


Glenbrooke at Palm Bay *Lifestyle*

GLENBROOKE
AT PALM BAY
SENIOR LIVING AT EASE

Like Us! 

Independent Living

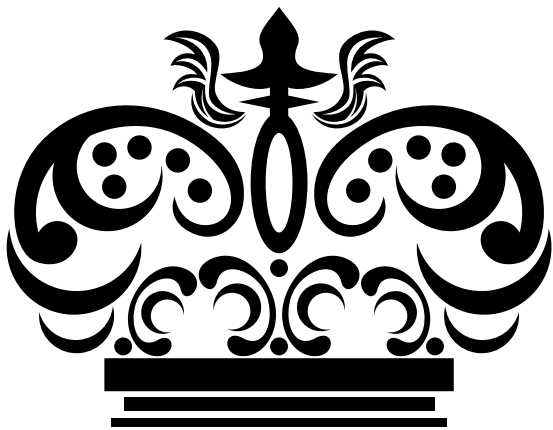
815 Briar Creek Blvd. NE • Palm Bay, FL 32905 • 321-956-3330 • www.glenbrookeseniorliving.com

April 2015

Royal Event Planned at Glenbrooke

Glenbrooke will host a royal event in celebration of the Queen's 88th birthday on Thursday, April 16, in the Clubhouse from 6-8 p.m. Dress to impress (Ladies, wear a hat if you'd like in honor of the Queen) and join us for what will surely be a "Royal Affair to Remember." Enjoy appetizers fit for a King, a sip of the Queen's Royal Punch, music provided by the Court Minstrels, as well as games and prizes. All in all it should be a jolly good time!

A coronation of the King and Queen of "Glenbrooke Palace" will also take place. So pip, pip, cheerio, see you at the royal party!



Don't miss the coronation of the King and Queen of Glenbrooke!

Funny Bones Don't Get Arthritis!

Is laughter really the best medicine? Many medical experts report that laughing produces significant health benefits; a few listed below:

Easy Exercise: Think about what happens when you get the giggles: Your heart rate increases, you can't catch your breath, and your facial muscles are sore. That's right — laughing is like a mild workout, burning up to 50 calories in just 10 minutes.

A Happy Heart: In addition to aerobic benefits, laughing heartily can improve circulation and help balance blood pressure levels, boosting cardiovascular health.

Rest and relief: Laughter is considered a natural pain reliever, both by releasing endorphins and by serving as a temporary distraction from either physical or emotional pain. Watching a comedy before bedtime can ease painful symptoms and relax your muscles so sleep comes easier.

Fun friendships: People love having someone to laugh with. Connect with friends by sharing a joke or two.

You can achieve all the above just by joining us Friday, April 24, for Funny Bones Happy Hour at 3:30 p.m. in the Clubhouse. Have a Coke (or a beer or a glass of wine) and a smile! What have you got to lose — except maybe the blues?

INDEPENDENT LIVING

APRIL 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 and Malabar Rd Walmart
- Tuesday and Thursday**
9 a.m.-2 p.m.
Doctor Visits (SIGN-UP REQUIRED 24 HOURS in ADVANCE)
- Wednesday**
9 a.m.-1:30 p.m.
Shopping at Publix/Winn-Dixie and Retail Shopping (SIGN-UP REQUIRED)
- Friday**
9 a.m.-1:30 p.m.
Bank Run, Lunch Bunch, Retail Shopping (SIGN-UP REQUIRED)
- Sunday**
9 a.m.-Noon
Church Shuttle (SIGN-UP REQUIRED)

Birthdays

- Norma LaFortune, 5th
- Shirley Miars, 6th
- Sarah Dickson, 7th
- Fred Blackman, 11th
- Betty Francisco, 12th
- Barbara Crawford, 14th
- Jen Canuel, 15th
- Madeline Luedeke, 16th
- Mimi Bauer, 16th
- Emma Lindberg, 23rd
- Bob Bauer, 27th
- Ron Greenwood, 28th
- Flip Musich, 29th
- Jack Gregory, 29th
- Adelyn Otlman, 30th

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
EASTER 5	7:30 Glenbrooke Gaiters Walking Club, ML 9:00 Fitness Club, FC 9:00 Publix/Winn-Dixie##, ML 11:00 Sit 'n' Fit With Denise, CH 12:30 Malabar Rd Walmart##, ML 1:00 Aqua Aerobics, Pool 2:00 Singalong, CR 3:00 Glenbrooke Crafters, AR 3:30 Film/Food/Folly##, ML 6:30 \$\$ Bingo, CR	7 9:00 Medical Appointments##, ML 10:00 Health Topic Tuesday, CH 11:00 Go With the Flow, CH 2:00 AL Bingo, 3FLDR	8 8:00 Rowdy Rooster Breakfast, CH 9:00 Fitness Club, FC 9:00 Publix/Winn-Dixie##, ML 10:00 Deacon Tom (Communion), CR 11:00 Sit 'n' Fit With Denise, CH 12:30 Palm Bay Road Walmart, ML 12:30 Twinkie & Tea Time, CR 1:00 Shut the Box, CR 1:00 Aqua Aerobics, Pool 2:00 Rolling Bowling, CR 3:00 Yarn Club, CR 6:30 Book Club, CR	9 9:00 Medical Appointments##, ML 10:00 Thursday Thinkers, CH 10:00 Chaplain's Corner, CR 11:00 Meditation/Yoga, CH 1:30 Glenbrooke Discussion Group, CH 2:00 AL Bingo, 3FLDR 6:30 Night Court, CR	10 GOOD FRIDAY/PASSOVER BEGINS AT SUNSET 3 9:00 Bank Run##, ML 11:00 Lunch Bunch##, ML 3:30 Easter Egg Happy Hour, CH	11 10:00 Coffee Social, CH 11:00 Pass the Junk, CH 1:00 Wii Bowling##, LIB 1:00 Painting With Betty, CH 7:00 Movie: "Seven Days in Utopia" (G), TV 732
12 9:00 Church Shuttle, ML 2:00 Ice Cream Social, Cafe 7:00 Movie: "Rain Man" (R), TV 732	13 7:30 Glenbrooke Gaiters Walking Club, ML 9:00 Fitness Club, FC 9:00 Publix/Winn-Dixie##, ML 11:00 Sit 'n' Fit With Denise, CH 1:00 Aqua Aerobics, Pool 2:00 Social Singles, CH 3:00 Glenbrooke Crafters, AR 6:30 \$\$ Bingo, CR	14 9:00 On Site Dermatology##, AR 9:00 Medical Appointments##, ML 10:00 Health Topic Tuesday, CH 11:00 Go With the Flow, CH 2:00 AL Bingo, 3FLDR 4:00 Red Hat Mtg/ Dinner##, ML	15 9:00 Fitness Club, FC 9:00 Publix/Winn-Dixie##, ML 10:00 Catholic Communion, 3FLDR 10:00 Wednesday Wellness, CH 11:00 Sit 'n' Fit With Denise, CH 12:30 Palm Bay Road Walmart, ML 1:00 Shut the Box, CR 1:00 Aqua Aerobics, Pool 2:00 Rolling Bowling, CR 3:00 Yarn Club, CR 6:30 Book Club, CR	16 9:00 Medical Appointments##, ML 10:00 Thursday Thinkers, CH 10:00 Chaplain's Corner, CR 11:00 Meditation/Yoga, CH 1:30 Glenbrooke Discussion Group, CH 2:00 AL Bingo, 3FLDR 6:00 Royal Party, CH	17 9:00 Bank Run##, ML 11:00 Lunch Bunch##, ML 1:00 AL Bonanza Bingo, 3FLDR 1:00 Bonanza Bingo, DR 1:30 Retail Shopping##, TV 732 3:30 Bring Your Pet Happy Hour, CH	18 10:00 Coffee Social, CH 11:00 Pass the Junk, CH 1:00 Wii Bowling##, LIB 1:00 Painting With Betty, CH 7:00 "Madea's Class Reunion" (NR), TV 732
19 9:00 Church Shuttle, ML 2:00 Ice Cream Social, Cafe 7:00 "In Harm's Way" (NR), TV 732	20 7:30 Glenbrooke Gaiters Walking Club, ML 9:00 Fitness Club, FC 9:00 Publix/Winn-Dixie##, ML 11:00 Sit 'n' Fit With Denise, CH 12:30 Malabar Rd Walmart##, ML 1:00 Aqua Aerobics, Pool 2:00 Singalong, CR 3:00 Glenbrooke Crafters, AR 3:30 Film/Food/Folly##, ML 6:30 \$\$ Bingo, CR	21 9:00 Medical Appointments##, ML 10:00 Health Topic Tuesday, CH 11:00 Go With the Flow, CH 2:00 AL Bingo, 3FLDR	22 EARTH DAY 8:00 Rowdy Rooster Breakfast, CH 9:00 Fitness Club, FC 9:00 Publix/Winn-Dixie##, ML 10:00 Catholic Communion, 3FLDR 10:00 Going Green, CH 11:00 Sit 'n' Fit With Denise, CH 12:30 Palm Bay Road Walmart, ML 1:00 Shut the Box, CR 1:00 Aqua Aerobics, Pool 2:00 Rolling Bowling, CR 3:00 Yarn Club, CR 6:30 Book Club, CR	23 9:00 Medical Appointments##, ML 10:00 Thursday Thinkers, CH 10:00 Chaplain's Corner, CR 11:00 Meditation/Yoga, CH 1:30 Glenbrooke Discussion Group, CH 2:00 AL Bingo, 3FLDR 6:30 Night Court, CR	24 9:00 Bank Run##, ML 11:00 Lunch Bunch##, ML 2:00 Residents' Council Mtg, CH 3:30 Funny Bones Happy Hour, CH	25 10:00 Coffee Social, CH 11:00 Pass the Junk, CH 1:00 Wii Bowling##, LIB 1:00 Painting With Betty, CH 7:00 Movie: "Now and Then" (PG-13), TV 732
26 9:00 Church Shuttle, ML 2:00 Ice Cream Social, Cafe 7:00 Movie: "Good Will Hunting" (R), TV 732	27 7:30 Glenbrooke Gaiters Walking Club, ML 9:00 Fitness Club, FC 9:00 Publix/Winn-Dixie##, ML 11:00 Sit 'n' Fit With Denise, CH 12:30 Malabar Rd Walmart##, ML 1:00 Aqua Aerobics, Pool 2:00 Singalong, CR 3:00 Glenbrooke Crafters, AR 4:00 Oink Night##, ML 6:30 \$\$ Bingo, CR	28 9:00 Medical Appointments##, ML 10:00 Health Topic Tuesday, CH 11:00 Go With the Flow, CH 2:00 AL Bingo, 3FLDR	29 9:00 Fitness Club, FC 9:00 Publix/Winn-Dixie##, ML 10:00 Catholic Communion, 3FLDR 11:00 Sit 'n' Fit With Denise, CH 12:30 Palm Bay Road Walmart, ML 1:00 Aqua Aerobics, Pool 1:00 Shut the Box, CR 2:00 Rolling Bowling, CR 3:00 Yarn Club, CR 6:30 Book Club, CR	30 9:00 Medical Appointments##, ML 10:00 Thursday Thinkers, CH 10:00 Chaplain's Corner, CR 11:00 Meditation/Yoga, CH 11:15 May Activities Review, CH 1:30 Glenbrooke Discussion Group, CH 2:00 AL Bingo, 3FLDR		

Happy April Fools' Day!

Residents agree: Life is good at Glenbrooke! No foolin'.



Jack Jordan wearing his April Fools' face!



Bruney Miller — getting in the spirit of things!

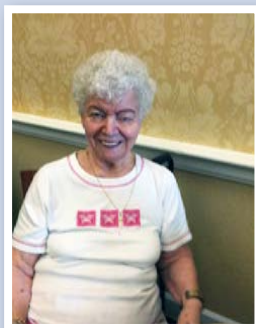


Pete Hoffman "clowning around" as usual

April Resident of the Month

Meet June Geiger, April's Resident of the Month. June, an indisputable movie critic/aficionado, is often called upon to provide her vast expertise in the selection of the movies aired on Channel 732 as well as those included in the Film, Food and Folly Excursions.

Congratulations, June! You deserve an Oscar for "Best in the April Resident of the Month Category." Will you settle for a "two thumbs up" rating?



June Geiger:
April Resident of the Month

April Team Member of the Month

Congratulations to George Wagner — April Team Member of the Month! George can be spotted around the Glenbrooke Campus executing a plethora of tasks including, but not limited to, touch-up painting, working on water leaks, household repairs and sometimes providing technical assistance when a computer is down.

George is a very capable guy with a positive attitude and pleasant demeanor. Such are just a few of the reasons he is often referred to as "Git-Er-Done George!"



George Wagner:
April Team Member of the Month

Did You Know?

Why do Glenbrooke residents and staff wear red every Friday?

The national Red Shirt Friday Campaign symbolizes the blood of American soldiers who have sacrificed and are willing to sacrifice their lives for the cause. The "Red Friday" campaign will continue until all U. S. troops return home for good.

At Glenbrooke, it is not necessary to wear a red shirt, but try and wear something red to indicate your support. The red items could be a pin, earrings, bracelet, necklace, socks, sweater, ribbon, slacks, etc., but it must be bright red. (Genesis wears their uniform dark red shirts.) Even the kitchen staff wears bright red on Fridays.

Please help Glenbrooke show its support and gratitude to our troops by wearing something red.

Glenbrooke Residents' Council