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MONTHLY NEWSLETTER

FEBRUARY 2015

GET GOING and GET INFORMED

MONDAY, MONDAY

If you splurged over the weekend and ate a little too much or ate some things that were really not the best for your body, have no fear, Monday is here! Get your week back on track with the healthy schedule we have on Mondays in the community room. Ortho Home Health Care sponsors a blood pressure/wellness clinic at 11:00 AM. At 1:30 PM, they sponsor an exercise class which is instructed by Jamie, and at 3:30 PM we have the Pablo Hamlet University which discusses a different health topic each week and is sponsored by Apex Home Health Care. Come out and get informed, energized, and empowered to manage your health!

SCAMS, FRAUD AND IDENTITY THEFT

On Tuesday, February 3 at 2:00 PM, the President of the local Better Business Bureau will be presenting a program on scams, fraud and identity theft.

Con artists are using more sophisticated tactics as they try to get your private information. Come and learn how to recognize different kinds of scams so that you can protect yourself.

TIME CHANGE

The Apex Blood Pressure Clinic has changed to a new time on Thursdays. They will be in the West Building laundry room from 12:30 to 1:00 PM, and in the East Building laundry room from 1:00 to 1:30 PM. Please give each person their privacy by allowing them to meet alone with the nurse.

RESIDENT OF THE MONTH—DANIEL KELLY



Daniel lives in Apartment 320 of the West Building. He has lived here for just over one year. He is originally from upstate New York and has lived in Jacksonville for over 25 years.

Daniel enjoys fishing for red fish, walking and hiking State and National Parks. One of his favorite memories is fishing finger lakes and mountain streams in New York.

Daniel tries to keep active by walking on the beach daily and going to the fitness club. He is an instructor and district coordinator in Duval County for the AARP Driving Safety Program. He is the 3rd Vice Commander of the American Legion post 316 in Atlantic Beach. He also volunteers at the Lions Club in St. Augustine at the School for the Deaf.

He is a former Physical Education/Health teacher in New York. He is also retired from the Jacksonville Marine Terminal at Blount Island and the Jacksonville Airport.

RESIDENT'S COUNCIL INFORMATION

There was a very good turn out for our Noon Year's Eve party. Everyone brought a lot of good food to share. We have some GOOD cooks here!

Circle Tuesday evenings at 6 pm on your calendar. Come on to the Community Room to play canasta or learn "Rummikube". This is in addition to our regular Monday game night.

We were able to complete tying a bunch of blankets the third Friday in January. This is our new Wolfson Children's Hospital special project. What we do is really easy and there are folks to help you do something to complete an item. If you want to know more about the project, talk to Marie Miller.

Senior Moments were back in January, and if all is well, will continue to join us with their music on the third Friday of the month at 6 pm.

Tuesday, February 17th is the day before Ash Wednesday and known as "Shrove Tuesday". Last year, for the first time, we had a pancake brunch on Shrove Tuesday. Your Resident's Council is sponsoring a brunch again this year. We will have pancakes, sausage and bacon. No charge to you. So, join us at 10 AM and have brunch with us. You don't have to bring anything to share, but we will have a sign up sheet so that we will know how many to prepare for.

Thanks for listening.

Connie Wendt

Resident's Council President

Dates to remember:

Tuesday, February 17 – 10 am – Pancake Brunch

Wednesday, February 18 – 2 pm – Resident's
Council Meeting

Friday, February 20 – 1 – 3 pm – Wolfson project
6 pm – Senior Moments

Saturday, Feb. 21 – 1 pm – Birthday party for
January & February birthdays –
Kernan Road Baptist Church folks

HAPPY BIRTHDAY FRIENDS

Carolyn McLarty.....	Feb. 2
Clayton Doerr	Feb. 5
Thomas Curtis	Feb. 6
Mark McDonald	Feb. 11
Louise Blossom	Feb. 11
Barbara Green	Feb. 14
Camille Aston	Feb. 17
Jeniver Holton	Feb. 20
Jeremiah Beaty	Feb. 25
Marsha Cymbalski.....	Feb. 27

PABLO HAMLET RESIDENT COUNCIL

RESIDENT BIRTHDAY PARTY



**SATURDAY
FEBRUARY 21
1:00 PM**

**There will be guitar
playing and duet singing!**

Hosted by Kernan Boulevard Baptist Church

**SHROVE TUESDAY
PANCAKE BRUNCH
TUESDAY
February 17 10:00 AM
*Free but sign-up
required.***

**MONTHLY RESIDENT'S
COUNCIL MEETING
Wednesday
February 18
2:00 PM**

~ FEBRUARY 2015 ~

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
1 BREAD / SWEETS 1:00 PM	2 <u>BLOOD PRESSURE CHECK</u> 11:00 AM—1:00 PM <u>EXERCISE</u> 1:30 PM <u>HAMLET HEALTH UNIVERSITY</u> 3:30 PM <u>GAME NIGHT</u> 6:00 PM	3 <u>Wii BOWLING</u> 11:00 AM <u>BETTER BUSINESS BUREAU -SCAMS</u> 2:00 PM <u>GAME NIGHT</u> 6:00 PM	4 <u>CRAFTS</u> 1:00 PM	5 <u>DEVOTIONS</u> 9:00 AM <u>ART WORKSHOP</u> 10:00 AM <u>WELLNESS CLINIC</u> 12:30 PM <u>BEAM FOOD DISTRIBUTION</u> 2:00 PM <u>BINGO</u> 6:15 PM	6 <u>PEST CONTROL WEST BUILDING</u> Apts. 126-132 Apts. 228-236 Apts. 328-336 <u>WHEELCHAIR SCOOTER / WALKER MINOR REPAIR</u> 2:00 PM	7
8 BREAD / SWEETS 1:00 PM	9 <u>BLOOD PRESSURE CHECK</u> 11:00 AM—1:00 PM <u>EXERCISE</u> 1:30 PM <u>HAMLET HEALTH UNIVERSITY</u> 3:30 PM <u>GAME NIGHT</u> 6:00 PM	10 <u>HAIRCUTS</u> 3:30 PM <u>GAME NIGHT</u> 6:00 PM	11 <u>CRAFTS</u> 1:00 PM	12 <u>DEVOTIONS</u> 9:00 AM <u>ART WORKSHOP</u> 10:00 AM <u>WELLNESS CLINIC</u> 12:30 PM <u>BINGO</u> 6:15 PM	13	14 <i>Happy Valentine's Day</i>
15 BREAD / SWEETS 1:00 PM	16 <u>PRESIDENTS' DAY</u> <u>BLOOD PRESSURE CHECK</u> 11:00 AM—1:00 PM <u>EXERCISE</u> 1:30 PM <u>HAMLET HEALTH UNIVERSITY</u> 3:30 PM <u>GAME NIGHT</u> 6:00 PM	17 <u>SHROVE TUESDAY PANCAKE BRUNCH</u> 10:00 AM <u>GAME NIGHT</u> 6:00 PM	18 <u>ASH WEDNESDAY</u> <u>PODIATRIST</u> 9:00 AM <u>Resident's Council Meeting</u> 2:00 PM	19 <u>DEVOTIONS</u> 9:00 AM <u>ART WORKSHOP</u> 10:00 AM <u>WELLNESS CLINIC</u> 12:30 PM <u>BEAM FOOD DISTRIBUTION</u> 2:00 PM <u>BINGO</u> 6:15 PM	20 <u>PEST CONTROL EAST BUILDING</u> Apts. 101-108 Apts. 201-209 Apts. 301-309 <u>Wolfson's Children's Service Program</u> 1:00—3:00 PM <u>SENIOR MOMENTS</u> 6:00 PM	21 <u>RESIDENT BIRTHDAY PARTY</u> 1:00 PM
22 BREAD / SWEETS 1:00 PM	23 <u>BLOOD PRESSURE CHECK</u> 11:00 AM—1:00 PM <u>EXERCISE</u> 1:30 PM <u>HAMLET HEALTH UNIVERSITY</u> 3:30 PM <u>GAME NIGHT</u> 6:00 PM	24 <u>GAME NIGHT</u> 6:00 PM	25 <u>CRAFTS</u> 1:00 PM	26 <u>DEVOTIONS</u> 9:00 AM <u>ART WORKSHOP</u> 10:00 AM <u>WELLNESS CLINIC</u> 12:30 PM <u>BINGO</u> 6:15 PM	27 <u>BRAIN GAMES</u> 2:00 PM	28

AROUND THE HAMLET

WELLNESS CENTER HEALTH TIP

7 Heart Healthy Tips to Follow When Buying Groceries:

1. Buy colorful fruits and vegetables
2. Avoid buying high fat dairy or meat
3. Buy plenty of nuts and high fiber foods
4. Avoid buying butter
5. Read nutrition labels
6. Consider frozen or canned fruits and veggies
7. Avoid rushing into major changes - start with small steps so over time your body will get used to the positive changes you're making to your diet.



Several people have been walking around in slippers, socks and nylons. Not only is it a lease violation, but it is dangerous.

For your own safety, please wear shoes in common areas at all times!

8			6		5		
	4	2			8		
			5	3		8	4
3				1		7	
		1				9	
		7		5			2
2		3		9	5		
			8			3	9
		8			3		7

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Daily SuDoku: Mon 19-Jan-2015 medium

SMOOTH OPERATOR

We enjoyed healthy smoothies on January 23rd, as Maria with Advantage Wellness Services blended up two different recipes: pineapple passion and orange dream creamsicle. Maria gave out the recipes, and we discussed the different types of vitamins our body needs and what each of them does for our body. We also discussed foods that have these vitamins and balancing our diets.



We are very thankful to BEAM for all the food they distributed to us in 2014!

HAPPINESS QUOTE

Talk about your blessings more than you talk about your problems.

Daily SuDoku: Mon 19-Jan-2015 medium

1	9	8	4	6	3	2	5	7
4	7	5	8	2	1	3	9	6
2	6	3	7	9	5	4	1	8
9	8	7	3	5	4	1	6	2
6	5	1	2	8	7	9	4	3
3	2	4	9	1	6	7	8	5
7	1	6	5	3	9	8	2	4
5	4	2	1	7	8	6	3	9
8	3	9	6	4	2	5	7	1

Sudoku Solution

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