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Managed by Elderly Housing
Management Corporation

JANUARY 2025

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

EHMC Corp

November is a month of gratitude, December is a month of giving, and this January we want to express our appreciation for our community volunteers. The people who volunteer at Pablo Hamlet and Suites give to our residents throughout the year. Some to them come in their role as a paid professional; however, the majority of them are donating their time to you. They all come with a caring spirit and desire to make a difference in the lives of others. We thank them for who they are and what they do to contribute to our community.

Warren, Mary and Christa with Grandparents Getting Wired, are at your service to help you with your devices (phones, tablets, laptops) with great patience. Our Pablo Café volunteers provide an extra level of service and we are grateful for George, Dave, Terri and Janey.

There are a variety of exercise opportunities led by volunteers. Jeremiah from MSA (Medical Services of America) leads Stretch Class, Wii Bowling and Chair Volleyball. Pat leads Tai Chi. Janet leads Zumba. Also helping with your health is Dan the Produce Man who comes weekly with fresh vegetables and fruits for sale. Shirley, with MSA in early 2024 and now with Hospice of Florida, provided a Blood Pressure Clinic. Unfortunately this service is ending, but we appreciate that many received a helpful blood pressure check each week in the lobby in 2024.

Monthly, we have healthcare providers offer appointments in the Wellness Center: Kim from On-Site Dermatology, podiatrist Dr. Gordon and audiologist, Dr. Jane Burns.

Spiritual and emotional health are nurtured by Patrick from Vitas who facilitates a monthly Alone...Together support group. Thursday Devotions are faithfully led by Barbara from Beach Church, Rusty Benton or Robert McCrary from Community Presbyterian Church, various volunteers from One Church, John Dawson from Christian Compassion Ministries and Ed Irish from Vilano Beach Christian Church.

Please offer a thank you to these volunteers the next time you see them!

DOOR DECORATING WINNERS

Most Artistic: Terry Sanni, Apt. 1009

Most Nostalgic: Vicki Cartee, Apt. 712

Most Beachy Fun: Bev Justin, Apt. 1306

Most Interactive: Brenda Reed, Apt. 1503

We hope you had fun decorating and enjoyed each others' Christmas and holiday cheer.

THANK YOU!!!

WE WANT TO SAY
THANK YOU FOR ALL OF
THE CHRISTMAS CARDS,
GIFTS, AND TREATS
THAT WE RECEIVED.

The Pablo Towers & Suites



From the Manager's Desk: I hope everyone had a truly awesome holiday. My first reminder of the New Year is to be mindful that there is a designated area for smoking in the back corner near the Café Patio (covered area). The apartment patio/balcony is NOT designated for smoking and/or vaping of any sort. Please be courteous to your neighbors.

PABLO TOWERS AUXILIARY



BINGO

Thursdays, Jan. 2nd, 9th, 16th & 30th
Doors Open 5 P.M., Starts 6 P.M.

Dance Club

Mondays, January 13th & 27th at 5:30 P.M.

Fun and dancing featuring Music by Rey.



Resident Birthday Party

Monday, January 20th at 6:00 P.M.



We hope that everyone will come to help celebrate our January birthdays with First Christian Church. Please sign up in the lobby if you plan to attend.

Auxiliary Quarterly Meeting

Thursday, January 23rd at 5:00 P.M.

All Auxiliary members are invited to come to our Quarterly Meeting. Refreshments will be served.

THANK YOU for your DONATIONS to the WOLFSON CHILDREN'S HOSPITAL TOY DRIVE

New toys and gifts were delivered to Wolfson's Children's Hospital in December. Thank you to everyone who donated as the staff at the hospital really appreciated the gifts for their patients.



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

**Resident Council Meeting
Tuesday, January 7th at 2:30 PM**

The Resident Council is a tenant organization formed for the purpose of addressing issues related to our living environment independent of management and the Board of Directors. Resident Council Meetings give members an opportunity to hear their concerns addressed. Residents may also offer suggestions during the open comment portion of the meeting.

The Floor Representatives are liaisons with the Council. You may submit issues and ideas to them or place them in the suggestion box located on the table outside of the library.

As a reminder to the Floor Representatives, please update Colette on any issues or concerns by Tuesday, December 31st, in order to be included on the agenda. We would appreciate your coming to this Resident Council meeting.

Thank you for your interest.



Barbara Gordon	January 1
Mary Lou Geary	January 2
Pamela Kendrick	January 2
Linda Durrin	January 3
Richard Miller	January 12
Pilar Picornell	January 12
George Pringle	January 12
Carolyn Martens	January 15
Linda Sanders	January 15
Claudette Stokes	January 15
Joan Taylor	January 17
Luz Seran	January 18
Vicki Cartee	January 19
Marci Busch	January 22
Pat Carter	January 22
Lucy Cruz	January 26
Lois Baxter	January 28
Jack Downing	January 31



**January 7th
Fifi Mikhail &
Bill Girgis**



**Stephanie O'Neal
Priscilla Escalante**



**WITH FOND
MEMORIES**

Marti Miller



**Pablo Café
will reopen on
Thursday, January 2nd.**

OTHER HAPPENINGS AROUND THE TOWERS

As a new year begins, perhaps one of your new year's resolutions is to learn something new, get more exercise, make new friends or nurture current friendships. If you've been saying, "some day I'll go to..." make January 2025 the month you show up and check it out!

EXERCISE CLASSES

MONDAYS with MSA

STRETCH CLASS

January 6th & 20th at 10:00 AM

Wii BOWLING

January 6th & 20th at 2:30 PM

CHAIR VOLLEYBALL

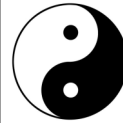
January 13th & 27th at 2:30 PM



Jeremiah leads these activities where the focus is fun, exercise and laughter!

EXERCISE TO MUSIC Tuesdays at 3:00 PM and some Thursdays at 2:30 PM

Come move to some fun music!



TAI CHI with PAT Wednesday, January 8th at 2:30 PM

Pat will be back more regularly on Wednesdays in February.

ZUMBA/EXERCISE TO LATIN MUSIC Thursdays Jan. 9th & 30th at 2:30 PM

Janet leads this class where all levels are welcome!



WEEKLY PROGRAMS

GRANDPARENTS GETTING WIRED COMPUTER AND TECHNOLOGY ASSISTANCE PROGRAM Tuesday mornings by appointment only



Warren, Mary & Christa come weekly to help you with your questions & problems with your cell phones, tablets & laptops. Please sign up in the Lobby.

The following visiting medical professionals require an appointment for residents to be seen here at Pablo Towers and Suites.

ONSITE DERMATOLOGY Friday, January 10th Wellness Center

OnSite
DERMATOLOGY

Please call 1-877-345-5300 for an appointment.

DR. DIANDRA GORDON, Podiatrist Friday, January 17th Wellness Center



Please call 904-534-7061 for an appointment.



BIBLE STUDY

Wednesdays
at 10:00 AM

In the Board Room in the Suites

DEVOTIONS

Thursdays at 10:00 AM
In the Community Room

Pastors and lay ministers from our sponsoring churches will be providing the messages each week.



BURNS AUDIOLOGY CLINIC Wednesday, January 22nd 2:00-4:00 PM Wellness Center



Dr. Jane Burns provides audiology wellness checks. If you have any questions about your hearing or hearing aides, please plan to come see Dr. Burns. This is a first-come, first-serve clinic with no appointments.

Dan, "The Produce Man" Thursdays from 11:30 am to 1:30 pm In the Breezeway

A wide variety of IN SEASON
FRUITS and VEGETABLES
at GREAT prices!





ALONE . . . TOGETHER FRIDAY, JAN. 24th at 1:30 P.M. Board Room in the Suites

You are not alone! Please plan to join this supportive discussion group led by Patrick Connolly, a chaplain and counselor with Vitas Healthcare.

VITAS

~ JANUARY 2025 ~

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
			1 NEW YEAR'S DAY PABLO CAFÉ CLOSED	2 PEST CONTROL Apts. Ending in 06 DEVOTIONS 10:00 AM EXERCISE TO MUSIC 2:30 PM BINGO 5:00 PM	3	4 DIAL A RIDE WALMART SHOPPING 11:00 AM By Appt. 246-1477
5	6 STRETCH CLASS 10:00 AM Wii BOWLING 2:30 PM	7 GRANDPARENTS GETTING WIRED By Appointment Apple products only RESIDENT COUNCIL MEETING 2:30 PM	8 BIBLE STUDY 10:00 AM TAI CHI WITH PAT 2:30 PM	9 PEST CONTROL Apts. Ending in 07 DEVOTIONS 10:00 AM DAN THE PRODUCE MAN 11:30 AM—1:30 PM ZUMBA 2:30 PM BINGO 5:00 PM	10 ONSITE DERMATOLOGY Wellness Center By Appointment Only 877-345-5300	11
12	13 CHAIR VOLLEYBALL 2:30 PM AUXILIARY DANCE CLUB 5:30 PM	14 GRANDPARENTS GETTING WIRED By Appointment EXERCISE TO MUSIC 3:00 PM	15 BIBLE STUDY 10:00 AM	16 PEST CONTROL Apts. Ending in 08 DEVOTIONS 10:00 AM DAN THE PRODUCE MAN 11:30 AM—1:30 PM EXERCISE TO MUSIC 2:30 PM BINGO 5:00 PM	17 DR. DIANDRA GORDON Podiatrist By Appointment 904-534-7061	18 DIAL A RIDE WALMART SHOPPING 11:00 AM By Appt. 246-1477
19	20 MARTIN LUTHER KING DAY STRETCH CLASS 10:00 AM Wii BOWLING 2:30 PM IN-HOUSE SHOPPING 3:30-5:30 PM RESIDENT BIRTHDAY PARTY 6:00 PM	21 GRANDPARENTS GETTING WIRED By Appointment EXERCISE TO MUSIC 3:00 PM	22 BIBLE STUDY 10:00 AM BURNS AUDIOLOGY CLINIC 2:00-4:00 PM	23 PEST CONTROL Apts. Ending in 09 DEVOTIONS 10:00 AM DAN THE PRODUCE MAN 11:30 AM—1:30 PM EXERCISE TO MUSIC 2:30 PM AUXILIARY QUARTERLY MEETING 5:00 PM	24 ALONE TOGETHER 1:30 PM	25
26	27 CHAIR VOLLEYBALL 2:30 PM AUXILIARY DANCE CLUB 5:30 PM	28 GRANDPARENTS GETTING WIRED By Appointment EXERCISE TO MUSIC 3:00 PM	29 BIBLE STUDY 10:00 AM	30 PEST CONTROL Apts. Ending in 10 DEVOTIONS 10:00 AM DAN THE PRODUCE MAN 11:30 AM—1:30 PM ZUMBA 2:30 PM BINGO 5:00 PM	31	