


Glenbrooke at Palm Bay *Lifestyle*

GLENBROOKE
AT PALM BAY
SENIOR LIVING AT EASE

Like Us! 

Independent Living

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December 2015

From The Desk of Gina Bell

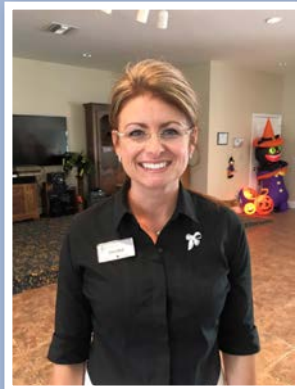
Dear Residents, Family and Friends of Glenbrooke,

Thank you for your gracious hospitality and for welcoming me with open arms into your home. I am overwhelmed by the kindness that you have shown me during my first month on the job. It is a privilege to serve you and I am excited for the opportunity to be your Executive Director.

I want to personally thank everyone for the contributions that were made to the Glenbrooke Resident Council Employee Christmas Fund. Your generous donations will make the holiday season much brighter for the staff. They are truly grateful to you for this special gift. Thank you from the bottom of our hearts for being so thoughtful and caring to our hourly employees. A special thank-you to Lou "Pops" Sobotor for collecting, managing and dispersing the funds that were received.

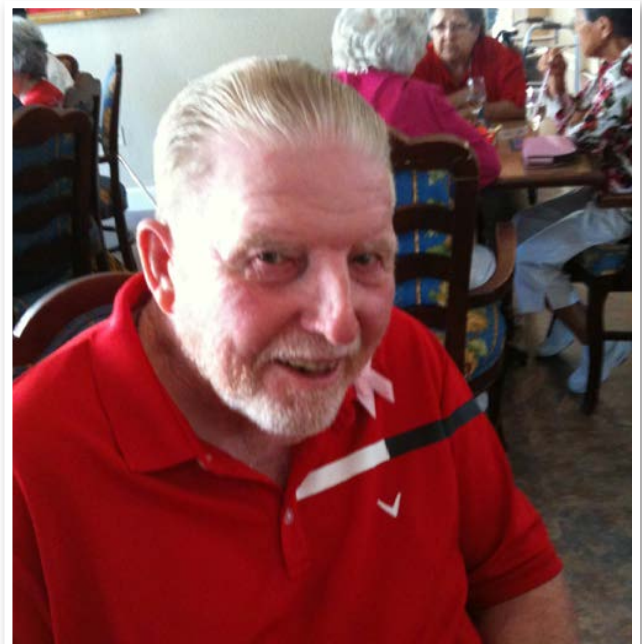
I wish you all a safe, happy and healthy holiday season. I look forward to participating with you in the many jolly events that we have planned for this month.

Very truly yours,
Gina Bell



December Resident of the Month

Congratulations to Red Hish, December's Resident of the Month. Red keeps very busy here at Glenbrooke, whether it be working out at the Fitness Center first thing in the morning or enjoying time socializing with his friends at Happy Hour in the afternoon. Red's quiet demeanor belies his great sense of humor, and his modesty prevents him from discussing in any detail the many times he has quietly provided assistance to Glenbrooke residents. Bottom Line: Red Hish is one of the good guys!



Red Hish: December Resident of the Month.

INDEPENDENT LIVING
DECEMBER 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 & 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

- Dolly Duquette, 3rd
- Wanda Durden, 8th
- Phillip Stokes, 10th
- Gerald Rowe, 12th
- Joan Leake, 16th
- Dorothy Straub, 16th
- Wilfred 'Red' Hish, 16th
- Janet Underwood, 19th
- Ruth Ashe, 19th
- Thomas Pilato, 21st
- Shirley Miller, 22nd
- Helen Carr, 24th
- Chuck Maguire, 24th
- Ruby Whipkey, 27th
- Jeanne Harris, 27th

Activities Subject to Change

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|---|---|--|--|---|---|
|  | | 10:00 <i>Musical History Tour, CR</i> 1 12:30 "What's the Buzz?" Review of December Activities, 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 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 Holy Board, CH 6:45 Book Club, CR | 10:00 Thursday Thinkers, CH 3 11:00 Yoga/Meditation, CH 1:30 Discussion Group, CH 2:00 AL Bingo, 3FLDR 4:00 Rowdy Roosters' Outing, ML 7:00 Movie: "One Christmas" (NR), TV 732 | 9:00 Fitness Club, FC 4 9:00 Bank Run, ML 9:30 Go With the Flow, CH 10:00 Sewing Circle, AR 11:00 <i>Out to Lunch @ San Remos, ML</i> 2:00 Hugging the Family Tree, CR 3:30 Cookies and "Kookies" Happy Hour 7:00 Radio City Christmas Spectacular, TV 732 | 10:00 Coffee Social, CH 5 11:00 Pass the Junk, CH 1:00 Wii Bowling, LIB 2:30 Bingo With Dolly & Teru, 3FLDR 7:00 Seasonal Movie: "The Christmas Card" (NR), TV 732 |
| HANUKKAH BEGINS AT SUNSET 6 9:00 Church Shuttle, ML 1:00 Resident Run Board and Card Games, CR 2:00 Ice Cream Social, Cafe 2:30 "Holiday Tidbits" Concert Outing, ML 3:00 Music Student Recital, CH 6:00 Resident Run Board and Card Games, CR 7:00 Seasonal Movie: "Christmas Candle" (NR), TV 732 | 9:00 Fitness Club, FC 7 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 7:00 Pearl Harbor Documentary, TV 732 | 9:00 On-Site Dermatology, FC 8 10:00 Health Topic Tuesday: Jim Poulos, PBF, CH 12:30 Baking Magic: Coconut Concoctions, 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 7:00 Heritage Girls Caroling, CH | 8:00 Rowdy Rooster Breakfast, CH 9 9:00 Fitness Club, FC 10:00 Catholic Communion, 3FLDR 10:00 Deacon Tom (Communion), CR 11:00 Retail Shopping at Sears, 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 Holy Board, CH 6:45 Melbourne Municipal Band Concert, ML | 10:00 Thursday Thinkers, CH 10 10:30 Southwest School Carolers, CR 11:00 Yoga/Meditation, CH 1:30 Discussion Group, CH 2:00 AL Bingo, 3FLDR 4:00 Christmas Tree Forest, ML | 9:00 Fitness Club, FC 11 9:00 Bank Run, ML 9:30 Go With the Flow, CH 10:00 Sewing Circle, AR 11:00 Out to Lunch @ Cracker Barrel, ML 2:00 Cooking With Chef Jason, DR 3:30 Holiday Punch Happy Hour w/Doug Floyd, CH 7:00 Christmas With the Vienna Boys' Choir, TV 732 | 10:00 Coffee Social, CH 12 11:00 Pass the Junk, CH 1:00 Wii Bowling, LIB 2:30 Bingo With Dolly & Teru, 3FLDR 7:00 Seasonal Movie: "Christmas Oranges" (NR), TV 732 |
| 9:00 Church Shuttle, ML 13 1:00 Resident Run Board and Card Games, CR 1:00 "Wizard of Oz" @ Hennegar Theatre, ML 2:00 Ice Cream Social, Cafe 6:00 Resident Run Board and Card Games, CR 7:00 Seasonal Movie: "Christmas Angel in the House" (NR) | 9:00 Fitness Club, FC 14 11:00 Sit 'N' Fit DVD, CH 1:00 Aqua Aerobics, Pool 1:00 Social Singles Presents "The Three Tenors" (Dvd), CH 2:00 Singalong, CR 3:00 Glenbrooke Crafters, AR 6:30 Dollar Bingo, CR 7:00 Christmas Lights Tour @ Wickham Park, ML | 15 10:00 <i>Musical History Tour, CR</i> 12:30 Baking Magic: Brownies, CR 1:00 Crossword Puzzles, CR 2:00 AL Bingo, 3FLDR 3:00 Yarn Club, CR | 9:00 Fitness Club, FC 16 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 Holy Board, CH 6:45 Book Club, CR 7:00 Christmas Lights Tour @ Wickham Park, ML | 17 10:00 Thursday Thinkers, CH 2:00 <i>Chicks' Holiday Tea, CH</i> 7:00 Seasonal Movie: "One Magic Christmas" (PG), TV 732 11:00 Yoga/Meditation, CH | 9:00 Fitness Club, FC 18 9:00 Bank Run, ML 9:30 Go With the Flow, CH 10:00 Sewing Circle, AR 2:00 Resident Council Meeting, CH 3:30 "Sangria" Happy Hour w/The Music Man, CH 7:00 The Three Tenors Christmas, TV 732 | 10:00 Coffee Social, CH 19 11:00 Pass the Junk, CH 1:00 Wii Bowling, LIB 2:30 Bingo With Dolly & Teru, 3FLDR 7:00 Seasonal Movie: "A Christmas Story" (G), TV 732 |
| 9:00 Church Shuttle, ML 20 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: "Christmas Miracle of Jonathan Toomey" (NR), TV 732 | WINTER BEGINS 21 11:00 Sit 'N' Fit DVD, CH 2:00 Singalong, CR 3:00 Glenbrooke Crafters, AR 6:30 Dollar Bingo, CR | 22 10:00 Women of Courage Class, CH 12:30 Baking Magic: Egg Nog and Eclairs, CR 1:00 Spelling Bee, CR 2:00 AL Bingo, 3FLDR 3:00 Yarn Club, CR 6:45 Night Court, CR | 23 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 2:00 Rolling Bowling, CR 3:00 Holy Board, CH 6:45 Book Club, CR | CHRISTMAS EVE 24 Contact Front Desk to Order Box Dinner 10:00 Thursday Thinkers, CH 11:00 Yoga/Meditation, CH 12:00 Special Christmas Eve Meal, DR 1:00 "Cheers to You" Social Hour, CR 1:30 Discussion Group, CH 7:00 Special Presentation: "A Glenbrooke Christmas" (NR), TV 732 | CHRISTMAS DAY 25 Please Contact Front Desk for a Box Dinner 7:00 Seasonal Movie: "The Nativity Story," TV 732 | KWANZAA BEGINS 26 10:00 Coffee Social, CH 11:00 Pass the Junk, CH 1:00 Wii Bowling, LIB 2:30 Bingo With Dolly & Teru, 3FLDR 7:00 Movie: "Secretariat" (PG), TV 732 |
| 9:00 Church Shuttle, ML 27 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: "Five People You Meet in Heaven" (PG), TV 732 | 28 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 | 29 10:00 Women of Courage Class, CH 12:30 Baking Magic: Chocolate Chip Cookies, CR 1:00 Mystery Activity, CR 2:00 AL Bingo, 3FLDR 3:00 Yarn Club, CR | 30 9:00 Fitness Club, FC 10:00 Catholic Communion, 3FLDR 11:00 Treasure Hunt (Consignment Shopping), 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 Holy Board, CH 6:45 Book Club, CR | NEW YEAR'S EVE 31 10:00 Thursday Thinkers, CH 11:00 Yoga/Meditation, CH 1:30 Discussion Group, CH 2:00 AL Bingo, 3FLDR 4:00 New Year's Party, CH |  | |

December Team Member of the Month

Glenbrooke's recognition of Team Member of the Month goes to Andrew DiBenedetto. Andrew, who works the night shift, most recently has stepped up and gone beyond the call of duty by providing his department much needed help to continue to offer our residents the peace of mind in knowing someone is available to take late-night calls and to patrol the area to ensure our security. Thanks for what you do, Andrew, and keep up the good work!



*Andrew DiBenedetto:
December Team Member
of the Month.*

Merry Melodies

Along with decorations and get-togethers, music is an essential part of the holiday season. Take note of the stories behind some seasonal standards you've been hearing and singing for years.

"Jingle Bells" — James Lord Pierpont, a church organist, wrote this rousing song in 1857 for a Thanksgiving service. Originally titled "The One Horse Open Sleigh," its upbeat melody and catchy chorus invoke an iconic image of winter fun.

"Deck the Halls" — Known for its festive "fa-la-la" refrain, this tune's melody dates back to 16th century Wales. In 1862, lyricist Thomas Oliphant created English lyrics that focused on the decorations and merriment of the holiday season.

"Let It Snow" — It was a hot summer day in 1945 when the hit songwriting duo of Sammy Cahn and Jule Styne wrote this love song about a couple homebound by a blizzard. Short but sweet, it was a hit with postwar America.

"Rudolph the Red-Nosed Reindeer" — This character was created in 1939 by writer Robert May as part of an advertising campaign for department store Montgomery Ward. Songwriter Johnny Marks set May's story to music, singing cowboy Gene Autry recorded it in 1949, and it quickly flew to the top of the charts.

"Silver Bells" — Describing sidewalks of shoppers and blinking streetlights, the sights and sounds of the city are featured in this sentimental ballad. It was performed as a duet by Bob Hope and Marilyn Maxwell in the 1951 movie "The Lemon Drop Kid."



Janet and Wanda join in the singalong.



Resident Singalong is always full of spirit!