


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

November 2015

Hello Residents of Glenbrooke!

My name is Gina Bell, and I am excited to be the Executive Director of your beautiful community. I look forward to meeting each of you and building a lasting relationship.

I have lived in Brevard County for over 30 years and have enjoyed watching the close-knit communities

grow. I have been employed in the senior living industry since 1999 when I was hired to be the office manager of a newly-built assisted living community. From the day I started working at that job, I knew it was my passion to work with the senior population. Specifically, I enjoy making a difference in the lives of others, and my style of leadership is to work to benefit those we serve. I pledge to be an active member of this community and look forward to continuing to make Glenbrooke at Palm Bay a great place to live!

My door is always open, and you can expect to be met with open arms. It's a privilege to be a part of your community!

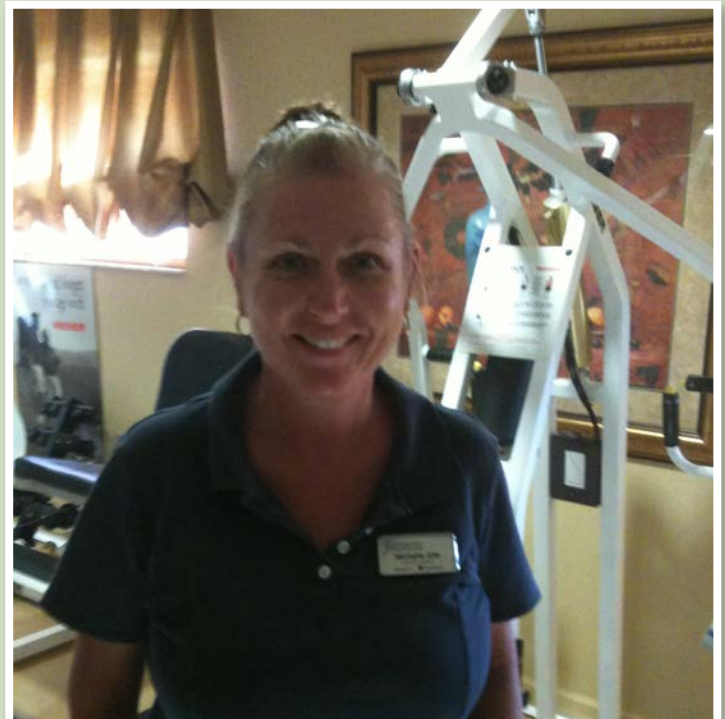
Sincerely,

Gina Bell



Team Member of the Month

Michelle Gile needs no introduction to most of us here at Glenbrooke. She can be seen leading Aqua Aerobics, Singalongs, assisting in the Fitness Center, as well as a multitude of other activity events/programs. Not to mention she is the part-time bus driver as well. Michelle is much loved by residents and staff. Her Department Manager described her this way: "Michelle is an asset to the Activities Department. She is beautiful on the outside and inside. She is kind and caring. She is also genuine. Our Department, as well as all of Glenbrooke, is better for having her here!" That pretty well sums it up. Congratulations, Michelle, for a much-deserved acknowledgement.



ASSISTED LIVING

NOVEMBER 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 & Thursday

9 a.m.-2 p.m.

Doctor Visits in Melbourne (Sign-Up
Required 24 Hours in Advance)

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

Friday

9 a.m.

Bank Run (Sign-Up Required)

Sunday

9 a.m.-1 p.m.

Church Shuttle (Sign-Up Required)

Birthdays

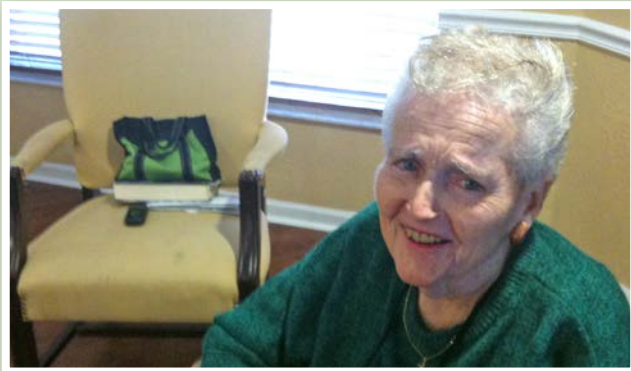
- JoAnn Bourne, 7th
- Richard Dell, 10th
- Bill Andrews, 12th
- Fran Aiuto, 14th
- Olga Harris, 15th
- Clem McCann, 16th
- Amberzine Walker, 17th
- Richie Starr, 19th
- Joyce Franzoi, 19th
- Queenia Waltersdorff, 20th
- George Jansen, 29th

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DAYLIGHT SAVINGS TIME ENDS 1 9:00 Church Shuttle, ML 1:00 Resident-Run Board and Card Games, CR 2:00 Ice Cream Social, Cafe 7:00 Sunday Night Movie: "Desperate Crossing" (NR), TV 732	9:00 Fitness Club, FC 2 10:45 Sit 'N' Fit DVD, CH 12:30 "What's the Buzz?" Review of Nov Activities, CR 1:00 Aqua Aerobics, Pool 2:00 Singalong, CR 3:00 Glenbrooke Crafters, AR 6:30 Dollar Bingo, CR	ELECTION DAY 3 7:30 Glenbrooke Gaiters, ML 10:00 Florida History Class, CH 12:30 "What's Cooking?" Peanut Butter Fudge Mini-Social, CR 1:00 Funny Bones Don't Get Arthritis, CR 2:00 Bingo, 3FLDR 3:00 Yarn Club, AR 3:30 Film, Food and Folly, ML	9:00 Fitness Club, FC 4 10:00 Catholic Communion, 3FLDR 10:45 Sit 'N' Fit DVD, CH 11:00 Retail Shopping at PBR Walmart/Hammock Ldg, ML 11:30 Resident Council, Cafe 12:30 Fun's-a-Poppin', CR 1:00 Aqua Aerobics, Pool 1:00 Shut the Box, CR 2:00 Rolling Bowling, CR 3:00 Holy Board, CH 6:45 Book Club, CR	7:30 Glenbrooke Gaiters, ML 5 10:00 Thursday Thinkers (BGP), CH 11:00 Meditation/Yoga, CH 2:00 AL Bingo, 3FLDR 4:00 Rowdy Roosters Dinner, ML	9:00 Bank Run, ML 6 9:00 Fitness Club, FC 9:30 Go With the Flow, CH 10:30 Sewing Circle, AR 11:00 Lunch Bunch @ Bob Evans, ML 1:30 "Hugging the Family Tree," CR 3:30 "Turkey Trot" Happy Hour, CH	10:00 Coffee Social, CH 7 10:00 Brain Games Shut the Box, 3FLDR 2:30 Bingo With Dolly & Teru, 3FLDR 7:00 Movie: "The Pelican Brief" PG-13, TV 732
9:00 Church Shuttle, ML 8 1:00 Resident-Run Board and Card Games, CR 2:00 Ice Cream Social, Cafe 7:00 Faith and Family Film: "The Gathering Pt. 1" (NR), TV 732	9:00 Fitness Club, FC 9 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 9:00 On-Site Dermatology, FC 10:00 Health Topic Tuesday With Jim Polous, CH 12:30 "What's Cooking?" Raisin Bread Mini-Social, CR 1:00 Tuesday Trivia: "Fact or Baloney?," CR 2:00 Bingo, 3FLDR 3:00 Yarn Club, AR 4:00 Red Hats' Mtg, CH 6:45 Night Court, CR	VETERANS DAY 11 8:00 Rowdy Roosters Breakfast 9:00 Fitness Club, FC 10:00 Catholic Communion, 3FLDR 10:00 Veterans Day Reception, CH 11:00 Retail Shopping at Bealls Outlet Palm Bay, ML 12:30 Fun's-a-Poppin', CR 1:00 Shut the Box, CR 1:00 Aqua Aerobics, Pool 2:00 Rolling Bowling, CR 3:00 Holy Board, CH 6:45 Symphony Concert Outing, ML 7:00 Special Documentary: "The War Memorials," TV 732	7:30 Glenbrooke Gaiters, ML 12 10:00 Thursday Thinkers (BGP), CH 11:00 Meditation/Yoga, CH 1:00 Gardening Club, 3FLDR 2:00 Bingo, 3FLDR	9:00 Bank Run, ML 13 9:00 Fitness Club, FC 9:30 Go With the Flow, CH 10:30 Sewing Circle, AR 11:00 Lunch Bunch @ Chili's, ML 3:30 Square Dancin' Happy Hour, CH	10:00 Coffee Social, CH 14 10:00 Brain Games Shut the Box, 3FLDR 12:00 Thanksgiving Feast, DR 2:30 Bingo With Dolly & Teru, 3FLDR 7:00 Movie: "A Family Thanksgiving" (NR), TV 732
9:00 Church Shuttle, ML 15 1:00 Resident-Run Board and Card Games, CR 2:00 Ice Cream Social, Cafe 7:00 Faith and Family Film: "The Gathering Pt. 2" (NR), TV 732	Door Decorating Contest Begins 16 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 17 10:00 Florida History, CH 12:30 "What's Cooking?" Banana Pudding Mini-Social, CR 2:00 Bingo, 3FLDR 3:00 Yarn Club, AR 4:00 Oink Night, ML	9:00 Fitness Club, FC 18 10:00 Catholic Communion, 3FLDR 10:45 Sit 'N' Fit DVD, CH 11:00 Retail Shopping at PBR Walmart/Hammock Ldg, ML 12:30 Fun's-a-Poppin', CR 1:00 Shut the Box, CR 1:00 Aqua Aerobics, Pool 2:00 Rolling Bowling, CR 3:00 Holy Board, CH 6:45 Book Club, CR	7:30 Glenbrooke Gaiters, ML 19 10:00 Thursday Thinkers (BGP), CH 11:00 Meditation/Yoga, CH 3:00 "Talkin' Turkey" Bingo, CH	9:00 Bank Run, ML 20 9:00 Fitness Club, FC 9:30 Go With the Flow, CH 10:30 Sewing Circle, AR 11:00 Lunch Bunch @ Shells, ML 3:30 "Plymouth Rock" Happy Hour, CH	10:00 Coffee Social, CH 21 10:00 Brain Games Shut the Box, 3FLDR 2:30 Bingo With Dolly & Teru, 3FLDR 7:00 Movie: "The Rainmaker" (PG-13), TV 732
9:00 Church Shuttle, ML 22 1:00 Resident-Run Board and Card Games, CR 2:00 Ice Cream Social, Cafe 7:00 Sunday Movie: "The Thanksgiving Treasure" (PG), TV 732	9:00 Fitness Club, FC 23 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 24 10:00 Women of Courage, CH 12:30 Cider Tasting and Pumpkin Bread Mini-Social, CR 1:00 Spelling Bee, CR 2:00 Bingo, 3FLDR 3:00 Yarn Club, AR 6:45 Night Court, CR	8:00 Rowdy Roosters Breakfast 25 9:00 Fitness Club, FC 10:00 Catholic Communion, 3FLDR 10:45 Sit 'N' Fit DVD, CH 12:30 Fun's-a-Poppin', CR 1:00 Shut the Box, CR 1:00 Aqua Aerobics, Pool 2:00 Rolling Bowling, CR 3:00 Holy Board, CH 4:00 Recipe Entry Deadline, AR 6:45 Book Club, CR	THANKSGIVING DAY 26 Happy Thanksgiving 12:00 Special Thanksgiving Dinner, DR 7:00 Movie: "An Old Fashioned Thanksgiving" (NR), TV 732	9:00 Bank Run, ML 27 9:00 Fitness Club, FC 9:30 Go With the Flow, CH 10:30 Sewing Circle, AR 2:00 Resident Council Meeting, CH 3:30 Food Drive Happy Hour, CH	10:00 Coffee Social, CH 28 10:00 Brain Games Shut the Box, 3FLDR 2:30 Bingo With Dolly & Teru, 3FLDR 7:00 Movie: "Picnic" (NR), TV 732
9:00 Church Shuttle, ML 29 1:00 Resident-Run Board and Card Games, CR 2:00 Ice Cream Social, Cafe 7:00 Movie: "The House Without a Christmas Tree" (NR)	9:00 Fitness Club, FC 30 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					

Resident of the Month

Terry Stack is Glenbrooke's Resident of the Month for November. Terry is very active here at Glenbrooke, participating in many of the socials, "shut-the-box," and many, if not all, of the exercise programs. Terry can also be found at many of our Happy Hours, and with a smile like that, who wouldn't be happy? Congratulations, Terry, we are so glad to have you in our community!



Terry Stack: November Resident of the Month

Kind Acts

Never get tired of doing little things for others. Sometimes, those little things occupy the biggest part of their hearts. Even if you never know it, each and every kind act affects someone. Your small gesture of kindness might be the one small thing that keeps another holding on. Always be kind in words and in deeds.



Patty Briggs sharing her knowledge of buttons

Thanksgiving Fun Facts

The first Thanksgiving was held in the autumn of 1621, included 50 Pilgrims and 90 Wampanoag Indians and lasted three days. Many historians believe that only five women were present at that first Thanksgiving, as many women settlers didn't survive that difficult first year in the U.S.

Thanksgiving didn't become a national holiday until over 200 years later! Sarah Josepha Hale, the woman who actually wrote the classic song "Mary Had a Little Lamb," convinced President Lincoln in 1863 to make Thanksgiving a national holiday after writing letters for 17 years campaigning for it to happen.

No turkey on the menu at the first Thanksgiving: Historians say that no turkey was served at the first Thanksgiving! What was on the menu? Deer or venison, ducks, geese, oysters, lobster, eel and fish. They probably ate pumpkins, but no pumpkin pies. They also didn't eat mashed potatoes or cranberry relish, but they probably ate cranberries. And no, Turduckens (a turkey stuffed with a duck stuffed with a chicken) were nowhere to be found during that first Thanksgiving.

The Macy's Thanksgiving Day Parade began in 1924 with 400 employees marching from Convent Ave to 145th street in New York City. No large balloons were at this parade, as it featured only live animals from Central Park Zoo.



Vito Pecora sharing Holiday Cheer



June Rayner wishes everyone a Happy Thanksgiving