


Glenbrooke at Palm Bay *Lifestyle*

GLENBROOKE
AT PALM BAY
SENIOR LIVING AT EASE

Like Us! 

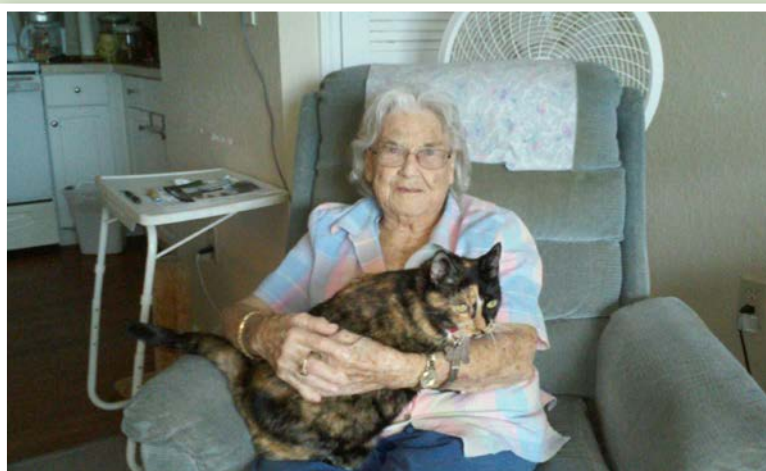
Assisted Living

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

October 2015

Fun Feline Facts

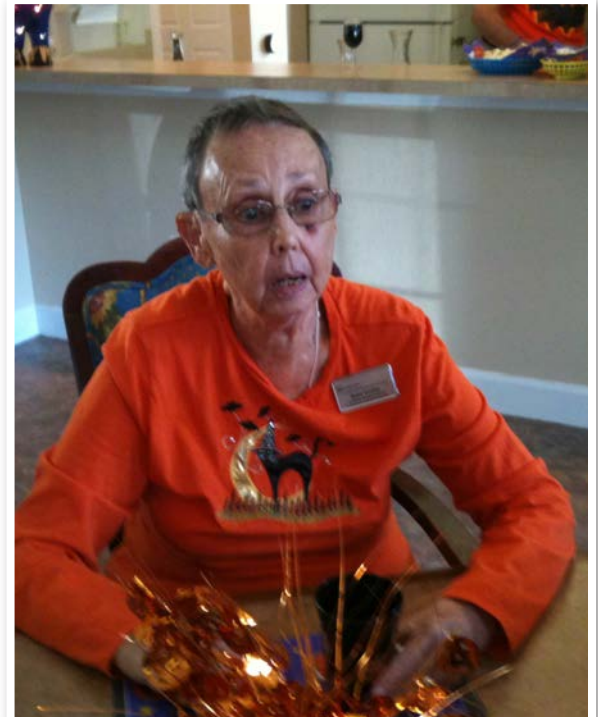
- Domestic cats, no matter their breed, are all members of the species *Felis catus*.
- In Japan and Great Britain, black cats are considered symbols of good luck.
- There are more than 30 domestic cat breeds, and researchers believe they all originated from the African wildcat.
- A female cat is called a queen or a molly.
- A cat can travel for a short distance at a top speed of about 30 mph.
- The sense of touch is acute in cats. The eyebrows, whiskers and tufts of hair on the ears are all extremely sensitive to vibrations.
- About 200 feral cats live at Disneyland, helping control the rodent population in the park.
- A cat's nose is ridged with a unique pattern, just like a human fingerprint.



Jean Rockowitz and her cat, Pumpkin

Resident of the Month

Congratulations to Joan Leake, Glenbrooke's October Resident of the Month. Time and space prohibit a comprehensive description of Joan's involvement here at Glenbrooke but suffice it to say, Joan is essential to many components of Glenbrooke, from her service on the Resident Council to her help in many of the activities which occur on campus. Joan is always ready and willing to help. Thanks for all you do for the residents and staff here at Glenbrooke! You are indeed an asset.



Joan Leake: October Resident of the Month

ASSISTED LIVING

OCTOBER 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

Birthdays

Shirley Bailey, 15th
Phil Bliss, 15th
Bobbie Byrnes, 23rd
Katie Gerding, 25th
Horton Holcombe, 25th

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)

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

Thursday
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)

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
<p>9:00 Church Shuttle, ML 4</p> <p>1:00 Resident-Run Board and Card Games, CR</p> <p>2:00 Ice Cream Social, Cafe</p> <p>7:00 Faith and Family Film: "Flywheel" (NR), TV 732</p>	<p>9:00 Fitness Club, FC 5</p> <p>10:00 Coffee Chatter, CR</p> <p>10:45 Sit 'N' Fit DVD, CH</p> <p>1:00 Aqua Aerobics, Pool</p> <p>2:00 Singalong, CR</p> <p>3:00 Glenbrooke Crafters, AR</p> <p>6:30 Dollar Bingo, CR</p>	<p>7:30 Glenbrooke Gaiters, ML 6</p> <p>10:00 Florida History Class, CH</p> <p>12:30 "You Ought to Be in Pictures" Mini-Social, CR</p> <p>2:00 Bingo, 3FLDR</p> <p>3:00 Yarn Club, AR</p> <p>3:30 Film, Food and Folly, ML</p>	<p>9:00 Fitness Club, FC 7</p> <p>10:00 Catholic Communion, 3FLDR</p> <p>10:45 Sit 'N' Fit DVD, CH</p> <p>11:00 PBR Walmart/Hammock Landing, ML</p> <p>11:30 Resident Council, Cafe</p> <p>12:30 Hot Cocoa Mini-Social, CR</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 Holey Board, CH</p> <p>6:30 Book Club, CR</p> <p>6:45 Melbourne Municipal Band Concert, ML</p>	<p>7:30 Glenbrooke Gaiters, ML 8</p> <p>10:00 Thursday Thinkers (BGP), CH</p> <p>11:00 Meditation/Yoga, CH</p> <p>1:00 Gardening Club, 3FLDR</p> <p>2:00 Bingo, 3FLDR</p> <p>5:30 Halloween Bash, CR</p>	<p>Wear Your Favorite Fall Sweater 2</p> <p>9:00 Bank Run, ML</p> <p>9:00 Fitness Club, FC</p> <p>9:30 Go With the Flow, CH</p> <p>10:30 Sewing Circle, AR</p> <p>11:00 Lunch Bunch @ Olive Garden, ML</p> <p>2:00 Spelling Bee, CR</p> <p>3:30 Harvest Carnival Happy Hour, CH</p>	<p>10:00 Coffee Social, CH 3</p> <p>10:00 Brain Games Shut the Box, 3FLDR</p> <p>1:00 Painting w/Betty, CH</p> <p>2:30 Bingo With Dolly & Teru, 3FLDR</p> <p>7:00 Saturday Night Movie: "Double Jeopardy" (R), TV 732</p>
<p>9:00 Church Shuttle, ML 11</p> <p>1:00 Resident-Run Board and Card Games, CR</p> <p>2:00 Ice Cream Social, Cafe</p> <p>7:00 Faith and Family Film: "Faith Like Potatoes" (PG), TV 732</p>	<p>COLUMBUS DAY 12 Pumpkin Decorating Contest Begins</p> <p>9:00 Fitness Club, FC</p> <p>10:00 Coffee Chatter, CR</p> <p>10:45 Sit 'N' Fit DVD, CH</p> <p>1:00 Aqua Aerobics, Pool</p> <p>2:00 Singalong, CR</p> <p>3:00 Glenbrooke Crafters, AR</p> <p>6:30 Dollar Bingo, CR</p>	<p>7:30 Glenbrooke Gaiters, ML 13</p> <p>9:00 On-Site Dermatology, FC</p> <p>10:00 Health Topic Tuesday With Jim Polous, CH</p> <p>12:30 Chips & Dip Mini-Social</p> <p>1:00 Tuesday Trivia: "Fact or Baloney?", CR</p> <p>2:00 Bingo, 3FLDR</p> <p>3:00 Yarn Club, AR</p> <p>4:00 Red Hats' Mtg, CH</p>	<p>8:00 Rowdy Roosters Breakfast 14</p> <p>9:00 Fitness Club, FC</p> <p>10:00 Catholic Communion, 3FLDR</p> <p>10:45 Sit 'N' Fit DVD, CH</p> <p>11:00 Retail Shopping Melbourne Towne Center, ML</p> <p>12:30 "Caramel" Mini-Social, CR</p> <p>1:00 Aqua Aerobics, Pool</p> <p>1:00 Shut the Box, CR</p> <p>2:00 Rolling Bowling, CR</p> <p>3:00 Holey Board, CH</p> <p>6:30 Book Club, CR</p>	<p>7:30 Glenbrooke Gaiters, ML 15</p> <p>10:00 Thursday Thinkers (BGP), CH</p> <p>11:00 Meditation/Yoga, CH</p> <p>2:00 Bingo, 3FLDR</p>	<p>Wear Pink for Breast Cancer Awareness 16</p> <p>9:00 Bank Run, ML</p> <p>9:00 Fitness Club, FC</p> <p>9:30 Go With the Flow, CH</p> <p>10:30 Sewing Circle, AR</p> <p>11:00 Lunch Bunch @ Red Robin, ML</p> <p>2:00 Funnybones Don't Get Arthritis, CR</p> <p>3:30 Think Pink Happy Hour, CH</p>	<p>10:00 Coffee Social, CH 17</p> <p>10:00 Brain Games Shut the Box, 3FLDR</p> <p>1:00 Painting w/Betty, CH</p> <p>2:30 Bingo With Dolly & Teru, 3FLDR</p> <p>7:00 Mystery Movie: "Million Dollar Arm" (PG), TV 732</p>
<p>9:00 Church Shuttle, ML 18</p> <p>1:00 Resident-Run Board and Card Games, CR</p> <p>1:00 Memphis, the Musical, ML</p> <p>2:00 Ice Cream Social, Cafe</p> <p>7:00 Faith and Family Film: "Saving Winston" (NR), TV 732</p>	<p>9:00 Fitness Club, FC 19</p> <p>10:00 Coffee Chatter, CR</p> <p>10:45 Sit 'N' Fit DVD, CH</p> <p>1:00 Aqua Aerobics, Pool</p> <p>2:00 Singalong, CR</p> <p>3:00 Glenbrooke Crafters, AR</p> <p>6:30 Dollar Bingo, CR</p>	<p>7:30 Glenbrooke Gaiters, ML 20</p> <p>9:00 Trip to the Pumpkin Patch, ML</p> <p>10:00 Florida History, CH</p> <p>12:30 "Pumpkin Painting" Mini-Social, CR</p> <p>2:00 Bingo, 3FLDR</p> <p>3:00 Yarn Club, AR</p> <p>4:00 Oink Night, ML</p>	<p>9:00 Fitness Club, FC 21</p> <p>10:00 Catholic Communion, 3FLDR</p> <p>10:45 Sit 'N' Fit DVD, CH</p> <p>11:00 PBR Walmart/Hammock Landing, ML</p> <p>12:30 Resident Rumble Mini-Social, CR</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 Holey Board, CH</p> <p>6:30 Book Club, CR</p>	<p>7:30 Glenbrooke Gaiters, ML 22</p> <p>10:00 Thursday Thinkers (BGP), CH</p> <p>11:00 Meditation/Yoga, CH</p> <p>1:00 Gardening Club, 3FLDR</p> <p>2:00 Bingo, 3FLDR</p> <p>5:30 Halloween Bingo Bash, CR</p>	<p>9:00 Bank Run, ML 23</p> <p>9:00 Fitness Club, FC</p> <p>9:30 Go With the Flow, CH</p> <p>10:30 Sewing Circle, AR</p> <p>11:00 Lunch Bunch @ Cheddar's, ML</p> <p>2:00 Crossword Puzzles, CR</p> <p>3:30 Food Drive Happy Hour, CH</p>	<p>10:00 Coffee Social, CH 24</p> <p>10:00 Brain Games Shut the Box, 3FLDR</p> <p>1:00 Painting w/Betty, CH</p> <p>2:30 Bingo With Dolly & Teru, 3FLDR</p> <p>7:00 Mystery Movie: "To Kill a Mockingbird" (NR), TV 732</p>
<p>9:00 Church Shuttle, ML 25</p> <p>1:00 Resident-Run Board and Card Games, CR</p> <p>2:00 Ice Cream Social, Cafe</p> <p>7:00 Sunday Night Movie: "The Sandlot" (PG), TV 732</p>	<p>9:00 Fitness Club, FC 26</p> <p>10:00 Coffee Chatter, CR</p> <p>10:45 Sit 'N' Fit DVD, CH</p> <p>1:00 Aqua Aerobics, Pool</p> <p>2:00 Singalong, CR</p> <p>3:00 Glenbrooke Crafters, AR</p> <p>6:30 Dollar Bingo, CR</p>	<p>7:30 Glenbrooke Gaiters, ML 27</p> <p>10:00 Women of Courage, CH</p> <p>2:00 Bingo, 3FLDR</p> <p>3:00 Yarn Club, AR</p> <p>3:30 Monthly Mixer, CR</p> <p>4:30 Fun Seekers, ML</p>	<p>8:00 Rowdy Roosters Breakfast 28</p> <p>9:00 Fitness Club, FC</p> <p>10:00 Catholic Communion, 3FLDR</p> <p>10:45 Sit 'N' Fit DVD, CH</p> <p>11:00 Thrifty Produce, ML</p> <p>12:30 "Trail Mix" Mini-Social, CR</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 Holey Board, CH</p> <p>6:30 Book Club, CR</p>	<p>7:30 Glenbrooke Gaiters, ML 29</p> <p>10:00 Thursday Thinkers (BGP), CH</p> <p>11:00 Meditation/Yoga, CH</p> <p>4:30 Pizza Party, CH</p>	<p>9:00 Bank Run, ML 30</p> <p>9:00 Fitness Club, FC</p> <p>9:30 Go With the Flow, CH</p> <p>10:30 Sewing Circle, AR</p> <p>2:00 Resident Council Meeting (BGP), CH</p> <p>3:30 Pumpkins Galore Happy Hour, CH</p>	<p>HALLOWEEN 31</p> <p>10:00 Coffee Social, CH</p> <p>10:00 Brain Games Shut the Box, 3FLDR</p> <p>1:00 Painting w/Betty, CH</p> <p>2:30 Bingo With Dolly & Teru, 3FLDR</p> <p>7:00 Saturday Night Movie: "Trouble With Curve" (PG-13), TV 732</p>

National Do Something Nice Day

Each year on Oct. 5, people across the nation celebrate “National Do Something Nice Day”.

It would be ideal if everyone lived their lives doing something nice, or doing nice things, on a daily basis and without thinking about it. Today serves as a reminder to us all, as it is easy to get caught up with hectic schedules and fast-paced lifestyles, to stop for a moment and do something nice.

We want to thank JoAnn, Assisted Living Resident Council President, and Ellie, Assisted Living Resident Council Secretary.



Ellie and JoAnn

Team Member of the Month

Justina Bedford has been selected as Glenbrooke’s October Team Member of the Month. Justina is very involved in providing our Assisted Living residents with the best of care, thanks to her proficiency and her positive and helpful attitude. If it needs to be done, Justina will get it done. Congratulations, Justina for an acknowledgement you so justly deserve. Glenbrooke is fortunate to have you on our team. Keep up the good work!



October Greetings!

Dear Glenbrooke Family, Friends, and Residents,

Welcome to the season of pumpkin pie, pumpkin spice lattes, and of course, hot apple cider! October is a wonderful month filled with excitement in the air! In October, we have many fall festivities, including: Harvest Carnival Happy Hour, Oktoberfest Social, a trip to the Pumpkin Patch, a Pumpkin Carving Contest, and much more! Our main event will be held Thursday, Oct. 15: All Hallows’ Eve Bash (Costume Party)! Feel free to invite family and friends! Make sure you check your calendars for dates and times. Please have your family and friends check out our website at www.glenbrookeseniorliving.com and don’t forget to follow us on Facebook! We update Facebook weekly with pictures from our events, information on upcoming events, and educational articles.

Let’s make this a wonderful month!

Sincerely,

The Glenbrooke Staff



Agnes loves candy.