



ADVENT CHRISTIAN VILLAGE  
AT DOWLING PARK

# Friendly Neighbor News

Advent Christian Village, Dowling Park, FL 32064

“Where People Enjoy Living”

<b>24/7/365 Assistance/Operator</b>	<b>658-3333</b>	Housekeeping	658-5374
Cashier's Office	658-5343	Maintenance	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

## FEBRUARY 23, 2024

Friday	2/23	<i>10:00 a.m.</i> 1:00 p.m. 2:00 p.m.	<i>Bible Study—VC Room 5</i> Bridge Lessons—OPR Sit 'N Stitch—CH
Saturday	2/24	<b>9:00 a.m.—12:00 noon</b> <b>9:30 a.m.</b>	<b>VC Spring Cleaning</b> <b>Bus Trip: Florida Sheriffs Boys Ranch Open House and Horse Show—DH</b>
Sunday	2/25	<i>9:40 a.m.</i> <i>11:00 a.m.</i> 2:00 p.m. <i>6:00 p.m.</i>	<i>Worship Service—VC</i> <i>Sunday School for All Ages</i> Coloring Book Time of Fellowship—DH Lobby <i>Evening Worship Service—BC</i>
Monday	2/26	1:30 p.m. 2:00–4:00 p.m. <b>6:30 p.m.</b>	VCBI: Studies in First Peter—VC Room 5 Ceramics—PCS <b>Chancel Choir Rehearsal—VC</b>
Tuesday	2/27	<i>8:30 a.m.</i> <b>10:00 a.m.</b> <b>10:45 &amp; 11:00 a.m.</b>  <i>1:30 p.m.</i>	<i>Men's Bible Study—VC Room 5</i> <b>Learn About the ACV Members' Website—OPR</b> <b>Bus Trip: Dine-Out to Cornerstone Café—DH &amp; LAP</b> <i>Voice of the Martyrs—OPR</i>
Wednesday	2/28	<b>8:45 &amp; 9:00 a.m.</b> 9:00–11:00 a.m. 10:00 a.m.  1:00 p.m. 1:15 & 1:30 p.m. <b>7:00 p.m.</b>	<b>Bus Trip: Save A Lot &amp; Winn Dixie—CH &amp; DH</b> Ceramics—PCS VCBI: The Nine Actions Jesus Takes for You at Salvation—VC Room 5 Bridge Club—OPR Bus Trip: Walmart—CH & DH <b>VC Annual Meeting—RDR</b>
Thursday	2/29	9:30 a.m.–12:30 p.m.	Village Artists Guild—KC
Friday	3/1	<i>10:00 a.m.</i> <b>10:00 a.m.</b> 1:00 p.m. 1:00 p.m. 2:00 p.m. <b>6:15 &amp; 6:30 p.m.</b>	<i>Bible Study—VC Room 5</i> <b>Learn About the ACV Members' Website—OPR</b> VCBI: The Roman Road—CCC Bridge Lessons—OPR Sit 'N Stitch—CH <b>Bus Trip: Friends of Music Concert: Lawson Ensemble—DH &amp; LAP</b>

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

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

## IN LOVING MEMORY

- Dalilah Gimenez, who was a resident of GSC, died Tuesday, Feb. 20. Her memorial information will be posted when available.
- Ann Howell (wife of John), who was a resident of GSC, died Feb. 19. She will be remembered at the GSC memorial service on Wednesday, March 13, at 10:00 a.m.
- Barbara Hildreth, who was a resident of RW, died Feb. 19. Her memorial information will be provided when available.
- George Mulligan, who was a resident of LH, died Feb. 18. His memorial information will be provided when available.
- Clarke Little, who was a resident of CH and GSC, died Feb. 17. His memorial information will be provided when available.
- Diana Evans, who was a resident of GSC, died Feb. 15. Her memorial information will be provided when available.
- Virgil Foxx, who was a resident of DH and GSC, died Feb. 15. His viewing was Monday, Feb. 19, at Beggs Funeral Home. His funeral was Tuesday, Feb. 20, at Midway Baptist Church in Lee, Florida.
- Richard Hersey, who was a resident of GSC, died Jan. 25. He will be remembered at the GSC memorial service on Wednesday, March 13, at 10:00 a.m.
- Rosa Strumbeck, who was a resident of RW, DM and GSC, died Jan. 21. She will be remembered at the GSC memorial service on Wednesday, March 13, at 10:00 a.m.
- Elvena Johnson, who was a resident of DM and GSC, died Jan. 14. She will be remembered at the GSC memorial service on Wednesday, March 13, at 10:00 a.m.
- Wilma Cox, who was a resident of ET, DM and GSC, died Jan. 10. She will be remembered at the GSC memorial service on Wednesday, March 13, at 10:00 a.m.
- Trecia Wade (wife of Carl), who was a resident of GSC, died Saturday, Jan. 10. She will be remembered at the GSC memorial service on Wednesday, March 13, at 10:00 a.m.

## ACV EVENTS



### **BUS TRIP: FLORIDA SHERIFFS BOYS RANCH OPEN HOUSE AND HORSE SHOW** Saturday, Feb. 24

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

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

We have once again been invited to attend the annual Open House and Horse Show at the Florida Sheriffs Boys Ranch in Live Oak. The bus will arrive in time for the 11:00 Grand Entry at the arena. A barbecue lunch will be served at noon. Tours and other events will take place including a tractor parade.

The bus will leave DH at 9:15 a.m. and LAP at 9:30 a.m. There is a bus fee of \$5.00 for members and \$9.00 for non-members, and the Boys Ranch will cover the cost of entry and lunch for those who ride on the bus. (If you drive yourself or ride in another vehicle, you will have to pay the regular prices.) The bus will leave the Boys Ranch by 4:00 to return to ACV by 4:30. Sign up at the IC.

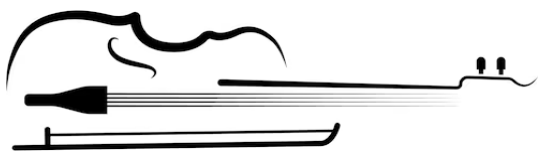
### **BUS TRIP: DINE-OUT TO CORNERSTONE CAFE**

**Tuesday, Feb. 27**

**10:45 a.m. - DH & 11:00 a.m. - LAP**

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

For lunch, Cornerstone offers wings, salads, ribs, chili, burgers and sandwiches, a salad bar, and more ranging from \$4.99. The lunch special on Tuesdays is a chicken and rice plate for \$10. Sign up at the IC to try out Cornerstone Café on Tuesday, Feb. 27.



### **BUS TRIP: FRIENDS OF MUSIC CONCERT: LAWSON ENSEMBLE** Friday, March 1

**6:15 p.m. - DH & 6:30 p.m. - Lake Aquilla**

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

The 2023-24 Friends of Music concert season continues with the Lawson Ensemble, a strings ensemble from Jacksonville, Florida. They will perform a concert at

Covenant First Presbyterian Church in Live Oak on Friday, March 1, at 7:30 p.m.

All Friends of Music concerts are free to attend. A reception will follow. Ride the bus for \$3.00 (members) or \$6.00 (non-members). Sign up at the IC.

## 2024 **WINTER Retreat** at ADVENT CHRISTIAN VILLAGE

**Saturday–Tuesday, March 2–5**

Winter Retreat 2024 begins Saturday, March 2, and ends Tuesday, March 5. See the flyer included with this FNN for all of the details.

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

**Monday, March 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 the nonprofit agency, Lighthouse of the Big Bend, for this monthly support group and meeting.



### **LIVE! AT DOWLING PARK; TRACI NISSLEY**

**Tuesday, March 5, at 7:00 p.m. - VC**

Traci Nissley has served as the minister of music in several churches and is currently serving at the VC. She is an accomplished musician whose interest in music began as a young child. Traci began learning and studying the organ when she was eight, piano and French horn at 11, and solo handbell ringing at 15. Traci has performed with a myriad of ensembles, served as a church pianist for multiple churches, and on the French horn, played with the Raleigh Symphony, North Carolina Pops Symphony, and Atlanta Youth Symphony Orchestra. Traci is excited to share Classical and Christian music literature as part of Live! at Dowling Park and ACV's Winter Retreat 2024.

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



or season passes can be purchased at the cashier's office for \$120 (ACV member) and \$180 (non-member). Those with season passes may also attend the Community Concerts of Lake City free of charge. Call 658-5400 for more information.

**STEPHEN MINISTRIES MEETING**  
**Thursday, March 7, 2:00 p.m. - OPR**



Becoming a Stephen Minister is a life-transforming experience — an opportunity to serve God, help others, and grow in faith. Come learn more about what it means to become a Stephen Minister on Thursday, March 7, at 2:00 p.m. in the OPR.

**SUWANNEE COUNTY TAX COLLECTOR**  
**Thurs., March 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 in the VS 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](http://suwtax.com).

**BUS TRIP: VALDOSTA SHOPPING**  
**Friday, March 8**  
**8:45 a.m. - DH & 9:00 a.m. - LAP**  
**Bus: \$8.00 members, \$14 non-members**

The trip bus will be going to Valdosta to visit the mall and surrounding shopping centers on Friday, March 8. The bus will leave from DH at 8:45 a.m. and from LAP at 9:00 a.m. Lunch will be Dutch treat at a Valdosta restaurant. Bus fee: \$8.00 for ACV members and \$14 for non-members. Sign up at the IC.

**LADIES' BREAKFAST**  
**Saturday, March 9, 8:30 a.m. - RDR**

The next ladies' breakfast will be held on Saturday, March 9, at 8:30 a.m. in RDR. The men will be joining us for this meeting. Our speaker will be Rev. Bryce Whiting. He will share his testimony and some life experiences. 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 \$7.00. Tickets must be pre-purchased at the Lopin' Gopher.



**MEN'S FELLOWSHIP BREAKFAST**  
**Saturday, March 9, 8:30 a.m. - RDR**

The next Men's Fellowship breakfast will be held on Saturday, March 9, at 8:30 a.m. in RDR. The ladies will be joining us for this meeting. The guest speaker will be Rev. Bryce Whiting. He will share his testimony and some life experiences.

The cost of the full and delicious breakfast buffet is \$7.00. Tickets must be pre-purchased at the Lopin' Gopher. Come join us for fellowship, prayer, inspiration, and breaking bread together!

**EVENTS HERE AND THERE**

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

**FREE DENTAL CARE**  
**Saturday, Feb. 24, 8:30 a.m.**  
**Westwood Baptist Church**

Free dental care will be provided by the Florida Baptist Convention on Saturday, Feb. 24, at Westwood Baptist Church in Live Oak (920 11th Street SW). Registration and screening begins at 8:30 a.m. They will be performing extractions and fillings only. The mobile dental mission serves those who have no dental

insurance and fall under the 200% poverty level. Call (386) 438-3250 for more information.

**CINEMA CLASSIC**

**Saturday, Feb. 24, 2:00 p.m. - OPR**

Come see what has been prepared for you this week. Everyone is welcome!

**HYSSONG FAMILY GOSPEL CONCERT**  
**Monday, Feb. 25, 6:00 p.m.**  
**Bethel Creek Baptist Church**  
**8945 CR 53, Mayo, FL 32066**

Bethel Creek Baptist Church will be hosting the Hyssong Family on Feb. 25 at 6:00 p.m. The concert will be in the church on Hwy. 53. A love offering will be taken. Snacks will be served after the concert. Please come and enjoy a wonderful time enjoying the music and fellowship.

**VETERANS GATHERING**

**Friday, March 1, 12:00 noon - RDR**

All service members are invited to gather for lunch to eat together on Friday, March 1, at 12:00 noon in RDR. Buy or bring your own lunch. Bring a military MEMENTO. Service members can be ACV residents, employees, or area residents. Invite other veterans!

**FOOD GIVEAWAY**

**Monday, March 4, starting at 11:00 a.m.**  
**Dowling Park Church of God**

A free food giveaway will be held Monday, March 4, starting at 11:00 a.m. at Dowling Park Church of God on CR 250 near Dollar General. There will be produce, bread and more from Second Harvest. All are welcome. Please bring boxes or bags for your food. Food giveaways will be held the first Monday of each month; the next one is scheduled for April 1.

**EPISCOPAL EUCHARIST SERVICE**

**Tuesday, March 5, 11:30 a.m. - BC**

You are invited to the monthly Episcopal Eucharist service at ACV held on the first Tuesday of each month. The next service is scheduled for Tuesday, March 5, at 11:30 a.m. in BC. Rev. Ken Johnstone of St. Luke's Episcopal Church in Live Oak will officiate. All are welcome.



**JO KENNON PUBLIC LIBRARY**  
**386-658-2670**

**Website: [srrlib.org](http://srrlib.org)**

**Email: [dpark@neflin.org](mailto:dpark@neflin.org)**

**Monday, Wednesday–Friday 9:00 a.m.–5:30 p.m.**

**Tuesday 9:00 a.m.–7:00 p.m.**

**Saturday 9:00 a.m.–1:00 p.m.**

**Closed Sunday**

**Hot Topics: A Search for Solutions**

Just a reminder that the Hot Topics: A Search for Solutions discussion group will meet Thursday, Feb. 22, at 10:00 a.m. The topic being discussed will be the



**LUNCH & DINNER SPECIALS**

**Friday, Feb. 23**

Baked Ziti with Italian Sausage  
and Garlic Toast

**Saturday, Feb. 24**

Beer Battered Cod with Homemade Chips  
and Cole Slaw

future of Social Security and how to make it work better now and in the future.

**Card Making with Linda Branich**

Would you like to make something special to send (or hand) to a loved-one or friend? On Monday, March 4, from 10:00 to 11:00 a.m., local card maker Linda Branich will walk you through the creation of three different beautiful cards. Supplies are provided, but class size is limited, so sign up online ([www.srrlib.org](http://www.srrlib.org) - Dowling Park location) or in person.

**Library Kisses (not Kissing) Booth is Still Open**

Valentine's Day may have passed, but it isn't too late to put your guess in the bowl to possibly win an outrageous number (I can't tell you how many) of Hershey's hugs and kisses! From now until the drawing on Feb. 29, you can place one entry per person, per day, so get your guesses in, and good luck!

**Senior Survival Workshop**

Morgan and Getzan Elder Law and Estate Planning will be presenting a free Senior Survival Workshop on Wednesday, Feb. 28, at 10:00 a.m. Learn about preparing for the possibility of long-term nursing home care expenses, how to pass your land or money to your loved ones at your death as inexpensively and quickly as possible, and the documents you will need to protect your financial and physical health if you become mentally incapacitated. Find out what Morgan and Getzan can do to help you plan for your future and your family's future.

**Air Fryer 101**

Do you have an air fryer that just takes up counter space or hasn't even been out of the box? Start utilizing this helpful kitchen appliance with a little instruction from Katherine Allen from the UF/IFAS extension office. March 6, at 1:00 p.m., come learn the basics of air frying, as well as how to cook a couple of simple dishes. Once you have broken yours in, you will enjoy its many benefits, such as healthier crispy-fried food that cooks in less time! This class has limited seating; sign up online ([www.srrlib.org](http://www.srrlib.org) - Dowling Park location) or come by.

**As the Page Turns**

The March meeting of ATPT Book Club will be held Thursday, March 7, from 2:00 to 3:00 p.m. If you need a copy of the novel *Full Disclosure* by Dee Henderson to prepare for the discussion, we still have copies available. Not only is this book a love story, the characters are complex and both are in law enforcement and work together to solve a crime. Come grab your copy today!

**SHINE Medicare Counseling**

Free confidential counseling is available from SHINE, so come in and let one of their representatives provide you with an annual Medicare plan review, as well as information on such things as eligibility and enrollment, health and drug plan choices, supplement plans, financial assistance, and Medicare fraud prevention. Representatives will be available to help with your questions on Monday, Feb. 26, between 1:30 and 3:30 p.m. Call to schedule an appointment or walk in!

**Just a Small Collection of Words**


"A room without books is like a body without a soul" (Cicero).

**Starbooks Café Topic**

Tell us about your first job.

Weekly JKPL Meetings:		
Starbooks Café	Tuesdays	9:30 a.m.
Crochet Creations	Thursdays	3:00 p.m.
Hot Topics	2nd & 4th Thurs.	10:00 a.m.
Kids Corner	Saturdays	11:00 a.m.

Have you taken some activity photos at ACV you'd like to share? Send them to [mpollina@acvillage.net](mailto:mpollina@acvillage.net) with a little description. They may be featured on ACV's Facebook page.





**BUS TRIPS**

If you wish to ride the ACV bus on these trips, you must contact the IC 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 Wednesday shopping trips to assist in keeping everyone's purchases separate.

- **Feb. 28, Wednesday a.m.** — Save A Lot and Winn-Dixie — Leave CH at 8:45 a.m. and DH at 9:00 a.m. Leave from Save A Lot at approximately 11:30 a.m. and return to the Village at noon. The bus will drop off at Winn-Dixie on the way to Save A Lot, park at Save A Lot, and pick up at Winn-Dixie on the way home.
- **Feb. 28, Wednesday p.m.** — Walmart — Leave CH at 1:15 p.m. and DH at 1:30 p.m. Leave from Walmart at approximately 4:00 p.m. and return to the Village at 4:30 p.m.
- **March 6, Wednesday a.m.** — Walmart — Leave CH at 8:45 a.m. and DH at 9:00 a.m. Leave from Walmart at approximately 11:30 a.m. and return to the Village at noon.
- **March 6, Wednesday p.m.** — Publix — Leave CH at 1:15 p.m. and DH at 1:30 p.m. Leave from Publix at approximately 4:00 p.m. and return to the Village at 4:30 p.m.
- **March 13, Wednesday a.m.** — No shopping trip.
- **March 13, Wednesday p.m.** — Walmart — Leave CH at 1:15 p.m. and DH at 1:30 p.m. Leave from Walmart at approximately 4:00 p.m. and return to the Village at 4:30 p.m.

**UPCOMING BUS TRIPS**

- Feb. 24 — Florida Sheriffs Boys Ranch Open House and Horse Show
- Feb. 27 — Dine-Out to Cornerstone Café in Lee
- March 1 — Friends of Music Concert: Lawson Ensemble
- March 8 — Valdosta Shopping
- March 11 — Immanuel Lutheran College Choir Concert
- March 15 — Dine-Out to T&T BBQ

**IMMANUEL LUTHERAN COLLEGE CHOIR CONCERT**

**Monday, March 11**  
**5:45 p.m. - DH & 6:00 p.m. - LAP**  
**Grace Lutheran Church in Live Oak**  
**\$5.00 members, \$9.00 non-members**

The Immanuel Lutheran College touring choir of Eau Claire, Wisconsin, will present a concert at Grace Lutheran Church in Live Oak on Monday, March 11, at 7:00 p.m. The Village trip bus will take those interested. The concert is free, but donations will be accepted to help offset the cost of the tour. Contact the IC before Friday, March 8, to sign up.

**DINE-OUT TO T&T BBQ**  
**Friday, March 15**

**4:15 p.m. - DH & 4:30 p.m. - Lake Aquilla**  
**\$3.00 for members; \$6.00 for non-members**  
 T&T BBQ and Southern Home Cooking located in nearby Crossroads is a family-run hometown restaurant. They pride themselves on good Southern cooking and hospitality. They serve sandwiches, burgers, BBQ and fish plates, salads, and more. Prices range from \$8.50 to \$17.99. The bus will leave DH at 4:15 p.m. and Lake Aquilla at 4:30 p.m. The bus fee for this trip is \$3.00 for ACV members and \$6.00 for non-members. Sign up at the IC.

# **DEPARTMENT NEWS**

## **THE VILLAGE CHURCH**

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

**SERMON:** "Authentic Ministry"

**TEXT:** Isaiah 40:28–31 NIV '84; Colossians 1:21–29  
NLT

**SPEAKER:** Rev. Sam Worley

**Spring Cleaning Event:** We will be spring cleaning the church interior on Saturday, Feb. 24, from 9:00 a.m. to 12:00 noon. There will be a list of tasks that need to be done; you can choose the task(s) that you would like to do. Come and enjoy a time of fellowship as we work together.

**Car Wash:** The church youth will be holding a car wash at First Federal Bank in Dowling Park on Saturday, March 2, from 9:00 a.m. to 12:00 noon. Please bring your cars or golf carts that are in need of cleaning. Donations accepted.

**WHFMS** will be providing refreshments after the Monday evening, March 4, session of Winter Retreat. Please bring cookies or finger foods to share.

**Vesta Clothey Circle** will host a baby shower for Chris and Kaci Skinner at their regular meeting on March 11, at 9:30 a.m., in VC Room 5. Their registry is with Amazon. Another option is a gift card.

The next **Men's Fellowship breakfast** will be on Saturday, March 9, at 8:30 a.m. in RDR. The ladies will be joining us for this meeting. Our guest speaker will be Rev. Bryce Whiting. He will share his testimony and some life experiences. Come join us for fellowship, prayer, inspiration, and breaking bread together!

The following VC events are happening this week:

### **Friday, Feb. 23**

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

### **Saturday, Feb. 24**

9:00 a.m.–12:00 noon — Spring Cleaning of Church Interior

### **Sunday, Feb. 25**

9:40 a.m. — Morning Worship

11:00 a.m. — Sunday School

4:00 p.m. — Younger Youth, Instruments

5:00 p.m. — Youth Music

6:00 p.m. — Older Youth, ALIVE

6:00 p.m. — Evening Worship, Rev. Donald Wrigley  
(BC)

### **Monday, Feb. 26**

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

Study this period: 1 Corinthians 9–16

6:30 p.m. — Chancel Choir Rehearsal

### **Tuesday, Feb. 27**

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

### **Wednesday, Feb. 28**

10:00 a.m. — VCBI, Michael Saunders (VC Room 5)

The Nine Actions Jesus Takes for You at Salvation

6:30 p.m. — Refreshments prior to the Annual Meeting  
(RDR)

7:00 p.m. — Annual Church Business Meeting (RDR)

### **Friday, March 1**

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

1:00 p.m. — Bible Study, Michael Saunders (CCC)  
The Romans Road

### **Saturday, March 2**

9:00 a.m.–12:00 noon — Car Wash - Youth Fundraiser  
(First Federal)

## **ENVIRONMENTAL SERVICES**

**Michael Gordon—386-658-5155**

As some of you may know, there are several dumpsters in the Maintenance yard. These dumpsters are allocated for different types of materials and are to be used only by ACV Staff. Despite what you may have been told in the past, please do not bring any household trash to the dumpsters at Maintenance. The company who supplies the dumpsters will not remove them if household trash is in them, and ACV will incur extra

fees. If your household trash was missed on your trash day, please call the Maintenance office before 3:30 p.m. so we can get in touch with staff to come pick it up before they leave for the day.

**Alarm Testing:** ACV Maintenance staff and Wood's Electrical Services staff are testing the in-home alarm systems across campus. They began in RW and will continue throughout the Village over the coming weeks.

**Telephone Issues:** For residents who live in RW, ET (including Taylor Commons and Lawrence House), POP, and CT/MT, a telephone landline is required as this is how the in-home alarm system connects to the IC. If you are having an issue with your home landline, please contact Windstream directly at (386) 364-2400.

## **MEMBER SERVICES**

**James Sutter—386-658-5400**

ACV recently debuted a new member website accessible at [www.acvmembers.net](http://www.acvmembers.net). To help those who would like hands-on help using the website, Michelle Pollina, Communications Specialist, is holding small workshops. There are two more available to attend: Tuesday, Feb. 27, at 10:00 a.m. in the OPR; and Friday, March 1, at 10:00 a.m. in the OPR. No appointment is necessary; simply show up and ask your questions.

The management staff of ACV will be participating in an all-day staff retreat Thursday, Feb. 29, and will not be available.

Are you feeling sick? Do you think you might have COVID? If you're heading to the clinic to get tested, do not call the shuttle. When you ride the shuttle and potentially have COVID, you risk spreading it to other riders and the driver. If you think you might have COVID and need a ride, call 658-3333 and ask to speak with the Safety and Security Office (the first responders). They will give you a lift in their vehicle.

### **Member Services Tip of the Week**

When you need to renew your driver's license or change your address for your driver's license contact MS at 658-5400. We can provide a letter that has your physical address on ACV letterhead. This will give you the proof of your physical address that is needed to update your driver's license.

### **Scam Tip of the Week: Third-Party Providers**

Have you received a postcard or form in the mail about T-2 benefit information? A T-2 form is a postcard mailer that many senior citizens receive in the mail. The form looks official. With the postcard or envelope, the letter comes stamped in big, bold letters "Second Notice, Time Sensitive". You open the form and it appears to come from a government agency, stating at the top, "[year] Benefit Information for [state] Citizens Only." Underneath the heading, it states, "As a resident of [state], you are entitled to more benefits not provided by government funds. You now have access to a [year] state-regulated program which will pay 100% of all final expenses up to [dollar amount]."

This particular T-2 form does not come from a government agency and is not a tax form of any kind. It actually comes from insurance agents or marketing companies hoping to gather your personal information. The program advertised doesn't exist. The T-2 form is just an underhanded way to get your approval so they can sell your information; it isn't technically illegal.

A third-party mail provider is a company that sends consumer mailers for marketing companies or mail houses. In the case of the T-2 forms, the third-party mailer is Direct Mail Processing, LLC. This company, based in Georgia, is not the same as the companies mailing out the request forms. They only process the mail and send it out; they are not affiliated with the companies sending the mailers. Direct Mail Processing, LLC has an option on its website to opt out of future mailings and to submit a complaint about the mailers you receive. If you have received one of these mailers, you are encouraged to submit a complaint and opt out. Then, shred the mailer.

 **Remember to Wave** 

# ACV ACTIVITY NEWS

## **BRIDGE CLUB**

**Betsey Ruehl, Reporter**

It is my understanding that bridge has been played at ACV for many years, maybe even as many as 25 years. One of the best players was Betty Driggers. Betty was one of the players who helped to organize the games played on Wednesdays and to keep the club going. Always ready to play and explain different bids, her

smiling face and friendly attitude will be missed. Condolences to Louis Driggers and his family.

The Bridge Club meets on Wednesdays at 1:00 p.m. in the OPR. If you would like to play, please call Betsey Ruehl by noon on Monday at 658-1766.

Congratulations to our Feb. 14 winners: 1st high, Lew Gessler, and 2nd high, Lois Williams.

Lessons are scheduled for Friday afternoons at 1:00 in the OPR. If you would like to learn how to play bridge or would like a refresher, call Betsey.

## **VILLAGE LIBRARY**

**Monday–Friday**

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

**Brenda Reas, Reporter**

The third book in the Amir Tsarfati series, *Out of the Far North*, is ready for check-out. Also, *Connections of the Heart* by Ethel Stenzel (now Ethel Randolph) can be found to the right of the card catalog as well. Ethel spoke at the latest ladies breakfast, and if you missed it or want a recap, you can now read her book.

*The Psalms* and the *New Testament* (King James Version) in VERY large print are now available for check out three weeks at a time. They are found in the large print, non-fiction section next to the double doors.

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**

We have set the date for hosting the youth here at ACV for a bingo party, walk around Lake Aquilla and luncheon on March 11, in the SMR/DR, from 11:00 a.m. till 2:00 p.m. The annual 66th FSyr Open House and Rodeo will be held on Feb. 23–25. The village is invited and is going for the day on Saturday, Feb. 24. Only the people on the bus will have complimentary admission and lunch. If you go by car you will have to pay the entry fee of \$10 per car and you will have to buy your lunch ticket. If you go by car, PLEASE do not tell the gate people that you are with the bus from the village and would like your free entry and lunch tickets. They won't have any available as this is pre-arranged. If you would like to be a pen pal please contact Monica Serlick at 386-330-4865 and leave a message. I will call you back.

"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).

## **STEPHEN MINISTRY**

**Rev. Robin Copeland, Reporter**

Becoming a Stephen Minister is a life-transforming experience — an opportunity to serve God, help others, and grow in faith. Come learn more about what it means to become a Stephen Minister on Thursday, March 7, at 2:00 p.m. in the OPR.

If you have any questions before then about becoming a Stephen Minister, feel free to contact me at [stephenministries@acvillage.net](mailto:stephenministries@acvillage.net) and/or 658-5378.

God bless you as you prayerfully consider becoming a part of this crucial caring ministry!

## **NEIGHBORHOOD NEWS**

### **BUTTERFIELD ACRES**

**Jack "CrackerJack" Dixon, Reporter**

Barb and I had friends who were neighbors of ours in the north Georgia mountains, visit us over the weekend. We enjoyed seeing them immensely and had a lot of laughs together. It was a time of sharing. They are very interesting as they leave their 5th wheel in Blairsville and travel to Cumberland Island, a barrier island of the coast of southern Georgia. This is part of the National Park Service and other than a few NPS vehicles, there are no other vehicles allowed on the island. They only

## **At the Village Square** **Riverside Gifts**

Springtime has arrived in this store! Colorful solar hummingbird and cardinal wind chimes are ready to hang in your window or on the porch. There are beautifully decorated car tissue holders, springtime flower cards, seed packets, and cheery spring birds on slender wires to put amongst your plants. Bird statues will perk up your garden.

Check out the new stock of colorful anklets, some with the nonskid soles. There are also warm scarves and lightweight colorful spring scarves. Add a new pair of sunglasses, and go out into the sun!

Travel to our Florida Nature Corner to find maps and laminated charts about canoeing, kayaking, fishing, birding, and hiking. There are also books about small towns, camping, and family adventures. Walking sticks with compasses are in stock.

If your watch needs a new battery or repair, ask us for details. If you're looking for a fine chiming grandfather clock, we have one waiting for a new home.

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

## **Rustic Shop**

One look at the display window will tell you that Easter will be here soon. There are a variety of spring wreaths ready to find their new home. If you don't see one that's just right for you, stop in to discuss your wreath idea because the volunteers can create one just for you!

There are many large sets of fine China. Choose from a springtime pattern, Platinum Wheat, and silver-edged China. These all come with serving dishes, and other patterns are available. There are also cloth napkins, fine placemats, and centerpieces to complete the table.

Unique finds include the Quiet Time music CD set, a Maxwell Williams Antico pattern serving platter, sets of porcelain napkin rings, and a sweet Precious Moments ring holder.

Don't forget your nylon scrubby made right here in ACV! This handy item comes in a variety of sizes and colors and are very reasonably priced.

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

## **Twice Nice Shop**

The Twice Nice Shop is closed for renovations until sometime in March.

## **On CR 250**

**Twice Nice Furniture & More**  
**23353 CR 250 • 658-5871**

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

Saturday, March 2, 8:00 a.m.–12:00 noon

There's always something new! This week, it's shoes! We've received lots of NEW shoes, sizes 6½–8½, average valued at \$100, now \$20. Also new clothes, small.

have dirt/sand roads to move from one end of the island to the next which is a distance of 17 miles. This island has deer, raccoons, armadillos, and wild feral ponies/horses, and these roam free over the entire island. This island was bought by the Carnegie family. They purchased a very large part of the island and built mansions on it for their 'summer homes'. Some of these still remain today while others have decayed with time and fire has taken its toll on others. Cumberland Island is only about a 2 1/2 hour drive from here just above Jacksonville at St Mary's, Georgia. The only way to get to the island is by ferry and the fee is \$40.00 a person. When you get there you have to hike or rent a bike to get around. There are no stores or restaurants on the island. However at different points there are restrooms and drinkable water available. If you google Cumberland Island, there is a lot of interesting information you can read.

The celebration for Lillian Shuman was a big success; there must have been a hundred friends and relatives there to wish her a 100th birthday. We also discovered it was Steve's 73rd birthday the day before so we had a two part celebration. May the good Lord continue to bless you and protect you for many years to come.

Did you ever think of it this way? The reason history repeats itself, is because we don't pay attention the first time! The other day I saw a sign on a seafood market that said "our fish come from the best schools."

Be kind and considerate to others. If it weren't for them you would be a total stranger. From the veranda overlooking the ever-so-smooth and dust-free 102nd Trail in beautiful BA: take time to be thankful and never forget who is in charge. Isaiah 40:28-31. God bless!

### **CARTER HOUSE**

**Monica Serlick, Reporter**

We have no anniversaries and no birthdays coming up for the rest of February.

Please continue to keep all those who are ill, recovering or struggling in your thoughts and prayers. If you know they may need a helping hand be the first to show your kindness to them. If you have any news you would like to share with others, please call and give me details.

The other day I was listening to some of my favorite music from the sixties and the song "Respect" came on. It was originally written by Otis Redding in 1965 but it was the Aretha Franklin rhythm and blues version that became #1 on the billboard top 100 in 1967. She said "I think it's quite natural that we all want respect - and should get it." This led me into thinking about how often many people forget that everyone deserves to be treated in a civil manner. If you see yourself as a caring person who loves to give, here are three things that will cost you nothing to give to everyone around you: 1) Respect 2) Consideration 3) Kindness. The most important of these is respect because when you give that, you automatically give the other two. Most of the time we utilize these actions with strangers because we want to make a good impression on them; but we should always remember to treat everyone we deal with on a daily basis this way. We live in a Christian community like no other, anywhere in this nation. It takes a lot of people in many different departments to keep things going. The staff of ACV is an integral part of providing you with the wonderful environmental experience that you enjoy daily. It is not appropriate to be rude or demeaning to them. Remember to be respectful, considerate and kind to all of them as they work tirelessly to ensure you are served and provided for daily. To all of the ACV staff - YOU ARE APPRECIATED, THANK YOU!!

Peace to everyone and remember KINDNESS STARTS WITH YOU.

Remember to be respectful of other residents and visitors. Please do not confront anyone if you think they are violating any of ACV's rules or policies. If you see anything that you believe is out of the ordinary or inappropriate, please contact the IC 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!

### **DOWLING MANOR & DOWLING PARK NORTH**

**Charlene Reas, Reporter**

Sorry I have not written since December. A birthday in January that I know of was Marvin Casey 1/30. February birthdays were Charlene Reas, 2/14, and Dick Grillo, 2/16. Darcy Chapman has a birthday this month also. Hope everyone had a blessed birthday.

The planning committee met Tuesday to discuss a March Spring Fling Potluck/Carry In Supper on Thursday, March 21, at 5:00 p.m., at Audrey Murray's house. More information will be sent soon. We would like to have suggestions on entertainment. We have done bingo and at Christmas white elephant gift giving and discussed trivia games, and other games played with grandchildren. What would you like to do? Please contact your reporter, information below.

I have been informed that Betty Driggers passed away on Friday, 2/16. Her memorial service will be held at Bethel Creek Baptist Church, 8945 NW County Road 53, Mayo, FL, Saturday, March 9, at 11:00 a.m. Our sympathy goes out to Louis and family. She was active in the Bridge club and came to potluck suppers.

Please contact Charlene Reas at 386-658-3190, 386-209-8817 or creaswhfms@gmail.com.

### **EDGEWOOD TERRACE**

**Sandra Kelly, Reporter**

Hello again, ET! Good News. ET is planning a special luncheon for March 23, at 1:00 p.m., in the Youth Lodge at Camp Suwannee. Bring your favorite pot of chili or soup and whatever other goodies you would like to share. We look forward to seeing you there! Contact Cathy Oberg at 574-229-8402 to RSVP. More details later.

Happy birthday to Ronnie Beckham on Feb. 24. William Shakespear wrote, "With mirth and laughter, let old wrinkles come." May you enjoy a great day! Don't worry about wrinkles. They just mean you laughed a lot.

Thank you to ACV for the roses! We have enjoyed them all week and they do add a nice touch to our dining table. Special thanks also to the River Landing Bistro for a wonderful Valentines dinner. My husband and I and our guests thoroughly enjoyed the atmosphere, the food, and the courteous service. It was a day to tuck into our memories to enjoy over and over. Our prayers and condolences to the family and friends of George Mulligan who passed away on Feb. 18. George was a resident of LH, and you may remember him walking about the village with his dog, Tinsey. George was an old-fashioned gentleman who always had time to stop and chat, especially if you wanted to talk about Tinsey.

As I was looking up special events for Feb. 22, I found that Feb. 20 is National Margarita Day and World Thinking Day. At first glance I could not have found a more amusing pairing of specialty dates if I had tried. There it was, right in front of me, National Margarita Day, and World Thinking Day. I had to imagine that the people who decide on these special dates knew that to get the world involved in corporate thought processes, it would take a lot of margaritas! That's when the good angel sitting on my shoulder shoved the bad angel away and gave me a whap on the ear for finding amusement in a serious matter. Banishing thoughts of a day of margaritas, I learned that World Thinking Day is a girl scout holiday focused on international friendship and learning new things about other countries. I learned that it's a day of international friendship celebrated by scouts in 152 countries. It was started in 1926 and has grown to involve 8.9 million girl scouts and girl guides around the world. The scouts seek inspiration from the history and impact of the global movement. They connect with the sisterhood of scouting. They take action to speak out on issues they care about. They seek to make a difference by fundraising for projects around the world.

While reading about World Thinking Day I was reminded of the international involvement of residents of ACV. Those who are from other countries and those who served God in transcontinental fields. They connected with a brotherhood of Christians around the globe. They took action to speak out about issues they care about. They sought to make a difference in

projects throughout the world. We congratulate them for their courage and contribution. Every community needs those who are committed to involvement and service.

"In every community, there is work to be done. In every nation, there are wounds to heal. In every heart, there is the power to do it. – Marianne Williamson. "We cannot live only for ourselves. A thousand fibers connect us with our fellow men." – Herman Melville. [ellevatenetwork.com](http://ellevatenetwork.com).

## **GOOD SAMARITAN CENTER AND DACIER MANOR**

**Bruce Arnold, Reporter**

I heard this on the radio as Chuck Swindoll shared on *Insight for Living*, this is called the Stress Diet. This diet is designed to help you cope with the stress that builds up during the day. Try it!

### **BREAKFAST**

1/2 grapefruit  
1 slice whole wheat toast-dry  
8 oz. skim milk  
\*\*\*\*\*

### **LUNCH**

4 oz. lean broiled chicken breast  
1 cup steamed spinach  
1 cup herb tea  
1 oreo cookie  
\*\*\*\*\*

### **MID AFTERNOON SNACK**

rest of the oreos in the package  
2 pints of rocky road ice cream  
1 jar hot fudge sauce  
nuts, cherries, whipped cream  
\*\*\*\*\*

### **DINNER**

2 loaves garlic bread with cheese  
large sausage, mushroom and cheese pizza  
4 cans or 1 large pitcher of soda  
3 milky way or snickers candy bars  
\*\*\*\*\*

### **LATE EVENING SNACK**

entire frozen cheese cake eaten directly from freezer

Isaiah 40:31 tells us of a better way to deal with stress. (Chocolate is a close second, though!) "They that wait upon the Lord shall renew their strength, they shall mount up with wings as eagles. They shall run and not be weary, they shall walk and not faint." I believe we can find a better way to deal with stress as we wait upon the Lord.

On Valentine's Day, cards from Mrs. Vicky's 2nd grade class at Springcrest Elementary School brought many smiles to our residents at GSC! Also some of our staff from ACV were roaming about GSC to bring roses for each resident, which also brought smiles. Candy and celebrations throughout the building made for a wonderful Valentine's Day. Seems like there were many smiles on Feb. 14!

Feb. 14 was also Ash Wednesday. Residents at GSC also took part in an Ash Wednesday service, marking the beginning of the Lenten Season. We remember that we are dust, and we return to dust, so therefore we humble ourselves to draw near to God in this solemn season.

Thanks to Joyce Parlette who has been here at ACV with Roving Volunteers in Christ's Service (RVICS) for making doilies for our communion set which we use for the communion services at GSC. Also, on Monday, Feb. 19, members of RVICS came by GSC to visit and do crafts with our residents.

The GSC Memorial Service will be on Wednesday, March 13, at 10:00 a.m., in the Magnolia Dining Room. Friends and family are invited to attend this service. We will be remembering Wilma Cox, Elvena Johnson, Rosa Strumbeck, Richard Hersey, Trecia Wade and Ann Howell.

This year, beginning on Sunday, March 3, the GSC/DM morning worship service will take part in Penny Crusade. Penny Crusade is the annual drive from Advent Christian General Conference to help raise funds for mission work. Those who have been in the ACV Church are familiar with Penny Crusade, but for those who are not, we DO accept more than pennies, we

accept nickels, dimes, quarters, half dollars and all denominations of bills! We are looking forward to learning about AC Missions around the world, and being a part of sharing the gospel to the whole world.

## **RIVERWOODS**

**Betsey Ruehl, Reporter**

MARK YOUR CALENDARS! RW Winter Social will be held Thursday, March 7, beginning at 4:00 p.m. at the Pavilion in Camp Suwannee. Please bring a covered dish to share. The RW Social Committer will arrange for the meat. The theme is "World Book Day". Check here next week for more about this. The Committee has also started to plan the other events during this year which we will share at that event. Please respond by March 1 to either Betsey Ruehl at 386-658-1766, Barbara Bertolino at 386-658-1048 or Ann Thompson at 386-208-2764.

Last week was a tough one for pet parents. I received a call from the IC about a missing animal. There were three animals missing. We are fortunate to have found two of the three owners of the animals that went missing last week. For newcomers in RW, I started a list a few years back with the pet's name, the owners' names, phone numbers and a picture of the pet. It helps to make a quick identification and resolution to this situation. If you have not submitted your animal's information, please send it to [betseywr@yahoo.com](mailto:betseywr@yahoo.com).

I came across the word "ultracrepidarian" which I thought was interesting. I am sure we all have met one at some point in our lives. It means: someone who gives opinions on subjects they know nothing about. While looking up something online I found an article about the 7 Benefits of Silence That Most People Ignore. They are: Silence promotes relaxation and reduces stress; it enhances creativity and problem-solving. Solitude improves communication, boosts productivity, helps improve sleep quality, enhances mindfulness and promotes spiritual growth.

Interesting quotes: "The habit of giving only enhances the desire to give." Walt Whitman

"People do not decide their futures, they decide their habits and their habits decide their futures." F.M. Alexander

"He who requires urging to do a noble act will never accomplish it." Kahlil Gibran

## **MEMBER BENEFITS**

ACV offers a variety of programs and services to its members under the membership program. Members pay a monthly fee to provide supplemental support for this array of services and programs, meeting many of the varied needs of its members, as well as providing the opportunity to live his or her life to its fullest potential and highest level of independence. Some services you may not need today, you may well find important or essential in the future, and your financial participation makes it possible for your neighbor to have access to the services they need now.

**This week's member benefit of note:**

The IC provides a number of services to members, such as wake-up reminders and appointment reminders. They are also a 24-hour family member contact.

## **FOR YOUR INFORMATION**

### **SURPRISE BILLING & PROTECTING CONSUMERS**

As of Jan. 1, 2022, consumers have new billing protections when getting emergency care, non-emergency care from out-of-network providers at in-network facilities, and air ambulance services from out-of-network providers. Through new rules aimed to protect consumers, excessive out-of-pocket costs are restricted, and emergency services must continue to be covered without any prior authorization, and regardless of whether or not a provider or facility is in-network.

Previously, if consumers had health coverage and got care from an out-of-network provider, their



health plan usually wouldn't cover the entire out-of-network cost. This left many with higher costs than if they'd been seen by an in-network provider. This is especially common in an emergency situation, where consumers might not be able to choose the provider. Even if a consumer goes to an in-network hospital, they might get care from out-of-network providers at that facility.

In many cases, the out-of-network provider could bill consumers for the difference between the charges the provider billed, and the amount paid by the consumer's health plan. This is known as balance billing. Unexpected balance bills are called surprise bills.

The Consolidated Appropriations Act of 2021 was enacted on Dec. 27, 2020, and contains many provisions to help protect consumers from surprise bills, including the No Surprises Act under Title I and Transparency under Title II.

Starting on Jan. 1, 2022, you generally won't be responsible for balance bills or out-of-network cost-sharing when getting emergency care, non-emergency care from out-of-network providers at certain in-network facilities, or air ambulance services from out-of-network providers. When this happens, instead of you paying for unexpected out-of-network costs, you'll generally only need to pay your normal in-network costs (like coinsurance, copayments, and amounts paid towards deductibles). The health care provider and your health plan are responsible for negotiating the total payment amount from the plan to the provider through an independent dispute resolution process.

For more information, visit [www.cms.gov](http://www.cms.gov) and [consumerfinance.gov](http://consumerfinance.gov), the websites from which this information was gleaned.

## ANNUAL MAINER POTLUCK LUNCHEON

Attention, Mainers: Our annual potluck luncheon will be held at 12:00 noon on Wednesday, April 10, at the Harmony Center. Please call Judy Hatch at 658-2833 with any questions.

## FROM BAGS TO BEDS

Hello, everyone! My apologies for the poor presentation at the Membership meeting. Public speaking has never been one of my strong suits; I get all nervous. Maybe I can better explain here what plarn volunteers do.

There are basically four steps in processing the plastic bags. Step 1: dropping off your grocery bags at the IC. Step 2: folding the grocery bags into fourths. Step 3: cutting the top and bottom off the bags then cutting the folded grocery bags into fourths. Step 4: weaving the grocery bag loops together, then making a ball of plarn.

Each volunteer does all four steps or just a few steps in conjunction with another volunteer. You can do this in the comfort of your home or join neighbors and friends. One woman folds grocery bags and places them into prescription bags to keep them nicely folded so they don't slide around. Beautiful job!

At the weekly meetings, volunteers usually fold and cut bags. A lady in DM loves to weave them. One lady picks up a garbage bag full of grocery bags to process at her home. When she picks up more bags, she also drops off her balls of plarn.

We welcome you to join us at our weekly meeting at Cleo's Meeting House if you have time. Hope to see you today, Thursday, Feb. 22, from 10:00 a.m. to 12:00 noon. Next week we will meet Tuesday, Feb. 27, from 10:00 a.m. to 12:00 noon. Thank you for your time and God bless.

Linda Warner (Douglas)

## HEART HEALTH MONTH AT ACV

This month we're focusing on heart health here at ACV. Here are the facts.

- Heart disease is the **leading cause of death** in the United States, claiming 695,000 lives last year — that's one in every five deaths.
- Heart disease cost about **\$239.9 billion** each year in health care services, medicines, and lost productivity.
- About **one in 20 adults** age 20 and older have coronary artery disease.

- Someone in the U.S. has a heart attack every 40 seconds — that's about **805,000 people a year**. Of those about 75% are first time attacks, and 25% are repeat heart attacks.
- About **one in five heart attacks are silent** — the damage is done, but the person is not aware of it.

The major symptoms of a heart attack are:

- **Chest pain or discomfort.** Most heart attacks involve discomfort in the center or left side of the chest that lasts for more than a few minutes or that goes away and comes back. The discomfort can feel like uncomfortable pressure, squeezing, fullness, or pain.
- **Feeling weak, light-headed, or faint.** You may also break out into a cold sweat.
- **Pain or discomfort in the jaw, neck or back.**
- **Pain or discomfort in one or both arms or shoulders.**
- **Shortness of breath.** This often comes along with chest discomfort, but shortness of breath also can happen before chest discomfort.

Other symptoms of a heart attack could include unusual or unexplained tiredness and nausea or vomiting. Women are more likely to have these other symptoms.

If you notice the symptoms of a heart attack in yourself or someone else, call 9-1-1 immediately. The sooner you get to an emergency room, the sooner you can get treatment to reduce the amount of damage to the heart muscle, and the better your chances of survival. At the hospital, health care professionals can run tests to find out if a heart attack is happening and decide the best treatment.

## Know Your Risk Factors

For heart disease, there are two types of risk factors — those you can't change and those you can. Fortunately, most of the heart disease risk factors can be changed.

Risk factors you can't change include:

- Age — 45 or older for men; 55 or older for women
- Family history of early heart disease — father or brother diagnosed before age 55, or mother or sister diagnosed before age 65

Risk factors you can change include:

- Smoking
- High blood pressure
- High blood cholesterol
- Overweight/obesity
- Physical inactivity
- Diabetes

Next week we'll look at what you can do to minimize your risk factors.

## SQUARE CUTS AND MORE Monday, Tuesday and Thursday 12:00 noon to 7:00 p.m.

Call (386) 647-6240 for an appointment. Kindly give 12–24-hour notice for cancellations or extra charges will apply.

## 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 VS professional offices: March 8 and 22; April 12 and 26; May 10 and 24. To make an appointment, please call Leigh Ann Cannon at (386) 755-1334, Ext. 117.

## FINANCIAL ADVISOR

Wendy B. Meyer, CFP®, CRPC®, CDFA®, financial advisor with Ameriprise Financial Services, LLC 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 VS professional offices. Call (850) 973-8888 for more information or to schedule an appointment.

## HAIR CROPPERS

Springtime special: per request we are offering a special hand and foot massage session for \$45. Call or text (386) 205-3791 and schedule an appointment! Thank you for choosing Hair Croppers.

## **VOLUNTEER INCOME TAX ASSISTANCE**

The Volunteer Income Tax Assistance (VITA) program is now making appointments. You can make your appointment at First Baptist Church of Dowling Park. Volunteers will be at First Baptist Church of Dowling Park on Saturdays during income tax season to assist people who make less than \$75,000 per year.

VITA volunteers make tax returns simple. Any help you can give would be appreciated for this calling. For information, contact Jim Broten at (386) 209-6831 or JMB013@live.com.

## **NANCY HARRISON, CPA**

Nancy Harrison, CPA will be holding office hours — by appointment only — for meeting with tax clients and for document drop off on the following dates: March 5 and 19, and April 2 and 15 from 9:00 a.m. to 12:00 noon. Clients should contact Nancy at (386) 249-2944, (850) 212-6799 or nfharrisoncpa@gmail.com to make an appointment.

Nancy welcomes any tax questions you might have either by phone, text (850-212-6799 only) or email.

## **RIDE-ABOUT**

If you're interested in utilizing the Ride-About (ACV's red, 10-passenger golf cart) for a tour of some kind, call MS at 658-5400.

## **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:** Who was J. Ralph Smith, and why does ACV have a building named after him?

**A:** J. Ralph Smith was an ACV board member and a strong Advent Christian from Augusta, Georgia. He was married to Cleo Smith, for whom Cleo's Meeting House is named, and was the brother of Aquilla Smith, for whom Aquilla Lake is named. J. Ralph Smith was a board member for seven years and served as chair for four and a half of those years.

The first building named after J. Ralph Smith was the J. Ralph Smith Health Center. It included ACV's health services and administrative offices. After GSC, Carter Village Hall, and CMC were built, the J. Ralph Smith Health Center was remodeled into what it is today.

## **THANK YOU**

Thank you very much to ACV for the roses and to the volunteers who delivered them!

Christine Pakosta-Bottelman

The time has come to say good-bye to my ACV home and family. I will be relocating to Ringgold, Georgia, to be closer to my son and his family. It has been a wonderful journey, and I want to thank everyone who has passed through my life all these years for their love, kindness and understanding. Special thanks to my coordinator, Ashley, who has been with me through many ups and downs.

My husband and I spent many years in Tresca Park before buying a home in RW in 2012. It is a heavy heart that I say "good-bye". My son and his family await my arrival in my new bungalow nearby. My new address is 242 Brownstone Dr., Ringgold, GA 20736.

May God bless you all in this little piece of Heaven know as Advent Christian Village.

Faye Decie

## **MISCELLANEOUS**

**PLEASE NOTE:** All submissions to the FNN must have a name attached. If you prefer to not have your name included with the listing in the FNN, indicate that on the

submission. Only ACV members and staff may advertise here. Ads run for two weeks.

**FREE:** Old hymnals and Christian songbooks collected by David Northup: 40 different titles, plus a thick book about hymnology. 20th century and a few older ones. Looking for a new home. Call JKPL at 658-2670 and ask for Wayne.\*\*

**LOOKING FOR:** A ride to Lake City with someone going to see the movie *The Chosen*. Call 386-249-1072.\*\*

**NEEDED:** I have a small white end table that I need refinished. If you are interested in doing this please call Dottie at 352-316-5161.\*\*

**MOVING SALE:** King size sleigh bed with frame \$100, log bed frame \$30, kitchen table with a bench and 2 chairs \$50, and dining room buffet \$50. Prices are negotiable. Call 850-692-8959.\*\*

**LOST AND FOUND:** Items that have been found and turned into IC: six canes, a bag with SDA Church info and CD, two pairs of hearing aids, and a beaded necklace. If you have lost any of these items, stop by the IC to claim them.\*\*

**FOR SALE:** Indoor/outdoor sofa. Seats two and is upholstered in waterproof fabric. \$100. Call Ann at 386-208-2764.\*\*

**FOR SALE:** Magic Chef chest freezer, model MCCF5WBX, 5.5 cu. ft. with instruction book, white, \$100. Easton Press complete Sherlock Holmes, three leather bound, illustrated, \$200. Contact Petey at 630-730-0489.\*

**FOR SALE:** Brand new, never used queen size sheet set. Navy plaid pillowcases, flat sheet, and fitted sheet up to 12 inch mattress. \$15. Call Cathy at 574-229-8402.\*

**NEED TO BORROW:** Four-seater golf cart for our Winter Retreat guest speaker's family to use while in Dowling Park for Winter Retreat. Call James in MS at 658-5400 if you can help.\*

## **SUBMISSIONS BY PATRICIA-ADELE**

### **Italian Chef's Obituary**

Did you hear about the chef that recently died? He pasta away yesterday. He was born in Italy — a Romano man with a cheesy personality. He was a wealthy man; he had lots of dough. Doctors said that they cannoli do so much. He just ran out of thyme. His legacy will become a pizza history.

### **You Can Do It**

If you see someone falling behind, walk beside them. If you see someone being ignored, find a way to include them. Always remind people of their worth; one small act could mean the world to them.

### **Only Through You**

Three men, three crosses, one hill. One man cursed, one man prayed, one man promised. One died condemned, one died forgiven, one died innocent. One died in sin, one died to sin, one died for sin. One was held by death, one was released by death, one conquered death. One lost life, one gained life, one was life. Thank you, Jesus, for your sacrifice and eternal life only through you!

Author Unknown

**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**

# March 2024

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

**NELDA HATCHER, REALTOR®**  
**POOLE REALTY, INC.**  
neldamhatcher@hotmail.com • 688-8067

**Lot 11 W. Wildwood Cir.:** \$20,000; .214 acres;  
85' (frontage) by 110', wooded. MLS 120450.

**23318 Live Oak Ln.:** \$339,500; 1,691 sq. ft.; built in 1998; 3 br. 2 bath, Florida room, 2-car garage, granite countertops, new roof; many updated features. MLS 121508.

**10411 Wildwood Cir.:** \$279,000; 1529 sq. ft.; built in 2004; 3 br., 2 bath, 2-car garage, screened porches on front and back, new roof. MLS 121826.

## Birthdays

1. Cheryl Massengill, Errol Gillette; 2. Mary Welling, Lynn Harris, Albert Osteen, Sr.\*; 4. Blanche Benoit, Carole Kueppers, Frank Hall;
5. Sheila Edenfield, Sheldyn Stamler; 6. Jean Goddard\*, Tom Peeks;
7. Christobal Herrera\*; 9. Cindy Beaver, India Van Brunt, Jan Hendrickson;
12. Keith French\*, Bill Nickerson; 13. Debbie Skinner, Lucy Hine;
15. Meg Burden, Mike Elder; 17. Nellie Croft\*; 18. Catherine Grim\*;
19. Bob Lutz, Robin Robinson; 20. Sarah Faircloth\*, Barbara Kile, Robert Bunnell, Sue Donnelly; 21. Gary Quigley\*; 22. Patricia Adele Lyons;
23. Barbara Richards, John Richmond, Susie Lewis; 24. Arthur Lawrence, Paul Cochrane, Rosemarie Lones\*;
25. Ida Goldbold\*, Phyllis Rand;
27. Bruce Harris, Donna Willberg, Kathy Kemp, Verdell Smith;
28. Carmeta Clement, Kathy Groves; 29. Marilyn Yale, Mary Lou Forsythe;
30. Judy Forinash, Sue Whitmore, Joyce Chapman\*;
31. Connie Jones\*, Iris Wiley\*.

## Anniversaries

4. Dottie & James Frassetto; 8. Michael & Patricia Saunders;
15. Jack & Sarah Sisk; 16. Herschel & Sandra Kelly; 20. Billie & Jim Kauffman;
23. Bruce & Judy Forinash; 28. George & Lois Brisbin;
29. Evelyn & Richard Gillette, Martha & Ron Capallia;
31. Dan & Kathryn Jones, Mary Jo & Tommie Stanaland, Phyllis & Terry Klitzkie.

\*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 Feb. 23-29



# THE VILLAGE GROCER

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

## GROCERY

IGA Cream of Mushroom Soup	10.5 oz.	\$ 1.29
Show Boat Pork & Beans	15 oz.	\$ 1.49
IGA Vegetable Oil	16 oz.	\$ 1.99
Ragu Pizza Sauce	14 oz.	\$ 1.99
Mueller's Lasagna Noodles	16 oz.	\$ 2.99
Jif Natural Peanut Butter	16 oz.	\$ 3.19
Folgers Instant Coffee	3 oz.	\$ 3.89

## DAIRY

Dutch Farms Sliced Cheese, all varieties	6 oz.	\$ 2.99
Land-O-Lakes Half Stick Butter	16 oz.	\$ 5.29

## PRODUCE

Organic Bananas	per lb.	\$ .79
Fresh Iceberg Lettuce	each	\$ 2.29

## FROZEN

Eggo Buttermilk Waffles	10 ct.	\$ 3.29
Ore Ida Extra Crispy French Fries	26 oz.	\$ 6.99

## MEAT

Sugardale Ham Portions	per lb.	\$ 1.99
Boston Butt Pork Roast	per lb.	\$ 2.19
Boneless Chicken Thighs	per lb.	\$ 3.29
Lean Baby Back Pork Ribs	per lb.	\$ 3.29
Oscar Mayer Bun Length Wieners	16 oz.	\$ 3.99
Carolina Pride Sliced Bacon	per lb.	\$ 4.99
On-Cor Breaded Chicken Patties	27 oz.	\$ 6.99
Boudreaux's Cooked Crawfish	32 oz.	\$ 8.99

## CHEESE OF THE WEEK

Provolone Cheese — \$6.39 per lb.

### DON'T FORGET TO ORDER YOUR ROTISSERIE CHICKEN

Full chicken \$9.99, Half chicken \$5.99

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

### This Week's Verse:

For you have a new life. It was not passed on to you from your parents, for the life they gave you will fade away. This new one will last forever, for it comes from Christ, God's ever-living message to men. I Peter 1:23

\*Delivery available to on-campus ACV members only

**Feb. 23–March 1, 2024**

**FRIDAY, 2/23**

- \$2.53 Soup:** Lobster Bisque
- \$6.44 Entrées:** GF Baked Catfish, GF Boiled Shrimp, GF Chicken Alfredo, Fried Catfish
- \$1.21 Sides:** Mixed Greens, Beets, Fruit, Baked Beans, Cold Salads, Rice, Cheese Grits, Mashed Potatoes with Gravy
- \$2.76 Desserts:** Assorted Regular and NSA Desserts

**SATURDAY, 2/24**

- \$2.53 Soup of the Day**
- \$7.59 Whistle Stop Special:** Philly Chicken Sandwich, Onion Rings, Pasta Salad, Assorted Desserts, Fountain Drink

**SUNDAY, 2/25**

♪ Piano music provided by Joan Wittman. ♪

**Lunch Buffet**

**Members \$12.63 | Non-Members \$17.81 | Beverage Included**

- Entrées:** GF Roast Beef, Ham, Fried Chicken
- Sides:** Garlic Spinach, Prince Edwards Vegetable Medley, Mushrooms, Side Salad, Fruit, Mashed Potatoes with Gravy, Macaroni and Cheese
- Desserts:** Assorted Regular and NSA Desserts

**MONDAY, 2/26**

- \$2.53 Soup:** Soup of the Day
- \$6.44 Entrées:** Liver and Onions, Pork Chops
- \$1.21 Sides:** Green Beans, Beets, Fruit, Superfood Cole Slaw, Cold Salads, Rice, Baked Beans
- \$2.76 Desserts:** Assorted Regular and NSA Desserts

**TUESDAY, 2/27**

- \$7.70 Special:** Salad Bar
- \$6.44 Entrées:** GF Beef Patty on Side Salad, Beef Burger on Bun, Country Fried Steak with White Gravy
- \$1.21 Sides:** Five-Way Vegetables, Chuck Wagon Corn, Fruit, Cold Salads, French Fries
- \$2.76 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: \$1.30.

GF=Gluten-Free      NSA=No Sugar Added

# Rumph Dining Room Midday Dining Menu

February 23–March 1, 2024

## WEDNESDAY, 2/28

- \$2.53 Soup:** Soup of the Day
- \$6.44 Entrées:** Vegetable Quiche, Fried Chicken
- \$1.21 Sides:** Cabbage, Honey Gazed Carrots, Side Salad, Fruit, Mashed Potatoes with Gravy
- \$2.76 Desserts:** Assorted Regular and NSA Desserts

## THURSDAY, 2/29

- \$6.44 Entrées:** Spaghetti with Meatballs, Lasagna
- \$1.21 Sides:** Garlic Spinach, Peas and Carrots, Fruit, Cold Salads, GF Pasta, Spaghetti Noodles, Garlic Bread
- \$2.76 Desserts:** Assorted Regular and NSA Desserts

## FRIDAY, 3/1

- \$2.53 Soup:** Clam Chowder
- \$6.44 Entrées:** GF Baked Catfish, GF Boiled Shrimp, Oven Roasted Chicken, Fried Catfish
- \$1.21 Sides:** Mixed Greens, Brussels Sprouts, Fruit, Cold Salads, Baked Beans, Cheese Grits, Plain Grits, Mashed Potatoes with Gravy
- \$2.76 Desserts:** Assorted Regular and NSA Desserts



### RUMPH DINING RM. \$8.85 WEEKDAY VALUE PLATE

Includes 1 entrée, 2 sides, bread,  
and a fountain drink.  
For premium entrée, add \$2.30.



### RIVER LANDING BISTRO LUNCH & DINNER SPECIALS

Friday, Feb. 23

Baked Ziti with Italian Sausage and Garlic Toast

Saturday, Feb. 24

Beer Battered Cod, Cole Slaw, and Homemade Chips



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

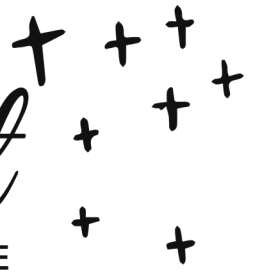


658-5777

Wed–Thurs: 11 am–2 pm

Fri–Sat: 8–10:30 am | 11 am–8 pm

2024  
**WINTER** *Retreat*  
at ADVENT CHRISTIAN VILLAGE



**SATURDAY, MARCH 2–TUESDAY, MARCH 5**

## *Schedule*

### **SATURDAY, MARCH 2**

Dinner buffet — Italian — \$10 for everyone  
5:30–6:30 p.m., RDR

Comedy Concert by Comedian Ross Bennett  
7:00 p.m., VC

Tickets required: \$8.00 for members; \$10 for non-members

Comedian Ross Bennett left the U.S. Military Academy after deciding that he preferred to take aim and fire jokes instead of bullets. Since that day Ross's comedy career has taken him from New York to Los Angeles and all points in between.

Ross has developed a brand all his own described as "Comedy for the Rest of Us", which resonates with everyday working class Americans who prefer clean humor that is both clever and politics-free. Ross discusses a wide variety of topics drawn from a life full of experiences ranging from his growing up with a father who was a Marine Colonel, to grade school snow days, to middle age medical procedures.

Ross has been seen on over a dozen television shows including Comedy Central's *Tough Crowd with Colin Quinn*, A & E's *Evening at the Improv*, and *The Late Show with David Letterman*.

### **SUNDAY, MARCH 3**

Morning Worship Service with Rev. John Tate  
9:40 a.m., VC

The guest speaker invited to Winter Retreat 2024 is Rev. John Tate. Pastor Tate has been in pastoral ministry for more than 20 years. He is husband to his lovely wife, Lisa, and father to his three children, Bryn, Ingrid, and Brooks. He has served the Lord in ministries in New England, the Deep South, and the Desert Southwest; ministering as a youth pastor, a house-church planter, a traveling preacher, and as a senior pastor. Pastor Tate is a man of the Word who is committed to serving Christ's kingdom by proclaiming the gospel and loving people.

Lunch buffet — \$12.63 for members and \$17.81 for non-members

11:00 a.m.–1:00 p.m., RDR

Afternoon activities (see Activities section)  
2:00 p.m.

Dinner buffet — Soup and Sandwiches — \$10 for everyone

4:30–5:30 p.m., RDR

Evening service with Rev. John Tate  
6:00 p.m., VC

After-service refreshments, RDR

### **MONDAY, MARCH 4**

Breakfast

7:30–10:00 a.m., Lopin' Gopher

Bible study session with Rev. John Tate  
9:00 a.m., SMR/DR

Coffee break (time to sign up for afternoon activities)  
10:00 a.m., Hallway in front of SMR/DR

Workshop with Garrett Hill, Assistant State Attorney:  
"Avoid the Sneaky Schemes of Scam Artists"  
10:30 a.m., SMR/DR

Lunch buffet — \$10 for everyone  
11:00 a.m.–1:00 p.m., RDR

Afternoon activities (see Activities section)  
1:30–5:30 p.m.

Dinner buffet — Loaded Baked Potato Bar — \$10 for everyone

5:00–6:30 p.m., RDR

Evening service with Rev. John Tate  
7:00 p.m., VC

After-service refreshments, RDR

### **TUESDAY, MARCH 5**

Breakfast

7:30–10:00 a.m., Lopin' Gopher

Bible study session with Rev. John Tate  
9:00 a.m., SMR/DR

Coffee break (time to sign up for afternoon activities)  
10:00 a.m., Hallway in front of SMR/DR

Workshop with Barbara Bertolino: "The Best Gift You Can Give to Your Family"  
10:30 a.m., SMR/DR

Lunch buffet — \$10 for everyone  
11:00 a.m.–1:00 p.m., RDR

Afternoon activities (see Activities section)  
1:30–5:30 p.m.

Dinner buffet — Pizza — \$10 for everyone  
5:00–6:30 p.m., RDR

Live! at Dowling Park Artist Series: Traci Nissley — piano, organ, French horn, and solo handbells  
7:00 p.m., VC

Tickets required: \$18 for members; \$26 for non-members (you can pay at the door with cash or check)

After-concert refreshments, RDR

### **TICKETS**

Tickets for the Saturday night Ross Bennett event are \$8.00 for ACV members and out-of-town Winter Retreat guests, and \$10 for local non-members. Tickets can be purchased from the VC office (cash or check only), the Village Cashier's office, or the Village Lodge office. You may also pay at the door the night of the event (cash or check only).

Tickets for the Tuesday night Traci Nissley concert are available at the Village Cashier's office. You may also pay at the door the night of the event (cash or check only).

Tickets for the Sunday buffet are available at the Lopin' Gopher to speed up entry on Sunday. You may also pay when you arrive for lunch.

Tickets for the other buffet meals are available at the Village Cashier's office to speed up entry. You may also pay when you arrive to eat.

2024  
**WINTER** *Retreat*  
 at ADVENT CHRISTIAN VILLAGE



## Activities

Please sign up to take part in the following activities taking place the afternoons of Winter Retreat. Sign up sheets will be available during the 10:00 a.m. coffee break on Monday and Tuesday. For Sunday's activities, no sign-up is available. (Explanations of each activity are in alphabetical order following the schedule.)

### SUNDAY

- 2:00 Winter Retreat Choir Rehearsal
- 2:00 Coloring Time of Fellowship
- 2:00 Pickleball
- 2:00 Woodworking Shop Demonstration

### MONDAY

- 1:30 Canoe or Kayak on the Suwannee River
- 1:30 Winter Retreat Choir Rehearsal
- 1:30 Pickleball
- 1:30 Coloring Book Time of Fellowship
- 1:30 Guided Nature Walk
- 1:30 Painting Party
- 1:30 Woodworking Shop Demonstration
- 3:30 Village Archives Will Be Open
- 3:30 Pickleball
- 3:30 Woodworking Shop Demonstration

### TUESDAY

- 1:30 Ceramics
- 1:30 Hand and Foot Card Game
- 1:30 Pickleball
- 1:30 Windows for Worship Tour
- 1:30 Guided Nature Walk
- 1:30 Woodworking Shop Demonstration
- 3:30 Village Archives Will Be Open
- 3:30 Pickleball
- 3:30 Woodworking Shop Demonstration

**Canoe or kayak on the Suwannee River**, led by Judy Hatch. Monday at 1:30 p.m.; meet at the VS. Depending on the height of the river, the boats may be put in at either Horton's Landing on ACV property or across the river. Call the Village Lodge at 658-5200 for equipment rental and transportation information.

**Ceramics**, led by Marion Polk Ceramics Shop volunteers. Tuesday at 1:30 in PCS. Novices and the experienced will enjoy painting a small ceramic piece to take home. Materials provided.

**Coloring Book Time of Fellowship**, led by Marge Reach. Sunday at 2:00 and Monday at 1:30 in DH lobby. Enjoy a relaxing time of fellowship as you color and visit with others. Materials provided.

**Guided Nature Walk**, led by Charles Moore. Monday and Tuesday at 1:30. Come enjoy natural Florida beauty on one of the many trails in ACV's "outback." Meet outside CH entrance.

**Hand and Foot** is a card game enjoyed by Village members weekly. You are welcome to join them at Cleo's Meeting House on Tuesday afternoon at 1:30.

**Painting Party**, led by Peggy Eckel. Monday at 1:30 at the Harmony Center. Group step-by-step instruction will guide you to create your very own painting. Materials provided. No experience necessary. Shuttle service is available.

**Pickleball**, led by various Pickleball enthusiasts. Available all five of the activity times. If the weather is good, Pickleball will be played on the outdoor court within Aquilla Circle in front of Smith Cottage. If the weather is bad, Pickleball will be played within the Camp Suwannee pavilion. Pickleball is an easier, less strenuous variation of tennis. All equipment will be provided.

**Village Archives**, staffed by volunteers, will be open Monday and Tuesday beginning at 3:30 p.m. for those who would like to learn more about ACV's history, Advent Christian history, and more. The Brooks Archive is located in a wing of the JKPL on the corner of Dowling Park Drive and Marvin Jones Blvd.

**Windows for Worship Tour**, led by Candy Hall. Tuesday at 1:30 beginning in the VC. Enjoy an inspirational tour of the stained-glass windows in the VC and BC. Learn about the choices of subject matter for these unique works of art and other information, including some "hidden" windows you may not have seen before.

**Winter Retreat Choir**, led by Traci Nissley, Minister of Music. Sunday at 2:00 and Monday at 1:30 in the VC sanctuary. Everyone welcome. After participating in these practices, the Winter Retreat choir will sing in the Monday evening Winter Retreat service.

**Woodworking Shop Demonstrations** at Watkins Hobby Shop, led by various Hobby Shop members. All five of the activity times. The Watkins Hobby Shop is one of ACV's most active clubs, and the members are excited to share their craft with you.

## Village Tours

If you would like to take an informal tour of the Village, the Ride-About, ACV's 10-person golf cart, has been reserved for Monday and Tuesday at 3:30 p.m. Call MS at 658-5400 if you would like a tour. Tours will begin at the IC entrance of J. Ralph Smith.

## Booklets

Winter Retreat 2024 booklets will be available starting Saturday at the VC and during the coffee breaks each morning in the Phillips Center. The booklets will contain all of this information and more.

BC	Bixler Chapel	JKPL	Jo Kennon Public Library	SMR/DR	Sawmill & Depot Meeting Rooms
CH	Carter House	MS	Member Services	VC	Village Church
DH	Dowling House	PCS	Polk Ceramics Shop	VS	Village Square
IC	Information Center	RDR	Rumph Dining Room		



## 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 8:45–9:30 between the morning classes.

**WATER VOLLEYBALL:** This group plays every Tuesday and Thursday at 3:00 p.m.

**Copeland membership required.** 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!

## WEIGHT ROOM

**FITNESS BASICS:** Copeland 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 disk with a long handled que 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!



## **Monday & Friday**

**9:00–11:00 a.m.** played at the Court located by the Wood Working Shop. In climate weather (cold, windy, or rainy) this team plays indoor at the Camp Suwannee Pavilion.

## **Wednesday**

**8:00–11:00 a.m.** The members of the pickleball team travel into Live Oak and play at the coliseum. With any questions please contact Cindy Hett 658-2685 or the Copeland Community Center.

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

### **EXERCISE on TV2:**

Exercises are done seated or standing by a chair for support on TV2. If you are just beginning an exercise program, this is a great class to try!

### **TABLE TENNIS at MPR/CCC:**

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

Come join in the fun every Tuesday at the MPR in the CCC.

# Stretching

*with Joyce Berra  
on DVD*



**Tuesdays & Thursdays 8:30–9:30 a.m.**  
in the CCC Multi-purpose room

**Stretch and strengthen your body;  
release tension; ease your mind!**

*This is a gentle class that focuses on posture,  
Breathing and Relaxation.*

## Ping Pong

Did you know that the CCC has a ping pong table that is available to use. It is located in our multipurpose room! Bring a friend and come on over and play!





**Copeland Community Center (386) 658-5555**  
**Monday-Friday 6:00 a.m.-5:00 p.m. & Saturday 9:00 a.m.-NOON**

**ACV Health & Fitness Activities**

Days	Activity	Location	Time	Group Leader
M-F	Lap Swimming	Copeland Pool	6:00-8:00 a.m.	
MWF	Walking and Step Class with Donna	MPR/CCC	8:30-9:15 a.m.	VIDEO
MWF	Water Aerobics	Copeland Pool	9:30-10:00 a.m.	Emma Harmon
MWF	Aqua tone for Arthritis	Copeland Pool	10:05-10:55 a.m.	Emma Harmon
MF	Pickle Ball	Court on Aquila Circle	9:00-11:00 a.m.	See back for more information!
T TH	Stretching with Joyce Berra	MPR/CCC	8:30-9:30 a.m.	VIDEO
MWF	Open Swim	Copeland Pool	11:00 a.m.-5:00 p.m.	
T TH	Water Volleyball	Copeland Pool	3:00-5:00 p.m.	
T TH	Open Swim	Copeland Pool	8:00 a.m.-2:30 p.m.	
M-F	CCC Shuffleboard!!	Copeland Courts	Inquire at CCC front desk for equipment.	
M-F	CCC Tennis Courts	Call 658-5555 to schedule a game.		
SAT	OPEN FACILITIES	POOL, COURTS, WEIGHT ROOM 9:00 a.m.-12:00 Noon		

**POOL UPDATE!**

The indoor pool is open! Water Aerobic classes, volleyball, and open swim have resumed according to the schedule above. If you have any questions about our facilities or how to get started on a new workout routine, please call during our scheduled business hours!

