



MONTHLY NEWSLETTER



SEPTEMBER 2018

NEW OPPORTUNITIES!

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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

Nell Barrow
Front Desk

Jim Parsons
Maintenance Supervisor

Daniel Deon
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

FIT AND FAB EXERCISE CLASS

Fit and Fab Exercise Classes are coming to Pablo Towers. We are excited to announce that starting in September, we will be offering morning exercise classes on **Mondays, Wednesdays, and Fridays from 9:00 AM to 10:30 AM**. The first exercise class will start on Monday, September 10 in the Community Room.

On Wednesday, September 5 at 2:30 PM, there will be Fit and Fab Exercise Demonstration Program. We invite you to attend this information meeting about the new exercise classes. The teachers will explain to you what they do in each thirty minute segment and the teachers will demonstrate what exercises they do during class. The teachers will be available to answer questions and to provide details about the classes. One of the teachers is our own fit and fab Joan Taylor, a resident of Pablo Towers. Come and see how you too can be fit and fab!

TAI CHI EXERCISE CLASS

Tai Chi is said to be one of the best exercises for us as we age. We are excited that MSA (Medical Services of America) is sponsoring this opportunity to have Tai Chi classes at Pablo Towers on **Wednesday, September 12 at 2:30 PM**. If you have questions about the class, please stop by the MSA Health Center on the 1st floor to speak with Jasmine Adriano, physical therapist, who will be teaching these classes each Wednesday afternoon. In September, classes will be held on the 12th and the 19th.

HURRICANE SEASON from a METEOROLOGIST'S PERSPECTIVE **Thursday, September 6, 2:00 PM**

We are excited to welcome John Gaughan, WJXT, Channel 4 Meteorologist, to Pablo Towers. John has been one of our local weathermen for many years and helped us through both Hurricane Matthew and Hurricane Irma with his accurate and to the minute broadcasts. Come to this informational program and meet John! Refreshments will be served.

TOWN HALL WITH the MAYOR and POLICE CHIEF **Monday, September 17, 2:00 PM**

How much do you know about what is happening in downtown Jacksonville Beach? Our Jacksonville Beach Mayor, Charlie Latham, and our Police Chief, Pat Dooley, are coming to discuss what is happening in our city, both the progress we have made and the problems we have. This is a good time to learn how we can make a difference. We hope that everyone will plan to attend. There will be a raffle and refreshments.

PABLO TOWERS AUXILIARY

**FASHION SHOW and TEA
SATURDAY, SEPTEMBER 15**

1:00 PM

Petunia Patch, together with our resident models, brings you an afternoon of fun. Bring your favorite fancy tea cup and enjoy a special Saturday afternoon.



**RESIDENT BIRTHDAY PARTY
Wednesday, September 19**

6:00 PM

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

Sponsored by The Jacksonville Beach Women's Club

**NOTE
DIFFERENT
DATE THIS
MONTH**

**OUR JACKSONVILLE BEACH POLICE
Personal Safety**

Wednesday, September 26, 2:30 PM



Our CAPE police will be presenting a program about how each of us should be aware of our surroundings and prepared when we leave our homes and go out into the community. Come learn important tips.

GENERAL AUXILIARY MEETING

Thursday, September 27

5:00 PM

Sloppy joes will be served at this meeting for all Auxiliary members. You can hear what's going on with your organization and enjoy time with your friends.

BINGO ROCKS

New 50/50 Game

in September

Tuesday night Bingo Returns

SAVE THE DATE

PABLO TOWERS & SUITES PRESENT A GALA NEW YEARS EVE PARTY FEATURING LIVE MUSIC/DANCING

with the Coconuts

"FAVORS" "DOOR PRIZES"

HEAVY HORS D'OEUVRES

HAPPY BIRTHDAY FRIENDS

- Fae Williams September 3
- Robert Parker September 3
- Sharon Judd September 6
- Elizabeth Wade September 10
- Brenda Tschida September 10
- Yuliy Chernyak September 10
- Carmen Garcia September 12
- Eloise Amos September 14
- Joan Ohler September 15
- Sharon O'Regan September 15
- Burt Sparks September 16
- Betty Randall September 17
- Ana Vrban September 19
- Ruth Corbitt September 19
- Betty Brannon September 20
- Felipa Guia September 20
- Susie Braswell September 21
- Sylvia Padgett September 21
- Mustafo Omerbashi September 24
- Ernie Panza September 25
- Michiko Brantley September 25
- Bobbie Ann Smith September 25
- Lorraine Smith September 27

Sylvia Stone



HE WILL BE MISSED

Rev. Peyton Hopkins, long-time friend and supporter of Pablo Towers, passed away on August 18.

COMING OCTOBER 6 @ 6:00 PM



"A BOWFUL OF CHERRIES"

The Saga Continues



As we promised—the wedding in Dog Patch, Kentucky. Don't miss it—funnier and crazier. Ya'll come see us now, ya hear. Free—Donations Appreciated.

~ SEPTEMBER 2018 ~

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
						1 <u>SING ALONG WITH ALAN KERR LOBBY</u> 3:00 PM
2 <u>Transport To Community Presbyterian Church</u> 10:30 AM	3 	4 <u>WALKING GROUP</u> 9:00 AM <u>COMPUTER CLASS BOARD ROOM</u> 10:00 AM <u>FOOD DISTRIBUTION</u> 2:00 PM C.R. <u>BINGO</u> 6:00 PM	5 <u>BIBLE STUDY BOARD ROOM</u> 10:00 AM <u>MSA OFFICE HOURS</u> 10:00 AM—1:00 PM <u>MSA BLOOD PRESSURE CLINIC LOBBY</u> 1:00—3:00 PM <u>FIT & FAB EXERCISE DEMONSTRATION PROGRAM</u> 2:30 PM	6 <u>PEST CONTROL</u> Apts. Ending in 12 <u>WALKING GROUP</u> 9:00 AM <u>DEVOTIONS</u> 9:30 AM C.R. <u>DAN THE PRODUCE MAN</u> 9:30—11:00 AM <u>JOHN GAUGHAN METEOROLOGIST</u> 2:00 PM	7 <u>ONSITE DERMATOLOGY</u> By Appointment 1-877-345-5300 <u>BOOK CLUB</u> 2:00 PM <u>BINGO</u> 6:00 PM C.R.	8
9 <u>GRANDPARENTS DAY</u> <u>Transport To Community Presbyterian Church</u> 10:30 AM	10 <u>BP-APEX—LOBBY</u> 10 – 11:00 AM <u>FIT & FAB</u> 9:00—10:30 AM <u>APEX CHAIR EXERCISE</u> 11:00 AM C.R. <u>RESIDENT COUNCIL MEETING</u> 3:30 PM	11 <u>WALKING GROUP</u> 9:00 AM <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	12 <u>FIT & FAB</u> 9:00—10:30 AM <u>MSA OFFICE HOURS</u> 10:00 AM—1:00 PM <u>BIBLE STUDY BOARD ROOM</u> 10:00 AM <u>MSA BLOOD PRESSURE CLINIC</u> 1:00—3:00 PM <u>TAI CHI</u> 2:30 PM	13 <u>PEST CONTROL</u> Apts. Ending in 13 <u>WALKING GROUP</u> 9:00 AM <u>DAN THE PRODUCE MAN</u> 9:30—11:00 AM <u>DEVOTIONS</u> 9:30 AM C.R. <u>SCHWAN'S—BACK DOOR</u> 2:00—2:30 PM	14 <u>DR. JANE BURNS With BURNS AUDIOLOGY and BALANCE</u> 9:30 AM <u>FIT & FAB</u> 9:00—10:30 AM <u>Wii BOWLING</u> 2:30 PM <u>BINGO</u> 6:00 PM C.R.	15 <u>AUXILIARY FASHION SHOW and TEA</u> 1:00 PM
16 <u>Transport To Community Presbyterian Church</u> 10:30 AM	17 <u>FIT & FAB</u> 9:00—10:30 AM <u>TOWN HALL</u> 3:00 PM	18 <u>WALKING GROUP</u> 9:00 AM <u>COMPUTER CLASS BOARD ROOM</u> 10:00 AM <u>FLU SHOT CLINIC</u> 11:00 AM—3:00 PM <u>FOOD DISTRIBUTION</u> 2:00 PM C.R. <u>BINGO</u> 6:00 PM	19 <u>FIT & FAB</u> 9:00—10:30 AM <u>MSA OFFICE HOURS</u> 10:00 AM—1:00 PM <u>BIBLE STUDY BOARD ROOM</u> 10:00 AM <u>MSA BLOOD PRESSURE CLINIC</u> 1:00—3:00 PM <u>TAI CHI</u> 2:30 PM <u>RESIDENT B-DAY PARTY</u> 6:00 PM	20 <u>PEST CONTROL</u> All Apts. In Suites Building <u>WALKING GROUP</u> 9:00 AM <u>DAN THE PRODUCE MAN</u> 9:30—11:00 AM <u>DEVOTIONS</u> 9:30 AM C.R.	21 <u>FIT & FAB</u> 9:00—10:30 AM <u>CHAIR VOLLEYBALL</u> 2:30 PM <u>BINGO</u> 6:00 PM C.R.	22 <u>FIRST DAY OF AUTUMN</u> 
23 <u>Transport To Community Presbyterian Church</u> 10:30 AM	24 <u>FIT & FAB</u> 9:00—10:30 AM <u>SENIORS WITH A MISSION</u> 9:15 AM <u>BP-APEX—LOBBY</u> 10 – 11:00 AM <u>APEX CHAIR EXERCISE</u> 11:00 AM C.R.	25 <u>WALKING GROUP</u> 9:00 AM <u>COMPUTER CLASS BOARD ROOM</u> 10:00 AM <u>FOOD DISTRIBUTION</u> 2:00 PM C.R. <u>BINGO</u> 6:00 PM	26 <u>FIT & FAB</u> 9:00—10:30 AM <u>MSA OFFICE HOURS</u> 10:00 AM—1:00 PM <u>BIBLE STUDY BOARD ROOM</u> 10:00 AM <u>MSA BLOOD PRESSURE CLINIC</u> 1:00—3:00 PM <u>PERSONAL SAFETY</u> 2:30 PM	27 <u>PEST CONTROL</u> Apts. Ending in 01 <u>WALKING GROUP</u> 9:00 AM <u>DEVOTIONS</u> 9:30 AM C.R. <u>GENERAL AUXILIARY MEETING</u> 5:00 PM	28 <u>FIT & FAB</u> 9:00—10:30 AM <u>ALONE... TOGETHER</u> 2:00 PM <u>BINGO</u> 6:00 PM C.R.	29
30 <u>Transport To Community Presbyterian Church</u> 10:30 AM						

OTHER HAPPENINGS AROUND THE TOWERS

Walgreens Flu Shot Clinic

Tuesday, September 18

11:00 AM—3:00 PM

It is time to prepare for the upcoming flu season! The flu shots will be given in the Wellness Center in the Suites building. Please note these instructions: There will be a signup sheet on the table in the lobby for you to sign up for an appointment. Once you sign up, you will be given a form to complete to bring with you to your appointment. If you have not signed up for an appointment, you may still come to the clinic for your flu shot. Please bring your Medicare card with you. This shot is covered by Medicare Part B. Additionally, if you are interested in also getting a pneumonia vaccine, please contact the pharmacy department at Walgreens at 904-241-5828 or contact Ellen Hopkins. This is necessary, so that the pharmacy can bring enough vaccines. While you are waiting, Ashley, the beauty consultant at Walgreens, will be available to do a moisture test to figure out your skin type and a makeup color match test.

Wednesdays from 1:00 to 3:00 P.M.

MSA (Medical Services of America)

**There will be a blood pressure clinics
in the Lobby**

Onsite Dermatology

Friday, September 7

If you would like an appointment, please call the Onsite Dermatology office at 1-877-345-5300 to make your appointment. It is important to schedule an appointment if you would like to be seen. Jennifer Tra, P.A. will be in the Wellness Clinic to meet with her scheduled appointment patients.

Dan, "The Fruit & Vegetable Man"

FRESH PRODUCE

September 6, 13 and 20

9:30—11:00 AM

Suites Side South Parking Lot

Good produce at reasonable prices!



Wii BOWLING

Wednesday, September 14, 2:30 PM

Good news!! Wii Bowling returns!! Did you know that playing Wii Bowling is good for your balance? Plan now to join Jasmine Adriano with MSA Home Health Care company. This is a fun activity that anyone can play, and you might just win the trophy!! If you have fallen or have balance concerns, come learn how this activity can improve your balance and reduce the chances of falling.

CHAIR VOLLEYBALL

Friday, September 21, 2:30 PM

Please plan to come to this entertaining, exciting, amusing class which is sponsored by MSA Home Health and will be facilitated by Jasmine Adriano, DPT. This is a great way to get exercise (which everyone needs to do). The game is played sitting down, so everyone is able to play. If you have never played Chair Volleyball and are a little timid or afraid to try, we encourage you to come and watch a game or two. Perhaps you will see that is just the activity for you and it is a great way to meet your neighbors. Snacks will be served.

SENIORS WITH A MISSION

Monday, September 24, 9:15 AM

We encourage 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 9:15 A.M., and lunch will be provided. Our group will be going to Salvation Army this month to assist the staff with some projects. 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.

ALONE . . . TOGETHER

Friday, September 28, 2:00 PM

Plan to join this supportive discussion group facilitated by a counselor with Vitas Healthcare. At this group, you can learn how to address frustrations, negative feelings and emotions. how to address the changes in your life, frustrations, 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.

VERY IMPORTANT MESSAGE

You will never receive an email or a telephone call from the Social Security Administration. If you receive an official-looking email, or a telephone call stating they are from the Social Security Administration, it is a SCAM.

Do not respond.