



ADVENT CHRISTIAN 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 30, 2026

| | | | |
|-----------|------|---|---|
| Friday | 1/30 | The Village Cashier's office is closed today. 9:30 a.m. <i>10:00 a.m.</i> 10:30 a.m. 11:00 a.m.–2:00 p.m. 2:00 p.m. | Bus Trip: Florida Sheriffs Youth Ranch Tour—CH <i>Bible Study—VC Room 5</i> Gentle Movement and Self Massage Class—OPR Ask-a-Lawyer Clinic—SMR/DR Crafty Crew—CH Activity Room |
| Saturday | 1/31 | 1:00 p.m. | Gospel Sing—CH |
| Sunday | 2/1 | <i>9:40 a.m.</i> <i>11:00 a.m.</i> <i>11:00 a.m.</i> 4:00 p.m. <i>6:00 p.m.</i> | <i>Morning Worship Service—VC</i> <i>Sunday School for All Ages</i> <i>VCBI: Unfolding the Great Commission—OPR</i> WHFMS Council Meeting—VC Room 5 <i>Evening Service—BC</i> |
| Monday | 2/2 | Groundhog Day 9:30 a.m. 1:00–3:00 p.m. 1:30 p.m. <i>1:30 p.m.</i> 2:00–4:00 p.m. | Morning Mission Meeting (WHFMS)—VC Room 5 Connecting Threads Ministry—KC Coping with Low Vision Support Group—OPR <i>VCBI: The Gospel of Luke—VC Room 5</i> Ceramics—PCS |
| Tuesday | 2/3 | <i>8:30 a.m.</i> 10:00 a.m. <i>11:00 a.m.</i> | <i>Men's Bible Study—VC Room 5</i> Model Train Club—CB <i>VCBI: Jesus in Every Book of the Bible—VC Room 5</i> |
| Wednesday | 2/4 | 8:15 & 8:30 a.m. 9:00–11:00 a.m. <i>10:00 a.m.</i> 1:15 & 1:30 p.m. <i>6:00 p.m.</i> 6:30 p.m. 7:15 p.m. | Bus Trip: Walmart—CH & DH Ceramics—PCS <i>VCBI: Discovering the Meaning and Purpose of Your Life — A Personal Growth Workshop—VC Room 5</i> Bus Trip: Walmart—CH & DH <i>Prayer Meeting—BC</i> Chancel Choir Practice—VC Easter Cantata Practice—VC |
| Thursday | 2/5 | 9:00 a.m.–3:00 p.m. 9:30 a.m.–12:30 p.m. 10:00 a.m.–2:00 p.m. 10:00 a.m. | Suwannee County Tax Collector—VS Village Artists Guild—KC Florida Licensing on Wheels—VS Plarn Ministry—CMH |
| Friday | 2/6 | 10:30 a.m. 10:30 a.m. 2:00 p.m. | Bible Study—VC Room 5 Gentle Movement and Self Massage Class—OPR Crafty Crew—CH Activity Room |

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 |

NEW MEMBERS

Howard and Nancy Geer of Crystal River, Florida, have moved to Riverwoods. Their mailing address is P.O. Box 4755.

TRANSFERS

Ted Rowell has transferred from Riverwoods to Carter House. His mailing address remains the same.
 Steward Clemons has transferred from Lawrence House to Smith Riverview Apartments. His new mailing address is P.O. Box 4622.
 Shirley Horne has transferred from Dowling House to Dacier Manor. Her new mailing address is P.O. Box 4574.
 Bernie O'Donnell has transferred from Dowling House to GSC. His new mailing address is P.O. Box 4325.
 Sharon Terjung has transferred from Dowling House to Dacier Manor. Her new mailing address is P.O. Box 4525.

ANNOUNCEMENTS

WOODS TRAIL DEDICATION

You may never have heard of the "Woods Trail." It is a trail leading from the main campus to Bixler Memorial Gardens East cemetery. What used to be a bumpy path used mainly by maintenance workers has been smoothed and improved for golf carts and foot traffic. At the halfway point, a seating area complete with pavers and a bench has been established, and grass planted along the trail. The trail improvements were given in memory of Lois Brisbin.

A brief dedication ceremony will be held Friday, Feb. 13, at 2:00 p.m. at the bench area. All are welcome to attend. The trail can be accessed by golf cart or on foot. The entrance is just past the vineyard near the "back entrance" to Park of the Pines.

Cents & Sensibility

-VP of Finance/CFO Michael Willis

**AD VALOREM TAX EXEMPTION SIGN-UP
 — RENTAL RESIDENTS ONLY —**

**Tuesday, Feb. 10, and Thursday, Feb. 12
 8:00 a.m.–12:00 noon and 1:00–3:00 p.m.
 Old Pavilion Room**

Florida statutes allow rental residents of homes for the aged to claim a Homestead Exemption on their apartment or home. Claiming this exemption will reduce the amount of Ad Valorem taxes you are charged on your rental property. To file for this exemption you must sign and have notarized an Affidavit for Ad Valorem Tax Exemption Form. These forms **MUST** be filled out EVERY year. Even if you filled one out last year, you must fill one out again this year to continue to get your exemption. Married couples who reside in the same residence are required to provide both signatures (please come when both spouses are available). These forms must be submitted to the Property Appraiser's office by Feb. 27, 2026.

Residents of Dowling House, Carter House and Park of the Pines are NOT included.

To assist you in filling out these forms, a member of the Finance Department and a notary will be available in the Old Pavilion Room on Feb. 10 and 12, 8:00 a.m.–12:00 noon and 1:00–3:00 p.m.

If you are unable to come on either of these days, please contact Christina Jones in the Finance Department at 658-5450 no later than Feb. 12 to

Weekly Game Schedule

Monday

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



Tuesday

1:00 p.m. Hand and Foot Card Game—CMH

Wednesday

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

Thursday

6:00 p.m. Bingo—CH Activity Room

schedule a date and time to come to the Finance Department in Carter Village Hall.

Klump's Comments

-VP for Independent Living David Klumpenhower

ROARING '20s THEME DINNER

Calling all dames and Dapper Dans. Put on your flapper dresses, slick back your hair, dust off your dancing shoes, and get ready to cut a rug and have a foxtrotting good time. There will be a live band, a full Italian dinner, dancing, and a whole lot of fun that is sure to be the bee's knees. This swell bash will take place on Tuesday, Feb. 10, at 5:00 p.m. Tickets can be purchased at the Village Cashier's office until Friday, Feb. 6. The cost is \$18 for members and \$25 for non-members. This bang-up evening promises to be worth every bit of your cabbage, so don't be a drag, and come on out! It'll be the cat's pajamas!

ACV EVENTS

ASK-A-LAWYER CLINIC

**Friday, Jan. 30, 11:00 a.m.–2:00 p.m.
 SMR/DR**

Three Rivers Legal Services, Inc. is a non-profit law firm dedicated to the provision of quality legal assistance to the poor, abused, disabled and elderly, and empowerment through preventive legal education. They plan to come to ACV monthly beginning Friday, Jan. 30, to provide assistance to those needing legal help. If you have generic legal questions, drop in anytime between 11:00 a.m. and 2:00 p.m.

GOSPEL SING

**Saturday, Jan. 31, 1:00 p.m.
 Carter House Activity Room**

Everyone is invited to the next monthly gospel sing held in the Carter House activity room on Saturday, Jan. 31.

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

Monday, Feb. 2, 1:30 p.m. - OPR

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



SUWANNEE COUNTY TAX COLLECTOR

**Thursday, Feb. 5, 9:00 a.m.–3:00 p.m. - VS
 Closed 12:00–1:00 for lunch**

Staff from the Suwannee County Tax Collector's office including Suwannee County Tax Collector Sharon Jordan are normally in the Village Square professional offices on the first Thursday of each month from 9:00 a.m. to 3:00 p.m. (closed from 12:00 to 1:00 for lunch).

This service will enable you to purchase automobile tags and pay your property taxes. For more information, please contact the Tax Collector's office at 362-2816, or you may visit their website at suwtax.com.



**STATE OF FLORIDA:
FLORIDA LICENSING ON WHEELS**
Thursday, Feb. 5, 10:00 a.m.–2:00 p.m. - VS
The Florida Department of Motor Vehicles FLOW vehicle is coming to Dowling Park. FLOW stands for Florida Licensing on Wheels. FLOW brings the following services directly to the customer:

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

For driver licenses and ID cards, you will need the following items (there are a few other options, which are not listed — visit flhsmv.gov/whattobring for the entire list).

Primary Identification

Bring one (original or certified):

- U.S. birth certificate, or
- Valid U.S. passport.

Social Security Number

Bring one (must display all nine digits):

- Social Security card,
- W-2 form (not handwritten),
- Paycheck/stub, or
- Any 1099 (not handwritten).

Residential Address

Bring two (must include your Florida residential address):

- Deed, mortgage agreement, recent monthly mortgage statement, or rental or lease agreement;
- Florida vehicle registration or title; and/or
- Recent utility or medical bill or financial statement.

For your convenience, the department accepts the following payment methods: cash, check, and credit cards.

ROARING '20s THEME DINNER
Tuesday, Feb. 10, 5:00 p.m. - RDR
Members: \$18, Non-members: \$25

You are invited to a Roaring '20s theme dinner on Tuesday, Feb. 10, beginning at 5:00 p.m. in the dining room. Costumes are encouraged.

The Italian buffet will consist of lasagna with a gluten-free option, chicken alfredo, rigatoni and gluten-free penne pasta upon which you can put creamy Alfredo and/or marinara sauce, Italian salad, and garlic knots. During dinner and following, live music will heighten the experience. Dancing and more will follow dinner. Dessert will be served at 7:00.

Tickets are available at the Village Cashier's office during regular operating hours. Please pick up your tickets by Feb. 3 so the dining room knows how much food to make.



MEMBER BIRTHDAY PARTY
Thursday, Feb. 12, 3:00 p.m. - SMR/DR

Join us for the February member birthday party. Everyone is invited, and ACV members with February birthdays will receive special recognition. The Johnson family — Pastor Shawn, Susie, and Rebekah — have prepared a special program for your enjoyment. See you there!

WHAT DOES THE BIBLE SAY ABOUT ...?
Friday, Feb. 13, 1:00 p.m. - DR

On Friday, Feb. 13, at 1:00 p.m. in the Depot Room you are invited to listen and participate in a discussion of Biblical questions. Bring your questions and comments!

LIVE! AT DOWLING PARK:
AMBER LEE ABBOTT

Friday, Feb. 13, 7:00 p.m. - BC

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



Individual tickets can be purchased from the ACV cashier's office and at the event for \$18 (ACV member) and \$26 (non-member). Those with season passes may also attend the Community Concerts of Lake City free of charge. Call 658-5400 for more information.

LADIES' BREAKFAST

Saturday, Feb. 14, 8:30 a.m. - SMR/DR

The next ladies' breakfast will be held on Saturday, Feb. 14, at 8:30 a.m. in the Sawmill and Depot rooms. The guest speaker will be Rev. Robin Copeland. 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, Feb. 14, 8:30 a.m. - RDR

The next Men's Fellowship breakfast will be held on Saturday, Feb. 14, at 8:30 a.m. in the dining room. The guest speaker will be Gary Purchase of Butterfield Acres.

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!

**Friday and Saturday Soup: Corn Beef and Cabbage
Chili with Cheese and Onions all week! Beef Stew while it lasts!**

Friday, Jan. 30

- Lunch only: Chicken Cutlet Parmesan on a Brioche Bun, served with Deli Macaroni Salad, \$13.95
- All day: Cheese Tortellini Alfredo with Chicken and Broccoli, served with Garlic Toast, \$17.95

Saturday, Jan. 31

- All day: Teriyaki Salmon with Rice and Vegetables, \$17.95



EVENTS HERE AND THERE

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

BUS TRIP: FLORIDA SHERIFFS YOUTH RANCH TOUR

Friday, Jan. 30, 9:30 a.m. - CH

Open to ANY RESIDENT at ACV and Pen Pals who have wondered what the FSJR is all about. Did you know they have a cabin donated by Elvis Presley from one of his movies! The ACV bus will take a group for a personal tour on Friday, Jan. 30. The cost is \$5 to ride the bus which will leave promptly at 9:30 a.m. from Carter House and should return by around 1:00 p.m. The group will have the opportunity to get on and off the FSJR tour bus for close up visits in the school, a cottage and some other areas. Folks who want to follow the bus by car may do so. There is no cost for this tour which will start at 10:00 a.m. from the Cafetorium. We will be served a cafeteria style lunch around 11:30 a.m. possibly with the youth. For further information please call Monica at 386-330-4865.

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.

DEMENTIA CAREGIVER GROUP

Every Tuesday at 10:00 a.m.

23379 Elmwood Ln. in Riverwoods

Anyone who is a caregiver to a family member with dementia, OR has a family member with dementia in assisted living or skilled nursing care, is invited to a "meet and greet" every Tuesday at 10:00 a.m. at Jackie Campbell's home (23379 Elmwood Lane). This is a venting and discussion group to help us realize we are not the only ones out there with these feelings and experiences. Come every week!

END TIMES BIBLE STUDY

Wednesdays, Feb. 4, 11, 18 and 25

10:00 a.m. - OPR

Rev. Bob Copeland will lead an enlightening four-week Bible study focused on the end times titled "Signs of the End and Hope for the Future." This engaging series will take place on the four Wednesdays of February from 10:00 to 11:00 a.m. in the Old Pavilion Room.

HARBINGER BIBLE CONFERENCE

Thursday-Saturday, Feb. 5-7

The next Harbinger Bible Conference will be held Feb. 5-7 in Bixler Chapel. The theme is "A Love Like No Other!" The speaker will be Jeremy Bobos, the Bible teacher will be Rev. Bob Copeland, and the guest musical artist will be Melissa Vasquez. The event is free (a love offering will be taken).

- Thursday evening, Feb. 5, beginning at 6:00
- Friday morning, Feb. 6, beginning at 10:00
- Friday evening beginning at 6:00
- Saturday morning, Feb. 7, beginning at 10:00
- Saturday afternoon concert by Melissa at 3:00
- Saturday evening beginning at 6:00

VETERANS MEETING

Friday, Feb. 6, 12:00 noon - DR

All veterans are invited to attend the next monthly veterans gathering in the Depot Room on Friday, Feb. 6, at 12:00 noon. Lunch will be provided. Please RSVP to (850) 371-6068 or (850) 672-3303 by Jan. 30.

MELISSA VASQUEZ CONCERT

Saturday, Feb. 7, 3:00 p.m. - VC

Melissa Vasquez is a worship leader, actress, and creative mentor with a passion for helping others grow closer to God through the arts. She serves as a praise and worship leader at Charis Bible College and teaches in the Film & Production School, specializing in acting and faith-based storytelling. With a professional back-

ground in theater, Melissa uses her gifts to inspire, equip, and encourage others to cultivate their creativity for God's glory. Melissa will be giving us a concert on Saturday, Feb. 7, in the Village Church. The concert is free; a love offering will be taken.

POTLUCK SUPPER

Saturday, Feb. 7, 5:00 p.m. - RDR

The next potluck supper will be on Saturday, Feb. 7, at 5:00 p.m. in the dining room. We will only be using the dining room this time. 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!

LADIES BIBLE STUDY

Tuesdays, Feb. 10 and 24, 10:00 a.m. - CCC

We will meet Tuesdays, Feb. 10 and 24, at 10:00 a.m., at Copeland Community Center. Come and join us. The Bible study is the book of Luke. Hope to see you there.



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. |

Dowling Park Library Year-in-Review

Total Items Checked Out: 7,929

Total Programs: 570

Total Program Attendance: 6,786

Thank you to everyone who made 2025 a successful year at the JKPL. If you've driven by but never stopped in, or it's been a while, this is your invitation to come see all that the JKPL has to offer!

Share Your Ideas

We'd love your input as we plan future JKPL programs! Our goal is to offer activities, presentations, and events that reflect the interests and experiences of our community. If there are topics you'd enjoy learning about, hobbies you'd like to explore, or programs you'd like to attend, please share your ideas with us. Stop by the JKPL, call, or send an email to dpark@neflin.org — we look forward to planning with you in mind.

UF/IFAS Lunch and Learn

Katherine Allen from the UF/IFAS Extension Office will be at JKPL on Feb. 12 from 12:00 to 1:00 p.m. to present Passing It On: How to Disperse Sentimental Items. This program kicks off a new monthly Lunch and Learn series hosted by UF/IFAS at the JKPL. Lunch will not be provided, but attendees are welcome to bring their own lunch to enjoy during the presentation.

Seed Library

Check out the new seeds in our Seed Library. Now is the time to start tomatoes, peppers, squash, cucumbers, and eggplant in indoor containers. Root vegetables like carrots, lettuce, and kale can be planted outdoors as long as they are protected from the frost.

Food for Fines

Thank you to all who donated food during the Food for Fines food drive. Seventy-four food items were donated and will be delivered to the UF/IFAS Extension Office. The food will go to food pantries in our area to help those who are struggling with food insecurity.

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 "If you could have a superpower, what would it be and why?"

History of Suwannee County

The beloved program about our local history is coming back this February! Eric Musgrove will visit the JKPL on Thursday, Feb. 5, at 10:00 a.m. to captivate us with local history! This month will be an introduction to Suwannee County history. If you enjoy his presentations, grab one of Eric's books while you are here: *Reflections of Suwannee County* or *Lost Suwannee County*. Miss a session? Check out the @srilib YouTube channel and look for the History of Suwannee County playlist.

As the Page Turns Book Club

The next book club meeting will be on Thursday, Feb. 5, at 2:00 p.m. We will be discussing *The Girl on the Train* by Paula Hawkins.

Tech Talk

Have you found yourself unsure how to use technology like phones and computers? Twice each month Jeremy will present on different tech-related topics. The theme for the Tech Talk on Friday, Feb. 6, at 2:30 p.m., will be Android phones.

Valentine's Craft

Make a sweet heart for your sweetheart! This drop-in craft event on Feb. 10 from 3:00 to 6:30 p.m. will feature several DIY Valentine's cards and heart-themed crafts to enjoy! All supplies and some light refreshments will be provided.

National Library Service for the Blind and Print Disabled

We are excited to announce a partnership with the National Library Service for the Blind and Print Disabled! Through this partnership, those who are eligible can have access to talking books, descriptive DVDs, braille materials, large print materials, and more! Come in to the JKPL for more information or to get a demo of one of the talking book machines.



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.

- **Feb. 4 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.
- **Feb. 4 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.
- **Feb. 11 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.

∞ At the Village Square ∞

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

Riverside Gifts

Valentine's Day socks and socks for golfers make great gifts. There is also a great selection of nonskid footies in a variety of colors. Other new items are the beautiful Bible covers to protect the Word of God in this rainy weather.

Ladies' watches with embossed leather bands, and beautiful necklaces and earrings are wonderful ways to treat yourself or a friend.

The birdwatching field guides are helpful, especially if you are new to Florida. Check out the other field guides in the Nature section, which is beside the large window in the back of the shop. We also have handmade walking sticks, ACV umbrellas, and wide-brimmed hats.

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

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

Rustic Shop

New game! Stop in to guess how many marshmallows are in the jar near the front desk. You could win a basket full of great items.

Choose a Valentine's basket filled with sweet and lovely items to give to a friend or sweetheart. If you want to add to it, talk with the helpful volunteer.

Valentine's cards for sweethearts and friends as well as small gifts of love and friendship are great gifts. There are lovely bud vases to showcase a rose or other single bud. There are also sturdy brass bookends for the reader in your life.

Spend time in your kitchen trying a new recipe from our new collection of cookbooks. Choose a beautiful dish towel and scrubby for that necessary cleanup.

Currently no alterations are being accepted.

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

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

Twice Nice Shop

We are staying much warmer after shopping in this wonderful shop. You will find sweaters, vests, coats, socks, and hats at great prices. There is also an excellent selection of winter-weight nighties, PJs, and bathrobes. The Children's Department has many low-priced, high quality items.

Have you visited the Book Nook recently? There are games, jigsaw puzzles and cookbooks for inside fun. Choose a Bible study, autobiography, or fiction book for yourself. **The half-price sale in the very collectible books continues.**

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, Feb. 7, 9:00 a.m.–2:00 p.m.

It's still winter, so be prepared. We can warm you up for only \$2.00. There are lots of jackets, sweaters and sweats. To keep you warm all night, we have a good supply of jammies and bathrobes. See you soon!

- **Feb. 11 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.
- **Feb. 18 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.
- **Feb. 18 afternoon — Winn-Dixie, Save A Lot & Publix** — Leave CH at 1:15 p.m. and DH at 1:30 p.m. Drop off at Winn-Dixie and Save A Lot, park at Publix. Leave Publix at approximately 3:45 p.m. and return to the Village at 4:30 p.m.

DEPARTMENT NEWS

THE VILLAGE CHURCH

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

SERMON: "John's Testimony"

TEXT: John 1:19-34 NIV '84

SPEAKER: Rev. Sam Worley

The **Vesta Clothey WHFMS** group will meet Monday, Feb. 2, at 9:30 a.m. in Room 5 at the Village Church. This is a change from our usual meeting time due to a scheduling conflict. Karen Hall will lead the program as we begin sharing about "A Tiny Seed, a Powerful Deed." Everyone is invited to attend.

The **Annual Church Meeting** will be on Wednesday, Feb. 11, at 7:00 p.m. in Rumph Dining Room. Annual report booklets, coffee and dessert will be available when you enter. The meeting will start at 7:00 p.m.

The next **Men's Fellowship Breakfast** will be on Saturday, Feb. 13, at 8:30 a.m. in Rumph Dining Room. The speaker will be Gary Purchase.

The following Village Church events are happening this week:

Friday, Jan. 30

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

Sunday, Feb. 1

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. — Sunday School

4:00 p.m. — Regeneration (Church)

5:00 p.m. — Alive! (Church)

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

6:00 p.m. — Evening Service, Rev. Richard Russell (Chapel)

Monday, Feb. 2

9:30 a.m. — WHFMS Meeting (Room 5)

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

7:00 p.m. — Adult Handbells

Tuesday, Feb. 3

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, Feb. 4

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

7:15 p.m. — Easter Cantata Choir Rehearsal

You do not have to be a regular attendee of the Village Church to participate in this choir.

Thursday, Feb. 5

10:00 a.m. — VCBI: Canceled this week

Friday, Feb. 6

10:30 a.m. — Bible Study, Bob Copeland (Room 5)

VILLAGE CASHIER'S OFFICE

Lynn Mabey-386-658-5343

The Village Cashier's office will be closed Friday, Jan. 30. It should reopen Monday, Feb. 2. The Cashier's office will also be closed Friday, Feb. 13.

Starting Monday, Feb. 2, the Village Cashier's office will open at 9:30 a.m. and close at 12:30 p.m., Monday-Friday.

ENVIRONMENTAL SERVICES

Michael Gordon-386-658-5155

Due to Dish Network renegotiating their contracts with certain broadcast channels, there have been changes made to the channels available on our Enhanced and Standard cable packages that are outside of our control. As soon as we have all the details, new printed channel guides will be made available. Please refer to the Guide Channels available on Dish Hoppers and on ACV Channel 3 on the Standard package for an up-to-date electronic channel guide until these changes have been finalized.

MEMBER SERVICES

James Sutter-386-658-5400

Member Services Tip of the Week

The Village shuttle is available for members to use 8:00 a.m.-4:30 p.m. Monday-Friday with a lunch break from 12:35 to 1:35. The shuttle can pick up and drop off members from/to anywhere in the Dowling Park area including Crawley's Tire and Auto, Butterfield Acres and its neighboring communities, the Baptist church, and of course anywhere on ACV's campus, including the JKPL and First Federal Bank. The bus picks up at Carter House, Dowling House, the Village Square, and Copeland Medical Center twice an hour and is available by appointment by calling (386) 208-2584. For a shuttle schedule, see the Information Center.

Scam Tip of the Week: Tolls Scam

A popular scam right now is a text that reads something similar to "Florida Toll Services, our records show that your vehicle has an outstanding toll charge. To prevent further fees totaling \$75.59, please settle the due amount of \$7.59 at mysunpasstollsinvoices.com." If you receive a text similar to this, delete it. If your phone allows you to report the text as well, go ahead and do that. Whatever you do, don't click on the link. SunPass posted a warning on its website, warning customers the messages were not sent by SunPass and are a phishing scam targeting the public. "SunPass does not ask customers via text to make a payment or to take immediate action on their account."

TV2

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

- The book of Revelation talks about two prophets. Who are they? Are they true prophets? How can we know true prophets?
- How and when did evil begin?

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.

Member Benefit of the Week

ACV members receive priority for admission to GSC so members are guaranteed a bed at GSC so long as they meet the criteria and are approved for admission. While insurance companies have at times denied a member's admission, admission is primarily based on the level and severity of need as determined by ACV in consultation with the member's physician.

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.

Village Cashier's Office

658-5343

Monday-Friday • 9:30 a.m.-12:30 p.m.

Congratulations to our Jan. 21 winners: 1st high was Henry Simonds, and 2nd high was Glenda Hamby.

CONNECTING THREADS MINISTRY

Monday, Feb. 2, 1:00-3:00 p.m.

Keepers Cottage

The Connecting Threads Ministry will meet Monday, Feb. 2, 1:00-3:00 p.m. at Keepers Cottage.

CRAFTY CREW

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

Sue Donnelly, Reporter

This Friday, I will show the Crafty Crew how to make the cutest itty bitty teddy bears! They can hold a tiny Valentine's heart or other object in their chubby arms. Feel free to bring along your own projects to work on as well! See you there!

Any questions contact Sister Maria Ann Decker at sistermariaann2002@yahoo.com or Sue Donnelly or SueWDonnelly@gmail.com.

VILLAGE LIBRARY

Monday-Friday

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

Brenda Reas, Reporter

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.

ACV MODEL RAILROAD

Ron Oberg, Reporter

The Model Railroad Club would like to extend an invitation to anyone in the Village who has an HO scale train to come by the club and run their train. Check out the train on our layout and see that it runs right. Ask questions about our layout at the club. Contact me at (727) 364-4066 for an appointment.

PEN PAL PROGRAM

A Committee of the Membership Association
Monica Serlick, Reporter

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

The 68th Florida Sheriff's Youth Ranches Open House and Horse Show is Friday, Feb. 20, through Sunday, Feb. 22. There will be two buses going from ACV on Saturday, Feb. 21. The Ranch will be sending their school bus to pick up a load, which will depart the Lake Aquilla parking lot precisely at 10:00 a.m. for all folks who don't use any mobility devices; it is not handicap accessible. The school bus will leave the ranch at 3:00 p.m. to bring everyone back by 3:30 p.m.

The ACV bus will also go for those who need extra help. That bus will most likely return earlier than 3:00 p.m.

The cost to ride either bus will be \$5.00, and you must sign up at the Information Center in order to ride.

Those traveling on the buses will be allowed complimentary entry and a free ticket for the barbeque lunch. Anyone going in their own car will have to pay the entry fee and will have to buy their lunch.

Sign up until Feb. 16, so I can let them know how many are coming.

Folks going on their own, in the past, were charged a one-time cost of \$10-per-car entry for the weekend and \$5.00 for Saturday's barbeque lunch.

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.

"Belief creates the actual fact" (William James).
"Success is not final, failure is not fatal: it is the courage to continue that counts" (Winston Churchill).

POLK CERAMICS SHOP

Susann Riedel, Reporter

We will be open on Saturday, Feb. 7, from 9:00 to 11:00 a.m. for those who would like to work on something on the weekend. We look forward to seeing you.

STEPHEN MINISTRIES

Darleen Hinrichs, Reporter

Frequently Asked Questions

Stephen Ministers have been called "The *After* People." They come alongside a person *after* some turning point that has made life extremely difficult for them. For example, *after* the medical test gives devastating news, *after* the funeral and the family has gone home, *after* the loss of a child, *after* the pink slip, *after* the estrangement you never thought would happen, *after* a loved one forgets your name, *after* the joys of retirement have faded, *after* your loved ones have heard your story one too many times but you still need to talk it out, or *after* friends tell you it's time to move on but you feel stuck in the grief.

Stephen Ministers offer not friendship, but a one-sided relationship — meaning that all the care and support is to flow from the Stephen Minister to the care receiver with nothing expected in return. They simply offer emotional and spiritual support to people who are going through times like these. If you have a Stephen Minister, confidentiality, a listening ear and compassionate heart is what you can count on.

Our recent Stephen Minister class about grief taught that it is not unchristian to experience grief, and that each person's healing has its own timeline. Clichés, advice, or even a poorly timed scripture verse can be hurtful, no matter how well-intentioned. It's best to just be there and let the grieving person do most of the talking. Validate their feelings instead of trying to cheer them up or rush them through the grieving process. Those are a few of the ways we can be the unconditionally loving presence that brings the "God of all comfort" close to the brokenhearted.

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

NEIGHBORHOOD NEWS

BUTTERFIELD ACRES

Jack "CrackerJack" Dixon—386-658-2113

"This is the day the Lord has made; let us rejoice and be glad in it." This is also a good day to have a good day, so get out and enjoy it with someone.

We live in an upside-down world sometimes. I have discovered there are several things you should not do if you have high blood pressure:

1. Try to reach your doctor by phone.
2. Speak with your insurance company by phone.
3. Attempt to reset your computer password.
4. Try to log in to your portal at the Copeland Clinic.

I am convinced there must be a plot against our age group. Life is too short to spend it on hold, waiting for someone who may not even be there. I have spent what feels like an eternity listening to hold music, only to hear, "Sorry I missed your call. Leave a message, and I'll try to call you back." Well, thank you for that, but the problem may not even exist by the time you get back to me. I have stopped to take three deep breaths to calm myself, only to realize I am hyperventilating — and still no answer.

I received a call yesterday from Morgan Simons, Wayne "the tree man's" wife. They now live just

up the road on CR 136 and still consider themselves residents of Butterfield Acres. I am not sure how the logistics work, but it is nice to know. They are much happier in their new home, and the good news is they are still in the tree business and available for any trimming you may need.

Some sad news from Butterfield Acres: Jane Burns and Miriam Abbott, who live in the first house on the right as you enter Butterfield Acres by the sign, had to put their Great Dane, Sasha, to sleep this week due to health issues. Sasha was a wonderful companion to Jane and brought smiles to many people. She will be missed by all who knew her.

Until the early 1900s, cheap mail-order publications were the wipe of choice. In 1935, however, what Wisconsin city became known as the "toilet paper capital of the world" after a producer developed a method of "linenizing" paper, making it softer and splinter-free? Can you guess which city holds that distinction? The answer is coming next week. [Editor's note: Sorry about spoiling last week's fun!]

Jesus said, "I am the light of the world. Whoever follows me will never walk in darkness, but will have the light of life" (John 8:12). My prayer is that you will always follow the light and never forget who is in charge. Isaiah 40:28-31. God bless.

CARTER HOUSE

Monica Serlick-386-330-4865

We have two birthdays to celebrate as we head into the month of February. Our warmest wishes go out to Phyllis Perez on Feb. 6 and Ken Wood on Feb. 7. It's your special day — may you both be abundantly blessed as you celebrate another year around the sun. As the saying goes, "May the happy in your birthday last a long, long time! No matter what your age, remember: the most important things in life aren't things" (etsy.com).

Let us also remember to keep in our prayers those who are sick or recovering from surgeries or treatments. We ask blessings for good health and a quick recovery. Please know you are in our thoughts and prayers.

According to *The Oxford Dictionary*, the origin of the word *rumor* comes from the Latin word meaning "noise." As a noun, it is defined as a "circulating story or report of uncertain or doubtful truth." Rumors often spread through newspapers or social media, but more commonly through people we know and associate with. Participating in the spread of rumors can be harmful and painful to others, and it can also reflect poorly on the person sharing them. Always take time to check the facts and ensure information is accurate and truthful before passing it along.

Valentine's Day is just around the corner. Contrary to popular belief, this day is not only for couples but for all those we love. While Valentine's Day isn't the only day to share love, it is a wonderful opportunity to remind others how much they are appreciated. Our aging loved ones have so much love to give, but love must be shared to truly flourish. Love that is not communicated is like a beautiful flower hidden from view. When love is expressed, it blesses both the giver and the receiver (deltahomecare.com).

Love, compassion, and respect go hand in hand and can be expressed daily by everyone here at ACV. Please be mindful of others in shared spaces. If you are passing through a common room where residents are gathered, turn radios down and lower your voice when using your cell phone. If you wish to join a conversation, ask first or wait for a natural break. Simple words like please, thank you, excuse me, and I'm sorry go a long way. You have chosen to live in a community, and courtesy and good manners matter.

Lastly, if you notice anything that seems out of the ordinary or inappropriate, please contact the Information Center at 658-3333. This is your home — if you see something, say something.

DOWLING HOUSE

Cora Huckaba-850-464-7113

Another week has passed, and it seems the older I get, the faster time goes. I wonder if everyone feels that way. Several more friends moved away last week, and

it feels as though every time I go out, I see moving vans or trailers being loaded as people leave Dowling Park. It is always sad to see friends go.

Scoots and I recently visited the Good Samaritan Center. We saw Bernie O'Donnell, who is still dealing with some health issues. Ed Smith is hopeful that things will be back to normal soon. We also ran into Beth Faerber, who says she is having a wonderful time meeting new people, doing crafts, and playing games. If you've been wondering where she went, she is happily settled in at GSC.

I missed the craft meeting last Friday while visiting my daughter. While there, we played a game called Bananagrams. It is similar to Scrabble but without letter scores. Each player draws 21 tiles and tries to be the first to use them all in a word grid. The game is fast-paced and a lot of fun.

After three weeks, the purple envelope was finally found by Donna S. I won't be hiding it anymore, as there doesn't seem to be much interest in the game these days.

We have certainly been experiencing some cold weather lately. I'm not sure whether Mother Nature is on a rampage or perhaps dealing with hot flashes, but regardless — life goes on.

The recent presentation on Norway was very interesting. It is a beautiful country with incredible mountains, varied terrain, and cathedrals that look like castles. If you missed it, it was both informative and entertaining — truly food for the soul.

"Be strong in the Lord and in the power of his might. Put on the whole armor of God, that you may be able to stand against the devil's schemes" (Ephesians 6:10-11).

Medicine for the heart: A boss rancher was showing a new rancher around the property. They passed a pen of cows leaning against the fence on just two legs. The new rancher asked what they were called. "Oh, those are my lean beef cows," the boss replied. A little farther along, they came to a group with no legs at all. "And what are those called?" the rancher asked. "Those," said the boss, "are my ground beef cows."

Ha ha! I wonder what happened to their legs?

EDGEWOOD TERRACE

Cathy Oberg-386-658-3237

Good morning, neighbors. I hope everyone is staying warm.

Happy birthday to Sarah Sisk on Jan. 31 and Jocelyn Clark on Feb. 2. May your days be happy and your years healthy.

Suzanne Young, a former Edgewood Terrace resident, is arriving today for a visit. She retired from the Lodge in March and moved to Illinois in May after many years at ACV. Suzanne lived on Millsite Lane and was involved in many community activities.

A get-together is planned for neighbors who would like to see Suzanne while she is visiting. Souper Supper at Cleo's will be held Saturday, Feb. 7, at 5:00 p.m. Please bring your own mug and spoon. Anyone with questions or who would like to contribute something may contact Verna Piper at 658-3753 or (386) 208-1967.

Please be careful during this cold weather. Wear layers when outdoors, stay hydrated, and find ways to pass the time until spring arrives. Visit neighbors, share a bowl of soup or a cup of coffee with some fresh-baked goods, and continue to be active members of this loving community.

GOOD SAMARITAN CENTER AND DACIER MANOR

Bruce Arnold-386-658-5550

On Jan. 25, we recognized Sanctity of Human Life Sunday during our morning worship service at GSC. God is the giver of life. He created life and, therefore, values it deeply. Not only does God value every individual life, but He also shows us the way to live an abundant life.

In Deuteronomy 30:19-20, God sets before the people of Israel life and death, blessings and curses, as they prepared to enter the Promised Land. Then God does something remarkable — He urges them to choose life, yet leaves the decision in their hands. God's offer of

life is always available. While this passage speaks within the Old Covenant, based on keeping the law, we are reminded that today we still choose life by trusting in the One who fulfilled the law and established a New Covenant, Jesus Christ.

For those who choose life by trusting in Jesus, a transformation takes place. Loving God, listening to His voice and holding fast to Him (v. 20) become natural desires of the heart. God loves us so much that He continues to offer this life today. Have you decided to follow Jesus?

Donald Wrigley, one of the elders at the Village Church, shared morning devotions at GSC a few weeks ago. We are grateful for Donald, Richard Russell and Dick Grillo, who faithfully serve by coming on the first Wednesday of each month.

As you enter GSC, you will notice the new soffit installed over the drive-through area. For a few days, visitors were rerouted through Dacier Manor while repairs were made to replace hurricane-damaged materials. All work has now been completed.

The activities department took advantage of several warmer days by firing up the Turtle and taking residents out for rides. With temperatures fluctuating, it is nice to squeeze in an outing now and then and enjoy some fresh air.

Our friends at Dacier Manor have welcomed several guests, some for respite care and others staying while the elevators in Dowling House are under repair. Pastor Bruce continues to visit Dacier Manor each Tuesday and Thursday for a singalong, and to share the Word.

RIVERWOODS

Patty Gianeskis—386-658-2024

On Wednesday, Jan. 21, the Riverwoods HOA held its annual meeting. There are no new board members, and the 2026 officers are Donna Plant, president; Lee McGauley, vice president; Lorraine Bowen, treasurer; Mary Ann Wilson, secretary; and Bud Royal, director at large.

Residents were encouraged to check their house numbers to be sure they are clearly visible from the road. At times, first responders have difficulty seeing them. (I'm guilty myself and will be correcting the problem.) Along those same lines, please be sure the Information Center has the correct spare key to your home in case of an emergency. We are blessed to have on-site personnel available to assist us when needed, and we want to make it as easy as possible for them to help.

We've been experiencing some cold weather lately! This native Floridian doesn't mind it — at least not too much. One good way to stay warm is to snuggle up with a nice, hot cup of tea or cocoa. Add an afghan and a good book, and you're all set. Or how about making a pot of soup? Comforting, nourishing and often even better the next day.

A warm Riverwoods welcome to our new neighbors, Howard and Nancy Geer. Enjoy your new home!

"Her ways are pleasant ways, and all her paths are peace" (Proverbs 3:17).

FOR YOUR INFORMATION

NEW FEDERAL TAX DEDUCTION FOR SENIORS (AGES 65+)

There's good news for older adults when it comes to federal taxes. Beginning with the 2025 tax year and continuing through 2028, individuals age 65 and older may be eligible for a new federal tax deduction of up to \$6,000 per person.

This deduction is in addition to the existing standard deduction for seniors and is available whether you itemize deductions or take the standard deduction.

Here's a quick overview:

- The deduction is \$6,000 per qualifying individual
- Married couples may claim up to \$12,000 if both spouses qualify
- It applies to taxpayers who turn 65 on or before Dec. 31 of the tax year

- The deduction gradually phases out for incomes over \$75,000 (or \$150,000 for joint filers)

This change could significantly reduce — or even eliminate — federal income tax for many seniors. Because individual tax situations vary, we encourage you to speak with a trusted tax professional or volunteer tax assistance program to see how this deduction may apply to you.

It's always nice to hear about a tax break that actually works in your favor.

TAXES PREPARATION

A team from Tina Singletary, CPA in Mayo, Florida, will be at the Village Square once a week until Tax Day to allow area residents to meet with a tax expert and have their taxes filed. The dates they will be in the professional offices at the Village Square are as follows: Feb. 3, 12, 19, 26; March 3, 12, 19, 26, 31; and April 9 and 13. They will be available from 9:00 a.m. to 3:00 p.m.

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 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: Feb. 6 and 20, March 6 and 20 and April 10 and 24. To make an appointment, please call Leigh Ann Cannon at (386) 755-1334, Ext. 114.

FIRST FEDERAL BANK

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

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

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

FINANCIAL ADVISOR

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

SQUARE CUTS AND MORE SALON Open Monday, Tuesday & Thursday 12:15 to 7:00 p.m.

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

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

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

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

VERIZON

Verizon representatives come to the Village Square professional offices the third Tuesday of each month from 9:00 a.m. to 3:00 p.m. They are available to answer questions about their products; offer technical support; perform account analysis; streamline your account; add new lines; and sell upgrades, home internet, and devices.

RIDE-ABOUT

If you're interested in utilizing the Ride-About (ACV's red, 10-passenger golf cart) for a tour or pleasure ride, call Member Services 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: What is the private dining room, and how can residents make use of it?

A: The Aquilla Smith Dining Room, more commonly known as the private dining room, is a small room accessible from the Rumph Dining Room that is furnished with a dining room table that seats up to 10 people. The private dining room can be reserved and used by ACV residents if they would like to use it for private dining. The room must be reserved ahead of time by calling 658-5260.

THANK YOU

Dear Village family: "Thank you" can sound inadequate sometimes. I am overwhelmed as I think about God's love sent to me from so many of you. I was in the hospital for weeks. You all called, prayed, visited me, and sent beautiful gifts — and all of this blessed me. Thank you for your thoughts and prayers. I felt them and your outpouring of love continued as I spent four weeks at GSC in rehab. Please know that I'm truly grateful to my Lord and to each of you dear hearts and gentle people. From me to you: God bless you and thank you. With love and many prayers,

Jeanne Florence

MISCELLANEOUS

FOR SALE: Science Diet ID — will sell cheap. Power chair, \$1200 or trade for golf cart. Have any questions or offers, please call 386-678-1040.**

FREE: Wheelchair. Contact Jack at 386-658-2646.**

GARAGE/ESTATE SALE: Saturday, Jan. 31, 8:00 a.m.—until at 23341 Live Oak Lane in RW. Everything in the house must go. Call Ron at 904-509-2838 with questions.**

FOUND: Pink and silver tumbler with purple straw. Found at Carter Village Hall. Contact Catherine at 658-5110.*

LOST: Wrist watch in or near the gym. If you find it, please call Ken Wood at 386-208-2061.*

FOR SALE: 2018 single-wide mobile home in POP. 2 bedrooms and 2 baths. New roof and all appliances. Includes central heat and air. Open floor plan and very well kept inside. Low lot rent. Must be approved for membership through ACV and 60 or older. No owner financing; sold as is. Contact Dawn at 386-205-8283.*

FREE: Firewood. You'll need to come pick it up; I don't have a way to deliver it. Call Bruce Arnold at 386-249-2792 or email barnold@acvillage.net.*

VILLAGE BOOKWORM

If you were making a list of the best American novels, what would be on your list? Here are five that most literary critics put on theirs:

Moby Dick by Herman Melville is considered a masterpiece of American literature. Join Captain Ahab on his hunt for the great white sperm whale and explore the themes of obsession, revenge and good verses evil.

The Great Gatsby by F. Scott Fitzgerald is a tragic story set in the Jazz Age. Nick Carraway, the narrator, gets entangled in the world of his mysterious, wealthy neighbor and his pursuit of his former love, Daisy Buchanan. This book explores the themes of wealth, class, love and the corruption of the American dream.

Walden by Henry David Thoreau tells the story of his two-year experiment in simple living in a cabin he built near Walden Pond in Concord, Massachusetts. It is a reflection on nature, self-reliance and spiritual discovery, and materialism.

The Scarlet Letter by Nathaniel Hawthorne is set in 17th century Puritan Boston and explores the themes of sin, guilt and hypocrisy. Forced to wear a scarlet "A" for adultery, Hester Prynne learns a hard lesson while others seemingly go free.

Blood Meridian by Cormac McCarthy is a deconstructing of the American Western myth. The story follows a teenage runaway and monstrous judge who join a gang of scalp hunters. The book explores the themes of human depravity, war and conquest.

All of these books can be found in our public library, and their stories have weathered the test of time. I would love to hear which books you would include in your "must-read" list of American novels. Please send to sgermaine720@gmail.com.

👋 Remember to Wave 👋

VIEW OUR PHOTO DIRECTORY ON YOUR MOBILE DEVICE!

FREE App for iPhone, iPad & Android



Our photo directory is a great resource tool that allows you to get to know our ACV and Village Church households better!

Simply go to the App Store, search for *Instant Church Directory*  and download the FREE app to begin.

You will use your email address listed in the directory to CREATE A LOGIN the first time you use the directory app.

If you're not listed in the directory, OR if you have trouble logging into the app, please call 658-5400.



Prices effective 1/30–2/05



THE VILLAGE GROCER

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

GROCERY

| | | |
|--------------------------------|---------|---------|
| Swans Down Cake Flower | 32 oz. | \$ 5.50 |
| C. Shelby's Chili Mix | 3.3 oz. | \$ 3.50 |
| Success Boil in Bag White Rice | 7 oz. | \$ 2.00 |
| Lil' Dutch Maid Saltines | 16 oz. | \$ 2.50 |
| StarKist Pink Salmon | 14 oz. | \$ 5.00 |
| Folgers K-Cups | 3 oz. | \$ 9.00 |
| French's Honey Mustard | 12 oz. | \$ 4.00 |
| Mott's Apple Juice | 64 oz. | \$ 5.20 |

DAIRY

| | | |
|-----------------------------|--------|---------|
| Brummel and Brown Spread | 15 oz. | \$ 5.70 |
| Dutch Farms English Muffins | 12 oz. | \$ 2.00 |

PRODUCE

| | | |
|-----------------------|---------|---------|
| Golden Ripe Bananas | per lb. | \$.80 |
| Fresh Florida Oranges | 4 for | \$ 1.00 |

FROZEN

| | | |
|----------------------------|--------|---------|
| Banquet Pot Pies | 7 oz. | \$ 1.70 |
| Pictsweet Mixed Vegetables | 12 oz. | \$ 2.50 |

MEAT

| | | |
|----------------------------------|---------|---------|
| Boneless Skinless Chicken Thighs | per lb. | \$ 4.00 |
| Boneless New York Strip Steaks | per lb. | \$15.00 |
| Lean Bottom Round Roast | per lb. | \$ 7.00 |
| Sugardale Center Cut Bacon | 12 oz. | \$ 5.20 |
| Sunset Farms Baby Loop Sausage | 16 oz. | \$ 4.50 |
| On Cor Chicken Strips | 27 oz. | \$ 5.00 |

CHEESE OF THE WEEK

Provolone Cheese — \$5.30 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

Jesus Christ is the same yesterday, today and forever.

Hebrews 13:8

*Delivery available to on-campus ACV members only

February 2026

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

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

SHARON WILSON, REALTOR®
POOLE REALTY, INC.
sharonhomes@yahoo.com • 688-3770

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

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

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

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

10438 Wildwood Dr.: \$289,900; 1,829 sq. ft.; 3 bedrooms, 2 full baths on 27 acre lot. Florida room and 2-car garage. Move-in ready. MLS #127164.

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

Lot 16 Wildwood Cir.: \$22,500; extra-large .66 acre, pie shaped, wooded lot. MLS #123899.

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

10491 Wildwood Dr.: \$319,000; 2,011 sq. ft.; nice 3-bedroom/2-bath on .24 acres; appliances included. Many upgrades including new roof. MLS #127137.

23321 Live Oak Ln.: \$263,000; 1,254 sq. ft.; lots of upgrades in this 2-bedroom/2-bath home, including newer roof, A/C, hot water tank, cabinets and appliances. MLS #127730.

23378 Live Oak Ln.: \$325,000; 1,662 sq. ft.; beautifully maintained 3 bedroom, 2 bath brick home on .2 acres. New roof in 2024, 2 car garage, FL room and much more. MLS # 127805.

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

Birthdays

- 1.** Catheryn Mellinger, Jay Dresser, Lloyd Weeks*; **2.** Jocelyn Everhart, Bob Story, Tommie Tuten; **3.** Ruth Aspinwall*, Carl Daniels, Beth Faerber*, Pamela St. Onge, Carole Rainsberger; **4.** Nelda Hodek; **5.** Winford Hewiett*, Phillip Platania*; **6.** Phillip Perez; **7.** Willie Bowden*, Sharon Germaine, Pat Hartmann, Ken Wood; **8.** Lucille Casas, Jackie Christenson, Ron Senykoff, Penny Wrigley; **9.** Petey Briggs, Jerry Hotmire, Martha Waldron*, Judy Young; **11.** Beth Bauer, Norma Jean Combass, Linda Sawyer*; **12.** Ginny Ballard*, Erma Blackburn, Mark Klemesrud*; **13.** Alisa Staats, Inez Wilkerson; **14.** Frank Hreha, Marilyn Iverson*, Patricia Moseley, Charlene Reas; **15.** Ken Berry, Glynn Dasher, David Doty, Connie Hanson, Joyce Royal; **16.** Ruthann Conway, Dick Grillo, Mary Ann Reach, Carolyn Wadsworth; **20.** Carmen Doncel-Whitney, Teresa Zimpfer*; **21.** David Bryant, Sandra Hooter; **22.** Annabel Christiansen, Linda DiBenedetto, Barbara Hagler; **23.** Alice Hansen*; **24.** Ronnie Beckham; **26.** Jim Frassetto; **27.** Bonnie Russell*; **28.** Scarlett Petroff.

Anniversaries

- 12.** Fred & Dot DeVane; **16.** Cathy & John Nicely and Teri & Brian Pahl;
18. Carole & Gary Kueppers; **20.** Charlotte & Joel Evans.

*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.

Jan. 30–Feb. 6, 2026

FRIDAY, 1/30

- \$2.75 Soup:** Lobster Bisque
- \$6.95 Entrées:** GF Baked Fish, GF Buttery Garlic Shrimp, Sloppy Joe on a Bun, Fried Catfish
- \$1.40 Sides:** Mixed Greens, Cauliflower, Prince Edward Vegetable Blend (Green and Yellow Beans and Carrots), Baked Beans, Cold Salads, Fruit, Cheese Grits, Hush Puppies
- \$3.00 Desserts:** Assorted Regular and NSA Desserts

SATURDAY, 1/31

- \$2.75 Soup:** Chicken Noodle
- \$8.50 Whistle Stop Special:** Loaded French Fries (Seasoned Chicken, Black Beans, Diced Tomatoes, Nacho Cheese, Sour Cream, and Onions), Peas and Carrots, Spanish Rice, Assorted Desserts, Fountain Drink

SUNDAY, 2/1

Lunch Buffet

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

- Entrées:** Pot Roast, Italian Stuffed Peppers, Fried Chicken
- Sides:** Prince Edward Vegetable Mix, Mushrooms, Cauliflower, Salad, Fruit, Macaroni and Cheese, Mashed Potatoes with Gravy
- Desserts:** Assorted Regular and NSA Desserts

MONDAY, 2/2

- \$2.75 Soup:** Potato
- \$6.95 Entrées:** GF Chili, Chicken Ranch BLT Wrap, Chicken Livers
- \$1.40 Sides:** Zucchini, Chuckwagon Corn, Cold Salads, Fruit, Rice, Waffle Sweet Potato Fries
- \$3.00 Desserts:** Assorted Regular and NSA Desserts

TUESDAY, 2/3

- \$8.50 Special:** Salad Bar
- \$2.75 Soup:** Cook's Choice
- \$6.95 Entrées:** Shepherd's Pie, Country Fried Steak with Country Gravy
- \$1.40 Sides:** Broccoli Spears, Three Bean Salad, Cold Salads, Fruit, 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

Jan. 30–Feb. 6, 2026

WEDNESDAY, 2/4

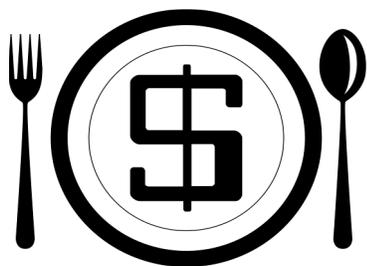
- \$2.75** **Soup:** Ham Bean
\$6.95 **Entrées:** Pork Chops, Fried Chicken
\$1.40 **Sides:** Cabbage, Asparagus, Cold Salads, Fruit, Scalloped Potatoes
\$3.00 **Desserts:** Assorted Regular and NSA Desserts

THURSDAY, 2/5

- \$6.95** **Entrées:** Oven Roasted Rotisserie Chicken, Cheeseburger Tater Tot Casserole
\$1.40 **Sides:** Green Beans, Garlic Tomato Spinach, Cold Salads, Fruit, Wild Rice
\$3.00 **Desserts:** Assorted Regular and NSA Desserts

FRIDAY, 2/6

- \$2.75** **Soup:** Shrimp Corn Chowder
\$6.95 **Entrées:** GF Baked Catfish, GF Boiled Shrimp, Pork Loin, Battered Fried Cod Fish
\$1.40 **Sides:** Mixed Greens, Pickled Beets, Corn, Cold Salads, Fruit, Cheese Grits, Mashed Potatoes
\$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: Corn Beef and Cabbage.
Chili with Cheese and Onions all week!
Beef Stew while it lasts!**

Friday, Jan. 30

Lunch only: Chicken Cutlet Parmesan on a Brioche Bun,
served with Deli Maccaroni Salad, \$13.95

All day: Cheese Tortellini Alfredo with Chicken and
Broccoli, served with Garlic Toast, \$17.95

Saturday, Jan. 31

All day: Teriyaki Salmon with Rice and Vegetables,
\$17.95

Ann & Quinton
Rumph
DINING ROOM

658-5259

Mon–Fri: 11 am–1 pm

Sat. & Sun: 11 am–1:30 pm

THE LOPIN' GOPHER
D E L I

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

February

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.