



Community Newsletter



Paw-don me, but are you looking fur me? I'm just your neighborhood kitten hiding in the most pur-fect place. Hurry now, be the first to find me and collect your prize (past winners are excluded).

Quick Announcements

- ♦ The Office will be closed Wednesday, October 8th. Management will be attending a Staff Meeting.
- ♦ The Clubhouse will be closed Saturday, October 11th for a Private Event.
- ♦ There is no parking along any driveway. Please use hazard lights while loading/unloading. Green curb is for Landscapers only. Please instruct all visitors to park in any uncovered parking spaces. Covered parking is for residents only.
- ♦ Boxes must be broken down before placing in garbage bin.
- ♦ We are coming into the colder months. See management if you need instructions on switching your nest thermostat from cool to heat.

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.brooksidesenior.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!

1st	Kathrine Jordan	27th	Brian Mark
3rd	Dixie Braas	27th	Mirabai Henderson
15th	Arnetta Freeman	28th	Greg Akins
17th	Tracy Shull	30th	Barbara Bishcoff
21st	Gayle Richardson		



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 \$\$\$? **Tell A Friend About us!**

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

Rent Credit issued at lease signing. Ask Management for details.

Did You Know?



What's in Season:

Avocado
Eggplant
Peas
Pumpkin
Sweet Potatoes
Zucchini
Apples
Grapes
Kiwi
Plums
Pomegranate

Flowers

Marigold



Cosmos



Historical Dates
On October 1, 1908,
the Ford Motor Company
first put the Model T on
the market.

Fact

October of 1915, 25,000
women march in New
York City demanding the
right to vote.

Birthstones

The primary birthstone for
October is
Tourmaline



Food is Medicine



Seaweed
Nourishes Thyroid



Avocados
Balance Hormones



Cherries
Soothe Muscles



Pomegranate
Strengthen Arteries



Kiwi
Improve Sleep



Blueberries
Protects Brain & Heart



Broccoli
Liver Detox



Chia Seeds
Regulate Energy



Pumpkin Seeds
Prostate Support



Pineapple
Reduce Inflammation



Mushrooms
Boost Immunity



Oranges
Boost Collagen



Sweet Potato
Support Blood Sugar



Celery
Strengthen Bones



Tomatoes
Protects Skin



Figs
Supports Digestion

**We have all heard the term,
“you are what you eat.”**

In essence, the term serves as a reminder that our dietary choices are not just about taste or convenience, but have a profound and far-reaching impact on our overall health and well-being.

The food a person consumes directly impacts their physical and mental well-being.



Founded in 1941, the Kern County Museum provides interpretive experiences through historical objects that tell significant stories about Kern County life. The museum provides a meaningful learning environment for visitors of all ages and showcases the unique importance of the region in shaping the history of California and the nation.



Join us for a beautiful day exploring the
Kern County Museum!
3801 Chester Ave, Bakersfield, CA 93301

October 10th

9:00a

\$9 Admission for Seniors/Military

**Sign up on the Community Bulletin Board by
October 9th.**

The Brookside Van accommodates up to 5 people. Please indicate on the sign up sheet whether or not you will need transportation. Everyone must be at the Clubhouse by 9:00a.

Wednesday, October 15th

At 1:00p

Bingo Lunch

MENU

Cheese Tortellini with spinach
and mushrooms in a cream
sauce

Dessert & Drink

Sign up by October 10th



Massage By Anna

Chair Massage on the Go

My services:

- Release stress & tension in minutes with my mobile chair massage

\$10 -10 minutes

Cash, Check or

Zelle

annaransomgirl@gmail.com

661-747-2788



Thursday
October 23rd

2:30p

Massage

\$10.00 for 10 minutes

Healing hands, healthier YOU!

Sign up on the Community
Bulletin Board by
October 22nd

Halloween Party Potluck

Friday, October 31st

1:30p

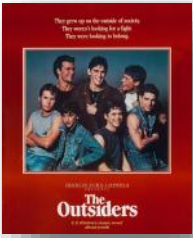
Halloween attire required

Must bring an
Appetizer or Dessert
Sign up by October 28th



MOVIE FRIDAYS

Come join us for popcorn and candy in the clubhouse!



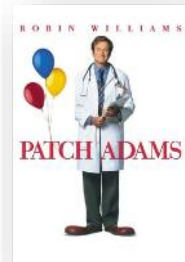
October 3rd at 2:30pm **The Outsiders 1983 1hr 31mins**

A teen gang in rural Oklahoma, the Greasers are perpetually at odds with the Socials, a rival group. When Greasers Ponyboy (C. Thomas Howell) and Johnny (Ralph Macchio) get into a brawl that ends in the death of a Social member, the boys are forced to go into hiding. Soon Ponyboy and Johnny, along with the intense Dallas (Matt Dillon) and their other Greaser buddies, must contend with the consequences of their violent lives. While some Greasers try to achieve redemption, others meet tragic ends.



October 10th at 2:30pm **The First Wives Club 1996 1hr 45mins**

Despondent over the marriage of her ex-husband to a younger woman, a middle-aged divorcée plunges to her death from her penthouse. At the woman's funeral, her former college friends (Bette Midler, Goldie Hawn, Diane Keaton) reunite for the first time in nearly 30 years. When the three discover the reason for their friend's suicide, they realize that all of their ex-husbands have taken them for granted -- and deciding it's time for revenge, they make a pact to get back at their exes.



October 17th at 2:30pm **Patch Adams 2011 2hrs 26mins**

After struggling with depression in a mental hospital, Hunter "Patch" Adams decides he wants to become a doctor. He enrolls at Virginia Medical University but is disillusioned by the school's clinical perspective on patient care. With the aid of a wealthy friend, Adams opens his own medical clinic for those without insurance. He forms a deep bond with fellow medical student Carin Fisher before a tragedy causes Adams to re-evaluate his approach



October 24th at 2:30pm **Lilo & Stitch 2025 1hr 48mins**

Stitch, an extraterrestrial entity, comes to Earth after escaping prison, where he tries to impersonate a dog. Things take a turn when a lonely Hawaiian girl, Lilo, adopts him from an animal shelter and he helps mend her broken family.



October 31st at 2:30pm **Hocus Pocus 1993 1hr 36mins**

After moving to Salem, Mass., teenager Max Dennison (Omri Katz) explores an abandoned house with his sister Dani (Thora Birch) and their new friend, Allison (Vinessa Shaw). After dismissing a story Allison tells as superstitious, Max accidentally frees a coven of evil witches (Bette Midler, Sarah Jessica Parker, Kathy Najimy) who used to live in the house. Now, with the help of a magical cat, the kids must steal the witches' book of spells to stop them from becoming immortal.

SEPTEMBER Highlights

Line Dancing



Pressed Flower Craft



October 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	1	2	3	4
			RENT DUE 9:30 Shopping: Gosford Village 2:30 BINGO PEST CONTROL	9:30a-12p Medical Appt. Transportation	2:30 Movie Day: <i>The Outsiders</i> 1983	RENT LATE
5	6	7	8	9	10	11
	9:30 Shopping: Winco 11:30 Sit & Get Fit	10:00 Bible Study 2-4p Medical Appt. Transportation	OFFICE CLOSED No Transportation No BINGO	9:30a-12p Medical Appt. Transportation Last day to sign up for Kern County Museum	9:00 Kern County Museum 2:30 Movie Day: <i>The First Wives Club</i> 1996 Last day to sign up for Bingo Lunch	Clubhouse Closed for Private Event
12	13	14	15	16	17	18
	9:30 Shopping: Town & Country Village 11:30 Sit & Get Fit	10:00 Bible Study 2-4p Medical Appt. Transportation	9:30 Shopping: Gosford Village 1:00 BINGO Lunch PEST CONTROL	9:30a-12p Medical Appt. Transportation	2:30 Movie Day: <i>Patch Adams</i> 2011	
19	20	21	22	23	24	25
	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 Last day to sign up for Massage	9:30a-12p Medical Appt. Transportation 2:30 Massage	2:30 Movie Day: <i>Lilo & Stitch</i> 2025	
26	27	28	29	30	31	
	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 the Halloween Party	9:30 Shopping: Gosford Village 2:30 BINGO PEST CONTROL	9:30a-12p Medical Appt. Transportation	1:30 Halloween Pot- luck Party 2:30 Movie Day: <i>Hocus Pocus</i> 1993 	