







BULLETIN BOARD

A Healthy Snack

When you are hungry for a snack, reach for a handful of almonds, walnuts, pecans or pistachios. These nuts have compounds that are good for your heart.

Reduce Your Risk

Eating fruits and vegetables with white flesh, such as bananas, pears, apples, cucumbers and cauliflower, may protect against stroke, according to a Dutch study. The reduced stroke risk is linked to the type and number of antioxidants in these foods.



1600 Shetter Avenue Jacksonville, FL 32250 HAMLET

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

SEPTEMBER 2013



NOTES & NEWS

FREE LEGAL DOCUMENTS

Jax Area Legal Aid is offering free legal documents to the first 15 residents who sign up for and attend an informational session explaining the documents offered on Monday, Oct. 7, at 2 p.m., in the Community Room. At the meeting you will receive an appointment time to have your documents created free of charge in the Community Room on Saturday, Oct. 12. The documents being offered are Durable Power of Attorney, Health Care Surrogate, Living Will, Simple Will, and Designation of Pre-Need Guardian.

If you already have these documents, please allow others the opportunity to receive this service. The appointment times on Saturday, Oct. 12, will be 9 a.m., 10 a.m. and 11 a.m. LOOK FOR THE SIGN UP SHEET THIS MONTH!

I'VE LEARNED . . .

That a warm and sincere smile is an inexpensive way to improve your looks.

HIGHLIGHTS

PABLO HAMLET'S RESIDENT OF THE MONTH

SHARON RASIN

Sharon lives in Apartment 201 of the East Building with her dog, Tegan. Sharon has been at Pablo Hamlet for about eight months. She is originally from Rochester, NY, and has lived in Jacksonville for six years. She left New York to reside in the foothills of the Smoky Mountains in North Carolina, where she enjoyed breathtaking views every day.

Sharon enjoys reading, sewing, and doing puzzles. She volunteers at the Jacksonville Zoo and goes to the YMCA twice a week to exercise.

Her fondest memories include the birth of her two daughters and her five grandchildren.







HAPPY BIRTHDAY

BONNIE BAILEY	SEPT. 7
MARGARET SMITH	SEPT. 12
VIVIAN SIMPSON	SEPT. 19
MARGE DOYLE	SEPT. 25
MARGARET RUFFELL	SEPT. 29

"Take care of your body, it's the only place you have to live." ~ Jim Rohn

RESIDENTS' COUNCIL CALENDAR

9/18, 3 p.m. RESIDENT COUNCIL MEETING 9/20, 6 p.m. SENIOR MOMENTS 9/21, 1 p.m. RESIDENTS' BIRTHDAY PARTY

LABOR DAY PICNIC

A Labor Day picnic / pot luck will be held Monday, Sept. 2, at 1 p.m. The Resident Council will provide the meat, bread and beverages. Please bring picnic food to share.

September 2013

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BREAD / SWEETS 1 P.M.	LABOR DAY PICNIC 1 P.M. Office Is Closed. For Maintenance Emergencies, Call 249-3866.	BIBLE STUDY 2:30 P.M. GAME NIGHT 6 P.M.	A Rosh Hashanah 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 EAST BUILDING	7
BREAD / SWEETS 1 P.M.	9 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.	Yom Kippur	14
BREAD / SWEETS 1 P.M.	CHAIR EXERCISE 1:30 P.M. GAME NIGHT 6 P.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.	PEST CONTROL 2nd FLOOR WEST BUILDING SENIOR MOMENTS 6 P.M.	RESIDENT BIRTHDAY PARTY 1 P.M.
BREAD / SWEETS 1 P.M.	CHAIR EXERCISE 1:30 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.	27	28
BREAD / SWEETS 1 P.M.	CHAIR EXERCISE 1:30 P.M. BUNKO 6 P.M.	**S	EP1	EM	B	R*



