PABLO TOWERS
& SUITES

115 3rd Street South
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

Mieshea Auguster
Site Manager

Donna Houston
Finance 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 Cabanlong
Cashier

Jim Parsons
Maintenance Supervisor

Bryce Chastain
Maintenance Tech

Anthony Barbaro
Maintenance Tech

Brian Pafford
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 OCTOBER 2026

REPLUMBING PROJECT UPDATE

Thank you so much for your encouraging words throughout the replumbing project, especially during this final phase. As management, we tend to worry about the complaints and somewhat dismiss the positive comments because we don't have to "do" anything about them. But this time, we are hearing all of your words of support and using them to fuel us for the final push of the project.

During the next few weeks when the pipes in the first-floor ceiling are being replaced, the dust may fly and you will need to be more aware of your surroundings when in the common areas. If there is any question as to whether you should or shouldn't walk somewhere, then please don't walk there. Better to be safe.

Thank you for being partners with us in making your home as safe and up to date as possible. Once the ceiling grid and tiles are replaced, we will restart the Lobby remodel project. 2027 should be a much more beautiful and quieter year.

~Debra Waters
Executive Director

WHAT ARE YOUR FUTURE PLANS?

FRIDAY, OCTOBER 16th
At 2:30 P.M.

Planning ahead has always been the wisest way to live. What is your plan for the next stages of your life? Have you thought about what you will do when you need more help in your daily life? Have you discussed this with your family members or friends? Have you researched what home care costs to have a caregiver help you? Have you investigated Medicaid long-term care programs through the state? These are hard questions that are difficult to even think about, but everyone needs to answer. Starting to formulate a plan now is a gift that you will give yourself. Maritza James, community liaison with Hospice of Florida, will share her insights and suggestions to help you start to plan for your future. We encourage you to attend this educational program to take the first step to prepare for the days ahead before that day comes. Bring your questions for discussion time.

PABLO TOWERS AUXILIARY NEWS!

BINGO

THURSDAYS: OCTOBER 8th, 15th, and 29th

The doors open at 5:00 P.M., however BINGO does not start until 6:00 P.M. There will be plenty of food to enjoy!!

FALL BAZAAR

SATURDAY, OCTOBER 3rd

From 9:00 A.M. to 2:00 P.M.

Plan to come to shop for birthday and Christmas gifts or for something you've been wanting. You can even buy homemade desserts and lunch baskets. See the details on the flyers on the bulletin boards on each floor. Support the Auxiliary!!!

DANCE CLUB

TUESDAYS, OCTOBER 6th, 13th, 20th and 27th

From 5:00 to 7:00 P.M.

Each week Music Man spins songs of our past for us to enjoy. If you love music, you can come to listen and dance to the oldies and spend time with others who love music. Come join the fun!!

BOOT SCOOTIN' LINE DANCING

WEDNESDAYS, October 7th and 21st at 2:00 P.M.

Do you 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. Milena Melone will be teaching the class. For more information, contact Milena Melone.

AUXILIARY ICE CREAM SOCIAL

MONDAY, OCTOBER 12th AT 5:00 P.M.

Who loves ice cream with all the toppings? We will have ice cream and tasty toppings. Music Man Rey will be playing music during the party. We scream for ice cream!

RESIDENT BIRTHDAY PARTY

MONDAY, OCTOBER 19th AT 6:00 P.M.

We hope that everyone will come to celebrate our residents who have October birthdays with our friends from Jacksonville Beach Women's Club. Invite your neighbors and new residents! Please sign up in the Lobby if you plan to attend the party.

AUXILIARY QUARTERLY MEETING

Thursday, October 22nd at 5:00 P.M.

All Auxiliary members are encouraged to come to our quarterly meeting. We will discuss planning for Thanksgiving and Christmas events. Pizza will be served at the meeting.

Laura Carmichael	10/1
James McDonald	10/6
Maggie Gattrell	10/8
Fifi Mikhail	10/13
Beverly Justin	10/15
Emmett Rekitt	10/19
Bruce Anastasio	10/20
Billie Vollers	10/21
Joyce Woods	10/26
Rex Rice	10/28

FOND MEMORIES

Jan Rogers

WELCOME

Joseph Greenberg

Jeannie Gregg

HAPPY ANNIVERSARY

Francisco and Ester Monti

MONTHLY PROGRAMS

ONSITE DERMATOLOGY

FRIDAY, OCTOBER 9th BY APPOINTMENT ONLY

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

PABLO TOWERS AND SUITES MARKETPLACE

CANCELED FOR MONDAY, OCTOBER 12th

The Pablo Towers and Suites Marketplace is canceled this month due to the plumbing work in the lobby. The Marketplace will hopefully return in November. The date, time and location will be announced when we know more. At the November Marketplace, there will be lots of Christmas crafts and creative items for sale for your shopping pleasure!

PODIATRY APPOINTMENTS WITH DR. DIANDRA GORDON

FRIDAY, OCTOBER 16th 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

FRIDAY, OCTOBER 16th 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. Please be aware that you may have to wait until the jeweler is finished with the person before you.

CRAFTERS DAY

SATURDAY, OCTOBER 17th from 10:00 to 4:00 P.M.

The Community Room will be open for residents (ONLY) to be able to work on their own creative projects. Bring your supplies, sewing machines, artwork, etc.... For more information, please contact Anne Taylor. Please note: LUNCH WILL NOT BE PROVIDED. You are welcome to bring snacks, water, tea, or soft drinks.

BURNS AUDIOLOGY

WEDNESDAY, OCTOBER 28th 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. The doctor cleans hearing aids and addresses the wax build up which can occur over time. This is a free opportunity to talk with Dr. Burns about your hearing. There are no appointments. First come, first served!

WEEKLY PROGRAMS

MSA STRETCH CLASS

MONDAYS, OCTOBER 5th, 12th, 19th and 26th 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

MONDAYS, OCTOBER 12th and 26th at 2:00 P.M.

Chair Volleyball is so much fun!! Put these dates on your calendar now, so you will remember when Chair Volleyball is scheduled. This lively activity is led by Jeremiah Yoder, PTA, with MSA Home Healthcare.

GRANDPARENTS GETTING WIRED

TUESDAYS, OCTOBER 6th, 13th, 20th and 27th

BY APPOINTMENT

This program is available to assist residents with technology questions or problems. Please sign up if you would like to receive assistance. When you sign up, please write your name, whether your device is an Android or Apple product, and write what help you need. The volunteers are available to help with Android or Apple cell phones, tablets, computers and the occasional printer or television needs.

LOW IMPACT EXERCISE CLASS

TUESDAYS, OCTOBER 6th, 13th, 20th and 27th at 2:00 P.M.

Plan now to attend this exercise class taught by Gail Taylor and Joni Lyon. In this class, you will do stretching, light cardio, strengthening, and work on balance along with music and laughter.

CHAIR YOGA

THURSDAY, OCTOBER 1st, 8th, 15th, 22nd, and 29th 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. The class is taught by Elda McNew.

EXERCISE TO MUSIC at 2:30 P.M.

OCTOBER 5th, 9th, 14th, 19th, 23rd, 28th, and 30th at 2:30 P.M.

This class offers you an opportunity to exercise while dancing. This program can give you a good workout as you exercise at your own pace. Due to the request for more exercise opportunities, this class gives you another chance to exercise during the week.

OCTOBER 2026

Sun	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
				1 PEST CONTROL Apts. In the Suites DEVOTIONS 9:30 A.M. DAN THE PRODUCE MAN 11:30 A.M.-1:00 P.M. CHAIR YOGA 2:30 P.M.	2	3 DIAL A RIDE WALMART SHOPPING 11:30 A.M. By Appt. 904-246-1477 AUXILIARY FALL BAZAAR 9:00-2:00 P.M.
4	5 STRETCH CLASS 10:00 A.M. BLOOD PRESSURE CLINIC 12:00-2:00 P.M. EXERCISE TO MUSIC 2:30 P.M.	6 GRANDPARENTS GETTING WIRED By Appointment LOW IMPACT EXERCISE WITH GAIL AND JONI 2:00 P.M. DANCE CLUB 5:00—7:00 P.M.	7 BIBLE STUDY 10:00 A.M. LINE DANCING 2:00 P.M.	8 PEST CONTROL Apts. Ending in 01 DEVOTIONS 9:30 A.M. DAN THE PRODUCE MAN 11:30 A.M.-1:00 P.M. CHAIR YOGA 2:30 P.M. BINGO Doors open at 5:00 Bingo begins at 6:00	9 ONSITE DERMATOLOGY By Appointment Only 1-877-345-5300 EXERCISE TO MUSIC 2:30 P.M.	10
11	12 STRETCH CLASS 10:00 A.M. BLOOD PRESSURE CLINIC 12:00-2:00 P.M. CHAIR VOLLEYBALL 2:00 P.M. AUXILIARY ICE CREAM SOCIAL 5:00 P.M.	13 GRANDPARENTS GETTING WIRED By Appointment LOW IMPACT EXERCISE WITH GAIL AND JONI 2:00 P.M. DANCE CLUB 5:00—7:00 P.M.	14 BIBLE STUDY 10:00 A.M. EXERCISE TO MUSIC 2:00 P.M.	15 PEST CONTROL Apts. Ending in 02 DEVOTIONS 9:30 A.M. DAN THE PRODUCE MAN 11:30 A.M.-1:00 P.M. CHAIR YOGA 2:30 P.M. BINGO Doors open at 5:00 Bingo begins at 6:00	16 DR. GORDON PODIATRIST By Appointment 904-534-7061 TRAVELING JEWELER 10:00-2:00 P.M. WHAT ARE YOUR FUTURE PLANS? 2:30 P.M.	17 DIAL A RIDE WALMART SHOPPING 11:30 A.M. By Appt. 904-246-1477 CRAFTERS DAY 10:00- 4:00 P.M.
18	19 STRETCH CLASS 10:00 A.M. BLOOD PRESSURE CLINIC 12:00-2:00 P.M. EXERCISE TO MUSIC 2:30 P.M. RESIDENT BIRTHDAY PARTY 6:00 P.M.	20 GRANDPARENTS GETTING WIRED By Appointment LOW IMPACT EXERCISE WITH GAIL AND JONI 2:00 P.M. DANCE CLUB 5:00-7:00 P.M.	21 BIBLE STUDY 10:00 A.M. LINE DANCING 2:00 P.M.	22 PEST CONTROL Apts. Ending in 03 DEVOTIONS 9:30 A.M. DAN THE PRODUCE MAN 11:30 A.M.-1:30 P.M. CHAIR YOGA 2:30 P.M. AUXILIARY QUARTERLY MEETING 5:00 P.M.	23 EXERCISE TO MUSIC 2:30 P.M.	24
25	26 STRETCH CLASS 10:00 A.M. BLOOD PRESSURE CLINIC 12:00-2:00 P.M. CHAIR VOLLEYBALL 2:00 P.M.	27 GRANDPARENTS GETTING WIRED By Appointment LOW IMPACT EXERCISE WITH GAIL AND JONI 2:00 P.M. DANCE CLUB 5:00—7:00 P.M.	28 BIBLE STUDY 10:00 A.M. BURNS AUDIOLOGY CLINIC 2:00-4:00 P.M. EXERCISE TO MUSIC 2:00 P.M.	29 PEST CONTROL Apts. Ending in 04 DEVOTIONS 9:30 A.M. DAN THE PRODUCE MAN 11:30 A.M.-1:30 P.M. CHAIR YOGA 2:30 P.M. BINGO Doors open at 5:00 Bingo begins at 6:00	30 EXERCISE TO MUSIC 2:30 P.M.	31 DIAL A RIDE TARGET AND PUBLIX SHOPPING 11:30 A.M. By Appt. 904-246-1477 HALLOWEEN

October 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
			1 Pork Chops or Fried Chicken, Roasted Potatoes, Green Beans, Corn or Sweet Potato Fries	2 Fried Shrimp or Aussie Chicken, Broccoli, Cole Slaw, Macaroni Salad, or Fries
5 Liver & Onions or Lemon Butter Chicken, Sautéed Mushrooms, Mashed Potatoes, Vegetable Medley, or Peas	6 Sloppy Joes or Chicken Tenders, Mac & Cheese, Potato Salad, Cole Slaw or Onion Rings	7 Stuffed Peppers or Red Beans & Sausage, Wild Rice, Black eyed Peas, Green Beans, or Cauliflower	8 Eggs, Bacon, Sausage, Biscuits, Gravy, Breakfast Potatoes, and Grits	9 Ginger Glazed Mahi or Grilled Chicken, Rice, Macaroni Salad, Grilled Zucchini or Vegetable Medley
12 Meatloaf or Grilled Chicken, Mashed Potatoes, Broccoli, Carrots or Peas	13 Teriyaki Chicken or Bourbon Chicken, Fried Rice, Egg Rolls, Pork Dumplings or Peas	14 Chicken Cordon Bleu or Grilled Ham, Roasted Potatoes, Asparagus, Green Beans or Corn	15 Roasted Chicken or Baked Ham, Cornbread Stuffing, Mac & Cheese, Green Beans or Corn	16 Dill Glazed Salmon or Aussie Chicken, Sweet Glazed Carrots, Cilantro Lime Rice, Brussel Sprouts, or Asparagus
19 Chicken Livers or Salisbury Steak, Mashed Potatoes, Lima Beans, Peas, or Cauliflower	20 Hamburger or Hot Dog, Fries, Cole Slaw, Potato Salad, or Baked Beans	21 Lasagna or Chicken Piccata, Pasta Marinara, Garlic Roasted Broccoli, Cauliflower or Cheese Sticks	22 BBQ Pulled Pork or BBQ Ribs, Baked Beans, Collard Greens, Potato Salad, or Cole Slaw	23 Stuffed Whitefish or Alpine Chicken, Broccoli, Cauliflower, Rice Pilaf or Asparagus
26 Fried Chicken or Beef Pot Pie, Mashed Potatoes, Corn, Peas or Carrots	27 Chicken Parmesan or Eggplant Parmesan, Spaghetti, Squash, Zucchini, or Cheese Sticks	28 Hot Ham & Cheddar or Rueben Sandwich, Broccoli, O-rings, Potato Salad, or Cole Slaw	29 Artichoke Chicken Casserole, or Baked Ham, Baked Potatoes, Creamed Spinach, Brussel Sprouts, or Cauliflower	30 Fried Catfish or Grilled Chicken, Lima Beans, Cole Slaw, Potato Salad, or Broccoli