



MONTHLY NEWSLETTER



DECEMBER 2018

HAPPY HOLIDAYS TO EVERYONE

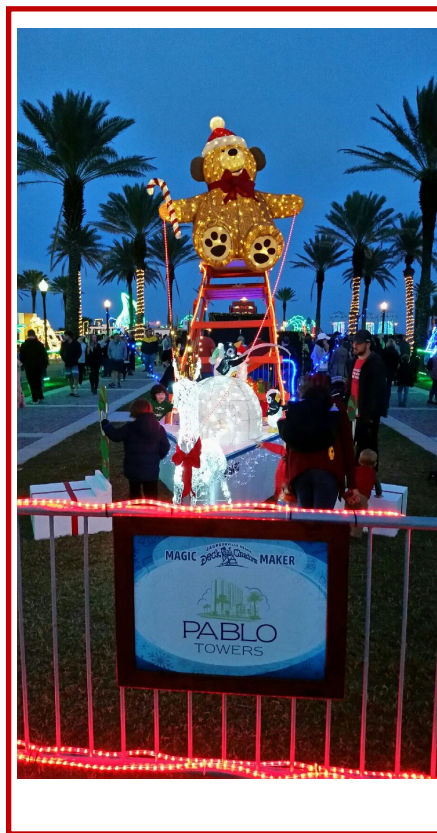
115 South Third Street
Jacksonville Beach, FL 32250

Telephone: 904-249-3866
Fax: 904-249-2011
1-800-955-8771/TTY
www.pablotowers.com
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
- Krystal Althouse**
Café Cashier
- 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
EHMCorp
- Debra Waters**
Operations Manager
EHMCorp

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!



Grab a friend and join the fun at Deck the Chairs in downtown Jax Beach any night from November 25 through January 1. Pablo Towers Maintenance Team has once again designed and assembled an award-winning chair that will delight young and old alike. Please come and cast your vote for our chair before Saturday, December 1. Our display is #11.

Be proud of your home and what it represents for the city of Jacksonville Beach.



PABLO TOWERS AUXILIARY

**ANNUAL TREE LIGHTING
SINGERS BY THE SEA
Friday, December 7, 4:30 PM**

The official start of the Pablo Towers Christmas season begins with a performance by Singers by the Sea. Singers by the Sea is a group of about 60 adults who love to sing in 4-part harmony. Their musical selections cover a broad spectrum, including Broadway show tunes, madrigals, spirituals, patriotic tunes, folk songs, and an occasional silly song. Generally they are accompanied by a pianist, but some pieces are sung a cappella. This presentation is sponsored by the St. Pauls by the Sea Episcopal Church. This presentation is followed by the lighting of our beautiful Christmas tree. Please sign up in the lobby to attend and usher in our Christmas season here at Pablo Towers and Suites. Refreshments will be served.

**CHRISTMAS DINNER
SUNDAY, DECEMBER 16
5:00 PM**



**\$8.00 Residents
\$16.00 Guests**

Tickets go on sale in the Lobby on December 3. Seating is limited—buy your ticket early.

**Resident Birthday Party Brunch
Wednesday, December 19, 9:30 AM**



**Children of Bethlehem
Lutheran Church pre-school will
entertain you!**
Please sign up in the Lobby to attend.

**New Year's Eve Party
Monday, December 31
8:30 PM—1:30 AM**

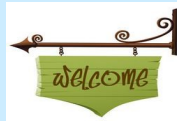
*Together We'll Ring in the New Year
And Paint the Town*

*Red,
Silver,
and Gold*

RSVP by December 1—RSVP box in Lobby

HAPPY BIRTHDAY FRIENDS

Packy	December 4
Charlotte G	December 4
Jim S	December 9
Mary Ann D	December 10
Mit P	December 12
Nancy B	December 13
Nora T	December 13
Alice Mc	December 14
Diana L	December 16
Violet M	December 20
Mildred W	December 21
Festa H	December 21
Bonnie M	December 22
Billie S	December 23
Peggy A	December 26
Sally M	December 27
Mary D	December 29
Alice G	December 30



**Bruce Anastasio
Janice Firman
Marie Hatley
Roseanne Parrotta**

With Fond Memories

Jean Wade





**PABLO TOWERS' CAFÉ
WILL BE CLOSED FRIDAY,
DECEMBER 14 for a staff function
and
DECEMBER 24—31 FOR STAFF
HOLIDAYS. Join us again on
January 2.**

**Dr. Norshae Robinson
Friday, December 14
Office Hours**

Dr. Norshae Robinson is a podiatrist with Total Foot Care and Wellness Clinic. If you would like to be seen in the Wellness Center in the Suites building, please call 904-513-8304 to schedule an appointment.

~ DECEMBER 2018 ~

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
		TUESDAY BINGO HAS BEEN SUSPENDED UNTIL FURTHER NOTICE DUE TO LACK OF PARTICIPATION	MSA OFFICE HOURS December 5, 12, 19 10:00 AM— 1:00 PM 904-998-4408			1
2 <u>Transport To Community Presbyterian Church</u> 10:30 AM	3 <u>FIT & FAB</u> 9:00—10:30 AM <u>BP-APEX—LOBBY</u> 10 – 11:00 AM <u>APEX CHAIR EXERCISE</u> 11:00 AM C.R.	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.	5 <u>FIT & FAB</u> 9:00—10:30 AM <u>BIBLE STUDY BOARD ROOM</u> 10:00 AM <u>MSA BLOOD PRESSURE CLINIC LOBBY</u> 1:00—3:00 PM <u>TAI CHI</u> 2:30 PM <u>THE NUTCRACKER BALLET</u> 4:30 PM	6 <u>PEST CONTROL</u> Apts. Ending in 10 <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>SCHWAN'S—BACK DOOR</u> 2:00—2:30 PM <u>HARVEST COMM. SCHOOL SR. CHORUS</u> 2:30 PM	7 <u>ONSITE DERMATOLOGY</u> By Appointment 1-877-345-5300 <u>FIT & FAB</u> 9:00—10:30 AM <u>Wii BOWLING</u> 2:30 PM - Lobby <u>CHRISTMAS TREE LIGHTING</u> 4:30 PM	8
9 <u>Transport To Community Presbyterian Church</u> 10:30 AM	10 <u>FIT & FAB</u> 9:00—10:30 AM <u>URINARY TRACT INFECTIONS</u> 3:00 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—LOBBY</u> 5:00—8:00 PM	12 <u>FIT & FAB</u> 9:00—10:30 AM <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 11 <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>RESIDENT HOLIDAY LUNCHEON</u> 12 NOON	14 <u>DR. NORSHAE ROBINSON OFFICE HOURS</u> <u>SENIORS ON A MISSION</u> 9:15 AM <u>FIT & FAB</u> 9:00—10:30 AM <u>BINGO</u> 6:00 PM C.R.	15 <u>CHRISTMAS CAROLING</u> 4:00 PM
16 <u>Transport To Community Presbyterian Church</u> 10:30 AM <u>AUXILIARY CHRISTMAS DINNER</u> 5:00 PM	17 <u>FIT & FAB</u> 9:00—10:30 AM <u>HOLIDAY CHRISTMAS PARTY—NANCY DANCE STUDIO</u> 7:00—8:30 PM	18 <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.	19 <u>RESIDENT BIRTHDAY PARTY</u> 9:30 AM <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	20 <u>PEST CONTROL</u> Apts. Ending in 12 <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>DR. JANE BURNS With BURNS AUDIOLOGY and BALANCE</u> 9:30 AM <u>CHAIR VOLLEYBALL</u> 2:30 PM <u>BINGO</u> 6:00 PM C.R.	22
23 <u>Transport To Community Presbyterian Church</u> 10:30 AM	24	25 	26 <u>BIBLE STUDY BOARD ROOM</u> 10:00 AM	27 <u>PEST CONTROL</u> Apts. Ending in 13 <u>WALKING GROUP</u> 9:00 AM <u>DEVOTIONS</u> 9:30 AM C.R.	28 <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	31 NEW YEAR'S EVE PARTY 8:30 PM— 1:30 AM					

OTHER HAPPENINGS AROUND THE TOWERS

Dan, "The Fruit & Vegetable Man"

FRESH PRODUCE

Thursdays in December except
12/27

9:30—11:00 AM

In the front of the Suites building

*Good produce at reasonable
prices!*



Wii BOWLING

Friday, December 7, 2:30 PM

CHRISTMAS CAROLING

SATURDAY, DECEMBER 15, 4:00 PM

The youth group of St. Paul's Catholic Church will be coming through our hallways singing Christmas carols.

When they and their leader come to your floor, please open up your door to welcome them, and enjoy the sounds of Christmas. The youth are planning to bring some treats for you. After caroling in the hallways, they may sing to everyone who is in the Lobby.

HOLIDAY CHRISTMAS PERFORMANCE BY THE STUDENTS OF NANCY DANCE STUDIO

Monday, December 17
7:00—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. The students and their families provide gifts and treats for 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!**



URINARY TRACT INFECTIONS: The effects of a UTI on the Older Adult Population

Monday, December 10, 3:00 PM

One of the many unseen, hard-to-detect dangers that older adults face today is urinary tract infections, more often known as UTI's. Though easily treatable, the symptoms of UTI's in an older adult can often mimic those of other more serious conditions. Please plan to attend this medical education program presented by Meredith Lewis with Sunbelt Visiting Primary Care. Meredith will explain why UTI's are more prevalent as we grow older and will explain the signs and symptoms of UTI's. For example, did you know that having a UTI can make you more prone to falling? Meredith will also discuss incontinence.

Refreshments will be served.

SENIORS ON A MISSION

Friday, December 14, 9:15 AM

This is a great volunteer activity for seniors to help others. This month, the volunteers will be going to Junior Achievement to make classroom kits for young people.

A Seniors on a Mission bus comes to pick up our residents to take them to the location. A delicious lunch is provided. The Junior Achievement program gives young people the knowledge and skills they need to own their economic success, plan for their futures, and make smart academic and economic choices.

THE NUTCRACKER BALLET

Wednesday, December 5,
4:30 PM



Come enjoy an afternoon of music and dance as the East Coast Ballet dancers perform pieces from The Nutcracker Ballet.

Refreshments will be served.

ALONE . . . TOGETHER

Friday, December 28, 2:00 PM

You are not alone! Plan to join this supportive discussion group facilitated by a counselor with Vitas Healthcare. 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.

CHAIR VOLLEYBALL

Friday, December 21, 2:30 PM

RESIDENT CHRISTMAS LUNCHEON

Thursday, December 13, 12:00 Noon

We invite you to attend our annual Resident Christmas Luncheon hosted by the staff at Pablo Towers and Suites. It will again be held in the Community Room.

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

