



# MONTHLY NEWSLETTER



## DECEMBER 2017

### HAPPY HOLIDAYS TO EVERYONE

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Managed by Elderly Housing  
Management Corporation

#### Staff Members

##### Donna Houston-Long

Property Manager

##### Sheryl Roussin

Finance Manager

##### Ellen Hopkins

Service Coordinator

##### Lora Burton

Administrative Assistant

##### Priscilla Davis

Administrative Assistant

##### Travis McKenzie

Executive Chef

##### Jason Hopton

Sous Chef

##### Nell Barrow

Front Desk

##### Jim Parsons

Maintenance Supervisor

##### Daniel Deon

Maintenance Tech

##### John Ring

Maintenance Tech

##### Bryce Chastain

Maintenance Tech

##### Doug Morris

Maintenance Tech

##### Donna Muenzer

Housekeeper

##### Bob Myers

Custodian

##### Melissa Gilreath

Executive Director

EHMC Corp

##### Debra Waters

Operations Manager

EHMC Corp

The Management and Staff of Pablo Towers and Suites and Elderly Housing Management Corporation want to wish you the happiest of holidays.

We want you to take care of yourself physically and mentally during these holidays, as this time of the year can be stressful. If you feel lonely or isolated, please seek out community, church or other social events that can offer support and companionship. Each of our activities here is chosen with you in mind, so please take advantage of what is happening around The Towers.

It is a blessing for us to serve you. We are grateful that you call Pablo Towers your home, and we will continue to try to make this a place of comfort, hope, and joy always.

Whatever is beautiful, whatever is meaningful, whatever brings you happiness ... may it be yours this holiday season and throughout the coming year!

### BE THANKFUL EVEN IF YOU DON'T FEEL LIKE IT

My wife says I'm sometimes grumpy. My nephews say I'm not as fun as I used to be. My friend Michael says I'm just a bitter old man. Maybe I *have* gotten a bit cynical. Truth be told, though, I really don't have a reason to be cynical. I think I typically get that way when I focus on the wrong things—my “don't haves” instead of my “do haves.”

When life gets busy or we encounter stress, it's easy to focus on the things that are going poorly rather than all of the things that are going well. So for those times when we want to have a pity party for ourselves, consider these alternatives...

If you're feeling old, be thankful that you're still getting old (things get bad fast when you stop getting old).

If you have aches and pains, be thankful that you can have pains without having to be one.

If your clothes fit more snugly than they used to, be thankful that the tightness is not nearly as problematic as the style of your clothes which, by the way, went out of date in the 90's.

If you're losing your hair, be thankful that balding men are sexy, virile, handsome and much more appealing to women than those girly men with wavy mousse-filled follicles.

If you have relationship problems, it's probably your fault. Be thankful that you now know this and can change how you relate to others.

If you're unhappy with the government, be thankful that you live in a country where you're free to be unhappy with the government.

If you never get the parking spot near the mall door, be thankful for the exercise you get while walking from the far end of the parking lot (also see “If your clothes fit more snugly” above).

If you're having financial problems, be thankful that you don't owe Tony Soprano money and that 16% interest on your MasterCard account is better than getting whacked.

If you have a clunker of a car, be thankful that you don't have to worry about fender benders, door dings, and bird crap.

If you find yourself struggling with the meaning of life, be thankful that even though you're apparently not smart enough to figure it out, everyone else also struggles with the meaning of life and you're just self-assured enough to admit it.

If you have trouble being thankful, be thankful for the many reality TV stars who prove time and time again that there are lots of people worse off than you.

Now, don't you feel better?

By Ron Culberson  
Humorist

## PABLO TOWERS AUXILIARY

### ANNUAL TREE LIGHTING SINGERS BY THE SEA Friday, December 8, 4:30 PM

Singers by the Sea is a group of about 60 adults who love to sing. Their musical selections cover a broad spectrum, including Broadway show tunes, madrigals, spirituals, patriotic tunes, folk songs, and an occasional silly song. This presentation is sponsored by the St. Pauls by the Sea Episcopal Church Foundation. Please sign up in the lobby to attend. Refreshments will be served.

### RESIDENT BIRTHDAY PARTY

Friday, December 15, 9:30 AM

All Residents are invited to come and celebrate with Christmas brunch and entertainment by the adorable children of the church's daycare program. These children come yearly to sing for us and to tell us what they want for Christmas. Sign up to attend.



*Sponsored by Bethlehem Lutheran Church*

### CHRISTMAS DINNER Sunday, December 17 5:00 PM

Residents — \$8.00  
Guests — \$12.00

Bring your own wine  
Take-outs available but  
No Delivery

Buy your tickets early  
On sale December 1—12  
*Limited to 100 guests*



### NEW YEARS' EVE PARTY Sunday, December 31 8:00 PM—12:30 AM

\$3.00 for Residents  
\$5.00 for Guests  
Bring your own wine

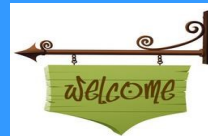
Live music / dancing with Don Minard  
Favors—Door Prizes—Heavy Hors  
d'oeuvres



## HAPPY BIRTHDAY FRIENDS

Packy Pacquing	December 4
Charlotte Gagner	December 4
Ruth Martin	December 9
Jim Sherry	December 9
Mary Ann DelGaudio	December 10
Mit Pendergraft	December 12
Estelle Medlock	December 12
Nancy Barcliff	December 13
Ralph Guariglia	December 13
Nora Thomison	December 13
Alice McLeland	December 14
Diana Luttmann	December 16
Violet Miller	December 20
Festa Hamilton	December 21
Bonnie Mank	December 22
Billie Swain	December 23
Peggy Allgood	December 26
Sally Morgan	December 27
Mary Dorsey	December 29
Alice Gillis	December 30

Brenda  
Tschida



WITH FOND  
MEMORIES  
John Cross



### 50 / 50 RAFFLE To Benefit Dial-a-Ride



**Don't get left out!**

Lucy Hale, Floyd Wilson and Beverly Justin  
will  
have tickets available for sale through  
Sunday, December 31

2 for \$1.00, 5 for \$2.00 or 15 for \$5.00

*Winners will be announced at the  
New Years Eve Party—not necessary to be  
present to win.*

# ~ DECEMBER 2017 ~

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
					<b>1</b> <u>ONSITE DERMATOLOGY</u> 11:00 AM  <u>BINGO</u> 6:00 PM C.R.	<b>2</b> <u>SING ALONG WITH ALAN KERR and DAVID REEVES</u> 3:00 PM Lobby
<b>3</b>	<b>4</b> <u>BP-APEX—LOBBY</u> 10 – 11:30 AM  <u>EXERCISE</u> 11:00 AM C.R.  <u>NUTCRACKER</u> 2:00 PM  <u>RESIDENT COUNCIL MTG.</u> 3:30 PM	<b>5</b> <u>COMPUTER CLASS BOARD ROOM</u> 10:00 AM  <u>FOOD DISTRIBUTION</u> 2:00 PM C.R.  <u>BINGO</u> 6:00 PM C.R.	<b>6</b> <u>BIBLE STUDY BOARD ROOM</u> 10:00 AM  <u>BP-BROOKS AMERICARE</u> 2:30 – 3:30 PM	<b>7</b> <u>PEST CONTROL</u> Apts. Ending in 01  <u>DEVOTIONS</u> 9:30 AM C.R.  <u>SCHWAN'S—BACK DOOR</u> 1:30—2:15 PM  <u>BP-APEX —LOBBY</u> 2:00—3:00 PM	<b>8</b> <u>PABLO TOWERS BOOK CLUB BOARD ROOM</u> 2:00 PM  <u>SINGERS BY THE SEA &amp; CHRISTMAS TREE LIGHTING</u> 4:30 PM	<b>9</b>
<b>10</b>  <u>FAMILY NIGHT @ DECK THE CHAIRS</u> 4:00—8:00 PM	<b>11</b> <u>BP-APEX—LOBBY</u> 10 – 11:30 AM  <u>EXERCISE</u> 11:00 AM C.R.	<b>12</b> <u>COMPUTER CLASS BOARD ROOM</u> 10:00 AM  <u>FOOD DISTRIBUTION</u> 2:00 PM C.R.  <u>ART SHOW</u> 5:00—8:00 PM LOBBY  <u>BINGO</u> 6:00 PM C.R.	<b>13</b> <u>1st DAY of HANUKKAH</u>  <u>BIBLE STUDY BOARD ROOM</u> 10:00 AM  <u>RESIDENT CHRISTMAS LUNCHEON</u> 12:00 Noon  <u>BP-BROOKS AMERICARE</u> 2:30 – 3:30 PM  <u>YOGA/STRETCH</u> 3:30 PM C.R.	<b>14</b> <u>PEST CONTROL</u> Apts. Ending in 02  <u>DEVOTIONS</u> 9:30 AM C.R.  <u>BP-APEX—LOBBY</u> 2:00—3:00 PM  <u>Wii BOWLING</u> 2:30 PM  <u>CHAIR EXERCISE AMERICARE</u> 3:30 PM C.R.	<b>15</b>  <u>RESIDENT BIRTHDAY PARTY</u> 9:30 AM   <u>BINGO</u> 6:00 PM C.R.	<b>16</b>
<b>17</b>  <u>AUXILIARY CHRISTMAS DINNER</u> 5:00 PM	<b>18</b> <u>BP-APEX—LOBBY</u> 10 – 11:30 AM  <u>EXERCISE</u> 11:00 AM C.R.  <u>HOLIDAY CHRISTMAS PERFORMANCE</u> 7:00—8:30 PM	<b>19</b> <u>COMPUTER CLASS BOARD ROOM</u> 10:00 AM  <u>FOOD DISTRIBUTION</u> 2:00 PM C.R.  <u>BINGO</u> 6:00 PM C.R.	<b>20</b> <u>BIBLE STUDY BOARD ROOM</u> 10:00 AM  <u>BP-BROOKS AMERICARE</u> 2:30 – 3:30 PM  <u>YOGA/STRETCH</u> 3:30 PM C.R.	<b>21</b> <u>PEST CONTROL</u> Apts. Ending in 03  <u>DEVOTIONS</u> 9:30 AM C.R.  <u>SCHWAN'S—BACK DOOR</u> 1:30—2:15 PM  <u>CHAIR VOLLEYBALL</u> 2:30 PM C.R.  <u>CHAIR EXERCISE AMERICARE</u> 3:30 PM C.R.	<b>22</b>   <u>BINGO</u> 6:00 PM C.R.	<b>23</b>
<b>24</b>	<b>25</b>  <b>MERRY CHRISTMAS</b>	<b>26</b> <u>KWANZAA BEGINS</u>  <u>FOOD DISTRIBUTION</u> 2:00 PM C.R.  <u>BINGO</u> 6:00 PM C.R.	<b>27</b> <u>BIBLE STUDY BOARD ROOM</u> 10:00 AM	<b>28</b> <u>PEST CONTROL</u> Apts. Ending in 04  <u>DEVOTIONS</u> 9:30 AM C.R.  <u>BP-APEX—LOBBY</u> 2:00—3:00 PM	<b>29</b> <u>DR. JANE BURNS With BURNS AUDIOLOGY and BALANCE</u> 9:30 AM  <u>BINGO</u> 6:00 PM C.R.	<b>30</b>
<b>31</b> <u>NEW YEAR'S EVE PARTY</u> 8:00 PM	 <b>Bring on the NEW YEAR!</b>					

## OTHER HAPPENINGS AROUND THE TOWERS

### THE NUTCRACKER BALLET PRESENTATION

**Monday, December 4, 2:00 PM**

Come enjoy an afternoon of music and dance as the East Coast Ballet Company dancers perform pieces from The Nutcracker! Special appearances by the Nutcracker Prince, The Rat King, Clara, and The Sugar Plum Fairy!! Refreshments will be served.



### RESIDENT CHRISTMAS LUNCHEON Wednesday, December 13, 12 Noon

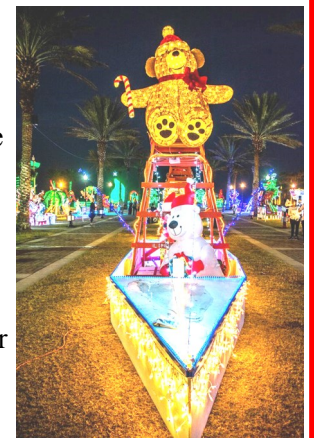
The Management and Staff of Pablo Towers and Suites are looking forward to hosting the Resident Christmas Luncheon again this year! Please join us on Wednesday, December 13th in the Café and let the staff serve you. Enjoy fellowship with your neighbors, and don't forget to get your gift before you leave! Hopefully, you will win a door prize, too!

Please sign up on the table in the Lobby if you plan to attend.

### FAMILY NIGHT AT DECK THE CHAIRS

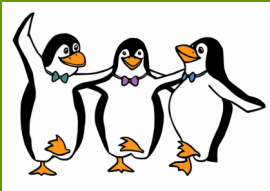
**Sunday, December 10, 4—8:00 PM**

Come join the staff and friends of Pablo Towers for hot chocolate and fun during Family Night at Deck the Chairs. The free event is held at Latham Plaza in downtown Jacksonville Beach. Once again our Maintenance Team has created a fun display . . . come cast your vote so we can win. Last year we won 2nd place!



### HOLIDAY CHRISTMAS PERFORMANCE by the students of NANCY DANCE STUDIO Monday, December 18 7:00 PM—8:30 PM

Make your plans now to attend this annual festive Christmas Party! The Nancy Dance students will entertain us with dancing, instrumental music and singing. Gifts will be provided by the students and their families to EVERY person who attends the party. NOTE: If you do not sign up to attend the party, you will NOT receive a gift.



Make sure to sign up on the table in the Lobby if you plan to attend!

### Please Note Changes to December Calendar

- Grandparents Getting Wired Computer Class will be held on Tuesday, December 5 and 12 at 10:00 AM. The December 19 class will be held, but there will be no assistance available for those with Apple devices such as Mac computers iPhones or Apple tablets. Only Android users can get assistance on that day.
- No Chair Exercise class on Thursday, December 7.
- No ALONE . . . Together meeting in December.
- Wii Bowling scheduled for Thursday, December 14
- Chair volleyball scheduled for Thursday, December 21
- No Yoga/Stretch or Chair Exercise classes for December 27 and 28.
- **Dr. Jane Burns will be here Friday, December 29, at 9:30 AM**

