

TIMELESS

AN EDITORIAL BY BRENNITY AT MELBOURNE

JANUARY 2025

Masterpieces

of
the
Mind

This month isn't just about relaxing, it's about finding a sense of fulfillment and serenity that carries through the year.



BRENNITY AT MELBOURNE | INDEPENDENT LIVING



Masterpiece of the Mind



In today's fast-paced world, where distractions are endless and true relaxation feels increasingly rare, people across the globe are turning to ancient cultural practices to find balance and peace. Two of the most cherished and widely embraced philosophies are Japan's Zen and Scandinavia's Hygge. Though they originate from vastly different regions, both Zen and Hygge offer profound insights into the art of mindful living. By understanding Zen's focus on inner clarity and Hygge's embrace of cozy simplicity, we can uncover ways to bring a sense of calm and fulfillment to our own lives.

Zen is philosophy and spiritual practice that finds its roots in Buddhism. Zen emphasizes direct experience and mindfulness, encouraging practitioners to move beyond conscious thought to attain a sense of inner illumination and deeper intuition. Unlike many philosophical practices that prioritize intellectual understanding, Zen focuses on breaking through mental barriers and achieving enlightenment through everyday actions and awareness.

Similarly, the Scandinavian concept of Hygge (pronounced hue-guh) offers its own pathway to a fulfilling and mindful life. Hygge, deeply rooted in Danish and Norwegian cultures, encompasses the ideas of contentment, warmth, and coziness. It's about embracing simplicity, slowing down, and finding pleasure in small, comforting experiences. Like Zen, Hygge encourages presence and awareness, but its focus lies in creating a comforting environment that promotes peace and relaxation.

While Zen and Hygge originate from distinct cultures and traditions, both share a focus on being fully present and grounded. Zen cultivates this through introspection and discipline, aiming for inner clarity and insight, whereas Hygge finds joy and comfort in one's surroundings, enhancing emotional well-being through connection and a restful atmosphere. Together, they offer timeless lessons for modern life, reminding us that simplicity, mindfulness, and warmth are universal keys to a balanced and peaceful existence.



From the Desk of
Tiffany Collins

Happy New Year to all our residents, families, team members, and friends! Welcome to 2025!

We are thrilled to begin this exciting new chapter with each of you. As we step into the year ahead, let us take a moment to be grateful for the gift of life, the love of family, and the promise of new beginnings. At The Brennity at Melbourne, we are committed to making 2025 a year filled with joy, growth, and unforgettable memories.

Together, we will embrace every opportunity to enhance our community and make it the best it can be. Your presence and participation are what makes this place so special, and we hope you'll join us in creating an extraordinary year ahead. As you set your goals and dreams for 2025, know that we are here to support you every step of the way. We look forward to celebrating milestones, sharing laughter, and building a stronger community together.

Here's to a year of happiness, health, and success for all of us. Let's make 2025 an incredible journey at The Brennity at Melbourne! Cheers to a wonderful year ahead!

Sincerely,
Tiffany Collins
Executive Director



January 2025

Executive Team

- Melissa Sloper**
Regional Director
- Tiffany Collins**
Executive Director
- Rosy Bowman**
Assistant Executive Director
- Amanda Richard**
Business Director
- Kelsey Wright**
Human Resources Coordinator
- Sharon Myers**
Sales & Marketing Director
- Alyssa Carey**
Sales Counselor
- Dwight Cloud**
Facilities Director
- Linda Brown**
Housekeeping Supervisor
- Ritchie Sorrentino**
Culinary Director
- Sudjata Jethu**
Dining Room Manager
- Valerie Washington**
Resident Services Director
- Kelly Weber**
Lifestyles Director
- Winn Ngo**
Pathways Memory Care Director



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




Happy Birthday!

Gwen R..... 3rd	Julia B..... 24th
Lloyd L..... 4th	Janice W..... 24th
Cathy H..... 14th	Judith C..... 29th
Barbara D..... 15th	Sylvia D..... 30th
Louis N..... 15th	Robert W..... 31st
Alma O..... 18th	

The Brennity at Melbourne - Independent Living

January 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			9:15 Walking Club - WC 9:30 Catholic Service - RR 10:30 Sit & Fit - WC 1:00 Advanced Bridge - RR 1:00 Mahjong/ Rummikub - TBR 1:00 Water Aerobics - WC 2:00 Billiards with Linda - VR 3:00 Bunco - TBR 4:00 Left Right Center - TBR	9:15 Stretch & Balance - WC 9:30 Shopping - Aldi 10:30 Water Aerobics - WC 11:00 Documentary Series - RR 12:00 Wii Bowling League - AR 1:00 Sit & Fit - WC 3:00 Thirsty Thursday Berna - RR	9:15 Walking Club - WC 9:30 Intermediate Bridge - TBR 10:30 Sit And Fit- WC 11:00 Outing - Pineda Inn Bar & Grill 1:00 Hand & Foot - TBR 1:00 Line Dancing - WC 2:00 Balloon Volleyball -RR 3:30 Bingo - RR	10:30 Open Wii Bowling - AR 1:00 Advanced Bridge - RR 1:00 Hand & Foot - TBR 3:00 Mahjong - TBR
7:15 Faith Viera Lutheran 8:15 St. John the Evangelist 9:15 Christ Episcopal 9:45 Suntree United Methodist 11:30 Sunday Brunch - SR 2:00 Sunday Matinee - RR 5:00 Wii Bowling Practice - AR	9:15 Walking Club - WC 9:30 Walmart & Target 10:00 Beginners Bridge - TBR 10:30 Sit & Fit - WC 1:00 Hand & Foot - RR 1:00 Bible Study - TBR 1:00 Water Aerobics - WC 1:30 Poker - VR 2:00 Monday Mixer - PUB	9:15 Stretch & Balance - WC 10:00 Art with Debi - TBR 10:30 Water Aerobics - WC 1:00 Samba - TBR 1:00 Sit & Fit - WC 1:30 Ladies Bible Study - RR 2:00 Billiar with Linda- AR 3:00 Create with Sheli - RR 6:30 Poker - VR	9:15 Walking Club - WC 9:30 Catholic Service - RR 10:30 Sit & Fit - WC 1:00 Advanced Bridge - RR 1:00 Mahjong/ Rummikub - TBR 1:00 Water Aerobics - WC 2:00 Billiards with Linda - VR 3:00 Bunco - TBR 4:00 Left Right Center - TBR	9:15 Stretch & Balance - WC 9:30 Shopping - Publix 10:30 Water Aerobics - WC 11:00 Documentary Series - RR 12:00 Wii Bowling League - AR 1:00 Sit & Fit - WC 2:00 Israel History Past and Present with Noman- RR 3:00 January Birthdays - RR	9:15 Walking Club - WC 9:30 Intermediate Bridge - TBR 10:30 Sit And Fit- WC 11:00 Outing - Rusty's at Cape Canaveral 1:00 Hand & Foot - TBR 1:00 Line Dancing - WC 2:00 Balloon Volleyball -RR 3:30 Bingo - RR	10:30 Open Wii Bowling - AR 1:00 Advanced Bridge - RR 1:00 Hand & Foot - TBR 3:00 Mahjong - TBR
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7:15 Faith Viera Lutheran 8:15 St. John the Evangelist 9:15 Christ Episcopal 9:45 Suntree United Methodist 11:30 Sunday Brunch - SR 2:00 Sunday Matinee - RR 5:00 Wii Bowling Practice - AR	9:15 Walking Club - WC 9:30 Walmart & Target 10:00 Beginners Bridge - TBR 10:30 Sit & Fit - WC 1:00 Hand & Foot - RR 1:00 Bible Study - TBR 1:00 Water Aerobics - WC 1:30 Poker - VR 2:00 Monday Mixer - PUB	9:15 Stretch & Balance - WC 9:30 Shopping - Costco 10:00 Chef Chat - PUB 10:00 Art with Debi - TBR 10:30 Water Aerobics - WC 1:00 Samba - TBR 1:00 Sit & Fit - WC 1:30 Ladies Bible Study - RR 3:00 Create with Sheli - RR	9:15 Walking Club - WC 9:30 Catholic Service - RR 10:30 Sit & Fit - WC 1:00 Advanced Bridge - RR 1:00 Mahjong/ Rummikub - TBR 1:00 Water Aerobics - WC 1:00 Billiards with Linda - VR 3:00 Bunco - TBR 4:00 Left Right Center - TBR	9:15 Stretch & Balance - WC 9:30 Shopping - Publix 10:30 Water Aerobics - WC 11:00 Documentary Series - RR 12:00 Wii Bowling League - AR 1:00 Sit & Fit - WC 2:00 Town Hall - SR 3:00 Thirsty Thursday Trivia - RR	9:15 Walking Club - WC 9:30 Intermediate Bridge - TBR 10:30 Sit And Fit- WC 11:00 Outing - Squid lips at Melbourne 1:00 Hand & Foot - TBR 1:00 Line Dancing - WC 2:00 Balloon Volleyball -RR 3:30 Bingo - RR	10:30 Open Wii Bowling - AR 1:00 Advanced Bridge - RR 1:00 Hand & Foot - TBR 3:00 Mahjong - TBR
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TAKE A STEP BACK IN

Times Square

Times Square is one of the most notable spaces in America. It's at the heart of New York City and roughly 50 million people visit it annually. Located between Broadway and 7th Avenue and 47th and 42nd Streets, Times Square is known as the most visited spot in the world, but it wasn't always that way.

Times Square became an engagement hub and must-see tourist destination in the 1990s, after more and more corporations bought their way into the city center and re-invigorated its environment. The state of New York purchased nine of the theaters located on 42nd Street, solidifying Times Square's status as the lifeblood of the theater district. Adult stores were closed and slowly there became room for more family-friendly activities. Restaurants and retail, bright lights and all-night attractions became the norm. The 1980s work in Times Square was largely focused on cleanup and redevelopment, as there was a great deal to overcome from the past.

Prior to that, we can take a leap back in time to learn that Times Square was originally named Long Acre Square. Its name changed in 1904. In 1905, opportunities to visit the area picked up tremendously as the public transportation system ran directly through it. After the Great Depression, however, tourism came to a halt as adult entertainment became the dominant attraction in Times Square. After decades of disrepair and disrespect, Times Square turned around and became something, albeit over-commercialized, special. On Dec. 31, more than 2 million people cluster together to see the beloved Times Square ball drop at midnight and ring in the New Year. It's a spectacular sight and one of many reasons to visit New York City.

The History of Presidential Inaugurations

Presidential elections have been held since 1789, when George Washington became the first U.S. president. With every election comes an inauguration designed to connect the chosen leader with those whom they serve. Since 1933, following the 20th Amendment's ratification, this event has continued to occur at noon on Jan. 20. And, since 1981, the presidential oath has been taken at the Capitol building's West Front. But what about years prior?

While there's genuine consistency in the process, taking the oath of office hasn't always looked the same. Let's take a look.

- A resolution approved in 1788 by Congress determined that the first Wednesday in March would become the standing inauguration date. That year, it happened to fall on March 4.

- Washington's inauguration occurred on April 30, 1789. There were a number of logistical issues, plus terrible weather, that played a role in this date shift. Kicking off a new federal government ratified under a new Constitution had its difficulties.
- Washington was inaugurated in two cities – something no other president has done.
- In 1792, Congress proclaimed March 4 would be the ongoing inauguration date, but that date changed in 1933.
- The phrase "under God" or some variation of it is repeated by the president during the ceremony, but the origins of this tradition aren't definitively known.
- During inauguration, presidents often place their hand on a Bible or religious book of some kind, but it's not required. It's an age-old tradition.



PUPPY PAW PADS

Dog owners are all too familiar with the scents of their beloved furry friends. Big or small, old or young, there's always a "dog" smell. It varies, but it exists, nevertheless. "Wet dog" smell is a demon of a different type. We aren't even going there. But where we will go this month is the puppy paw pad place. Doggy feet are known to have a fairly distinct smell. It's been consistently described as that of corn chips (think Fritos). You might be thinking, "That's weird" or "I've never noticed that with my dog." It's not a thing that happens with all dogs all the time. It is something

that happens often enough for it to be dubbed a reality for pet owners, though. Think about it. They encounter all sorts of bacteria every single day. They don't wear shoes like humans. It only makes sense that they'd have some sort of smell. The particular bacterium associated with the corn chip complex are *Proteus* and *Pseudomonas*. These are commonly described as having "yeasty" smells, which can be likened to something like corn chips.

Dogs lick their paws for a number of reasons. It's perfectly normal but we do have to be wary of why. If your pup's pads smell like corn chips and you find it truly off-putting, or they do because they're constantly licking them, there's a simple solution. Mix a little bit of mild soap with water and scrub the pads gently. Afterward, make sure to dry completely. Give them a thorough examination and make sure there aren't any cuts or abrasions that might be irritating the dog, too.



DATES TO CELEBRATE

January 2025

New Year's Day	1/1
Elvis Presley's Birthday	1/8
Full Moon	1/13
Activity Professionals' Week.....	1/19-25
Inauguration Day	1/20
Martin Luther King, Jr., Day	1/20
Chinese New Year.....	1/29
National Puzzle Day.....	1/29

Birthstone - Garnet

Flower - Carnation

Zodiac - Capricorn & Aquarius

Year of the Snake



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And we want to share the *fun...*

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