

**THE TERRACE AT
BRIGHTMORE**



SEPTEMBER 2024



Assisted Living

Sunday 1	Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6	Saturday 7
 10:00-10:30AM: Snacks and Chat 11:00-12:00PM: Virtual Church Service 2:30-3:00PM: Sunday Hymns 4:00-4:45PM: Ballon Tennis 6:30: Prime Series: <i>The Days of Noah Pt. 1</i>	<p>LABOR DAY Labor Day Lunch Cook Out</p> 10:00-10:30AM: Snacks and Chat 11:15-12:00PM: Bingo 2:30-3:00PM: Seated Exercise with Evin - IL Fitness Area 4:00-5:00PM: Labor Day Party 6:30PM: Prime Movie: <i>Top Gun - Maverick</i>	<p>U.S. BOWLING LEAGUE DAY</p> 10:00-10:30AM: Snacks and Chat 11:15-12:00PM: Brightmore Bowling League 2:30-3:00PM: Seated Exercise with Evin - IL Fitness Area 4:15-5:00PM: Before Dinner Stroll 6:30PM Prime Movie: <i>On a Wing & a Prayer</i>	<p>NATIONAL WILDLIFE DAY</p> 10:00-10:30AM: Snacks and Chat 11:00-12:00PM: Shopping Trip to Walgreens 2:30-3:00PM: Seated Exercise with Evin - IL Fitness Area 4:15-5:00PM: Bingo 6:30PM: Netflix Doc: <i>Horizon</i>	10:00-10:30AM: Snacks and Chat 11:15-12:00PM: Shuffleboard Games 2:30-3:00PM: Seated Exercise with Evin - IL Fitness Area 2:30-3:30PM: Joy Ride with Allison 4:15-5:00PM: Trivia 6:30PM Prime Movie: <i>Princess Diana: The Uncrowned Queen</i>	10:00-10:30AM: Snacks and Chat 11:15-12:00PM: Trivia 2:30-3:30PM: Music Therapy with Kylie on 1st Floor 2:30-3:00PM: Seated Exercise with Evin - IL Fitness Area 4:00-5:00PM: Happy Hour - NATIONAL READ A BOOK DAY 6:30PM: Residents Choice Movie	<p>NATIONAL TAILGAITING DAY</p> 10:00-10:30AM: Snacks and Chat 11:15-12:00PM: Puzzle Time - Independent Activity 2:00-2:30PM: Balloon Tennis 4:15-5:00PM: Before Dinner Stroll - Independent Activity 6:30PM: Netflix Movie: <i>The Blind Side</i>
8	9	10	11	12	13	14
** National Assisted Living Week **						
<p>NATIONAL GRANDPARENTS DAY</p> 10:00-10:30AM: Snacks and Chat 11:00-12:00PM: Virtual Church Service 2:30-3:00PM: Sunday Hymns 4:00-4:30PM: Balloon Tennis with Staff 6:30PM: Prime Series: <i>The Days of Noah Pt. 2</i>	 10:00-10:30AM: Snacks and Chat 11:15-12:00PM: Bingo 2:30-3:00PM: Seated Exercise with Evin - IL Fitness Area 4:15-5:00PM: Before Dinner Stroll 6:30PM: Netflix Doc: <i>Secrets of Great British Castle: S.1 Ep.1</i>	<p>NATIONAL ANTS ON A LOG DAY</p> 10:00-10:30AM: Ants on a Log Snack - Activity Area 11:15-12:00PM: Brightmore Bowling League 2:30-3:00PM: Seated Exercise with Evin - IL Fitness Area 3:00-4:00PM: Martha the Violinist - 1st Floor 6:30PM: Netflix Doc: <i>Secrets of Great British Castle: S.1 Ep.2</i>	<p>PATRIOT DAY 9/11</p> 10:00-10:30AM: Snacks and Chat 11:00-12:00PM: Pet Therapy - Jean & Lola 2:30-3:00PM: Seated Exercise with Evin - IL Fitness Area 4:00-5:00PM: Pet Therapy - Christine & Hadley 6:30PM: Netflix Doc: <i>Secrets of Great British Castle: S.1 Ep.3</i>	<p>NATIONAL CHOCOLATE MILKSHAKE DAY</p> 11:15-12:00PM: Shuffleboard 2:30-3:00PM: Seated Exercise with Evin - IL Fitness Area 3:00-3:30PM: Chocolate Milkshake Day Celebration 4:15-5:00PM: Before Dinner Stroll 6:30PM: Netflix Doc: <i>Secrets of Great British Castle: S.1 Ep.4</i>	10:00-10:30AM: Snacks and Chat - National Peanut Day 11:00-12:00PM: Art with Collavanni on 1st Floor 2:30-3:00PM: Seated Exercise with Evin - IL Fitness Area 3:00-4:00PM: Storytelling with Ryan - 1st Floor 4:00-5:00PM: Happy Hour 6:30PM: Residents Choice Movie	<p>NATIONAL CREAM FILLED DONUT DAY</p> 10:00-10:30AM: Snacks and Chat 11:15-12:00PM: Before Lunch Stroll - Independent Activity 2:00-2:30PM: Guess That Word 3:00-4:00PM: Pet Therapy - Doug & Elle 6:30PM: Netflix Movie: <i>Quiet Victory</i>
15	16	17	18	19	20	21
 10:00-10:30AM: Snacks and Chat 11:00-12:00PM: Virtual Church Service 2:30-3:00PM: Sunday Hymns 3:30-4:00PM: Shuffleboard - Independent Activity 4:15-5:00PM: Before Dinner Stroll - Independent Activity 6:30PM: Prime Series: <i>The Days of Noah Pt. 3</i>	 10:00-10:30AM: Snacks and Chat 11:15-12:00PM: Bingo 2:00-3:00PM: Live Music with Todd on 1st Floor 2:30-3:00PM: Seated Exercise with Evin - IL Fitness Area 4:15-5:00PM: Before Dinner Stroll 6:30PM: Netflix Doc: <i>Secrets of Great British Castle: S.1 Ep.5</i>	<p>NATIONAL CONSTITUTION DAY</p> 10:00-10:30AM: Snacks and Chat 11:15-12:00PM: Brightmore Bowling League 2:30-3:00PM: Seated Exercise with Evin - IL Fitness Area 4:00-5:00PM: Chocolate Party 6:30PM: Netflix Doc: <i>Secrets of Great British Castle: S.1 Ep.6</i>	<p>NATIONAL CHEESEBURGER DAY</p> 10:00-10:30AM: Snacks and Chat 11:00-12:00PM: Resident Council Meeting 2:30-3:00: Wellness Wednesday w/ Centerville - Balance and Fall Prevention 3:00-3:30PM: Spiritual Session: Chaplain Sam 1st Floor 3:30-4:30PM: September Food Forum 6:30PM: Prime Doc: <i>Secrets of National Parks: S.1 Ep.1</i>	<p>NATIONAL TALK LIKE A PIRATE DAY</p> 11:15-12:00PM: Shuffleboard Games 2:30-3:00PM: Seated Exercise with Evin - IL Fitness Area 3:00-4:00PM: Music with Rosanne on 1st Floor 3:00-3:45PM: Word in a Word with Staff 6:30PM: Prime Doc: <i>Secrets of National Parks - S.1 Ep.2</i>	<p>NATIONAL PUNCH DAY</p> 10:00-10:30AM: Snacks and Chat 11:30-12:00PM: Makenzie with Audibel Hearing Aids 2:30-3:30PM: Pet Therapy with Kasia and Pepper 2:30-3:00PM: Seated Exercise with Evin - IL Fitness Area 4:00-5:00PM: Happy Hour - Spiked Punch 6:30PM: Residents Choice Movie	<p>NATIONAL DANCE DAY</p> 10:00-10:30AM: Snacks and Chat 11:15-12:00PM: Big Band Music & Dance with Staff 2:00-2:30PM: Guess That Word 3:30-4:00PM: Shuffleboard - Independent Activity 4:15-5:00PM: Before Dinner Stroll - Independent Activity 6:30PM: Netflix Movie: <i>Greater</i>
22	23	24	25	26	27	28
<p>FIRST DAY OF FALL</p> 10:00-10:30AM: Snacks and Chat 11:00-12:00PM: Virtual Church Service 2:30-3:00PM: Sunday Hymns 3:15-4:00PM: Shuffleboard - Independent Activity 4:00-4:30PM: Guess That Phrase 6:30PM: Prime Series: <i>The Days of Noah Pt. 4</i>	 10:00-10:30AM: Snacks and Chat 11:00-12:00PM: Lunch Bunch to Olive Garden 2:30-3:00PM: Seated Exercise with Evin - IL Fitness Area 4:15-5:00PM: Bingo 6:30PM: Prime Doc: <i>Secrets of National Parks: S.1 Ep.3</i>	<p>NATIONAL CHERRIES JUBILEE DAY</p> 10:00-10:30AM: Snacks and Chat 11:15-12:00PM: Brightmore Bowling League 2:30-3:00PM: Seated Exercise with Evin - IL Fitness Area 4:00-5:00PM: Ice Cream Sundae Party 6:30PM: Prime Doc: <i>Secrets of National Parks: S.1 Ep.4</i>	<p>NATIONAL DAUGHTER'S DAY</p> 10:00-10:30AM: Snacks and Chat 11:00-12:00PM: Pet Therapy - Jean & Lola 2:00-2:30PM Morgan w/ Fox Rehab-Wellness Wednesday - Effects of Isolation 2:30-3:00PM: Seated Exercise with Evin - IL Fitness Area 3:30-4:30PM: Live Music with Ethan - 1st floor 6:30PM: Prime Doc: <i>Secrets of National Parks: S.1 Ep.5</i>	<p>NATIONAL PANCAKE DAY</p> 10:00-10:30AM: Snacks and Chat 11:15-12:00PM: Shuffleboard Games 2:00-2:30PM: Bible Study with Calvary Church 2:30-3:00PM: Seated Exercise with Evin - IL Fitness Area 4:15-5:00PM: Monthly Birthday Celebration 6:30PM: Prime Movie: <i>Oppenheimer</i>	<p>NATIONAL DAY OF FORGIVENESS</p> 10:00-10:30AM: Snacks and Chat 11:15-12:00PM: Trivia 2:30-3:00PM: Seated Exercise with Evin - IL Fitness Area 4:30-5:30PM: Sip and Pour with Sid 6:30PM: Residents Choice Movie	<p>NATIONAL NORTH CAROLINA DAY</p> 10:00-10:30AM: Snacks and Chat 10:00-12:00PM: Pet Parade 2:00-2:45PM: Shuffleboard - Independent Activity 4:15-5:00PM: Before Dinner Stroll - Independent Activity 6:30PM: Prime Movie: <i>The Winds of Kitty Hawk</i>
29	30					
<p>NATIONAL COFFEE DAY</p> 10:00-10:30AM: Snacks and Chat 11:00-12:00PM: Virtual Church Service 2:30-3:00PM: Sunday Hymns 4:15-5:00PM: Before Dinner Stroll - Independent Activity 6:30PM: Prime Movie: <i>Lucy's Really Lost Moments</i>	<p>NATIONAL ORANGE SHIRT DAY</p> 10:00-10:30AM: Snacks and Chat 11:15-12:00PM: Bingo 2:30-3:00PM: Seated Exercise with Evin 4:15-5:00PM: Football Tailgating Party 6:30PM: Prime Series: <i>The Dick Van Dyke Show: S1 E1-3</i>		<p style="text-align: center;">★ ★ ★ SEPTEMBER FUN FACT: Only one US President was born in the month September - President William Taft</p>	<p>CALENDAR KEY</p> *ACTIVITES ARE SUBJECT TO CHANGE. **SPECIAL ACTIVITY ***BOLD ACTIVITIES ARE LEAD BY CNAS ****6:30 MOVIE SHOWINGS HELD IN LIVING ROOM ON BIG SCREEN WITH SNACKS PROVIDED	 <p style="text-align: center;">MORNING COMMERCIAL</p> Monday - Friday 8:45AM - Dining Room with Allison	