabble (EDR)<br>3:00 Great Courses MR   | 9:00 & 1:00 Med Appts./ Personal) EN (SU)<br>9:00 Breakfast Biscuits PR<br>1:00 Medical Appt./Personal<br>2:00 Hand & Foot Canasta CR<br>2:00 3:00 Documentary (MR)<br>7:15 Chapel Service CH   | 9:00 Medical Appt./ Personal (SU) EN<br>10:00 Catholic Comm. CH<br>11:00 Drop in Cornhole (FC)<br>1:00 Medical Appt./Personal<br>1:15 Handiwork Group CR<br>3:00 Great Courses MR   | Halloween Party Cookout *Buffet served at your brunch time<br>9:00 Medical Appt./ Harris Teeter (SU) EN<br>9:00 Breakfast Biscuits PR<br>2:00 Hand & Foot Canasta CR<br>2:00 Drop in Table Tennis Happy Halloween!   |    |   |

### Resident Birthdays!

- Ann Bassett Oct. 03
- Donice Harrod Oct. 05
- Barbara Finlay Oct. 25
- Lois Zenk Oct. 27
- Brightmore Staff Birthdays:*
- Donna Spinelli Oct. 13
- Sherry Bowman Oct. 25
- Ashtryn Fontanini Oct. 30



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

**Friendly Reminder**  
When signing up for transportation please provide:

- 1) Correct address
- 2) Appointment time!

Thank you!

### 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 Open Transportation*
- Jeanne Cole, April Royal, Catherine Anthony, Donna Spinelli *Concierge*
- Christine Campbell: *Assistant Director of Dining*

**Brightmore Games is coming!**  
Get ready for a week of fun and friendly competition! November 4th-8th will be Brightmore games. Each day there will be a variety of events to compete in against your fellow residents—all in the name of fun! Those who qualify and wish to compete can move on to Liberty Games in Charleston March 2025!