

**STAFF MEMBERS**

**Mieshea Auguster**  
Site Manager

**Donna Houston**  
Financial Manager

**Ellen Hopkins**  
Service Coordinator

**Candice Trask**  
Administrative Assistant

**Nancy Rafferty**  
Administrative Assistant

**Andrea Sausa**  
Front Desk

**Jason Hopton**  
Kitchen Manager

**Coats Wood**  
Sous Chef

**Layza Cabaniong**  
Cashier

**Jim Parsons**  
Maintenance Supervisor

**Bryce Chastain**  
Maintenance Tech

**Michael Slabicki**  
Maintenance Tech

**Louis Charrier**  
Custodian

**Heather Battisti**  
Housekeeper

**For Maintenance**  
**Emergencies:**  
Call 904-249-3866

**Elderly Housing**  
**Management Corp.**

**Debra Waters**  
Executive Director

# MONTHLY NEWSLETTER APRIL 2026

## REPLUMBING PROJECT UPDATE

The first two months of the replumbing project have progressed rather smoothly. No disasters have occurred yet. We know the inconvenience has been real, and more disturbing for some, but for the most part the project is moving along as planned. For the 2<sup>nd</sup> floor residents, the end has arrived. Here are important milestones that have been achieved:

- All abatement work is complete except in the 1<sup>st</sup> floor apartments.
- Premier Plumbing has replaced all apartment shut off valves – 388 in total.
- Waste and water lines have been replaced in the apartments on the 2<sup>nd</sup>, 3<sup>rd</sup>, and 4<sup>th</sup> floors except for a few apartments on the 3<sup>rd</sup> and 4<sup>th</sup> floors.
- Partial work has begun on the 5<sup>th</sup> floor.
- Drywall repairs and paint have been completed in all apartments on the 2<sup>nd</sup> floor.

Once again, we are not able to tell each resident an exact date when the plumbers or drywall repair people will be working in their apartments. Everyone is given a notice the day prior to when the workers will be in their apartments.

We continue to appreciate everyone's flexibility and patience as we move forward with this project. It will be glorious later this year when the balcony repairs are finished, and the plumbing project is over. Then, we can remodel the Lobby and repair all the dings in the elevators!

Debra Waters, Executive Director

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## SHARPS

Did you know?

Pablo Towers has Red Sharps Containers available for residents to safely dispose of medical needles and syringes in your home.

Please ask for your first container or return your full, used container for a new container at the front desk during regular business hours:

Monday-Friday, 8:00-4:00 P.M.

# PABLO TOWERS AUXILIARY NEWS

## BINGO

Thursdays, April 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, and 30<sup>th</sup>

Doors open at 5:00 P.M.; BINGO starts at 6:00 P.M. BINGO is fun to play and there will be plenty of food to enjoy.

## DANCE PARTY

Tuesdays, April 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, and 28<sup>th</sup>  
from 5:00 to 7:00 P.M.

If you love music and dancing, we hope you will join us!  
Music by Rey.

## LINE DANCING CLASSES

Fridays, April 17<sup>th</sup> & 24<sup>th</sup> at 2:00 P.M.

Love to dance and need to exercise? Plan to attend this fun class, so you can learn how to line dance or practice what you know. This class is very good for balance and cardio. Bev Justin, Diane Ricketts and Milena Melone, will be teaching the class. For more info, contact Bev Justin.

## RESIDENT BIRTHDAY PARTY

Monday, April 20<sup>th</sup> at 6:00 P.M.

We hope everyone will come to celebrate our residents who have April birthdays with our friends from Community Presbyterian Church. We encourage you to invite residents who have April birthdays and your neighbors to come. There will be food, fellowship, and entertainment. Please sign up in the lobby if you plan to attend the birthday party.

## VARIETY SHOW AUDITIONS

Friday, April 10<sup>th</sup> at 2:30 P.M. and  
Saturday, April 11<sup>th</sup> at 11:00 A.M. (if necessary)

Thank you to each of you who signed up to perform in our Variety Show which will be on Saturday, May 23<sup>rd</sup> at 7:00 P.M. Each participant will be contacted to schedule your audition time. Please see Auxiliary bulletin boards for details, updates and the schedule.

## AUXILIARY ELECTION RESULTS

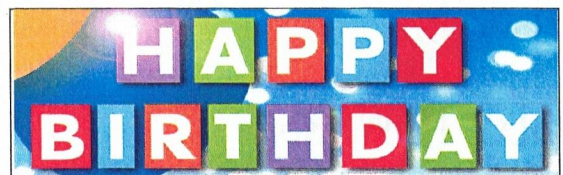
During the Auxiliary Quarterly Meeting on Thursday, March 26, 2026, the Auxiliary officers for 2026-2028 were elected. They will begin their term on July 1, 2026. The new officers that were elected are:

PRESIDENT: AUGI COVELLI

VICE PRESIDENT: TERRY SANNI

SECRETARY: MILENA MALONE

TREASURER: OPEN



Mary Rexford	4/1
Sue Casper	4/7
Nickolay Kovalenko	4/7
Jo Anne Morand	4/7
James Haislip	4/11
Marie Singleton	4/14
Nancy Boylan	4/16
Tina Baldassari	4/20
Joan Gabbin	4/30
Fran Hackett	4/30



*Karen Bolster  
Beverly Fountain*



*Tina Baldassari  
Christina Hunt  
John Hughes*

*WITH FOND  
MEMORIES*

*Kathy Leahy  
James Thomas*



**ELDERSOURCE:**  
**KNOW US BEFORE YOU NEED US**  
**WEDNESDAY, APRIL 15<sup>th</sup> at 2:30 P.M.**

Growing older is a fact of life for everyone. Have you asked yourself what you will do if you are struggling to care for yourself? Have you ever heard of ElderSource? ElderSource is the local area's Agency on Aging. ElderSource offers support to older adults and caregivers, so seniors can live as independently as possible for as long as possible. At this program, Andrea Spencer, the vice president of communications, will introduce you to some of the valuable resources that ElderSource can provide. ElderSource offers assistance with Medicare through the SHINE (Serving Health Insurance Needs of Elders) and SMP (Senior Medicare Patrol) programs, assistance in learning about long term care programs, as well providing an Elder Helpline that seniors can call with questions and concerns. Plan now to attend this educational program to learn more about ElderSource, so you are knowledgeable of what is available in case you need to tap into the agency's resources now or in the future. There will be time for questions at the end of the presentation. Refreshments will be served.

**MANAGING YOUR EMOTIONS**  
**MONDAY, APRIL 6<sup>th</sup> at 2:30 P.M.**

With all the plumbing and cement work being done in your apartments, you may feel stressed, frustrated or anxious about the situation. This necessary work may feel out of your control. Living in a facility with so many different people may create these same feelings at times. There are so many unique personalities with a multitude of opinions living together. This can cause friction, feelings of loneliness, rejection and isolation. Others may be dealing with health diagnoses, grief, loss, and family issues. Some may lash out at others while others suffer quietly. All these feelings and emotions will affect your health and your quality of life.

We encourage you to attend this helpful, informational program presented by Brooks Mondares, the Mental Wellness Director, at Aging True. Brooks will share easy, helpful tips on how to deal with your emotions, so that you will not let your emotions get the best of you. Brooks will explain the mental wellness program that Aging True offers to seniors, as well as other services that Aging True can provide. Are you asking yourself, "What on earth is Aging True?" The website states that, "Aging True Community Senior Services is a nonprofit organization that provides essential, innovative services to prepare and support graceful aging." Take a positive step forward and attend this beneficial program. There will be refreshments to enjoy.

## MONTHLY PROGRAMS

### PABLO TOWERS AND SUITES MARKETPLACE

MONDAY, APRIL 13<sup>th</sup> from 3:30-5:30 P.M.

This is the perfect opportunity for you to do your shopping for gifts for others or yourself. You will find unique arts, paintings, crafts, jewelry, greeting cards, brownies, and so much more. The Marketplace will be in the Lobby.

### ONSITE DERMATOLOGY

FRIDAY, APRIL 10<sup>th</sup> BY APPOINTMENT ONLY

If you would like to schedule an appointment, call Onsite Dermatology at 1-877-345-5300. Please have your insurance information available when you speak with the representative.

### PODIATRY APPOINTMENTS WITH DR. DIANDRA GORDON

FRIDAY, APRIL 17<sup>th</sup> BY APPOINTMENT ONLY

To schedule an appointment with Dr. Gordon, please call 904-534-7061, during business hours only. You will need to have your insurance information available when you schedule your appointment.

### TRAVELING JEWELER

MONDAY, APRIL 13<sup>th</sup> from 10:00-2:00 P.M.

Carol Mariotti will be in the Lobby on this day to repair and clean jewelry, put batteries into watches, and appraise your jewelry.

### BURNS AUDIOLOGY

WEDNESDAY, APRIL 22<sup>nd</sup> from 2:00-4:00 P.M.

Dr. Jane Burns, Audiologist, sees patients in the Wellness Center to discuss hearing concerns and hearing aid issues. There are no appointments. Please wait in the chairs outside of the Wellness Center to see the doctor. First come, first serve!

## WEEKLY PROGRAMS

### MSA STRETCH CLASS

MONDAYS at 10:00 AM.

This class led by Jeremiah Yoder, PTA, focuses on improving flexibility, balance, and mobility through various stretching techniques. These stretches are designed to enhance core strength, release tension, and promote overall well-being.

### MSA CHAIR VOLLEYBALL

MONDAY, APRIL 13<sup>th</sup> and 27<sup>th</sup> AT 2:00 P.M.

Make sure to mark your calendar now to make sure you remember when we have scheduled Chair Volleyball. This is a fun, lively activity led by Jeremiah Yoder, PTA, with MSA Home Healthcare. New players are welcome to join!!

## **WEEKLY PROGRAMS CONTINUED:**

### **LOW IMPACT EXERCISE CLASS**

**TUESDAY, APRIL 7<sup>th</sup>, 14<sup>th</sup>, and 21<sup>st</sup> at 2:00 P.M.**

Plan now to attend this exercise class taught by Gail Taylor. Gail has taught exercise classes for years. You will do stretching, light cardio, strengthening, and work on balance along with music and laughter. Each person can choose to sit or stand for the whole class or part of the class. Work at your own level and do not compare yourself with others.

### **CHAIR YOGA**

**THURSDAYS, APRIL 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, and 30<sup>th</sup> at 2:30 P.M.**

Chair Yoga is designed to help with mobility and balance, strengthening muscles, and can reduce joint pain and arthritis, as well as helping to reduce your stress level by learning how to breathe correctly. This is a great class for all levels of ability and fitness. The class is taught by Elda McNew.

### **Wii BOWLING**

**FRIDAY, APRIL 3<sup>rd</sup> at 2:30 P.M.**

If you have never played Wii Bowling, please come, watch and learn how to play. A Wii is a home video game console. It is known for its unique motion sensing controller, the Wii Remote, which allows players to interact with games through physical movements. In other words, you can bowl without going to the bowling alley.

### **TAI CHI**

**WEDNESDAYS, APRIL 1<sup>st</sup>, 8<sup>th</sup>, 22<sup>nd</sup>, and 29<sup>th</sup> at 2:30 P.M.**

Tai Chi is a gentle, but effective form of exercise that combines gentle, flowing movements with deep breathing. This class, which is taught by Pat Fedora, is excellent for seniors. Tai Chi improves balance and coordination which is so important as we age. It also increases mobility, lowers blood pressure, enhances circulation, and supports cognitive function. Tai Chi is also an excellent form of exercise for people suffering from arthritis.

## **RESIDENT LED PROGRAMS**

### **AFRICAN HAND DRUMMING**


**SATURDAY, APRIL 18<sup>th</sup> at 2:30 P.M. and TUESDAY, APRIL 28<sup>th</sup> at 2:30 P.M.**

Join this class where you will acquire basic drum language and learn the four rhythms, so you will be able to play credibly in any African drum circle in the world. If you have questions, please call Carolyn Aidman at 678-472-5858.

### **CRAFTERS DAY**

Thank you for your participation in the previous craft days. The monthly craft days will resume in autumn or winter.

# ~ APRIL 2026 ~

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
			<b>1</b> <u>BIBLE STUDY</u> 10:00 A.M.  <u>TAI CHI WITH PAT</u> 2:30 P.M.  <u>PASSOVER BEGINS</u>	<b>2</b> <u>PEST CONTROL</u> Apts. Ending in 02 <u>DEVOTIONS</u> 9:30 A.M. <u>DAN THE PRODUCE MAN</u> 11:30 A.M.-1:00 P.M. <u>CHAIR YOGA</u> 2:30 P.M. <u>BINGO</u> 5:00 P.M.	<b>3</b>   <u>Wii BOWLING</u> 2:30 P.M.  <u>GOOD FRIDAY</u>	<b>4</b>   <u>DIAL A RIDE WALMART SHOPPING</u> 11:30 A.M. By Appt. 904-246-1477
<b>5 EASTER</b> 	<b>6</b> <u>STRETCH CLASS</u> 10:00 A.M. <u>BLOOD PRESSURE CLINIC</u> 12:00-2:00 P.M. <u>MANAGE YOUR EMOTIONS, SO THEY DON'T GET YOU DOWN</u> 2:30 P.M.	<b>7</b> <u>GRANDPARENTS GETTING WIRED</u> By Appointment  <u>LOW IMPACT EXERCISE CLASS WITH GAIL</u> 2:00 P.M. <u>DANCE PARTY</u> 5:00—7:00 P.M.	<b>8</b> <u>BIBLE STUDY</u> 10:00 A.M.  <u>TAI CHI WITH PAT</u> 2:30 P.M.	<b>9</b> <u>PEST CONTROL</u> Apts. Ending in 03 <u>DEVOTIONS</u> 9:30 A.M. <u>CHAIR YOGA</u> 2:30 P.M. <u>BINGO</u> 5:00 P.M.	<b>10</b> <u>ONSITE DERMATOLOGY</u> Wellness Center By Appointment Only 1-877-345-5300  <u>VARIETY SHOW AUDITIONS</u> 2:30 P.M.	<b>11</b>   <u>VARIETY SHOW AUDITIONS, IF NEEDED</u> 11:00 P.M.
<b>12</b>	<b>13</b> <u>STRETCH CLASS</u> 10:00 A.M. <u>BLOOD PRESSURE CLINIC</u> 12:00-2:00 P.M. <u>TRAVELING JEWELER</u> 10:00-2:00 P.M. <u>CHAIR VOLLEYBALL</u> 2:00 P.M. <u>PABLO TOWERS MARKETPLACE</u> 3:30—5:30 P.M.	<b>14</b> <u>GRANDPARENTS GETTING WIRED</u> By Appointment  <u>LOW IMPACT EXERCISE CLASS WITH GAIL</u> 2:00 P.M. <u>DANCE PARTY</u> 5:00—7:00 P.M.	<b>15</b> <u>BIBLE STUDY</u> 10:00 A.M.  <u>CONNECTING SENIORS WITH RESOURCES BEFORE YOU NEED US!</u> 2:30 P.M.	<b>16</b> <u>PEST CONTROL</u> Apts. Ending in 04  <u>DEVOTIONS</u> 9:30 A.M.  <u>CHAIR YOGA</u> 2:30 P.M.  <u>BINGO</u> 5:00 P.M.	<b>17</b> <u>DR. GORDON, PODIATRIST</u> Wellness Center By Appointment Only 904-534-7061  <u>LINE DANCING</u> 2:00 P.M.	<b>18</b>   <u>DIAL A RIDE WALMART SHOPPING</u> 11:30 A.M. By Appt. 904-246-1477   <u>AFRICAN DRUMMING</u> 2:30 P.M.
<b>19</b>	<b>20</b> <u>STRETCH CLASS</u> 10:00 A.M. <u>BLOOD PRESSURE CLINIC</u> 12:00-2:00 P.M.  <u>RESIDENT BIRTHDAY PARTY</u> 6:00 P.M.	<b>21</b> <u>GRANDPARENTS GETTING WIRED</u> By Appointment  <u>LOW IMPACT EXERCISE CLASS WITH GAIL</u> 2:00 P.M. <u>DANCE PARTY</u> 5:00—7:00 P.M.	<b>22</b> <u>BIBLE STUDY</u> 10:0 A.M.  <u>BURNS AUDIOLOGY</u> Wellness Center 2:00-4:00 P.M.  <u>TAI CHI WITH PAT</u> 2:30 P.M.	<b>23</b> <u>PEST CONTROL</u> Apts. Ending in 05  <u>DEVOTIONS</u> 9:30 A.M.  <u>CHAIR YOGA</u> 2:30 P.M.  <u>BINGO</u> 5:00 P.M.	<b>24</b>   <u>LINE DANCING</u> 2:00 P.M.	<b>25</b>
<b>26</b>	<b>27</b> <u>STRETCH CLASS</u> 10:00 A.M. <u>BLOOD PRESSURE CLINIC</u> 12:00-2:00 P.M. <u>CHAIR VOLLEYBALL</u> 2:00 P.M.	<b>28</b> <u>GRANDPARENTS GETTING WIRED</u> By Appointment <u>AFRICAN DRUMMING</u> 2:30 P.M. <u>DANCE PARTY</u> 5:00—7:00 P.M.	<b>29</b> <u>BIBLE STUDY</u> 10:0 A.M.  <u>TAI CHI WITH PAT</u> 2:30 P.M.	<b>30</b> <u>PEST CONTROL</u> Apts. Ending in 06  <u>DEVOTIONS</u> 9:30 A.M. <u>CHAIR YOGA</u> 2:30 P.M. <u>BINGO</u> 5:00 P.M.		

# April 2026 CAFÉ MENU

## Café Hours 7:00 AM – 1:30 PM

Breakfast and Coffee from 7-10 AM

TOGO/CHEF TELEPHONE NUMBER: 904-853-6030

Lunch Served 11:00 AM – 1:30 PM

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> Country Fried Steak or Grilled Chicken, Mashed Potatoes, Broccoli, Lima Beans, or Cauliflower	<b>2</b> Wedge Salad or Pork Chop, Brussel Sprouts, Roasted Potatoes, Corn, or Applesauce	<b>3</b> Fried Shrimp or Aussie Chicken, Broccoli, Cole Slaw, Macaroni Salad, or Fries
<b>6</b> Liver & Onions or Lemon Butter Chicken, Sautéed Mushrooms, Mashed Potatoes, Vegetable Medley, or Peas	<b>7</b> Philly Cheese Steak or Bratwurst, Broccoli, Fries, Onion Rings or Cole Slaw	<b>8</b> Shepherd's Pie or Apple Glazed Chicken, Creamed Peas, Lima Beans, Corn, or Vegetable Medley	<b>9</b> Fried Chicken Wings or Sloppy Joes, Mac & Cheese, Potato Salad, Cole Slaw, or Onion Rings	<b>10</b> Tuna Noodle Casserole or Grilled Chicken, Peas, Sweet Glazed Carrots, Lima Beans or Broccoli
<b>13</b> Meatloaf or Grilled Chicken, Mashed Potatoes, Broccoli, Carrots or Peas	<b>14</b> Beef Tips or Roasted Chicken, Rice Pilaf, Roasted Potatoes, Green Beans, or Corn	<b>15</b> Hamburger or Hot Dog, Fries, Cole Slaw, Potato Salad, or Baked Beans	<b>16</b> Chicken Parmesan or Eggplant Parmesan, Spaghetti, Squash, Zucchini, or Green Beans	<b>17</b> Fried Catfish or Grilled Chicken, Lima Beans, Cole Slaw, Potato Salad, or Broccoli
<b>20</b> Chicken Livers or Salisbury Steak, Mashed Potatoes, Lima Beans, Peas, or Cauliflower	<b>21</b> Sloppy Joe or Fried Chicken Sandwich, Fries, Onion Rings, Vegetable Medley or Macaroni Salad	<b>22</b> Stuffed Peppers or Red Beans & Sausage, Wild Rice, Black eyed Peas, Green Beans, or Corn	<b>23</b> Teriyaki Chicken or Bourbon Chicken, Fried Rice, Egg Rolls, Pork Dumplings or Peas	<b>24</b> Stuffed Whitefish or Alpine Chicken, Broccoli, Cauliflower, Rice Pilaf or Asparagus
<b>27</b> Eggs, Bacon, Sausage, Biscuits, Gravy, Breakfast Potatoes, and Grits	<b>28</b> Pork Loin or Chicken Schnitzel, Potatoes Au Gratin, Beets, Vegetable Medley, or Peas	<b>29</b> BBQ Pulled Pork or BBQ Ribs, Baked Beans, Collard Greens, Potato Salad, or Cole Slaw	<b>30</b> Lasagna or Chicken Piccata, Pasta Marinara, Garlic Roasted Broccoli, Cauliflower or Cheese Sticks	

