


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

August 2015

From the Desk of Debbie Fischer

Hello Everyone,

I am very excited about being the new Executive Director here at Glenbrooke. My philosophy is simple: we are here to serve our residents, and we work in their home. I have an open door policy and am always happy to assist our residents, family members and associates in any way I can.

Senior Living has been my passion for over 20 years. Indialantic is my home where I enjoy walks on the beach, fishing, gardening, good times and laughs with family and friends.

Over the next several weeks I look forward to getting to know all of you.

Let's think about friends or past neighbors who you think may be interested in moving to Glenbrooke.

We are giving away \$500 for each friend our current residents move into Glenbrooke. The more friends you have move in, the more money you have to spend any way you choose! We will also be starting a referral club with a special monthly dinner for residents who have a friend move to our wonderful community.

I am also looking for volunteers who would like to become welcome ambassadors for our new residents. If interested, please let me know. Everyone needs a new friend when they move to a new community or neighborhood, a smiling face who invites them to activities or invites them to join them for lunch or dinner.

Thank you all for your warm welcome and smiling faces.

— *Debbie Fischer*



INDEPENDENT LIVING
AUGUST 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
- 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 & Wednesday**
9 a.m.-2 p.m.
Doctor Visits in Melbourne (Sign-Up Required 24 Hours in Advance)
- Wednesday**
11 a.m.-1 p.m.
Retail Shopping
- Wednesday**
Doctor Visits in Palm Bay — Must Sign Up
- 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)





Birthdays

- Beth Tallcott, 1st
- Mary Thomsen, 6th
- Jean Magee, 8th
- Celeste Laws, 8th
- Jan Davis, 13th
- Evelyn Grahn, 17th
- Sophie Ruccione, 19th
- Eugene Foreman, 19th
- Barb Such, 20th
- George Blackwood, 21st
- Bill Knight, 21st
- Oril Lemay, 23rd
- June Gleason, 23rd
- Pearl Reid, 24th
- VanPelt Maud, 24th
- Joy Gaba, 27th

Additional Services

- Wednesday 11 a.m. Retail Shopping
- Wednesday 9 a.m.-2 p.m. Doctor Visits in Palm Bay-must sign up

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						
9:00 Church Shuttle 2 1:00 Resident Run Board and Card Games, CR 2:00 Ice Cream Social 6:00 Resident Run Board and Card Games, CR 7:00 Gidget (NR), TV 732	9:00 Fitness Club, FC 3 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	7:30 Glenbrooke Gaiters, ML 4 10:00 Funnybones Don't Get Arthritis, CR 12:30 I Love Lucy Candy Factory Fun & Treats, CR 2:00 AL Bingo, 3FLDR 3:00 Yarn Club, CR 3:30 Film, Food and Folly, ML	9:00 Fitness Club, FC 5 10:00 Catholic Communion, 3FLDR 10:45 Sit 'n' Fit DVD, CH 11:00 Shopping at Palm Bay Rd Walmart/Hammock Ldg, ML 12:30 Fudgesicle Social, CR 1:00 Aqua Aerobics, Pool 1:00 Shut the Box, CR 2:00 Rolling Bowling, CR 3:00 Holey Board 5:45 Melbourne Municipal Band Concert, ML 6:30 No Book Club Tonight	7:30 Glenbrooke Gaiters, ML 6 10:00 Thursday Thinkers, CH 11:00 Yoga/Meditation, CH 1:30 Discussion Group, CH 2:00 AL Bingo, 3FLDR 4:00 Rowdy Roosters' Outing, ML 6:30 Night Court, CR	9:00 Bank Run 7 9:00 Fitness Club, FC 9:30 Go With the Flow, CH 10:00 Sewing Circle, AR 10:00 Friday Fun and Games "Fact or Baloney?," CH 11:00 Lunch Bunch @ Red Lobster, ML 2:30 Hugging the Family Tree, CH 3:30 "Gypsies, Tramps and Thieves" Happy Hour, CH	10:00 Coffee Social, CH 1 11:00 Pass the Junk, CH 1:00 Wii Bowling, LIB 1:00 Painting With Betty, CH 2:30 Bingo With Dolly & Teru, 3FLDR 7:00 Movie: "Nanny McPhee Returns" (Rated NR), TV 732
9:00 Church Shuttle 9 1:00 Resident Run Board and Card Games, CR 2:00 Ice Cream Social 6:00 Resident Run Board and Card Games, CR 7:00 Faith and Family Film: "Wide Awake" (NR), TV 732	9:00 Fitness Club, FC 10 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	7:30 Glenbrooke Gaiters, ML 11 9:00 On-Site Dermatology, AR 10:00 Health Topic Tuesday: "Eye Health," CH 12:30 "Just Peachy" Ice Cream 1:00 Hula Class With Gloria, Michelle, & Wendy, CR 2:00 AL Bingo, 3FLDR 3:00 Yarn Club, CR 4:00 Red Hat Mtg./Dinner, ML	8:00 Rowdy Rooster Breakfast, CH 12 9:00 Fitness Club, FC 10:00 Deacon Tom (Communion), CR 10:45 Sit 'n' Fit DVD, CH 11:00 Treasure Hunting @ Goodwill Store 12:30 Ice Cream Sandwich Social, CR 1:00 Shut the Box, CR 1:00 Aqua Aerobics, Pool 2:00 Rolling Bowling, CR 3:00 Holey Board 6:30 Book Club, CR	7:30 Glenbrooke Gaiters, ML 13 10:00 Thursday Thinkers, CH 11:00 Yoga/Meditation, CH 1:30 Discussion Group, CH 2:00 AL Bingo, 3FLDR	9:00 Bank Run 14 9:00 Fitness Club, FC 9:30 Go With the Flow, CH 10:00 Sewing Circle, AR 10:00 Friday Fun and Games: "Scrabble Social," CH 11:00 Lunch Bunch @ Ferrara's, ML 3:30 "Senior Moments" Happy Hour w/Doug Floyd, CH 7:00 Encore Presentation of Dancing With the Seniors, TV 732	10:00 Coffee Social, CH 15 11:00 Pass the Junk, CH 1:00 Wii Bowling, LIB 1:00 Painting With Betty, CH 2:30 Bingo With Dolly & Teru, 3FLDR 7:00 Movie: "Beach Blanket Bingo" (NR), TV 732
9:00 Church Shuttle 16 1:00 Resident Run Board and Card Games, CR 2:00 Ice Cream Social 6:00 Resident Run Board and Card Games, CR 7:00 Movie: "Auntie Mame" (Musical) (PG), TV 732	9:00 Fitness Club, FC 17 10:45 Sit 'n' Fit DVD, CH 1:00 Aqua Aerobics, Pool 2:00 Singalong, CR 2:00 Social Singles, CH 3:00 Glenbrooke Crafters, AR 6:30 Dollar Bingo, CR	Oink Night at Woody's Barbecue, ML 18 7:30 Glenbrooke Gaiters, ML 10:00 Health Topic Tuesday: Jim Polous PBF, CH 12:30 Hugs 4 Free, CR 12:30 Elvis' Fave: P'nut Butter & Banana Sandwiches, CR 2:00 AL Bingo, 3FLDR 3:00 Yarn Club, CR 7:00 Movie: "It Happened at the World's Fair" (NR), TV 732	9:00 Fitness Club, FC 19 10:00 Catholic Communion, 3FLDR 10:45 Sit 'n' Fit DVD, CH 11:00 Shopping at Palm Bay Rd Walmart/Hammock Ldg, ML 12:30 Popsicle Social, CR 1:00 Aqua Aerobics, Pool 1:00 Shut the Box, CR 2:00 Rolling Bowling, CR 3:00 Holey Board 6:30 Book Club, CR	7:30 Glenbrooke Gaiters, ML 20 10:00 Thursday Thinkers, CH 11:00 Yoga/Meditation, CH 1:30 Discussion Group, CH 2:00 AL Bingo, 3FLDR 5:00 Cheeseburger in Paradise, CH	9:00 Bank Run 21 9:00 Fitness Club, FC 9:30 Go With the Flow, CH 10:00 Sewing Circle, AR 10:00 Friday Fun and Games: "Spelling Bee," CH 11:00 Lunch Bunch @ Cracker Barrel, ML 2:30 Stories for the Heart, CR 3:30 "Bloody Mary Happy Hour" w/The Music Man, CH	10:00 Coffee Social, CH 22 11:00 Pass the Junk, CH 1:00 Wii Bowling, LIB 1:00 Painting With Betty, CH 2:30 Bingo With Dolly & Teru, 3FLDR 7:00 Movie: "Message in a Bottle" (PG-13), TV 732
9:00 Church Shuttle 23 1:00 Resident Run Board and Card Games, CR 2:00 Ice Cream Social 6:00 Resident Run Board and Card Games, CR 7:00 Faith and Family Film: "The Book of Daniel"(NR), TV 732	Belgian Waffle Breakfast, DR 24 9:00 Fitness Club, FC 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	7:30 Glenbrooke Gaiters, ML 25 10:00 Helpful Topic Tues: "Estate Planning," CH 12:30 Lemonade Stand, CR 1:00 "What's the Buzz?" (Preview of August Events), CH 2:00 AL Bingo, 3FLDR 3:00 Yarn Club, CR	8:00 Rowdy Rooster Breakfast, CH 26 9:00 Fitness Club, FC 10:00 Catholic Communion, 3FLDR 10:45 Sit 'n' Fit DVD, CH 11:00 Produce Shopping at Thrifty Produce, ML 12:30 Klondike Bar Social, CR 1:00 Shut the Box, CR 1:00 Aqua Aerobics, Pool 2:00 Rolling Bowling, CR 3:00 Holey Board 6:30 Book Club, CR	7:30 Glenbrooke Gaiters, ML 27 10:00 Thursday Thinkers, CH 11:00 Yoga/Meditation, CH 1:30 Discussion Group, CH 2:00 AL Bingo, 3FLDR 4:30 Pizza Party, CH	School Colors Day 28 9:00 Bank Run 9:00 Fitness Club, FC 9:30 Go With the Flow, CH 10:00 Sewing Circle, AR 10:00 Friday Fun and Games: "Mystery Game," CH 2:00 Resident Council Mtg, CH 3:30 "School Colors" Happy Hour With Ash Reeder, CH	10:00 Coffee Social, CH 29 11:00 Pass the Junk, CH 1:00 Wii Bowling, LIB 1:00 Painting With Betty, CH 2:30 Bingo With Dolly & Teru, 3FLDR 7:00 Movie: "Blindside" (PG-13)
9:00 Church Shuttle 30 1:00 Resident Run Board and Card Games, CR 2:00 Ice Cream Social 6:00 Resident Run Board and Card Games, CR 7:00 Faith and Family Film: "Time of the Wolf" (NR), TV 732	9:00 Fitness Club, FC 31 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					

Resident of the Month

Congratulations to Norma Folsom, Glenbrooke's Resident of the Month. Norma can be seen attending the lion's share of Glenbrooke activities where she is always quick to offer a friendly smile and helping hand. Of her many positive attributes, one that stands out immediately is her ability to make others immediately feel comfortable. Certainly the fact that she demonstrates a sincere interest in what others have to say plays a large part in such. So, next time you see Norma, congratulate her on being selected Resident of the Month and, if you have time, let her know what you've been up to. She really and truly wants to hear and isn't that a breath of fresh air?

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*Norma Folsom:
August Resident of
the Month*

Team Member of the Month

Kudos to Delores "Dee" Razawich who has been selected as Glenbrooke's August Team Member of the Month. Until recently, Dee was mostly visible in the Dining Rooms providing capable assistance to our already efficient and helpful dining staff. Lately, however, she has really stepped up and been helping in the kitchen, which is evidence of her willingness to try new things and be helpful, just part of what makes her the great team player she is. Congratulations, Dee, you are indeed an asset to our team! That said, your spirit of caring and kindness to the residents has also not gone unnoticed.



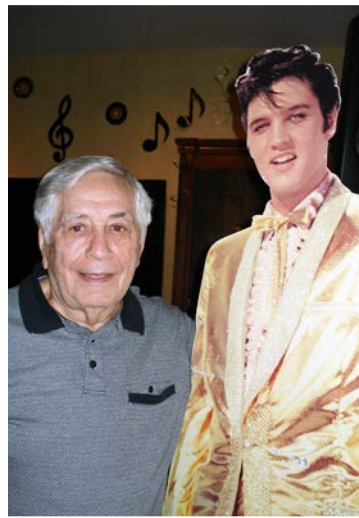
*Delores Razawich:
August Team
Member of
the Month*

A Home Fit for a King

The name Graceland is almost as famous as the estate's owner, the King of Rock 'n' Roll, Elvis Presley. Each August, tens of thousands of fans gather in Memphis, Tenn., to celebrate Elvis and take part in events at Graceland. Here are some details about the place Elvis called home.

Presley's purchase: At age 22, Elvis bought the estate in 1957 for \$102,500, which would be about \$870,000 today. Among his first additions to the 10,000-square-foot house were the famous music-themed iron gates.

Glenbrooke remembers Elvis this month with the following activities on Tuesday, Aug. 18: Peanut Butter & Banana Sandwiches at 12:30 p.m. in the Card Room and the movie: "It Happened at the World's Fair," starring Elvis on the Glenbrooke TV Channel 732.



*Earl V. and Elvis: A Double
Hunk of Burnin' Love!*



*Sophie R. and Ol' Swivel-
Hips himself!*



Marilyn M. and The King