


Glenbrooke at Palm Bay *Lifestyle*

GLENBROOKE
AT PALM BAY
SENIOR LIVING AT EASE

Like Us! 

Assisted Living

815 Briar Creek Blvd. NE • Palm Bay, FL 32905 • 321-956-3330 • www.glenbrookeseniorliving.com

June 2015

From the Desk of Jackie Holmes

Dear Residents,

Remember the 1956 movie "Carousel" by Rogers and Hammerstein and the phrase in one of its iconic songs ... "June is busting out all over?" Well at Glenbrooke that phrase really fits. We are seeing so many new faces join the family. I hope you have taken the time to go up to that unfamiliar face, say hello, introduce yourself, ask their name, and maybe even invite them to join you for a meal. It is no fun to be the new kid on the block and we have all been there.

One of the ways you could really help Gloria and Wendy is when in conversation with these new residents, find out interests, and let us know. We try to get to know them but many times you pick up on something they did not mention to the staff.

I do want to remind you that I have an open door and want you to know how I can be of service to you. As I walk through the dining room, stop me, and if your day has been just a little rough let me know and maybe we can have lunch or dinner together. Remember, Glenbrooke is a family and we are here for each other.

— Jackie



Happy Father's Day

What Makes a Dad

God took the strength of a mountain,
The majesty of a tree,
The warmth of a summer sun,
The calm of a quiet sea,
The generous soul of nature,
The comforting arm of night,
The wisdom of the ages,
The power of the eagle's flight,
The joy of a morning in spring,
The faith of a mustard seed,
The patience of eternity,
The depth of a family need,
Then God combined these qualities,
When there was nothing more to add,
He knew His masterpiece was complete,
And so, He called it ... Dad

— Author Unknown



Carl Schoonover

ASSISTED LIVING

JUNE 2015

Locations

- Activity Room, AR
- Cafe, Cafe
- Card Room, CR
- Clubhouse, CH
- Dining Room, DR
- Eligible for Brain Games Points, BGP
- Fitness Center, FC
- Glenbrooke Information Station, TV 732
- Library, LIB
- Main Lobby, ML
- Swimming Pool, Pool
- Third Floor Dining Room, 3FLDR

Transportation Schedule

- Monday**
9 a.m.-2 p.m.
Shopping at Publix/Winn-Dixie, Malabar Road Walmart As Well As Occasional Special Shopping Outings
- Tuesday & Thursday**
9 a.m.-2 p.m.
Doctor Visits (SIGN-UP REQUIRED 24 HOURS in ADVANCE)
- Wednesday**
9 a.m.-2:30 p.m.
Doctor Visits (SIGN-UP REQUIRED 24 HOURS in ADVANCE) Shopping at Publix/Winn-Dixie and PBR Walmart/Hammock Ldg
- Friday**
11 a.m.-1:30 p.m.
Lunch Bunch, Bank Run (SIGN-UP REQUIRED)
- Sunday**
9 a.m.-noon
Church Shuttle (SIGN-UP REQUIRED)

Birthdays

- Dorothy Greiner, 1st
- Mary Gilbert, 4th
- June Rayner, 4th
- Marv Toepler, 11th
- Pete Hoffman, 21st
- Dave Hollister, 21st
- Earl Velleca, 23rd
- Connie Fraleigh, 23rd
- Lucille Kennedy, 28th
- Harriette Wilhite, 30th

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<i>GNN Network Special, TV 732</i> 9:00 Fitness Club, FC 10:45 Sit 'N' Fit, CH 1:00 Aqua Aerobics, Pool 2:00 Singalong, CR 3:00 Glenbrooke Crafters, AR 3:30 Film, Food and Folly, ML 6:30 Dollar Bingo, CR	7:30 Glenbrooke Gaiters, ML 10:00 Helpful Topic Tuesday: Hurricane Preparedness, CH 2:00 Bingo, 3FLDR	9:00 Fitness Club, FC 10:00 Catholic Communion, 3FLDR 10:45 Sit 'N' Fit, CH 11:30 Resident Council, Cafe 1:00 Shut the Box, CR 1:00 Aqua Aerobics, Pool 2:00 Rolling Bowling, CR 3:00 Yarn Club, AR 3:00 Holey Board Hoedown, CH 6:30 Book Club, CR	This is My Story 7:30 Glenbrooke Gaiters, ML 10:00 Thursday Thinkers (BGP), CH 11:00 Meditation/Yoga, CH 2:00 AL Bonanza Bingo, 3FLDR 4:00 Rowdy Roosters Dinner, ML 6:30 Night Court, CR	9:00 Bank Run, ML 9:30 Go With The Flow, CH 10:00 Health Fair, CH 10:30 Sewing Circle, AR 11:00 Lunch Bunch at Rooney's, ML 1:00 Brain Games Crossword Puzzles, 3FLDR 3:30 Dean "Martini" Happy Hour, CH	Belmont Stakes Derby 10:00 Coffee Social, CH 10:00 Brain Games Shut the Box, 3FLDR 1:00 Painting w/Betty, CH 2:30 Bingo With Dolly & Teru, 3FLDR 7:00 Movie: "The Sound of Music" (Rated G), TV 732
2:00 Ice Cream Social, Cafe 7:00 Movie "Follow the River" (NR), TV 732	9:00 Fitness Club, FC 10:45 Sit 'N' Fit, CH 1:00 Aqua Aerobics, Pool 2:00 Singalong, CR 3:00 Glenbrooke Crafters, AR 6:30 Dollar Bingo, CR	7:30 Glenbrooke Gaiters, ML 9:00 On Site Dermatology, AR 2:00 Bingo, 3FLDR 4:00 Red Hat Mtg/ Dinner, ML	8:00 Rowdy Roosters Breakfast 9:00 Fitness Club, FC 10:00 Catholic Communion, 3FLDR 10:45 Sit 'N' Fit, CH 12:30 The S'mores the Merrier, CR 1:00 Shut the Box, CR 1:00 Aqua Aerobics, Pool 2:00 Rolling Bowling, CR 3:00 Yarn Club, AR 3:00 Holey Board Hoedown, CH 6:30 Book Club, CR	7:30 Glenbrooke Gaiters, ML 10:00 Thursday Thinkers (BGP), CH 11:00 Meditation/Yoga, CH 2:00 Bingo, 3FLDR 4:30 Outlaw Hoedown, 3FLDR	9:00 Bank Run, ML 9:30 Go With The Flow, CH 10:30 Sewing Circle, AR 11:00 Lunch Bunch at Texas Roadhouse, ML 1:30 Retail Shopping, ML 3:30 "Moonshine" Happy Hour, CH	10:00 Coffee Social, CH 10:00 Brain Games Shut the Box, 3FLDR 1:00 Painting w/Betty, CH 2:30 Bingo With Dolly & Teru, 3FLDR 7:00 Movie: "The Duchess" (PG-13), TV 732
FLAG DAY 2:00 Ice Cream Social, Cafe 7:00 Movie: "Tombstone" (PG-13), TV 732	9:00 Fitness Club, FC 10:45 Sit 'N' Fit, CH 1:00 Aqua Aerobics, Pool 2:00 Patriotic Singalong, CR 3:00 Glenbrooke Crafters, AR 6:30 Dollar Bingo, CR	7:30 Glenbrooke Gaiters, ML 2:00 Bingo, 3FLDR	9:00 Fitness Club, FC 10:00 Catholic Communion, 3FLDR 10:45 Sit 'N' Fit, CH 12:30 Popcicles, CR 1:00 Shut the Box, CR 1:00 Aqua Aerobics, Pool 2:00 Rolling Bowling, CR 3:00 Yarn Club, AR 3:00 Holey Board Hoedown, CH 6:30 Book Club, CR	7:30 Glenbrooke Gaiters, ML 10:00 Thursday Thinkers (BGP), CH 11:00 Meditation/Yoga, CH 2:00 Bingo, 3FLDR	9:00 Bank Run, ML 9:30 Go With The Flow, CH 10:30 Sewing Circle, AR 11:00 Lunch Bunch @ Applebee's, ML 1:00 Lima Bean Auction, 3FLDR 3:30 Sunny Umbrella Happy Hour, CH	10:00 Coffee Social, CH 10:00 Brain Games Shut the Box, 3FLDR 1:00 Painting w/Betty, CH 2:30 Bingo With Dolly & Teru, 3FLDR 7:00 Movie: "My Big Fat Greek Wedding" (PG), TV 732
FATHER'S DAY FIRST DAY OF SUMMER 2:00 Ice Cream Social, Cafe 7:00 Movie "A Horse for Danny" (NR), TV 732	9:00 Fitness Club, FC 10:45 Sit 'N' Fit, CH 1:00 Aqua Aerobics, Pool 2:00 Singalong, CR 3:00 Glenbrooke Crafters, AR 6:30 Dollar Bingo, CR	7:30 Glenbrooke Gaiters, ML 10:00 Helpful Topic Tuesday: "Eating Safety," CH 2:00 Bingo, 3FLDR	8:00 Rowdy Roosters Breakfast 9:00 Fitness Club, FC 10:00 Catholic Communion, 3FLDR 10:45 Sit 'N' Fit, CH 12:30 Food Truck Social, CH 1:00 Shut the Box, CR 1:00 Aqua Aerobics, Pool 2:00 Rolling Bowling, CR 3:00 Yarn Club, AR 3:00 Holey Board Hoedown, CH 6:30 Book Club, CR	7:30 Glenbrooke Gaiters, ML 10:00 Thursday Thinkers (BGP), CH 11:00 Meditation/Yoga, CH 1:00 "Pep Rally" (Review of Next Month's Events), CH 2:00 Bingo, 3FLDR 4:30 Fun Seekers Outing w/Gloria, ML 4:30 Pizza Party, CH	9:00 Bank Run, ML 9:30 Go With The Flow, CH 10:30 Sewing Circle, AR 11:00 Lunch Bunch at Applebee's, ML 2:00 Resident Council Meeting (BGP), CH 3:30 Watermelon Wine Happy Hour, CH 7:00 Sky Scraper Documentary, TV 732	10:00 Coffee Social, CH 10:00 Brain Games Shut the Box, 3FLDR 1:00 Painting w/Betty, CH 2:30 Bingo With Dolly & Teru, 3FLDR 7:00 Movie: "Passion Fish" (R), TV 732
2:00 Ice Cream Social, Cafe 7:00 Movie: "Guess who's Coming to Dinner," TV 732	9:00 Fitness Club, FC 10:45 Sit 'N' Fit, CH 1:00 Aqua Aerobics, Pool 2:00 Singalong, CR 3:00 Glenbrooke Crafters, AR 6:30 Dollar Bingo, CR	7:30 Glenbrooke Gaiters, ML 10:00 Helpful Topic Tuesday: "Spelling Bee," CH 2:00 Bingo, 3FLDR				

Butterfly Beauties

With their delicate, colorful wings and fluttering, graceful flight, butterflies are some of the most beautiful and fascinating creatures to watch. Here are some common species you may spot this summer:



Patty Moltz enjoying the butterfly tree

Monarch: One of the most well-known butterflies, this orange and black beauty is a familiar sight throughout the U.S. and Canada. Every year, millions of monarchs famously migrate thousands of miles to Mexico and the California and Gulf coasts, where they roost in large groups.

Team Member of the Month

Meet Janibell Hernandez: June Team Member of the Month. Janibell is described by her supervisor, Teresa Perez-Garcia, as “both my right and left hands. She is competent, organized and always willing to provide assistance to anyone that needs help.” Congratulations, Janibell, on being acknowledged for the good work you do! Glenbrooke is fortunate to have you as part of its team.



Janibell Hernandez, always willing to make some “bunny” happy

Resident of the Month

Meet Beverly Jahnke, June Resident of the Month. Beverly is very active here at Glenbrooke. From Bingo to Yoga, Beverly can be found participating with a positive attitude and keen sense of fun. In a more personal vein, Beverly is one of the kindest, most even-tempered and patient persons this writer has ever met. We could all learn a lot from her. Congratulations, Beverly. You truly are a jewel in the crown of Glenbrooke.



Beverly Jahnke: June Resident of the Month

National Iced Tea Month

June is National Iced Tea Month. Legend has it that a tea vendor at the 1904 World’s Fair in St. Louis popularized the drink. When visitors to the sweltering event turned down free hot tea, he ran it through iced pipes to chill the beverage. Word quickly spread about his cold tea. Now a very popular beverage, iced tea can be brewed from loose tea, made from instant or bagged tea, or purchased ready to drink in bottles and cans. Unsweetened, it is a low calorie cooling drink.



Marion White and Wanda Durden enjoying a cold glass of ice tea