


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

December 2015

From the Desk of Gina Bell

Dear Residents,
Family and Friends
of Glenbrooke,

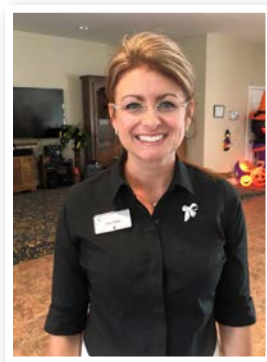
Thank you for your gracious hospitality and for welcoming me with open arms into your home. I am overwhelmed by the kindness that you have shown me during my first month on the job. It is a privilege to serve you and I am excited for the opportunity to be your Executive Director.

I want to personally thank everyone for the contributions that were made to the Glenbrooke Resident Council Employee Christmas Fund. Your generous donations will make the holiday season much brighter for the staff. They are truly grateful to you for this special gift. Thank you from the bottom of our hearts for being so thoughtful and caring to our hourly employees. A special thank-you to Lou "Pops" Sobotor for collecting, managing and dispersing the funds that were received.

I wish you all a safe, happy and healthy holiday season. I look forward to participating with you in the many jolly events that we have planned for this month.

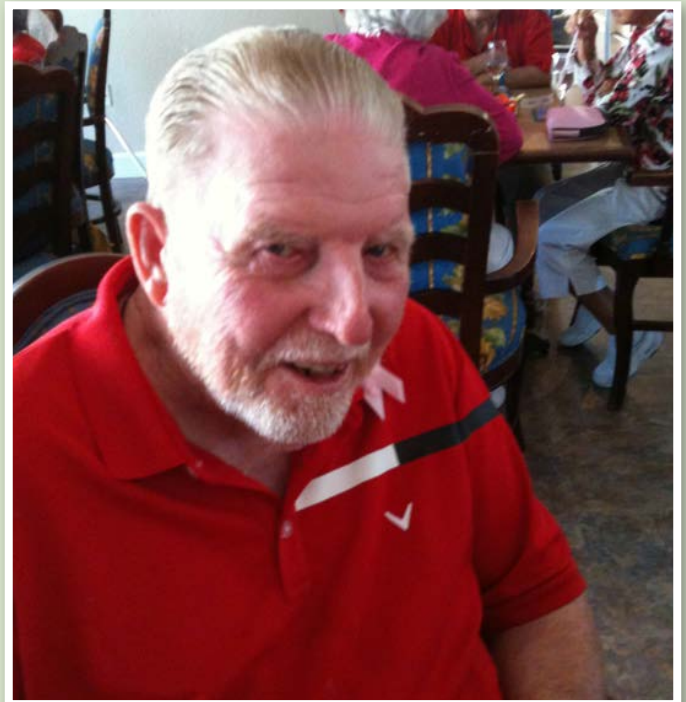
Very truly yours,

Gina Bell



Resident of the Month

Congratulations to Red Hish, December's Resident of the Month. Red keeps very busy here at Glenbrooke, whether it be working out at the Fitness Center first thing in the morning or enjoying time socializing with his friends at Happy Hour in the afternoon. Red's quiet demeanor belies his great sense of humor, and his modesty prevents him from discussing in any detail the many times he has quietly provided assistance to Glenbrooke residents. Bottom Line: Red Hish is one of the good guys!



Red Hish: December Resident of the Month.

ASSISTED LIVING

DECEMBER 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

- Dolly Duquette, 3rd
- Wanda Durden, 8th
- Phillip Stokes, 10th
- Gerald Rowe, 12th
- Joan Leake, 16th
- Dorothy Straub, 16th
- Wilfred 'Red' Hish, 16th
- Janet Underwood, 19th
- Ruth Ashe, 19th
- Thomas Pilato, 21st
- Shirley Miller, 22nd
- Helen Carr, 24th
- Chuck Maguire, 24th
- Ruby Whipkey, 27th
- Jeanne Harris, 27th

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		10:00 Musical History Tour, CR 12:30 "What's the Buzz?" Review of December Activities, 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 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	10:00 Thursday Thinkers (BGP), CH 11:00 Meditation/Yoga, CH 1:00 Assisted Living Resident Council Meeting, 3FLDR 2:00 AL Bingo, 3FLDR 4:00 Rowdy Roosters Dinner, ML 7:00 Movie: "One Christmas" (NR), TV 732	9:00 Bank Run, ML 9:00 Fitness Club, FC 9:30 Go With the Flow, CH 10:30 Sewing Circle, AR 11:00 Out to Lunch @ San Remos, ML 2:00 "Hugging the Family Tree," CR 3:30 Cookies and "Kookies" Happy Hour, CH 7:00 Radio City Christmas Spectacular, TV 732	10:00 Coffee Social, CH 10:00 Brain Games Shut the Box, 3FLDR 2:30 Bingo With Dolly & Teru, 3FLDR 7:00 Movie: "The Christmas Card" (NR), TV 732
HANUKKAH BEGINS AT SUNSET 6 9:00 Church Shuttle, ML 1:00 Resident-Run Board and Card Games, CR 2:00 Ice Cream Social, Cafe 2:30 "Holiday Tidbits" Concert Outing, ML 3:00 Music Student Recital, CH 7:00 Sunday Night Movie: "Christmas Candle" (NR), TV 732	9:00 Fitness Club, FC 7 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 7:00 Pearl Harbor Documentary, TV 732	9:00 On-Site Dermatology, FC 8 10:00 Health Topic Tuesday With Jim Polous, CH 12:30 Cooking Magic: Coconut Concoctions, CR 1:00 Tuesday Trivia: "Fact or Baloney?," CR 2:00 Bingo, 3FLDR 3:00 Yarn Club, AR 4:00 Red Hats' Mtg, CH 7:00 Heritage Girl Carolers, CH	8:00 Rowdy Roosters Breakfast 9 9:00 Fitness Club, FC 10:00 Catholic Communion, 3FLDR 10:45 Sit 'N' Fit DVD, CH 11:00 Retail Shopping at Sears, ML 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 Melbourne Municipal Band Concert, ML	10:00 Thursday Thinkers (BGP), CH 10 10:30 Southwest School Carolers, CR 11:00 Meditation/Yoga, CH 1:00 Gardening Club, 3FLDR 2:00 Bingo, 3FLDR 4:00 Christmas Tree Forest, ML	9:00 Bank Run, ML 11 9:00 Fitness Club, FC 9:30 Go With the Flow, CH 10:30 Sewing Circle, AR 11:00 Out to Lunch @ Cracker Barrel, ML 2:00 Cooking With Chef Jason, DR 3:30 "Holiday Punch" Happy Hour, CH 7:00 Christmas With the Vienna Boys' Choir, TV 732	10:00 Coffee Social, CH 12 10:00 Brain Games Shut the Box, 3FLDR 2:30 Bingo With Dolly & Teru, 3FLDR 7:00 Movie: "Christmas Oranges" (NR), TV 732
9:00 Church Shuttle, ML 13 1:00 Resident-Run Board and Card Games, CR 1:00 Henegar Theatre Outing: "Wizard of Oz," ML 2:00 Ice Cream Social, Cafe 7:00 Movie: "Christmas Angel in the House" (NR), TV 732	9:00 Fitness Club, FC 14 10:45 Sit 'N' Fit DVD, CH 1:00 Aqua Aerobics, Pool 1:00 Social Singles Presents "The Three Tenors" (DVD), CH 2:00 Singalong, CR 3:00 Glenbrooke Crafters, AR 6:30 Dollar Bingo, CR	10:00 Musical History Tour, CR 15 12:30 Cooking Magic: Brownies, CR 2:00 Bingo, 3FLDR 3:00 Yarn Club, AR 6:30 Christmas Lights Tour @ Wickham Park, ML	9:00 Fitness Club, FC 16 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	10:00 Thursday Thinkers, CH 17 11:00 Yoga/Meditation, CH 2:00 Chicks' Holiday Tea, CH 7:00 Seasonal Movie: "One Magic Christmas" (PG), TV 732	9:00 Bank Run, ML 18 9:00 Fitness Club, FC 9:30 Go With the Flow, CH 10:30 Sewing Circle, AR 2:00 Resident Council Meeting 3:30 "Sangria Day" Happy Hour, CH 7:00 The Three Tenors Christmas, TV 732	10:00 Coffee Social, CH 19 10:00 Brain Games Shut the Box, 3FLDR 2:30 Bingo With Dolly & Teru, 3FLDR 7:00 Movie: "A Christmas Story" (NR), TV 732
9:00 Church Shuttle, ML 20 1:00 Resident-Run Board and Card Games, CR 2:00 Ice Cream Social, Cafe 7:00 "The Christmas Miracle of Jonathan Toomey" (NR), TV 732	WINTER BEGINS 21 10:45 Sit 'N' Fit DVD, CH 2:00 Singalong, CR 3:00 Glenbrooke Crafters, AR 6:30 Dollar Bingo, CR	10:00 Women of Courage, CH 22 12:30 Baking Magic: Egg Nog and Eclairs, 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 23 9:00 Fitness Club, FC 10:00 Catholic Communion, 3FLDR 10:45 Sit 'N' Fit DVD, CH 11:00 Shopping at "Thrifty Produce," ML 12:30 Fun's-a-Poppin', CR 1:00 Shut the Box, CR 2:00 Rolling Bowling, CR 3:00 Holy Board, CH 6:45 Book Club, CR	CHRISTMAS EVE 24 10:00 Thursday Thinkers (BGP), CH 11:00 Meditation/Yoga, CH 12:00 Christmas Eve Dinner, DR 1:00 "Cheers to You" Social Hour 7:00 Christmas Surprise, TV 732	CHRISTMAS DAY 25 12:00 Christmas Dinner, DR 7:00 Special Movie Presentation: "The Nativity Story," TV 732	KWANZAA BEGINS 26 10:00 Coffee Social, CH 10:00 Brain Games Shut the Box, 3FLDR 2:30 Bingo With Dolly & Teru, 3FLDR 7:00 Movie: "Secretariat," TV 732
9:00 Church Shuttle, ML 27 1:00 Resident-Run Board and Card Games, CR 2:00 Ice Cream Social, Cafe 7:00 Sunday Movie: "The Five People You Meet in Heaven," TV 732	9:00 Fitness Club, FC 28 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	10:00 Women of Courage Class, CH 29 12:30 Baking Magic: Chocolate Chip Cookies, CR 1:00 Mystery Activity, CR 2:00 Bingo, 3FLDR 3:00 Yarn Club, AR	9:00 Fitness Club, FC 30 10:00 Catholic Communion, 3FLDR 10:45 Sit 'N' Fit DVD, CH 11:00 Treasure Hunt (Consignment Shopping), 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	NEW YEAR'S EVE 31 10:00 Thursday Thinkers (BGP), CH 11:00 Meditation/Yoga, CH 4:00 New Year's Eve Party, CH		

Team Member of the Month

Glenbrooke's recognition of Team Member of the Month goes to Andrew DiBenedetto. Andrew, who works the night shift, most recently has stepped up and gone beyond the call of duty by providing his department much needed help to continue to offer our residents the peace of mind in knowing someone is available to take late-night calls and to patrol the area to ensure our security. Thanks for what you do, Andrew, and keep up the good work!



Celebrate Games Day and Bingo Birthday Month

December is recognized as Bingo Month so get ready to scream "Bingo!" This game of chance has been a popular pastime for years in the United States. Whether you're a gambler at your local bingo hall or you play at home with friends and family, bingo is a guaranteed good time, and millions of Americans play bingo on a regular basis.

The game was originated in Italy in 1530 and was initially a lottery called

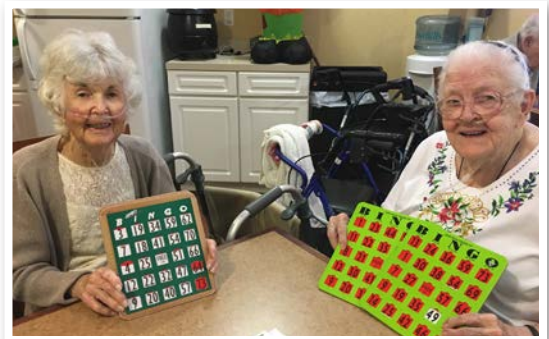
"Il Giuoco del Lotto d'Italia." In the eighteenth century, France added the tokens and reading out the numbers to the "lottery." Later, in the nineteenth century, the Germans used the game to help children learn vocabulary, spelling and even math! Bingo became popular around the 1920s in America when Hugh J. Ward introduced the game at carnivals around Pittsburgh and Pennsylvania. He then copyrighted the name "Bingo" along with its rule book. Afterwards, Edwin Lowe, a toy merchandiser, further popularized and spread the word of the new game, making it a huge success. He produced the first marketable version of the game and sold it for \$1.

Fun Fact #1: Edwin Lowe hired a mathematician named Carl Leffler to create more than 6,000 bingo boards that had to consist of non-repeating numerical combinations. But remember, there were no computers back then to help Carl with this task. The poor man eventually went insane from trying to generate the different Bingo cards!

Fun Fact #2: Edwin Lowe also first commercialized the game Yahtzee in 1956! He's sold over 40 million Yahtzee games around the world.



Shirley and Olga playing Bridge



Patty and Beth playing Bingo