



Community Newsletter



Want to hear a joke? Knock knock -- Just kidding, I already opened your fridge! No shame in my snack game. Speaking of games. It's my turn for hide and seek. Try and be the first to find me and collect your prize (past winners are excluded).



Quick Announcements

- ◆ Daylight savings time ends Sunday, November 2nd. Don't forget to set your clocks back an hour.
- ◆ The Office & Clubhouse will be closed Thursday, November 27th through Saturday, November 29th for the Thanksgiving holiday.
- ◆ The Clubhouse will be closed on Saturday, November 15th for a Private Event.
- ◆ NO Transportation Tuesday, November 25th & No BINGO Wednesday, November 26th.
- ◆ No parking along any driveway. Fire Department does tag vehicles in red zones. Green curb is for Landscapers only. Please use hazard lights while unloading groceries.
- ◆ Furniture should not be put in the trash bins or at the dumpster enclosures. Garbage bins will not be picked up if they are overflowing. Bin lids must be able to close. Trash bags/items should not be left on top of the dumpster lids or on the ground. There are five (5) dumpster enclosures on the property. Ask management for help locating them, if needed.

October 2025

COMMUNITY STAFF

Melissa Loera
Community Manager

Joy Byrom
Assistant Manager/
Activities Coordinator

Greg Conception
Maintenance Technician
(Tuesday & Wednesday)

Groundskeeper
(Wednesday)

CONTACT INFORMATION

2605 Brookside Drive
Bakersfield, CA 93311

Office Hours
Monday—Friday
9:00am to 5:00pm

Office Phone
(661) 833-8833

Fax
(661) 663-7804

Transportation
(661) 699-6531

SITREP Security
(661) 855-0732

SALON
Dawn (661) 345-6275
Tuesday- Saturday
By Appointment Only



www.brooksideseior.com

HAIR

SALON

Dawn Gollehon
Hairstylist

TUESDAY - SATURDAY
By Appointment

Call (661) 345-6275



Haircut	\$25
Haircut & Shampoo	\$35
Shampoo & Style	\$25
Perms	Starting at \$60
Color	Starting at \$60
Highlights & Color	Starting at \$85

Clubhouse Rental

Needing more space to host a party? The Brookside Senior Clubhouse is available to rent one Saturday each Month. See Management for details.

Cost: Resident \$75
***Non-Resident \$150**

*Non-residents must be a family member/friend of a current resident.

Community Policy - Lockouts

Before 9:00p, manager may, at their discretion, unlock your door. This is not guaranteed.

- ♦ Management WILL NOT unlock any doors between the hours of 9:00p and 6:00a. You will need to call a locksmith if you lock yourself out of your apartment during this time. Please call the after-hours emergency operator at any time if you are locked out due to a maintenance issue with your keys and/or locks.
- ♦ There will be a \$30 charge for the On-site Manager to unlock your door after office hours.
- ♦ **At no time is it acceptable for anyone to go directly to the On-site Manager's personal residence. Instead, contact the emergency operator at (661) 833-8833.**

Happy Birthday!

3rd Florence Diaz	15th Juan Medrano
4th Larry O'Conner	18th Karen Anthony
5th Raymond Mojica	24th Ruby Chavez
7th Rachel Mojica	28th Gail Freker
10th Doris Lynne	28th Shannon Hamilton
10th Cynthia Spaulding	29th Jennifer Hickox
11th Calvin Guillory	30th Linda Gates
14th Harold Kightlinger	



SIT & GET FIT **Monday's**

Work out with Joy Monday mornings at 11:30am. Come ready for 30 minutes of chair exercises that focus on strength and flexibility. Make sure to be on time and in comfortable clothing.



Wednesday's

@ 2:30p

Cost: \$1.00 to play + \$0.25/card per game

Phones **MUST** be silenced



TRANSPORTATION SCHEDULE

Shopping (1hr)

Monday & Wednesday @ 9:30a

Medical Appointments/Misc.

Tuesday 2-4p

Thursday 9:30a-12p

Sign up at the Community Bulletin Board

***Availability subject to change**

Need some extra \$\$\$ for the Holiday Season?



Receive a \$500 rent credit for each New Resident you refer to Brookside Senior.

Ask Management for details.



Tai Chi

Tai chi is an ancient Chinese exercise that combines slow, graceful movements with deep breathing and meditation.

****Benefits For Seniors****

Improved Balance and Fall Prevention

Enhanced Flexibility and Mobility

Strengthened Cardiovascular Health

Reduce Stress and Anxiety

Improved Cognitive Function

Promoted Bone Health

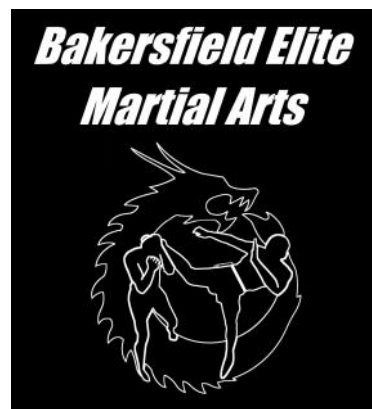
Increased Muscle Strength

Improved Sleep Quality

Social Interaction

Thursday, November 6th

2:30p



Learn about Tai Chi and participate in a demonstration!

The slow gentle movements are good for all sorts of health concerns and truly bring your mind, body, and spirit together. Whether you're dealing with physical ailments, age related health issues, mental health challenges, or work related stress and anxiety, Tai Chi can help you.





Veterans Day Brunch



Phillip Spieller
Army 1957—1959



To all of our Brookside
Veterans...
Thank you for your service!



David Gates
Army 1969—1972



James Freker
Coast Guard 1961—1965



We would like to honor you
with a special Brunch in the Clubhouse on
Tuesday, November 11th at 10:00am.

Please sign up on the
Community Bulletin Board by
November 7th

(Veterans and spouse only)



Ellen Walsh
Air Force 1965—1969



Harold Kightlinger
Army 1962—1965



Doris Lynne
Marine Corp 1963-1966



Tommy Hamblin
Marine Corp 1978-1983



Gary LaBarge
Army 1969-1976



John Vorbeck
Air Force 1965—1968



Holiday Shopping Outlets At Tejon

November 21st

**10:00a-12:00pm
Meet in Clubhouse
@ 9:30a**




OUTLETS
AT TEJON

Let the
\$hopping
Begin!

**Sign up on the Community
Bulletin Board by
November 20th**

**The
Brookside van
accommodates
5 people.**

Celebrate Thanksgiving with us!

Sign up on the
Community Bulletin
Board by
November 10th

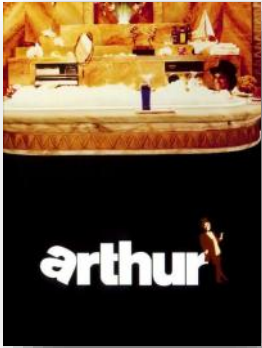
**November 25th
1:00p in the Clubhouse**

**Come and enjoy a
Thanksgiving lunch
catered by Hodel's!**



MOVIE FRIDAYS

Come join us for popcorn and candy in the clubhouse!



November 7th at 2:30pm
Arthur 1981 1 hr 57 min

Wealthy New York City playboy Arthur Bach (Dudley Moore) is perpetually drunk and completely rudderless. Dutifully supported by his sharp-tongued and quick-witted butler, Hobson (John Gielgud), Arthur reluctantly prepares to enter into an arranged marriage with heiress Susan Johnson (Jill Eikenberry). When he meets Linda Marolla (Liza Minnelli), a waitress from Queens, he falls head over heels in love, but if he backs out of his engagement with Susan, he may lose his fortune.



November 14th at 2:30pm
School of Rock 2003 1 hr 48 min

Overly enthusiastic guitarist Dewey Finn (Jack Black) gets thrown out of his bar band and finds himself in desperate need of work. Posing as a substitute music teacher at an elite private elementary school, he exposes his students to the hard rock gods he idolizes and emulates -- much to the consternation of the uptight principal (Joan Cusack). As he gets his privileged and precocious charges in touch with their inner rock 'n' roll animals, he imagines redemption at a local Battle of the Bands.



November 21st at 2:30pm
Baby Boom 1987 1 hr 50 min

J.C. Wiatt (Diane Keaton) is a New York City businesswoman who is married to her job and has a relationship with Steven (Harold Ramis), a successful investment broker. J.C.'s life takes an unexpected turn when a relative suddenly dies and makes her the caretaker of a baby girl. Soon, the baby's arrival causes J.C. to lose first Steven, and then her job. She moves to Vermont and embarks on a series of life-changing events. But when offered the opportunity, will she return to her corporate ways?

Did You Know?



What's in Season:

Pear
Apple
Artichokes
Broccoli
Figs
Pumpkin
Cranberries
Sweet Potato
Carrots
Pomegranate

Flowers

Peony &
Chrysanthemum



Historical Dates

On November 1,
1848 – The first
Boston Female Medical
School opened. The school
was founded by Samuel
Gregory and opened with
only twelve students at-
tending classes

Fact

Pumpkins are a fruit,
not a vegetable.

Birthstones

The primary birthstone
for November is
the topaz.



The cold and flu season is upon us. How can you tell the difference between the two? Here is some helpful information to decipher which one you may have.

COLD SYMPTOMS

Low or no fever
Occasional Headache
Stuffy, runny Nose
Sneezing
Mild, Hacking cough
Slight aches and pains
Mild fatigue
Sore throat
Normal energy level



FLU SYMPTOMS

High fever
Constant Headache
Clear nose
Occasional Sneezing
Cough, often becoming severe
Often severe aches and pains
Several weeks of fatigue
Occasional sore throat
Extreme exhaustion



November 2025



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	27	28	29	30	31	1
	9:30 Shopping: The Shops at River Walk 11:30 Sit & Get Fit	10:00 Bible Study 2-4p Medical Appt. Transportation Last day to sign up for Halloween Potluck Party	9:30 Shopping: Gosford Village 2:30 BINGO PEST CONTROL	9:30a-12p Medical Appt. Transportation	1:30 Halloween Potluck Party 2:30 Movie Day: <i>Hocus Pocus 1993</i>	RENT DUE
2	3	4	5	6	7	8
	9:30 Shopping: Winco 11:30 Sit & Get Fit	RENT LATE 10:00 Bible Study 2-4p Medical Appt. Transportation	9:30 Shopping: Gosford Village 2:30 BINGO Last day to sign up for Tai Chi	9:30a-12p Medical Appt. Transportation 2:30 Tai Chi Demonstration	2:30 Movie Day: <i>Arthur 1981</i> Last day to sign up for Veteran's Day Breakfast	
9	10	11	12	13	14	15
	9:30 Shopping: Town & Country Village 11:30 Sit & Get Fit Last day to sign up for Thanksgiving Lunch	10:00 Bible Study 10:00 Veteran's Day Breakfast 2-4p Medical Appt. Transportation 	9:30 Shopping: Gosford Village 2:30 BINGO PEST CONTROL	9:30a-12p Medical Appt. Transportation	2:30 Movie Day: <i>School of Rock 2003</i>	Clubhouse Closed for Private Event
16	17	18	19	20	21	22
	9:30 Shopping: The Marketplace (Vons) 11:30 Sit & Get Fit	10:00 Bible Study 2-4p Medical Appt. Transportation	9:30 Shopping: Gosford Village 2:30 BINGO	9:30a-12p Medical Appt. Transportation Last day to sign up for Outlets At Tejon	9:30 Outlets At Tejon 2:30 Movie Day: <i>Baby Boom 1987</i>	
23	24	25	26	27	28	29
30	9:30 Shopping: The Shops at River Walk 11:30 Sit & Get Fit	10:00 Bible Study 1:00 Thanksgiving Lunch No Transportation	9:30 Shopping: Gosford Village NO BINGO PEST CONTROL	OFFICE & CLUBHOUSE CLOSED 	OFFICE & CLUBHOUSE CLOSED	CLUBHOUSE CLOSED