



Friendly Neighbor News

Advent Christian Village, Dowling Park, FL 32064

“Where People Enjoy Living”

24/7/365 Assistance/Operator 658-3333	Housekeeping 658-5374
Cashier's Office 658-5343	Environmental Svcs. 658-5155
Copeland Medical 658-5300	Post Office 658-5270
Finance Department 658-5450	Security/Emergency 658-3333
Home Care 658-5460	Shuttle Bus 208-2584

APRIL 24, 2026

Friday	4/24	10:00 a.m. 10:30 a.m. 11:00 a.m.–2:00 p.m. 2:00 p.m. 7:00 p.m.	<i>Bible Study—VC Room 5</i> Gentle Movement and Self Massage Class—OPR Ask-a-Lawyer Clinic—DR Crafty Crew—CH Activity Room Live! at Dowling Park Artist Series: Amber Lee Abbott—BC
Saturday	4/25	8:00 a.m.–1:00 p.m. 1:00 p.m.	Spring Fling Market Day—VS Gospel Sing—CH Activity Room
Sunday	4/26	<i>9:40 a.m.</i> <i>11:00 a.m.</i> <i>11:00 a.m.</i> 6:00 p.m.	<i>Morning Worship Service—VC</i> <i>VCBI: Unfolding the Great Commission—OPR</i> <i>Sunday School for All Ages</i> The Born Again Identity Youth Musical—VC
Monday	4/27	12:00 noon 1:00–3:00 p.m. <i>1:30 p.m.</i> 2:00–4:00 p.m.	Lunch & Learn: Cancer—DR Connecting Threads Ministry—KC <i>VCBI: The Gospel of Luke—VC Room 5</i> Ceramics—PCS
Tuesday	4/28	<i>8:30 a.m.</i> 10:00 a.m. 2:00 p.m. 5:00 & 5:15 p.m.	<i>Men's Bible Study—VC Room 5</i> Model Train Club—CB Won't You Be My Neighbor?—DR Bus Trip: Dine-Out to the Mobil Station in Madison: Wendy's, Dairy Queen and Subway—DH & LAP
Wednesday	4/29	8:45 & 9:00 a.m. <i>10:00 a.m.</i> 9:00–11:00 a.m. <i>6:00 p.m.</i>	Bus Trip: 5th Wednesday Shopping in Live Oak—CH & DH <i>VCBI: What is the Purpose of Miracles?—VC Room 5</i> Ceramics—PCS <i>Prayer Meeting—BC</i>
Thursday	4/30	9:30 a.m.–12:30 p.m. 10:00 a.m.	Village Artists Guild—KC Plan Ministry—CMH
Friday	5/1	9:00 a.m. <i>10:00 a.m.</i> 10:30 a.m. 2:00 p.m.	Fifth Annual Spring Golf Cart Race and Scavenger Hunt—Harmony Center <i>Bible Study—VC Room 5</i> Gentle Movement and Self Massage Class—OPR Crafty Crew—CH Activity Room
Saturday	5/2	9:15 & 9:30 a.m.	Bus Trip: Wildflower Festival in Live Oak—DH & LAP

BOLD: ONE-TIME AND MONTHLY EVENTS — ITALIC: PROGRAMS FOR SPIRITUAL GROWTH

BA	Butterfield Acres	CT/MT	Cardinal/Magnolia Terrace	IC	Information Center	POP	Park of the Pines
BC	Bixler Chapel	DH	Dowling House	JKPL	Jo Kennon Public Library	RDR	Rumph Dining Room
CB	Chriss Building	DM	Dacier Manor	KC	Keepers Cottage	RV	Smith Riverview Apartments
CH	Carter House	DMA	Dowling Manor	LAP	Lake Aquilla Parking Lot	RW	Riverwoods
CCC	Copeland Community Center	DR	Depot Room	MS	Member Services	SMR	Sawmill Room
CMC	Copeland Medical Center	ET	Edgewood Terrace	OPR	Old Pavilion Room	VC	Village Church
CMH	Cleo's Meeting House	GSC	Good Samaritan Center	PCS	Polk Ceramics Shop	VS	Village Square

IN LOVING MEMORY

Donna Willberg, who was a resident of Carter House, died April 21. Her memorial information will be provided when available.

Martha Porter, who was a resident of Carter House, died April 18. Her funeral will be Monday, April 27, at 11:00 a.m. at the Dowling Park Church of God. Interment will be in the church cemetery.

Martha Kropp, who was a resident of GSC died April 5. She will be remembered at the GSC memorial service on Wednesday, May 13, at 10:00 a.m. in the Magnolia Dining Room.

Robbie Robertson, who was a resident of Dowling Park North and GSC died on 3. There will be a joint Celebration of Life service held at First Methodist Church of Live Oak on Saturday, April 18, at 2:00 p.m. for both Robbie and his wife, Virginia. He will also be remembered at the GSC memorial service on Wednesday, May 13, at 10:00 a.m. in the Magnolia Dining Room.

Broward Holsey, who was a resident of GSC died April 3. He will be remembered at the GSC memorial service on Wednesday, May 13, at 10:00 a.m. in the Magnolia Dining Room.

Anne Donohoe, who was an off-campus member and a resident of Cardinal/Magnolia Terrace, Dacier Manor and GSC died April 2. She will be remembered at the GSC memorial service on Wednesday, May 13, at 10:00 a.m. in the Magnolia Dining Room.

NEW MEMBER

Nancy Stearns-Hauk of Bell, Florida, has moved to Riverwoods. Her mailing address is P.O. Box 4762.

TRANSFER

Murwin Bevis has transferred from Dacier Manor to Dowling House. His new mailing address is P.O. Box 4201.

MOVE OUT

Mary Jo and Tommie Stanaland have moved from ACV.

ANNOUNCEMENTS

Klump's Komments

-VP for Independent Living David Klumpenhower

WON'T YOU BE MY NEIGHBOR: CONVERSATIONS WITH DAVID

Hello, neighbors from Dowling House, Carter House, and Wilson Gardens! "It's a beautiful day in your neighborhood, a beautiful day for a neighbor. Would you be mine? Could you be mine?"

You are warmly invited to join me for our second "Won't You Be My Neighbor" meeting — an informal time to visit, talk, and get to know one another better. You may have questions, concerns, or things on your mind that you would like to discuss. Well, this is a time just for you! There will be no presentation and no formal agenda. We will simply enjoy some unhurried conversation. We will meet on Tuesday, April 28, at 2:00 p.m. in the Depot Room. While this meeting is focused on the needs of Dowling House, Carter House, and Wilson Gardens, everyone is welcome to attend.

HOEDOWN THEME DINNER

Howdy, partners! Dust off your boots, grab your denim, strap on your chaps, and don't forget your cowboy hat — because we're fixin' to serve up a top-notch Western Hoedown that'll make even the laziest ranch hand hoot and holler! Come on out to the Camp Suwannee Pavilion on Thursday, May 7. The chow bell rings at 5:00 p.m., and we'll be servin' up the best grub this side of the Mississippi. We'll have barbeque chicken prepared by Steve Bridges of the Grill Team, along with corn on the cob, baked beans, garden salad, some

mighty fine pies, and plenty more from our chuck wagon crew. And it ain't just about the food. There'll be toe-tapping music, line dancing (no experience required; just bring your best boot-scootin' spirit), and a whole lot of good times with your fellow cowboys and cowgirls. Yeehaw! Gather up your posse and get your tickets today — just \$10 for members and \$20 for non-members. Y'all come on down now!

ACV EVENTS

DEMENTIA SUPPORT GROUP

The April 24 Dementia Support Group at the JKPL has been canceled. The group will resume in May.

ASK-A-LAWYER CLINIC

Friday, April 24, 11:00 a.m.—2:00 p.m. - DR

Three Rivers Legal Services, Inc. is a non-profit law firm dedicated to the provision of quality legal assistance to the poor, abused, disabled and elderly, and empowerment through preventive legal education. They come to ACV monthly to provide assistance to those needing legal help. If you have generic legal questions, drop in anytime between 11:00 a.m. and 2:00 p.m. If you have specific questions about your own legal situation and want one-on-one help, please come to Member Services to pick up an application ahead of time.



LIVE! AT DOWLING PARK:

AMBER LEE ABBOTT

Friday, April 24, 7:00 p.m. - BC

Amber Abbott, a gospel singer-songwriter from Madison, Florida, is deeply rooted in the traditions of Southern music. Raised in Hamilton County, she began her musical journey singing with her grandfather's bluegrass band and later studied music at the Baptist College of Florida. Over the years, Abbott has released multiple albums, including a gospel collection featuring original songs co-written with her husband, Trent, and her mother, Angie Lee. She leads the praise team at Suwannee Station Baptist Church in Live Oak and is committed to using her music to share her faith and connect with her community.



Weekly Game Schedule

Monday

1:00 p.m. Scrabble—CMH
6:00 p.m. Dominoes—CMH

Tuesday

1:00 p.m. Hand and Foot Card Game—CMH

Wednesday

1:00 p.m. Bridge Club—OPR
2:00 p.m. Bingo—CMH

Thursday

6:00 p.m. Bingo—CH Activity Room



Individual tickets can be purchased from the ACV cashier's office and at the event for \$18 (ACV members and staff) and \$26 (non-member).



SPRING FLING MARKET DAY
Saturday, April 25, 8:00 a.m.–1:00 p.m.
Village Square

Make plans to join us for our Spring Fling Market Day on April 25 at the Village Square for vendor booths, games, and fun! Vendors can sign up online at acvmembers.net or by calling the Village Lodge at 658-5200.

GOSPEL SING
Saturday, April 25, 1:00 p.m.
Carter House Activity Room

Everyone is invited to the next monthly gospel sing held in the Carter House activity room on Saturday, April 25.



CANCER LUNCH & LEARN
Monday, April 27, 12:00 noon - DR

Recommended cancer screenings can make a life-changing difference, especially as we age. Early detection remains one of the strongest tools in improving outcomes and lowering risk. This month's lunch and learn will feature Laura Parra, MPH, CHES, TTS, Community Programs Specialist with the UF Health Cancer Institute Office of Community Outreach and Engagement. She will share guidance on which screenings are recommended for older adults, why they matter, and everyday lifestyle habits that can help reduce cancer risk. Join us on Monday, April 27, to learn practical steps for staying proactive about your health.

WON'T YOU BE MY NEIGHBOR?
Tuesday, April 28, 2:00 p.m. - DR

Residents of Dowling House, Carter House, and Wilson Gardens are invited to attend a new bi-monthly gathering titled "Won't You Be My Neighbor," inspired by the familiar song from *Mister Rogers' Neighborhood*.

This relaxed, informal hour is designed to provide an opportunity for residents to visit, share thoughts, and discuss any questions or concerns in an open setting. There will be no formal presentation or structured agenda — simply unhurried conversation and fellowship.

The group will meet every other month on the last Tuesday of the month. The next gathering will take place on Tuesday, April 28, at 2:00 p.m. in the Depot Room.

All ACV residents are welcome to attend.



BUS TRIP: DINE-OUT TO THE MOBIL STATION IN MADISON: WENDY'S, DAIRY QUEEN, AND SUBWAY
Tuesday, April 28

5:00 p.m. - DH & 5:15 p.m. - LAP

Bus: \$3.00 members, \$6.00 non-members

Whether you are in the mood for a Wendy's burger or baked potato, a Dairy Queen chicken basket or Blizzard, a sub or salad from Subway, or something from each, plan to ride on the bus to Madison, Florida, to eat at the "Triple Threat" on Tuesday, April 28. Bus cost is \$3.00 for members and \$6.00 for non-members. Please sign up at the Information Center.

BUS TRIP: 5TH WEDNESDAY SHOPPING IN LIVE OAK

Wednesday, April 29

8:45 a.m. - CH & 9:00 a.m. - DH

Bus: Free for members, \$9 non-members

On April 29, the fifth Wednesday of April, we will visit various stores around Live Oak such as Dollar Store, Sheriffs Ranches Thrift Store, Melody Thrift Store and New Life Bible Book Store, South Oaks Square (Bealls Outlet, Farmers Furniture, and more), and the Save A Lot shopping center (Roses Express, Harbor Freight, and more). Dutch treat lunch will be at Live Oak Sub Shop for a salad or sandwich. The bus will leave from Dowling House at 8:45 a.m. and from the Lake Aquilla parking lot at 9:00 a.m. Bus fee is free for ACV members and \$9.00 for non-members. Please sign up at the Information Center.

FIFTH ANNUAL SPRING GOLF CART RACE AND SCAVENGER HUNT

Friday, May 1, 9:00 a.m.

Harmony Center

ACV members, staff and friends, you are invited to the fifth annual Spring Golf Cart Race and Scavenger Hunt. You may participate, spectate ... or both.

Join us at 9:00 a.m. at the Harmony Center to register for the golf cart race or to pick your preferred spectating position. Beginning at 9:30,

each participating duo (driver and passenger) will take turns navigating the course in an attempt to finish the quickest. This is a time trial against the clock and not a typical race, and there is one more twist: each driver will be blindfolded, and it will be up to the passenger to verbally tell the driver where to go! The route will be marked by the morning of Wednesday, April 29, so you can practice. (Maps will be left on the picnic tables.)

Following the race, everyone who wants to participate is invited to join in on the scavenger hunt. How

many of the 30 items on the list can you find around ACV? You'll have 30 minutes to find and take a picture of (with a cellphone or digital camera) as many as you can. Get back early? Bonus points! Get back late? Penalty! It'll be a race against time, observation and luck.

Feel like a winner? Perhaps you just enjoy participating in fun activities with other friendly people. Whatever your reason, we hope you'll plan to join us at the Harmony Center on Friday morning, May 1, for the fifth annual Spring Golf Cart Race and Scavenger Hunt.



BUS TRIP: WILDFLOWER FESTIVAL & PLANT SALE IN LIVE OAK

Saturday, May 2, 9:00 a.m.–5:00 p.m.

1004 Heivenston Street SE, Live Oak

9:15 a.m. - DH & 9:30 a.m. - LAP

Bus: \$5.00 members, \$9.00 non-members

The bus is scheduled to transport riders to Live Oak's Wildflower Festival and Plant Sale at the Heritage Park and Gardens in Live Oak on Saturday, May 2. Live music, speakers, local vendors, food trucks, activities and games, and more are being advertised. Lunch options are as follows and will be decided by consensus by those who go: stay and eat at the festival, leave and go to an area restaurant to eat in, or stop to get food to go on the way home. No food or drinks (except for water) may be consumed on the bus. Sign up at the Information Center.

SUPPER POTLUCK

Saturday, May 2, 5:00 p.m. - RDR

We will have the next potluck on Saturday, May 2. Please come to the Rumph Dining Room before 5:00 p.m.; tables will be ready by 4:30 p.m. Turns out several people appreciated the ingredients list of each dish to help with various health issues, so we'll go back

to that if you are willing. The last potluck was fantastic — almost gourmet! Hope you can come to this one.

**COPING WITH LOW VISION
SUPPORT AND RESOURCES GROUP**

Monday, May 4, 1:30 p.m. - OPR

Our monthly support group brings people with vision loss together to share challenges and celebrate successes. The individuals who attend are in all stages of vision loss. Some still have most of their sight, while others have lost their sight completely. Together, they foster a warm, inviting place to help one another overcome barriers to living independent, vibrant lives. Join Wayne Warner from Lighthouse of the Big Bend for this monthly support group and meeting.



SUWANNEE COUNTY TAX COLLECTOR

**Thurs., May 7, 9:00 a.m.–3:00 p.m. - VS
Closed 12:00–1:00 for lunch**

Staff from the Suwannee County Tax Collector's office including Suwannee County Tax Collector Sharon Jordan are normally in the Village Square professional offices on the first Thursday of each month from 9:00 a.m. to 3:00 p.m. (closed from 12:00 to 1:00 for lunch). This service will enable you to purchase automobile tags and pay your property taxes. For more information, please contact the Tax Collector's office at 362-2816, or you may visit their website at suwtax.com.



**STATE OF FLORIDA:
FLORIDA LICENSING ON WHEELS**

Thurs., May 7, 10:00 a.m.–2:00 p.m. - VS

The Florida Department of Motor Vehicles FLOW vehicle is coming to Dowling Park. FLOW stands for Florida Licensing on Wheels. FLOW brings the following services directly to the customer:

- Change from out-of-state driver license to Florida license
- Renewals
- Duplicates for lost or stolen license
- Address/name changes ID cards
- Reinstatements
- Emergency Contact Information registration

For driver licenses and ID cards, you will need to bring specific items to prove your identify. Visit flhsmv.gov/whattobring for the entire list.

HOEDOWN THEME DINNER

Thursday, May 7, 5:00 p.m.

Camp Suwannee Pavilion

\$10 members, \$20 non-members

You are invited to a Hoedown theme dinner on Thursday, May 7, beginning at 5:00 p.m. in the Camp Suwannee Pavilion. Western wear is encouraged.

The chuckwagon buffet will consist of barbeque chicken, homemade potato salad, Tom's coleslaw, Arlene's broccoli salad, garden salad, baked beans, grilled corn on the cob, rolls, and for dessert there will be a selection of pies and vanilla ice cream for pie a la mode. During dinner



and following, country music will heighten the experience. Line dancing and more will follow dinner.

Tickets are available at the Village Cashier's office during regular operating hours.

Shuttle bus transportation will be available from Dowling House beginning at 4:30. If you need transportation to Camp Suwannee from anywhere else on or near campus, get on the shuttle prior to 4:30.

LADIES' BREAKFAST

Saturday, May 9, 8:30 a.m. - RDR

The next ladies' breakfast will be held on Saturday, May 9, at 8:30 a.m. in the dining room. The guest speaker will be Terry Fall. A special invitation is extended to new residents; we want to meet you! Come join us for a wonderful time of table fellowship.

The cost of the full and delicious breakfast buffet is \$7.75. Tickets are purchased at the Lopin' Gopher. Tickets for the ladies' and Men's Fellowship breakfasts will still be available for purchase on the day of the event, but we strongly encourage everyone to buy their tickets in advance. This will assist our food service staff in estimating the amount of food to prepare. Thank you for your cooperation in this matter.



MEN'S FELLOWSHIP BREAKFAST

Saturday, May 9, 8:30 a.m. - RDR

The next Men's Fellowship breakfast will be held on Saturday, May 9, at 8:30 a.m. in the dining room. The guest speaker will be Joel Evans. Come join us for fellowship, prayer, inspiration, and breaking bread together!

The cost of the full and delicious breakfast buffet is \$7.75. Tickets are purchased at the Lopin' Gopher. Tickets for the Men's Fellowship and ladies' breakfasts will still be available for purchase on the day of the event, but we strongly encourage everyone to buy their tickets in advance. This will assist our food service staff in estimating the amount of food to prepare. Thank you for your cooperation in this matter.

EVENTS HERE AND THERE

Events in this section are not sponsored by ACV, even if they take place at ACV.

ALCOHOLICS ANONYMOUS MEETINGS

Mondays at 7:00 p.m.

The Lighthouse on CR 250

Drug or alcohol problems? If you or a loved one is having a problem, help is available at the Lighthouse at 23594 NW CR 250 in Dowling Park on Mondays at 7:00 p.m. Call (305) 407-0895 for more information.

DEMENTIA CAREGIVER GROUP

Tuesdays at 10:00 a.m.

23379 Elmwood Ln. in Riverwoods

If you are a caregiver to a family member, or have a loved one in a nursing home or assisted living facility with dementia/Alzheimer's, you are warmly invited to a "Meet & Greet" at the Campbell home (23379 Elmwood Lane in Riverwoods) with other caregivers. This is a discussion group where we share experiences, learn from one another, and realize that we are not alone.



Friday and Saturday Soup: Corned Beef and Cabbage

Friday, April 24

Lunch only: Chicken and Bacon Alfredo Flatbread, \$14.95

All day: Mushroom Swiss Burger with Fries, \$14.95

Saturday, April 25

Lunch only: Stacked Grilled Reuben on Marble Rye with Homemade Chips, \$14.95

Half a Chicken Salad Sandwich on Sourdough Toast with a Cup of Soup, \$8.95

All day: Spaghetti Bolognese with Garlic Toast, \$16.95

Our policy is "What is said here stays here." We would love for you to join us!

LADIES BIBLE STUDY

Tuesday, April 28, 10:00 a.m. - CCC

We meet the second and fourth Tuesday of each month at 10:00 a.m. at Copeland Community Center. The next study will be on April 28. We will meet in May on the 12th and 26th. Come and join us. The Bible study is on the book of Luke. Hope to see you there.

WALKING WITH GOD

Tuesdays, 6:30 p.m. - Lake Aquilla

Join us at Lake Aquilla Tuesday nights at 6:30. Together, we will better our health and strengthen our relationship with Christ. Until May 26, we'll be meeting for devotion and a low impact walk around ACV! Bring a friend or come solo; either way we'd love to have you!

PUSH-IN CEREMONY & WASH-DOWN

Wednesday, April 29, 10:00 a.m.

Addams Emergency Services Building

Suwannee County Fire Rescue invites you to a special community event: a push-in ceremony and wash-down welcoming our county's new ladder truck, Ladder 4, to its new home at Adams Emergency Services Building, also known as First Station 4. Join us as we honor tradition and celebrate the arrival of our newest apparatus with a classic push-in ceremony and wash-down.

LIFE LINE SCREENING

Wednesday, May 6

Have you taken control of your health today? Life Line Screening will be at ACV on Wednesday, May 6, offering safe, painless, non-invasive preventive health screenings that are typically not a part of a routine physical. To be more proactive about your health for yourself, your family and your community, you can register for these health screenings today. There is no time like the present to take action!

Special pricing of \$129 for carotid artery disease screening, atrial fibrillation screening, abdominal aortic aneurysm screening, peripheral artery disease screening.

To book, call 1-800-324-9458 and use promo code HABC001, visit LLSA.SOCIAL/HABC, or text the word "circle" to 216-279-1607.



JO KENNON PUBLIC LIBRARY

386-658-2670

Website: srrlib.org

Email: dpark@neflin.org

Mon., Wed. & Fri. 9:00 a.m.—5:00 p.m.

Tues. & Thurs. 9:00 a.m.—7:00 p.m.

Closed Saturday & Sunday

What's Happening This Week:

Chair Yoga, Level 2	Mondays	9:00 a.m.
Chair Yoga, Level 1	Mondays	10:00 a.m.
Starbooks Café	Tuesdays	9:30 a.m.
Scrabble	Wednesdays	10:00 a.m.
Crochet, Knit & Stitch	Wednesdays	2:30 p.m.
Chair Yoga, Level 1	Fridays	10:00 a.m.

Mother's Day Display — We Need Your Help

We're creating a special Mother's Day display and would love your help! Share a photo of your mother (be sure to include her name and yours) along with a memorable phrase she always said or lived by, whether it makes you smile, laugh, or think of home. Drop off your photo at the JKPL, or send it to us at dpark@neflin.org to be part of this heartfelt celebration. Photos will be displayed for the month of May on the Gallery Wall in the JKPL.

Starbooks Café

Come join everyone at Starbooks Café for a relaxed hour of coffee and conversation. Every Tuesday from 9:30 to 10:30 a.m. we sip coffee, chat and share

thoughts and experiences in a casual, friendly environment. This week, we'll kick things off with the topic "What's a book, movie, or TV show that has made a lasting impact on you?"

At the Village Square

Shop gift certificates are available in each shop. Bless someone with this special gift!

Riverside Gifts

When the next rain shower arrives, be ready to measure the precipitation with one of our cute rain gauges! Rain may not be on the horizon any time soon, but Mother's Day is sure to come on May 10. Be prepared by shopping our inventory of jewelry, inspirational items, knickknacks, netted hats (hats for gnats), handbags, greeting cards, and so much more. You'll find fitting gifts for most any occasion. Let all the special people in your life know how much you love and appreciate them.

Don't need a gift? Visit us to find something pretty to brighten your home, complement a new outfit, or to replenish supplies of consumables. We'll be watching for you during Spring Fling on Saturday, April 25.

Watch and clock repairs and new battery installation for time pieces, car fobs, and garage door openers are available at reasonable prices.

658-5771. Open Wednesday–Friday, 10:00 a.m.–4:00 p.m., and Saturday, 10:00 a.m.–2:00 p.m.

Rustic Shop

Connecting Threads' latest creation, microwave baking potato bags, are here. They are a must-have-item for quick meal preparation. Our playful animal design dishtowels add fun and practicality to your kitchen chores. Don't forget the scrubbies!

Mother's Day gifts include spring wreaths, flower arrangements, throw pillows, artwork, quilts, glassware, jewelry, knickknacks, and pottery. Find a special something for that special someone. Select a greeting card from our collection to accompany your gift.

Watch and clock repairs and new battery installation for time pieces, car fobs, and garage door openers are available at reasonable prices.

658-5273. Open Wednesday–Friday, 10:00 a.m.–4:00 p.m., and Saturday, 10:00 a.m.–2:00 p.m.

Twice Nice Shop

Summer is arriving quickly! Does your wardrobe need a refresh? Stop by and check out our new arrivals. At present, garments for all seasons are on display, but soon the half-priced cold-weather items will be removed to make room for spring and summer wear. Don't miss out.

The Book Nook is overstocked and needs shelf space. **All items except the rare books will be buy one, get two free, for the remaining days of April.** So, help yourself to a triple treat! Select from hard- and softbound books of a variety of genres. Check out the free shelf for the icing on the cake.

658-5271. Open Wednesday–Friday, 10:00 a.m.–4:00 p.m., and Saturday, 10:00 a.m.–2:00 p.m.

On CR 250

Twice Nice Furniture & More

23353 CR 250 • 658-5871

For pick-ups, call Larry at 386-678-1219

Mondays and Thursdays, 8:30 a.m.–1:00 p.m.

First Saturday of the Month, 9:00 a.m.–2:00 p.m.

We have four very nice bicycles; two desks just the right size for an apartment; a complete bedroom set, minus the bed; a large selection of greeting cards for only 25¢ each; and more. The Village bus will bring you if you ask.

Dementia Support Group

The group will not be meeting in April, per Ginger Calhoun. The May meeting will take place as scheduled.

Movie Matinee

It's supercalifragilisticexpialidocious! On April 23 at 4:00 p.m., there will be a showing of the beloved movie about a magical nanny who helps the Banks family reconnect and find true joy! Enjoy the movie on the big screen with fresh popped popcorn in our very own library "theatre." The film is rated G for general audiences.

SHINE Medicare Counseling

Do you need advice or assistance in completing your Medicare enrollment or checking eligibility for the program, as well as other programs that are relevant to senior services? On Monday, April 27, walk-ins are welcome between 1:30 to 3:30 p.m.; representatives from SHINE will be available to help with your questions.

Financial Literacy by First Federal Bank

Set yourself up for success on April 30 at 2:00 p.m. with Financial Literacy by First Federal Bank, presented by Pam Cochran and Wendy Dickinson. Come learn about banking information, budgeting, tips for saving money, and more!

Pokémon Display

Gotta catch this display before it's gone! Stop by the JKPL to explore a unique Pokémon collection featuring rare cards, tins, and eye-catching artwork. It's on display through the end of April, so don't miss your chance to see it up close!

Tech Talk

Feeling overwhelmed by all the streaming options out there? From Netflix and Hulu to Prime Video and YouTube TV, it's easy to get lost. Join us on May 1 at 2:30 p.m. for Tech Talk, where Jeremy will break down the different streaming services, explain how they work, and help you figure out which ones might be right for you. Perfect for beginners and anyone looking to make sense of it all!

Living the Gluten-Free Life

As more people are experiencing gluten allergies and sensitivities, you may be wondering if going gluten-free is right for you. Join us on May 4 at 11:00 a.m. as Shawn Johnson shares insight into living a gluten-free lifestyle. You'll learn what gluten is, how gluten sensitivity can show up, and pick up practical tips to help you take those first steps with confidence.

Save the Date

- May 7 - History of Suwannee County
- May 7 - As the Page Turns Book Club: *Chaos* by Iris Johansen
- May 7 - Mother's Day Craft



BUS TRIPS

No eating or drinking, and no open food or drink containers on either of ACV's buses. The only exception is plain water. Thank you for your cooperation.

If you wish to ride the ACV bus on these trips, you must contact the Information Center in person or by phone at 658-3333 to sign up. Please be considerate of those who have allergies and limit your use of perfumes, aftershaves, and colognes when riding the bus.

WEEKLY LIVE OAK SHOPPING TRIPS

There is no charge for Village members to participate in the regular weekly Live Oak shopping trips. If you have questions, call Member Services at 658-5400.

Please remember to bring your own bags on the weekly shopping trips to assist in keeping everyone's purchases separate.

Those who sign up for a weekly shopping trip will be put on the waiting list if they sign up for the

same trip the following week. If seats remain available, those on the waiting list will move to the regular list.

Only one scooter or power chair per regular Wednesday shopping trip will be allowed.

- **April 29** — Fifth Wednesday Shopping in Live Oak
- **May 6 morning — Walmart** — Leave CH at 8:15 a.m. and DH at 8:30 a.m. Leave Walmart at approximately 11:15 a.m. and return to the Village at noon.
- **May 6 afternoon — Walmart** — Leave CH at 1:15 p.m. and DH at 1:30 p.m. Leave Walmart at approximately 3:45 p.m. and return to the Village at 4:30 p.m.
- **May 13 morning — Winn-Dixie, Save A Lot & Publix** — Leave CH at 8:15 a.m. and DH at 8:30 a.m. Drop off at Winn-Dixie and Save A Lot, park at Publix. Leave Publix at approximately 11:15 a.m. and return to the Village at 12:00 noon.
- **May 13 afternoon — Walmart** — Leave CH at 1:15 p.m. and DH at 1:30 p.m. Leave Walmart at approximately 3:45 p.m. and return to the Village at 4:30 p.m.
- **May 20 morning — Walmart** — Leave CH at 8:15 a.m. and DH at 8:30 a.m. Leave Walmart at approximately 11:15 a.m. and return to the Village at 12:00 noon.
- **May 20 afternoon — Winn-Dixie, Save A Lot & Publix** — Leave CH at 1:15 p.m. and DH at 1:30 p.m. Drop off at Winn-Dixie and Save A Lot, park at Publix. Leave Publix at approximately 3:45 p.m. and return to the Village at 4:30 p.m.

DEPARTMENT NEWS

THE VILLAGE CHURCH

Rev. Sam Worley, Senior Minister
Church Office - 658-5344 - P.O. Box 4314

SERMON: "Declarations That Demand Response"

TEXT: John 5:19-30 NIV '84

SPEAKER: Rev. Sam Worley

Sunday, April 26, at 6:00 p.m., Regeneration and Young Musicians will present *The Born Again Identity*. Your mission, should you choose to accept it, is to join the intrepid spies of JI3 to discover if the mysterious encounter between Nicodemus and Jesus was just a simple conversation, or evidence of a supernatural plan to change the world!

The following Village Church events are happening this week:

Friday, April 24

10:00 a.m. — Bible Study, Tom Spannagle (Room 5)

Sunday, April 26

- 9:40 a.m. — Morning Worship (VC)
- 11:00 a.m. — VCBI: Unfolding the Great Commission, Tom Spannagle (Old Pavilion Room)
- 11:00 a.m. — Sunday School
- 3:00 p.m. — Regeneration Final Rehearsal
- 6:00 p.m. — Evening Service: Regeneration and Young Musicians Present *The Born Again Identity* (VC)

Monday, April 27

1:30 p.m. — VCBI, Donald Wrigley (Room 5)

Tuesday, April 28

8:30 a.m. — Men's Bible Study (Room 5)

Wednesday, April 29

- 10:00 a.m. — VCBI: Books of Acts, Michael Saunders (Room 5)
- 6:00 p.m. — Prayer Meeting (BC)
- 6:30 p.m. — Chancel Choir Spring Potluck (SMR/DR)

Friday, May 1

10:00 a.m. — Bible Study, Donald Wrigley (Room 5)

Upcoming Events:

Sunday, May 10

6:00 p.m. — Mother's Day Ice Cream Social (RDR)

Sunday, May 17

6:00 p.m. — High School Graduation Recognition: Landon Chapman and Jordan Coombs (RDR)

Sunday, May 24

12:00 noon — Memorial Day Potluck (Camp Suwannee Pavilion)

COPELAND COMMUNITY CENTER

Katie Nanuseski—386-658-5555

Please help me welcome our new fitness instructor, Kristie Baxter. Kristie is a high-energy fitness instructor who is experienced and licensed in Zumba, SilverSneakers, and cardio drumming. She will begin teaching classes Monday, April 27. Stop by the Copeland Community Center to introduce yourself. And watch for more announcements concerning classes.

INFORMATION CENTER

Charlen Noble—386-658-3333

It's time again to update our records in preparation for printing a new ACV telephone directory. Please look for the form toward the back of this FNN and in future FNNs. The form must be turned in by May 27. We ask that you turn in a form even if there have been no changes to your listed information.

MEMBER SERVICES

James Sutter—386-658-5400

We need more volunteers to tend to ACV's vineyard near the back entrance to Park of the Pines. Contact Bryce or Barbara Whiting for more information at (603) 387-0554 or (603) 520-4773.

This year's Village-Wide Yard Sale has been scheduled for Saturday, May 23, from 8:00 a.m. to 1:00 p.m. It's time to start evaluating whether you would like to participate. We will begin advertising the event soon.

We learned this week that, due to a staffing shortage, Verizon is unable to come to ACV the third Tuesday of each month. They hope to be able to return soon. We will let you know when that happens.

Member Services Tip of the Week

The Copeland Clinic is using a system called Athena for billing. You may receive emails from Athena concerning outstanding bills you may have with the clinic. It is safe to open and interact with those emails and the links contained within.

Scam Tip of the Week: Fake Bill Scam

Here's a scenario you might encounter: You go to the dentist's office, which is one location of a chain of dentist offices. While there, you pay the copay, which is all you should need to pay because you have insurance to cover the rest. Two weeks later, you receive a bill from the corporate office claiming that you owe more money — perhaps a lot of money. You panic. You quickly call the number on the bill, and they tell you that payment must be made in full or they are going to turn you over to a collection agency, and your credit score will take a nose dive.

If you receive a bill that you are not expecting, be suspicious. Scammers can create bills that LOOK like they are from a reputable company and claim that you owe them money. If you call the phone number on the bill, you are calling the scammer, not the company they claim to be.

The first thing you should do when receiving an unexpected bill is find a number you KNOW is safe for whatever company the bill appears to come from. That could be from a past bill, the internet, or even directory assistance. If you need help doing that, contact your service coordinator. Following the example above, you could contact the local dentist's office. They can tell you if you actually owe the company any money.

The pressure scammers can put on you is very scary. Sometimes we act before we really think about what is going on because we don't want to get into trouble. If you do give in and pay and then realize after you've hung up the phone that you've been scammed, immediately try to stop the payment at whatever financial institution is being used. It is also a good idea to file a police report. There have been times when scammers have been caught by police using information turned in to them.

The main points are these: Be suspicious of any communication you receive that you are not expecting, whether that's an email, text message, phone call, or something mailed to you. Don't allow yourself to be

pressured into agreeing to anything or doing anything because the other party is indicating that action must be taken immediately. Take the time to think about what is being asked of you and whether it makes sense. And always do your research!

Member Benefit of the Week

Members can fax up to 10 pages and receive unlimited faxes at Member Services for free. Members also receive up to four free black and white photocopies per day at Member Services.

TV2

In next week's episode of *What the Bible Says About ...*, the following questions are answered:

- If God really wanted to save the people of Nineveh, why did He send Jonah, a man who wanted to run away from the job? Wasn't there a better choice?
- What does the "Day of Salvation" mean in Isaiah 49:8, Romans 13:12, and 2 Corinthians 6:2?
- What did Jesus mean by "I am the resurrection and the life"?

What the Bible Says About ... airs Monday at 8:30 a.m. and 11:30 p.m., Wednesday at 2:30 and 9:30 p.m., and Saturday at 10:30 a.m. and 9:30 p.m.

ACV ACTIVITY NEWS

BRIDGE CLUB

Dottie Stone, Reporter

The Bridge Club meets on Wednesdays at 1:00 p.m. in the Old Pavilion Room. If you would like to play, please call me at (352) 316-5161 by noon on Monday.

CONNECTING THREADS

Mondays, 1:00–3:00 p.m. - KC

The Connecting Threads Ministry will meet Monday, April 27, from 1:00 to 3:00 p.m. at Keepers Cottage.

CRAFTY CREW

Fridays, 2:00–4:00 p.m.

Carter House Common Room

Crafty Crew has moved back to the Carter House Common Room where we have more room. Our group has been expanding!

Last Friday we had a table at the Clubs, Activities & Volunteering Fair. We had many of our crafts on display and had fun meeting people. Some of our conversations sparked new creative ideas! Afterwards, we met for Crafty Crew where people were knitting, crocheting, and making cat toys and flowers out of napkins.

This Friday is Arbor Day. HmMMM ... we're thinking we need a tree theme project! Come join us for some creativity and fellowship, and get in on the fun!

If you have questions, contact Sister Maria Ann at sistermariaann2002@yahoo.com or Sue Donnelly at SueWDonnelly@gmail.com.

GARDEN CLUB

Sue Riedel, Reporter

Our spring garden beautification days will take place April 27 and 28 from 8:00 a.m. to 12:00 noon both days. All Garden Club members are encouraged to come down to the garden and help get the beds and common areas back into shape. Any time you are able to give will be greatly appreciated as we prepare the garden for the growing season.

Members are invited to come out and support the ACV Community Garden Club at Spring Fling on Saturday, April 25. Please stop by, show your support, and consider making a donation to the Garden Club to help us continue maintaining and improving our community garden.

Our next main meeting will also be our Annual Potluck Luncheon, celebrating the close of another successful garden year.

We will have a potluck on Tuesday, May 19, at the Harmony Center. Please bring your favorite potluck dish to share and join fellow members for good food, fellowship, and year-end club festivities.

We remain in a drought situation, and all members are asked to be mindful of water usage while

working in the garden. Conserving water is a shared responsibility and vital to keeping the garden healthy.

Hose Usage and Drought Protocol: The Garden Hose Usage and Drought Protocol was distributed at the monthly member meeting on Tuesday, the 21st. A copy is also posted on the bulletin board in the Community Garden bathroom for reference.

VILLAGE LIBRARY

Monday–Friday

10:00 a.m.–12:00 noon & 1:00–3:00 p.m.

Brenda Reas, Reporter

A few years ago, Hellmut and Gloria Seidenberg made a remarkable book available to the Village through our library. It is the diary that Hellmut's mother, Otilie Seidenberg, kept during their years in Germany under Russian occupation from 1944 to 1951. She was just 29 when the account begins, with three small children in her care.

The book, *My Only Führer Is Jesus*, tells the story of how her faith deepened and how she believed God sustained her through the many trials and hardships of those seven difficult years.

We have an audiobook section, paperback rack, and many movies and TV series on DVD for check-out. Magazines can be borrowed without being checked out; just return them when you finish looking at them.

Please have your ACV ID badge available when you come to check out books and DVDs. We are located in the schoolhouse room between the OPR and IC. Our drop box is located around the corner across from the restrooms (beneath the bulletin board), and you may return books and DVDs there at any time.

PEN PAL PROGRAM

A Committee of the Membership Association

Monica Serlick, Reporter

The next pick-up date, which is also the last pick-up date for this school year, is Friday, May 1. Get your letters to the Information Center or Carter House desk before 11:30 a.m.

Please note that the youth were on Spring Break this past week so there were not any letters for me to pick up this time.

Please turn in all of the letters you received to me this school year ASAP for assessing. If you don't, your pen pal will not be considered for our awards. My address is P.O. Box 4011. They will all be returned to you when we are done.

Thank you to all the pen pals who contributed to the awards we will be presenting. You have all outdone yourself this year. THANK YOU!

The awards banquet will be held on **Tuesday, May 12**, at 6:00 p.m. in the cafetorium at the Ranch. You do not need to RSVP with the Ranch as I will be calling the total count on May 4. The bus will leave Carter House **promptly at 5:00 p.m.** The cost to ride the bus is \$5.00, which must be paid to the Information Center by Friday, May 1. If you need more information, feel free to text or call me at the number listed below.

If you would like to be a pen pal, please contact me at (386) 330-4865 and leave a message.

"Every child deserves a champion — an adult who understands the power of connection and insists that they become the best they can possibly be" (Rita Pierson).

PLARN MINISTRY

Thursdays, 10:00 a.m.–12:00 noon

Cleo's Meeting House

Plarn is a sturdy, eco-friendly crafting material made by cutting plastic bags into strips and joining them into a continuous strand. The strands are rolled into balls, and then crocheted to make durable, water-resistant items such as tote bags, water bottle carriers, bed mats, pillows, etc., often to aid the homeless.

Plarn repurposes plastic bags, which are difficult to recycle, keeping them out of landfills and oceans.

The ACV Plarn Ministry is in need of plastic bags and folding volunteers.

We meet each Thursday morning in Cleo's Meeting House, from 10:00 a.m. to 12:00 noon to prepare the materials for crocheting. Drop by any

Thursday to see if you would be interested in volunteering.

STEPHEN MINISTRY:

Christ Caring for People Through People

Darleen Hinrichs, Reporter

Someone recently shared with me a new business I hadn't heard of. Did you know there is actually a profession called professional cuddler? Apparently, for \$100 an hour, a lonely person can hire a stranger to come and hold them — nothing else. No talking, no intimacy, just a warm embrace for an hour. It shows how disconnected and hurting our world really is.

In a sense, this is what Stephen Ministries is about — although this ministry is free, and Stephen Ministers do not do any physical cuddling. It is about being a loving presence to those who are lonely, sad, or going through trauma of some kind. They bring love and comfort, and the peace of the Lord. Even the non-Christian world recognizes that people are hurting and need a compassionate touch. Why do we so often try to "power through" alone when we are hurting?

Too often, people who are lonely resist seeking help — like that offered through Stephen Ministries — and instead turn to unhealthy relationships or vices to fill the void. This doesn't work because they are looking for something those things cannot provide. They need healing and peace that can only come from the Lord, and they need time. Stephen Ministers give hurting people the gift of time and a caring presence without expecting anything in return. They are there simply to listen and pray for the person as they allow the Lord to heal their heart.

Stephen Ministries is a worldwide Christian ministry of trained lay people who provide confidential one-to-one emotional and spiritual support to care receivers who are going through some of the most difficult days of their lives. The goal of ACV's Stephen Ministries is that no one at ACV will hurt alone. This is another way ACV seeks to express Christ's love to those we serve. Please keep Stephen Ministries and all involved on your prayer list. Questions? Call 386-658-5358 or speak to a Stephen Leader: Robin Copeland or Darleen Hinrichs.

NEIGHBORHOOD NEWS

BUTTERFIELD ACRES

Bob Copeland–919-753-3403

We extend our heartfelt wishes to all of our snowbirds who will soon be departing. May you have safe travels and enjoy a fantastic summer. We eagerly anticipate your return in the fall, and we can't wait to see each and every one of you again.

Please keep CrackerJack and Barbara Dixon in your thoughts and prayers as Jack recovers from his recent hospital stay.

CARTER HOUSE

Mary Gamble

Hey, everyone! It is an honor and a privilege to take over this column from Monica. I know I have some big shoes to fill. I hope I can give you all the information you need to stay informed about Carter House and Wilson Gardens.

For those of you who do not know me, or do not know much about me, let me introduce myself. I was born and raised here in Florida. Until about 12 years ago, Florida was home. Then I moved to Alabama so my sister and I could take care of our mom together until she passed away. My children and grandchildren live in Florida, and I knew I wanted to come back home. So my girl, Bella, and I came home. I cannot tell you how happy we are to be here. This community is truly one of a kind. Thank you all for the generosity and kindness you have shown to Bella and me.

To all our new members, welcome!

Please feel free to contact me with any information you'd like to share in our FNN.

We have no anniversaries or birthdays to report for the rest of this month. Please remember to keep each other in your prayers.

Diane Milnes writes that her sister, brother-in-law and cousin had a wonderful visit with her Wednesday, April 15. They ate lunch out, then enjoyed looking at pictures on each other's phones back at Diane's apartment. "It is so wonderful to still have family left that will come see me," she writes.

Remember to be respectful of other residents and visitors. Please do not confront anyone if you believe they are violating any of ACV's rules or policies. If you see anything that seems out of the ordinary or inappropriate, please contact the Information Center at 658-3333 and report it. They will ensure someone is sent to check things out. This is your home — if you see something, say something. Thanks, everyone, and have a blessed week.

"Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus" (1 Thessalonians 5:16-18).

DOWLING HOUSE

Cora Huckaba-850-464-7113

Good morning, friends and neighbors. Today is a beautiful day. I feel truly blessed to be alive to see it and to hear the birds sing. Proverbs 10:22 says, "The blessing of the Lord makes one rich, and he adds no sorrow with it."

The whistling ducks have returned in great numbers. They are such beautiful birds, especially when they fly and their white feathers shine so brightly. Their whistling is a wonderful bonus.

The flower bed by the church walkway is filling out beautifully. To the men who planted it: Thank you for sharing your skills and creating such a lovely space for us all to enjoy.

Cornerstone Park is looking better every day as the donation towers near completion. We are fortunate to have people with such giving hearts in our village. Without them, these improvements wouldn't be possible. God bless them and their families.

I am looking forward to fresh-vegetable season and hope to take a trip to a farmers market soon. We enjoyed the jellies and produce we found last year. I am hoping to get there earlier this season for items fresh from the field.

On another note, did anyone get a chance to hear the Moanin' Frogs? The name alone certainly sparks curiosity.

The Spring Fling Market Day is Saturday, April 25. I plan to be there to shop and look around, and I hope to see you there as well.

The recent exposé on Village activities was wonderful. It is amazing to see how many programs are offered here; there is truly no reason for anyone to be bored with so much to do.

Laughter is contagious: A Marine went on deployment for six months. He promised to write his fiancée every day. She would meet the mailman every day, but no letter came. This went on for several weeks. Finally, the Marine remembered he had not written her, and he decided he should call her and smooth things over. She answered, and before he could say a word, she told him she was getting married. "To whom?" he asked. "The mailman," she said.

DOWLING MANOR AND DOWLING PARK NORTH

Gail Chapman-904-400-1333

There will be a spring potluck on Friday, April 24, at 5:00 p.m. at Audrey Murray-King's house. The cost will be \$6.00 per person to be paid at the door. We will be having smoked/grilled chicken and ribs cooked by Don Jenkins. He makes his own BBQ sauce. You MUST RSVP to Deborah Jenkins at (757) 585-5519 by April 21. We have to know how many are coming so that we can plan accordingly. Please bring a covered dish. Here are some suggestions: green beans, potato salad, baked beans, deviled eggs, rolls, desserts, etc. We will enjoy eating whatever you bring. Sweet tea, plates, napkins, cups, and cutlery will be provided. After-dinner entertainment will be provided by Bryce Whiting who will see if he can stump us with more trivia.

EDGEWOOD TERRACE

Cathy Oberg-386-658-3237

Good morning, neighbors.

Happy birthday to Jim Hollister on the 28th. May you be blessed with joy, peace and happiness throughout the coming year.

Happy anniversary to Russell and Carolyn Wadsworth on the 30th. May you enjoy life together for many more years with health, happiness and peace.

As the flag challenge continues, it appears Taylor Commons is taking the lead over Millsite Lane. It's an impressive sight traveling on Dowling Park Drive with the many Stars and Stripes waving in the breeze. Now, let's go, Millsite — we need to play a little catch-up.

When was the last time you visited your next-door neighbor? How about across the street? A phone chat could be just the thing to spread some joy to a lonely soul. A coffee break and a few goodies can spark a new friendship. These small gestures are the foundation of a loving community. Let's keep striving to make Edgewood Terrace the friendliest and most loving neighborhood around.

GOOD SAMARITAN CENTER AND DACIER MANOR

Bruce Arnold-386-658-5550

"For you know that it was not with perishable things such as silver or gold that you were redeemed from the empty way of life handed down to you from your forefathers" (1 Peter 1:18).

How many of us like to do things the hard way? I don't like to do things the hard way — I like it as easy as possible. I've been working on my lawn mower so I can get my weeds and grass mowed, and I'm finally getting closer to getting it running again. I have tried all the easy fixes, but they haven't worked, so now I've stripped down the engine and am waiting for the parts to be delivered so I can finally put it back together and start mowing.

It's not always the "easy fix" that solves problems. Our salvation wasn't an easy fix either. It wasn't secured by throwing money, silver or gold at it. Peter goes on in Verse 19 to say that his readers — and us today — were redeemed from the empty way of life by the precious blood of Christ. If we admit it, we might say it's easier to follow some tradition or ritual, but living a holy life to honor God isn't. Traditions and rituals won't save us. Trying to be good enough won't save us either. But when we realize that Jesus shed his precious blood for our sins, then we can "live our lives as strangers here in reverent fear" (1 Peter 1:17). We live our lives for him because he died for us, and because of that we can strive to please him in all we do. Thank God for the precious blood of Jesus.

We're thankful to hear that CrackerJack Dixon has been discharged from the hospital and is now home. Thank you for your prayers. Continue to pray for Jack and Barbara through these difficult times. Also pray for Sue Donnelly, who has been under the weather. We're thankful for Caroline Welkley, who stepped up to play for the GSC worship service last Sunday.

Last week you may remember I mentioned the farm animals that visited GSC. You may want to go to the ACV Facebook page and take a look at the joy that came to us in seeing these wonderful animals God has made.

With the beautiful weather we've been having, our residents at GSC and Dacier Manor are enjoying time on the patios, feeding the fish at the koi pond, and

The Village Post Office



Monday-Friday
11:00 a.m.-12:30 p.m.
1:00-3:00 p.m.

Saturday
11:00 a.m.-1:00 p.m.

658-5270

riding the Turtle around ACV. If you see any of our folks out and around, remember to wave.

GSC will have a memorial service on Wednesday, May 13, at 10:00 a.m. in the Magnolia Dining Room. We will give thanks for the lives of Anne Donohoe, Robbie Robertson, Broward Holsey and Martha Kropp.

RIVERWOODS

Patty Gianeskis-386-658-2024

Hello from my view of the meadow — and what a dry meadow it is. Everything around us is dry. The drought conditions are still in the severe to exceptional range. Over the weekend, there were at least two brush fires nearby. We need to be cautious, and we need to be praying for rain.

One of my friends has been asking me about moving into a 55-plus community. Her questions have caused me to think about some of the many benefits ACV offers us. The benefit I want to address is fellowship. The Village organizes so many wonderful activities for everyone — the monthly birthday parties, Bible studies, and games, just to name a few.

In Riverwoods, there are also informal groups of friends who get together to play board games and cards. Some friends regularly go to the dining room to eat together. Others might invite new neighbors over for dinner or a cup of coffee. And let's not forget taking walks together or chatting on the front porch.

Fellowship was not smothered by the COVID quarantine. During that time, someone clever came up with the idea of "Chat and Chew." People met in the screen room behind the Copeland Community Center, where six to eight picnic tables were arranged in a large circle. One person sat at each table in the open air, following social-distancing recommendations, under ceiling fans, and ate the bag lunch they had brought. A topic of conversation was introduced, and the fellowship began. Riverwoods is a friendly place.

"And they were continually devoting themselves to the apostles' teaching and to fellowship, to the breaking of bread and to prayer" (Acts 2:42).

FOR YOUR INFORMATION

PIZZA PARTY

Save the date! Another pizza party is being planned for Friday, May 8, at 5:00 p.m. in the Sawmill and Depot rooms. The price will be \$9.00 since Papa Johns' prices have gone up. More details will come next week.

MY HERO CROSSES

Sgt. Howard Cleveland Barker American Legion Post 422 in Lee, Florida, is pleased to announce they are bringing the My Hero Crosses program to Dowling Park. The flag/cross combos seen in Live Oak and elsewhere will be positioned along Dowling Park Drive twice yearly for Memorial Day, July 4th, and Veterans Day. The cost is \$50 per My Hero Cross for the first year and \$25 for each year thereafter.

To sponsor a My Hero Cross, please contact Billy Howard at (321) 794-8993 or alpost422@gmail.com, or Ken Forrest at (850) 371-6068.

WATTS UP WEDNESDAYS

A Suwannee Valley Electric Cooperative representative is in the Village Square professional offices the fourth Wednesday of every month from 9:00 a.m. to 12:00 noon. Residents can pay their bill or ask questions about their service. No appointment is necessary. Call (386) 330-5672 for more details.

HAIR CROPPERS

For May Spa Days, May 2 and 5: Special offers for couples or groups of five or more! Whether you're relaxing solo, with a partner, or bringing your friends together, we've got the perfect facial treatment for you. Take \$5.00 off 30-minute facials, and \$10 off 60-minute facials for couples or groups of five.

We also offer spa pedicures, spa manicures, hot stone leg and foot massages, and our signature hand-

wrapped treatment. Call or text (386) 205-3791 for booking.

LEGAL SERVICES

The law firm of Robinson, Kennon & Kendron, P.A. will see clients by appointment only from 9:00 a.m. to 12:00 noon on the following dates in the Village Square professional offices: April 24, May 8 and 22 and June 5 and 19. To make an appointment, please call Leigh Ann Cannon at (386) 755-1334, Ext. 114

FIRST FEDERAL BANK

Float further with First Federal Bank's Visa credit cards, designed to keep your goals within reach. Proudly serving Dowling Park as your trusted community bank.

Located at 11035 Dowling Park Drive in the Village Square, the Dowling Park branch is open (lobby and drive-through) Monday–Thursday, 9:00 a.m.–4:00 p.m., and Friday, 9:00 a.m.–5:00 p.m.

Our Interactive Teller Machine (ITM), where our highly-trained tellers can assist you with transactions that go beyond the standard ATM transactions, is open Monday–Friday, 7:00 a.m.–7:00 p.m.

FINANCIAL ADVISOR

Wendy B. Meyer, CFP®, BFA®, financial advisor with Pivotal Wealth Planning is at the Village on the third Wednesday of every other month (February, April, June, August, October and December) from 9:00 a.m. to 2:00 p.m. in the Village Square professional offices. Call (850) 973-8888 for more information or to schedule an appointment.

SQUARE CUTS AND MORE SALON

Open Monday, Tuesday & Thursday

12:15 to 7:00 p.m.

Open Friday 12:15 to 6:30 p.m.

Square Cuts and More Salon specializes in all your hair care needs. Everything from shampoo and sets to perms, color, highlights, and specialty cuts like razor clipper, precision, regular men's and women's cuts.

Ladies, we do waxing as well! For appointments please call or text Amy at (386) 647-6240. Kindly give a 12–24 hours notice of cancellation. For any chemical service like perms, colors and highlights please give a 48-hours notice of cancellation, or extra charges will apply.

Walk-ins are welcome, but all great hair happens by appointment. I appreciate your business.

ACV QUESTIONS AND ANSWERS

Do you have a question about the Village you think others would also like to ask? Did you see something curious or hear something you'd like confirmed? Submit your question to Member Services, and we will do our best to find out the answer for you and publish it here. You must include your name with the question because follow-up information may be necessary.

Q: Has a Shred-It Community Day been scheduled yet?

A: Yes, a Shred-It Community Day event has been scheduled for Thursday, May 14. When we know a more-exact time, we will run an official notice in the FNN.

THANK YOU

It was a happy 95th birthday! I can't thank everyone enough for all the beautiful birthday cards, gifts, and greetings I received. All were received with joy and tears. Thank you with all my heart!

Ann Perry

We thank all of you who brought food, picked up mail, checked on us, and especially prayed for us during Ron's recovery from the stroke he had on a cold Jan. 28 morning. He was in his workshop when he developed a severe headache. Thankfully, that morning God woke me with a noisy air handler unit, and when I turned the bedroom light on, it went out! I went to the workshop and found Ron with both hands rubbing his head and saying, "It hurts."

I won't go into all that transpired but will say that God provided all we needed that day and the days to come. That included a first responder, someone from maintenance, a rescue unit, a phone call, helping hands, and a helicopter ride for Ron. God's healing mercies and His protective hand on all involved was clearly visible.

A few days ago I came across an article that I had clipped from our *Friendly Neighbor News* that had been submitted by Sandra Kelly titled "Signs of Stroke: FAST." The article gives most, if not all the different signs to look for in the event of a stroke. She states that a stroke is one of the deadliest and most silent illnesses we can develop. And you may or may not know that it is one in which time is definitely of the essence! There is a three-hour window in which you need to get to an emergency room in order for diagnosis and "the shot." We made it in time! Ron still has a way to go, but he continues to do a little better every day. Again, thank you to each one who provided, and especially for your prayers.

Ron and Martha Capallia

Last week was busy with all kind of activities. Thank you to The Doggie Dude Ranch for bringing Hamilton and Buzz out to visit. We sat out front and enjoyed the puppies and the sunshine. Then we went around the back to the patio on 200 Camellia and brought residents out to see the puppies too. Everyone enjoyed them.

On Wednesday, we celebrated Farm Animal Day with two different family groups. Tiffany Dunn, her husband, and their son brought "Cookie," the miniature lion, head bunny, a hedgehog, a bearded dragon, and a desert tortoise. Many of the residents got to hold them and were very curious about them. Erin Escobar and her family, and boys and girls from the FFA brought a year-old calf named Pearl, two momma goats, four baby goats, some chicks, and the cutest little baby boy named Micah. Micah is Erin's son, and he stole the show.

I want to thank them for making our day. I also want to thank our volunteers from the Village who came over to help. We couldn't have done it without you.

We are looking forward to May and all the activities we have planned for Nurses' Week and Nursing Home Week. I will be looking for volunteers again, especially May 11 through the 15.

Kathleen Johnson

MISCELLANEOUS

FOR SALE: Two oversized leather recliners, electric with built-in USB ports, deep blue. One year old. \$300 each. Counter-height dining table (36 inches) with four chairs, dark wood. Round (42 inches) without the leaf and oval with the leaf. \$350. Call or text 850-843-7733 for photos or questions. Buyer must pick up in Riverwoods.**

FOR SALE: Spring Fling is April 25. Brighten your door or wall with a spring or summer wreath. I'll have several wreaths available, along with a few resin items. You can browse what's on hand, look through an album of past designs or order a custom wreath. Wreaths are made from deco mesh, clothespins or fabric. Prices range from \$20 to \$40. Hope to see you at the Spring Fling.**

HELP WANTED: Shoppers needed at Twice Nice Furniture & More. There are way too many clothes for the shop to display. Where else can you find such a variety for only \$2.00 per item?*

FOR SALE: 2021 Forest River Salem Hemisphere Travel Trailer: Light weight (~5,800 lbs.) and 29' in length for easy towing. Rear-living layout, slide-out dinette, walk-through bathroom with walk-in shower, queen-size bed, a fireplace, and a power awning. Newly installed power tongue jack, roof coating, and toilet. Sleeps 4. Asking \$26,500. Please contact Johnny Nicely at 386-658-3023 or 386-209-1316. Serious inquiries only.**

YARD SALE: 23365 River Birch Lane in Riverwoods. Saturday, April 25, 9:00 a.m.–until. Lots of variety.*

FOR SALE: E-Z-GO golf cart, older model, new batteries, one year warranty, and full rain cover with doors. \$2200. Call 386-688-2421.*

FOR SALE: 10-cup coffee pot in box, \$5.00. Sonic ice maker, makes small ice cubes, \$50.00. Toaster oven, used one time, in box, \$20. Air fryer, never used, in box, \$40. Call 689-252-1786.*

IN SEARCH OF: Large or small portable DVD player, 9" screen would be okay. Contact Kathy Kessel at 386-678-1082 or 386-658-3333.*

FREE: Duracell hearing aid batteries #312. I have seven 8-packs from Amazon and new aids don't take them. Take some or all. Call 865-441-5380.*

IN SEARCH OF: A portable gas generator, small enough to ride on the back deck of a golf cart. Will be used to power tools for maintaining the Village golf cart trails in the woods. Contact Dale at 520-780-6725.*

FOR SALE: New electric lift chair for \$200 and a new electric sooter with loading ramp for \$2000 that a GSC resident is selling. Please contact Tommy Combass at 850-464-3290 for more information.*

WORD GAME

Can you spell 20 common English words of three letters or more using some or all of the following letters:

C T E R E H A

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____

May 2026

PLEASE KEEP THIS PAGE FOR THE MONTH OF MAY;
IT WILL APPEAR THIS WEEK ONLY.

NELDA HATCHER, REALTOR®
POOLE REALTY, INC.

neldamhatcher@hotmail.com • 688-8067

SHARON WILSON, REALTOR®
POOLE REALTY, INC.

sharonhomes@yahoo.com • 688-3770

Lot 11 Wildwood Cir.: \$15,000; .214 acres; 85' (frontage) by 110', wooded. MLS #120450.

23329 Live Oak Ln.: \$265,000; 1,238 sq. ft.; nice 2-bedroom/2-bath on .19 acre; beautiful backyard with screened back porch, and 1-car garage. MLS #126218.

10425 River Wood Dr.: \$279,000; Pending; 1,270 sq. ft.; built in 2018; 2 bedrooms, 2 baths, 1-car garage. Granite countertop, security system, generator. MLS #128029.

23350 Meadow View Dr.: \$289,000; 2,200 sq. ft.; built in 1994. Large brick home on large lot; 3 bedrooms, 3 full baths, and attached 2-car garage. MLS #123514.

10498 Wildwood Dr.: \$279,000; 1,111 sq. ft.; nice 2-bedroom, 2-bath on .26 acres. 2 car garage, screened in breezeway with newer roof/carpet/paint and D/W. MLS #129695.

10624 Wildwood Dr.: \$299,900; 1,728 sq. ft.; beautiful 3 bedroom, 2 baths with bonus room on .34 acres. Screened and heated back porch and new roof (2025). 2 plus car garage with a golf cart bay. MLS #129777.

23321 Live Oak Ln.: \$260,000; 1,254 sq. ft.; lots of upgrades in this 2-bedroom/2-bath home, including newer roof, A/C, hot water tank, cabinets and appliances. MLS #127730.

10271 Wildwood Cir.: \$295,000; 1,812 sq. ft.; spacious 3-bedroom, 2-bath with sun room and screened-in back porch overlooking the common area, newer furnace and A/C, and whole-house generator. New on the market. MLS #129409.

10438 Wildwood Dr.: \$289,900; 1,829 sq. ft. 3 bedroom, 2 full baths on .27 acre lot with Florida room, indoor laundry and 2-car garage. Move-in Ready. MLS #130454.

10407 Riverwoods Dr.: \$198,000; 1,720 sq. ft. nice 3 bedroom, 2 bath home with fireplace, on .3 acres overlooking the Suwannee River. MLS #129276.

Birthdays

2. Stew Clemons, Kathleen Damiani*; **4.** Joe Brooks, Frances Flythe*, Peggy Stillman;
5. Joann Banks, Ben Bowen, Jerry Crosby*; **6.** Mack Wadsworth, Albert Yale; **8.** Richard Carr, Howard Hart, Lexie Soles; **10.** Jan Cuddy, David Vignali*; **12.** Johnny Brown*, Sue Odem, Joel Rutter; **14.** Kathy Daniels; **15.** Ann Berry, Dorothy Brenner*; **16.** Jane Burns, Fred DeVane, Carlene Polk; **18.** Janet Pinder, Bob Wheeler; **19.** Charles Johnson, Cathy Oberg;
20. Patty Davies, Susan Duffey; **21.** Judy Cranshaw, Wayne Hinrichs; **22.** Delois Fleming*, Donald Wrigley; **23.** Kurt Rountree, Rick Welling; **24.** Sam Banks; **26.** MarieAnne Armsheimer, Judy Hunter, Jim Rainsberger; **28.** Sandra Davies; **29.** Miriam Andujor, Doris Cousins.

Anniversaries

1. Sharon and Steve McLeskey; **2.** Becky and Phillip Mahler; **7.** Chuck and Peggy Eckel, Elizabeth and Stan Storey; **15.** Debbie and Rick Welling; **18.** Jan and Mike Cuddy;
31. Gail and Jimmy Knowles, Dale and Sue Whitmore

*Denotes GSC resident. Send cards to P.O. Box 4325.

FNN purpose: The *Friendly Neighbor News* (FNN) is published and distributed weekly by the Member Services office with the aid of volunteers. As an official publication of the membership of Advent Christian Village at Dowling Park, Florida (ACV, www.acvillage.net), its purpose is to inform the ACV community (members, staff and friends) of events, news, and services. The FNN, funded by membership fees, is delivered (without charge) to on-campus residences and facilities and to residences in the satellite communities of Dowling Manor, Dowling Park North, and Butterfield Acres. Additional copies are distributed to several Village Square locations and to the Information Center for visitors. **FNN ad policy:** ACV members and employees (only) may advertise in the FNN. For ad information, call Member Services at (386) 658-5400. All member and staff ads will be strictly limited to a maximum of eight lines and will be run for two weeks. The ad submission must include the person listing the ad (but does not need to be published). Deadline for submissions is Tuesday by noon of the week for publication unless otherwise publicized and may be sent by email to fnn@acvillage.net, dropped off in the FNN box near the IC, or delivered to Member Services. **Volunteer editorial staff:** Paul Cook, Verna Piper, and Liz Reynolds. **Electronic distribution:** If you would like to receive the FNN electronically through email, contact Member Services at (386) 658-5400 or fnn@acvillage.net.

Prices effective 4/24-4/30



THE VILLAGE GROCER

Monday–Saturday • 9:00 am–6:00 pm • We deliver at 2:00 pm every day!* 658-3130

GROCERY

Ragu Traditional Pasta Sauce	24 oz.	\$ 4.20
Del Monte Mixed Fruit	4 pk.	\$ 4.00
Campbell's Pork and Beans	11 oz.	\$ 1.00
Knorr Vegetable Dip Mix	1.4 oz.	\$ 1.50
Triscuit Originals	8.5 oz.	\$ 3.10
8.5 oz. Insulated Cups	51 ct.	\$ 5.00
Mt. Olive Kosher Dill	16 oz.	\$ 5.50
8 pk. Powerade Sports Drink	20 oz.	\$ 6.00

DAIRY

Tru Moo Blue Milk	64 oz.	\$ 5.00
Daisy Cottage Cheese	16 oz.	\$ 4.10

PRODUCE

Fresh Zucchini Squash	per lb.	\$ 1.99
Fresh Spinach	10 oz.	\$ 2.00

FROZEN

Checkers Seasoned Fries	28 oz.	\$ 6.70
San Luis Breakfast Burrito	6.2 oz.	\$ 4.20

MEAT

Chicken Thighs	per lb.	\$ 2.00
Lean Bottom Round Roast	per lb.	\$ 7.50
Lean Beef Cubed Steaks	per lb.	\$ 7.00
Carolina Pride Sliced Bacon	12 oz.	\$ 5.80
Gwaltney Great Bologna	16 oz.	\$ 1.50
Seabest Tilapia Fillets	16 oz.	\$ 5.00

CHEESE OF THE WEEK

Swiss Cheese — \$8.00 per lb.

DON'T FORGET TO ORDER YOUR ROTISSERIE CHICKEN

Full chicken \$7.00, Half chicken \$4.00

** Call 658-3130. Order by 11:00 a.m. for 2:00 p.m. pick-up! **

This Week's Verse

But the wisdom that comes from heaven is
first of all pure and full of quiet gentleness ...
it is peace-loving and courteous.

James 3:17

*Delivery available to on-campus ACV members only



ADVENT CHRISTIAN VILLAGE
AT DOWLING PARK

ACV TELEPHONE DIRECTORY UPDATE

Please complete the form below and return to the Information Center by **May 27, 2026**. You may drop it off, send it through Village mail to PO Box 4304 (mailing the form on campus requires no postage), or send the information via email to cnoble@acvillage.net. **Please complete this information even if you believe there have been no changes.**

☞ **If you'd rather type in the information, visit acvmembers.net/directoryupdate**

PLEASE PRINT CLEARLY

Name(s) _____
(As you want it/them to appear in the directory)

Landline Number _____

Cell Phone (his if couple) _____

Cell Phone (hers if couple) _____

911 Street Address _____

Building/Area/Neighborhood _____

Apartment Number _____ PO Box _____

Email (his if couple) _____

Email (hers if couple) _____

If you email your information, **please indicate whether you want your email address listed in the directory. If you do not list an e-mail, and I have one already listed, it will be removed.**

Please do **NOT** call the IC with any information.

Thank you for your help in making sure we have the correct information for our directory. The ACV Telephone Directory is free to all ACV members and Village Church members. Non-members can be added to the directory for a fee of \$8.00.

**THE ABOVE INFORMATION WILL BE INCLUDED IN
ACV'S PRIVATE ONLINE PHOTO DIRECTORIES
UNLESS YOU INDICATE OTHERWISE BELOW**

Remove me completely from ACV's private online photo directories. I understand this means I will not be included in ACV's photo directory app, the ACV Members app photo directory, nor the printed photo directory.

If you'd like to be included, you may indicate any specific information you'd like EXCLUDED from the online photo directories:

- Landline number*
- 911 street address
- Email address(es)**
- Cellphone number(s)*
- Mailing address

*Currently in the Member app, you can either show both numbers or neither number.
**You must have an email address included in your online listing to access the directories, but the address can be hidden from view. Simply note this preference above.

April 24–May 1, 2026

FRIDAY, 4/24

- \$2.75 Soup:** Shrimp Corn Chowder
- \$6.95 Entrées:** GF Baked Catfish, Torpedo Coconut Shrimp, Vegetable Lasagna, Fried Catfish, Hush Puppies
- \$1.40 Sides:** California Vegetable Blend (Carrots, Cauliflower and Broccoli), Mixed Greens, Baked Beans, Cold Salads, Fruit, Cheese Grits
- \$3.00 Desserts:** Assorted Regular and NSA Desserts

SATURDAY, 4/25

- \$8.50 Whistle Stop Special:** Stuffed Peppers, Green Beans, Superfood Broccoli Slaw, Dinner Roll, Assorted Desserts, Fountain Drink

SUNDAY, 4/26

♪ Piano music provided by Joan Wittman. ♪

Lunch Buffet

Members \$14.00 | Non-Members \$20.00 | Beverage Included

- Entrées:** GF Vegetable Quiche, GF Mojo Pork Loin, Fried Chicken
- Sides:** Catalina Vegetable Blend (Broccoli, Green Beans, Yellow Carrots, and Peppers), Garlic Spinach, Salad, Fruit, Potatoes Au Gratin, Macaroni and Cheese
- Desserts:** Assorted Regular and NSA Desserts

MONDAY, 4/27

- \$2.75 Soup:** Minestrone
- \$6.95 Entrées:** Broccoli and Cheese Stuffed Chicken Breast, Loaded Hot Dogs (Options: Chili, Onions, Shredded and Nacho Cheese) with Chips, Liver and Onions
- \$1.40 Sides:** Peas and Carrots, Pickled Beets, Cold Salads, Fruit, Rice with Gravy
- \$3.00 Desserts:** Assorted Regular and NSA Desserts

TUESDAY, 4/28

- \$8.50 Special:** Salad Bar
- \$2.75 Soup:** Tomato Bisque
- \$6.95 Entrées:** GF Chicken Alfredo, Country Fried Steak
- \$1.40 Sides:** California Vegetable Blend (Carrots, Cauliflower and Broccoli), Sweet Corn, Cold Salads, Fruit, GF Pasta, Penne Pasta, Mashed Potatoes
- \$3.00 Desserts:** Assorted Regular and NSA Desserts

NOTE: Prices listed are the retail cost per item. ACV members who present their ID badge at the cash register will receive a 10% discount. Menu is subject to change. Individual beverage cost: \$2.35.

GF=Gluten-Free NSA=No Sugar Added

Rumph Dining Room Midday Dining Menu

April 24–May 1, 2026

WEDNESDAY, 4/29

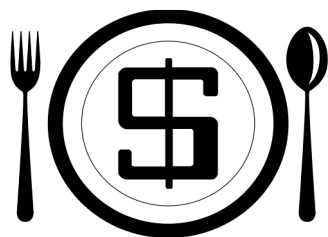
- \$2.75** **Soup:** Cook's Choice
\$6.95 **Entrées:** GF Honey Ham, Fried Chicken
\$1.40 **Sides:** Cabbage, Broccoli, Cold Salads, Fruit, Sweet Potato
\$3.00 **Desserts:** Assorted Regular and NSA Desserts

THURSDAY, 4/30

- \$6.95** **Entrées:** GF Oven-Roasted Wings, Barbeque Meatballs
\$1.40 **Sides:** GF Green Beans, GF Carrots, Cold Salads, Fruit, Tater Tots
\$3.00 **Desserts:** Assorted Regular and NSA Desserts

FRIDAY, 5/1

- \$2.75** **Soup:** Clam Chowder
\$6.95 **Entrées:** GF Baked Catfish, Torpedo Coconut Shrimp, Pepperoni Lasagna, Fried Catfish, Hush Puppies
\$1.40 **Sides:** GF Mixed Greens, GF Yellow Squash, Cold Salads, Fruit, Baked Beans, Cheese Grits
\$3.00 **Desserts:** Assorted Regular and NSA Desserts



RUMPH DINING RM. \$9.75 WEEKDAY VALUE PLATE

Includes 1 entrée, 2 sides, bread,
and a fountain drink.



LUNCH & DINNER SPECIALS

Friday and Saturday: Corned Beef and Cabbage

Friday, April 24

Lunch only: Chicken and Bacon Alfredo Flatbread, \$14.95

All day: Mushroom Swiss Burger with Fries, \$14.95

Saturday, April 25

Lunch only: Stacked Grilled Reuben on Marble Rye
with Homemade Chips, \$14.95

Half a Chicken Salad Sandwich on Sourdough Toast
with a Cup of Soup, \$8.95

All day: Spaghetti Bolognese with Garlic Toast, \$16.95



658-5259

Mon–Fri: 11 am–1 pm

Sat. & Sun: 11 am–1:30 pm



658-5259

Sun: 7:30–10 am | 3:30–7 pm

Mon–Fri: 7:30–10 am | 2:30–7 pm

Sat: 7:30–10:00 am | 3–7 pm



658-5777

Wed–Thurs: 11 am–2 pm

Fri–Sat: 8–10:30 am | 11 am–8 pm

Copeland Community Center

WATER ACTIVITIES

AQUATONE: Aquatone is a water therapy class for people suffering from the pain of arthritis. This class uses a protocol from the Arthritis Foundation. If you experience pain associated with arthritis, or you are new to aquatic exercise, this is a great class to join.

JACUZZI: Water temperature ranges from 100–110 degrees. Please limit time to 15 minutes per session. No children 5 and under. Please observe posted rules.

LAP SWIMMING: Lap swimming is excellent exercise for toning and strengthening the entire body. It is also great for the most important muscle in your body — your heart! Lap swimmers have priority during designated times. Please check the reverse side for lap swim times. 88 pool lengths = 1 mile.

WATER AEROBICS: This class is designed to increase your heart rate in order to strengthen your cardiovascular system. This class also includes stretching and muscle strengthening exercises. Water volleyball is played from 8:45 to 9:30 between the morning classes.

WATER VOLLEYBALL: This group plays every Tuesday and Thursday at 3:00 p.m. You do not need to join a team; just come! If you are 18 or older, come join us! We need all the help we can get! Copeland membership is required.

WEIGHT ROOM

FITNESS BASICS: Copeland Community Center staff is available to assist members with the machines in the exercise room. If you are interested, please call the CCC at 658-5555.

WALKING

1¼ LOOP: Start at Copeland — end at Copeland. This great beginner's trail is well marked for you.

SHUFFLEBOARD

Shuffleboard is a game played by pushing a disk with a long-handled cue over a marked court. The Copeland Community Center has a great shuffleboard court available for you to use any time we are open! Come on in to the front desk and ask us about it!

TABLE TENNIS (PING PONG)

Table Tennis helps you build strength and coordination, and it sharpens your brain without risking serious injury. It is a fun and easy way to burn calories and enjoy social time.



Monday & Friday, 8:00–11:00 a.m.

Played on the court located near Keepers Cottage, Polk Ceramics Shop and Watkins Hobby Shop. In inclement weather (cold, windy or rainy) this team plays in the Camp Suwannee Pavilion.

Wednesday, 8:00–11:00 a.m.

The pickleball team travels into Live Oak and plays at the Suwannee County Coliseum.

Contact

Cindy Hett (658-2683) or CCC (658-5555)

Pickleball is a racquet sport for all age groups and levels. It combines elements of badminton, tennis, and table tennis. Come out and watch, or join in the fun!

EXERCISE by VIDEO

EXERCISE WITH SHIRLEY on TV2: Exercises are done seated or standing by a chair for support. If you are just beginning an exercise program, or if you are recovering, this is a great class to try! Airs Monday–Friday at 2:00 p.m.

SIT AND BE FIT on TV2: An exercise program designed by registered nurse Mary Ann Wilson for older adults and physically limited individuals, focusing on strengthening, stretching, and improving functional fitness from a seated position. Airs Monday–Saturday at 8:00 a.m. and 7:30 p.m.

STRETCHING WITH JOYCE BERRA on DVD: Stretch and strengthen your body, release tension, and ease your mind! This is a gentle class that focuses on posture, breathing and relaxation. Meets Tuesday and Thursday, 8:30–9:30 a.m., in the Multipurpose Room at CCC.

TENNIS

Tennis strengthens the body, sharpens the mind, and relieves stress. It improves endurance, coordination, and focus while offering a fun, social way to stay active at any age. Call the Copeland Community Center at 658-5555 to schedule a game.

BOCCE

Bocce is an Italian lawn-bowl-like game where players, often in teams, throw large bocce balls to get closer to a smaller target ball called a pallino or pino. See the CCC front desk for more information.

May

Copeland Community Center – (386) 658-5555

Monday–Friday, 6:00 a.m.–5:00 p.m. & Saturday, 9:00 a.m.–12:00 noon

Indoor Pool Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00–8:00	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	Lap Swimming	
8:00–8:30		Open Swim		Open Swim		
8:30–9:15	Aquafit		Aquafit			
9:30–10:00	Water Aerobics		Water Aerobics		Water Aerobics	Facilities Open 9:00–12:00
10:05–10:55	Aquatone for Arthritis		Aquatone for Arthritis		Aquatone for Arthritis	
11:00–12:00	Open Swim					Open Swim
12:00–2:30			Open Swim			
2:30–3:00						
3:00–5:00			Water Volleyball	Water Volleyball		

Multipurpose Room Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00–8:30	Open	Open	Open	Open	Open	Facilities Open 9:00–12:00
8:30–9:00	Walking and Step Class	Stretching with Joyce Berra	Walking and Step Class	Stretching with Joyce Berra	Walking and Step Class	
9:00–9:15						
9:15–9:30	Open	Open	Open	Open	Open	
9:30–5:00						

*Call 658-5555 to inquire about using the Multipurpose Room during unscheduled times.