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Managed by Elderly Housing
Management Corporation

Staff Members

Jo-Ann Gherardi

Property Manager

Sheryl Roussin

Finance Manager

Ellen Hopkins

Service Coordinator

Travis McKenzie

Executive Chef

Nancy Gabriszeski

Admin Assistant

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 NEWSLETTER



JULY 2015

THE END IS NEAR

Can you believe it has been nine months since Strange Hall was demolished?

We have only one month to go before the scheduled August 5 completion date for The Suites at Pablo Towers building. Much is still to be done before this date arrives, and we want to thank everyone for their patience and understanding during the final process.

The activity trailer is scheduled to be removed the week of July 6. Soon after you will see the return of the butterfly garden and the dog

walk, new landscaping near the rear of the new building and the return of the south side paved parking lot.

We have been amazed at the resilience of our residents as you adapted to the changes required to make this new building a possibility. It will all be worth it as you will soon see.

There will obviously be a few hiccups during the process. Please know we are doing our best to minimize the inconveniences you have to experience. Our vertical neighborhood will soon be whole again.

AND A NEW CHAPTER WILL BEGIN

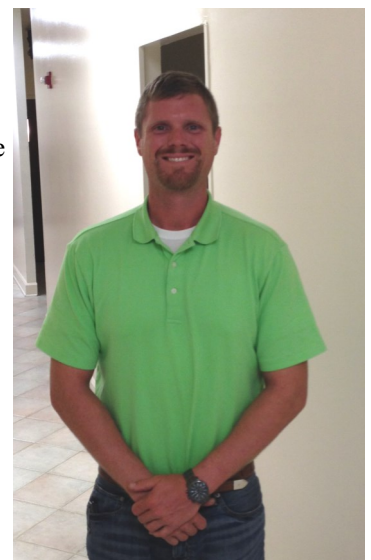
A new chapter in the history of Pablo Towers will begin soon. The new Suites at Pablo Towers will open at the beginning of August. Fifteen new units will house new neighbors and the new community room will be open for business.

It is our intention to offer one mid-day meal per day from the new commercial kitchen. The commercial kitchen requires that we obtain a license prior to opening, supplies must be purchased and menus must be planned. To that end we have hired Travis McKenzie, Food & Beverage Director / Executive Chef, to oversee the operation. Travis has most recently been the Executive Chef at the entire UNF Campus. He has extensive experience with the preparation of seafood, Asian fusion, vegan, vegetarian, gluten free and southern cooking styles including at local fine dining venues.

While Travis loves to cook and to eat, he is a daily runner who burns lots of calories.

Travis' daily menu will include choosing from one or two proteins, four sides or one healthy option.

Please welcome Travis with your normal Pablo Towers open arms and encourage him as he joins us in the next chapter of our history.



HAPPY BIRTHDAY FRIENDS

Judy Frye	July 3
Margaret Adams	July 3
Rosalia Romano	July 4
Adell Crabb	July 4
Joan Litchfield	July 16
Ina Carrasquillo.....	July 18
Dee Nardino	July 18
Rosemary Laird	July 18
Helen McLaughlin	July 19
Ben Reese	July 20
Ron Steinke	July 22
Inez Duren	July 23
Rey Alvarez	July 27
Ruth Jenkins	July 28
Helen Prosser	July 28
Norma Sanders	July 29
Margaret McDonald	July 29
Betty Robinson	July 29



Wii BOWLING JUNE RESULTS

Floyd Wilson 183	Lois Sullivan 137
Violet Miller 181	Al Boone 121
Sue Casper 169	Marie Singleton 104
Jim Ring 162	Alice Gillis 82

The Wii bowlers are getting better and better each month. If you want to compete, come join the fun the second Friday of each month at 3:30 PM.

GOOD BYE AND GOOD LUCK
George Sorensen

WITH FOND MEMORIES
Arlene Freudmann
Helen Prosser



SAVE THE DATE

December 31, 2015

PABLO TOWERS NEW YEARS EVE PARTY

Live music / dancing with The Coconuts

Favors—Door Prizes

Heavy Hors d'oeuvres

Watch the ball drop at Times Square

Dress Theme: Black & White with a touch of **Red**

WELCOME

Carol Brown
Geraldine Costello
Lois Mullin
Charlotte Tollar

PABLO TOWERS AUXILIARY

JULY 4
CELEBRATION *Happy July 4th*

3:00—5:00 PM

Hamburgers—Hot Dogs—Beans
Potato Salad
All the Trimmings
\$5.00


Last party in the trailer!

RESIDENT
BIRTHDAY PARTY
MONDAY
JULY 20
6:00 PM

Sponsored by
Christ United Methodist Church

HAPPY
BIRTHDAY!

~ JULY 2015 ~

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
			1 <u>BIBLE STUDY</u> 10:00 AM <u>WELLNESS CLINIC</u> 2:30 – 3:30 PM <u>YOGA/STRETCH</u> 3:30 PM	2 <u>DEVOTIONS</u> 10:00 AM <u>SCHWAN'S</u> 11 – 12:00 PM <u>WELLNESS CLINIC</u> 1:30 PM	3 <u>BLOOD PRESSURE CLINIC</u> 10:00— 11:00 AM <u>AUXILIARY BOARD MEETING</u> 3:00 PM <u>BINGO</u> 6:00 PM	4 4TH of JULY PARTY 3—5PM 
5 Violin Concert 3:00 PM	6 <u>WELLNESS CLINIC</u> 10 – 11:30 AM <u>PRINCIPLES OF FITNESS</u> 11:00 AM	7 <u>BAKED GOODS</u> 8 – 8:45 AM <u>COMPUTER CLASS</u> 10:30 AM <u>LIVE WELL CLINIC</u> 1:00—3:00 PM <u>FOOD DISTRIBUTION</u> 2:00 PM <u>BINGO</u> 6:00 PM	8 <u>BIBLE STUDY</u> 10:00 AM <u>PLAYERS ACTING CLASS</u> 2:00 PM <u>WELLNESS CLINIC</u> 2:30 – 3:30 PM <u>YOGA/STRETCH</u> 3:30 PM	9 <u>DEVOTIONS</u> 10:00 AM <u>SCHWAN'S</u> 11 – 12:00 PM <u>WELLNESS CLINIC</u> 1:30 PM <u>BEACHES MUSEUM & HISTORY PARK</u> 2:00 PM	10 <u>PEST CONTROL</u> 8TH & 10TH Floors All Apartments <u>BLOOD PRESSURE CLINIC</u> 10:00— 11:00 AM <u>ONSITE DERMATOLOGY</u> 11:00 AM <u>BOOK CLUB</u> 1:30 PM <u>Wii BOWLING</u> 3:30 PM <u>BINGO</u> 6:00 PM	
12	13 <u>WELLNESS CLINIC</u> 10 – 11:30 AM <u>PRINCIPLES OF FITNESS</u> 11:00 AM	14 <u>BAKED GOODS</u> 8 – 8:45 AM <u>COMPUTER CLASS</u> 10:30 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	15 <u>BIBLE STUDY</u> 10:00 AM <u>WELLNESS CLINIC</u> 2:30 – 3:30 PM <u>YOGA/STRETCH</u> 3:30 PM	16 <u>DEVOTIONS</u> 10:00 AM <u>SCHWAN'S</u> 11 – 12:00 PM <u>WELLNESS CLINIC</u> 1:30 PM	17 <u>PEST CONTROL</u> 9TH Floor All Apartments <u>DR. BURNS' AUDIOLOGY CLINIC</u> 9:30 AM <u>BLOOD PRESSURE CLINIC</u> 10:00—11:00 AM <u>BINGO</u> 6:00 PM	18
19	20 <u>WELLNESS CLINIC</u> 10 – 11:30 AM <u>PRINCIPLES OF FITNESS</u> 11:00 AM <u>RESIDENT COUNCIL MEETING</u> 12:00 NOON	21 <u>BAKED GOODS</u> 8 – 8:45 AM <u>COMPUTER CLASS</u> 10:30 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	22 <u>BIBLE STUDY</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	23 <u>DEVOTIONS</u> 10:00 AM <u>SCHWAN'S</u> 11 – 12:00 PM <u>WELLNESS CLINIC</u> 1:30 PM <u>GREEN MARKET MUNCHES</u> 1:30 PM	24 <u>BLOOD PRESSURE CLINIC</u> 10:00—11:00 AM <u>McGOVERN JEWELRY REPAIR</u> 10:00—3:00 PM <u>BINGO</u> 6:00 PM	25
26	27 <u>WELLNESS CLINIC</u> 10 – 11:30 AM <u>PRINCIPLES OF FITNESS</u> 11:00 AM	28 <u>BAKED GOODS</u> 8 – 8:45 AM <u>COMPUTER CLASS</u> 10:30 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	29 <u>BIBLE STUDY</u> 10:00 AM <u>WELLNESS CLINIC</u> 2:30 – 3:30 PM <u>YOGA/STRETCH</u> 3:30 PM	30 <u>DEVOTIONS</u> 10:00 AM <u>SCHWAN'S</u> 11 – 12:00 PM <u>WELLNESS CLINIC</u> 1:30 PM <u>KEY TO LIVING WELL</u> 1:30 PM	31 <u>BLOOD PRESSURE CLINIC</u> 10:00—11:00 AM <u>LUNCH & LEARN WITH DR. BLAKE</u> 11:00 AM <u>BINGO</u> 6:00 PM	

OTHER HAPPENINGS AROUND THE TOWERS

Beaches Museum and History Park Thursday, July 9 2:00 PM

Are you aware of the rich history and heritage of Florida's First Coast beach communities? Please plan to attend this informative program as Chris Hoffman, the director of the Beaches Museum and History Park, introduces us to this interesting site which is just around the corner from us.



Onsite Dermatology Friday, July 10

To schedule an appointment, please call 1-877-345-5300. Appointments start beginning at 11:00 AM in the Wellness Center.

PABLO TOWERS' BOOK CLUB FRIDAY, JULY 10 1:30 PM

Have you begun your summer reading? Please come and share with others what books you have enjoyed reading in recent months.

Wii BOWLING FRIDAY, JULY 10 3:30 PM

Come join the fun sponsored by
Americare Home Health Care

PLAYERS BY THE SEA WEDNESDAY, JULY 22 2:00 PM

Gary Baker, the education coordinator of Players by the Sea, will be here to continue teaching and inspiring us in the area of improvisation. Gary's desire is to provide a learning environment that's welcoming, supportive, challenging and rewarding. Let's see what Gary has up his sleeve this time!! Newcomers are welcome to

Burns Audiology and Balance Friday, July 17

Call for an appointment—904-372-4786

GREEN MARKET MUNCHES THURSDAY, JULY 23, 1:30 PM

What delicious summertime foods will Chef Rosaria be whipping up for us this month? Please plan to attend as she teaches us how to prepare easy, healthy and low-cost foods. The samplings are always tasty!

McGOVERN JEWELRY SERVICES Friday, July 24, 10 AM—3:00 PM

Low Cost Jewelry Repair on an individual basis

Physical Activity is the Key to Living Well

Thursday, July 30, 1:30 PM

Sloan Griffith with the UF Family Nutrition Program returns this month to teach us how to incorporate physical activity into our everyday lives. These are fun activities that you can do on your own within your home.

Snacks will be provided.

Lunch & Learn with Dr. Blake Friday, July 31

11:00 am

Please join Dr. Blake from Medtown Pharmacy as he presents an education program on What You Need to Know About High Blood Pressure. Lunch will be provided.

PLEASE NOTE

The Service Coordinator's office will be closed the week of June 29 while Ellen is at a conference.

If you need assistance, please leave a message on Ellen Hopkins' telephone, and she will return your call when she returns to the office on Monday, July 6.

Thank you for your understanding.