


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

November 2015

Hello Residents of Glenbrooke!

My name is Gina Bell, and I am excited to be the Executive Director of your beautiful community. I look forward to meeting each of you and building a lasting relationship.



I have lived in Brevard County for over 30 years and have enjoyed watching the close-knit communities grow. I have been employed in the senior living industry since 1999 when I was hired to be the office manager of a newly-built assisted living community. From the day I started working at that job, I knew it was my passion to work with the senior population. Specifically, I enjoy making a difference in the lives of others, and my style of leadership is to work to benefit those we serve. I pledge to be an active member of this community and look forward to continuing to make Glenbrooke at Palm Bay a great place to live! My door is always open, and you can expect to be met with open arms. It's a privilege to be a part of your community!

Sincerely,
Gina Bell

Photo Gallery



Ben and Olga Harris



Betty Francisco enjoying the Luau!

INDEPENDENT LIVING

NOVEMBER 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

Birthdays

- JoAnn Bourne, 7th
- Richard Dell, 10th
- Bill Andrews, 12th
- Fran Aiuto, 14th
- Olga Harris, 15th
- Clem McCann, 16th
- Amberzine Walker, 17th
- Joyce Franzoi, 19th
- Richie Starr, 19th
- Queena Waltersdorff, 20th
- George Jansen, 29th

Transportation Schedule

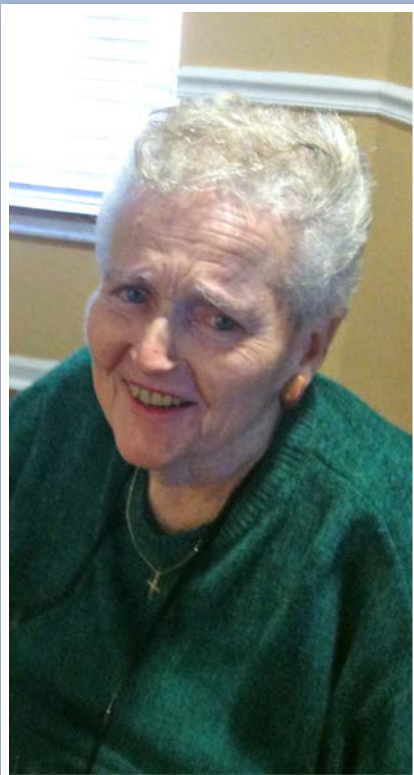
- Monday**
11 a.m.-1 p.m.
First Bus to Malabar Road Walmart (Sign-Up Required)
- Monday & Wednesday**
9-10 a.m.
Shopping at Publix, Winn-Dixie (Sign-Up Required)
- Monday**
12:30-2:30 p.m.
Second Bus to Malabar Road Walmart (Sign-Up Required)
- Tuesday & Thursday**
9 a.m.-2 p.m.
Doctor Visits in Melbourne (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)

Activities Subject to Change

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
DAYLIGHT SAVING TIME ENDS 1 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 Movie: "Desperate Crossing" (NR), TV 732	9:00 Fitness Club, FC 2 10:45 Sit 'n' Fit DVD, CH 12:30 "What's the Buzz?" Review of Nov Activities, CR 1:00 Aqua Aerobics, Pool 2:00 Singalong, CR 3:00 Glenbrooke Crafters, AR 6:30 Dollar Bingo, CR	ELECTION DAY 3 7:30 Glenbrooke Gaiters, ML 9:00 Election Day Transportation, ML 10:00 Florida History Class, CH 12:30 "What's Cooking?" Peanut Butter Fudge Mini-Social, 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 4 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 Fun's-a-Poppin', CR 1:00 Shut the Box, CR 1:00 Aqua Aerobics, Pool 2:00 Rolling Bowling, CR 3:00 Holy Board, CH 6:45 Book Club, CR	7:30 Glenbrooke Gaiters, ML 5 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	9:00 Fitness Club, FC 6 9:00 Bank Run, ML 9:30 Go With the Flow, CH 10:00 Sewing Circle, AR 11:00 Lunch Bunch: Bob Evans, ML 1:30 Hugging the Family Tree, CR 3:30 "Turkey Trot" Happy Hour, CH	10:00 Coffee Social, CH 7 11:00 Pass the Junk, CH 1:00 Wii Bowling, LIB 2:30 Bingo With Dolly & Teru, 3FLDR 7:00 Movie: "The Pelican Brief" (PG-13), TV 732
9:00 Church Shuttle, ML 8 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 Gathering Part I" (NR), TV 732	9:00 Fitness Club, FC 9 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 10 9:00 On-Site Dermatology, FC 10:00 Health Topic Tuesday: Jim Poulos, PBF, CH 12:30 "What's Cooking?" Raisin Bread 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	VETERANS DAY 11 8:00 Rowdy Rooster Breakfast, CH 10:00 Catholic Communion, 3FLDR 10:00 Deacon Tom (Communion), CR 10:00 Veterans Day Reception, CH Retail Shopping at Bealls Outlet Palm Bay, 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 Holy Board, CH 6:45 Municipal Band Concert, ML 7:00 Special Documentary: "The War Memorials," TV 732	7:30 Glenbrooke Gaiters, ML 12 10:00 Thursday Thinkers, CH 11:00 Yoga/Meditation, CH 1:30 Discussion Group, CH 2:00 AL Bingo, 3FLDR	9:00 Fitness Club, FC 13 9:00 Bank Run, ML 9:30 Go With the Flow, CH 10:00 Sewing Circle, AR 11:00 Lunch Bunch: Chili's, ML 3:30 "Swing Your Partner" Happy Hour, CH 6:30 Night Court, CR	10:00 Coffee Social, CH 14 11:00 Pass the Junk, CH 12:00 Thanksgiving Feast, DR 7:00 Movie: "A Family Thanksgiving" (NR), TV 732
9:00 Church Shuttle, ML 15 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 Gathering Part II" (NR), TV 732	Door Decorating Contest Begins 16 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 17 10:00 Florida History Class, CH 12:30 "What's Cooking?" Banana Pudding Mini-Social, 3FLDR 1:00 Crossword Puzzles, CR 2:00 AL Bingo, 3FLDR 3:00 Yarn Club, CR 4:00 Oink Night at Woody's BBQ, ML	9:00 Fitness Club, FC 18 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 Fun's-a-Poppin', CR 1:00 Shut the Box, CR 1:00 Aqua Aerobics, Pool 2:00 Rolling Bowling, CR 3:00 Holy Board, CH 6:45 Book Club, CR	7:30 Glenbrooke Gaiters, ML 19 10:00 Thursday Thinkers, CH 11:00 Yoga/Meditation, CH 1:30 Discussion Group, CH 6:30 "Talkin' Turkey" Bingo, CH	9:00 Fitness Club, FC 20 9:00 Bank Run, ML 9:30 Go With the Flow, CH 10:00 Sewing Circle, AR 11:00 Lunch Bunch: Shell's, ML 3:30 "Plymouth Rock" Happy Hour, CH	10:00 Coffee Social, CH 21 11:00 Pass the Junk, CH 1:00 Wii Bowling, LIB 2:30 Bingo With Dolly & Teru, 3FLDR 7:00 Movie: "The Rainmaker" (PG 13), TV 732
9:00 Church Shuttle, ML 22 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 Thanksgiving Treasure" (NR), TV 732	9:00 Fitness Club, FC 23 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 24 10:00 Women of Courage Class, CH 12:30 Cider Tasting Mini-Social, CR 12:30 "What's Cooking?" Pumpkin Bread, CR 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 25 9:00 Fitness Club, FC 10:00 Catholic Communion, 3FLDR 10:45 Sit 'n' Fit DVD, CH 11:00 Shopping at Thrifty Produce, 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 Holy Board, CH 4:00 Recipe Entry Deadline, AR 6:45 Book Club, CR	THANKSGIVING DAY 26 12:00 Special Thanksgiving Dinner, DR 7:00 Movie: "An Old Fashioned Thanksgiving" (NR), TV 732	9:00 Fitness Club, FC 27 9:00 Bank Run, ML 9:30 Go With the Flow, CH 10:00 Sewing Circle, AR 1:00 Tax Free Seminar, CR 2:00 Resident Council Mtg., CH 3:30 Food Drive Happy Hour, CH	10:00 Coffee Social, CH 28 11:00 Pass the Junk, CH 1:00 Wii Bowling, LIB 2:30 Bingo With Dolly & Teru, 3FLDR 7:00 Movie: "Picnic" (NR), TV 732
9:00 Church Shuttle, ML 29 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 House Without a Christmas Tree" (NR), TV 732	9:00 Fitness Club, FC 30 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

Terry Stack is Glenbrooke's Resident of the Month for November. Terry is very active here at Glenbrooke participating in the various socials, "Brain Games" such as "shut-the-box" and many, if not all, of the exercise activity programs. Terry can also be found at many of the Happy Hour events, and it's that winning smile of hers, in fact, that helps put the "happy" in those Happy Hours! And, speaking of smiles, if you haven't attended "Funnybones," you are missing out on some of Terry's "guaranteed to make you smile" jokes. Congratulations, Terry, we are so happy to have you in our community!



Terry Stack: November Resident of the Month.

Stress Less When Holiday Shopping

Remembering family and friends with gifts is a holiday tradition. With some planning, seasonal shopping can be a merry activity instead of an overwhelming chore. Try these helpful tips, and you'll have this task in the bag.

Make a list: Create a list of people you're shopping for, what you'd like to give them and how much you're willing to spend. Take the list with you to avoid being enticed by store displays and going over budget.

Time your trips: Avoid the frenzy of crowds by hitting stores during off-peak times — weekdays during the early morning and late afternoon. The earlier in the season you begin, the better, due to fewer shoppers and a wider selection.

Invite friends along: You may have heard the saying "Many hands make light work." Enlist the help of some friends, and they can offer gift advice, carry bags, and simply make the outing more fun. Plus, experts say there's safety in numbers.

Use the Internet: Checking the Internet can give you an idea of prices and sales on items you're shopping for. If you want to avoid going out altogether, consider using trusted websites to buy gifts online and ship them to the recipient or your home.

Treat yourself: Once you've wrapped up your holiday shopping, gift yourself a treat. A cup of coffee at the mall food court, that special something you've been eyeing or a meal out can cap off a productive day.



Dorothy D picked Santa to accompany her on her Christmas shopping spree!

Team Member of the Month

Michelle Gile needs no introduction to most of us here at Glenbrooke. She can be seen leading Aqua Aerobics, Sing-Alongs, assisting in the Fitness Center, as well as a multitude of other activity events/programs. Not to mention she is the part-time bus driver as well. Michelle is much loved by residents and staff. Her Department Manager described her this way: "Michelle is an asset to the Activities Department. She is beautiful on the outside and inside. She is kind and caring. She is also genuine. Our Department, as well as all of Glenbrooke, is better for having her here!" That pretty well sums it up. Congratulations, Michelle, for a much-deserved acknowledgement.



Michelle Gile: November Team Member of the Month