

TIMELESS

AN EDITORIAL BY BRENNITY AT VERO BEACH

MARCH 2025

A man and a woman are painting outdoors in a lush green setting. The man, wearing a blue plaid shirt, dark jeans, and a white hat with a teal band, is standing next to a wooden easel and painting on a canvas. The woman, wearing a light blue t-shirt and dark pants, is standing next to him, looking at his work. They are both smiling. In the foreground, there is a wooden table with a jar of paint and brushes. The background is filled with dense green foliage and trees under a bright sky.

Palette of
POSSIBILITIES

BRENNITY AT VERO BEACH | INDEPENDENT LIVING

Resident Spotlight

Celebrating
Dallas
Stephens
100th Birthday
on March 15th!

*Birthday poem created by
Evi McGettigan*



What is a life well lived but LOVE?
Poured down from our Lord above!

Dallas has already been alive since March 15, 1925!
He has known parents' love soft and firm as a Texas kid glove

The love of childhood family and friends
Treasured as a memory that never ends
Passionate love for children and wives

Now, living different grown-up lives
Love of our nation was also great
Overseas duty his welcome fate

Who knew the boy skinny-dipping in his family pond
Would grow up to educate people here and beyond
Something important for which we should strive
Is to keep his spirit of charity work alive!

A life well lived is many things

Surely more than money, gold or diamond rings
The years from 1925 dash 2025 went by in a flash

But what matters most is the time we spend between the dash

Dallas always had important fences to mend

On his Texas ranch or with governments far around the bend

Time, treasure, talent, and love he gladly gave
Surely, those are the marks of a love well-lived

In foreign countries "Steve" did relate

As long as lovely Margo was there to translate

Her love had come sweetly like the morning dove

Margo's most important language was the language of love

As my little poem is coming to an end

Try to learn from Dallas, my dear friend

Channeling God's mercy from above

In acts of kindness, hope, and love

Much of my friend's good Earthly work

is done and a new century begun

We all look forward to seeing his new adventures at 101!

My dear friend no one here will be forlorn

If as requested you toot your own horn!

With love and respect, Evi

Palette of Possibilities

Throughout the month of March, we find ourselves in a space of renewal, no matter the country of residence. New life is springing forth all around and ceremonies, traditions and rituals abound as we welcome the new spring season. There's an emerging brightness to life. Countries like Mexico and India embrace the concept of renewal and the "palette of possibilities" that accompany such with art, creativity and color, and more specifically, through India's Holi celebration and Mexico's muralism.

Holi, the Festival of Colours, Love and Spring is celebrated in Nepal, India and other southern Asian countries beginning March 14 this year. This ancient Hindu festival centers around explosions of color, love and life as the negativity of one's life becomes cleansed. Rebirth and renewal become new possibilities as people clothed in all white douse themselves and others with colorful powders in the streets. This part of the culture and tradition breathes new life into the air. The blank canvas of white becomes a place of vibrant color. It's a beautiful and integral part of sharing life and experiencing truly joyful moments.

Mexican muralism also begins with a blank canvas, but the ancient art focuses a little more on art's accessibility. Creativity and color bring forth new life, and Mexican muralism allows this to happen more fully. Personal expression and authenticity flow from this artistic movement, lending itself to new life and renewal. Murals have historically told stories on walls and buildings through a language that continues to speak from generation to generation. They promote a stronger sense of self and culture as expressed through art. Again, this movement is an integral part of sharing life together.

Color, art and creativity are sources of hope, love and renewal, no matter where they're found.



From the Desk of Sherie Ingels

Dear Brennity at Vero Beach Residents and Family Members,

Here we are moving right along through 2025. We are already in our third month of the year. Welcome to the month of March!

This is a busy month for us here at The Brennity. Our theme for March is "Palette of Possibilities," and the countries that we are going to explore are India and Mexico! Our Culinary Department has decided to highlight the Indian culture for our themed dinner. The cuisine of India is very unique. It is characterized by its rich and varied use of spices, making for a complex and flavorful eating experience. This special themed dinner will be on March 20th, which is also the first day of spring. So, as we celebrate such a fascinating country, let's welcome all the joy and fresh beginnings that spring has to offer.

We will also be celebrating Holi, which is a Hindu festival celebrating the color, love, and springtime. We also have Mardi Gras and Saint Patrick's Day! So, as you can see, we will be having lots of parties and fun activities. For those of you who are Catholic, the start of Lent, Ash Wednesday, is March 5th. We will also celebrate International Women's Day on March 8th. Please check your calendar for all our events and plan to join us in the festivities.

I wish everyone a wonderful and fulfilling month. Thank you very much for all the support and kindness you give our Brennity Team. We are extremely grateful.

Warmest Regards,
Sherie



March 2025

Associates

Senior Executive Director
Sherie Ingels

Resident Services Director
Diane D'Elia-Loomis

Senior Business Director
Cindy Morrell

Sales Director
Linda Wells

Maintenance Director
Sergio Cintron

Human Resources Coordinator
Jennifer Mallamaci

Culinary Director
Eric Trapp

Dining Room Manager
Cosimo Paternoster

Memory Care Director
Trish Kelly

Resident Services Coordinator
Nicole DeRenzo

Housekeeping Director
Marisa Guzman

AL Lifestyle Director
Shannon Moores

IL Lifestyles Director & Wellness
Dawn Midelis



THE BRENNITY
- AT VERO BEACH -

7955 16th Manor
Vero Beach, FL 32966
772-299-7900



Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Brennity at Vero Beach - Independent Living

March 2025



9:30 Putting Contest **1**
 1:00 Bridge
 1:00 Hand & Foot Card Game
 2:00 25 Cent Bingo
 3:30 Saint John of the Cross Catholic Mass

10:30 Church Service with Pastor Richard **2**
11:00 Sunday Brunch
 1:30 Mah Jong
 3:00 25 Cent Bingo
 4:00 Poker Dealer's Choice

9:00 Fit Seniors **3**
 10:30 Water Fit
 11:00 Movement & Meditation
 12:00 Water Motion
 1:00 Duplicate Bridge
3:15 Trivia
 4:00 Poker Dealer's Choice

Mardi Gras **4**
 9:00 Tai Chi
 9:30 Wii Bowling
10:15 Balance in Action
 11:00 Chair Yoga
1:00 Art Class
1:30 Sing-a-Long Group
 2:30 Bocce
 3:00 Poker Bingo

Ash Wednesday **5**
 9:00 Fit Seniors
9:30 Ash Wednesday Distribution
 10:30 Water Fit
 11:00 Buzzword
 2:00 Stretch & Strengthen
 3:00 25 Cent Bingo
 7:00 Resident Led Game Night

9:00 Tai Chi **6**
 9:30 Wii Bowling
10:15 Balance in Action
 11:00 Chair Yoga
 1:00 Mah Jong
 2:00 Singing in the Rain Performance at Riverside Theater
3:00 Happy Hour with Tony

9:00 Fit Seniors and Meditation **7**
 10:30 Water Fit
1:00 Bible Study Group
 1:30 Resident Led Card Game
 2:00 Stretch & Strengthen
3:00 Men's Club
3:00 Afternoon Movie Matinee

International Women's Day **8**
 9:30 Putting Contest
 1:00 Bridge
 1:00 Hand & Foot Card Game
 2:00 25 Cent Bingo
 3:30 Saint John of the Cross Catholic Mass

Daylight Saving Time Begins **9**
 10:30 Church Service with Pastor Richard
11:00 Sunday Brunch
 1:30 Mah Jong
 3:00 25 Cent Bingo
 4:00 Poker Dealer's Choice

9:00 Fit Seniors **10**
 10:30 Water Fit
 11:00 Movement & Meditation
 12:00 Water Motion
 1:00 Duplicate Bridge
3:15 Palette of Possibilities Trivia
 4:00 Poker Dealer's Choice

9:00 Tai Chi **11**
 9:30 Wii Bowling
10:15 Balance in Action
 11:00 Chair Yoga
1:00 Art Class
1:30 Sing-a-Long Group
 2:30 Bocce
 3:00 Poker Bingo

9:00 Fit Seniors **12**
10:00 Indian Inspired Art & Craft Project
 10:30 Water Fit
 11:00 Buzzword
2:00 Resident Council Meeting
 3:00 25 Cent Bingo
 7:00 Resident Led Game Night

9:00 Tai Chi **13**
 9:30 Wii Bowling
10:15 Balance in Action
 11:00 Chair Yoga
 1:00 Mah Jong
1:00 BP Clinic with Nightingale
3:00 Name That Tune Happy Hour with Jim on the Piano

9:00 Fit Seniors and Meditation **14**
 10:30 Water Fit
11:30 Lunch Picnic at the Beach
 1:30 Resident Led Card Game
 2:00 Stretch & Strengthen
3:00 Art History Presentation on the Taj Mahal

9:30 Putting Contest **15**
 1:00 Bridge
 1:00 Hand & Foot Card Game
 2:00 25 Cent Bingo
 3:30 Saint John of the Cross Catholic Mass

10:30 Church Service with Pastor Richard **16**
11:00 Sunday Brunch
 1:30 Mah Jong
 3:00 25 Cent Bingo
 4:00 Poker Dealer's Choice

Saint Patrick's Day **17**
 9:00 Fit Seniors
 10:30 Water Fit
 11:00 Movement & Meditation
 12:00 Water Motion
 1:00 Duplicate Bridge
3:15 Saint Patrick's Day Trivia
 4:00 Poker Dealer's Choice

9:00 Tai Chi **18**
 9:30 Wii Bowling
 10:00 New Resident Orientation
10:15 Balance in Action
 11:00 Chair Yoga
1:00 Fun with Art
1:30 Sing-a-Long Group
 2:30 Bocce
 3:00 Poker Bingo

9:00 Fit Seniors **19**
 10:30 Water Fit
 11:00 Buzzword
 2:00 Stretch & Strengthen
 3:00 25 Cent Bingo
 7:00 Resident Led Game Night

9:00 Tai Chi **20**
 9:30 Wii Bowling
10:15 Balance in Action
 11:00 Chair Yoga
 1:00 Mah Jong
3:00 Happy Hour with Papa Pete
4:30 Holi Festival Celebration

9:00 Fit Seniors and Meditation **21**
 10:30 Water Fit
1:00 Bible Study Group
 1:30 Resident Led Card Game
 2:00 Stretch & Strengthen
3:00 Lemonade Social & Spring Planting

9:30 Putting Contest **22**
 1:00 Bridge
 1:00 Hand & Foot Card Game
 2:00 25 Cent Bingo
 3:30 Saint John of the Cross Catholic Mass

10:30 Church Service with Pastor Richard **23**
11:00 Sunday Brunch
 1:30 Mah Jong
 3:00 25 Cent Bingo
 4:00 Poker Dealer's Choice

9:00 Fit Seniors **24**
 10:30 Water Fit
 11:00 Movement & Meditation
 12:00 Water Motion
 1:00 Duplicate Bridge
3:15 Trivia of India & Mexico
 4:00 Poker Dealer's Choice

9:00 Tai Chi **25**
 9:30 Wii Bowling
10:15 Balance in Action
 11:00 Chair Yoga
12:00 March Birthday Luncheon
1:00 Jewelry Design
1:30 Sing-a-Long Group
 2:30 Bocce
 3:00 Poker Bingo

9:00 Fit Seniors **26**
 10:30 Water Fit
 11:00 Buzzword
2:00 Town Hall Meeting
 3:00 25 Cent Bingo
4:30 Green Marlin Dinner Outing
 7:00 Resident Led Game Night

9:00 Tai Chi **27**
 9:30 Wii Bowling
10:15 Balance in Action
 11:00 Chair Yoga
 1:00 Mah Jong
1:00 BP Clinic with Nightingale
3:00 Happy Hour with Sally & Marshall

9:00 Fit Seniors and Meditation **28**
 10:30 Water Fit
10:30 Catholic Mass with Father Brian
1:00 Book Club
 1:30 Resident Led Card Game
 2:00 Stretch & Strengthen
3:00 Men's Club
3:00 Afternoon Movie Matinee

9:30 Putting Contest **29**
 1:00 Bridge
 1:00 Hand & Foot Card Game
 2:00 25 Cent Bingo
 3:30 Saint John of the Cross Catholic Mass

10:30 Church Service with Pastor Richard **30**
11:00 Sunday Brunch
 1:30 Mah Jong
 3:00 25 Cent Bingo
 4:00 Poker Dealer's Choice

9:00 Fit Seniors **31**
 10:30 Water Fit
 11:00 Movement & Meditation
 12:00 Water Motion
 1:00 Duplicate Bridge
3:15 Trivia
 4:00 Poker Dealer's Choice



Photo Gallery

Our residents had a lovely time at the "Night in Paris" themed party and dinner for Valentine's Day! The culinary team created a fantastic menu, complete with Parisian-themed hors d'oeuvres and a glass of champagne to top off the evening.



Sena's Truffle-Making Class Was A Huge Success!

Everyone had a great time crafting delicious chocolate treats and, of course, taking home their handmade goodies to enjoy!



Adventures in Assisted Living

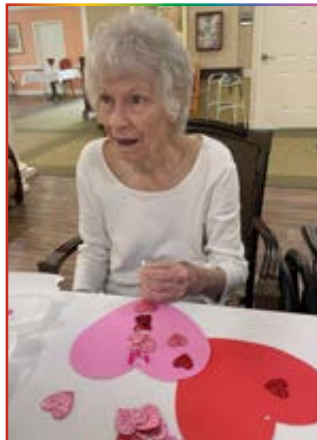
Our residents had an amazing time playing games and exchanging Valentines with the wonderful students of the Willow School! The joy was contagious as the students went door-to-door, delivering chocolates and heartfelt Valentines; bringing smiles and warmth to everyone. What a beautiful way to show love, appreciation, and the power of intergenerational connections. A huge thank you to these thoughtful students and teachers for making this day so special!





Adventures in Mangrove

Residents of Mangrove Circle were filled with joy and warmth as they received a heartfelt visit from the 4th and 5th graders of the Willow School! The children crafted beautiful cards and flowers and shared stories, laughter, and plenty of hugs! Their kindness and generosity were truly contagious, bringing smiles and love to everyone they met.



Family Fun at the "Night in Paris" Valentine's Day Event!

