

# Arts, Crafts, Cooking, Games & Book Studies

**Craft Afternoon with Community Partner, Shirley Lang, Beading Bracelets** Monday, January 15th at 2:30 pm in the Fitness Center **Sign Up**  
**Wii Bowling** Tuesday, January 9th & Tuesday, January 30th at 2:00 pm in the Fitness Center **Sign Up**  
**“Chicken Soup for the Soul” Inspirational Book Study** Tuesday, January 2nd at 2:30 pm in the Chapel. Join as we read several inspirational stories and reflect on them with personal experiences. Great way to get to know each other and create a positive spiritual environment. **Sign Up**

## Entertainment, Celebrating & Socializing

**“Give My Regards to Broadway”** performed & presented by **Phil Bruschi** Wednesday, January 17th at 3:00 pm in the Fitness Center

**January Birthday Party and Resident Wine & Cheese Newcomers’ Social** Friday, January 26th at 2:30 pm in the Dining Room. Join us as we celebrate January Birthdays and introduce & welcome the newest residents of Brightmore! Entertainment will be provided by Jim Seem singing on guitar!



## Speakers, Trips & Outings

**OSHER Lifelong Learning Institute Spring Semester Introduction with Shelley Morris, Director of The Osher Lifelong Learning Institute (OLLI) at UNCW** Wednesday, January 3rd at 3:00 pm in the Chapel **Sign Up**  
**TACT Children’s Theater presents “Frog & Toad”** at the Community Arts Center Thursday, January 18th leaving at 7:00 pm from the Entrance **Sign Up**



**Trip to the Cameron Art Museum for lunch at the Cam Café and then a guided tour to view all the exhibits including “State of the Art, Art of the State”** Friday, January 19th leaving from the Entrance at 11:00 am (\$10.00 museum admission fee-cash only and lunch cost on your own) **Sign Up**

**Vacationing with Collette Travel presented by Collette Representative** Monday, January 22nd at 3:00 pm in the Chapel. The world is yours to see. Join as we explore group travel in-state, out of state and International. **Sign Up**

**Movie Outing to The Point 14 Theater** Monday, January 29th leaving at 12:30 or 1:00 pm. Look for more movie information to come. **Sign Up (14 seats/\$7.75 movie cost)**

## January Movie Matinee

**“The Glass Castle”** Friday, January 12th at 2:30 pm in the Fitness Center. Adapted from the novel of the same name, this family drama follows future writer Jeannette Walls, who spends her hardscrabble childhood on the run with her negligent artist mother and storytelling alcoholic father. (2017, PG-13, 2 hours & 7 minutes) **Sign Up**

## Wellness Corner

The New Year 2018 is here! Stay tuned for a New Fitness Calendar and new opportunities for classes this year. Wellness surveys are to be completed and turned into Madeline By January 5<sup>th</sup> 2018. Please make sure that you take the opportunity to complete and turn this in. Madeline is excited to re-vamp the Fitness and Aquatic schedule for 2018!

**“You are never too old to set another goal or to dream a new dream.”**

**-C.S. Lewis**



# Brightmore



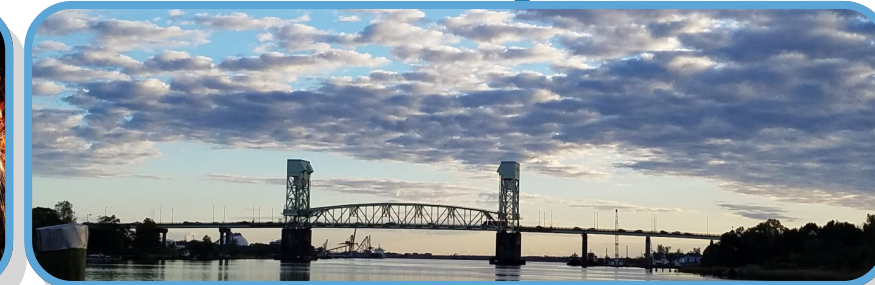
Wilmington’s Preferred Retirement Community

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## January 2018



## Educational, Cultural & Arts Series presents ...

**“Fostering a Healthy Lifestyle in 2018”** presented by **Lori Harris, Chief Marketing Officer, Clean EatZ** Tuesday, January 23rd at 2:00 pm in the Chapel Join us for a 30-minute presentation on clean eating, macros, and inspirations for incorporating healthy eating habits to foster a healthy lifestyle. A 10-minute Q&A session will follow. Be sure to stay for *Sampling and Socializing*. Clean EatZ will also be available for Meal Plan sign ups. **Sign Up**

**Voices of Recovery Series Part 1: “The Art of Recovery”: The Role of Artistic Expression** presented by **Debra Kindervatter, Certified Peer Support Specialist, Recovery Resource Center, Inc.** Thursday, January 25th at 2:00 pm in the Chapel Take a deep breath and join us on a journey of artistic expression. Debra, an art curator, shares how a bipolar episode caused her to take a step back. Now an active voice and advocate for those with mental illness, she shares her recovery experience and skills gained. Learn how therapeutic art and journaling exercises can help you maintain mental wellness. **Sign Up**

**“The Mermaid” Book Review and Signing** presented by **Shane Scollins, Author** Wednesday, January 31st at 2:00 pm in the Chapel and **Book Signing in the Parlor** Meet local best-selling author Shane Scollins as he reviews his newest fiction novel *The Mermaid*, set in and around Fort Fisher and Carolina Beach. Shane is author of 10 novels, and he will be on hand to answer questions, sell and sign copies of his latest book, and talk about what inspires him to create his best-selling fiction. **Sign Up**

## Special Events in January

**New Year’s Day Buffet** Monday, January 1st with two seatings in the Dining Room at 11:30 am and 1:00 pm (*RSVP’s required for seating*)

**Brightmore Men’s Group Trip to the NC State Port Authority & Lunch at Henry’s Restaurant** Thursday, January 11th leaving from the Entrance at 10:40 am **Sign Up (14 seats available/must have copy of valid NC ID to go)**

**Brightmore Ladies Group Trip to “Far from France” Sweet Souvenirs** Tuesday, January 16th leaving at 2:00 pm from the Entrance Enjoy French pastries, sweets and coffee while we socialize and plan our ladies group outings for the year. **Sign Up (14 seats available)**



Abbreviations		Gift Shop Hours		New Year's Day! Happy 2018!											
CH Chapel CR Card /Activity Room EN Entrance/Main Lobby FC Fitness Center SR-2 Sunroom 2nd Fl SR-3 Sunroom 3rd Fl TV-2 Media Room 1st Fl DR Dining Room Ind Act. Independent Activity LIBR Library BLR Billiards Room 2nd Fl PR Parlor GH Greenhouse CH 1395 Community Channel SU Sign Up rsvd Reserved AO Activity Office/2nd Floor		Wednesday, Thursday & Fridays 10:00 am-12:00 pm		*No Coach Transportation 11:30 & 1:00 New Year's Day Buffet (RSVP to DR) 6:00 Scrabble/CR (rsvd) 8:00 Movie CH 1395		1-4:00 Med./Personal EN 1:30 CR/SR-2#2/SR-3#1 (rsvd) 2:30 "Chicken Soup for the Soul" Inspirational Study with Lisa (sign up) CH 7:15 Tuesday Chapel Service CH		9:00 Medical Appt. EN 10:00 Catholic Comm. CH 1-4:00 Med./Personal EN 1:15-2:30 Needlework Group CR 1:30 SR2#2/SR3#1 (rsvd) 3:00 Olli presentation with Shelly Morris (sign up) CH 6:00 Pokeno CR (reserved) 7:15 Media Room Movie MR- 1st		9:00 Med./Hanover Cnt./ LL Mall/HT EN 9:00 Breakfast Biscuits PR 10:00 "Smooth" Walking Group Cancelled 1:25 Bridge (SU-rsvd.) CR 6:00 CR (rsvsd)		12:00 SR-2#2 (rsvd) 1:00 Pokeno CR 1:30 SR-3#1 (rsvd) 4:00 Resident "BYOD" Social PR 8:00 Movie CH 1395		1:30 SR-3#1(rsvd) 1:30/2:00 CR (rsvd) 8:00 Movie CH 1395	
		7		8		9		10		11		12		13	
		10:30 Pine Valley UMC Service (sign up) EN 1:30 SR3#1 (rsvd) 2:00 CR (rsvd) 8:00 Movie CH 1395		9:00Med./Wal-Mart EN 1-4:00 Medical Appt. EN 6:00 Scrabble/CR (rsvd) 8:00 Movie CH 1395		1-4:00 Med./Personal EN 1:30 CR/SR-2#2/SR-3#1 (rsvd) 2:00 Wii Bowling (sign up) FC 3:00 Care-o-lina Hearing (sign up) CH 7:15 Tuesday Chapel Service CH		9:00 Medical Appt. EN 10:00 Catholic Comm. CH 1-4:00 Med./Personal EN 1:15-2:30 Needlework Group CR 1:30 SR2#2/SR3#1 (rsvd) 3:00 Prize BINGO FC 6:00 Pokeno CR (reserved) 7:15 Media Room Movie MR- 1st Floor		9:00 Med./Hanover Cnt./LL Mall/HT EN 9:00 Breakfast Biscuits PR 10:00 "Smooth" Walking Group Cancelled 10:40 Men's Group to the State Port & Lunch at Henry's (sign up/lunch cost on you/14 seats) EN 1:25 Bridge (SU-rsvd.) CR 6:00 CR (rsvsd)		12:00 SR-2#2 (rsvd) 1:00 Pokeno CR 1:30 SR-3#1 (rsvd) 2:30 January Movie Matinee "The Glass Castle" (sign up) FC 4:00 Resident "BYOD" Social PR 8:00 Movie CH 1395		1:30 SR-3#1(rsvd) 1:30/2:00 CR (rsvd) 2-4:00 Fitness Center (reserved) 8:00 Movie CH 1395	
		14		15		16		17		18		19		20	
		10:30 Pine Valley UMC Service (sign up) EN 1:30 SR3#1 (rsvd) 2:00 CR (rsvd) 8:00 Movie CH 1395		9:00Med./Wal-Mart EN 1-4:00 Medical Appt. EN 2:30 Crafts with Shirley Lang Beading Bracelets (sign up) FC 6:00 Scrabble/CR (rsvd) 8:00 Movie CH 1395		1-4:00 Med./Personal EN 1:30 CR/SR-2#2 /SR3#1(rsvd) 2:00 Ladies Group to Far From France for planning meeting (sign up) EN 7:15 Tuesday Chapel Service CH		9:00 Medical Appt. EN 10:00 Catholic Comm. CH 12:00 Ext. DR (reserved) 1-4:00 Med./Personal EN 1:30 SR2#2/SR3#1 (rsvd) 1:15-2:30 Needlework Group CR 3:00 "Give My Regards to Broadway" Music Biography with Phil Bruschi FC 6:00 Pokeno CR (reserved) 7:15 Media Room Movie MR-1st floor		9:00 Med./Han. Cnt./LL Mall/HT EN 9:00 Breakfast Biscuits PR 10:00 "Smooth" Walking Group EN 1:25 Bridge (SU-rsvd.) CR 1:30 SR-3#1/SR3#1 (rsvd) 3:00 Episcopal Service CH 6:00 CR (rsvd) 7:00 TACT Children's Theater pre- sents "Frog & Toad" (sign up) EN		11:00 Trip to the Cameron Art Museum & Lunch (sign up/ \$8.00 plus lunch) EN 12:00 SR-2#2 (rsvd)/12:30 Ext. DR (rsvd) 1:00 Pokeno CR/1:30 SR-3#1(rsvd) 4:00 Resident "BYOD" Social PR 8:00 Movie CH 1395		1:30 SR-3#1(rsvd) 1:30/2:00 CR (rsvd) 8:00 Movie CH 1395	
21		22		23		24		25		26		27			
10:30 Pine Valley UMC Service (sign up) EN 1:30 SR3#1 (rsvd) 2:00 CR (rsvd) 8:00 Movie CH 1395		9:00 Med./Wal-Mart EN 1-4:00 Medical Appt. EN 3:00 Vacationing with Collette Travel (sign up) CH 6:00 Scrabble/CR (rsvd) 8:00 Movie CH 1395		1-4:00 Med./Personal EN 1:30 CR/SR-2#2/SR3#1 (rsvd) 2:00 BMU: "Fostering a Healthy Lifestyle" with Clean Eat兹 (sign up) CH 7:15 Tuesday Chapel Service CH		9:00 Medical Appt. EN 9:30 WWII Remembered Program (sign up) EN 10:00 Catholic Comm. CH 10:00 ALOHA Library PR 1-4:00 Med./Personal EN 1:30 SR2#2/SR3#1(rsvd) 1:15-2:30 Needlework Group CR 3:00 \$Dollar\$ BINGO FC 4:00 Advisory Board Meeting CH 7:15 Media Room Movie MR-1st		9:00 Med./Han. Cnt./LL Mall/HT EN 9:00 Breakfast Biscuits PR 10:00 "Smooth" Walking Group EN 1:25 Bridge (SU-rsvd.) CR 1:30 SR-3#1/SR3#1 (rsvd) 2:00 BMU: Voices of Recovery Series: Part 1 (sign up) CH 6:00 CR (rsvd)		12:00 SR-2#2 (rsvd)/12:30 Ext. DR (rsvd) 1:00 Pokeno CR/1:30 SR-3#1(rsvd) 2:30 Birthday Party & Newcomers' Social with Jim Seem on guitar DR 4:00 Resident "BYOD" Social PR 8:00 Movie CH 1395		1:30 SR-3#1(rsvd) 1:30/2:00 CR (rsvd) 8:00 Movie CH 1395			
28		29		30		31				 January Employee Birthdays  Gina Pompey Housekeeping 1-29  		<u>Extra Services Provided for you at Brightmore:</u> Care-o-lina Hearing every 2nd Tuesday of the month at 3:00 pm Blood Pressure Checks every 4th Wednesday of the month from 10-11:00 am *This month changed to 1/31 (MR-1st Fl.)			
		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		YOUR STAFF Georgia Blankenship, R.N. Director Ryan McCoy Dietary Director Tammy Russo Assistant Director of Din- ing Services Kristin Shields Marketing Director Elaine Brown Marketing Assistant Marianna Stacy Community Outreach Director		Pam Smith Receptionist Amanda Stroup Office Manager Deana Martin Environmental Service Director Chris Swann Maintenance Engineer Frank Napoleon Maintenance Assistant Lisa Sherrill Activity Director Madeline Woodard Wellness Director Mike Thompson Transportation		Chapel Services		*Tuesday Evening Chapel Services are held every Tuesday at 7:15 pm  *Catholic Communion every Wednesday at 10:00 am  *Episcopal Eucharist Service led by the Clergy of St. James Parish on the 3rd Thursday of every month					