

**Monthly Jewish Service** Now the First Friday of each Month: 7:30pm (CH)  
**The Great Courses Educational Study** Showing Monday's and Wednesdays at 3:00 pm (MR)  
**Mall Walk Monday** Monday's 9:45 am (SU) EN *Note the September calendar: September 16th & 30th will be mall walking—no pond walking this month!*  
**Support Group** September 5th 11:00am (SR-1) Everyone welcome.  
**Documentary Series: "History 101"** Tues. & Thurs. (MR) 3:00pm Infographics and archival footage deliver bite-size *history* lessons on scientific breakthroughs, social movements and world-changing discoveries. *(Once finished, we will move on to "Explained")*  
**Indoor Games: Cornhole** Wednesday September 4th 11:00am (FC) SU It's ok if you have never played! We will teach you!  
**Painting with Mo:** Tuesday, Sept. 10th 2:00pm (EDR) SU A step by step painting class that everyone will enjoy! No experience needed!  
**Needle Felting:** Wednesday, September 11th 11:00am (EDR) SU Explore the fun and creative world of needle felting with staff from the Cape Fear Museum! In this hands-on program, participants will learn how to shape wool roving into adorable 3D figures and designs using a felting needle and their imagination.  
**NHC MAT Visit** Monday, September 16th 2:00pm (EDR) "MAT", is a group appointed by the New Hanover County Board of Elections to provide assistance with absentee-by-mail voting to voters. Come today if you would like to vote absentee.  
**Fall Craft** Tuesday, September 17th 2pm (SU) CH We will be creating some crafts to help decorate the up-coming Fall Festival on Friday, October 11th.  
**Easy Electronics (LBRY)** Monday, September 23rd 11am If you have questions regarding a smart phone, tablet or laptop stop by and see if Renee, Ashlen or Maureen can help out!  
**Brightmore's Book Club:** Thursday September 19th 3pm: (CH) All are welcome! This month's book is: "The Nightingale" by Kristen Hannah  
**Devotional w/ Angela** Friday, September 20th 10:30 am (CH) SU  
**NHC Core Library Visit** Thursday, September 26th 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.  
**Wellness Jeopardy:** Monday, September 30th 2:00pm (SU) FC Kick off Active Aging Week w/ Renee & Ashlen with a fun "wellness" version of Jeopardy. Prizes for 1st, 2nd and 3rd place!

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

**International Chocolate Day** Friday, September 13th PR 2:00pm Come enjoy an all time favorite Indulgence (that is also heart healthy). While supplies last.  
**Meet & Greet w/ Chef Paul** Thursday, September 19th 2pm (PR) Stop by and chat with Chef Paul today and hear about his amazing career!  
**Resident Led \$1 Bingo** Thursday, September 12th & 26th 3:00pm (PR) More Bingo! One of our new residents is excited to organize, lead and call Bingo on these dates. If it goes well it will continue.  
**Prize Bingo:** Wednesday, September 4th 3:00pm (EDR)  
**\$1 Bingo** Wednesday September 25th 3pm (EDR)  
**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)  
**\* Movies have been moved back to the Media Room.**

Movie Matinee

First Man

Friday, September 13th at 2:00 pm MR

Hoping to reach the moon by the end of the decade, NASA plans a series of extremely



dangerous, unprecedented missions.

September Wellness Corner

September is Healthy Aging Month!!

Join us in our newly renovated therapeutic pool! Classes Monday and Wednesday morning at 9:15 am, a great way to start your day!

Active Aging Week is the first week of October, keep an eye out for a week full of fitness and fun!



WELLNESS



Wilmington's Preferred Retirement Community

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

(910) 350-1980

www.brightmoreofwilmington.com

September 2024



SEPTEMBER



Brightmore's September Special Events ...

**Grandparents Day Happy Hour Friday, September 6th 4:15 pm (PR) SU** Invite those grandkids, great-grand kids or a loved one to enjoy some music, light Hors d'oeuvres and drinks!  
**Qigong Class** Saturday, September 7th & 21st 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!*  
**Teaching Kitchen w/ Chef Paul:** Monday, September 9th 1:30pm (EDR) SU Chef Paul will enlighten us today on how to make the perfect omelet with a live demonstration!  
**Lunch Trip: Waterman's Brewing** Thursday, September 12th 11:10 am (EN) SU Just before the bridge to Wrightsville Beach, this local gem offers a great menu and brewed beer!  
**Pop Up Shop: Christian Books Store & Gifts** Friday, September 13th, (PR)SU 11am - 2pm Kim Bebb runs a small Christian book store and gift shop at Blue Moon Artisan Boutique. Today she will be offering her products for sale here for your convivence!  
**Mall Walking** Monday's September 16th & 30th 9:45am (EN) SU Would you like to get your steps in but want to avoid the heat! Step on the bus for a short ride the Independence Mall for a walk at your own pace in the shaded air conditioned mall!  
**Strategies for Being Safe Online by NCDNJ** Tuesday, September 17th 11:00 am (CH) SU Learn more about protecting personal and financial information online, managing your digital footprint, navigating social media and mobile apps, and identifying how the internet is used to commit human trafficking crimes  
**Wilmington Water Tours: Historic Cape Fear River** Wednesday September 18th 1:15pm. (SU) Lets cruise north on the Cape Fear River along Historic Downtown and Eagles Island, where you see the past come alive. Capture unique views of the Battleship, learn about rice plantations, and view shipwrecks, flora, and fauna on this 50-minute adventure. **\$20 due at sign up to Renee.**  
**Forward Motion Dance—Mystical, Classical & Reflective** Thursday, September 19th, 7pm (EN) SU This performance unites dancers with musical and visual artists to bring modern, contemporary, classical and jazz dance to historic Thalian Hall.  
**Trip: Biggers Market** Friday, September 20th 1:30pm (EN)SU Biggers is a local gem, with grab and go food, an ice cream shop, beer and wine as well as live music and tons of Fall seasonal items for sale there is something for everyone!  
**Skywatch Bird Rescue** Monday, September 23rd 3:00pm (FC) SU Sywatch is local non-profit that rehabs and releases injured birds. Today they will be here with a large bird of pretty to educate us on these magnificent creatures and enjoy the beauty of these awesome aviators!  
**Looking for Pen Pals: By Griswold Homecare** Tuesday, September 24th 11am (CH) SU Griswold has started a local program linking retirees and school kids to become pen-pals. Join in today to learn how you can become involved!  
**Taste of the World** Tuesday, September 24th 2:00pm (EDR) 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. September's menu is TBD.  
**Thalian Hall Presents: Young Frankenstein** Tuesday, September 26th 7pm (EN) SU Grandson of the infamous Victor Frankenstein, Frederick Frankenstein inherits his family's estate in Transylvania. With the help of a hunchbacked sidekick, Igor and a leggy lab assistant, Inga, Frederick finds himself in the mad scientist shoes of his ancestors.  
**NewComers & Birthday Party** Friday September 27th 2:30pm. (DR) Welcome back Doo Whop Memories for this months party! Don't forget your nametag....

## 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!**

Erma Barnett : Sept. 02  
 Arbadella Thomas: Sept. 02  
 Rita Wolff: Sept. 04  
 Geneva Reid: Sept. 06  
 Sue Ann Blair: Sept. 10  
 George Appleton: Sept. 13  
 Bruno Koch: Sept 13  
 Karen McGee: Sept. 14  
 Peggy Lindenmayer: Sept. 17  
 Robert Lataille: Sept. 19  
 Betty Pierce Sept. 19  
 Sandy Crater : Sept. 21  
 Betty Bowker: Sept. 24  
 Lenord Lyle : Sept. 27  
 James Maitland Sept. 30  
 Janelle Caron: Sept. 30

**Brightmore Staff Birthdays:**

Jeanne Cole Sept. 13th  
 Gladys Lee Sept. 19th

<p>10:20 Grace United Methodist Bus Pick up (SU) EN                  10:45 Pine Valley Methodist Bus Pick Up(SU) EN                  3:00 Story Telling Group (EDR)                  6:00Moive (CH)</p> <p>1</p>	<p>Labor Day                  No Transportation</p> <p>2</p>	<p>9:00 Medical Appt./Persnl( SU)                  9:00 Breakfast Biscuits PR                  1:00 Medical Appt./Persl(SU)                  2:00 Hand &amp; Foot Canasta CR                  3:00 Documentary (MR)                  7:15 Chapel Service CH</p> <p>3</p>	<p>9:00 Medical Appt./ Personal (SU) EN                  10:00 Catholic Comm. CH                  11:00 Cornhole (FC) SU                  1:00 Medical Appt./Personal                  1:15 Handiwork Group CR                  3:00 Great Courses MR                  3:00 Prize Bingo (EDR)</p> <p>4</p>	<p>9:00 Medical Appt./ Harris Teeter (SU) EN                  9:00 Breakfast Biscuits PR                  11:00 Support Group (SR 1)                  2:00 Hand &amp; Foot Canasta CR                  3:00 Documentary (MR)</p> <p>5</p>	<p>9:00 Medical Appt./ Personal (SU) EN                  9:30 Duplicate Bridge (EDR)                  11:00am Hearing Life (SU)                  4:15 Grandparents Day                  Happy Hour Gathering (SU) PR                  7:30 Jewish Service (CH)</p> <p>6</p>	<p>10:45 Rhythm, Strength &amp; Dance (FC)                  1:00 pm Qigong Class (SU) FC                  2:00 Hand &amp; Foot Canasta CR                  7:30 Movie (CH)</p> <p>7</p>					
<p>10:20 Grace United Methodist Bus Pick up (SU) EN                  10:45 Pine Valley Methodist Bus Pick Up(SU) EN                  3:00 Story Telling Group (EDR)                  6:00Moive (CH)</p> <p>8</p>	<p>9:00 Medical Appt./ Walmart (SU)EN                  11:00                  1:00 Medical Appt./Personal (SU) EN                  1:30 Teaching Kitchen: Chef Paul (SU) EDR                  2:00 Scrabble Game Ext DR                  3:00 Great Courses MR</p> <p>9</p>	<p>9:00 Medical Appt. (Person)                  9:00 Breakfast Biscuits PR                  1:00 Medical Appt./Personal                  2:00 Hand &amp; Foot Canasta CR                  2:00 Painting with Mo (EDR) SU                  3:00 Documentary (MR)                  7:15 Chapel Service CH</p> <p>10</p>	<p>9:00 Medical Appt Persnl (SU)                  10:00 Catholic Communion CH                  11:00 Needle Felting (SU) EDR                  12:30 2nd Floor Pizza Party (SU)                  1:00 Medical Appt./Personal (SU)                  1:15 Handiwork Group CR                  1:30 Food Committee Meeting(CH)                  3:00 Great Courses (MR)</p> <p>11</p>	<p>9:00 Medical Appt./ Harris Teeter (SU) EN                  9:00 Breakfast Biscuits PR                  11:10 Lunch Trip (SU)EN                  2:00 Hand &amp; Foot Canasta CR                  3:00 Documentary (MR)                  3:00 Resident Led \$1 Bingo</p> <p>12</p>	<p>9:00 Medical Appt./ Personal (SU) EN                  11:00 "Pop Up" Shop (PR)                  2:00 National Chocolate Day (PR)                  2:00 Movie Matinee (SU) MR                  4:00 Resident "BYOD" PR</p> <p>13</p>	<p>10:45 Rhythm, Strength &amp; Dance                  2:00 Hand &amp; Foot Canasta CR                  7:30 Movie (CH)</p> <p>14</p>					
<p>10:20 Grace United Methodist Bus Pick up (SU) EN                  10:45 Pine Valley Methodist BusPick Up (SU) EN                  3:00 Story Telling Grou(EDR)                  6:00Moive (CH)</p> <p>15</p>	<p>9:00 Medical Appt./ Walmart EN                  9:45 Mall Walk Monday (SU)EN                  1:00 Medical Appt. Personal                  2:00 Scrabble (EDR)                  2:00 MAT Visit (EDR)                  3:00 Great Courses MR</p> <p>16</p>	<p>9:00 Medical Appt./Prsnl(SU)                  9:00 Breakfast Biscuits PR                  1:00 Medical Appt./Persnl (SU)                  2:00 Hand &amp; Foot Canasta CR                  11:00 Staying Safe Online (CH) SU                  2:00 Fall Craft (SU) EDR                  3:00 Documentary (MR)                  3:00 Carolina Hearing (SU)                  7:15 Chapel Service CH</p> <p>17</p>	<p>9:00 Medical Appt./ Personal (SU) EN                  10:00 Catholic Communion CH                  1:00 Medical Appt./Personal ( su)                  1:15 Handiwork Group CR                  1:15 Water Tour Trip (SU) EN                  3:00 Great Courses</p> <p>18</p>	<p>9:00 Medical Appt./Harris Teeter (SU) EN                  9:00 Breakfast Biscuits PR                  6:00 Hand &amp; Foot Canasta CR                  2:00 Hand &amp; Foot Canasta CR                  2:00 Get to know Chef Paul(PR)                  3:00 Documentary (MR)                  3:00 Book Club- (CH)                  7:00 Forward Motion Dance Trip (SU) EN</p> <p>19</p>	<p>9:00 Medical Appt./ Personal (SU) EN                  10:30 Devotional w/ Angela (SU) CH                  1:30 Biggers Market Fall Market Trip (SU) EN                  4:00 Resident "BYOD" PR</p> <p>20</p>	<p>10:45 Rhythm, Strength &amp; Dance                  1:00 pm Qigong Class (SU) FC                  2:00 Hand &amp; Foot Canasta CR                  7:30 Movie (CH)</p> <p>21</p>					
<p>10:20 Grace United Methodist Bus Pick up (SU) EN                  10:45 Pine Valley Methodist Bus Pick Up (SU) EN                  3:00 Story Telling Group (EDR)                  6:00Moive (CH)</p> <p>22</p>	<p>9:00 Medical Appt./ WLM (SU)                  1:00 Medical Appt./Personal (SU)                  11:00 Easy Electronics (SU) PR                  2:00 Scrabble (EDR)                  3:00 SkyWatch Bird Presentation (SU) FC                  3:00 Great Courses MR</p> <p>23</p>	<p>9:00 &amp; 1:00 Med Appts./ Personal) EN (SU)                  9:00 Breakfast Biscuits PR                  11:00 Pen Pal Talk (EDR)SU                  1:00 Medical Appt./Personal                  2:00 Hand &amp; Foot Canasta CR                  2:00 Taste of the World (EDR)                  3:00 Documentary (MR)                  7:15 Chapel Service CH</p> <p>24</p>	<p>9:00 Medical Appt./ Personal (SU) EN                  10:00 Catholic Comm. CH                  1:00 Medical Appt./Personal                  1:15 Handiwork Group CR                  3:00 Great Courses MR                  3:00 \$1 Bingo (EDR)</p> <p>25</p>	<p>9:00 Medical Appt./ Harris Teeter                  9:00 Breakfast Biscuits PR                  12:00 NHC Core Library (PR)                  2:00 Hand &amp; Foot Canasta CR                  3:00 Resident Led \$1 Bingo (EDR)                  3:00 Documentary (MR)                  7:00 Thalian Trip (SU)EN</p> <p>26</p>	<p>9:00 Medical Appt./ Personal                  2:30 Newcomers &amp; Birthday: Doo Whop Memories (DR)                  4:00 Resident "BYOD" PR</p> <p>27</p>	<p>10:45 Rhythm, Strength &amp; Dance (FC)                  2:00 Hand &amp; Foot Canasta CR                  7:30 Movie (CH)</p> <p>28</p>					
<p>10:20 Grace United Methodist Bus Pick up (SU)                  10:45 Pine Valley Methodist Bus Pick Up (SU) EN                  6:00 Movie (CH)</p> <p>29</p>	<p>9:00 Medical Appt./Walm (SU)EN                  9:45 Mall Walk Monday (SU)EN                  1:00 Medical Appt/Personal(SU)                  2:00 Wellness Jeopardy (SU)                  2:00 Scrabble (EDR)                  3:00 Great Courses MR</p> <p>30</p>										

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!

**YOUR STAFF**  
 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

**Thank you Brightmore Residence!**

Thank you to all those that donated to the back to school supply drive! Your small gesture will go a long way in the life of those hard working teachers and eager students!

**Second floor was the big winner!**  
 Pizza Party : Wednesday, Sept. 11th @ 12:30pm  
 In Hallway at the top of large staircase (SU)