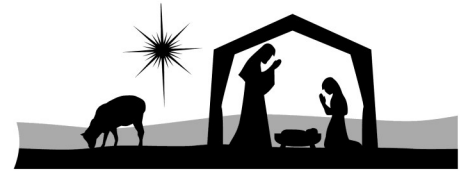




ADVENT *Christmas* VILLAGE
AT DOWLING PARK



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

JANUARY 2, 2026

Friday	1/2	The Village Cashier's office is closed today. River Landing Bistro is NOT closed today as was previously advertised. <i>10:00 a.m. Bible Study—VC Room 5</i> <i>10:30 a.m. Gentle Movement and Self Massage Class—SMR</i> 12:00 p.m. Veterans Meeting—DR
Saturday	1/3	5:00 p.m. Potluck Supper—RDR Postponed until Jan. 10
Sunday	1/4	<i>9:40 a.m. Morning Worship Service—VC</i> <i>11:00 a.m. Sunday School for All Ages</i> <i>11:00 a.m. VCBI: Laying Solid Foundations in the Gospel—OPR</i> <i>6:00 p.m. Evening Service—BC</i>
Monday	1/5	<i>1:00 p.m. Scrabble—CMH</i> <i>1:00–3:00 p.m. Connecting Threads Ministry—KC</i> 1:30 p.m. Coping with Low Vision Support Group—OPR <i>1:30 p.m. VCBI: The Gospel of Luke—VC Room 5</i> <i>6:00 p.m. Dominoes—CMH</i>
Tuesday	1/6	<i>8:30 a.m. Men's Bible Study—VC Room 5</i> <i>10:00 a.m. Model Train Club—CB</i> <i>11:00 a.m. VCBI: Jesus in Every Book of the Bible—VC Room 5</i> <i>1:00 p.m. Hand and Foot Card Game—CMH</i> 4:15 & 4:30 p.m. Bus Trip: Dine-Out to Brown Lantern—DH & LAP
Wednesday	1/7	<i>8:15 & 8:30 a.m. Bus Trip: Walmart—CH & DH</i> <i>10:00 a.m. VCBI: Discovering the Meaning and Purpose of Your Life—A Personal Growth Workshop—VC Room 5</i> <i>1:00 p.m. Bridge Club—OPR</i> <i>1:15 & 1:30 p.m. Bus Trip: Walmart—CH & DH</i> 2:00 p.m. Watkins Hobby Shop Meeting—DR <i>2:00 p.m. Bingo—CMH</i> <i>6:00 p.m. Prayer Meeting—BC</i> <i>6:30 p.m. Chancel Choir Practice—VC</i>
Thursday	1/8	<i>10:00 a.m. VCBI: Book of Acts—VC Room 5</i> <i>10:00 a.m. Plann Ministry—CMH</i> 3:00 p.m. Member Birthday Party—SMR/DR
Friday	1/9	10:00 a.m. WHFMS Annual Meeting—SMR/DR <i>10:00 a.m. Bible Study—VC Room 5</i> <i>10:30 a.m. Gentle Movement and Self Massage Class—SMR</i> <i>2:00 p.m. Crafty Crew—CH Activity Room</i>

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

Sarah Faircloth, who was a resident of GSC, died Dec. 26. Her memorial information will be provided when available.
Freeman Roberts, who was a resident GSC, died Dec. 24. His memorial information will be provided when available.
Elizabeth Boyd, who was a resident of Riverwoods, Dacier Manor and GSC, died Dec. 21. Her memorial information will be provided when available.

NEW MEMBER

Linda DiBenedetto of Butterfield Acres has become an off-campus member. Her address is 10242 227th Lane, Live Oak, FL 32060.

ACV EVENTS

SUWANNEE COUNTY TAX COLLECTOR

The Suwannee County Tax Collector will not come to Dowling Park as usual the first Thursday of January. The Tax Collector will return Feb. 5.

STATE OF FLORIDA:

FLORIDA LICENSING ON WHEELS

The FLOW Mobile will not come to Dowling Park as usual the first Thursday of January. The FLOW Mobile will return Feb. 5.

COPING WITH LOW VISION SUPPORT AND RESOURCES GROUP

Monday, Jan. 5, 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.



BUS TRIP: DINE-OUT TO BROWN LANTERN IN LIVE OAK

Tuesday, Jan. 6

4:15 p.m. - DH & 4:30 - Lake Aquilla

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

The ACV bus will be traveling to the Brown Lantern restaurant for supper on Jan. 6. The Brown Lantern offers many American classics such as salads, burgers, steaks, chicken dishes, and seafood. Prices range from under \$5.00 to almost \$30. Bus cost is \$3.00 for members and \$6.00 for non-members. Please sign up at the Information Center.

WATKINS HOBBY SHOP MEETING

Wednesday, Jan. 7, 2:00 p.m. - DR

The members of the Watkins Hobby Shop (woodworking shop) are requested to attend the annual meeting on Jan. 7 at 2:00 p.m. in the Depot Room. Please bring your 2026 dues of \$20. Anyone interested in woodworking and possibly joining the club are encouraged to come to the meeting. For further information please contact Treasurer Gary Kueppers at 658-6442 or gkupe1945@windstream.net.

MEMBER BIRTHDAY PARTY

Thursday, Jan. 8, 3:00 p.m. - SMR/DR

Join us for the January member birthday party. Everyone is invited, and ACV members with January birthdays will receive special recognition. Rosemary Humbles and Traci Nissley have prepared a special program for your enjoyment. See you there!

WHFMS ANNUAL MEETING

Friday, Jan. 9, 10:00 a.m. - SMR/DR

The annual meeting of the Village Church WHFMS groups will be held Friday, Jan. 9, at 10:00 a.m. in the Sawmill and Depot rooms. This is a joint meeting of the Vesta Clothey and Christina Baker groups. However, everyone, not just WHFMS members, is invited to attend! The guest speakers will be Bryce and Barbara Whiting. Special music will be provided by Candy Hall and Rob and Pam Buchanan.

Please bring a salad to share; drinks and desserts will be provided. If you have any questions please contact Barbara Phipps, Becky Mahler or Karen Hall. We hope to see you there!

LADIES' BREAKFAST

Saturday, Jan. 10, 8:30 a.m. - SMR/DR

The next ladies' breakfast will be held on Saturday, Jan. 10, at 8:30 a.m. in the Sawmill and Depot rooms. The guest speaker will be Shirley Minster. 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 must be pre-purchased at the Lopin' Gopher.



MEN'S FELLOWSHIP BREAKFAST

Saturday, Jan. 10, 8:30 a.m. - RDR

The next Men's Fellowship breakfast will be held on Saturday, Jan. 10, at 8:30 a.m. in the dining room. The guest speaker will be Art Carter.

The cost of the full and delicious breakfast buffet is \$7.75. Tickets must be pre-purchased at the Lopin' Gopher. Come join us for fellowship, prayer, inspiration, and breaking bread together!

LIVE! AT DOWLING PARK:

AMERICAN TUNE:

SIMON, CROCE & TAYLOR

Saturday, Jan. 10, 7:00 p.m. - VC

Tom Glynn's American Tune: Simon, Croce & Taylor will take you on a magical trip back to the 1970s to experience the timeless music of these three prolific singer-songwriters. Relive the intimate storytelling, intricate chord changes and breathtaking melodies of these gifted artists — their work building on and transcending the more traditional folk-influenced acoustic music of the previous decade.

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 \$140 (ACV member) and \$210 (non-member). Those with season passes may also attend the Community Concerts of Lake City free of charge. Call 658-5400 for more information.



LIVE!
AT DOWLING PARK

Remember to Wave

MEMBERSHIP ASSOCIATION MEETING
Thursday, Jan. 15, 2:00 p.m. - RDR

The next regular Membership Association meeting is scheduled for Thursday, Jan. 15, at 2:00 p.m. in the dining room. All ACV members are encouraged to attend. This month's speaker will be VP for Independent Living Operations David Klumpenhower.

WHAT DOES THE BIBLE SAY ABOUT ...?
Friday, Jan. 16, 1:00 p.m. - DR

On Jan. 16 at 1:00 p.m. in the Depot Room you are invited to listen and participate in the next What Does the Bible Say About ...? Bring your questions and comments!

EVENTS HERE AND THERE

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

WONDERS OF CREATION

Wonders of Creation (WOC) invites you to TWO events in January 2026.

1. Florida fossil teeth of various animals are the highlight of a WOC display at the nearby Jo Kennon Public Library throughout the month of January. Stop in anytime to view the display.

2. The regular monthly meeting of WOC is on Tuesday, Jan. 13, from 3:30 to 5:00 p.m. in the Depot Room. We will ask ourselves, "What legacy am I leaving as I go through life?" We'll hear a good example in Ken Ham's story of how God is using him and others to build the Creation Museum, the life-size Ark Encounter, and another planned "Answers in Genesis" production. Feel free to bring questions.

VETERANS MEETING

Friday, Jan. 2, 12:00 noon - DR

All veterans are invited to attend the next monthly veterans gathering in the Depot Room on Friday, Jan. 2, at 12:00 noon. Lunch will be provided. Please RSVP to (850) 371-6068 or (850) 672-3303 by Dec. 26.

BIBLE CLASSES BEGINNING JAN. 4

Sundays at 11:00 a.m.: Laying Solid Foundations in the Gospel 1 & 2 Thessalonians — Tom Spannagle (Old Pavilion Room)

Mondays at 1:30 p.m.: VCBI Class: Book of Luke — Donald Wrigley and Mike Cuddy (Village Church Room 5)

Tuesdays at 11:00 a.m.: VCBI Class: Jesus in Every Book of the Bible — Michael Saunders (Village Church Room 5)

Wednesdays, 10:00 a.m.–12:00 noon: VCBI Class: Discovering the Meaning and Purpose of Your Life— A Personal Growth Workshop — Paul Cochrane (Village Church Room 5)

Thursdays, 10:00 a.m.– 12:00 noon: VCBI Class: Book of Acts — Michael Saunders (Village Church Room 5)

Fridays at 10:00 a.m.: Bible Study: Teachers Alternate: James 1 — Tom Spannagle; The Parables — Donald Wrigley (Village Church Room 5)

DOWLING PARK
ASTRONOMY GROUP MEETING

Monday, Jan. 5, 6:30 p.m. - VC Room 5

Happy new year! Our first meeting of 2026 will be Monday, Jan. 5, at 6:30 p.m., in the Village Church Room 5. We will learn what is happening this month in astronomy and hopefully set up some of our equipment this month (weather permitting) and take a look for

ourselves. This is not a science class, but a way to learn and enjoy what the Lord has put out there for us to see and enjoy. Bring a friend.

ALCOHOLICS ANONYMOUS MEETINGS

Mondays at 7:00 p.m.

The Lighthouse on CR 250

Alcoholics Anonymous meets Mondays at 7:00 p.m. here in Dowling Park at the Lighthouse, 23594 CR 250.

There is a solution. For information you can call (305) 407-0895.

NEW DEMENTIA GROUP

Tuesday, Jan. 6, 10:00 a.m.

23379 Elmwood Ln. in Riverwoods

Anyone who is a caregiver to a family member with any level of dementia, OR has a family member with dementia in assisted living or skilled nursing care, you are invited to a "Meet and Greet" EVERY Tuesday at 10:00 a.m. at Jackie Campbell's home (23379 Elmwood Lane) for an hour. This is NOT a class; there will be no speakers or lessons. This will be a venting and discussion group to help us realize we are not the only ones out there with these feelings and experiences. Please feel free to attend. Don't bring anything except yourself.

PRAYER FOR ISRAEL

Wednesday, Jan. 7, 5:30 p.m. - VC Room 5

The monthly meeting to pray for Israel will be on Wednesday, Jan. 7, at 5:30 p.m. in Room 5 at the Village Church. All those interested in praying for the salvation of Jewish souls, for those missionaries who are laboring for the purpose of Jewish souls coming to Jesus the Messiah as Savior, for Biblical mission organizations, and for the peace of Jerusalem are welcome to attend.

POTLUCK SUPPER

Saturday, Jan. 10, 5:00 p.m. - RDR

The next potluck supper will be on Saturday, Jan. 10 (postponed from the previously advertised Jan. 3), at 5:00 p.m. in the dining room. Please bring your dishes before 5:00 p.m. The tables will be prepared by 4:30 p.m.

As you kindly did last time, please write down your dish's ingredients to protect a resident with allergies. She was most grateful!

GIVE BLOOD

Tuesday, Jan. 13, 10:00 a.m.–5:00 p.m. - VS

The LifeSouth Bloodmobile will be parked at the Village Square Tuesday, Jan. 13, from 10:00 a.m. to 5:00 p.m. Donating blood is a selfless act by one person to help save the lives of others. Blood cannot be manufactured, and local hospitals rely on LifeSouth blood donors to make sure blood is on the shelf. LifeSouth provides 100% of the blood needed for patients at HCA Florida Lake City Hospital, all UF Health hospitals, North Florida Regional Medical Center, the Malcom Randall VA


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



Friday and Saturday Soup: Chili
Friday, Jan. 2

Lunch only: Grande Beef and Cheese Burrito with Black Beans and Rice, \$13.95
All day: Broccoli, Chicken, and Tortellini Alfredo with Garlic Toast, \$16.95

Saturday, Jan. 3

All day: Sweet and Sour Tempura Chicken with White Rice and Veggie Spring Rolls, \$17.95

Medical Center, South Georgia Medical Center, the Lake Butler Hospital, Starke ER, and Suwannee ER.



JO KENNON PUBLIC LIBRARY

386-658-2670

Website: srrlib.org

Email: dpark@neflin.org

Mon., Wed.–Fri. 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

Weekly JKPL Meetings:

Yoga	Mondays	9:00 & 10:00 a.m.
Starbooks Café	Tuesdays	9:30 a.m.
Scrabble	Wednesdays	10:00 a.m.
Crochet Creations	Wednesdays	3:00 p.m.
Yoga	Fridays	10:00 a.m.
Kids Corner	Saturdays	11:00 a.m.

JKPL Closures

The JKPL will be closed Monday, Jan. 19, in observance of Martin Luther King Jr. Day.

Discover the Library in 2026

Make a New Year's resolution you'll be able to keep: Sign up for a library card and use it at least once a month! Discover all the opportunities waiting for you at the Dowling Park Public Library. Stop by to meet our friendly staff, explore new and new-to-you books, get tech help, and enjoy our programs. A world of possibilities starts here.

Starbooks Café

Everyone is welcome to join us for Coffee & Conversation every Tuesday from 9:30 to 10:30 a.m.! We'll kick things off with the topic "What language would you love to learn?"

Crochet Moving to Wednesdays

New year, new day! Crochet Creations is moving to Wednesday afternoons — same time, same smiles, just a day earlier in the week. Our yarn stash is ready ... are you?

Paint Along with Liz

Join us Jan. 6 as we do a step-by-step acrylic painting! Enjoy a calming atmosphere and light refreshments as we paint a colorful mountain scene. You provide the canvas (8x10 suggested), we provide everything else. Spots fill up fast, so sign up today!

As the Page Turns Book Club

The book for January is *Gone Girl* by Gillian Flynn! *Gone Girl* follows the disappearance of Amy Dunne and the media frenzy that unfolds as suspicion quickly turns toward her husband, Nick. As the story alternates between their perspectives, dark secrets and lies surface, revealing a twisted marriage built on manipulation. The result is a gripping psychological thriller where nothing — and no one — is quite what they seem. Prefer to read on your Kindle or phone? Check out the CloudLibrary and Libby apps. Due to the New Year's Day holiday, the book club will meet on Jan. 8 at 2:00 p.m.

Bullet Journaling Workshop

Start the new year off organized with the bullet journal technique! Come learn about this highly versatile productivity system on Jan. 12 at 2:00 p.m. Whether you're a beginner or looking to refresh your journaling routine, we'll provide tips, supplies, and ideas to get you started. Come and discover how a simple notebook can transform your planning!

Dungeons and Dragons Club

On Jan. 13 at 5:00 p.m., enter into a world of adventure at the D&D club here at the JKPL! Dungeons and Dragons is a fantasy adventure tabletop game where you create your own story. Whether you have never played or you've completed several quests, all are welcome to attend! Sign up today and start your journey!

Tech Talk

Have you found yourself unsure on how to use technology like phones and computers? Starting on Jan. 15 at

2:30 p.m., learn the basics of phone and computer navigation here at JKPL! The theme for this tech talk will be "iPhone Basics." Come get acquainted with your iPhone, whether it's brand new or you've had it a while.

Family Game Night

Start a new family tradition this year with family game night! Kids, bring your parents or grandparents to the JKPL and enjoy a fun atmosphere, snacks, and a plethora of board games and activities! Let the games begin on Jan. 20 at 4:00 p.m.!

Did You Know?

Having a library card gives you access to more than just books! Do you have an interest in learning a foreign language? Using Mango Languages through your library card, you can have access to lessons for over 70 different languages that feature native speaker audio, flashcards, and more! This is an excellent free resource that you can use to start your language learning journey! Access it through the srrlib.org website, or our public computers here in JKPL.



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.

- **Jan. 7 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.
- **Jan. 7 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.
- **Jan. 14 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 noon.
- **Jan. 14 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.
- **Jan. 21 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.
- **Jan. 21 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.

UPCOMING BUS TRIPS

- Jan. 6 — Dine-Out to Brown Lantern
- Jan. 19 — Dine-Out to Mama's Italian Restaurant

**BUS TRIP: DINE-OUT TO
MAMA'S ITALIAN RESTAURANT**

Monday, Jan. 19

4:15 p.m. - DH & 4:30 p.m. - LAP

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

Mama's Italian Restaurant in Perry has opened a location in Madison, Florida. The menu is the same: all your favorite Italian dishes ranging from \$6.00 to \$29. Sign up and pay the bus fee at the Information Center to go on Monday, Jan. 19.

DEPARTMENT NEWS

THE VILLAGE CHURCH

Rev. Sam Worley, Senior Minister

Church Office - 658-5344 - P.O. Box 4314

SERMON: "Walking in the Light of Christ"

TEXT: Ephesians 5:1-20 NIV '84

SPEAKER: Rev. Donald Wrigley

Undecorating of the church will begin at 4:00 p.m. on Sunday. Anyone is welcome to come and help. Many hands make light work.

The Easter Cantata choir will begin rehearsing on Wednesday, Jan. 14, at 7:15 p.m. All are welcome to join the Easter Cantata choir. You do not have to be a regular attender of the Village Church to participate in this choir.

The annual meeting of the Village Church WHFMS groups will be held Friday, Jan. 9, at 10:00 a.m. in the Sawmill and Depot rooms. This is a joint meeting of the Vesta Clothey and Christiana Baker Groups. However everyone, not just WHFMS members, is invited to attend! The guest speakers will be Bryce and Barbara Whiting. Special music will be provided by Candy Hall and Rob and Pam Buchanan.

Please bring a salad to share; drinks and desserts will be provided. If you have any questions please contact Barbara Phipps, Becky Mahler or Karen Hall. We hope to see you there!

The following Village Church events are happening this week:

Friday, Jan. 2

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

Sunday, Jan. 4

9:40 a.m. — Sunday Morning Worship Service (Church)

11:00 a.m. — VCBI: Unfolding the Great Commission, Tom Spannagle (Old Pavilion Room)

11:00 a.m. — Regeneration

5:00 p.m. — Youth Meeting (Lighthouse)

6:00 p.m. — Evening Service (Bixler Chapel)

Monday, Jan. 5

1:30 p.m. — VCBI: The Gospel of Luke, Mike Cuddy (Room 5)

Tuesday, Jan. 6

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

11:00 a.m. — VCBI: Jesus in Every Book of the Bible, Michael Saunders (Room 5)

Wednesday, Jan. 7

10:00 a.m. — VCBI: Discovering the Meaning and Purpose of Your Life – A Personal Growth Workshop, Paul Cochrane (Room 5)

6:00 p.m. — Prayer Meeting

6:30 p.m. — Chancel Choir Rehearsal

Thursday, Jan. 8

10:00 a.m. — VCBI: Book of Acts, Michael Saunders (Room 5)

Friday, Jan. 9

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

VILLAGE CASHIER'S OFFICE

Lynn Mabey-386-658-5343

The Village Cashier's office will be closed Friday, Jan. 2. The Cashier plans to reopen on Monday, Jan. 5. Call the Finance Department at 658-5450 with any emergencies.

MEMBER SERVICES

James Sutter-386-658-5400

Scam Tip of the Week:

DMV "Final Notice" Scam

Residents are reporting text messages claiming to be from the Florida Bureau of Motor Vehicles or FLHSMV

∞ At the Village Square ∞

Riverside Gifts

Come on in for the 20% off sale on remaining Christmas items, including ornaments!

The children's section has a large selection of toys, books, stuffed animals, and creative activities.

A colorful supply of cozy socks is in stock, mighty fine to wear while reading one of the mysteries by the Munsons or a biography on our shelves. Another option is to work through a crossword puzzle or word search book. We also have unique coloring books with beautiful coloring pencils.

The jewelry department has an excellent supply of necklaces, bracelets, and earrings in all lengths and designs.

Watch and clock repair, and new battery installation for time pieces, car fobs and garage door openers, are available at reasonable prices. Removing links from a watch band and repair of talking watches are not done.

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

Enjoy looking at the large window display of unusual, vintage, and antique items for sale. Then come in to talk with the helpful staff about other items of interest, including the large display of vintage and collectible jewelry.

There are new handmade wall hangings and Friendly Face kitchen cozies. Also dish towels, quilts, crocheted and knitted blankets, and potholders.

Currently no alterations are being accepted. We continue to wish good health in 2026 to our faithful volunteer alterations friend.

Watch and clock repair, and new battery installation for time pieces, car fobs and garage door openers, are available at reasonable prices. Removing links from a watch band and repair of talking watches are not done.

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

Visit this shop for wonderful clothing bargains for children, teens, women and men. There are shirts, blouses, pants, bathing suits and cover-ups, sleepwear, and active wear. The shoe department has all sizes and styles.

The Book Nook sale continues: 50% off all books in the Collectible Books section. Make sure to visit the games and jigsaw puzzles department and fiction/nonfiction room. There are children's books, nonfiction, fiction, Bible studies, cookbooks, CDs, and DVDs.

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.

Saturday, Jan. 3, 9:00 a.m.-2:00 p.m.

Look for Saturday specials. Help us relocate all our Christmas leftovers. Happy New Year!

saying there is an unpaid traffic violation and threatening registration suspension if payment is not made immediately.

This is a scam.

These messages often:

- Use urgent language like "Final Notice"
- Cite fake or incorrect Florida statutes
- Include a deadline and threaten license or registration revocation
- Come from an unfamiliar phone number
- Ask you to click a link or respond to the text

Important to know:

- The Florida DMV does not send payment demands or violation notices by text message
- The DMV will never ask for personal or financial information by text

What to do:

- Do not click any links
- Do not reply to the message
- Delete the text immediately

If you are concerned about a real traffic matter, contact the Florida Department of Highway Safety and Motor Vehicles directly using a phone number or website you look up yourself — not one provided in a text.

When in doubt, ask a trusted family member or staff member before taking action.

Staying cautious helps keep your personal information safe.

TV2

Next week's episode of *What the Bible Says About ...* is the third of three parts of an interview with Rev. Stephen Atkinson, Director of Christian Witness to Israel - North America.

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 MINISTRY

Esther Bruckel, Reporter

The Connecting Threads Ministry will meet Monday, Jan. 5, from 1:00 to 3:00 p.m. at Keepers Cottage.

CRAFTY CREW

Fridays, 2:00–4:00 p.m.—CH Activity Room

Please note that Crafty Crew will *not* meet on Jan. 2. We will begin meeting again on Jan. 9. If you have any questions contact Sister Maria Ann Decker (sistermariaann2002@yahoo.com) or Sue Donnelly (SueWDonnelly@gmail.com)

VILLAGE LIBRARY

Monday–Friday

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

Brenda Reas, Reporter

Three books were recently donated and are in the New-to-Us section ready for check-out: *Why We Need the Gifts of the Holy Spirit* by Rick Renner, *Discover Your God-Given Gifts* by Don and Katie Fortune, and *Your Spiritual Gifts Can Help Grow Your Church* by C. Peter Wagner.

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 Old Pavilion Room and Information Center. 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.

THE MODEL RAILROAD CLUB

Ron Oberg, Reporter

All aboard! The ACV Model Railroad Club is having an open house in the Chriss Building on Friday and Saturday, Jan. 9 and 10, from 1:00 to 4:00 p.m. All are invited to see what the club is doing, to see the model trains in operation, and to ask questions. We will have the different scales of trains and the layouts. We invite any one interested in learning more about the club to come. We can especially use people with electrical skills and carpentry skills.

PEN PAL PROGRAM

A Committee of the Membership Association

Monica Serlick, Reporter

The next pick-up date is Friday, Jan. 9. Get your letters to the Information Center or Carter House desk before 11:30 a.m. Remember to keep the letters you receive.

REMEMBER: The next event at the FSyr is the Open House and Rodeo Feb. 20–22. ACV will schedule the bus to go on Saturday, Feb. 21. More information will be provided as available.

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

"I am not a product of my circumstances. I am a product of my decisions" (Stephen R. Covey). "One of the differences between some successful and unsuccessful people is that one group is full of doers, while the other is full of wishers" (Edmond Mbiaka).

STEPHEN MINISTRIES

Darleen Hinrichs, Reporter

Frequently Asked Questions

"Bear one another's burdens and thus fulfill the law of Christ" (Galatians 6:2). That verse is for all Christians, not just Stephen Ministers, however, it is one of the foundational verses for Stephen Ministries. The Stephen Ministers already commissioned at ACV are actively engaged in helping to bear others' burdens, and the trainees are learning how to do this within the context of Stephen Ministry.

As we enter a new year, let's all spend more time being present with and listening to those who are hurting.

Stephen Ministries is a 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 the Stephen Ministries office at (386) 658-5358, or speak to a Stephen Leader: Robin Copeland, Michael Saunders or Darleen Hinrichs.

WATKINS HOBBY SHOP

Gary Kueppers, Reporter

The members of the Watkins Hobby Shop (woodworking shop) are requested to attend the annual meeting on Jan. 7 at 2:00 p.m. in the Depot Room. Please bring your 2026 dues of \$20. Anyone interested in woodworking and possibly joining the club is encouraged to come to the meeting. For further information please contact Treasurer Gary Kueppers at 658-6442 or gkuep1945@windstream.net.

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:

ACV members enjoy free use of conference, event and community spaces for personal and family events based on availability (indoor and outdoor). Common areas and several facilities are available for members' enjoyment without charge. When reserved for private or group use, a charge may be added for set up and clean up. To begin the reservation process, call James Sutter in Member Services at 658-5400. Some exclusions apply.

FOR YOUR INFORMATION

PHOTO DISPLAY IN PHILLIPS CENTER

Gary Kueppers, Reporter

New photos are now displayed between the Lopin' Gopher and the Information Center. These are great photos by Judy Hatch of Riverwoods. She has quite an eye for great subject matter. She shoots a variety of themes. These are but a few of her best photos. For any questions or compliments, please contact Judy.

NANCY HARRISON, CPA

It has been my pleasure to prepare income tax returns for Advent Christian Village residents over the years. In recent months my husband and I moved to Smyrna, Georgia, to be closer to my son and grandchildren. Due to the increased distance, I will not be able to visit the Village to pick up documents and deliver completed tax returns.

I am still preparing income tax returns and would like to continue working for any Village residents who would like to continue with me on a remote basis. Since COVID, the remote portion of my practice has continued to increase. There are several ways we can continue to work together: documents can be faxed to me, emailed to me, mailed to me by USPS, or uploaded to a document storage portal. We can also discuss alternative methods to transfer documents.

Please call me at (850) 212-6799 or email me at nfharrisoncpa@gmail.com. We can discuss the best way for me to continue to prepare your tax return.

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

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

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

At Hair Croppers we strive to build a space where beauty is curated, not rushed. We are a full-service salon with exceptional results.

Need a New Year's reset? Unwind, refresh and renew without leaving your community. Enjoy our spa day, where expert beauty services meet a tranquil, spa-like escape. Upcoming spa days are Saturday, Jan. 3; Tuesday, Jan. 6; Tuesday, Feb. 3; and Saturday, Feb. 7, by appointment. Call or text (386) 205-3791 to schedule an appointment.

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: Jan. 9 and 23, and Feb. 6 and 20. To make an appointment, please call Leigh Ann Cannon at (386) 755-1334, Ext. 114.

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: What happened to the ducks at Lake Aquilla? Can we replace them?

A: Ducks haven't disappeared from Lake Aquilla — they're simply doing what ducks naturally do. Ducks are migratory birds, and many species move throughout the year in search of food, safer nesting areas, and better water conditions. As seasons change, ducks often travel from one lake, pond, or wetland to another, sometimes returning weeks or months later.

Even ducks that don't migrate long distances still move frequently between nearby bodies of water. If food becomes scarce, water levels change, or there is increased activity around a lake, ducks may temporarily relocate to a quieter or more resource-rich area.

Because ducks are wild animals, they cannot (and should not) be "replaced." Introducing new ducks into a lake can disrupt local ecosystems and is often not permitted by wildlife regulations.

Seeing ducks come and go is a normal and healthy part of nature.

THANK YOU

Santa sure can keep a secret. Even his helpers are anonymous. My heartfelt thanks to the Secret Santa who delivered my special surprise. Your beautiful gift brought Christmas joy to my heart. My gratitude and love to you.

Mary Jane Holler

My grateful thank you, one and all, for making this Christmas so special. I'm not wanting to leave anyone out, so no names. God bless each one of you. I am truly blessed. From my grateful heart,

Carolyn Ward

MISCELLANEOUS

FOR SALE: 2 bedroom, 2 bath mobile home for sale in POP with ramp, porch, washer, and dryer. Excellent condition. Contact Colleen 850-443-1531.**

Prices effective 1/2-1/8



THE VILLAGE GROCER

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

GROCERY

Calhoun Bend Mill Crumble Mixes	8 oz.	\$ 3.50
Ragu Pasta Sauce	45 oz.	\$ 5.50
IGA Corn Flakes	18 oz.	\$ 3.00
Castleberry's Chili with Beans	15 oz.	\$ 3.00
Barilla Whole Grain Spaghetti	16 oz.	\$ 2.00
IGA Soup & Oyster Crackers	9 oz.	\$ 3.00
Ocean Spray Cran-Apple Juice	64 oz.	\$ 5.20
Powerade 8 Packs	20 oz.	\$ 6.50

DAIRY

Swiss Miss Pudding Cups	24 oz.	\$ 4.00
Blue Bonnet Margarine	16 oz.	\$ 2.00

PRODUCE

Bartlett Pears	per lb.	\$ 1.70
Avocados	each	\$ 1.00

FROZEN

Pictsweet Cut Green Beans	12 oz.	\$ 2.90
Ore Ida Shredded Hash Browns	30 oz.	\$ 6.20

MEAT

Sanderson Farms Chicken Wings	per lb.	\$ 4.00
Boneless Beef Chuck Roast	per lb.	\$ 7.50
Lean Boneless Pork Chops	per lb.	\$ 4.00
Hormel Black Label Bacon	12 oz.	\$ 6.00
Prairie Fresh Pork Roll	16 oz.	\$ 3.50
Reser's Potato Salad	48 oz.	\$ 6.50

CHEESE OF THE WEEK

Cheddar Cheese — \$6.40 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

Trust in your God and return to him.

Be loyal and just, and wait patiently for your God to act.

Hosea 12:6

*Delivery available to on-campus ACV members only

Jan. 2–9, 2026

FRIDAY, 1/2

- \$2.75 Soup:** Clam Chowder
\$6.95 Entrées: GF Baked Fish, GF Buttery Garlic Shrimp, Lasagna, Fried Battered Cod Fish
\$1.40 Sides: Mixed Greens, California Blend Vegetables, Baked Beans, Cold Salads, Fruit, Coleslaw, Plain and Cheesy Grits, Hush Puppies
\$3.00 Desserts: Assorted Regular and NSA Desserts

SATURDAY, 1/3

- \$2.75 Soup:** Cook's Choice
\$8.50 Whistle Stop Special: Italian Wedding Soup or Broccoli Cheddar Soup and a Ham, Turkey and Salami on Italian Bread Hoagie; Five-Way Vegetables, Dinner Roll, Fountain Drink, Assorted Desserts

SUNDAY, 1/4

Lunch Buffet

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

- Entrées:** Boneless Breaded Chicken Stuffed with Broccoli and Cheese, Spaghetti with Meat Sauce, Fried Chicken
Sides: Broccoli, Honey Glazed Carrots, Side Salad, Fruit, Spaghetti Noodles, Mashed Potatoes with Gravy
Desserts: Assorted Regular and NSA Desserts

MONDAY, 1/5

- \$2.75 Soup:** Cook's Choice
\$6.95 Entrées: Grilled Ham and Cheese Sandwich, Liver and Onions
\$1.40 Sides: Green Beans, Succotash, Cold Salads, Fruit, Rice
\$3.00 Desserts: Assorted Regular and NSA Desserts

TUESDAY, 1/6

- \$8.50 Special:** Salad Bar
\$6.95 Entrées: BBQ Chicken, Country Fried Steak with Country Gravy
\$1.40 Sides: Okra and Tomatoes, Cauliflower, Cucumber and Tomato Salad, Fruit, Cold Salads, GF Mashed Potatoes with Gravy
\$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

January 2–9, 2026

WEDNESDAY, 1/7

- \$2.75 Soup:** Cook's Choice
- \$6.95 Entrées:** Pepper Steak, Fried Chicken
- \$1.40 Sides:** Stir Fry Vegetable Blend, Yellow Squash, Superfood Broccoli Salad, Carrot Salad, Fruit, Rice
- \$3.00 Desserts:** Assorted Regular and NSA Desserts

THURSDAY, 1/8

- \$6.95 Entrées:** Beef or Chicken Taco Salad, Beef or Chicken Soft or Hard Shell Tacos
- \$1.40 Sides:** Taco Bar (Cheddar Cheese, Olives, Salsa, and Sour Cream), Fire Roasted Corn with Poblano Peppers, Cucumber Salad, Fruit, Broccoli Salad, Seasoned Pinto Beans, Spanish Rice
- \$3.00 Desserts:** Assorted Regular and NSA Desserts

FRIDAY, 1/9

- \$2.75 Soup:** Lobster Bisque
- \$6.95 Entrées:** GF Baked Fish, GF Buttery Garlic Shrimp, Meatballs Marinara, Fried Catfish
- \$1.40 Sides:** Mixed Greens, Caribbean Vegetable Blend, Baked Beans, Coleslaw, Cold Salads, Fruit, Plain and Cheesy 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 Soup: TBD

Friday, Jan. 2

Lunch only: Grande Beef and Cheese Burrito with
Black Beans and Rice, \$13.95

All day: Broccoli and Chicken Tortellini Alfredo
with Garlic Toast, \$16.95

Saturday, Jan. 3

All day: Sweet and Sour Tempura Chicken with
White Rice and Veggie Spring Rolls, \$17.95



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

January

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	Facilities Open 9:00– 12:00
8:00–9:00		Open Swim		Open Swim		
9:00–9:30						
9:30–10:00	Water Aerobics		Water Aerobics		Water Aerobics	
10:05–10:55	Aquatone for Arthritis		Aquatone for Arthritis		Aquatone for Arthritis	
11:00–12:00	Open Swim		Open Swim		Open Swim	
12:00–2:30						
2:30–3:00						
3:00–5:00						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		
9:30–5:00						

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

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.