



BULLETIN BOARD

"Stop worrying about the potholes in the road and celebrate the journey." Fitzhugh Mullan

"You can't be brave if you've only had wonderful things happen to you." Mary Tyler Moore

"Every saint has a past; every sinner has a future." Oscar Wilde

"What you do makes a difference, and you have to decide what kind of difference you want to make." Jane Goodall

PABLO HAMLET

1600 Shetter Avenue
Jacksonville, FL 32250

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

NOVEMBER 2013



NOTES & NEWS

HAPPY BIRTHDAY

Joyce Denton	Nov. 8
Dorothy Galbraith	Nov. 17
Warren Grimm	Nov. 23
Josephine Condon	Nov. 26
Paul Fierle	Nov. 30

FALL BACK

Daylight saving time ends at 2 a.m. on Sunday, Nov. 3. Set your clocks back one hour. Remember, "spring forward, fall back."



ON AGING . . .

"The hallmark of successful aging is getting what you want out of life and doing the things you love to do regardless of age. Whether you are 20 or 80, life can be meaningful, purposeful, and beautiful as long as you have the right guidance and the right solutions to make it so. It's never too early to start and never too late to begin." Martha Stewart

HIGHLIGHTS

RESIDENT OF THE MONTH - KARLA KELLOW

Apartment 316 of the East Building has been home to Karla Kellow for the past three years. Karla was born in Richmond, VA, but has lived in Jacksonville since 1955.

Some of Karla's hobbies are swimming, singing and playing guitar. She also enjoys reading, especially the Bible.

Karla raised seven children. It was not easy, but the Lord helped her through it all, and she now has 15 wonderful grandchildren.

Karla has many fond memories, but the one that stands out in her mind is when she prayed and asked Jesus into her heart. She states He is her everything.

"Not by might, nor by power, but by spirit, saith the Lord of hosts." Zachariah 4:6 is one of Karla's favorite scriptures that has helped her in her walk with the Lord.



Honor
Veterans
Day

RESIDENT COUNCIL CALENDAR

11/9, 2 p.m. . . . RESIDENTS' BIRTHDAY PARTY
11/15, 6 p.m. SENIOR MOMENTS
11/20, 3 p.m. . . . RESIDENT COUNCIL MEETING

WII BOWLING

Come Bowl with Us!
Tuesday, Nov. 5
10:30 a.m.



November 2013

Sunday

Monday




Tuesday

Wednesday

Thursday

Friday

Saturday

<div>NOVEMBER</div>					1	2
					PEST CONTROL 2ND FLOOR EAST BUILDING	
3	4	5	6	7	8	9
DAYLIGHT SAVING TIME ENDS BREAD / SWEETS 1 P.M.	CHAIR EXERCISE 1:30 P.M. GAME NIGHT 6 P.M.	Wii BOWLING 10:30 A.M. BIBLE STUDY 2:30 P.M. GAME NIGHT 6 P.M.	BREAD / SWEETS 11 A.M.	DEVOTIONS 9 A.M. ART WORKSHOP 10 A.M. WELLNESS CLINIC 3:30 P.M. BINGO 6:15 P.M.		RESIDENT BIRTHDAY PARTY 2 P.M.
10	11	12	13	14	15	16
BREAD / SWEETS 1 P.M.	<u>VETERANS DAY</u> CHAIR EXERCISE 1:30 P.M. HAIRCUTS 3:45 P.M. GAME NIGHT 6 P.M.	BIBLE STUDY 2:30 P.M. GAME NIGHT 6 P.M.	BREAD / SWEETS 11 A.M.	DEVOTIONS 9 A.M. ART WORKSHOP 10 A.M. WELLNESS CLINIC 3:30 P.M. BINGO 6:15 P.M.	PEST CONTROL 2ND FLOOR WEST BUILDING SENIOR MOMENTS 6 P.M.	
17	18	19	20	21	22	23
BREAD / SWEETS 1 P.M.	CHAIR EXERCISE 1:30 P.M. GAME NIGHT 6 P.M.	BRAIN GAMES 10:30 A.M. BIBLE STUDY 2:30 P.M. GAME NIGHT 6 P.M.	PODIATRIST 9 A.M. BREAD / SWEETS 11 A.M. RESIDENT COUNCIL MEETING 3 P.M.	DEVOTIONS 9 A.M. ART WORKSHOP 10 A.M. WELLNESS CLINIC 3:30 P.M. BINGO 6:15 P.M.		
24	25	26	27	28	29	30
BREAD / SWEETS 1 P.M.	CHAIR EXERCISE 1:30 P.M. BUNKO 6 P.M.	BIBLE STUDY 2:30 P.M. GAME NIGHT 6 P.M.	HANUKKAH BREAD / SWEETS 11 A.M.	THANKSGIVING Office Is Closed. For Maintenance Emergencies, Call 249-3866.	