


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

May 2015

From the Desk of Jackie Holmes

Dear Friends,

Wow! Can you believe it is already May?

For so many, May is such a busy month. We celebrate Cinco de Mayo, Mother's Day, Memorial Day and for those of us who are racing fans, it is the month of the Indy 500. Less known to most ... May is Get Caught Reading Month. Glenbrooke

has a great library and for those of you who would prefer to be read to in a group setting, you should give our weekly Book Club a try. They meet Wednesdays at 6:30 p.m. in the card room on the second floor. Gloria not only reads a book but makes it come alive for all those who attend.

So visit our library, grab a book or get a neighbor and attend our Book Club. These are all opportunities to meet and make new friends. Ruben Welch said it best when he wrote the book, "We Really Do Need Each Other." Glenbrooke is here for each and every one of you and we are blessed to have you call Glenbrooke home.

Until next month ... Enjoy life; it is a gift.

Jackie



Team Member of the Month

Kudos to Wendy Hoover, Team Member of the Month. Space prohibits a comprehensive listing of Wendy's numerous attributes and what she brings to Glenbrooke. Suffice it to say, therefore, that Wendy's incredibly strong work ethic, along with her cheerful and compassionate demeanor, make her a joy to be around. We dare you to attempt to talk with her for more than one minute and not find yourself smiling. It is simply not possible.

Congratulations, Wendy! You are such a treat!



The "Hostess (Twinkie) With the Mostest," Wendy Hoover, Team Member of the Month.

INDEPENDENT LIVING
MAY 2015

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
- Sign Up Required, **
- Swimming Pool, Pool
- Third Floor Dining Room, 3FLDR



Transportation Schedule

- Monday**
9 a.m.-2 p.m.
Shopping at Publix/Winn-Dixie, Malabar Road Walmart As Well As Occasional Special Shopping Outings
- Tuesday & Thursday**
9 a.m.-2 p.m.
Doctor Visits (SIGN-UP REQUIRED 24 HOURS in ADVANCE)
- Wednesday**
9 a.m.-2:30 p.m.
Doctor Visits (SIGN-UP REQUIRED 24 HOURS in ADVANCE) Shopping at Publix/Winn-Dixie and PBR Walmart/Hammock Ldg
- Friday**
11 a.m.-1:30 p.m.
Lunch Bunch, Bank Run (SIGN-UP REQUIRED)
- Sunday**
9 a.m.-noon
Church Shuttle (SIGN-UP REQUIRED)

Birthdays

- Jean Sobotor, 6th
- Mae Gaboury, 12th
- Nancy Pfister, 15th
- Agnes Dolan, 23rd
- Howard Austin, 25th
- Lou "Pops" Sobotor, 26th
- Ben Harris, 29th

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
9:00 Church Shuttle, ML 3 2:00 Ice Cream Social, Cafe 7:00 Faith and Family Film: "The Woodcarver" (PG), TV 732	9:00 Fitness Club, FC 4 9:00 Publix/Winn-Dixie, ML 10:45 Sit 'n' Fit With Denise, CH 11:00 Malabar Rd Walmart, ML 12:30 Malabar Rd Walmart, ML 1:00 Aqua Aerobics, Pool 2:00 Musical Monday, CR 3:00 Glenbrooke Crafters, AR 3:00 Holey Board w/Denise, CH 3:30 Film/Food/Folly, ML 6:30 Dollar Bingo, CR	Happy Cinco De Mayo! 7:30 Glenbrooke Gaiters, ML 10:00 Health Topic Tuesday: "That's the Spirit!," CH 11:00 Go With the Flow, CH	9:00 Fitness Club, FC 6 9:00 Publix/Winn-Dixie, ML 10:00 Catholic Communion, 3FLDR 10:45 Sit 'n' Fit With Denise, CH 1:00 Shut the Box, CR 2:00 Rolling Bowling, CR 2:30 Hammock Landing/PBR Walmart, ML 3:00 Yarn Club, CR 6:30 Book Club, CR	7:30 Glenbrooke Gaiters, ML 7 10:00 Thursday Thinkers, CH 11:00 Yoga/Meditation, CH 1:30 Discussion Group, CH 4:00 Rowdy Roosters' Outing, ML	9:00 Fitness Club, FC 8 10:00 Sewing Circle, AR 11:00 Lunch Bunch @ Sonny's BBQ, ML 1:30 Bank Run, ML 3:30 Spring Fling Happy Hour, CH	10:00 Coffee Social, CH 2 11:00 Pass the Junk, CH 1:00 Painting With Betty, CH 1:00 Wii Bowling, LIB 7:00 Movie: "Rookie of the Year" (PG), TV 732
MOTHER'S DAY 10 9:00 Church Shuttle, ML 2:00 Ice Cream Social, Cafe 7:00 Faith and Family Film: "The Ultimate Gift" (PG), TV 732	9:00 Fitness Club, FC 11 9:00 Publix/Winn-Dixie, ML 10:45 Sit 'n' Fit With Denise, CH 11:00 Malabar Rd Walmart, ML 12:30 Malabar Rd Walmart, ML 1:00 Aqua Aerobics, Pool 2:00 Musical Monday, CR 3:00 Glenbrooke Crafters, AR 3:00 Shop at Johnny's Bakery, ML 3:00 Holey Board w/Denise, CH 6:30 Dollar Bingo, CR	7:30 Glenbrooke Gaiters, ML 12 9:00 On-Site Dermatology, AR 10:00 Health Topic Tuesday: "Pain Management," CH 11:00 Go With the Flow, CH 4:00 Red Hat Mtg/Dinner, ML 6:30 Crooks and Criminals, CR	8:00 Rowdy Rooster Breakfast, CH 13 9:00 Fitness Club, FC 10:00 Catholic Communion, 3FLDR 10:00 Deacon Tom (Communion), CR 10:45 Sit 'n' Fit With Denise, CH 1:00 Shut the Box, CR 1:00 Aqua Aerobics, Pool 2:00 Rolling Bowling, CR 2:30 Hammock Landing/PBR Walmart, ML 3:00 Yarn Club, CR 6:30 Book Club, CR	7:30 Glenbrooke Gaiters, ML 14 10:00 Thursday Thinkers, CH 11:00 Yoga/Meditation, CH 1:30 Discussion Group, CH	9:00 Fitness Club, FC 15 10:00 Sewing Circle, AR 11:00 Lunch Bunch @ Cracker Barrel, ML 1:30 Bank Run, ML 3:30 High Tea Happy Hour, CH	10:00 Coffee Social, CH 16 11:00 Pass the Junk, CH 1:00 Painting With Betty, CH 1:00 Wii Bowling, LIB 7:00 Movie: "Now and Then" (PG-13), TV 732
9:00 Church Shuttle, ML 17 2:00 Shake, Rattle and Roll, Cafe 3:00 Music Recital, CH 7:00 Faith/Family Film: "Secrets of Jonathan Sperry" PG, TV 732	9:00 Fitness Club, FC 18 9:00 Publix/Winn-Dixie, ML 10:45 Sit 'n' Fit With Denise, CH 11:00 Malabar Rd Walmart, ML 12:30 Malabar Rd Walmart, ML 1:00 Aqua Aerobics, Pool 2:00 Musical Monday, CR 3:00 Glenbrooke Crafters, AR 3:00 Holey Board w/Denise, CH 3:30 Film/Food/Folly, ML 6:30 Dollar Bingo, CR	7:30 Glenbrooke Gaiters, ML 19 10:00 Health Topic Tuesday: "Heart Health," CH 11:00 Go With the Flow, CH	9:00 Fitness Club, FC 20 9:00 Dr. Mabry, AR 9:00 Publix/Winn-Dixie, ML 10:00 Catholic Communion, 3FLDR 10:45 Sit 'n' Fit With Denise, CH 1:00 Shut the Box, CR 1:00 Aqua Aerobics, Pool 2:00 Rolling Bowling, CR 2:30 Hammock Landing/PBR Walmart, ML 3:00 Yarn Club, CR 6:30 Book Club, CR	7:30 Glenbrooke Gaiters, ML 21 10:00 Thursday Thinkers, CH 11:00 Yoga/Meditation, CH 1:30 Discussion Group, CH 3:30 Star Treatment, AR 6:00 Dancing With the Stars, CH	9:00 Fitness Club, FC 22 10:00 Sewing Circle, AR 11:00 Lunch Bunch @ San Remos, ML 1:30 Bank Run, ML 1:30 Hugging the Family Tree, CH 3:30 Travel to Asia Happy Hour, CH	10:00 Coffee Social, CH 23 11:00 Pass the Junk, CH 1:00 Painting With Betty, CH 1:00 Wii Bowling, LIB 7:00 Movie: "Challenger" (NR), TV 732
9:00 Church Shuttle, ML 24 1:00 **Henegar Theatre Outing, ML 2:00 Ice Cream Social, Cafe 7:00 Faith and Family Film: "Undercover Angel" (NR), TV 732	MEMORIAL DAY 25 8:00 Happy Memorial Day 11:00 Picnic Lunch Served Until 1 p.m., DR 4:00 Special Movie Presentation: "Memorial Day," TV 732 6:30 Dollar Bingo, CR	7:30 Glenbrooke Gaiters, ML 26 10:00 Health Topic Tuesday: "Humor Therapy," CH 11:00 Go With the Flow, CH	8:00 Rowdy Rooster Breakfast, CH 27 9:00 Fitness Club, FC 9:00 Publix/Winn-Dixie, ML 10:00 Catholic Communion, 3FLDR 10:45 Sit 'n' Fit With Denise, CH 1:00 Shut the Box, CR 1:00 Aqua Aerobics, Pool 2:00 Rolling Bowling, CR 2:30 Hammock Landing/PBR Walmart, ML 3:00 Yarn Club, CR 6:30 Book Club, CR	7:30 Glenbrooke Gaiters, ML 28 10:00 Thursday Thinkers, CH 11:00 Yoga/Meditation, CH 1:00 "Pep Rally" (Review of Next Month's Events), CH 1:30 Discussion Group, CH 4:30 Pizza Party, CH	9:00 Fitness Club, FC 29 10:00 Sewing Circle, AR 11:00 Lunch Bunch @ "Driver's Choice," ML 1:30 Bank Run, ML 2:00 Resident Council Mtg, CH 3:30 That's So '90s Happy Hour, CH 7:00 Armchair Travel, TV 732	10:00 Coffee Social, CH 30 11:00 Pass the Junk, CH 1:00 Painting With Betty, CH 1:00 Wii Bowling, LIB 7:00 Movie: "A Time to Triumph" (NR), TV 732
9:00 Church Shuttle, ML 31 2:00 Ice Cream Social, Cafe 7:00 Faith and Family Film: "As I Stand" (NR), TV 732						

Happy Mother's Day!

To the world you may be just one person
But to one person you may be the world!
Happy Mother's Day to mothers: past, present
and future!

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Resident of the Month

Meet Phil Stokes, Resident of the Month. Phil is quite involved at Glenbrooke, with much of that involvement occurring behind the scenes, thus going perhaps unnoticed. For instance, Phil is responsible for the presentation of the "Social Singles," a gathering where many beautiful musical DVDs are made available for residents to enjoy while mixing and mingling in a relaxed social setting.

Phil also facilitates Glenbrooke's Discussion Group, a group setting where the topic of discussion can be anything from current events to just about whatever comes to mind. Phil encourages more male residents to participate in these activities, which he describes as being attended by several attractive and articulate females. To Phil it's a no-brainer: Armed with this information, why wouldn't more men want to attend? Bottom line: Whatever Phil does, he does it in style. No wonder he won the Glenbrooke Oscar for "Most Stylish!" :)



Appreciating America's Military

May is a month to appreciate warmer days, sunshine and all that comes with spring. And since 1999, it's also designated as Military Appreciation Month, a time to formally and publicly thank and support the men and women who have served or currently serve to protect our freedom and liberty.

Created from the simple idea of gathering America around its Armed Forces to show gratitude and solidarity, the month of May was chosen because it already includes the most military-related commemoration days: Loyalty Day, Victory in Europe (VE) Day, Armed Forces Day, Military Spouse Appreciation Day and, most well-known, Memorial Day.

The congressional resolution for Military Appreciation Month calls for a proclamation from the president regarding the important role these men and women fill, but you can celebrate in your own community any way you choose. One of the easiest, yet most meaningful, is to offer a heartfelt thank-you to all service members, past and present.



Harriett B. rockin' it in the USA!



Hollis M. and Pete H. Proud to support our troops!



Thanks to Earl V. for your service to our country.