TIMELESS

AN EDITORIAL BY BRENNITY AT MELBOURNE

APRIL 2024

Spring Clean & green

Be fresh as flowers and green as grass as you dust off the winter drab and go for green with a good spring clean!

BRENNITY AT MELBOURNE | ASSISTED LIVING

Hal Gibson: The Life of a Music Man

People have said that music is the universal language of mankind, and few people speak it as eloquently as Hal Gibson. Born in 1924 in Oklahoma City, Hal grew up to become of the most premier band leaders in our lifetime. It's almost as if he was born with a conductor's baton in his hand.

Hal discovered his love of music early in life, before he even left elementary school. The French Horn was his instrument of choice, and with the love and support of his family, he pursued his love of music throughout high school. Before Hal turned 18, he was selected to join the National Youth Orchestra and the Oklahoma City Symphony. As most young men did, he began to study at Oklahoma City University. However, our nation was at war and Hal answered the call to join the Army where he served in the Army Air Corps and stationed in the South Pacific. Discharged in 1946, Hal once again picked up his horn and played with the Mexico City Orchestra and in Los Angeles. Knowing the benefit of a college degree, Hal returned to classes at Oklahoma City University, where he saw the most beautiful blond woman in his Music Theory class, and before long, Hal and Marie were married.

After World War II, music was everywhere. Our country needed light and love and music to recover from the atrocities of war. After a brief stint at Southern Methodist University, Hal and Marie settled in Irving, Texas, where Hall took a position as the High School Band Director. Hal was also the Director of the 49th Armored Division when his band won the prestigious Eisenhower Award. However, Hal and Marie's life in small town Texas wasn't for very long. In the early 1950's, Hal was called back to Army as a Band Leader.

The world was moving on, and music filled the air, uniting countries that had recently been at war. It was at this point that the 4th Armored Division, along more than 80 bands from all around the world, travelled to Germany to compete in a worldwide music competition. Hal lead his band to win first place in the Concert Band division and first place in the Marching Band division. Upon his return to the states, Hal headed to West Point to lead the Band and the Cadet Glee Club. Before too long, the Glee Club was on television with Bob Hope and Ed Sullivan. But the adventure wasn't over yet!

One day the phone rang, and it was the Pentagon calling. Hal was asked to lead the U.S. Army Field Band! With Marie's blessing, Hal and the field band embarked on a 90 day tour with 12 performances a week in the most famous concert halls in the country. It was the most amazing adventure! Hal was ready for a rest... but the Army had other plans for him. Our nation's bicentennial year was quickly approaching, and the President wanted a band comprised of musicians from all 5 branches of our military. Hal was chosen to lead this unique gathering of talented men and women. The Bicentennial Band performed a concert in every state of the union.

Hal and Marie were ready to slow life down a bit. Hal accepted a position as Music Director at the Columbus State University in Georgia, where he stayed for 18 years. Upon retiring, at the urging of friends, Hal and Marie moved to Florida and settled in Melbourne. In his spare time, and it's hard to believe he had any, Hal followed his love of flying and was a pilot and a FAA Flight instructor. Hal and Marie were the proud parents of a son, a Navy pilot, who sadly perished in a tragic accident while on a mission. With the love and support of family friends, the Gibson's moved forward as best they could.

Join us as we celebrate Hal and his amazing accomplishments. On April 17 and 18, there will be a musical salute celebrating Hal's life and legacy as the longest-living conductor of the Army Field Band at the Melbourne Auditorium. On May 3, we will celebrate Hal's 100th birthday here at the Brennity. Our community is truly blessed that Hal and Marie have made this their home. Hal and Marie continue to bring music, light and love into our community.

From the Desk of
Tiffany Collins

Dear Residents, Families and Friends,

As we welcome the arrival of spring, it's a perfect time for us to focus on rejuvenating not only our surroundings but also our health and wellness. Spring is a time of renewal, and it presents us with the opportunity to reorganize and refresh our community. This season, we are putting a special emphasis on spring cleaning, not just in terms of tidying up our physical environment, but also in taking steps to improve our overall well-being. We encourage everyone to take part in activities that promote a healthy lifestyle, such as outdoor exercises, mindful meditation and nutritious eating habits.

In addition to focusing on personal health and wellness, we are also excited to celebrate Earth Day and take action to enhance our community. There are countless ways for us to make a positive impact on our environment. Please communicate with concierge or our Lifestyles Team if you have any ideas!

Furthermore, we are thrilled about the implementation of the new resident council board for 2024. We are looking forward to working closely with them and all of you as we strive towards our community goals. Your input and involvement are invaluable as we work together to create a vibrant and thriving community.

Let's embrace this season of growth and transformation with open arms. Here's to a fabulous spring filled with positivity, progress and togetherness!

Warm regards,
Tiffany Collins
Executive Director

April 2024

Executive Team

Jay Conner
Regional Director

Tiffany Collins
Executive Director

Dan Maggard
Sales & Marketing Director

Jason Newton
Business Director

Sharon Myers
Sales Counselor

Jennifer Reed
Lifestyles Director

Ritchie Sorrentino
Culinary Director

Dwight Cloud
Facilities Director

Linda Brown
Housekeeping Supervisor

Winn Ngo
Memory Care Director

Valerie Washington
Resident Care Director

Brittany Norcross
Human Resources Coordinator

THE BRENNITY
AT MELBOURNE
SENIOR LIVING

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Melbourne, FL 32940
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The Brennity at Melbourne - Assisted Living

April 2024

THE BRENNITY AT MELBOURNE SENIOR LIVING

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:30 Morning Stretch 10:00 Creative Corner 11:00 Short Stories **12:45 Music by Sound Traveler - Whelks** 1:00 Move With Meg 2:00 Word Wizards 3:00 Bingo	**2** 9:00 Morning Puzzle Time **10:00 Spring Clean Wheelchairs & Walkers - IH** 10:30 Brain Games - IH 1:00 Rummikub 2:00 Mexican Train 2:30 Wii Bowling	**3** 9:30 Catholic Church Service - RR **10:30 Shopping Outing** **1:00 Resident Town Hall- IH** **1:30 Lifestyle Meeting - IH** 2:00 Pokeno Bingo **3:00 Brennity Scholars - Our National Parks** **4:30 Rainforest Dinner Party**	**4** 9:00 Morning Puzzle Time 10:00 Bible Study - LK 10:00 Balloon Volleyball 11:00 Coloring Corner - IH 1:30 Bingo - IH 3:00 Thirsty Thursday & Trivia- IH	**5** 10:00 Word Wizards 1:00 Sit & Fit 2:00 Ice Cream Social 2:30 Wii Bowling **5:00 Dinner Comedy Club - Whelks**	**6** 9:00 Porch Chat 10:30 Nature Painting 1:00 Golf Cart Ride 3:00 Pokeno Bingo
7 9:00 Church Service on TV - IH 9:30 Morning Chat with Friends 10:00 Cardboard Birdhouse Project 1:00 Workout for the Arms & Hands 2:00 Table Games 3:30 Afternoon Porch Gathering	**8** 9:30 Morning Stretch **10:00 Chef Chat W/ Chef Ritchie** 11:00 Short Stories 1:00 Move With Meg **1:30 Music by Nicole - Whelks** 2:00 Word Wizards 3:00 Bingo	**9** 9:00 Morning Puzzle Time 10:00 Bake Muffins 10:30 Brain Games - IH **11:00 Lunch Outing** 1:00 Water Fitness with Meg 1:00 Rummikub 2:30 Wii Bowling	**10** 9:30 Catholic Church Service - RR 10:00 Crafting Paper Flowers 1:00 Chair Yoga 2:00 Pokeno Bingo **3:00 Brennity Scholars - Our National Parks**	**11** 9:00 Morning Puzzle Time 9:30 Putting Challenge 10:00 Bible Study - LK **10:30 Art Class with Debi - IH** 11:00 Coloring Corner - IH 1:00 Water Aerobics with Meg **2:00 Music by Berna - Whelks** 3:00 Thirsty Thursday & Trivia	**12** 10:00 Word Wizards 1:00 Sit & Fit 1:30 Team Trivia 2:00 Ice Cream Social 2:30 Wii Bowling	**13** **9:00 Shred Event - AL Lobby** 9:00 Porch Chat 10:30 Name That Tune 10:30 Rock Painting 1:00 Golf Cart Ride 1:00 Bingo 2:00 Wii Tennis
14 9:00 Church Service on TV - IH 9:30 Morning Chat with Friends 10:00 Newspaper & Coffee Time 1:00 Nerf Gun Target Practice	**15** 9:30 Morning Stretch 10:00 Creative Corner 11:00 Short Stories 1:00 Move With Meg 2:00 Word Wizards 3:00 Bingo	**16** 9:00 Morning Puzzle Time **9:30 Morning at the Zoo** 10:30 Brain Games - IH 1:00 Water Fitness with Meg 1:00 Rummikub 2:30 Wii Bowling	**17** 9:30 Catholic Church Service - RR 10:00 Nature Craft Time 1:00 Chair Yoga **2:00 Entertainment by Paul - Whelks** **3:00 Brennity Scholars - Our National Parks**	**18** 9:00 Morning Puzzle Time 9:30 Decorate Easter Ornaments 10:00 Bible Study - LK 11:00 Create Paper Trees 1:00 Water Aerobics with Meg **1:30 Music By Amy - Whelks** 3:00 Thirsty Thursday	**19** 10:00 Word Wizards 1:00 Sit & Fit 2:00 Ice Cream Social 2:30 Wii Bowling	**20** 9:00 Porch Chat 10:30 Leaf Collage 1:00 Golf Cart Ride 1:30 Balloon Volleyball 3:00 Card Games
21 9:00 Church Service on TV - IH 9:30 Bottle Designs 10:30 Card Games 1:00 Ice Cream Social 2:00 Sunday Matinee	**22** **Passover Begins at Sundown** **Earth Day** 9:30 Morning Stretch 10:00 Creative Corner 1:00 Move With Meg **1:30 Music by Pearl Joy - Whelks** 3:00 Bingo	**23** 9:00 Morning Puzzle Time 10:30 Brain Games - IH 1:00 Water Fitness with Meg 1:00 Musical Bird Craft 2:30 Wii Bowling	**24** 9:30 Catholic Church Service - RR 10:00 Bottle Designs 1:00 Chair Yoga **2:00 April Birthday Bash** **3:00 Brennity Scholars - Our National Parks**	**25** 9:00 Morning Puzzle Time 9:30 Putting Challenge 10:00 Bible Study - LK 11:00 Create Easter Eggs 1:00 Water Aerobics with Meg **1:30 Entertainment by Christine - Whelks** 3:00 Thirsty Thursday & Baseball Trivia	**26** **Int'l Pretzel Day** 10:00 Word Wizards 1:00 Sit & Fit 1:30 Team Trivia **1:30 Bingo Bucks Shopping** 2:00 Ice Cream Social **2:00 Celebrate Int'l Pretzel Day** 2:30 Wii Bowling	**27** 9:00 Porch Chat 10:30 Name That Tune 10:30 Rock Painting 1:00 Golf Cart Ride 1:00 Bingo 2:00 Wii Tennis
28 9:00 Church Service on TV - IH 10:00 Newspaper & Coffee Time 1:00 Nerf Gun Target Practice	**29** 9:30 Morning Stretch 10:00 Watercolor Design 11:00 Short Stories 1:00 Move With Meg 2:00 Word Wizards 3:00 Bingo	**30** 9:00 Morning Puzzle Time 10:30 Brain Games - IH **11:00 Picnic in the Park** 1:00 Water Fitness with Meg 1:00 Mexican Train 1:00 Rummikub 2:30 Wii Bowling				

KEY

Coastal.....CT
Cove.....CV
Island House.....IH
Lakeside.....LK
Oceana House.....OH

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ACTIVITIES ARE SUBJECT TO CHANGE

Spring Clean & green

April is a month of new beginnings. The winter weather has come to an end, there's more light instead of darkness and new life is breathed into creation. New growth is everywhere — not just outside in nature, but also within oneself.

People are inspired and moved to act as new life fosters a strong sense of openness. Inspiration leads to motivation, which then leads to productivity. That is part of the reason April is known as the prime time for spring cleaning. Making things super clean goes beyond a deep clean. Decluttering and reorganizing are central actions at home. Internally, it's time for the mind, body and soul to be refreshed. People need to reset their systems to catch up with the new life surrounding them.

It's no wonder that April is overflowing with holiday observances that support these notions. A fresh start includes taking care of the environment and finding ways to better care for oneself. Celebrating National Inspiring Joy Day on April 3 is a great way to honor one's self. On the flip side, green and growing things are celebrated through International Plant Appreciation Day on April 13, National Gardening Day on April 14 and Earth Day on April 22. This month is also National Garden Month.

Take advantage of all that April has to offer and spring clean everything, including one's surroundings and personal health and wellness routines.

Happy Anniversary

Ellen & Joe S. on the 4th
Jeanne & David B. on the 26th

Happy Birthday
Make A Wish!

Susan G. 2nd
Josie S. 2nd
Ann C. 3rd
Ruth H. 3rd
Dave M. 5th
Marilyn E. 6th
LaBarbara E. 7th
Lorraine H. 8th
Jeff B. 11th
Rich S. 16th
Carolyn P. 19th
Leslie M. 19th
Mary Jane C. 20th
Sheila K. 21st
Enrico D. 21st
Pat L. 25th
Patty M. 25th
Bob P. 26th
Betsy B. 29th
Pearl S. 29th
Anne S. 30th

April 2024 Dates to Celebrate

April Fool's Day 4/1
National Pet Day 4/11
Income Tax Day 4/15
National Volunteer Week 4/21-27
Earth Day 4/22
Passover 4/22-30
Full Moon 4/23
Arbor Day 4/26

Birthstone: Diamond | Flower: Daisy
Zodiac: Aries & Taurus

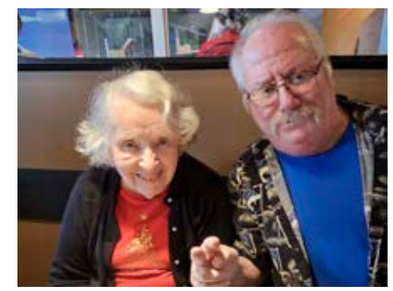
Spring into Fun at the Brennity

Birthday Queen!

Showing the Inner Artist

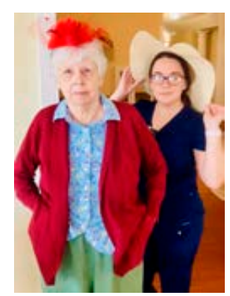
Fit and Fabulous

Expression Through Art

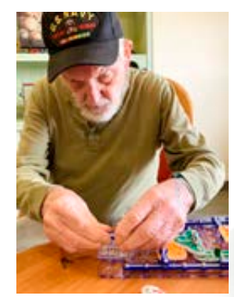


Food & Friends

The Best of Friends



A Little Bit of Dress Up Fun



Totally Dedicated to the Task

This Piece Fits Perfectly

Jennifer's Corner

So I married a bit of a hoarder. Not the, "there are boxes piled 6 feet high in the hallway" type of hoarder; he's more of a, "I'm going to tuck this away because I may need it some day" hoarder. That day may be months or years away, but if the item is needed, he gleefully rejoices that he kept it! On the other hand, I am a minimalist. Now, I know you are all thinking about the current condition of my office, but that doesn't count! At home, when I'm done with something, more often than not it goes away permanently.

I know you won't believe this, but I really don't like clutter. At home, there aren't many knick-knacks on the tables. Everything has a place, and if it doesn't, then I don't need it. I find as I get older and wiser, I am becoming somewhat of a minimalist. Keeping it simple. Less is more, and so on. There is a sense of freedom when I get rid of things I don't need. There is less stress, definitely less anxiety, and I become lighter, less burdened.

I'm challenging each of you to use this month to become unburdened. Move forward with nothing to hold you back. If you've got cobwebs in the corners of your room, dust them away. Donate clothing you don't wear any more, or give away that blender on your counter that is gathering dust. If you've got cobwebs in the corners of your mind, shake your head and make them disburse. Join in on one of our many card games we have. Bring $3 to Bingo and play three cards instead of just one. Come to our monthly trivia events in the Pub. Keep those brain cobwebs away by continuing to learn, connect new synapses, and make new friends.

Spring cleaning isn't just for baseboards.

Clean & Green Smoothies

When someone says the word "smoothie," what immediately pops into your head? For many, their instinct leads to a visual. They see frothy drinks in tall glasses, some of which have an orange, lime or other fruit slice attached to the rim. What isn't so often pictured: green smoothies. The color is unexpected and green vegetables are among the main ingredients. Subsequently, green smoothies aren't the natural go-to visual when someone says, "smoothie." Green smoothies are attractive in other ways, though, and what they lack in visual appeal they make up for in health benefits.

For children and adults who aren't big into life-giving vegetables, green smoothies are the perfect source of nutrition. They couple fruits with leafy green veggies like Swiss chard, spinach and kale to make a tasty and healthy drink full of vitamins and minerals. What other health advantages do green smoothies have?

- They're rich in antioxidants that help decrease the possibility of chronic illness like cancer.
- They're high in fiber. This can help regulate digestive health and weight, as well as lower cholesterol.
- They're filled with detoxifying dark green vegetables. Once toxins are expelled, skin, hair and nails become shinier and stronger. Dark green veggies also help combat declining cognitive health.
- They're packed with minerals and vitamins that are vital to strengthening the immune system.
- They're good for an energy boost, which also helps improve overall physical health.
- They contain minerals that make the body's bones stronger and help lower the risk of bone disease and osteoporosis.
- Their nutrients improve hormonal imbalances, as well as vision and overall eye health.