

Community Newsletter

Hi, Friends. I'm your neighborhood wasp. Bee-ware, my stinger has been on the hunt. But now it is time for you to hunt me. Don't worry, I'll make it buzz-worthy. Be the first to find me and collect your prize (past winners are excluded).



Quick Announcements

- ♦ The Office & Clubhouse will be closed Monday, September 1st for the Labor Day holiday.
- ♦ The Clubhouse will be closed on Saturday, September 13th for a Private Event.
- ♦ There is availability if anyone would like a Garden Box space. Contact management for more information.
- ♦ No parking along any driveway. Green curb is for Landscapers only. Please use hazard lights while unloading groceries.
- ♦ Just a reminder that pet waste must be picked up and disposed of immediately. It is the Resident's responsibility to ensure that dog walkers are picking up pet waste. Dog bags are provided, as a courtesy, at all the Pet Stations across the property.
- ♦ 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.

September 2025

COMMUNITY STAFF

Melissa Loera
Community Manager

Joy Byrom
Assistant Manager/
Activities Coordinator

Greg Conception
Maintenance Technician
(Tuesday & Wednesday)

Elio Mancera
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!

5th	Christina Freitas	19th	Matilde Carrillo
7th	Cathy Hoover	19th	Bambi Hall
12th	Lorene Westman	19th	Michael Clifton
12th	Marylyn Venegas	21st	Carolyn Quiton
12th	Larry Carpino	23rd	Jewell Salyer
12th	Phyllis Blazejewski	23rd	Ferdae Garami
16th	John Vorbeck		



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**

**Tell A Friend
About Us!**

Need some extra \$\$\$?

Receive a \$500 rent credit for each New Resident you refer to Brookside Senior.
Rent Credit issued at lease signing.

Did You Know?



What's in Season:
 Summer Squash/Zucchini
 Cantaloupe
 Watermelon
 Corn
 Eggplant
 Peaches
 Tomatoes
 Bell Peppers
 Jalapeno Peppers
 Cucumbers

Flowers

Aster &
 Morning Glory



Historical Dates

The Liberty Bell
 arrived in Philadelphia
 on September 14, 1752
 Emma M. Nutt became
 the first woman telephone
 operator on September 1,
 1878

Fact

There are more pop and
 classic songs with
 "September" in the title
 than any other month.

Birthstones

The primary birthstone for
 September is the sapphire,
 specifically the blue sap-
 phire



I Don't Eat Much Sugar



Greek Yoghurt
 1 Cup = 17g Sugar



Cereal
 1 Cup = 16g Sugar



Nut Butter
 2 Tbsp = 7g Sugar



Ketchup
 2 Tbsp = 8g Sugar



Instant Oatmeal
 2 Cup = 15g Sugar



Salad Dressing
 2 Tbsp = 7g Sugar



Packaged Fruit
 1/2 Cup = 21g Sugar



Coffee
 8 Oz = 12-25g Sugar



Jam
 1 Tbsp = 12g Sugar

The Truth About Sugar

When most people think about sugar, they think about that sweet flavor in their foods and drinks.

But sugar comes in many types. Some whole foods, like fresh fruits and dairy, contain naturally occurring sugars. Other foods contain what's

known as **added**

sugars, which is when packaged foods have extra sugar included as they're processed.

Sugar is often added to enhance flavor. But it's also commonly added to packaged foods for texture or used as a preservative to increase shelf life of a food. Sometimes, sugar is even added to savory foods you wouldn't expect, like pasta sauce.



Lunch
Tuesday, September 16th
11:30a
9000 Ming Ave

Each person is responsible for their own meal.

The Brookside van accommodates up to 5 people.

Please indicate on the sign up sheet whether or not you will need transportation.

EVERYONE driving themselves or riding in the van MUST be at the Clubhouse by 11:15a.



Monday, September 8th

2:00p

\$5.00 per person

Family & Friends welcome!
Sign up on the Community Bulletin
Board by September 5th



FREE SENIOR DAY at the Fair

Friday, September 19th

9:00am

We will be offering rides for up to 5 people at 9:00a and pick up at the fairgrounds at 12:00p

**Sign up on the Community Bulletin Board
by Sept. 18th**

Pressed Flower Frame Craft



*Tuesday, September 23rd
11:00a*



*Please bring a picture frame of
your choice-regular frame or
glass frame*

Sign up on the Community Bulletin Board by September 17th

MOVIE FRIDAYS

Come join us for popcorn and candy in the clubhouse!



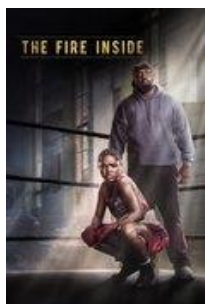
September 5th at 2:30pm
Top Hat 1935 1hr 41min

The story centers on wealthy Dale Tremont (Ginger Rogers), on holiday in London and Venice. She assumes that American entertainer Jerry Travers (Fred Astaire) is the husband of her friend Madge (Helen Broderick) -- who's actually the wife of Jerry's business manager Horace Hardwick (Edward Everett Horton).



September 12th at 2:30pm
Jaws @ 50 2025 1hr 28min

On the 50th anniversary of the blockbuster film that shocked and excited the world, Steven Spielberg shares an exclusive look inside the story of Jaws. From Peter Benchley's epic novel to Spielberg's film, Jaws continues to influence pop culture, cinema and shark conservation. With interviews from Hollywood's most influential directors and shark scientists, the legend of Jaws is endless.



September 19th at 2:30pm
The Fire Inside 2024 1hr 49min

The story of Claressa "T-Rex" Shields, a boxer from Flint, Mich., who trained to become the first woman in her country's history to win an Olympic gold medal in the sport.



September 26th at 2:30pm
Clue The Movie 1985 1hr 37min

Six blackmail victims are invited to an isolated mansion by a man who knows a dark secret from each of their pasts. On arrival, each is given a pseudonym drawn from Cluedo before being introduced to the blackmailer. Each is handed a weapon, at which point the lights are switched off and the blackmailer is killed. Can the guests uncover the murderer before they all become victims?

AUGUST Highlights

Pancake Breakfast



Senior Citizen Day



September 2025

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2	3	4	5	6
	RENT DUE Office & Clubhouse CLOSED 	10:00 Bible Study 2-4p Medical Appt. Transportation	9:30 Shopping: Gosford Village 2:30 BINGO PEST CONTROL	RENT LATE 9:30a-12p Medical Appt. Transportation	2:30 Movie Day: <i>Top Hat 1935</i> Last day to sign up for Line Dancing	
7	8	9	10	11	12	13
	9:30 Shopping: Winco 11:30 Sit & Get Fit 2:00 Line Dancing	10:00 Bible Study 2-4p Medical Appt. Transportation	9:30 Shopping: Gosford Village 2:30 BINGO	9:30a-12p Medical Appt. Transportation	2:30 Movie Day: <i>Jaws @ 50 2025</i>	Clubhouse Closed for Private Event
14	15	16	17	18	19	20
	9:30 Shopping: Town & Country Village 11:30 Sit & Get Fit	10:00 Bible Study 11:15 Applebee's 2-4p Medical Appt. Transportation	9:30 Shopping: The Shops at River Walk 2:30 BINGO Last day to sign up for Flower Craft PEST CONTROL	9:30a-12p Medical Appt. Transportation Last day to sign up for the Fair	9:00 Kern County Fair (Senior Day) 2:30 Movie Day: <i>The Fire Inside 2024</i>	
21	22	23	24	25	26	27
	9:30 Shopping: The Marketplace (Vons) 11:30 Sit & Get Fit 	10:00 Bible Study 11:00 Pressed Flower Craft 2-4p Medical Appt. Transportation	9:30 Shopping: Gosford Village 2:30 BINGO	9:30a-12p Medical Appt. Transportation	2:30 Movie Day: <i>Clue The Movie 1985</i>	
28	29	30				
	9:30 Shopping: Albertsons Shopping Center 11:30 Sit & Get Fit	10:00 Bible Study 2-4p Medical Appt. Transportation				