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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

Beth Collins Himes
Service Coordinator

Lora Burton
Administrative Assistant

Priscilla Davis
Administrative Assistant

Travis McKenzie
Executive Chef

Jason Hopton
Sous Chef

Kayla Clayton
Café Cashier

Nell Barrow
Front Desk

Jim Parsons
Maintenance Supervisor

Daniel Deon
Maintenance Tech

John Ring
Maintenance Tech

Bryce Chastain
Maintenance Tech

Paul Pollard
Maintenance Tech

Donna Muenzer
Housekeeper

Bob Myers
Custodian

Melissa Gilreath
Executive Director

EHMC Corp

Debra Waters
Operations Manager
EHMC Corp

MAY 2018

ANOTHER FUN NIGHT AT THE TOWERS



Line dancing to live music, good food, young people and lots of laughing is a perfect recipe for another night of fun at The Towers.

The Interact Club of Fletcher High School held this Senior Prom night with a Western theme. Music was provided by The Blue Moon

Ramblers, sponsored by St. Paul's Episcopal Church, and the high schoolers joined in line dancing with our residents and friends.

As you can see by the pictures, most everyone joined in the fun with Western themed hats and clothes. But even if you're not one to "dress up" you can still join the fun. Pick a night, for example the Cinco de Mayo party in May, sign up in the Lobby, and show up for the fun. You won't be sorry.



WHAT'S IN MY CUP?

You are holding a cup of coffee when someone comes along and bumps into you, making you spill your coffee everywhere. Why did you spill the coffee? You spilled the coffee because there was coffee in your cup. Had there been tea in the cup, you would have spilled tea. The point is whatever is inside the cup is what will spill out. Therefore, when life comes along and shakes you (which will happen), whatever is inside you will come out. It's easy to fake it until you get rattled. So we have to ask ourselves, "What's in my cup?" When life gets tough, what spills out? Joy, gratefulness, peace and humility? Or do anger, bitterness, harsh words and reactions come out? You choose!

Today let's work towards filling our cups with gratitude, forgiveness, joy, words of affirmation, kindness, gentleness and love for others.

PABLO TOWERS AUXILIARY

NEW BINGO GAME BEGINS MAY 1

Beginning Tuesday, May 1, the first bingo game of the evening will be **LUCKY BINGO.**

You must be a resident to play **LUCKY BINGO.**



On May 1, every resident wanting to play Lucky Bingo will be given a free card.

Cards are \$0.50 each or 3 for \$1.00.

COME SEE WHAT ALL THE EXCITEMENT IS ABOUT!

**CINCO DE MAYO PARTY
Saturday, May 5, 11:30 AM**

Free to Auxiliary Members
\$5 for non-members and guests

Mexican-themed food
*Entertainment by
The Rockin' Robins*



RESIDENT BIRTHDAY PARTY

**Monday, May 21
6:00 PM**

All Residents are invited to come and celebrate with your friends.

Sponsored by Christ Episcopal Church



**MEMORIAL DAY COOKOUT
To Recognize our Veterans
Monday, May 28, 11:30 AM**

Guest Speakers

Ms. Jennifer Mackinday—Wounded Warrior Project
Master Chief Bill Houlihan—Command Master Chief of
Naval Station Mayport

Picnic Food will be served
Auxiliary Members & Residents—\$5.00
Guests—\$7.00

Proceeds to Benefit Wounded Warrior Project

HAPPY BIRTHDAY FRIENDS

Marion S	May 5
Shirley C	May 7
Mak S	May 8
Stelle F	May 8
Ed F	May 9
Myrna G	May 9
Evelyn W	May 10
Mary V	May 12
Kay S	May 13
Carlos R	May 16
Larisa P	May 19
Shirley F	May 21
Judy W	May 21
Betsy E	May 26
Dee L	May 29
Dwight P	May 29
Dan Z	May 31

**DONALD & JOAN
HOWELL
MILDRED WARD**



With Fond Memories

**SARA MIKELAIT
RALPH GUARIGLIA
BILL HEADLEY**

~ Save the Date ~

**THE PABLO PLAYERS
PRESENT**


"A Bowl Full of Cherries"

Saturday, June 9

Free, but \$ donations for costumes, etc. appreciated

**The Auxiliary Garage Sale
previously
scheduled for June 16 has been
cancelled. The Fall sale has not yet
been scheduled.**

~ MAY 2018 ~

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
		1 <u>WALKING GROUP</u> 10:00 AM <u>COMPUTER CLASS</u> <u>BOARD ROOM</u> 10:00 AM <u>FOOD DISTRIBUTION</u> 2:00 PM C.R. <u>BINGO—Lucky Bingo 1st</u> <u>Night</u> 6:00 PM C.R.	2 <u>BIBLE STUDY</u> <u>BOARD ROOM</u> 10:00 AM	3 <u>PEST CONTROL</u> Apts. Ending in 08 <u>DAN THE</u> <u>PRODUCE MAN</u> 9:00—11:00 AM <u>DEVOTIONS</u> 9:30 AM C.R. <u>WALKING GROUP</u> 10:00 AM <u>BP-APEX—LOBBY</u> 1:30 – 2:30 PM	4 <u>ONSITE</u> <u>DERMATOLOGY</u> 11:00 AM <u>BINGO</u> 6:00 PM C.R.	5 <u>SING ALONG</u> <u>WITH</u> <u>ALAN KERR</u> <u>LOBBY</u> 3:00 PM <u>CINCO de</u> <u>MAYO PARTY</u> 11:30 AM
6	7 <u>BP-APEX—LOBBY</u> 10 – 11:30 AM <u>EXERCISE</u> 11:00 AM C.R.	8 <u>NO COMPUTER CLASS</u> <u>WALKING GROUP</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.	9 <u>BIBLE STUDY</u> <u>BOARD ROOM</u> 10:00 AM <u>TRUTHS & MYTHS</u> <u>ABOUT BED BUGS</u> 2:30 PM	10 <u>PEST CONTROL</u> Apts. Ending in 09 <u>DEVOTIONS</u> 9:30 AM C.R. <u>WALKING GROUP</u> 10:00 AM <u>SCHWAN'S—BACK DOOR</u> 1:30—2:15 PM <u>BP-APEX—LOBBY</u> 1:30 – 2:30 PM	11 <u>LUNCH WITH ST.</u> <u>PAUL'S CATHOLIC</u> <u>SCHOOL STUDENTS</u> 12:00 NOON <u>ALONE ...</u> <u>TOGETHER</u> <u>BINGO</u> 6:00 PM C.R.	12
13	14 <u>BP-APEX—LOBBY</u> 10 – 11:30 AM <u>EXERCISE</u> 11:00 AM C.R.	15 <u>NO COMPUTER CLASS</u> <u>WALKING GROUP</u> 10:00 AM <u>FOOD DISTRIBUTION</u> 2:00 PM C.R. <u>BINGO</u> 6:00 PM C.R.	16 <u>BIBLE STUDY</u> <u>BOARD ROOM</u> 10:00 AM	17 <u>PEST CONTROL</u> Apts. Ending in 10 <u>DEVOTIONS</u> 9:30 AM C.R. <u>WALKING GROUP</u> 10:00 AM <u>BP-APEX—LOBBY</u> 1:30 – 2:30 PM	18 <u>DR. JANE BURNS</u> <u>With BURNS</u> <u>AUDIOLOGY and</u> <u>BALANCE</u> 9:30 AM <u>VENDOR FAIR</u> 11:00 AM—2:00 PM <u>BINGO</u> 6:00 PM C.R.	19
20 Happy Mother's Day!	21 <u>BP-APEX—LOBBY</u> 10 – 11:30 AM <u>EXERCISE</u> 11:00 AM C.R. <u>RESIDENT B-DAY</u> <u>PARTY</u> 6:00 PM	22 <u>WALKING GROUP</u> 10:00 AM <u>COMPUTER CLASS</u> <u>BOARD ROOM</u> 10:00 AM <u>FOOD DISTRIBUTION</u> 2:00 PM C.R. <u>BINGO</u> 6:00 PM C.R.	23 <u>BIBLE STUDY</u> <u>BOARD ROOM</u> 10:00 AM	24 <u>PEST CONTROL</u> Apts. Ending in 11 <u>DEVOTIONS</u> 9:30 AM C.R. <u>WALKING GROUP</u> 10:00 AM <u>SECURE CHOICES</u> <u>MEET & GREET</u> 10:00 AM—12 NOON <u>SCHWAN'S—BACK DOOR</u> 1:30—2:15 PM <u>BP-APEX—LOBBY</u> 1:30 – 2:30 PM <u>UNITED HEALTHCARE</u> <u>CATALOG</u> <u>ORDERING</u> <u>PARTY</u> 2:30 PM	25 <u>BOOK CLUB</u> 2:00 PM <u>BINGO</u> 6:00 PM C.R.	26
27	28 <u>MEMORIAL DAY</u> <u>COOKOUT</u> 11:30 AM 	29 <u>WALKING GROUP</u> 10:00 AM <u>COMPUTER CLASS</u> <u>BOARD ROOM</u> 10:00 AM <u>FOOD DISTRIBUTION</u> 2:00 PM C.R. <u>BINGO</u> 6:00 PM C.R.	30 <u>BIBLE STUDY</u> <u>BOARD ROOM</u> 10:00 AM	31 <u>PEST CONTROL</u> Apts. Ending in 12 <u>DAN THE</u> <u>PRODUCE MAN</u> 9:00—11:00 AM <u>WALKING GROUP</u> 10:00 AM <u>SENIORS WITH A</u> <u>MISSION</u> 9:30 AM <u>DEVOTIONS</u> 9:30 AM C.R. <u>BP-APEX—LOBBY</u> 1:30 – 2:30 PM		

OTHER HAPPENINGS AROUND THE TOWERS

SING ALONG WITH ALAN KERR

Saturday, May 5, 3:00 PM

Alan and his student, Bud Clark from Pablo Hamlet, will be entertaining in the Lobby this month. Join him to enjoy a wonderful afternoon of violin music and fun.

TRUTHS AND MYTHS ABOUT BED BUGS

Wednesday, May 9, 2:30 PM

Bed bugs are not a housekeeping or a sanitation issue. They are, however, a problem for both homes and businesses in Florida. Perhaps one of the most sensitive pest issues with which people may have to contend, a bed bug infestation can be both stressful, time consuming and expensive. Mr. Jerry Hall with McCall's Pest Control will be presenting a program to educate us on bed bugs. We encourage you to attend so you can recognize if these pesky critters hitchhike home with you in your suitcase.

LUNCH WITH ST. PAUL'S CATHOLIC SCHOOL STUDENTS

Friday, May 11, 12:00 Noon

The 8th grade students from St. Paul's Catholic School are coming to eat lunch with us and will be bringing you flowers! Chef Travis and the Pablo Towers' Café staff are planning a special meal for that day. Last year the students had such a delightful time here at the Towers. Please make plans NOW to have lunch with these positive, respectful and interesting students. They will brighten your day, and they can learn a lot from you.

ALONE . . . TOGETHER

Friday, May 11, 2:00 PM

You are not alone!!! Please plan to join this supportive discussion group facilitated by Sheila Harper, a counselor with Vitas Healthcare. Sheila will be sharing some helpful coping skills so that you learn how to address negative feelings and emotions. You will benefit from attending this group! This is a support group, and anything that is discussed will be kept confidential. Snacks and drinks will be served.

Tuesday and Thursday Morning Walks 10:00 A.M.

Does your doctor tell you to exercise regularly? Have you heard the term, "Use it or lose it?" Do you miss going out to walk, because of fear that you may fall? We invite you to join this group of residents that will walk around the block each Tuesday and Thursday morning. This group is for anyone that would like to get some exercise, sunlight, and fresh air. There will be residents to walk with those that need some assistance. Please meet in the breezeway facing 3rd Street on Tuesday, May 1st at 10:00 A.M.

PABLO TOWERS VENDOR FAIR

Friday, May 18, 11:00 AM—2:00 PM

It has been several years since we have had a vendor fair. Please mark your calendars now and plan to attend. The plans are in the works, but we hope that everyone will come by and enjoy this event! Watch for the flyers!!

SECURE CHOICES MEET & GREET

Thursday, May 24

10:00 AM to 12 Noon

In honor of Memorial Day, Rita Stanford, Licensed representative, will have a table set up in the Lobby of Pablo Towers to meet all our residents and to answer any insurance questions you may have. There will be light refreshments and raffles.

UNITED HEALTHCARE CATALOG ORDERING PARTY

Thursday, May 24, 2:30 PM

All residents who have these two healthcare plans, United Healthcare HMO and United Healthcare Dual Complete insurance plans are invited to attend this "party" to learn what benefits are available to you quarterly. Do you know that with the United Healthcare catalog, you can order over the counter products and equipment? Come meet with Rita Stanford with Secure Choices, and she will explain all the benefits and help you with your orders, so you can use your benefits. There will be light refreshments and coffee and beverages.

SENIORS WITH A MISSION

Thursday, May 31, 9:30 AM

Pablo Towers resident, Sue Heckert, has been volunteering with Seniors on a Mission, and she encourages you to join this group of active seniors who enjoy going out into the community to help others. The bus will pick up our Pablo Towers group at 9:30 AM and lunch will be provided. This is a great opportunity to serve others!! If you are interested in going or need additional information, please call Ellen Hopkins, Service Coordinator at 904-339-0061 or Seniors with a Mission at 904-551-4373.

Dan, "The Fruit & Vegetable Man"

FRESH PRODUCE

**Thursdays - May 3rd and 31st
9—11 AM Suites Side South Parking Lot**

SOMETIMES his wife will make:

\$2 BOILED PEANUTS

\$1 BANANA PUDDING

\$1 PINEAPPLE UPSIDE DOWN CAKES

Good produce at reasonable prices!

