


# Glenbrooke at Palm Bay *Lifestyle*

GLENBROOKE  
AT PALM BAY  
SENIOR LIVING AT EASE

Like Us! 

Independent Living

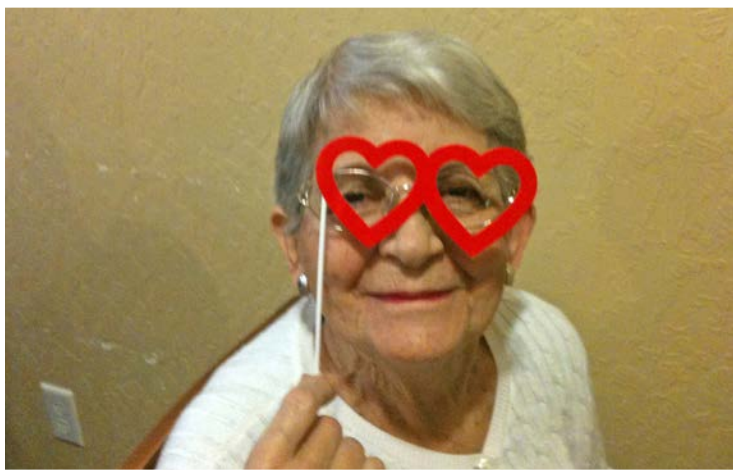
815 Briar Creek Blvd. NE • Palm Bay, FL 32905 • 321-956-3330 • [www.glenbrookeseniorliving.com](http://www.glenbrookeseniorliving.com)

February 2016

## Prescription for a Happy Heart!

- Exchange at least one hug with someone.
- Tell someone they are beautiful.
- Laugh out loud.
- Sing out loud or join a singalong.

The above may lead to a sense of happiness which may be contagious.



Agnes H. knows the benefits of a healthy heart.



Teru D. puts her heart into staying healthy.

## Dear Residents, Family and Friends at Glenbrooke

Happy Valentine's Day! Will you be my Valentine? I am so happy to be here at Glenbrooke, and I absolutely love working with you. Thank you for all the love and kindness you continue to show me and the Glenbrooke staff.



The New Year is off to a great start!

Gina Bell, Executive Director

I want to thank all the residents who donated their time in 2015 and who continue to donate their precious time for the betterment of our community. Whether it's calling a game of bingo, hanging holiday decorations or providing a helping hand to our maintenance team, we want you to know we love you for all your contributions!

In the words of Franklin P. Jones, "Love doesn't make the world go 'round. Love is what makes the ride worthwhile."

Keep loving each other!

*Gina Bell*

EXECUTIVE DIRECTOR

INDEPENDENT LIVING

**FEBRUARY 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

**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**

Earl Hill, 9th

Richard Amundson, 10th

Peggy Hoyle, 11th

Dee House, 12th

Lee Bockelman, 21st

Patty Pelley, 26th

Patty Moltz, 26th

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 9:00 Fitness Club, FC 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	2 10:00 Class With Rick Rakauskas, CR 12:30 <b>What's the Buzz?, CR</b> 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	3 <b>Girl Scout Cookie Day, ML</b> 9:00 Fitness Club, FC 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 Shut the Box, CR 1:00 Aqua Aerobics, Pool 2:00 Rolling Bowling, CR 3:00 Holey Board, CH 6:45 Book Club, CR	4 <i>Show Your Team Spirit Day</i> 10:00 Family Home Health Services Event, CH 11:00 Yoga/Meditation, CH 1:30 Discussion Group, CH 2:00 AL Bingo, 3FLDR 4:00 Rowdy Roosters' Outing, ML	5 9:00 Fitness Club, FC 9:00 Bank Run, ML 9:30 Go With the Flow, CH 10:00 Sewing Circle, AR 11:00 <i>Out to Lunch Bunch @ Apollo Diner, ML</i> 2:00 Hugging the Family Tree, CR 3:30 <i>"Hula in the Coola" Happy Hour, CH</i>	6 10:00 Coffee Social, CH 1:00 Wii Bowling, LIB 2:30 Bingo With Dolly & Teru, 3FLDR 7:00 <i>Movie: "Something to Talk About" (R), TV 732</i>
7 <b>Superbowl Sunday!</b> 9:00 Church Shuttle, ML 1:00 Resident Run Board and Card Games, CR 1:30 <i>Sunday Drive With Alfred, ML</i> 2:00 Ice Cream Social, Cafe 6:00 Resident Run Board and Card Games, CR 7:00 <i>Movie: "The Bible" Part I (NR), TV 732</i>	8 9:00 Fitness Club, FC 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 <b>MARDI GRAS</b> 9:00 On-Site Dermatology, FC 10:00 <i>"Women of Courage" Class, CH</i> 12:30 <i>"Nutty for Nutella" Mini Social, CR</i> 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	10 <b>ASH WEDNESDAY</b> 8:00 Rowdy Rooster Breakfast, CH 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 Square, 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	11 10:00 Family Home Health Services Event, CH 11:00 Yoga/Meditation, CH 1:00 Gardening Club, 3FLDR 1:30 Discussion Group, CH 2:00 AL Bingo, 3FLDR	12 9:00 Fitness Club, FC 9:00 Bank Run, ML 9:30 Go With the Flow, CH 10:00 Sewing Circle, AR 11:00 <i>Out to Lunch Bunch @ Applebees, ML</i> 2:00 <b>The Dating Game, CH</b> 3:30 <i>"Happy Hearts" Happy Hour, CH</i>	13 10:00 Coffee Social, CH 11:00 Pass the Junk, CH 1:00 Wii Bowling, LIB 1:00 <i>Painting w/Betty, CR</i> 2:30 Bingo With Dolly & Teru, 3FLDR 7:00 <i>Movie: "While You Were Sleeping" (PG), TV 732</i>
14 <b>VALENTINE'S DAY</b> 9:00 Church Shuttle, ML 1:00 Resident Run Board and Card Games, CR 2:00 Ice Cream Social, Cafe 2:30 <b>Movie Special: "Somewhere in Time" (PG), TV 732</b> 6:00 Resident Run Board and Card Games, CR 7:00 <i>Movie: "The Bible" Part II (NR), TV 732</i>	15 <b>PRESIDENTS DAY</b> 9:00 Fitness Club, FC 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 8:00 <i>Watch "The Grammys" on CBS</i>	16 10:00 Health Topic Tuesday w/Jim Polous, CH 12:30 <i>"Strawberry Parfait" Mini Social, CR</i> 1:00 Crossword Puzzles, CR 2:00 AL Bingo, 3FLDR 3:00 Yarn Club, CR	17 9:00 Fitness Club, FC 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 Melbourne Municipal Band Concert, ML	18 10:00 Family Home Health Services Event, CH 11:00 Yoga/Meditation, CH 1:00 <b>Baking With Wendy, AR</b> 1:30 Discussion Group, CH 2:00 AL Bingo, 3FLDR 6:00 <b>"You Had Me at Merlot" Big Event, CH</b>	19 9:00 Fitness Club, FC 9:00 Bank Run, ML 9:30 Go With the Flow, CH 10:00 Sewing Circle, AR 11:00 <i>Out to Lunch Bunch @ the Shack, ML</i> 2:00 Cooking With Chef Jason, DR 3:30 <i>"Margaritaville" Happy Hour, CH</i>	20 10:00 Coffee Social, CH 11:00 Pass the Junk, CH 1:00 Wii Bowling, LIB 1:00 <i>Painting w/Betty, CR</i> 2:30 Bingo With Dolly & Teru, 3FLDR 7:00 <i>Movie: "The Courage to Love" (PG-13), TV 732</i>
21 9:00 Church Shuttle, ML 1:00 Resident Run Board and Card Games, CR 1:30 <i>Sunday Drive With Alfred, ML</i> 2:00 Ice Cream Social, Cafe 6:00 Resident Run Board and Card Games, CR 7:00 <i>Movie: "The Bible" Part III (NR)</i>	22 9:00 Fitness Club, FC 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	23 10:00 <i>"Women of Courage" Class, CH</i> 12:30 <i>"Crazy for Cupcakes" Mini Social, CR</i> 1:00 Spelling Bee, CR 2:00 AL Bingo, 3FLDR 3:00 Yarn Club, CR 6:45 Night Court, CR	24 8:00 Rowdy Rooster Breakfast, CH 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	25 10:00 Family Home Health Services Event, CH 11:00 Yoga/Meditation, CH 1:30 Discussion Group, CH 2:00 AL Bingo, 3FLDR 4:30 Pizza Night (Pizza From Hungry Howie's), CH	26 9:00 Fitness Club, FC 9:00 Bank Run, ML 9:30 Go With the Flow, CH 10:00 Sewing Circle, AR 2:00 <b>Resident Council Meeting</b> 3:30 <i>"Strawberry Daiquiri" Happy Hour, CH</i>	27 10:00 Coffee Social, CH 11:00 Pass the Junk, CH 1:00 Wii Bowling, LIB 1:00 <i>Painting w/Betty, CR</i> 2:30 Bingo With Dolly & Teru, 3FLDR 7:00 <i>Movie: "When a Man Loves a Woman" (R), TV 732</i>
28 9:00 Church Shuttle, ML 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 <i>"Strawberry Daiquiri" Happy Hour, CH</i>	29 9:00 Fitness Club, FC 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					

## Resident of the Month

Congratulations to Bill Knight, our resident of the month. Bill can be spotted making his rounds all over the campus, visiting with residents, playing Bingo and attending other events, as well. Bill has a great sense of humor and to top all that, he's an excellent dancer! So ladies, if the opportunity arises, don't miss out on a "spin around the floor" with Glenbrooke's own Fred Astaire.



Bill Knight: Resident of the Month

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## Team Member of the Month

Mike Williams, Team Member of the Month, spends much of his time behind the scenes, working quietly and diligently in the kitchen to assist the staff in providing the best culinary service possible. His supervisor

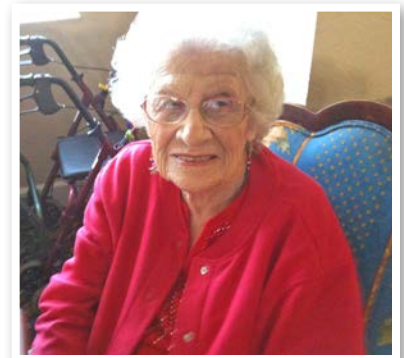


Mike Williams: Team Member of the Month

describes Mike as well-organized, efficient, neat, tidy and always willing to "go the extra mile" to help not only residents but his team members and other Glenbrooke staff. With all that said, it would be difficult for anyone to argue Mike is not deserving of this recognition.

## Roses are Red...and Pink... and Yellow and...

It is commonly known that red roses are the traditional symbol for love and romance and will always be a way to say "I love you," but how many of us know the rest of the story when it comes to the meanings of the various colors and quantity of roses to send to convey just the right message? Below is some information that might help.



A "Rose" by any other name...

- Pink and/or Cream Roses convey happiness, thankfulness, charm and admiration. Pink and Cream roses are often sent together to demonstrate thankfulness.
- Yellow Roses create warm feelings and provide happiness. Giving yellow roses can tell someone the joy they bring and the friendship you share.
- White Roses, traditionally used at weddings, represent new beginnings. It is also believed that white roses are an expression of remembrance and innocence.
- Orange or Salmon Roses can symbolize your passionate romance and share your excitement over your relationship with your loved one.
- Lavender Roses reveal "love at first sight" or are an enchanting way of saying "I love you." Lavender roses can offer a daily reminder of your love and eagerness to grow your relationship.
- Green Roses signify the constant rejuvenation of spirit and therefore a message of cheerfulness.

### Sometimes the numbers say everything...

- A single rose of any color depicts your utmost devotion or can say "thank you."
- Two roses entwined together communicate "Marry me."
- Six roses signify a need to be loved or cherished.
- Eleven roses assure the recipient they are truly loved.
- Thirteen roses indicate a secret admirer.

The above information is according to Passion Growers, Rose Growers.

Now you most likely know more than you ever wanted to know about roses.