

BULLETIN BOARD

Earth-Friendly Fragrance

Products with added fragrances often get their sweet smell from harmful chemicals. If you prefer scented household cleaners or soaps, look for those made with essential oils.

Decorate With Books

A stack of two or three vintage books can add dimension to an end table or nightstand. Place a bowl, vase or other collectible on top of the books for more depth and texture.

PABLO HAMLET

1600 Shetter Avenue
Jacksonville, FL 32250

Phone: (904) 241-5207
Fax: (904) 241-0007

MARCH 2014



NOTES & NEWS

HAPPY BIRTHDAY

DEBORAH BECKHAM MARCH 8
DANIEL KELLY MARCH 13
ANNABELL WALLACE MARCH 15
CAROLINE LOYD MARCH 16
BETTY ELLIOTT MARCH 26

Budget Tip: Crafty Shopping

Chain craft stores have affordable prices on toys, tools, office supplies, home décor, jewelry and more. Weekly sales and coupons offer even more savings—often up to 50 percent off—so be sure to watch ads or sign up online to get discounts sent right to your inbox.

Protect Yourself

When you visit a doctor's office, there are usually sick people around. To limit your exposure to germs, take your own books or magazines (and toys, if you have children with you) and pack tissues and hand sanitizers. In the waiting room, keep as much space as possible between you and other patients.

HIGHLIGHTS

PABLO HAMLET'S RESIDENT OF THE MONTH - SUE SMITH

Sue lives in Apartment 203 of the East Building. She moved in Jan. 9 of this year. She has lived in Jacksonville since 2008, when she moved here from Ohio.

Recently, Sue has started oil painting and has four of her favorite paintings hanging in her apartment. She also enjoys bike riding, walking her sweet dog, Buddy, on the beach, and working with him toward their goal of him becoming a therapy dog.

When she first moved to Jacksonville, Sue had a lot of fun getting acquainted with Florida and all of the attractions. She rode horses on Fernandina Beach, did a lot of kayaking and general tourist stuff. She LOVES Florida!

Sue has three sons and three grandchildren. The oldest grandson, Zach, is a junior at Florida State (Go, Seminoles!) and is in ROTC Air Force. Jake is 20 and soon to join the Air Force, and Rileigh is sweet 16, learning to drive and is a very good student.

Sue enjoys working as secretary on the Board of Trustees at Unity Church and enjoys volunteering at BEAM.

Sue says she loves it here at Pablo Hamlet and loves all her 2nd floor neighbors! "You are the BEST."



RESIDENT COUNCIL CALENDAR

To Be Determined RESIDENT B-DAY PARTY
3/19, 3 p.m. RESIDENT COUNCIL MEETING
3/21, 6 p.m. SENIOR MOMENTS




Peel and Eat

Studies have found that people with plenty of potassium in their diet may be less prone to high blood pressure. Potassium-rich foods include bananas, oranges and cantaloupe.



March 2014

Sunday Monday Tuesday Wednesday Thursday Friday Saturday

<div> MARCH </div>						1
2 BREAD / SWEETS 1 P.M.	3 CHAIR EXERCISE 1:30 P.M.	MARDI GRAS 4 Wii BOWLING 10:30 A.M. BIBLE STUDY 2:30 P.M. GAME NIGHT 6 P.M.	ASH WEDNESDAY 5 CRAFTS 1 P.M.	6 DEVOTIONS 9 A.M. ART WORKSHOP 10 A.M. BEAM FOOD DISTRIBUTION 2 P.M. WELLNESS CLINIC 3:30 P.M. BINGO 6:15 P.M.	7 PEST CONTROL 3RD FLOOR EAST BUILDING	8
9 DAYLIGHT SAVING TIME BEGINS - SPRING FORWARD ONE HOUR BREAD / SWEETS 1 P.M.	10 CHAIR EXERCISE 1:30 P.M. HAIRCUTS 3:45 P.M. GAME NIGHT 6 P.M.	11 BIBLE STUDY 2:30 P.M. GAME NIGHT 6 P.M.	12 CRAFTS 1 P.M.	13 DEVOTIONS 9 A.M. ART WORKSHOP 10 A.M. BEAM FOOD DISTRIBUTION 2 P.M. WELLNESS CLINIC 3:30 P.M. BINGO 6:15 P.M.	14 	15
16 BREAD / SWEETS 1 P.M.	ST. PAT'S DAY 17 CHAIR EXERCISE 1:30 P.M. GAME NIGHT 6 P.M.	18 BRAIN GAMES 10:30 A.M. BIBLE STUDY 2:30 P.M. GAME NIGHT 6 P.M.	19 PODIATRIST 9 A.M. CRAFTS 1 P.M. RESIDENT COUNCIL MEETING 3 P.M.	20 SPRING BEGINS DEVOTIONS 9 A.M. ART WORKSHOP 10 A.M. BEAM FOOD DISTRIBUTION 2 P.M. WELLNESS CLINIC 3:30 P.M. BINGO 6:15 P.M.	21 PEST CONTROL 3RD FLOOR WEST BUILDING SENIOR MOMENTS 6 P.M.	22
23/30 BREAD / SWEETS 1 P.M.	24/31 CHAIR EXERCISE 1:30 P.M. GAME NIGHT - 24TH 6 P.M. BUNKO - 31ST 6 P.M.	25 BIBLE STUDY 2:30 P.M. GAME NIGHT 6 P.M.	26 HAVEN HOT DOG AND MUSIC HEALTH DAY 12:30 P.M. CRAFTS 2 P.M.	27 DEVOTIONS 9 A.M. ART WORKSHOP 10 A.M. BEAM FOOD DISTRIBUTION 2 P.M. WELLNESS CLINIC 3:30 P.M. BINGO 6:15 P.M.	28	29