


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

August 2015

From the Desk of Debbie Fischer

Hello Everyone,

I am very excited about being the new Executive Director here at Glenbrooke. My philosophy is simple: we are here to serve our residents, and we work in their home. I have an open door policy and am always happy to assist our residents, family members and associates in any way I can.

Senior Living has been my passion for over 20 years. Indialantic is my home where I enjoy walks on the beach, fishing, gardening, good times and laughs with family and friends.

Over the next several weeks I look forward to getting to know all of you.

Let's think about friends or past neighbors who you think may be interested in moving to Glenbrooke. We are giving away \$500 for each friend our current residents move into Glenbrooke. The more friends you have move in, the more money you have to spend any way you choose! We will also be starting a referral club with a special monthly dinner for residents who have a friend move to our wonderful community.

I am also looking for volunteers who would like to become welcome ambassadors for our new residents. If interested, please let me know. Everyone needs a new friend when they move to a new community or neighborhood, a smiling face who invites them to activities or invites them to join them for lunch or dinner.

Thank you all for your warm welcome and smiling faces.

— Debbie Fischer



Resident of the Month

Norma can be seen attending many Glenbrooke activities where she is always quick to offer a friendly smile and a helping hand. Of her many positive attributes, one that stands out immediately is her ability to make others instantly feel comfortable. Certainly the fact that she demonstrates a sincere interest in what others have to say plays a large part in such. So, next time you see Norma, congratulate her on being selected Resident of the Month and, if you have time, let her know what you've been up to. She really and truly wants to hear and, hey, isn't that a breath of fresh air?



Norma Folsom: August Resident of the Month

ASSISTED LIVING

AUGUST 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
11 a.m.-1 p.m.
First Bus to Malabar Road Walmart (Sign-Up Required)
Monday & Wednesday
9-10 a.m.
Shopping at Publix, Winn-Dixie (Sign-Up Required)
Monday
12:30-2:30 p.m.
Second Bus to Malabar Road Walmart (Sign-Up Required)
Tuesday
9 a.m.-2 p.m.
Doctor Visits in Melbourne (Sign-Up Required 24 Hours in Advance)
Friday
9 a.m.
Bank Run (Sign-Up Required)
Sunday
9 a.m.-1 p.m.
Church Shuttle (Sign-Up Required)

Wednesday
9 a.m.-2 p.m.
Doctor Visits in Palm Bay (Sign-Up Required 24 Hours in Advance)
Wednesday
11 a.m.-1 p.m.
Retail Shopping
Wednesday
Doctor Visits in Palm Bay -- Must Sign Up Thursday 9 a.m.-2 p.m.
Doctor Visits in Melbourne (Sign-Up Required 24 Hours in Advance)





Additional Services

Wednesday 11 a.m. Retail Shopping
Wednesday 9 a.m.-2 p.m. Doctor Visits in Palm Bay-must sign up

Birthdays

Beth Tallcott, 1st
Mary Thomsen, 6th
Jean Magee, 8th
Celeste Laws, 8th
Jan Davis, 13th
Evelyn Grahn, 17th
Sophie Ruccione, 19th
Eugene Foreman, 19th
Barb Such, 20th
Bill Knight, 21st
George Blackwood, 21st
Oril Lemay, 23rd
June Gleason, 23rd
Pearl Reid, 24th
VanPelt Maud, 24th
Joy Gaba, 27th

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
2:00 Ice Cream Social, Cafe 7:00 Movie: "Gidget" (NR), TV 732	9:00 Fitness Club, FC 10:45 Sit 'N' Fit DVD, 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 Funny Bones Don't Get Arthritis, CR 12:30 I Love Lucy Candy Factory Fun & Treats, CR 2:00 Bingo, 3FLDR 3:00 Yarn Club, AR 3:30 Film, Food and Folly, ML	9:00 Fitness Club, FC 10:00 Catholic Communion, 3FLDR 10:45 Sit 'N' Fit DVD, CH 11:00 PBR Walmart/Hammock Landing, ML 11:30 Resident Council, Cafe 12:30 Fudgesicle Social, CR 1:00 Shut the Box, CR 1:00 Aqua Aerobics, Pool 2:00 Rolling Bowling, CR 3:00 Holey Board, CH 5:45 Melbourne Municipal Band Concert, ML 6:30 No Book Club Tonight	7:30 Glenbrooke Gaiters, ML 10:00 Thursday Thinkers (BGP), CH 11:00 Meditation/Yoga, CH 2:00 AL Bingo, 3FLDR 4:00 Rowdy Roosters Dinner, ML 6:30 Night Court, CR	9:00 Bank Run, ML 9:00 Fitness Club, FC 9:30 Go With the Flow, CH 10:00 Friday Fun and Games "Fact or Baloney?," CR 10:30 Sewing Circle, AR 11:00 Lunch Bunch @ Red Lobster, ML 2:30 Hugging the Family Tree, CR 3:30 "Gypsies, Tramps and Thieves" 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: "Nanny McPhee Returns" (NR), TV 732
2:00 Ice Cream Social, Cafe 7:00 Faith and Family Film: "Wide Awake" (NR), TV 732	9:00 Fitness Club, FC 10:45 Sit 'N' Fit DVD, 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 10:00 Health Topic "Eye Health," CH 12:30 "Just Peachy" Ice Cream, CR 1:00 Hula Dancing Class w/Gloria, Michelle, & Wendy, CR 2:00 Bingo, 3FLDR 3:00 Yarn Club, AR 4:00 Red Hats Mtg/Dinner, CH	8:00 Rowdy Roosters Breakfast 9:00 Fitness Club, FC 10:00 Catholic Communion, 3FLDR 10:45 Sit 'N' Fit DVD, CH 11:00 Treasure Hunting at Goodwill Store, ML 12:30 Ice Cream Sandwich Social, CR 1:00 Aqua Aerobics, Pool 1:00 Shut the Box, CR 2:00 Rolling Bowling, CR 3:00 Holey Board, CH 6:30 Book Club, CR	7:30 Glenbrooke Gaiters, ML 10:00 Thursday Thinkers (BGP), CH 11:00 Meditation/Yoga, CH 1:00 Gardening Club, 3FLDR 2:00 Bingo, 3FLDR 5:30 Hawaiian Luau, CR	9:00 Bank Run, ML 9:00 Fitness Club, FC 9:30 Go With the Flow, CH 10:00 Friday Fun and Games: "Scrabble Social," CR 10:30 Sewing Circle, AR 11:00 Lunch Bunch at Ferrara's, ML 2:30 Scrabble Social, CR 3:30 "Senior Moments" Happy Hour w/Doug Floyd, CH 7:00 Dancin' With the Seniors Encore DVD Presentation, 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: "Beach Blanket Bingo" (NR), TV 732
2:00 Ice Cream Social, Cafe 7:00 Movie: "Auntie Mame" (Musical) (PG), TV 732	9:00 Fitness Club, FC 10:45 Sit 'N' Fit DVD, CH 1:00 Aqua Aerobics, Pool 2:00 Singalong, CR 2:00 Social Singles, CH 3:00 Glenbrooke Crafters, AR 6:30 Dollar Bingo, CR	7:30 Glenbrooke Gaiters, ML 10:00 Health Topic With Jim Polous, CH 12:30 Elvis' Favorite: P'nut Butter & Banana Sandwiches, CR 2:00 Hugs 4 Free, CR 2:00 Bingo, 3FLDR 3:00 Yarn Club, AR 4:00 Oink Night at Woody's Barbecue, ML 7:00 Movie: "It Happened at the World's Fair" (NR), TV 732	9:00 Fitness Club, FC 10:00 Catholic Communion, 3FLDR 10:45 Sit 'N' Fit DVD, CH 11:00 PBR Walmart/Hammock Landing, ML 12:30 Popsicle Social, CR 1:00 Shut the Box, CR 1:00 Aqua Aerobics, Pool 2:00 Rolling Bowling, CR 3:00 Holey Board, 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 5:00 Cheeseburger in Paradise Dinner, CH	9:00 Bank Run, ML 9:00 Fitness Club, FC 9:30 Go With the Flow, CH 10:00 Friday Fun and Games: "Spelling Bee," CR 10:30 Sewing Circle, AR 11:00 Lunch Bunch @ Cracker Barrel, ML 2:30 Stories for the Heart, CR 3:30 "Bloody Mary Happy Hour" w/The Music Man, 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: "Message in a Bottle" (PG-13), TV 732
2:00 Ice Cream Social, Cafe 7:00 Faith and Family Film: "The Book of Daniel" (NR), TV 732	Belgian Waffle Breakfast, DR 9:00 Fitness Club, FC 10:45 Sit 'N' Fit DVD, 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 Estate Planning Seminar, CH 12:30 Lemonade Stand, CR 1:00 "What's the Buzz?" (Preview of September Events), CH 2:00 Bingo, 3FLDR 3:00 Yarn Club, AR 4:00 Funk Seekers, ML	8:00 Rowdy Roosters Breakfast 9:00 Fitness Club, FC 10:00 Catholic Communion, 3FLDR 10:45 Sit 'N' Fit DVD, CH 11:00 Produce Shopping at Thrifty Produce, ML 12:30 Klondike Bar Social, CR 1:00 Aqua Aerobics, Pool 1:00 Shut the Box, CR 2:00 Rolling Bowling, CR 3:00 Holey Board, CH 6:30 Book Club, CR	7:30 Glenbrooke Gaiters, ML 10:00 Thursday Thinkers (BGP), CH 11:00 Meditation/Yoga, CH 1:00 Gardening Club, 3FLDR 2:00 Bingo, 3FLDR 4:30 Pizza Party, CH	School Colors Day 9:00 Bank Run, ML 9:00 Fitness Club, FC 9:30 Go With the Flow, CH 10:00 Friday Fun and Games: "Mystery Game," CR 10:30 Sewing Circle, AR 2:00 Resident Council Meeting (BGP), CH 3:30 "School Colors" Happy Hour With Ash Reeder, 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: "Blindside" (PG-13), TV 732
2:00 Ice Cream Social, Cafe 7:00 Faith and Family Film: "Time of the Wolf" (NR), TV 732	9:00 Fitness Club, FC 10:45 Sit 'N' Fit DVD, CH 1:00 Aqua Aerobics, Pool 2:00 Singalong, CR 3:00 Glenbrooke Crafters, AR 6:30 Dollar Bingo, CR					

Grow Your Own Herbs

Herbs are essential ingredients spicing up and adding flavor, character and uniqueness to recipes. Depending upon the herb, you can use the leaves, flower or seeds. Some, like cilantro and coriander, use the leaves and seeds. Used alone or in combination, they help to make cooking fun and enjoyable and eating a sheer joy!



Herb gardening uses very little space. Plant a few of your favorite herb plants alongside your house or garage, and you'll have an ample supply for the kitchen. Try growing them in a container on your balcony or deck. They are very comfortable in windowsill planters, too. Many herbs make good indoor houseplants during the winter months.

To learn more about herb gardening, join us every second and fourth Thursday at 1 p.m. in the 3rd floor dining room.

Team Member of the Month

Until recently, Dee was mostly visible in the Dining Rooms providing capable assistance to our already efficient and helpful dining staff. Lately, however, she has really stepped up and been helping in the kitchen, which is evidence of her willingness to try new things and be helpful, just part of what makes her the great team



player she is. Congratulations, Dee, on being selected August Team Member of the Month. You are indeed an asset to our team, and your spirit of caring and kindness to the residents has not gone unnoticed.

Mmm, S'mores

During eleven out of the twelve months of the year, we enjoy a wide range of holidays. When we get to August, there is a major shortage of big holidays to celebrate. Perhaps it is just as well there are no big holidays to compete with National Marshmallow Toasting Day. After all, how could any holiday measure up?

Summer evenings are great for sitting around the campfire roasting marshmallows and, while you're at it, why not make s'mores?

S'mores Recipe:

Ingredients:

- Chocolate candy bar
- Honey Graham Crackers
- Marshmallows

Instructions:

- Break off a square of Graham cracker.
- Add a piece of Chocolate.
- Toast a big marshmallow over the campfire.
- Add the hot marshmallow.
- Top it with another graham Cracker.
- Eat, savor and enjoy!

Note: You can make S'mores in the microwave. Just put them together and pop them into the microwave on high for 15 to 20 seconds.

