



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

MARCH 13, 2026

Friday	3/13	The Village Cashier's office is closed today. <i>10:00 a.m.</i> 10:30 a.m. 1:00 p.m. 2:00 p.m.	<i>Bible Study—VC Children's Suite</i> Gentle Movement and Self Massage Class—OPR What Does the Bible Say About ...?—DR Crafty Crew—CH Activity Room
Saturday	3/14	8:30 a.m. 8:30 a.m.	Ladies' Breakfast—SMR/DR Men's Fellowship Breakfast—RDR
Sunday	3/15	<i>9:40 a.m.</i> <i>11:00 a.m.</i> 11:00 a.m. <i>6:00 p.m.</i> 7:00 p.m.	<i>Morning Worship Service—VC</i> <i>VCBI: Unfolding the Great Commission—OPR</i> <i>Sunday School for All Ages</i> <i>Evening Service—BC</i> Pal Meeting—RDR
Monday	3/16	The Village Cashier's office is closed today. 9:30 a.m. 10:00 a.m.—Noon 10:00 a.m.—5:00 p.m. 1:00–3:00 p.m. <i>1:30 p.m.</i> 2:00–4:00 p.m. 7:00 p.m.	Morning Missions Meeting (WHFMS)—VC Room 5 Welllderly Day Meet-and-Greet with Katie Nanuseski—CCC LifeSouth Bloodmobile—VS Connecting Threads Ministry—KC <i>VCBI: The Gospel of Luke—VC Room 5</i> Ceramics—PCS Toccoa Falls College Choir Concert—VC
Tuesday	3/17	Happy St. Patrick's Day 8:15 & 8:30 a.m. 8:30 a.m. 10:00 a.m. 1:00 p.m. 1:00 p.m. 1:15 & 1:30 p.m. 6:30 p.m.	Bus Trip: Walmart—CH & DH Men's Bible Study—VC Room 5 Model Train Club—CB Garden Club Meeting—DR The Real St. Patrick—SMR Bus Trip: Winn-Dixie, Save A Lot & Publix—CH & DH Evening Missions Meeting (WHFMS)—OPR
Wednesday	3/18	9:00–11:00 a.m. <i>6:00 p.m.</i> 6:30 p.m.	Ceramics—PCS <i>Prayer Meeting—BC</i> Easter Cantata Rehearsal—VC
Thursday	3/19	9:30 a.m.—12:30 p.m. 10:00 a.m. 2:00 p.m.	Village Artists Guild—KC Plarn Ministry—CMH Membership Association Meeting—RDR
Friday	3/20	Spring Begins 9:00 a.m.—12:00 p.m. 10:30 a.m. 2:00 p.m.	Health and Wellness Fair—SMR/DR 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

IN LOVING MEMORY

Nancy Nicely, who was a resident of Park of the Pines, Riverwoods, and Good Samaritan Center, died Friday, March 6. Her funeral will be held Friday, March 13, at 11:00 a.m. in Bixler Chapel. Her viewing will begin at 10:00 a.m.

Mary Ann Wilson (wife of George), who was a resident of Riverwoods, died Thursday, March 5. Her memorial information will be provided when available.

NEW MEMBER

Lynn Tedder has moved to Dowling House. Her mailing address is P.O. Box 4265.

ANNOUNCEMENT

Klump's Komments

-VP for Independent Living David Klumpenower

WELCOME, KATIE NANUSEKI

Help us welcome Fitness Coordinator Katie Nanuseski. She'll be managing CCC and building up programming with new classes and events to help our members be more engaged and focused on health and wellness.

Born in St. Petersburg, Florida, to a mother who was a nurse, Katie grew up in an environment where caregiving came naturally. She saw how much her mother devoted to her responsibilities as a full-time nurse, mother, and caregiver to her own mother. As her grandmother aged, Katie wanted to take over her care. This ignited her own nurturing instinct and inspired her to choose a career helping others. She earned her B.S. degree in Exercise Physiology from Barry University and started her career as a chiropractor's assistant, but after a few years, she went back to school to become a licensed Radiologic Technologist. She used those skills working at Baycare Hospital in Pinellas County for a decade.

In 2024, she and her husband, Naume, a retired Marine, grew tired of big-city life and moved to Live Oak with their dogs, Sharky, a Black Lab/Great Dane mix, and Kona, a Miniature Australian Shepherd. Katie worked at HCA Hospital in Lake City but wanted to return to the fitness side of wellness. She is excited to do that at CCC. Her immediate plans include bringing back the popular Aquafit classes at the pool, recruiting instructors for more group fitness classes, and offering personal training to members. She welcomes your ideas on what you'd like to see at the center.

Outside of work, Katie and Naume love cooking together and spending time with their horse, donkey, and dogs on their 10-acre property. A talented equestrienne who grew up competing, she enjoys getting back to riding. Stop by CCC and help Katie feel part of the ACV family!

ACV EVENTS

WHAT DOES THE BIBLE SAY ABOUT ...?

Friday, March 13, 1:00 p.m. - DR

Join us for the next What Does the Bible Say About ...? event on March 13 at 1:00 p.m. in the Depot Room.

Weekly Game Schedule

Monday

1:00 p.m. Scrabble—CMH

6:00 p.m. Dominoes—CMH

Tuesday

2:00 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



You are invited to listen and participate in a discussion of the following questions:

1. Why is it so hard to understand the Bible?
2. Matthew 5:43-44 is "You have heard the law that says, 'Love your neighbor' and hate your enemy. But I say, love your enemies! Pray for those who persecute you!" Why would God want us to do that?
3. Explain Luke 13:27, "But he will say, 'I tell you I do not know you, where you are from. Depart from Me, all you workers of iniquity.'"
4. What trials did Jesus face before His crucifixion?

Jan Cuddy will host, and guests Sharon Germaine and Mike Cuddy will share their thoughts and listen to yours. Bring your questions and comments!

LADIES' BREAKFAST

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

The next ladies' breakfast will be held on Saturday, March 14, at 8:30 a.m. in the Sawmill and Depot rooms. The guest speaker will be Debbie Hoffman. A special invitation is extended to new residents; we want to meet you! Come join us for a wonderful time of table fellowship.

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



MEN'S FELLOWSHIP BREAKFAST

Saturday, March 14, 8:30 a.m. - RDR

The next Men's Fellowship breakfast will be held on Saturday, March 14, at 8:30 a.m. in the dining room. The speaker will be Ted Crownover. Come join us for fellowship, prayer, inspiration, and breaking bread together!

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

MEET KATIE ON WELDERLY DAY!

Monday, March 16, 10:00 a.m.-12:00 noon
Copeland Community Center

Come meet our new Fitness Coordinator, Katie Nanuseski, while we celebrate Wellderly Day, March 16. Listen to her plans for expanding programming at CCC, and share your ideas with her. Light refreshments will be provided.

"Wellderly Day" honors seniors who thrive with health, positivity, and active lifestyles, emphasizing laughter, humor, and physical activity to enhance the wellness of older adults.



**TOCCOA FALLS COLLEGE CHOIR
CONCERT**

Monday, March 16, 7:00 - VC

The Toccoa Falls College Choir will sing at the Village Church on Monday, March 16, at 7:00 p.m. The choir has performed at Carnegie Hall, and ministered in Hong Kong, Thailand, South Korea, Israel, Germany, Poland, and Bulgaria. Benson Nissley, Pastor Traci Nissley's son, is a member of the choir. The concert is free. A love offering will be received for Toccoa Falls College.



GARDEN CLUB MEETING

Tuesday, March 17, 1:00 p.m. - DR

The next Garden Club meeting will be held Tuesday, March 17, at 1:00 p.m. Please note the new time. Everyone is welcome.

MEMBERSHIP ASSOCIATION MEETING

Thursday, March 19, 2:00 p.m. - RDR

The next regular Membership Association meeting is scheduled for Thursday, March 19, at 2:00 p.m. in the dining room. All ACV members are encouraged to attend. The guest speaker will be a representative from Live Oak Pest Control. He will speak on the topic of Common Pests, focusing mainly on roach treatment and prevention.



**Friday, March 20, 9:00 a.m.–12:00 noon
Sawmill/Depot Room**

Annually, ACV invites local agencies, health service providers, and various ACV departments to the annual Health & Wellness Fair at ACV. It's time for the next fair. We expect to have another good group of exhibitors who will provide the latest educational information on matters of health and wellness including finances, safety, and senior services. There will also likely be health screenings offered by various area health providers. You will have the chance to learn more about the services available in our area.

Come enjoy a continental breakfast in the dining room from 9:00 to 10:00 a.m. There will also be door prizes. (Register at the door to enter for a door prize; you do not have to be present to win.)



NUTRITION LUNCH & LEARN

Thursday, March 26, 12:00 noon - DR

National Nutrition Month, celebrated annually in March, is an education campaign created by the Academy of Nutrition and Dietetics: eatright.org in 1973 to highlight the importance of making informed food choices and developing sound physical activity habits. The 2026 theme is "Discover the Power of Nutrition," encouraging individuals to improve health and prevent chronic disease. Join GSC's Erica Ceska for a lunch and learn on Thursday, March 26, to hear more about healthy nutrition.

DEMENTIA SUPPORT GROUP

Thursday, March 26, 1:30 p.m. - JKPL

Being a caregiver for a loved one with dementia can be a huge commitment and come with many struggles. Come meet, share and listen to others that share the same challenges.

ASK-A-LAWYER CLINIC

Fri., March 27, 11:00 a.m.–2:00 p.m. - DR

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



**BUS TRIP: COMMUNITY CONCERTS
OF LAKE CITY: RING SARASOTA**

Friday, March 27, 7:30 p.m.

Florida Gateway College

Alfonso Levy Performing Arts Center

149 SE College Place, Lake City

5:45 p.m. - DH & 6:00 p.m. - LAP

Bus: \$5.00 members, \$9.00 non-members
Sixteen handbell ringers entertain with a variety of popular hits utilizing 14 pairs of mallets, 95 handbells, 70 chimes, and one keyboard. Fun to watch! Fun to listen! This event is included in your ACV season pass, or you may purchase individual tickets by calling (386) 365-8488 or visiting communityconcerts.info. Individual ticket prices are \$30 for adults. The ACV bus fee is \$5.00 for ACV members and \$9.00 for non-members. Sign up at the Information Center.

EVENTS HERE AND THERE

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

BILL NICKERSON BIRTHDAY PARTY

Sat., March 14, 1:00–3:00 p.m. - SMR/DR

Please join us to celebrate the 90th birthday of our dad, Bill Nickerson! There will be refreshments served in the Sawmill and Depot rooms from 1:00 to 3:00 p.m. Saturday, March 14. No gifts, please. (In lieu of gifts you can make a donation to Advent Christian Village in honor of Bill if you wish.) We hope to see you there! Debra and Kirby.

GIVE BLOOD

Mon., March 16, 10:00 a.m.–5:00 p.m. - VS

The LifeSouth Bloodmobile will be parked at the VS Monday, March 16, 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 Medical Center, South Georgia Medical Center, the Lake Butler Hospital, Starke ER, and Suwannee ER.

Friday and Saturday Soup: Corned Beef and Cabbage

Friday, March 13

Lunch only: Old Fashioned Patty Melt on Grilled Marble Rye with Fries, \$14.95

All day: Baked Ziti with Two Meatballs and Garlic Toast, \$17.95

Saturday, March 14

All day: Teriyaki Glazed Salmon with Garlic Spinach and Rice, \$17.95



This month, all blood donors will receive a T-shirt, and platelet and double red cell donors will receive a \$40 e-gift card.

ALCOHOLICS ANONYMOUS MEETINGS

Mondays at 7:00 p.m.

The Lighthouse on CR 250

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

DEMENTIA CAREGIVER GROUP

Tuesdays at 10:00 a.m.

23379 Elmwood Ln. in Riverwoods

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

BIBLE STUDY

Tuesdays, March 17, 24 and 31

10:00 a.m. - OPR

Gaye Martin is leading a Bible study each Tuesday morning in March at 10:00 a.m. in the Old Pavilion Room. The topic is "Who is studying your style?" Everyone is welcome.

THE REAL ST. PATRICK

Tuesday, March 17, 1:00 p.m. - SMR

Tom Spannagle will once again present the story of the real St. Patrick on Tuesday, March 17, at 1:00 p.m. in the Sawmill Room. Come hear Tom's dramatic retelling of this very interesting individual — his history, the development of his faith, and how he was so much more important than you might realize.

WALKING WITH GOD

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

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

LADIES BIBLE STUDY

Tuesday, March 24, 10:00 a.m. - CCC

We meet the second and fourth Tuesday of each month at 10:00 a.m. at Copeland Community Center. In March, that will be the 24th. 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: srllib.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

What's Happening This Week:

Chair 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.
Chair Yoga	Fridays	10:00 a.m.
Kids Corner	Saturdays	11:00 a.m.

A New Friend!

There's a new addition at the JKPL! We've welcomed a pet ball python, and he's settling in nicely in his terrari-

um on the puzzle table. Stop by to say hello and take a look at our newest resident. While you're here, write down your name suggestion and drop it in the jar next to his tank to help us choose the perfect name!

UF/IFAS Lunch and Learn – Indoor Worm Composting

Raymond Balaguer from the UF/IFAS Extension Office will be at the JKPL on March 12 from noon to 1:00 p.m. to present on Indoor Worm Composting. This program is part of a 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.

Shipwrecked at the JKPL!

Gather the family and come down to JKPL to be a pirate for the day! Practice your pirate speech, play games, enjoy snacks, and more! Get underway on March 12 from 3:30 to 5:00 p.m.

Movie Matinee

We're wrapping up our week of pirate fun with a showing of *Pirates of the Caribbean: The Curse of the Black Pearl* on March 13 at 2:00 p.m.! After a swash-buckling pirate escape room and a pirate-themed kids program, it's the perfect way to finish the adventure. Enjoy the movie on the big screen with freshly popped popcorn in our very own library "theatre." The film is rated PG-13 for adventure and action violence.

Your New Digital Helper:

An Intro to AI Tools

AI (artificial intelligence) is quickly becoming part of everyday life. Join us to learn how these new technologies work, and discover ways you can use AI for your own personal projects. Shawn Johnson will lead this informative presentation on March 16 at 2:00 p.m. Come explore the possibilities, and see what AI can do!

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 "How would you rank your favorite ways to cook and eat potatoes?"

Painting with Liz

Get into the spring spirit with this month's painting program! We will be painting a bright sunflower scene with acrylic paint. Plan to bring a canvas no larger than 8x10. All other supplies will be provided. Reserve your spot today for the event on Tuesday, Oct. 14, at 2:00 or 5:30 p.m.! At this time both classes have a waitlist.

SongFarmers

The SongFarmers, a local acoustic grass roots collection of artists known for their warm, welcoming style, will be sharing their love of folk music on March 17 at 6:00 p.m. in the Sawmill and Depot rooms. Audience members are invited to sing along or even bring an instrument, and play along with the group. It's a casual, joyful event that you don't want to miss!

Avoiding Financial Scams

Cori Wells from First Federal bank will be at the JKPL on March 19 at 2:00 p.m. to talk about the latest scams and senior fraud. Protect yourself and your loved ones from deception with this important information session.

Tech Talk

Join us for Tech Talk on Friday, March 20, at 2:30 p.m. as we explore the basics of email. Learn how to send and receive messages, organize your inbox, and use common features with confidence. This session is perfect for anyone who wants to feel more comfortable using email.

Seed Library

Spring is the perfect time to plant something delicious! The JKPL Seed Library has a variety of vegetable and herb seeds, and patrons may take up to three seed packets. Stop by, pick your favorites, and grow fresh goodness right at home!



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.

- **Tuesday, March 17, 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.
- **Tuesday, March 17, 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.
- **March 25 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.
- **March 25 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.
- **April 1 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.
- **April 1 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.

DEPARTMENT NEWS

THE VILLAGE CHURCH

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

SERMON: "Amazing Love"

TEXT: Romans 5:1-11 and John 3:5-18 NIV '84

SPEAKER: Rev. Sam Worley

The Vesta Clothey Circle will meet on Monday, March 16, at 9:30 a.m. in Room 5. Come join us to hear our guest speaker, Rev. Darren Bonville, present the program on Esther. **The Christina Baker Circle** will meet on Tuesday evening at 6:30 p.m. in the Old Pavilion Room. Join us for this meeting and to hear our speaker, Rev. Bryce Whiting.

Toccoa Falls College Choir will be singing at the Village Church on Monday, March 16, 7:00 p.m. Dr. Tom Council has been the director of the choir for 25 years. Over the years, under his direction, the choir has performed at Carnegie Hall, and ministered in Hong Kong, Thailand, South Korea, Israel, Germany, Poland, and Bulgaria.

Toccoa Falls College is a Christian College nestled in the foothills of Northeast Georgia that has been in existence for over 100 years. The Mission of the college is to cultivate a Christian learning community that integrates the pursuit of truth with godly character to produce graduates prepared both personally and professionally for service. Benson Nissley, Traci Nissley's son, is a student at TFC and a member of the TFC choir. A love offering will be received for TFC.

Creation Arts Camp 2026 will be June 8-12. It's that time again! We need teachers. We need

∞ At the Village Square ∞

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

Riverside Gifts

This shop specializes in fine gifts and cards for all occasions. There is also an excellent supply of Bibles, study helps, and Bible covers.

Proclaim Easter with a new lawn/door flag and holder. There are also cute little bunnies dressed in their Easter best, and Highland cows in hats and boots. We also have Easter and other seasonal cards.

New smaller handbags in fashionable designs and colors have arrived. Some have delicate chain handles, others have wallets. Choose a new light-weight scarf to complete your look.

The jewelry department has long and shorter necklaces and earrings in a variety of styles and colors to complement your outfit.

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

The guessing game continues — decide how many Easter eggs are in the bottle, write your bid, and hope it wins the prize gift basket! A bud vase from Dakota Pottery is perfect for displaying a single Easter flower. Choose a new owl or soapstone animal for your table or shelf.

Easter door and window wreaths are busily being created. There are many colors and sizes of new baskets that have recently come into the shop.

Handmade quilts and baby blankets are on display and for sale in the room that overlooks the Suwannee River.

Watch and clock repair and new battery installation for time pieces, car fobs, and garage door openers are available at reasonable prices. Currently no clothing alterations are being accepted.

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

Enter this shop for great clothing bargains for all ages. Lovely spring outfits for women include blouses, skirts, dresses, slacks, and sweaters. There are also lightweight jackets for cooler nights. The men's department has an excellent selection of suits, shirts, and ties. Choose a pair of shoes to match a new outfit. Need a belt or a hat? We have those, too!

Round out the week with a good read! Discover cookbook recipes, explore travel guides, gardening methods, Bible studies, exercise programs, or puzzle and board game challenges. Our many CDs, and DVDs offer a variety of entertainment options. Treasure hunt among our rare books, or shop the extensive items on the free shelf. The Book Nook inventory holds endless possibilities for what you want to discover, learn, and enjoy. Don't forget to shop the Rare Books shelf.

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

∞ On CR 250 ∞

Twice Nice Furniture & More

23353 CR 250 • 658-5871

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

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

First Saturday of the month, 9:00 a.m.-2:00 p.m.

Large selection of greeting cards, only 25¢ each. Clothing is always \$2.00 per piece. Don't forget our puzzle swap: bring one, take one.

helpers. We need prayer. Do you have a passion for painting, sewing, cooking, photography, woodworking, sculpting, science, writing, and/or arts and crafts? Anything is a blessing for these children. Campers are in kindergarten through fifth grade. Assistants are in sixth through 12th grade. Your obligation would be to teach one 50-minute class to the same children each day, and on Friday night they will share what they did throughout the week. Please contact pastors Traci Nissley or Randy Lamb if you are interested in participating this year.

The following Village Church events are happening this week:

Friday, March 13

10:00 a.m. — Bible Study, Tom Spannagle (Children's Suite)

Sunday, March 15

10:00 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

5:00 p.m. — Alive

5:00 p.m. — Youth (Lighthouse)

6:00 p.m. — Evening Service, Rev. Donald Wrigley (Chapel)

7:00 p.m. — Pal Meeting (RDR)

Monday, March 16

9:30 a.m. — WHFMS Meeting (VC Room 5)

1:30 p.m. — VCBI, Mike Cuddy (VC Room 5)

7:00 p.m. — Toccoa Falls College Choir (VC)

Tuesday, March 17

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

11:00 a.m. — No VCBI Class

6:30 p.m. — WHFMS Meeting (OPR)

Wednesday, March 18

6:00 p.m. — Prayer Meeting (Chapel)

6:30 p.m. — Easter Cantata Practice (Church)

Thursday, March 19

10:00 a.m. — No VCBI class today

Friday, March 20

10:00 a.m. — No Bible Study today

VILLAGE CASHIER'S OFFICE

Lynn Mabey—386-658-5343

The Village Cashier's office will be closed Friday, March 13, and Monday, March 16.

ENVIRONMENTAL SERVICES

Michael Gordon—386-658-5155

Hi! Just a friendly reminder to please turn on your air conditioning before the housekeeping team arrives to clean your apartment. With the summer heat already starting, it really helps keep the space comfortable while they work. We really appreciate it. Thank you so much.

MEMBER SERVICES

James Sutter—386-658-5400

We apologize for not including this in last week's FNN. Due to driver availability, there will be no shuttle service after 12:30 on Friday, March 13, and Friday, March 20. Please plan accordingly.

Another reminder: I am excited to let you know that this year, ACV is planning a weeklong celebration of our volunteers during Volunteer Appreciation Month (April). Some of these events will be drop-in events announced in the FNN, but some will be by invitation. All of you who turn in your blue volunteer hours sheets will be included in the invitation-only opportunities. If you volunteer for ACV and have not been turning in blue sheets, please consider doing so to ensure you also have the opportunity to participate fully in all that we are planning. Call 658-5266 with questions.

Member Services Tip of the Week

We have scheduled the annual Shred-It Community Day for Thursday, May 14. The truck will be parked in the Village Square parking lot for members to drop off their documents to be shredded around midday.

Scam Tip of the Week: Don't Say "Yes"

Unless you know the person on the other end of a phone call, avoid saying the word "yes." If they ask, "Can you hear me?", respond with something akin to "I can hear you." If they ask, "Is this (your name)?", answer with, "This is he/she/your name." A scammer may be trying to record you saying the word "yes." According to triadanet.com, scammers can "take the 'yes' recording and use it to authorize unwanted charges, whether that's on a phone or utility bill or even on a credit card. How can this be? Well, when they record you saying 'yes,' that means that they have your verbal ok to agree to something. They already have your phone number and possibly your name and more information so they can pass through some places as you authorizing additional charges and such."

TV2

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

- When a child dies, do they remain their age in heaven or do they become adults?
- What is the function and purpose of the individual members of the Trinity?
- How are the members of the Trinity interconnected?
- What are some comforting Bible verses?

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

Members needing transportation to medical appointments may pay to have a Village employee drive them using a Village vehicle. This is called medical transportation. Fees vary by location. Those with questions or who are ready to schedule a trip should call the Information Center at 658-3333. Some low-income individuals may qualify for financial assistance; check with your service coordinator.

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.

Congratulations to our March 4 winners: 1st high was Dottie Stone and Jim Varnell, and 2nd high was Henry Simonds.

CONNECTING THREADS

Mondays, 1:00–3:00 p.m. - KC

The Connecting Threads Ministry will meet Monday, March 16, 1:00–3:00 p.m., at Keepers Cottage.

CRAFTY CREW

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

Last week we made little Easter baskets and fuzzy chicks to go in them. The papers we used for the baskets were so pretty, and each one we made looked unique.

This week we're going to have a BLOOMIN' good time as spring continues to blossom all around us! Feel free to bring along your own projects to work on as well. Get in on the fun!

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

VILLAGE LIBRARY

Monday–Friday

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

Brenda Reas, Reporter

Need some new recipes? Come see our cookbook exchange.

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.

PEN PAL PROGRAM

A Committee of the Membership Association Monica Serlick, Reporter

The next pick-up date is **Friday, March 20**. Get your letters to the Information Center or Carter House desk before 11:30 a.m. Remember to keep the letters you receive.

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

"Success is not final, failure is not fatal: it is the courage to continue that counts" (Winston Churchill).

STEPHEN MINISTRIES

Darleen Hinrichs, Reporter

When "Pull Yourself Together" Doesn't Work

You've heard it time and time again: "Pull yourself together. Tough it out. Pray more. Stay positive." People may have said it to you. Or perhaps you keep saying it to yourself. But it hasn't helped. You're still hurting. Things are coming apart. Here's the good news: You don't have to go through your struggles alone. Help is available.

Our Stephen Ministers are trained caregivers who will walk with you; listen to you; and provide confidential, one-to-one care as you search through the pieces and find what is truly in your heart. To learn more about what Stephen Ministry can do for you, talk with one of our Stephen Ministry Leaders. Our Stephen Ministers are ready to care for you.

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

"But when you give to someone in need, don't let your left hand know what your right hand is doing" (Matthew 6:3 NLT).

It has been brought to my attention that some folks in Butterfield Acres think we could use a couple of "SLOW DOWN – KIDS AT PLAY" signs on our streets. I agree we could use something to remind our visitors and residents that this is a family neighborhood, not a test track for the Suwannee 500. I will contact the county authorities to check out the possibilities of getting some posted. If anyone has any connections with the sign folks at the county, I would appreciate you sharing that information with me. As we all know, it is not always what you know but *who* you know that gets your foot in the door.

If you see me walking around using a walker, don't get too upset. I am doing fine after two different falls on two different days last week. I thank the Lord for our first responders, and if you need them they are there quickly. I had to call them both days, and they sent a big ol' boy named Chris Land, and I am sure thankful for it. He reached down under my arms and picked me up like it was nothing.

(Editor's note: ACV's first responders are happy to help all ACV members — on and off campus. If you are not a member of ACV, please call 911 for emergen-

cy services. Call 658-5291 for information about ACV membership.)

After a trip to the Lake City hospital ER and X-rays on both knees and my left shoulder, blood work, an EKG, and a CT scan, they figured out I was dehydrated and sent us home. They even told us to stop off and pick up a six-pack of Dasani water for the ride home. We were well pleased with our care. Would you believe our total time from first speaking to the receptionist to seeing the doctor and completing all the testing? We walked out of there in 3½ hours. You might say that in itself is a miracle.

We are happy to see daylight saving time roll around again. Our next potluck meal will be in April, so please start planning your specialty to share. We will meet at the Harmony Center at 5:00 p.m. on Saturday, April 11.

In checking on birthdays, I see where I am a little late announcing two of our residents: Ken Farris, whose birthday was the 9th of this month, and our super-duper FNN delivery man, Steve Reas. His special day was March 8. Barbara Kile is getting ready to celebrate her special day on March 20. Our prayer is that the Good Lord will bless you three with happiness, good health, and fun times for many years to come.

I trust you will continue to be a blessing to all you meet, and that you will never forget who is in charge. Isaiah 40:28–31. God bless you all.

CARTER HOUSE

Monica Serlick—386-330-4865

We have one special birthday to report for this coming week. Very special birthday wishes go out to Meg Burden on Sunday, March 15, as she celebrates her 101st birthday season. The many experiences and achievements you have fulfilled over the decades have impacted all those around you. We wish you a most blessed and happy birthday! May your day be filled with family, friends, love, cake, and everything that makes you smile.

Please continue to pray for those who are sick and recovering from surgeries or treatments as they are restricted in their activities. "May you be wrapped up in God's love. Found deep in His everlasting wings. Carried and kept, safe and cherished. May the healing power of Christ breathe across your being now. Amen" (unknown, Womansday.com).

Our building manager, Jim Powell, will be retiring, and his last day will be Friday, March 27. Several residents are getting together, and if you wish to be included, please see the front desk staff.

If you were up this past Sunday at 3:00 a.m., we all changed our clocks and sprang forward one hour, losing an hour of sleep with the change to daylight saving time (DST). Hopefully everyone has caught up and is back to a regular schedule. Have you ever wondered why we do this? According to *The Washington Post*, we "essentially force ourselves to start the day one hour earlier to take advantage of more evening light."

I have always figured that the light of day will be there regardless of whether we change clocks or not. My goodness, do folks really think we can actually control day or night? However, we have trained ourselves to change our habits and therefore believe we are enjoying longer days. "It does not alter the Sun's course, the times of sunrise and sunset, or the day length, which change only gradually as seasons shift during the course of a year" (www.timeanddate.com). Regardless, please enjoy the coming spring and summer days.

Village Cashier's Office

Monday–Friday

9:30 a.m.–12:30 p.m.

658-5343

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

DOWLING HOUSE

Cora Huckaba—850-464-7113

Good morning, friends and neighbors. It has been a very busy week and weekend with doctor's appointments and getting ready for visitors. The week seems to have sped by faster than usual. Here we are getting the news together for another post. I pray you are well and ready to face another week. March will be a busy month with St. Patrick's Day coming up, the Sock Hop on the 31st, and the choir practicing for the Easter cantata. They are sounding great as usual. Along with the regular activities, it is a busy time.

Virginia Holley had a visit from her son, Keith, who came from Maine to be with her for a week. I know they had a wonderful time catching up and making memories. I was also blessed with a weekend visit from two of my sons and their families. We had a wonderful time catching up and playing games. We all won a game. Rudy cooked fish, shrimp, hush puppies, oysters, jalapeños and pickles, and Isaac made a banana pudding. We enjoyed a feast with good food.

I have noticed there is work being done on the park on the other side of the lake. It is going to be nice when it is finished. I am anxious to see it.

Laughter is good medicine, and it is contagious. How can you tell if a leprechaun is having a good time? He is doubling over with laughter. An Irishman proposed to his girlfriend. He gave her a ring with a fake diamond. When she found out, she was mad at him. "Ah, honey, don't be mad. In honor of St. Patrick's Day, I gave you a sham-rock."

I am still working on crafts made from sticks, bark, walnuts, acorns, and pine cones. I have been trying to find some acorns, but it seems the squirrels get them and hide them in hollow trees. Last Monday I went to the doctor, and as I was going to the car I looked down and saw the biggest acorn ever. Needless to say, there are a lot fewer under that tree now. I have acorns and all their caps to craft with.

May the road rise up to meet you, may the wind be at your back, may the sun shine upon your face, and the rain fall upon your fields, and until we meet again may God hold you in the palm of His hands.

EDGEWOOD TERRACE

Cathy Oberg—386-658-3237

Good morning, neighbors. Happy birthday to John Rollins on the 19th. May you enjoy peace, health and happiness in this new year.

Happy anniversary to Jack and Sarah Sisk on the 15th, and to Allan and Maureen Wittmeyer on the 17th. May you enjoy health and happiness. May your lights shine with love.

March 21 is just days away. Our "Breakfast for Dinner" potluck is around the corner, and my phone is unusually quiet. Please, please RSVP to me at (574) 229-8402 and let me know you're coming. We're meeting at the Youth Lodge behind the Village Grocer on Saturday, March 21, at 5:00 p.m. This will be a time

to relax, enjoy some excellent food, and get better acquainted with our neighbors.

Have you ever pondered the thought, "Count your blessings one by one"? If so, how far did you get? If not, I suggest trying it. You might be surprised at the number of blessings you find in your life. I started with the obvious things (family, friends, food and health) and then dug deeper (home, neighborhood and surroundings) and even into my longest memories of past and present experiences. To say that I've been blessed is an understatement! It was a humbling and enlightening exercise. It gave me perspective on things previously taken for granted.

So why not take your own trip down Memory Lane and reminisce? You may be surprised at just how blessed you really are.

GOOD SAMARITAN CENTER AND DACIER MANOR

Bruce Arnold—386-658-5550

"Therefore, since we have been justified through faith, we have peace with God through our Lord Jesus Christ, through whom we have gained access by faith into this grace in which we now stand. And we boast in the hope of the glory of God" (Romans 5:1-2).

French philosopher Blaise Pascal (1623–1662) once said, "There is a God-shaped vacuum in the heart of each man which cannot be satisfied by any created thing but only by God the Creator, made known through Jesus Christ." The apostle Paul, in writing to the Romans, tells us that this peace is realized because God has justified us through faith, and that faith is in Jesus Christ. This world we live in is full of strife. Wars and conflicts rage around us, bringing fear and anxiety. Personal struggles can also shake us up. Where do we find real peace then? Some look for peace in possessions, power, wealth, or status. But like Pascal said, the God-shaped hole in our lives can only be filled by — who else? — God. Perhaps we may think that our natural tendency is to strive for peace through these various avenues. But take the words of the Psalmist to heart and "be still (cease striving), and know (the peace) that comes from God today."

Joel and Charlotte Evans once again joined us at GSC for morning worship, leading the service and sharing a song titled "I Know, I Know." What can we know? The song tells us, "I know, I know, there's no doubt about it, He lives in my heart and I'm gonna shout it. I know, I know, my sins are forgiven, and I'm on my way to a place that's called Heaven." We had a number of guests visiting family members at GSC, and friends from Dacier Manor as well.

Our Employee of the Month for March is Nathan Pye, who has been working as a CNA and is now going to school to become an RN. Nathan is recognized for his caring ways with the residents who specifically ask for his help, and also his attentiveness to the needs of fellow workers and staff. We're very pleased to have Nathan working with us.

As promised, here are the medal winners for the GSC Olympics. Pictures can be seen on the ACV Facebook page. Some of the gold medal winners were Jerry Crosby, Camellia Court; Beth Faeber, Dogwood; Jovette Thomas, Dogwood; and Joan Babineau, Magnolia.

Monday, the 23rd, is Love Your Pet Day. We miss having our furry friends here visiting us. If you are available to come over, all we need is a current rabies certificate. We can share stories and pictures of our four-legged best friends, too. We look forward to seeing you.

Do you like to play Uno? There are several residents here who would really enjoy a good game with you. Give the GSC Activities department a call anytime and leave a message at 658-5573.

RIVERWOODS

Patty Gianeskis—386-658-2024

Greetings, friends, from my view of the meadow. Congratulations to Buck and Nadine Lombard. They've been coming down for decades and are now officially members of the Village. We welcome you both!

An Emergency Board Meeting will be held at the Copeland Community Center on Thursday, March 12, at 3:00 p.m. Two items will be discussed: the appointment

Alert Suwannee

Use the QR code to sign up for weather alerts, traffic alerts, and more from Suwannee County.

You choose what you hear about through phone call, text message, and/or email message. Or visit

member.everbridge.net/892807736725570/login



of a new board member and the house fire on Live Oak Lane. Cindy Beaver will provide us with important information. Please plan to attend.

The rebuilt fishing dock by Lake Florence looks wonderful. Our thanks to the youth of the FL Conference of Advent Christian Churches for undertaking that task as a service project during the annual Youth Retreat!

Our Riverwoods spring social is this Saturday, March 14, at 4:30 p.m. in Rumph Dining Room. I went through an old cookbook I bought in Ireland and found a recipe I like. If you're still undecided as to what you want to bring, try googling "Irish recipes" for some interesting ideas. Of course, all cuisines are welcome, so there will be lots of good food and fun.

As we walk through the neighborhood, we're seeing more and more of the azalea bushes breaking out with color. This is such a pretty place to live!

"And they continued steadfastly in the apostles' doctrine and fellowship, in the breaking of bread, and in prayers" (Acts 2:42).

FOR YOUR INFORMATION

NOURISHING OUR BODIES AS A TEMPLE

**Submitted by Erica Ceska, RD, CSG
Good Samaritan Center**

1 Corinthians 6:19–20 (NIV): "Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore, honor God with your bodies."

Throughout our lifecycle, our nutritional needs change. As we enter the phase of older adulthood, we should focus on maintaining muscle mass, supporting bone health, aiding digestion, and promoting cognition. Although we are no longer growing, our muscles and bones continue to repair. Therefore, focusing on quality protein and good sources of calcium and vitamin D is paramount.

Did you know that your gastrointestinal (GI) tract is linked to your brain? Digestion and cognition work closely together and are key to keeping our bodies healthy. A person can continue to enjoy an enriching diet full of flavor while maintaining health benefits by following an anti-inflammatory eating plan. Nourishing our body with foods that promote optimal health is one way to honor our body as a temple.

Foods That Promote Optimal Health by Organ:

- Muscles: Lean meats, fish, eggs, beans, and dairy
- Bones: Fatty fish, dairy, cruciferous vegetables, legumes, whole grains, and leafy greens
- Intestines (Digestion): Fruits, vegetables, whole grains, and legumes
- Brain (Cognition): Fatty fish, leafy greens, berries, nuts, and whole grains

Additional Factors Affecting Nutrition for Older Adults:

- Dentition/Swallowing Status: Difficulty chewing or swallowing can inhibit adequate nutrition. Safety begins with ensuring teeth are in good condition or that dentures fit properly. If swallowing is not normal, assistance from a speech therapist can enhance quality of life.
- Eating Assistance/Adaptive Equipment: As we age, we may need help during mealtimes. An occupational therapist can recommend specialized cups, plates, and utensils to promote independence.
- Dining Environment and Social Interaction: Enjoying meals with friends fosters fellowship and has been shown to increase food intake.

To learn more, join me for a Lunch & Learn on nutrition on Thursday, March 26, at noon in the Depot Room.

BOB COPELAND'S NEWEST BOOK: *THE END OF TIMES*

Bob's newest book, titled *The End Times* and subtitled *Last Day Doctrines*, is now available at Amazon Books in both paperback and Kindle formats.

Bob says the following about his new book: "Some people earnestly believe that a study on the end times and the last days is akin to going where angels dare not tread, skating on thin ice, and inching too close to the end of the branch. However, I strongly contend that delving into prophecy and the end times should ignite a sense of hope and enthusiasm within believers as they anticipate the unfolding of future events."

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: March 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.

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: March 12, 19, 26, and 31; and April 9 and 13. They will be available 9:00 a.m.–12:00 noon and 1:00–3:00 p.m. Call (386) 294-1040 to make an appointment. Be prepared to leave this year's and last year's tax forms. They take two weeks to file. You pay when they finish; fees start at \$125.

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.

DONNA HAGAN, EA

Tax Preparation Services by an Enrolled Agent are available March 27 and April 10 at the Village Square professional offices, 9:00 a.m.–3:00 p.m. Call (850) 253-5400 to make an appointment.

HAIR CROPPERS

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

We also offer spa pedicures, spa manicures, hot stone leg and foot massages, and our signature hand-wrapped treatment. Upcoming spa days are April 4 and 7. Call or text (386) 205-3791 for booking.

THANK YOU

"Thank you to all the "angels" who came to my rescue Saturday night when my power chair fell into a hole. Because of such quick and able help, I'm fine, and my chair is fine. The Lord bless you all. By His grace I was in the right place at the right time with the right people.

Barbara White

MISCELLANEOUS

FREE: About 50 sheets of carbon paper. Black 63XL HP ink cartridge that has never been used. Call CrackerJack at 386-658-2113 if you are interested.**

FOR SALE: Chrysler Pacifica van, inside rear wheelchair lift, 53,000 miles, always garaged, silver, fold-in floor, 30 mpg, available now for \$15,000. Call 239-410-1560.*

FREE: Free food from Mom's Meals. I have a number of free Mom's Meals I am not using. I am offering them free. Call Bruce in DH at 850-209-6746.*

FOR SALE: Epson ET 4800 printer with extra ink. This is a large ink printer. Asking \$70 OBO. Call 850-209-6746.*

VILLAGE BOOKWORM

About a year ago, someone handed me a copy of *Theo of Golden* by Allen Levi and said it was the best book they had ever read. As of March 2026, *Theo of Golden* is the No. 1 best-selling book on Amazon.

Set against the backdrop of a close-knit small community in Georgia, an elderly gentleman arrives and begins to transform everything around him. He is genuinely kind and other-directed, bringing beauty and redemption to everyone he encounters. Rather than relying on dramatic action, the narrative focuses on emotional growth and the shaping of thought and imagination. Themes of forgiveness and humility are woven naturally into the plot. Overall, *Theo of Golden* offers readers a meaningful, reflective assessment of personal values, and reminds us that true gold is not found in wealth or status, but in character refined through trials.

You can find this book through on the free app Libby using your JKPL library card. There are thousands of ebooks and audiobooks available on this app, including *Theo of Golden*.

I would love to know what you consider the best book you have ever read. Send your suggestions to sgermaine720@gmail.com.

Prices effective 3/13–3/19

THE VILLAGE GROCER

Monday–Saturday • 9:00 am–6:00 pm • We deliver at 2:00 pm every day to on-campus ACV members!

GROCERY

Idahoan Instant Potatoes	13 oz.	\$ 3.00
Ocean Spray Cranberry Juice	46 oz.	\$ 3.50
Smucker's Peach Preserves	18 oz.	\$ 4.00
Original Bisquick	20 oz.	\$ 4.00
Sunmaid Rasins	12 oz.	\$ 3.80
Betty Crocker Pound Cake Mix	16 oz.	\$ 4.50
Ragu Pizza Sauce	14 oz.	\$ 2.00
IBC Glass Bottle Soda	48 oz.	\$ 5.50

DAIRY

Dutch Farms Cottage Cheese	16 oz.	\$ 2.80
Pillsbury Grands Sweet Hawaiian	16 oz.	\$ 4.50

PRODUCE

Fresh Lemons	2 for	\$ 1.00
Avocados	each	\$ 1.00

FROZEN

McKenzie Chub Corn	20 oz.	\$ 2.50
Eggo Waffles	12.3 oz.	\$ 4.00

MEAT

Chicken Leg Quarters	per lb.	\$ 1.30
Cooks Corned Beef Brisket	per lb.	\$ 7.00
Baby Back Ribs	per lb.	\$ 4.00
Hormel Black Label Bacon	16 oz.	\$ 6.50
Gwaltney Thick Sliced Bologna	16 oz.	\$ 1.20
Legacy Seafood Blackened	10 oz.	\$ 8.50
Shrimp Steamer		

CHEESE OF THE WEEK

Pepper Jack Cheese — \$5.60 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

I don't want your sacrifices — I want your love; I don't want your offerings —
I want you to know me. Hosea 6:6

March 13–20, 2026

FRIDAY, 3/13

- \$2.75 Soup:** Shrimp Corn Chowder
\$6.95 Entrées: GF Baked Catfish, GF Boiled Shrimp, Salisbury Steak, Fried Catfish
\$1.40 Sides: Malibu Blend (Cauliflower, Broccoli and Carrots), Mixed Greens, Green Beans, Cold Salads, Fruit, Mashed Potatoes, Cheese Grits
\$3.00 Desserts: Assorted Regular and NSA Desserts

SATURDAY, 3/14

- \$8.50 Whistle Stop Special:** Mojo Pork Sandwich on Brioche Bun, Broccoli Slaw, Potato Salad, Assorted Desserts, Fountain Drink

SUNDAY, 3/15

Lunch Buffet

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

- Entrées:** Broccoli & Cheese-Stuffed Chicken, Raspberry Glazed Ham, Fried Chicken
Sides: Caribbean Blend (Green Beans, Broccoli, Yellow Carrots, and Red Peppers), Cauliflower, Rice Pilaf with Gravy, Alfredo Penne Pasta, Fried Apples
Desserts: Assorted Regular and NSA Desserts

MONDAY, 3/16

- \$2.75 Soup:** Ham and Bean
\$6.95 Entrées: Roasted Rotisserie Chicken, Ham and Swiss on Croissants with Chips, Chicken Livers
\$1.40 Sides: California Vegetable Blend (Carrots, Cauliflower and Broccoli), Fruit, Succotash, Cold Salads, Rice
\$3.00 Desserts: Assorted Regular and NSA Desserts

TUESDAY, 3/17

- \$8.50 Special:** Salad Bar
\$2.75 Soup: Tomato Bisque
\$6.95 Entrées: GF Corn Beef and Cabbage, Shepherd's Pie
\$1.40 Sides: Cabbage, Bermuda Vegetable Blend (Carrots, Broccoli, Green Beans, and Peppers), Cold Salads, Fruit, Sweet Potato Soufflé
\$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

March 13–20, 2026

WEDNESDAY, 3/18

- \$2.75 Soup:** Chicken Sausage Gumbo
\$6.95 Entrées: Turkey Breast, Fried Chicken
\$1.40 Sides: Green Beans, Cranberry Sauce, Cold Salads, Fruit, Stuffing, Mashed Potatoes
\$3.00 Desserts: Assorted Regular and NSA Desserts

THURSDAY, 3/19

- \$6.95 Entrées:** Garlic Chicken, Beef Barbacoa with Roasted Poblano Peppers
\$1.40 Sides: Broccoli, Sweet Corn, Cold Salads, Fruit, Cilantro Rice
\$3.00 Desserts: Assorted Regular and NSA Desserts

FRIDAY, 3/20

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



RUMPH DINING RM. \$9.75 WEEKDAY VALUE PLATE

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



LUNCH & DINNER SPECIALS

**Friday and Saturday Soup:
Corned Beef and Cabbage**

Friday, March 13

Lunch only: Old Fashioned Patty Melt on
Grilled Marble Rye with Fries, \$14.95

All day: Baked Ziti with Two Meatballs and Garlic Toast,
\$17.95

Saturday, March 14

All day: Teriyaki Glazed Salmon with Garlic Spanish
and Rice, \$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