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Candice Trask
Administrative Assistant

Andrea Sausa
Front Desk

Jason Hopton
Kitchen Manager

Coats Wood
Sous Chef

Layza Cabanlong
Cashier

Jim Parsons
Maintenance Supervisor

Bryce Chastain
Maintenance Tech

Blake Echhoff
Maintenance Tech

Michael Slabicki
Maintenance Tech

Warren Watkins
Maintenance Tech

Donna Muenzer
Housekeeper

Louis Charrier
Custodian

**Elderly Housing
Management
Corporation**

Debra Waters
Executive Director
EHMCorp

MONTHLY NEWSLETTER APRIL 2025

COME CHAT WITH MARITZA!! **BRING YOUR HEALTHCARE QUESTIONS** **THURSDAY, APRIL 17th AT 2:30 P.M.**

GREAT NEWS!!!! Our friend, Maritza James, will be here to discuss a variety of healthcare subjects, so bring your healthcare questions! Maritza is a trusted healthcare provider and educator who has presented a variety of programs at Pablo Towers over the years. Maritza has also hosted some fabulous parties for us. Because we had the opportunity to get advance directives and simple wills completed in March with Jacksonville Area Legal Aid, questions arose that need to be answered. Maritza will discuss how to recognize when someone may need to move to an assisted living facility or a skilled nursing facility. She will also discuss the difference in Medicaid for healthcare and Community Medicaid for long term care. Come enjoy an afternoon with Maritza. She will be bringing tasty refreshments for you to enjoy.

ARE YOU INTERESTED IN MAKING A DIFFERENCE IN YOUR COMMUNITY? **FRIDAY, APRIL 11th AT 2:30 P.M.**

Do you like helping others? Have you ever volunteered to make a difference in people's lives? Do you think that our local hospital is only a place that you go when you are ill? Our local hospital is much more!! We invite you to attend this educational program, so you can learn about opportunities to make new friends and help others. We welcome John Hourihan, the Baptist Beaches Auxiliary president. John will tell you about our local hospital and the opportunities that are available for you to help others in their time of need. We hope you will take the time to attend this valuable and informative program.

PABLO TOWERS AUXILIARY NEWS!

DANCE CLUB

Tuesdays, April 1st, 8th, 15th, 22nd, & 29th at 5:30 P.M.

Dancing, fun and music by Rey.

BINGO

Thursdays, April 3rd, 10th, 17th, & 24th

Doors open at 5:00 P.M. BINGO starts at 6:00 P.M.

RESIDENT BIRTHDAY PARTY

Monday, April 21st at 6:00 P.M.

We hope that everyone will come to celebrate our residents who have April birthdays with our friends from Community Presbyterian Church. Why not invite a resident with an April birthday to go to the party with you or invite a neighbor to come? Please sign up in the lobby if you plan to come.

*******UPCOMING IN MAY*******

DERBY FASHION SHOW AND TEA PARTY

Saturday, May 3rd at 2:00 P.M.

We are excited to host a fashion show presented by Peggy Johnson from the Petunia Patch. This is a free event.

We need 10 to 12 volunteers to be models and helpers.

Please wear your Derby style hat (optional) and bring your fancy teacup for our tea party. Tea, coffee, cookies will be served. There will be a prize for the most original hat.

Raffle tickets for prizes will be sold: 6 tickets for \$5.00. A signup sheet will be in the lobby for those who want to model and help. There will also be a signup sheet if you plan to attend this fun event.

AFRICAN HAND DRUMMING

Friday, April 25th at 2:30 P.M.

In this 1 hour & 15-minute session, we will acquire basic drum language and learn 4 rhythms you will be able to play credibly in any African drum circle in the world. If your hands are delicate or you use them for your work, we will bring shakers for you. Carolyn Aidman will be instructing this class. A main tenet of Carolyn's tradition is to "take time with the newcomer". Questions?

Call Carolyn at 678-472-5858.

Happy Birthday!

Maya Teper	April 1
Mary Rexford	April 1
Joanne Morand	April 7
Sue Casper	April 7
Nickolay Kovalenko	April 7
Jim Haislip	April 11
Marie Singleton	April 14
Nancy Boylan	April 16
Beverly Fountain	April 18
Hsiu Kao	April 22
Suzanne Ferrell	April 23
Fran Hackett	April 30
Sister Joan Gabbin	April 30

WELCOME!

William and Brenda Collins

Karen O'Regan

Micheline Heller

IN-HOME SHOPPING

Monday, April 14th

3:30 to 5:30 P.M.

The purpose of this creative event is to help our residents find gifts for their family, friends, or themselves without having to leave Pablo Towers and Suites; hence the name "In-Home Shopping". We hope that you will come on April 14th to see what our artists and crafters have displayed.

GREAT NEWS!!!

Our Wells Fargo Bank Branch at 233 North 3RD Street is **NOT** going to close! If you have an account there, you do not need to change your bank.

BLOOD PRESSURE CLINIC
MONDAYS FROM 12:00-2:00 P.M.

Do you need your blood pressure checked accurately?
Roslind Slevin will be providing blood pressure checks each week. Roslind is a new resident and a nurse practitioner. If you would like to have your blood pressure checked, be sure to come to the Lobby between 12:00-2:00 P.M. on Mondays!

CONFESSIONS FOR LENT
WEDNESDAY, APRIL 9th FROM 10:30 A.M.-12:00 P.M.

Father Maurice Culver of St. Paul's Catholic Church will be available to hear your confessions during this time. You can meet with him privately in the Wellness Center. We ask you to wait in the hallway, and Father Maurice will let you know when to come into the office to meet with him.

CHATting WITH KELLIE
WEDNESDAY, APRIL 9th FROM 1:00-3:00 P.M.

Kellie Foxworth with Secure Choices Insurance Company will be at a table in the lobby this afternoon. If you have concerns or questions about your health insurance coverage, Kellie will be happy to meet with you to discuss the problems you may be having. Quite a few of our residents use Secure Choices to assist with their health insurance needs.

SPRINGTIME MUSICAL PERFORMANCE
WEDNESDAY, APRIL 23rd
at 5:00 P.M.

We are so excited to welcome the Cornerstone Classical Academy chorus to Pablo Towers. These students have been working very hard all year, and they are here to share their gift of music with us. Plan now to attend this joyful presentation. Let's support these children by attending this program.

The parents and students will be providing refreshments for this program.

BURNS AUDIOLOGY CLINIC
WEDNESDAY, APRIL 23rd from 2:00 TO 4:00 P.M.
IN THE WELLNESS CENTER

If you have concerns or questions about your hearing or have wax build-up, come to see Dr. Burns. She is an audiologist and offers to see you at no charge.

~APRIL 2025~

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
		1 <u>GRANDPARENTS GETTING WIRED</u> By Appointment <u>EXERCISE TO MUSIC</u> 3:00 PM <u>AUXILIARY DANCE CLUB</u> 5:30 PM	2 <u>BIBLE STUDY</u> 10:00 AM <u>TAI CHI WITH PAT</u> 2:30 PM	3 <u>PEST CONTROL</u> Apts. Ending in 05 <u>DEVOTIONS</u> 10:00 AM <u>DAN THE PRODUCE MAN</u> 11:30 AM—1:30 PM <u>EXERCISE TO MUSIC</u> 2:30 PM <u>BINGO</u> 5:00 PM	4	5 <u>DIAL A RIDE WALMART SHOPPING</u> 11:30 AM By Appt. 246-1477
6	7 <u>STRETCH CLASS</u> 10:00 AM <u>BLOOD PRESSURE CLINIC</u> <u>12:00-2:00 P.M.</u> <u>CHAIR VOLLEYBALL</u> 2:30 PM	8 <u>GRANDPARENTS GETTING WIRED</u> By Appointment <u>EXERCISE TO MUSIC</u> 3:00 PM <u>AUXILIARY DANCE CLUB</u> 5:30 PM	9 <u>BIBLE STUDY</u> 10:00 AM <u>CONFESSIONS FOR LENT (PENTITANCE) SERVICE</u> 10:30 AM <u>CHATTING WITH KELLIE</u> 1:00-3:00 PM <u>TAI CHI WITH PAT</u> 2:30 PM	10 <u>PEST CONTROL</u> Apts. Ending in 06 <u>DEVOTIONS</u> 10:00 AM <u>DAN THE PRODUCE MAN</u> 11:30 AM—1:30 PM <u>EXERCISE TO MUSIC</u> 2:30 PM <u>BINGO</u> 5:00 PM	11 <u>ONSITE DERMATOLOGY</u> Wellness Center By Appointment Only 877-345-5300 <u>DR. DIANDRA GORDON</u> <u>Podiatrist</u> By Appointment 904-534-7061 <u>BMC BEACHES AUXILIARY</u> 2:30 P.M.	12
13 <u>Palm Sunday</u> <u>Passover</u>	14 <u>STRETCH CLASS</u> 10:00 AM <u>BLOOD PRESSURE CLINIC</u> <u>12:00-2:00 P.M.</u> <u>IN-HOUSE SHOPPING</u> 3:30-5:30 PM	15 <u>GRANDPARENTS GETTING WIRED</u> By Appointment <u>EXERCISE TO MUSIC</u> 3:00 PM <u>AUXILIARY DANCE CLUB</u> 5:30 PM	16 <u>BIBLE STUDY</u> 10:00 AM <u>TAI CHI WITH PAT</u> 2:30 PM	17 <u>PEST CONTROL</u> Apts. Ending in 07 <u>DEVOTIONS</u> 10:00 AM <u>DAN THE PRODUCE MAN</u> 11:30 AM—1:30 PM <u>A CHAT WITH MARITZA</u> 2:30 <u>BINGO</u> 5:00 PM	18 <u>TRAVELING JEWELER</u> 10:00-2:00 PM <u>ALONE TOGETHER</u> 1:30 PM <u>GOOD FRIDAY</u>	19 <u>DIAL A RIDE WALMART SHOPPING</u> 11:30 AM By Appt. 246-1477
20 <u>Easter</u>	21 <u>STRETCH CLASS</u> 10:00 AM <u>BLOOD PRESSURE CLINIC</u> <u>12:00-2:00 P.M.</u> <u>RESIDENT BIRTHDAY PARTY</u> 6:00 PM	22 <u>GRANDPARENTS GETTING WIRED</u> (By Appointment) <u>EXERCISE TO MUSIC</u> 3:00 PM <u>AUXILIARY DANCE CLUB</u> 5:30 PM	23 <u>BIBLE STUDY</u> 10:00 AM <u>BURNS AUDIOLOGY CLINIC</u> 2:00-4:00 PM <u>TAI CHI WITH PAT</u> 2:30 PM <u>SPRINGTIME STUDENT MUSICAL CONCERT</u> 5:00 PM	24 <u>PEST CONTROL</u> Apts. Ending in 08 <u>DEVOTIONS</u> 10:00 AM <u>DAN THE PRODUCE MAN</u> 11:30 AM—1:30 PM <u>EXERCISE TO MUSIC</u> 2:30 PM <u>BINGO</u> 5:00 PM	25 <u>AFRICAN HAND DRUMMING</u> 2:30 PM	26
27	28 <u>STRETCH CLASS</u> 10:00 AM <u>BLOOD PRESSURE CLINIC</u> <u>12:00-2:00 P.M.</u> <u>CHAIR VOLLEYBALL</u> 2:00 PM	29 <u>GRANDPARENTS GETTING WIRED</u> By Appointment <u>EXERCISE TO MUSIC</u> 3:00 PM <u>AUXILIARY DANCE CLUB</u> 5:30 PM	30 <u>BIBLE STUDY</u> 10:00 AM <u>TAI CHI WITH PAT</u> 2:30 PM	MAY 1 <u>UPCOMING IN MAY!</u> <u>SINGERS BY THE SEA SPRING CONCERT</u> 3:00 PM	2	3 <u>UPCOMING IN MAY!</u> <u>AUXILIARY DERBY DAY FASHION SHOW AND TEA PARTY</u> 2:00 PM