


# Glenbrooke at Palm Bay *Lifestyle*

GLENBROOKE  
AT PALM BAY  
SENIOR LIVING AT EASE

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Assisted Living

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March 2015

## This ... Is ... 'Jeopardy!' Trivia!

Answer: This syndicated TV program, now trademarked as "America's Favorite Quiz Show," premiered March 30, 1964.

Question: What is "Jeopardy!"?

Enjoy some more facts about this popular trivia game show.

- Merv Griffin, who created the show with his wife, originally wanted it to be called "What's the Question?"
- Art Fleming was the show's first host. Alex Trebek began hosting in 1984.
- The instantly recognizable theme song, "Think," was composed by Griffin as a lullaby for his son.
- A week's worth of episodes is filmed in one day, with Trebek changing his suit between shows.
- Software engineer Ken Jennings, who appeared on the show during the 2004-2005 season, remains the contestant with the longest winning streak. He won more than \$2.5 million in 74 consecutive shows.
- The contestant who has won the most money on "Jeopardy!" is Brad Rutter, who earned \$3,455,102 over several show appearances.
- The most commonly featured category is "Before & After."
- "Jeopardy!" has won 30 Daytime Emmy Awards.



Carl Schoonover: Resident Trivia Expert

## March Team Member of the Month

Congratulations to Gene Deluca, March Team Member of the Month. Gene has been with Glenbrooke as Transportation Specialist for a few months and already we're asking, "How did we ever manage without him?" One of the reasons for such a question is Gene's willingness to go above and beyond his position's traditionally prescribed duties by overseeing the preventative as well as routine maintenance of company vehicles.



Gene Deluca: Transportation Specialist

ASSISTED LIVING

**MARCH 2015**

**Locations**

Activity Room, AR

Cafe, Cafe

Card Room, CR

Clubhouse, CH

Dining Room, DR

Fitness Center, FC

Glenbrooke Information Station, TV 732

Library, LIB

Main Lobby, ML

SIGN UP REQUIRED, ##

Swimming Pool, Pool

Third Floor Dining Room, 3FLDR

**Transportation Schedule**

Monday

9 a.m.-2 p.m.

Grocery Shopping, Bank Run  
(SIGN-UP REQUIRED)

Tuesday

9 a.m.-2 p.m.

Doctor Visits (SIGN-UP REQUIRED)  
24 HOURS in ADVANCE

Wednesday

9 a.m.-1:30 p.m.

Grocery Shopping, Out to Lunch Bunch,  
Retail Shopping (SIGN-UP REQUIRED)

Thursday

9 a.m.-2 p.m.

Doctor Visits (SIGN-UP REQUIRED)  
24 HOURS in ADVANCE

Sunday

9 a.m.-Noon

Church Shuttle (SIGN-UP REQUIRED)

**Birthdays**

Aline Bissonnette, 3rd

Mary DiFernando, 4th

Ruth Boyd, 5th

Vito Pecora, 5th

Howard Hensley, 13th

Max Gray, 16th

Ardith Barry, 20th

Les Lobeau, 23rd

Ginny Edmiston, 24th

June Geiger, 24th

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>9:00 Church Shuttle, ML</p> <p>1:00 Board/Card Games, CR</p> <p>2:00 Ice Cream Social, Cafe</p> <p>6:00 Board/Card Games, CR</p> <p>7:00 Movie (See Channel 732 for Details), TV 732</p>	<p>9:00 Fitness, FC</p> <p>9:00 Shop at Publix/Winn Dixie, ML</p> <p>11:00 Sit 'N' Fit w/Denise, CH</p> <p>11:00 1st Bus Malabar Walmart, ML</p> <p>12:30 2nd Bus Malabar Walmart, ML</p> <p>1:00 Aqua Aerobics, Pool</p> <p>2:00 Banker's Hours, ML</p> <p>3:00 Crafts, AR</p> <p>3:30 Film, Food and Folly, ML</p> <p>6:30 Dollar Bingo, CR</p>	<p>9:00 Transportation Provided for Medical Appointments, ML</p> <p>10:00 Health Topic Tuesday (Brain Games Points), CH</p> <p>11:00 Go With the Flow, CH</p> <p>1:00 Board/Card Games, CR</p> <p>2:00 Bingo, 3FLDR</p> <p>6:00 Board/Card Games, CR</p>	<p>9:00 Fitness, FC</p> <p>9:00 Shop at Publix/Winn Dixie, ML</p> <p>10:00 Catholic Communion, 3FLDR</p> <p>11:00 Lunch Bunch, ML</p> <p>11:30 AL Resident Council, Cafe</p> <p>1:00 Shut the Box, CR</p> <p>1:00 Aqua Aerobics, Pool</p> <p>1:30 Shop PB Road Walmart, ML</p> <p>2:00 Rolling Bowling, CR</p> <p>3:00 Yarn Club, AR</p> <p>6:00 Board/Card Games, AR</p> <p>6:30 Book Club (Brain Points), CR</p>	<p>9:00 Transportation Provided for Medical Appointments, ML</p> <p>10:00 Chaplain's Corner, CR</p> <p>10:00 Thursday Thinkers, CH</p> <p>1:00 Board/Card Games, CR</p> <p>2:00 Bingo, 3FLDR</p> <p>4:00 Rowdy Roosters Dinner, ML</p>	<p>9:00 Fitness, FC</p> <p>11:00 Sit 'N' Fit w/Denise, CH</p> <p>1:00 Aqua Aerobics, Pool</p> <p>1:00 Brain Games, Crossword, 3FLDR</p> <p>3:30 Happy Hour, CH</p>	<p>10:00 Coffee Social, CH</p> <p>10:00 Brain Games, Shut the Box, 3FLDR</p> <p>6:00 Board/Card Games, CR</p> <p>7:00 Movie (See Channel 732 for Details), TV 732</p>
<p>DAYLIGHT SAVING TIME BEGINS</p> <p>9:00 Church Shuttle, ML</p> <p>1:00 Board/Card Games, CR</p> <p>2:00 Ice Cream Social, Cafe</p> <p>6:00 Board/Card Games, CR</p> <p>7:00 Movie (See Channel 732 for Details), TV 732</p>	<p>9:00 Fitness, FC</p> <p>9:00 Shop at Publix/Winn Dixie, ML</p> <p>11:00 Sit 'N' Fit w/Denise, CH</p> <p>11:00 1st Bus Malabar Walmart, ML</p> <p>12:30 2nd Bus Malabar Walmart, ML</p> <p>1:00 Aqua Aerobics, Pool</p> <p>2:00 Banker's Hours, ML</p> <p>3:00 Crafts, AR</p> <p>6:30 Dollar Bingo, CR</p>	<p>9:00 Transportation Provided for Medical Appointments, ML</p> <p>10:00 Health Topic Tuesday (Brain Games Points), CH</p> <p>11:00 Go With the Flow, CH</p> <p>1:00 Board/Card Games, CR</p> <p>2:00 Bingo, 3FLDR</p> <p>6:00 Board/Card Games, CR</p>	<p>8:00 Rowdy Roosters Breakfast</p> <p>9:00 Fitness, FC</p> <p>9:00 Shop at Publix/Winn Dixie, ML</p> <p>10:00 Catholic Communion, 3FLDR</p> <p>11:00 Lunch Bunch, ML</p> <p>12:45 Johnny Appleseed Applesauce, CR</p> <p>1:00 Shut the Box, CR</p> <p>1:00 Aqua Aerobics, Pool</p> <p>1:30 Shop at Melbourne Mall, ML</p> <p>2:00 Rolling Bowling, CR</p> <p>3:00 Yarn Club, AR</p> <p>6:30 Book Club (Brain Points), CR</p>	<p>9:00 Transportation Provided for Medical Appointments, ML</p> <p>10:00 Chaplain's Corner, CR</p> <p>10:00 Thursday Thinkers, CH</p> <p>1:00 Board/Card Games, CR</p> <p>2:00 Bingo, 3FLDR</p> <p>4:30 Oscars Red Carpet Event</p> <p>6:00 Board/Card Games, AR</p> <p>6:30 Night Court (Brain Points), CR</p>	<p>9:00 Fitness, FC</p> <p>11:00 Sit 'N' Fit w/Denise, CH</p> <p>1:00 Aqua Aerobics, Pool</p> <p>1:00 Brain Game Bingo, 3FLDR</p> <p>1:00 Chicks' Spring Tea##, CH</p> <p>3:30 Happy Hour, CH</p>	<p>10:00 Coffee Social, CH</p> <p>2:00 Bonanza Bingo, 3FLDR</p> <p>3:30 Happy Hearts Piano Music, CH</p> <p>6:00 Board/Card Games, CR</p> <p>7:00 Movie (See Channel 732 for Details), TV 732</p>
<p>9:00 Church Shuttle, ML</p> <p>1:00 Board/Card Games, CR</p> <p>2:00 Ice Cream Social, Cafe</p> <p>6:00 Board/Card Games, CR</p> <p>7:00 Movie (See Channel 732 for Details), TV 732</p>	<p>9:00 Fitness, FC</p> <p>9:00 Shop at Publix/Winn Dixie, ML</p> <p>11:00 Sit 'N' Fit w/Denise, CH</p> <p>11:00 1st Bus Malabar Walmart, ML</p> <p>12:30 2nd Bus Malabar Walmart, ML</p> <p>1:00 Aqua Aerobics, Pool</p> <p>1:30 Rock and Roll Classic Music, CH</p> <p>2:00 Banker's Hours, ML</p> <p>3:00 Crafts, AR</p> <p>6:30 Dollar Bingo, CR</p>	<p>ST. PATRICK'S DAY</p> <p>9:00 Transportation Provided for Medical Appointments, ML</p> <p>10:00 Health Topic Tuesday (Brain Games Points), CH</p> <p>11:00 Go With the Flow, CH</p> <p>1:00 Board/Card Games, CR</p> <p>2:00 Bingo, 3FLDR</p> <p>6:00 Board/Card Games, CR</p>	<p>9:00 Fitness, FC</p> <p>9:00 Shop at Publix/Winn Dixie, ML</p> <p>10:00 Catholic Communion, 3FLDR</p> <p>10:00 Wednesday Wellness, CH</p> <p>11:00 Lunch Bunch, ML</p> <p>1:00 Shut the Box, CR</p> <p>1:00 Aqua Aerobics, Pool</p> <p>2:00 Rolling Bowling, CR</p> <p>3:00 Yarn Club, AR</p> <p>6:00 Board/Card Games, AR</p> <p>6:30 Book Club (Brain Points), CR</p>	<p>9:00 Transportation Provided for Medical Appointments, ML</p> <p>10:00 Chaplain's Corner, CR</p> <p>10:00 Thursday Thinkers, CH</p> <p>1:00 Board/Card Games, CR</p> <p>2:00 Bingo, 3FLDR</p>	<p>SPRING BEGINS</p> <p>9:00 Fitness, FC</p> <p>11:00 Sit 'N' Fit w/Denise, CH</p> <p>1:00 Aqua Aerobics, Pool</p> <p>1:00 Have Your Nails Painted, 3FLDR</p> <p>3:30 Happy Hour, CH</p>	<p>10:00 Coffee Social, CH</p> <p>10:00 Brain Games, Shut the Box, 3FLDR</p> <p>6:00 Board/Card Games, CR</p> <p>7:00 Movie (See Channel 732 for Details), TV 732</p>
<p>9:00 Church Shuttle, ML</p> <p>1:00 Board/Card Games, CR</p> <p>2:00 Ice Cream Social, Cafe</p> <p>6:00 Board/Card Games, CR</p> <p>7:00 Movie (See Channel 732 for Details), TV 732</p>	<p>9:00 Fitness, FC</p> <p>9:00 Shop at Publix/Winn Dixie, ML</p> <p>11:00 Sit 'N' Fit w/Denise, CH</p> <p>11:00 1st Bus Malabar Walmart, ML</p> <p>12:30 2nd Bus Malabar Walmart, ML</p> <p>1:00 Aqua Aerobics, Pool</p> <p>2:00 Banker's Hours, ML</p> <p>3:00 Crafts, AR</p> <p>6:30 Dollar Bingo, CR</p>	<p>9:00 Transportation Provided for Medical Appointments, ML</p> <p>10:00 Health Topic Tuesday (Brain Games Points), CH</p> <p>11:00 Go With the Flow, CH</p> <p>1:00 Board/Card Games, CR</p> <p>2:00 Bingo, 3FLDR</p> <p>6:00 Board/Card Games, CR</p>	<p>8:00 Rowdy Roosters Breakfast</p> <p>9:00 Fitness, FC</p> <p>9:00 Shop at Publix/Winn Dixie, ML</p> <p>10:00 Catholic Communion, 3FLDR</p> <p>11:00 Lunch Bunch, ML</p> <p>11:00 Blood Pressure check, Cafe</p> <p>1:00 Shut the Box, CR</p> <p>1:00 Aqua Aerobics, Pool</p> <p>1:30 Shop at Melbourne Mall, ML</p> <p>2:00 Rolling Bowling, CR</p> <p>3:00 Yarn Club, AR</p> <p>6:30 Book Club (Brain Points), CR</p>	<p>9:00 Transportation Provided for Medical Appointments, ML</p> <p>10:00 Chaplain's Corner, CR</p> <p>10:00 Thursday Thinkers, CH</p> <p>1:00 Board/Card Games, CR</p> <p>2:00 Bingo, 3FLDR</p> <p>6:00 Board/Card Games, AR</p> <p>6:30 Night Court (Brain Points), CR</p>	<p>9:00 Fitness, FC</p> <p>11:00 Sit 'N' Fit w/Denise, CH</p> <p>2:00 Resident Council Meeting (Brain Games Points), CH</p> <p>3:30 Happy Hour, CH</p> <p>7:00 Arm Chair Travel, TV 732</p>	<p>10:00 Coffee Social, CH</p> <p>2:00 Bonanza Bingo, 3FLDR</p> <p>6:00 Board/Card Games, CR</p> <p>7:00 Movie (See Channel 732 for Details), TV 732</p>
<p>PALM SUNDAY</p> <p>9:00 Church Shuttle, ML</p> <p>1:00 Board/Card Games, CR</p> <p>2:00 Ice Cream Social, Cafe</p> <p>6:00 Board/Card Games, CR</p> <p>7:00 Movie (See Channel 732 for Details), TV 732</p>	<p>9:00 Fitness, FC</p> <p>9:00 Shop at Publix/Winn Dixie, ML</p> <p>11:00 Sit 'N' Fit w/Denise, CH</p> <p>11:00 1st Bus Malabar Walmart, ML</p> <p>12:30 2nd Bus Malabar Walmart, ML</p> <p>1:00 Aqua Aerobics, Pool</p> <p>2:00 Banker's Hours, ML</p> <p>3:00 Crafts, AR</p> <p>6:30 Dollar Bingo, CR</p>	<p>9:00 Transportation Provided for Medical Appointments, ML</p> <p>10:00 Health Topic Tuesday (Brain Games Points), CH</p> <p>11:00 Go With the Flow, CH</p> <p>1:00 Board/Card Games, CR</p> <p>2:00 Bingo, 3FLDR</p> <p>6:00 Board/Card Games, CR</p>				

# Jeepers! Creepers! Take Good Care of Those Peepers!

Regular visits to an eye doctor will not only ensure your prescriptions for eyeglasses are current, but also check for signs of conditions like cataracts and glaucoma. The early warning signs of other health concerns, such as diabetes or high blood pressure and high cholesterol, can also be detected by an eye exam. In addition to regular visits with an eye care professional, protect your vision by eating a healthy diet that includes plenty of fruits and vegetables, using appropriate lighting for reading and tasks, and protecting your eyes from harmful ultraviolet rays.



Barbara Crawford exhibiting the Large Type Bingo Card available for use by residents who are vision-impaired but don't want to give up Bingo.

## March Resident of the Month

Meet Mary Gilbert, Glenbrooke's Resident of the Month for March. Mary recently served as President of Glenbrooke's 2014 Resident Council and can



Mary Gilbert, Mary Glenbrooke's Resident of the Month

now be seen around campus attending many activities and lending a helping hand where needed. That said, one of the most salient features about Mary Gilbert, however, is her wonderfully infectious and "one-of-a-kind" laugh — a laugh she generously shares with all.

# Decoding Irish Symbolism

The Irish storytelling tradition dates back thousands of years, recounting the folkloric significance of many of the Emerald Isle's honored emblems. Read on to learn about Ireland's best-known symbols, ancient and modern.

**Shamrock:** This Irish variety of clover grows abundantly throughout the island. Ancient Celts believed its three leaves represented faith, hope and love. The similar but hard-to-find four-leaf clover includes an additional aspect: luck.

**Celtic harp:** The medieval triangular harp was played at the courts of kings and chieftains. Now the Irish national emblem, the Celtic harp can be found on everything from coins to official documents.

**Tricolor flag:** Each stripe of color on Ireland's flag has meaning. The green on the left signifies the Irish people; the orange on the right represents supporters of the 17th-century British king William III of Orange; and the white band between the two conveys peace.



Wanda Durden really "shamrock"ing it with her green hat.



Mary Draser gettin' her Irish on!