


Glenbrooke at Palm Bay *Lifestyle*

GLENBROOKE
AT PALM BAY
SENIOR LIVING AT EASE

Like Us! 

Independent Living

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

January 2016

Resident of the Month

We are starting the new year with a great selection for Resident of the Month. Marjorie (Marj) Reichard is not only worthy of this acknowledgement but long overdue. Marj is very active here at Glenbrooke. She swims, attends Book Club and always brings much insight and good sense to our "Night Court" activity. Marj also participates in crafts and the sewing circle, which meet on Mondays and Fridays respectively. While Marj remains very involved here at Glenbrooke, she is never too busy to offer a helping hand or words of encouragement to those in need. Simply stated Marj is what many of us strive daily to be — a good person!



Marjorie Reichard: Resident of the Month.

Dear Residents, Family and Friends of Glenbrooke

Happy New Year!
As we close out 2015, I want to take a moment to reflect on all the hospitality and generosity you have shown to me and the entire Glenbrooke staff. Thank you for all the joy and friendship you have given to us. It's a pleasure to be at your service!

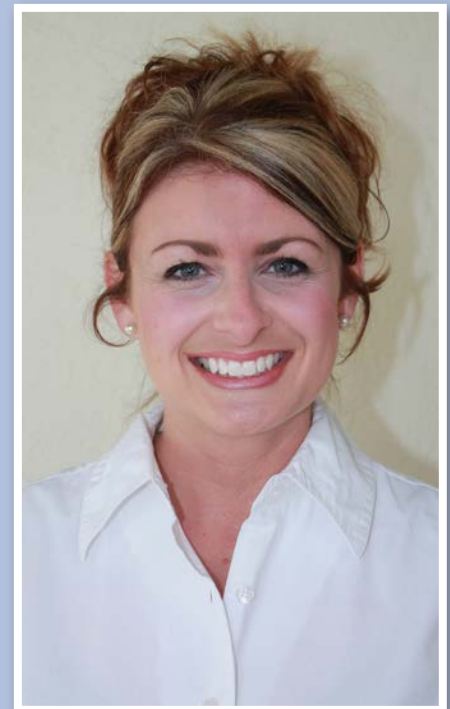
I know this New Year is going to be great for us all! We have

many projects underway to keep your home looking and feeling great. I am excited to see the transformation as we improve both the exterior and interior of the main building and clubhouse.

I wish you all a safe, happy and healthy New Year. I look forward to advancing our friendship and allowing our partnership to continue to flourish.

Very truly yours,

Gina Bell, Executive Director



Gina Bell, Glenbrooke
Executive Director

INDEPENDENT LIVING

JANUARY 2016

Locations

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








Birthdays

- Linda Blackman, 3rd
- Terry Stack, 15th
- Laura Fsadni, 6th
- Hollis Merrifield, 19th
- Judy Goldstein, 12th
- Bruny Miller, 30th

Transportation Schedule

- Monday & Wednesday**
9-10 a.m.
Shopping at Publix, Winn-Dixie (Sign-Up Required)
- Monday**
11 a.m.-1 p.m.
First Bus to Malabar Road Walmart (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
					NEW YEAR'S DAY 1 Please Contact Front Desk for a Box Dinner 12:00 Holiday Luncheon, DR 7:00 Special Movie Presentation: "The Sting" (PG)	10:00 Coffee Social, CH 2 11:00 Pass the Junk, CH 1:00 Wii Bowling, LIB 2:30 Bingo With Dolly & Teru, 3FLDR 7:00 Movie: "Rudy" (PG), TV 732
9:00 Church Shuttle, ML 3 1:00 Resident Run Board and Card Games, CR 2:00 Ice Cream Social, Cafe 6:00 Resident Run Board and Card Games, CR 7:00 Movie: "Fireproof" (NR), TV 732	9:00 Fitness Club, FC 4 11:00 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 Class With Rick Rakauskas, CR 5 12:30 What's the Buzz?, CR 1:00 Funny Bones Don't Get Arthritis, CR 2:00 AL Bingo, 3FLDR 3:00 Yarn Club, CR 3:30 Film, Food and Folly, ML	9:00 Fitness Club, FC 6 10:00 Catholic Communion, 3FLDR 11:00 Shopping at Palm Bay Rd Walmart/Hammock Ldg, ML 11:00 Sit 'N' Fit DVD, CH 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 Holey Board, CH 6:45 Book Club, CR 6:45 Melbourne Municipal Band Concert, ML	10:00 Thursday Thinkers, CH 7 11:00 Yoga/Meditation, CH 1:30 Discussion Group, CH 2:00 AL Bingo, 3FLDR 4:00 Rowdy Roosters' Outing, ML	9:00 Fitness Club, FC 8 9:00 Bank Run, ML 9:30 Go With the Flow, CH 10:00 Sewing Circle, AR 11:00 Out to Lunch @ Riverside Thai, ML 3:30 "Elvis Rocks" Happy Hour, CH	10:00 Coffee Social, CH 9 11:00 Pass the Junk, CH 1:00 Wii Bowling, LIB 2:30 Bingo With Dolly & Teru, 3FLDR 7:00 Movie: "Giant" (NR), TV 732
9:00 Church Shuttle, ML 10 1:00 Resident Run Board and Card Games, CR 2:00 Ice Cream Social, Cafe 6:00 Resident Run Board and Card Games, CR 7:00 Movie: "A Mother's Gift" (NR), TV 732	9:00 Fitness Club, FC 11 11:00 Sit 'N' Fit DVD, CH 1:00 Aqua Aerobics, Pool 2:00 Singalong, CR 3:00 Glenbrooke Crafters, AR 6:30 Dollar Bingo, CR	9:00 On-Site Dermatology, FC 12 12:30 Hot Tea and Scones Mini-Social, CR 1:00 Tuesday Trivia: "Fact or Baloney?," CR 2:00 AL Bingo, 3FLDR 3:00 Yarn Club, CR 4:00 Red Hat Mtg./Dinner, ML 6:45 Night Court, CR	8:00 Rowdy Rooster Breakfast, CH 13 9:00 Fitness Club, FC 10:00 Catholic Communion, 3FLDR 10:00 Deacon Tom (Communion), CR 11:00 Sit 'N' Fit DVD, CH 11:00 Retail Shopping at Melbourne Mall, 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 Holey Board, CH 6:45 Book Club, CR	10:00 Thursday Thinkers, CH 14 11:00 Yoga/Meditation, CH 1:30 Discussion Group, CH 2:00 AL Bingo, 3FLDR	9:00 Fitness Club, FC 15 9:00 Bank Run, ML 9:30 Go With the Flow, CH 10:00 Sewing Circle, AR 11:00 Out to Lunch @ Broken Barrel Tavern, ML 3:30 "Polka and Pierogis" Happy Hour, CH	10:00 Coffee Social, CH 16 11:00 Pass the Junk, CH 1:00 Wii Bowling, LIB 2:30 Bingo With Dolly & Teru, 3FLDR 7:00 Movie: "Mail Order Bride" (NR), TV 732
9:00 Church Shuttle, ML 17 1:00 Resident Run Board and Card Games, CR 2:00 Ice Cream Social, Cafe 6:00 Resident Run Board and Card Games, CR 7:00 Movie: "The Great Gatsby" (PG-13), TV 732	MARTIN LUTHER KING JR. DAY 18 9:00 Fitness Club, FC 11:00 Sit 'N' Fit DVD, CH 1:00 Aqua Aerobics, Pool 2:00 Singalong, CR 2:00 Social Singles Presents: "The Benny Goodman Story," CH 3:00 Glenbrooke Crafters, AR 6:30 Dollar Bingo, CR 7:00 Special History Channel Presentation: "King," TV 732	12:30 Juice Bar Mini-Social, CR 19 1:00 Crossword Puzzles, CR 2:00 AL Bingo, 3FLDR 3:00 Yarn Club, CR	9:00 Fitness Club, FC 20 10:00 Catholic Communion, 3FLDR 11:00 Shopping at Palm Bay Rd Walmart/Hammock Ldg, ML 11:00 Sit 'N' Fit DVD, CH 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 Holey Board, CH 6:45 Book Club, CR	10:00 Thursday Thinkers, CH 21 11:00 Yoga/Meditation, CH 1:30 Discussion Group, CH 2:00 AL Bingo, 3FLDR 6:00 "Puttin' on the Ritz" Big Event, CH	9:00 Fitness Club, FC 22 9:00 Bank Run, ML 9:30 Go With the Flow, CH 10:00 Sewing Circle, AR 11:00 Out to Lunch @ Squid Lips, ML 3:30 "Wolf Moon" Happy Hour, CH	10:00 Coffee Social, CH 23 11:00 Pass the Junk, CH 1:00 Wii Bowling, LIB 2:30 Bingo With Dolly & Teru, 3FLDR 7:00 Movie: "A Civil Action" (PG-13), TV 732
9:00 Church Shuttle, ML 24 1:00 Resident Run Board and Card Games, CR 2:00 Ice Cream Social, Cafe 6:00 Resident Run Board and Card Games, CR 7:00 Movie: "Faith of Our Fathers" (PG-13), TV 732	9:00 Fitness Club, FC 25 11:00 Sit 'N' Fit DVD, CH 1:00 Aqua Aerobics, Pool 2:00 Singalong, CR 3:00 Glenbrooke Crafters, AR 6:30 Dollar Bingo, CR	12:30 Corn Chip Fiesta Mini-Social, CR 26 1:00 Spelling Bee, CR 2:00 AL Bingo, 3FLDR 3:00 Yarn Club, CR 6:45 Night Court, CR	8:00 Rowdy Rooster Breakfast, CH 27 9:00 Fitness Club, FC 10:00 Catholic Communion, 3FLDR 11:00 Shopping at Thrifty Produce, ML 11:00 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 Holey Board, CH 6:45 Book Club, CR	10:00 Thursday Thinkers, CH 28 11:00 Yoga/Meditation, CH 1:30 Discussion Group, CH 2:00 AL Bingo, 3FLDR 4:30 Pizza Night (Pizza From Marco's), CR	9:00 Fitness Club, FC 29 9:00 Bank Run, ML 9:30 Go With the Flow, CH 10:00 Sewing Circle, AR 3:30 "It's a Mystery!" Happy Hour, CH	10:00 Coffee Social, CH 30 11:00 Pass the Junk, CH 1:00 Wii Bowling, LIB 2:30 Bingo With Dolly & Teru, 3FLDR 7:00 Movie: "Gods and Generals" (PG-13), TV 732
9:00 Church Shuttle, ML 31 1:00 Resident Run Board and Card Games, CR 2:00 Ice Cream Social, Cafe 6:00 Resident Run Board and Card Games, CR 7:00 Movie: "The Legend of Bagger Vance" (PG-13), TV 732						

Christmas 2015 at Glenbrooke

Here at Glenbrooke, Santa's Helpers spread joy and cheer all year long!



"Naughty or Nice?" Patty M. isn't saying.



George J. always ready to share the gift of friendship!



Momsey and Pops still ready to rock around the Christmas tree!

Have a Healthy New Year

Make this year a good one by making healthy choices. Here are some goals to get you started:

Schedule checkups and screenings: Older adults need a complete physical once a year, as well as additional screenings for conditions such as osteoporosis. Ask your doctor what is appropriate for you. During your annual exam, discuss any medications you're taking, prescription and over-the-counter.

Set a fitness goal: If you don't already exercise, set a goal to be more active in the new year. Go for a walk with friends, attend a fitness class, or try yoga or water aerobics. If you already exercise regularly, great! Keep it up this year by introducing new activities to your routine.

Improve your diet: Lots of people go on a diet after the new year begins, but quickly crash and burn. A smart way to avoid this is to start with a simple goal: Maybe you want to cut back on caffeine, choose fish once or twice a week, eat a piece of fresh fruit with breakfast, or enjoy a handful of nuts every day.

Team Member of the Month

January's Team Member of the Month most likely needs no introduction. Wayne Carlson can be seen all over the Glenbrooke Campus, whether it be transporting residents to appointments, driving to lunch and other outings, or serving residents and adding a big dose of "happy" at Happy Hour. Wayne is indeed one of a kind. With his generous heart and willingness to go the extra mile for staff as well as residents, he has indeed become a great asset not only to the Programming/Transportation Department but to all of Glenbrooke. Congratulations, Wayne, on this acknowledgement of your merits. We are so blessed to have you as part of our Glenbrooke family.

