

TIMELESS

AN EDITORIAL BY BRENNITY AT MELBOURNE

MARCH 2024

READING IS
*Fun*DAMENTAL

Who said learning stops once you graduate? Let's put the FUN in the fundamentals of reading and encourage lifelong learning in our communities and teams!

BRENNITY AT MELBOURNE | INDEPENDENT LIVING

READING IS *Fun*DAMENTAL

March is filled with so many special occasions! It's a time of jubilation and a month of education, religious observances and fun-filled events. One such event is National Reading Month. There are countless ways to embrace National Reading Month, which makes it an ideal topic for this month's Sagora theme, "Reading is FUNdamental."

How many of you grew up reading every day? Maybe you read J.D. Salinger's "The Catcher in the Rye" or George Orwell's riveting "1984" multiple times. Perhaps you imagined yourself to be a character in "To Kill a Mockingbird" by Harper Lee. These classics impacted generations that were to come, and likely will continue to impact others in the future.

So what are your reading habits in this stage of life? It's vital to continue exploring reading options, as lifelong learning is necessary to your overall health and wellness. There are several ways to reignite your reading passion if it's something that has faded a bit over the years. Reading and writing go hand-in-hand, too, so reading more will also help you put pen to paper and share more with those

you love. You might engage in a bit of story-telling with family and friends or hold and participate in a trivia challenge focused on authors and written works. Your community is sponsoring some great "Reading is FUNdamental" engagement opportunities, so be sure to participate and continue following your journey of lifelong learning! Happy reading!



Caregiver Appreciation Day

On March 3 we recognize a very special group of people who are amazing, but sadly, often overlooked. Caregiver Appreciate Day is held every March with one goal in mind – to honor those who take care of us, whether that be as a paid or unpaid professional, or a volunteer role or a position you've filled for a family member or friend. Caregivers work in a number of capacities and offer their time and skills to people of all ages and stages in life. Roughly 17 percent of Americans have caregivers, which numbers more than 400 million. That's a lot of selfless people! They deserve our appreciation, and to be acknowledged and celebrated. There are many ways to do that. Here are a few of them.

- Express gratitude: Say a simple "thank you" to a loved one's caregiver. A note or card also works if that's a better means of communication for you. But a verbal acknowledgment of appreciation makes everyone smile.
- Plan a unique event: Invite caregivers to a gathering just for them. This can be a party at a workplace or someone's home or dinner and festivities at a nice restaurant. Show your love and gratitude wherever the event is held.
- Offer a donation: Show your support of caregivers by donating to a local nonprofit dedicated to the welfare of caregivers and ensuring they receive fair pay for their work. You could also offer a token of appreciation to the caregiver in your life. A small token of appreciation is never a bad thing.



Letter from the *Executive Director*

Dear Residents, Families and Friends,

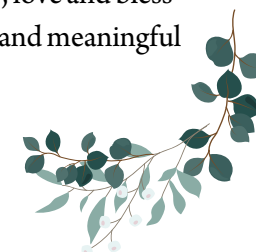
As we step into the month of March, we are filled with a sense of excitement and gratitude. We hope that you are feeling as lucky as we are, especially with the upcoming celebration of St. Patrick's Day. It is a time for us to come together and revel in the joy of this festive occasion.

In addition to the festivities, March is also a sacred month for many of us. It is a time for reflection, renewal and spiritual growth. We encourage you to take a moment to indulge in reading meaningful content, whether it be a cherished book or a thought-provoking article. Let's nourish our minds and souls as we embrace the essence of this special month.

Furthermore, as the season transitions to spring, it is an opportune time to embark on our spring cleaning. Let's welcome the new season with a fresh and organized living space, symbolizing a renewed sense of energy and vitality. Lastly, let's keep a watchful eye for the beautiful spring blooms as they begin to appear. Nature's vibrant colors and fragrant blossoms remind us of the beauty that surrounds us and the promise of new beginnings.

We hope that March brings you an abundance of joy, love and blessings. May this month be filled with cherished moments and meaningful connections with your loved ones.

With warmest regards,
Tiffany Collins
Executive Director



March 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

7300 Watersong Lane
Melbourne, FL 32940
321-253-7440



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

The Brennity at Melbourne - Independent Living

March 2024



10:00 Intermediate Bridge - VR ¹
 11:00 *Lunch: Urban Prime
 12:00 Wii Bowling League - RR
 1:00 Hand & Foot Cards - VR
 1:30 Poker - AR
 2:00 Meet the Candidates Forum - SR
 3:00 Hearing Aid Care - PUB
 3:30 Bingo - VR

² Nat'l Read Across America Day
 10:00 Brennity Roundtable Dementia Support Team Open Forum - RR
 12:15 Advanced Bridge - RR
 1:00 Euchre Club - Pub
 3:00 Mahjong - VR

³ 11:30 Sunday Brunch
 2:00 Sunday Matinee - RR
 5:00 Wii Bowling Practice - RR
 6:00 RL Games - VR

⁴ 9:30 * Walmart & Target
 10:00 Beginners Bridge - VR
 12:00 Wii Bowling League - RR
 1:00 Hand & Foot Game - PUB
 1:00 Bible Study - VR
 1:30 Poker - AR
 3:00 Celebrate Jennifer's & all March Birthdays - PUB
 6:30 RL Rummikub - VR

⁵ 10:00 Art with Debi - VR
 1:00 Samba - VR
 2:00 Resident Council Semi-Annual Meeting - SR
 3:00 Corn Hole League - RR
 6:30 Poker - AR
 6:30 RL Mexican Train - VR

⁶ Resident Council Elections 9 a.m. - 5 p.m.
 9:30 Catholic Service - RR
 12:15 Advanced Bridge - RR
 1:00 Mahjong - VR
 1:00 Rummikub - PUB
 1:00 Texas Hold 'Em Poker- AR
 3:00 Bunco - VR
 4:00 Left, Right, Center - VR

⁷ 9:30 Shopping - Aldi
 11:00 Brennity Scholars: - RR
 11:00 Luncheon on Brain Health & Memory Screening - Must RSVP
 12:00 Wii Bowling League - RR
 1:00 Euchre - PUB
 3:00 Thirsty Thursdays w/ Music by Berna - PUB

⁸ 10:00 Intermediate Bridge - VR
 11:00 Lunch Outing: Rising Tide
 12:00 Wii Bowling League - RR
 1:00 Hand & Foot Cards - VR
 1:30 Poker - AR
 2:00 Brennity Book Swap - PUB
 3:30 Bingo - VR

⁹ 10:30 Open Wii Bowling - RR
 12:15 Advanced Bridge - RR
 1:00 Euchre Club - Pub
 3:00 Mahjong - VR
 7:30 Brevard Symphony Orchestra - Tickets Req'd

¹⁰ Daylight Savings Time Begins
 11:30 Sunday Brunch
 2:00 Sunday Matinee - RR
 5:00 Wii Bowling Practice - RR
 6:00 RL Games - VR
 6:00 SPECIAL EVENT: Painting with a Twist Event - Reservation Required

¹¹ 9:30 * Walmart & Target
 10:00 Beginners Bridge - VR
 12:00 Wii Tournament Week!
 1:00 Hand & Foot Game - PUB
 1:00 Bible Study - VR
 1:30 Poker - AR
 3:00 Monday Mixer w/ Nicole
 6:30 RL Rummikub - VR

¹² 10:00 * Avenues Shopping
 1:00 Samba - VR
 2:30 Activities Mtg - RR
 3:00 Corn Hole League - RR
 5:00 Dining Club: Bonefish Grill
 6:30 Poker - AR
 6:30 RL Mexican Train - VR

¹³ 9:30 Catholic Service - RR
 10:00 Zoo Outing
 12:15 Advanced Bridge - RR
 1:00 Mahjong - VR
 1:00 Rummikub - PUB
 1:00 Texas Hold 'Em Poker- AR
 3:00 Bunco - VR
 4:00 Left, Right, Center - VR
 6:30 RL Rummikub - VR

¹⁴ Nat'l Pi Day
 9:30 * Shopping - Publix
 11:00 Brennity Scholars: - RR
 12:00 Wii Tournament Week!
 1:00 Cards with Carol - VR
 1:00 Euchre - PUB
 1:30 2nd Annual Pie Contest
 3:00 Thirsty Thursday Literary Trivia - Pub

¹⁵ 10:00 Intermediate Bridge - VR
 11:00 Lunch Outing: Olive Garden
 12:00 Wii Tournament Week!
 1:00 Hand & Foot Cards - VR
 1:30 Poker - AR
 2:00 Wii Bowling Awards Event
 3:30 Bingo - VR

¹⁶ 10:00 Shopping Spree - Melbourne Mall
 10:30 Open Wii Bowling - RR
 12:15 Advanced Bridge - RR
 1:00 Euchre Club - Pub
 3:00 Mahjong - VR

¹⁷ St. Patrick's Day
 11:30 Sunday Brunch
 2:00 Sunday Matinee - RR
 2:00 Titusville Playhouse - Tickets Req'd
 5:00 Wii Bowling Practice - RR
 6:00 RL Games - VR

¹⁸ 9:30 * Walmart & Target
 10:00 Beginners Bridge - VR
 12:00 Wii Bowling Training
 1:00 Hand & Foot Game - PUB
 1:00 Bible Study - VR
 1:30 Poker - AR
 3:00 Monday Mixer & Spin It to Win It - PUB
 6:30 RL Rummikub - VR

¹⁹ 1st Day of Spring
 9:30 *Costco Shopping Trip
 10:00 Art with Debi - VR
 11:00 Vote: Primary Election
 1:00 Samba - VR
 1:00 Health & Wellness - RR
 3:00 Corn Hole League - RR
 6:30 Poker - AR
 6:30 RL Mexican Train - VR

²⁰ 9:30 Catholic Service - RR
 11:00 Helpful Hot Dogs 11-12:30
 12:15 Advanced Bridge - RR
 1:00 Mahjong - VR
 1:00 Rummikub - PUB
 1:00 Texas Hold 'Em Poker- AR
 3:00 Bunco - VR
 4:00 Left, Right, Center - VR
 6:30 RL Rummikub - VR

²¹ 9:30 * Shopping - Aldi
 10:00 Veterans Coffee Club - VR
 11:00 Brennity Scholars: - RR
 12:00 Wii Bowling Training
 1:00 Euchre - PUB
 3:00 Thirsty Thursday w/ music by Amy - Pub
 6:30 RL Mexican Train - VR

²² 10:00 Intermediate Bridge - VR
 11:00 Lunch Outing: La Marimba Mexican Restaurant
 12:00 Wii Bowling Training
 1:00 Hand & Foot Cards - VR
 1:30 Poker - AR
 2:00 Town Hall Meeting - SR
 3:30 Bingo - VR

²³ 10:30 Open Wii Bowling - RR
 12:15 Advanced Bridge - RR
 1:00 Euchre Club - Pub
 3:00 Mahjong - VR

²⁴ Palm Sunday
 11:30 Sunday Brunch
 2:00 Cocoa Village Theatre - Tickets Req'd
 2:00 Book To Movie Matinee - RR
 5:00 Wii Bowling Practice - RR
 6:00 RL Games - VR

²⁵ 9:30 * Walmart & Target
 10:00 Beginners Bridge - VR
 12:00 Wii Bowling Training
 1:00 Hand & Foot Game - PUB
 1:00 Bible Study - VR
 1:30 Poker - AR
 3:00 Monday Mixer w/ Pearl Joy - Pub
 6:30 RL Rummikub - VR

²⁶ 9:30 * Bealls Shopping Day
 10:00 Cards Making with Carol - VR
 1:00 Samba - VR
 1:30 Celebrate Your 90's Tea Time - by Invitation Only
 3:00 Corn Hole League - RR
 6:30 Poker - AR
 6:30 RL Mexican Train - VR

²⁷ 9:30 Catholic Service - RR
 12:15 Advanced Bridge - RR
 1:00 Mahjong - VR
 1:00 Rummikub - PUB
 1:00 Texas Hold 'Em Poker- AR
 3:00 Bunco - VR
 4:00 Left, Right, Center - VR
 6:30 RL Rummikub - VR

²⁸ 9:30 * Shopping - Publix
 11:00 Brennity Scholars: - RR
 12:00 Wii Bowling League - RR
 12:00 Wii Bowling Training
 1:00 Euchre - PUB
 3:00 Thirsty Thursday Social Hour - Pub
 6:30 RL Mexican Train - VR

²⁹ 10:00 Intermediate Bridge - VR
 11:00 Lunch Outing: Slow & Low BBQ
 12:00 Wii Bowling Training
 1:00 Hand & Foot Cards - VR
 1:30 Poker - AR
 3:30 Bingo - VR

³⁰ 10:30 Open Wii Bowling - RR
 12:15 Advanced Bridge - RR
 1:00 Euchre Club - Pub
 3:00 Mahjong - VR

³¹ Easter Sunday
 11:30 Easter Sunday Brunch
 2:00 Sunday Matinee - RR
 5:00 Wii Bowling Practice - RR
 6:00 RL Games - VR



KEY

Azure Lounge.....	AR
PUB.....	PUB
River Room.....	RR
Sargasso's Dining Room....	SR
Verdi Room.....	VR
Wellness Center.....	WC
Resident Led.....	RL

Fabulous February Events



Mardi Gras Fun



Enjoying the Big Game



Valentine's Love



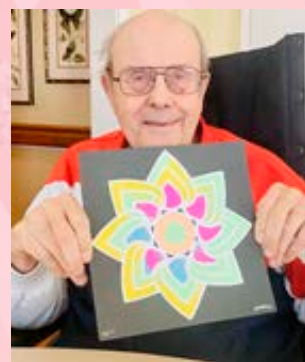
Yum! A Cherry Snowcone



Who's behind that Mask?



Proud of Our Crafting



Amazing Art Work



Coloring is so Relaxing



Enjoying the Sunday Ride

Jennifer's Corner

At the tender age of eleven, I discovered a Stephen King book amongst my family's stack of books. The only clue I had of its topic was that there were vampires in it. Being a lover of all things that go bump in the night, I pick it up. Before long, I was living in Salem's Lot, immersed in the action, drama and terror of a small town taken over by vampires. If I remember correctly, I finished the book in two days, feeling exhilarated and captivated by the world of fiction.

The next day was spent repeatedly asking my parents to take me to the library, or better yet, a book store. A whole new world was before me! School libraries were for research papers and book reports. But the local library was full of adventure, travels, battles and glory. For me, exploring the mystery/suspense shelves was better than being let loose in a candy store. I could go anywhere, be anything, with a book. Up until that time, no one had ever told me what wonderful things were hidden within that binding.

Jump ahead many, many, many years later, I became the proud owner of more than 70 Stephen King books. Ironically, by reading King's stories, I was introduced to other authors, including Barbara Kingsolver, Kristin Hannah, Dean Koontz and so many more. While I love the feel, smell and weight of a binded book, I was thrilled to get my first Ereader. My very own Kindle! I could download dozens of books at half the price! Woohoo! When it was dark, I could lighten the screen. As my eyesight matured and I needed glasses, I could make the fonts larger. Ereaders were a game changer for me. Amazon was the dealer to my reading habit.

Through the years, my love for a good story never diminished. A great tale will pull me in, wrap me in its plot and carry me away. I continue to spend time every day tuned out from the world around me, and allow my imagination to be carried away as I turn the pages. TV can be great, a wonderful movie can grab my attention, but a book will fulfill me in a way no other medium can. My mind pictures the characters, colors and scenery.

Sometimes life can be overwhelming, sad or stressful. When I'm facing days like that, I pick up my Kindle and slip away into my imagination. There is nothing like a good book. Do you have any you can recommend?



How Do You Celebrate *St. Patrick's Day*?

One might think St. Patrick's Day traditions are the same around the globe, but that isn't the case. The patron saint of Ireland known as St. Patrick is celebrated on March 17. His holiday is a nationally-observed holy day in Ireland, his homeland. There's no school in session and the bulk of the businesses there are also closed.

Notice that it's a "holy day" celebration, unlike America's "holiday" celebration. Irish people honor St. Patrick by remembering the day of his death, which occurred in the 5th century.

St. Patrick was a known missionary dedicated to bringing Christianity to the Irish, so this is very much a religious observance in Ireland.

In America, March 17 is a festive day when those with Irish heritage gather together in green and bond over a shared culture. The bonding is definitely not religious, however. Everywhere you look the color green is present. Green beer, green baked goods, green milkshakes, green T-shirts – you name it and it's likely somewhere in America painted green. You'll also find cities that hold parades featuring an influx of bagpipe players and dancers all in green. All these traditions are strictly American, not influenced by Ireland at all.

While the commemoration of St. Patrick remains a solemn day of celebration, with a number of church services, the country continues to attract large numbers of visitors who are more interested in the real St. Patrick's Day observance and less so in drinking green beer.



Happy Birthday

Sandy Carboni..... March 1
 Joanie McWilliams..... March 2
 Shirley Collins..... March 2
 Bess Cochran March 2
 Sally Cosby March 4
 Marie Gibson March 4
 Diane Wenzel March 4
 Ruth Bentley March 7
 Arnold Sandness..... March 7
 Tom Barry..... March 9
 Bette Doris..... March 11
 Corrine Loftus March 11
 Geraldine Butler March 12
 Marilyn Sandness..... March 12
 Marge Dubuque March 13
 Sandy Hill March 17



Bill Tuttle March 19
 Kathleen McKee..... March 20
 Millard Cosby March 21
 Emery Taylor..... March 21
 Gordon Benson March 21
 Mary Dehn March 23
 Vera Beale March 23
 Barbara Martocci..... March 24
 Barbara Alexander..... March 29



Happy Anniversary

Richard & Judy Stevenson
 Enrique D'Innocenti & Ann Pane
 Dick & Kathleen McKee
 Arnold & Marilyn Sandness



BIOGRAPHY

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