



MONTHLY NEWSLETTER

DECEMBER 2015

115 South Third Street
Jacksonville Beach, FL 32250

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www.pablotowers.com
Managed by Elderly Housing
Management Corporation

EVERY DAY'S A PARTY

Staff Members

Nancy Gabriszeski

Property Manager

Sheryl Roussin

Finance Manager

Ellen Hopkins

Service Coordinator

Tisha Jarvis

Administrative Assistant

Travis McKenzie

Executive Chef

Andrew Monte

Sous Chef

Nell Barrow

Front Desk

Jim Parsons

Maintenance Supervisor

Daniel Deon

Maintenance Tech

John Ring

Maintenance Tech

Shane Perez

Maintenance Tech

Ebony Neville

Housekeeper

Bob Myers

Custodian

Melissa Gilreath

Executive Director

EHMC Corp

Debra Waters

Operations Manager

EHMC Corp



Monthly
Birthday
Party



Halloween Party

Check out
all the
parties
scheduled
for
December!



**PABLO TOWERS
AUXILIARY**



**CHRISTMAS DINNER
SUNDAY
DECEMBER 13
5:00 PM**

**Turkey and Ham and
All the Trimmings
\$7.00 per resident**

Ticket sales start Dec. 1 in the Lobby

**RESIDENT
BIRTHDAY PARTY
WEDNESDAY
DECEMBER 16
10:00 AM**

*Christmas Carols by the Bethlehem Lutheran
Church Preschool Children*

These precious children come yearly to sing for us and entertain us with what they want for Christmas. The church members supply refreshments.

**TOWN HALL MEETING
WEDNESDAY, DECEMBER 9
2:30 PM**

Come and hear the latest information from the Management of Pablo Towers and Suites.

**PABLO TOWERS AND SUITES
ANNUAL CHRISTMAS LUNCHEON
FOR THE RESIDENTS
FRIDAY, DECEMBER 11
11:30 AM**

Come enjoy lunch on us and let the staff wait on you! Please sign up so we can be prepared.



HAPPY BIRTHDAY FRIENDS

Packy Pacquing	Dec. 4
Charlotte Gagner	Dec. 4
Bonita Saxton	Dec. 5
Charles Blakeman	Dec. 8
Ruth Martin	Dec. 9
Jim Sherry	Dec. 9
Mary Ann DelGaudio	Dec. 10
Mit Pendergraft	Dec. 12
Estelle Medlock	Dec. 12
Ralph Guarglia	Dec. 13
Nora Thomison	Dec. 13
Diana Luttmann	Dec. 16
Violet Miller	Dec. 20
Bonnie Mank	Dec. 22
Billie Swain	Dec. 23
Peggy Allgood	Dec. 26
Alice Gillis	Dec. 30
Doris Coleman	Dec. 30

WELCOME

**Peter Beddoe
Charles Blakeman
Ruth Corbitt
Frances Diacik
Beverly Fountain
Festa Hamilton
Catherine Orlaski
Nora Thomison**

**GOOD BYE AND GOOD LUCK
Felix and Carmen Gonzalez**

Wii BOWLING NOVEMBER RESULTS

Jim Ring	184	Al Boone	122
Floyd Wilson	162	Dee Layne	116
Sue Casper	153	Alice Gillis	90
Lois Sullivan	125	Jenna	67

**PABLO TOWERS
NEW YEARS EVE PARTY
December 31, 2015**

Live music / dancing with
The Coconuts

BLACK & WHITE with a touch of RED



~ DECEMBER 2015 ~

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
		1 <u>BAKED GOODS</u> 8 – 8:45 AM <u>COMPUTER CLASS</u> 10:00 AM <u>LIVE WELL CLINIC</u> 1:00—3:00 PM <u>FOOD DISTRIBUTION</u> 2:00 PM <u>BINGO</u> 6:00 PM	2 <u>BROOKS PRESENTS: LOW VISION</u> 2:00 PM <u>WELLNESS CLINIC</u> 2:30 – 3:30 PM <u>YOGA/STRETCH</u> 3:30 PM	3 <u>DEVOTIONS</u> 10:00 AM <u>SCHWAN'S</u> 12 – 1:00 PM <u>WELLNESS CLINIC</u> 1:30 PM <u>COPING WITH HOLIDAY BLUES</u> 2:00 PM	4 <u>PEST CONTROL</u> Apt. Ending in 09 and 11 <u>BLOOD PRESSURE CLINIC</u> 10:00— 11:00 AM <u>ONSITE DERMATOLOGY</u> 11:00 AM <u>CHRISTMAS TREE LIGHTING with SINGERS BY THE SEA</u> 4:30 PM	5
6 Violin Concert 3:00 PM	7 <u>WELLNESS CLINIC</u> 10 – 11:30 AM <u>PRINCIPLES OF FITNESS</u> 11:00 AM <u>LET'S TALK HEALTH</u> 2:00 PM	8 <u>BAKED GOODS</u> 8 – 8:45 AM <u>COMPUTER CLASS</u> 10:00 AM <u>LIVE WELL CLINIC</u> 1:00—3:00 PM <u>FOOD DISTRIBUTION</u> 2:00 PM <u>BINGO</u> 6:00 PM	9 <u>TOWN HALL MEETING</u> 2:30 PM <u>WELLNESS CLINIC</u> 2:30 – 3:30 PM	10 <u>DEVOTIONS</u> 10:00 AM <u>SCHWAN'S</u> 12 – 1:00 PM <u>WELLNESS CLINIC</u> 1:30 PM	11 <u>BLOOD PRESSURE CLINIC</u> 10:00—11:00 AM <u>RESIDENT CHRISTMAS PARTY</u> 11:30 AM <u>BINGO</u> 6:00 PM	12 <u>AN AFTER-NOON OF DANCE</u> 4:00 PM
13 AUXILIARY CHRISTMAS DINNER 5:00 PM	14 <u>WELLNESS CLINIC</u> 10 – 11:30 AM <u>PRINCIPLES OF FITNESS</u> 11:00 AM <u>LET'S TALK HEALTH</u> 2:00 PM <u>NANCY DANCE STUDIO CHRISTMAS PARTY</u> 7:00 PM	15 <u>BAKED GOODS</u> 8 – 8:45 AM <u>COMPUTER CLASS</u> 10:00 AM <u>LIVE WELL CLINIC</u> 1:00—3:00 PM <u>FOOD DISTRIBUTION</u> 2:00 PM <u>STRENGTH & STRETCH</u> 3:30 PM <u>BINGO</u> 6:00 PM	16 <u>RESIDENT B-DAY PARTY</u> 10:00 AM <u>PLAYERS BY THE SEA</u> 2:00 PM <u>WELLNESS CLINIC</u> 2:30 – 3:30 PM <u>YOGA/STRETCH</u> 3:30 PM	17 <u>DEVOTIONS</u> 10:00 AM <u>SCHWAN'S</u> 12 – 1:00 PM <u>WELLNESS CLINIC</u> 1:30 PM <u>HARVEST COMMUNITY SCHOOL CHOIR</u> 2:30 PM <u>GREEN MARKET MUNCHIES</u> 5:00 PM	18 <u>PEST CONTROL</u> Apts. Ending in 10 and 12 <u>DR. BURNS' AUDIOLOGY CLINIC</u> 9:30 AM <u>BLOOD PRESSURE CLINIC and CRAFT</u> 10:00— 11:00 AM <u>BINGO</u> 6:00 PM	19
20	21 <u>WELLNESS CLINIC</u> 10 – 11:30 AM <u>PRINCIPLES OF FITNESS</u> 11:00 AM <u>LET'S TALK HEALTH</u> 2:00 PM	22 <u>BAKED GOODS</u> 8 – 8:45 AM <u>COMPUTER CLASS</u> 10:00 AM <u>LIVE WELL CLINIC</u> 1:00—3:00 PM <u>FOOD DISTRIBUTION</u> 2:00 PM <u>BINGO</u> 6:00 PM	23 <u>BIBLE STUDY</u> 10:00 AM <u>WELLNESS CLINIC</u> 2:30 – 3:30 PM <u>YOGA/STRETCH</u> 3:30 PM	24 <u>DEVOTIONS</u> 10:00 AM		
27	28 <u>WELLNESS CLINIC</u> 10 – 11:30 AM <u>PRINCIPLES OF FITNESS</u> 11:00 AM <u>LET'S TALK HEALTH</u> 2:00 PM	29 <u>BAKED GOODS</u> 8 – 8:45 AM <u>COMPUTER CLASS</u> 10:00 AM <u>LIVE WELL CLINIC</u> 1:00—3:00 PM <u>FOOD DISTRIBUTION</u> 2:00 PM <u>BINGO</u> 6:00 PM	30 <u>WELLNESS CLINIC</u> 2:30 – 3:30 PM <u>YOGA/STRETCH</u> 3:30 PM	31 <u>DEVOTIONS</u> 10:00 AM <u>NEW YEARS' EVE PARTY</u> 8:30 PM		

OTHER HAPPENINGS AROUND THE TOWERS

BROOKS PRESENTS: *Low Vision* **December 2nd at 2:30**

Please plan to attend this educational presentation by Dr. Katlyn Jordan and Sarah Larosa from the Brooks Rehabilitation Center for Low Vision. Refreshments will be served and there will be a raffle giveaway!

Coping with Holiday Blues

Thursday, December 3rd at 2:00 PM

Everyone can experience the blues from time to time. Our lives have changed over the years and some loved ones are no longer with us. The holidays especially can trigger thoughts of sadness. Let's learn some ways to address these thoughts, so we can enjoy the holidays. Please join us for this educational presentation with Dr. John Moreland with Affiliated Health Psychologists.

SINGERS BY THE SEA

Friday, December 4th at 4:30 PM

Performing for our MUSIC AT THE TOWERS series, Singers by the Sea (SBTS) is a group of about 60 adults who love to sing. They sing in four-part harmony. This presentation is sponsored by the St. Paul's by the Sea Episcopal Church. Please sign up in the Lobby to attend this wonderful presentation to usher in our Christmas season here at Pablo Towers and Suites. Refreshments will be served during our afternoon of festivities.



ANNUAL TREE LIGHTING
FRIDAY, DECEMBER 4
Tree lighting outside at sunset
after Singers by the Sea Perfor-

An Afternoon of Dance

Saturday, December 12th at 4:00 PM

Please plan to attend this wonderful performance provided by the students from the Unity Christian Arts Center. The students will be performing a variety of dance pieces.

Holiday Christmas Performance ***Students of Nancy Dance Studio*** ***and Laura Peden Piano Students*** **Monday, December 14th at 7:00 PM**

Make your plans now to attend this festive annual evening. The students will entertain with dancing, piano music and singing. Gifts will be provided by the students and their families to each person that attends the party. Make sure to sign up on the table in the lobby if you plan to attend. If you don't sign up, you will not receive a gift.

Players by the Sea Acting and ***Improvisation Class***

Wednesday, December 16th at 2:00 PM

This class continues to grow in attendance and the members are learning a lot. Everyone is encouraged to attend. This is a class to keep your brain working and provides an opportunity to get to know your neighbors and to laugh and have fun.

Harvest Community School ***Elementary School Choir***

Thursday, December 17, 2:30 PM

Enjoy the Christmas carols sung by this very talented group of children. They are directed by Mrs. Kim Clayton. (And you might get to see Ellen's grandchildren again.)

GREEN MARKET MUNCHIES

THURSDAY, DECEMBER 17, 5:00 PM

Locally grown organic food prepared for those on a limited budget by Chef Rosaria Anderson.

CREATE A CHRISTMASTIME CRAFT **FRIDAY, DECEMBER 18, 10:00 AM**

Our craft making classes are so much fun, so please sign up to join Lucinda Morici with Doctor's Choice for Creative Crafting.