

SEPTEMBER 2024

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Jacksonville Beach, FL 32250

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www.pablotowers.com
Managed by Elderly Housing
Management Corporation

Staff Members

Mieshea Auguster
Property Manager

Donna Houston-Long
Finance Manager

Ellen Hopkins
Service Coordinator

Beth Collins Himes
Service Coordinator

Candice Trask
Administrative Assistant

Andrea Sausa
Front Desk

Jason Hopton
Kitchen Manager

Coats Wood
Sous Chef

Amber White
Cashier

Jim Parsons
Maintenance Supervisor

Bryce Chastain
Maintenance Tech

Blake Echhoff
Maintenance Tech

Michael Slabicki
Maintenance Tech

Donna Muenzer
Housekeeper

Louis Charrier
Custodian

Elderly Housing
Management
Corporation

Debra Waters
Executive Director
EHMCorp

IMPACT JAX DAY OF SERVICE

Saturday, September 30th

For years, Chets Creek Church has been sending volunteers to Pablo Towers to do a day of service every fall. Volunteers from Chets Creek Church will be coming to Pablo Towers to help you with household tasks that are hard for you to do. Start thinking now about what these wonderful volunteers can do to help you around your home. Here are some of the acts of service that they did in the past: turned mattresses, changed sheets, cleaned the kitchen floor, cleaned appliances (stoves and refrigerators), washed the sliding glass doors, helped to get items off high shelves, took residents' donations to Hope's Closet, and more.

An information sheet will be left on your doors. If you are interested in participating, please complete this sheet by writing down how these volunteers can help you. Please turn in your completed form at the front desk. The details, including what time they are coming, are still being worked out. The information sheet will be left on your door in the 2nd week of September.



VACCINE CLINIC

Walgreens Flu, Covid, RSV, Pneumonia & Shingles

**Tuesday, September 17th from 10:00 A.M. to 2:00 P.M.
in the Wellness Center**

Walgreens pharmacy staff will be administering vaccination shots on Tuesday, September 17th. Walgreens recommended we delay the clinic until the end of September, as the vaccines, especially with flu vaccines, will be most effective if they are received in late September/early October. Flu season usually starts in October and ends by early May with the peak season occurring some time between December and March. If you would like to get your vaccine(s) at Pablo Towers, please sign up in the lobby for an appointment time and mark the vaccines you would like to receive. If you want a pneumonia or shingles vaccine on this day, you need to call Walgreens at 904-241-5828 to schedule these two specific vaccines.

- 1) **Sign up for an appointment time on the sign-up sheet.**
- 2) **Please indicate which vaccines you want to receive:
Flu, Covid, &/or RSV.**
- 3) **Call Walgreens if you want a pneumonia and/or a shingles vaccine.**
- 4) **Bring your health insurance card(s) & photo identification to your appointment.**

PABLO TOWERS AUXILIARY



Labor Day Cookout Monday, September 2nd at 12:00 pm

All residents of Pablo Towers are welcome to attend the cookout. Tickets are \$8 for members and \$10 for non-members.

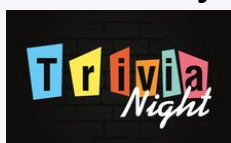
Auxiliary Dance Night Sundays, September 8th, 15th, 22nd and 29th 6:00 P.M. to 8:00 P.M.

Dancing featuring Music Man Rey and Hostess Joyce Woods.



Trivia Night

Wednesdays, September 4th, 11th, 18th & 25th
at 6:00 P.M.



Come enjoy some trivia where you can show what you know and learn something new!

BINGO

Thursdays, September 5th and 12th
Doors Open 5:00 P.M., Starts 6:00 P.M.

Resident Birthday Party

Monday, September 16th at 6:00 P.M.

This month's birthday celebration is sponsored by St. Paul's Catholic Church. Everyone is invited to come and enjoy fellowship, food & entertainment!

Auxiliary Quarterly Meeting

Thursday, September 26th at 5:00 PM

Come to the Auxiliary's Quarterly Meeting where we will discuss upcoming events and activities. Pizza will be served.

*Welcome to the Auxiliary Board's
new Secretary - Sara Schiesser*

SAVE THE DATE

Auxiliary Fall Bazaar

Saturday, October 12th

Check the Auxiliary Bulletin Board
beside the elevator for more details.

HAPPY ANNIVERSARY



September 3rd
Bill & Sally Morgan

September 8th
Don & Joan Howell

happy birthday

Robert Parker.....	September 3
Fae Williams.....	September 3
Sharon Judd.....	September 6
Margaret Key.....	September 8
Yuliy Cherynak.....	September 10
Sandra Wilson.....	September 11
Angie Garcia.....	September 12
Eloise Amos.....	September 14
Joan Ohler.....	September 15
Sharon O'Regan.....	September 15
Timothy Slobodian.....	September 15
Ginger Tippens.....	September 16
Ester Monti.....	September 17
Betty Randall.....	September 17
Candy Breakfield.....	September 18
Marilyn Carlson.....	September 19
Barbara Papineau.....	September 19
Ana Vrban.....	September 19
Francisco Monti.....	September 20
Susie Braswell.....	September 21
Sylvia Padgett.....	September 21
Sara Smith.....	September 22
Mustafa Omerbashi.....	September 24
Michiko Brantley.....	September 25
Bill Girgis.....	September 25
Deborah Holt.....	September 25

Welcome

Julia Folger
Barbara Papineau
Anne Taylor
Diann Thompson



**Thomas
Fitzpatrick**



**WITH FOND
MEMORIES**
Sue Shepherd

OTHER HAPPENINGS AROUND THE TOWERS



A DEEPER DIVE INTO HYPERTENSION

Friday, September 20th at 2:30 P.M.



Having hypertension or high blood pressure seems to be too common as we grow older. But why is that? What is hypertension? Do you know the causes of hypertension? Did you know that there are serious consequences with having high blood pressure? What can be done to address this problem? How can hypertension be controlled? Is medication the only way to deal with it? This program will be an in-depth educational presentation given by Martiza James, Community Liaison with Hospice of Florida. Heart healthy refreshments will be provided.



PRICE IS RIGHT

Friday,
September 13th
at 2:30 P.M.

Have you enjoyed watching The Price is Right on television over the years? Well, this is your opportunity to play the game and possibly win some prizes!! Make sure to mark your calendars now to attend. This program is hosted by Concierge Home Care. Candice Smith, Account Executive for Concierge Home Care, will be the host of their version of The Price is Right. There will be prizes and tasty refreshments to enjoy and much laughter and fun. We hope to see you there!



2024 GENERAL ELECTION

Monday, October 7th: This is the deadline to register to vote or to change your party affiliation.

If you don't want to register to vote online, you can apply at any of the following locations:

- Any Supervisor of Elections' office (by mail or in-person)
- Any office that issues Florida Driver's Licenses or Florida ID (identification) cards
- The Florida Department of Highway Safety and Motor Vehicle's online system for renewing a Florida DL or Florida ID
- Any voter registration agency such as a public assistance office
- Any public library



For more information, please see the flyer on the Community Bulletin Boards in the hallway across from the Exercise Room & in the Laundry Room.



BOOTS & BLING Celebrating MSA's 6th Anniversary at Pablo Towers

Friday, September 6th at 5:00 P.M.

We have been so fortunate to have had MSA Home Health as a part of our Pablo Towers family for six years now. Their office is conveniently located in the Towers building just past the Exercise Room. MSA provides nursing services and different therapy services, as well as Chair Volleyball, Wii Bowling, Stretch and so much more.


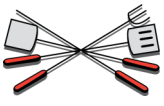




To celebrate this 6th anniversary, the staff of MSA Home Health invites you to come to a good ole hoedown. Wear your western attire if you wish (not required) and plan to enjoy a delicious feast of BBQ pulled pork, sides and desserts. There will be country music and line dancing. We will have a darn tooting good time!! Y'all come!



MSA Home Health



~ SEPTEMBER 2024 ~

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
<p>1</p> 	<p>2</p> <p>LABOR DAY</p> <p><u>AUXILIARY LABOR DAY COOKOUT</u> 12:00 PM</p> 	<p>3</p> <p><u>GRANDPARENTS GETTING WIRED</u> By Appointment</p> <p><u>BLOOD PRESSURE CLINIC</u> 1:00-3:00 PM</p> <p><u>EXERCISE TO MUSIC</u> 3:00 PM</p>	<p>4</p> <p><u>BIBLE STUDY</u> 10:00 AM</p> <p><u>TAI CHI WITH PAT</u> 2:30 PM</p> <p><u>AUXILIARY TRIVIA NIGHT</u> 6:00 PM</p>	<p>5</p> <p><u>PEST CONTROL</u> Apts. Ending in 03</p> <p><u>DEVOTIONS</u> 10:00 AM</p> <p><u>DAN THE PRODUCE MAN</u> 10 AM—12 PM</p> <p><u>EXERCISE TO MUSIC</u> 2:30 PM</p> <p><u>BINGO</u> 5:00 PM</p>	<p>6</p>  <p><u>MSA BOOTS & BLING PARTY</u> 5:00 PM</p>	<p>7</p> <p><u>DIAL A RIDE WALMART SHOPPING</u> 11:30 AM By Appt. 904-246-1477</p>
<p>8</p> <p>GRANDPARENTS DAY</p> <p><u>AUXILIARY DANCE NIGHT</u> 6:00 PM</p>	<p>9</p> <p><u>STRETCH CLASS</u> 10:00 AM</p> <p><u>CHAIR VOLLEYBALL</u> 2:30 PM</p>	<p>10</p> <p><u>GRANDPARENTS GETTING WIRED</u> By Appointment</p> <p><u>BLOOD PRESSURE CLINIC</u> 1:00-3:00 PM</p> <p><u>EXERCISE TO MUSIC</u> 3:00 PM</p>	<p>11</p> <p>PATRIOT DAY</p>  <p><u>BIBLE STUDY</u> 10:00 AM</p> <p><u>TAI CHI WITH PAT</u> 2:30 PM</p> <p><u>AUXILIARY TRIVIA NIGHT</u> 6:00 PM</p>	<p>12</p> <p><u>PEST CONTROL</u> Apts. Ending in 04</p> <p><u>DEVOTIONS</u> 10:00 AM</p> <p><u>DAN THE PRODUCE MAN</u> 10 AM—12 PM</p> <p><u>EXERCISE TO MUSIC</u> 2:30 PM</p> <p><u>BINGO</u> 5:00 PM</p>	<p>13</p> <p><u>ONSITE DERMATOLOGY</u> Wellness Center By Appointment Only</p> <p>877-345-5300</p> <p><u>THE PRICE IS RIGHT</u> 2:30 PM</p>	<p>14</p>
<p>15</p> <p><u>AUXILIARY DANCE NIGHT</u> 6:00 PM</p>	<p>16</p> <p><u>Wii BOWLING</u> 2:30 PM</p> <p><u>IN-HOUSE SHOPPING</u> 3:30-5:30 PM</p> <p><u>RESIDENT BIRTHDAY PARTY</u> 6:00 PM</p>	<p>17</p> <p><u>GRANDPARENTS GETTING WIRED</u> By Appointment</p>  <p><u>VACCINE CLINIC</u> 10:00 AM-2:00 PM Wellness Center</p> <p><u>BLOOD PRESSURE CLINIC</u> 1:00-3:00 PM</p> <p><u>EXERCISE TO MUSIC</u> 3:00 PM</p>	<p>18</p> <p><u>BIBLE STUDY</u> 10:00 AM</p> <p><u>AUXILIARY TRIVIA NIGHT</u> 6:00 PM</p>	<p>19</p> <p><u>PEST CONTROL</u> Apts. Ending in 05</p> <p><u>DEVOTIONS</u> 10:00 AM</p> <p><u>DAN THE PRODUCE MAN</u> 10 AM—12 PM</p>	<p>20</p> <p><u>DR. DIANDRA GORDON Podiatrist</u> By Appointment</p> <p>904-534-7061</p> <p><u>TRAVELING JEWELER</u> 10 AM to 2 PM</p> <p><u>A DEEPER DIVE INTO HYPERTENSION</u> 2:30 PM</p>	<p>21</p> <p><u>DIAL A RIDE WALMART SHOPPING</u> 11:30 AM By Appt. 904-246-1477</p>
<p>22</p> <p>FIRST DAY OF AUTUMN</p>  <p><u>AUXILIARY DANCE NIGHT</u> 6:00 PM</p>	<p>23</p> <p><u>STRETCH CLASS</u> 10:00 AM</p> <p><u>CHAIR VOLLEYBALL</u> 2:30 PM</p>	<p>24</p> <p><u>GRANDPARENTS GETTING WIRED</u> By Appointment</p> <p><u>BLOOD PRESSURE CLINIC</u> 1:00-3:00 PM</p> <p><u>EXERCISE TO MUSIC</u> 3:00 PM</p>	<p>25</p> <p><u>BIBLE STUDY</u> 10:00 AM</p> <p><u>BURNS AUDIOLOGY CLINIC</u> 2:00-4:00 PM</p> <p><u>TAI CHI WITH PAT</u> 2:30 PM</p> <p><u>AUXILIARY TRIVIA NIGHT</u> 6:00 PM</p>	<p>26</p> <p><u>PEST CONTROL</u> Apts. Ending in 06</p> <p><u>DEVOTIONS</u> 10:00 AM</p> <p><u>DAN THE PRODUCE MAN</u> 10 AM—12 PM</p> <p><u>ZUMBA</u> 2:30 PM</p> <p><u>AUXILIARY QUARTERLY MEETING</u> 5:00 PM</p>	<p>27</p> <p><u>ALONE... TOGETHER</u> 1:30 PM</p>	<p>28</p> <p><u>IMPACT JAX SERVE DAY</u> 9:00 AM to 12:00 PM</p>
<p>29</p> <p><u>AUXILIARY DANCE NIGHT</u> 6:00 PM</p>	<p>30</p> <p><u>Wii BOWLING</u> 2:30 PM</p>	