

NATIONAL

Nurses Week

MAY 6-12



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

MAY 3, 2024

Friday	5/3	9:00 a.m. 9:00 a.m.–12:00 noon <i>10:00 a.m.</i> 1:00 p.m. 2:00 p.m.	Third Annual Spring Golf Cart Race and Scavenger Hunt—Harmony Center Veterans' Service—MS <i>Bible Study—VC Room 5</i> Bridge Lessons—OPR Sit 'N Stitch—CH
Saturday	5/4	8:00 a.m.–12:00 noon	Village-Wide Yard Sale
Sunday	5/5	<i>9:40 a.m.</i> <i>11:00 a.m.</i> 2:00 p.m. <i>6:00 p.m.</i>	<i>Morning Worship Service—VC</i> <i>Sunday School for All Ages</i> Coloring Book Time of Fellowship—DH Lobby <i>Evening Worship Service—BC</i>
Monday	5/6	Happy National Nurses Day 1:30 p.m. 1:30 p.m. 2:00–4:00 p.m.	Low Vision Support Group—OPR VCBI: Understanding 1 Corinthians—VC Room 5 Ceramics—PCS
Tuesday	5/7	<i>8:30 a.m.</i> 8:45 & 9:00 a.m.	<i>Men's Bible Study—VC Room 5</i> Bus Trip: Gainesville Shopping at Celebration Pointe—DH & LAP
Wednesday	5/8	9:00–11:00 a.m. 10:00 a.m. 1:00 p.m. 1:15 & 1:30 p.m. <i>6:00 p.m.</i> 6:30 p.m.	Ceramics—PCS VCBI: Pictures of Theology—Studies in Revelation—VC Room 5 Bridge Club—OPR Bus Trip: Walmart and Publix—DH & CH <i>Prayer Meeting—BC</i> Chancel Choir Rehearsal—VC
Thursday	5/9	9:30 a.m.–12:30 p.m. 10:00 a.m. 3:00 p.m.	Village Artists Guild—KC VCBI: A New and Living Way—VC Room 5 Member Birthday Party—SMR/DR
Friday	5/10	9:00 a.m.–12:00 noon <i>10:00 a.m.</i> 1:00 p.m. 1:00 p.m. 2:00 p.m.	Veterans' Service—MS <i>Bible Study—VC Room 5</i> VCBI: The Roman Road—CCC Bridge Lessons—OPR Sit 'N Stitch—CH

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

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

NEW MEMBERS

Doug and Margi Nichols of Lancaster, S.C., have moved to RW. Their mailing address is P.O. Box 4395.

MOVE OUTS

Christine and Harold Hansen have moved from RV. Their new mailing address is P.O. Box 7, Kasilof, AK 99610. Carol Hoyt has moved from CH to 873 Harwich Road, Brewster, MA 02631.

TRANSFER

Russell and Carolyn Wadsworth have transferred from ET to Taylor Commons. Their mailing address remains the same.

CORRECTION

Carlene Polk and Fred DeVane were inadvertently left off of the birthdays sheet in last week's FNN. Both of them were born on May 16. We apologize for excluding them.

ACV EVENTS

THIRD ANNUAL SPRING GOLF CART RACE AND SCAVENGER HUNT Friday, May 3, 9:00 a.m. Harmony Center

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

Join us at 9:00 a.m. at the Harmony Center to register for the golf cart race or to pick your preferred spectating position. Beginning at 9:30, each participating duo (driver and passenger) will take turns navigating the course in an attempt to finish the quickest. This is a time trial against the clock and not a typical race, and there is one more twist: the driver will be blindfolded, and it will be up to the passenger to verbally tell the driver where to go! The route has been marked, so feel free to practice beforehand.

Following the race, everyone who wants to participate is invited to join in on the scavenger hunt. How many of the 30 ACV items on the list can you find? You'll have 30 minutes to find and take a picture of (with a cellphone or digital camera) as many as you can. Get back late? Penalty! It'll be a race against time, observation and luck.

Feel like a winner? Perhaps you just enjoy participating in fun activities with other friendly people. Whatever your reason, we hope you'll plan to join us at the Harmony Center and the adjoining field on Friday morning, May 3, for the third annual Spring Golf Cart Race and Scavenger Hunt.



VILLAGE-WIDE YARD SALE

Saturday, May 4, 8:00 a.m.–12:00 noon

This Saturday is the annual Village-Wide Yard Sale. The following locations are participating. A map is available on Page 9 of this FNN for your convenience.

- 10238 County Road 136 in BA
- 10819 Cardinal Circle in CT/MT
- 23760 Park Center Drive (CH)
- 23740 Park Center Drive (DH)
- 11023 Millsite Lane in ET

- 10641 Dowling Park Drive across from GSC
- 10898 Long Leaf Lane in POP
- 23351 Elmwood Lane in RW
- 23355 Elmwood Lane in RW
- 23378 Live Oak Lane in RW
- 23392 Live Oak Lane in RW
- 23310 River Birch Lane in RW
- 23365 River Birch Lane in RW
- 10446 Wildwood Drive in RW
- 10497 Wildwood Drive in RW
- 11030 Dowling Park Drive in Taylor Commons
- Village Lodge sidewalk in the VS

The ACV shops, including TNF&M, will also be open. The shuttle bus will run from 8:00 a.m. to 12:00 noon for the event.

COPING WITH LOW VISION SUPPORT AND RESOURCES GROUP Monday, May 6, 1:30 p.m. - OPR

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



BUS TRIP: GAINESVILLE SHOPPING AT CELEBRATION POINTE Tuesday, May 7

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

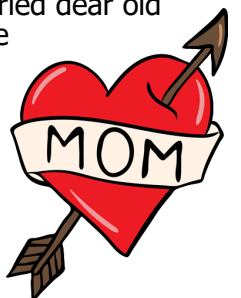
Bus: \$9.00 members, \$16.00 non-members

A bus trip to Gainesville to shop, eat lunch, and shop some more is scheduled for Tuesday, May 7. The intended destination is Celebration Pointe, but if the weather is bad, the bus will go to Oaks Mall instead. The bus will leave from DH at 8:45 a.m., and then from Lake Aquilla at 9:00 a.m. Lunch will be Dutch treat at a Gainesville restaurant. Bus cost is \$9.00 for members and \$16 for non-members. Please sign up at the IC.

MAY MEMBER BIRTHDAY PARTY

Thursday, May 9, 3:00 p.m. - SMR/DR

"I want a girl just like the girl that married dear old Dad." Join us Thursday, May 9, for the next monthly member birthday party. We will be celebrating Mom with songs led by Dick Grillo, some games, and some goodies. Special recognition will be given to Village members with May birthdays, but all ACV members and their guests are invited to join us for fun, food and fellowship.



LADIES' BREAKFAST

Saturday, May 11, 8:30 a.m. - SMR/DR

The next ladies' breakfast will be held on Saturday, May 11, at 8:30 a.m. in SMR/DR. The guest speaker will be

Sharon Germaine, who will share her heart with us. A special invitation is extended to new residents; we want to meet you! Come join us for a wonderful time of table fellowship.

The cost of the full and delicious breakfast buffet is \$7.00. Tickets must be pre-purchased at the Lopin' Gopher.



MEN'S FELLOWSHIP BREAKFAST

Saturday, May 11, 8:30 a.m. - RDR

The next Men's Fellowship breakfast will be held on Saturday, May 11, at 8:30 a.m. in RDR. The guest speaker will be Kenneth Randolph. He will share his testimony and some life experiences.

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

LUKAS AND RACHEL MILLER CONCERT

Monday, May 13, 4:00 p.m. - VC

Live Oak's Lukas and Rachel Miller, a brother-and-sister team who have performed at ACV a few times the past couple of years, are returning to bless us once again with their beautiful singing voices on Monday, May 13. The pair will sing both solos and duets. Plan to attend this concert — free of charge — a gift to the Village by these two accomplished musicians.

COMMUNITY SHRED-IT EVENT

Wednesday, May 15

10:30 a.m.–12:00 noon - VS

Shred-it will be at the VS from approximately 10:30 a.m. until 12:00 noon on Wednesday, May 15. This service is complimentary for members. Please plan to drop off the paper you wish to be shredded — in boxes or bags. Remove all paper clips or binder clips; staples are OK. Your safety and that of your neighbors is important, so always patiently follow the parking lot's traffic patterns. Shred-it will only be collecting paper to shred.



MEMBERSHIP ASSOCIATION MEETING

Thursday, May 16, 2:00 p.m. - RDR

All ACV members are encouraged to attend the next monthly Membership Association meeting, which will be held Thursday, May 16, at 2:00 p.m. in RDR. The invited speaker is Cindy Beaver, RW resident and new director of safety and security at ACV. Come learn more about this vital part of the ACV organization.

SUWANNEE CHORUS SPRING CONCERT

Friday, May 17, 10:00 a.m. - VC

The Suwannee Chorus, under the direction of Tammy Michal, will present their spring concert at the VC on Friday, May 17, at 10:00 a.m. This auditioned group of fourth and fifth graders enjoys performing for community events such as Christmas on the Square, the Suwannee County Fair, and Heritage Park celebrations. Please join us for this fun event. This concert is free, but donations will be accepted.



EVENTS HERE AND THERE

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

VETERANS GATHERING

Friday, May 3, 12:00 noon - RDR

All service members are invited to gather for lunch to eat together on Friday, May 3, at 12:00 noon in RDR. Buy or bring your own lunch. Bring a military MEMENTO. Service members can be ACV residents, employees, or area residents. Invite other veterans!

FOOD GIVEAWAY

**Monday, May 6, 11:00 a.m.
Dowling Park Church of God**

A free food giveaway will be held Monday, May 6, starting at 11:00 a.m. at Dowling Park Church of God on CR 250 near Dollar General. There will be produce, bread and more from Second Harvest. All are welcome. Everyone will stay in their vehicle. Food giveaways will be held the first Monday of each month; the next one is scheduled for June 3.

HEARTHSTONE GARDENS WORKSHOPS

3300 134th Place, Wellborn, FL 32094

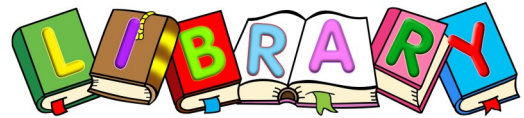
**To register and for more information:
hearthstonegardens.org**

- Daylilies, May 7, 10:00–11:30 a.m., \$10
- Miniature Landscapes, May 18, 10:00–11:00 a.m., \$15
- Native Trees for Suwannee and Columbia Counties, May 21, 10:00–11:30 a.m., free
- Stepping Stones, May 23, 10:00–11:00 a.m., \$15
- Gelli Plate Mono Painting, May 28, 10:00–11:30 a.m., \$10

LADIES BIBLE STUDY

Tuesdays, May 14 and 28, 10:00 a.m. - CCC

Come and join for a ladies Bible study at CCC on Tuesdays, May 14 and 28, from 10:00 to 11:00 a.m. Looking forward to meeting all of you.



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

Movie Night

We all know that Darth Vader was Luke's father, but who was he before he was Darth Vader? On Friday, May 3, at 3:00 p.m., we begin the trilogy of prequels that introduce us to Anakin Skywalker (the future Vader) with the movie *Star Wars: Episode 1 — The Phantom Menace*. We will be showing the entire prequel trilogy on Fridays in May, so join us for a free movie, popcorn, and drink, and, as always, "May the force be with you."

Card Making with Linda

There doesn't have to be a special occasion to send or give a card to brighten someone's day. To make that card yourself is an even greater gesture, so join our card guru, Linda, to make three unique cards on Monday, May 6, from 10:00 to 11:30 a.m. She generously provides the supplies, but spaces are limited, so sign up online or here at JKPL!

American Sign Language Class

Join Jenny Dickerson-Holloman on Mondays, May 6, 13, and 20, at 2:00 p.m. to begin your journey in learning American sign language. Maybe you just need to refresh your skills; this is a great way to do just that. Even if you have loved ones or friends who are hearing impaired, basic sign language can greatly improve communication. Sign up at the JKPL or online as class size is limited.

Hot Topics

The national debt is the Hot Topic for the 9th and 23rd of May. Join the group to discuss this consistently rising number that is now in the trillions. What encompasses our national debt, and how do we reduce it? Get as much information as you can and get ready to find a solution for this topic that has been a hot one for more decades than anyone can recall.

Crochet Creations

Crochet Creations has expanded its invitation to anyone with a needle, thread or hook. We encourage you to come in and work on your current project, or start a new one. Want to learn to crochet? There are always

group members who are happy to teach you. We have some limited supplies (hooks and yarn) that were kindly donated, but attendees are encouraged to bring what they need and enjoy the company!

As You Like It ...

What group, program, or activity would you like to see at the JKPL? Do you have a great idea that you think would enhance our offerings? Let us know how the JKPL can better serve the community. Contact us at dpark@neflin.org or 658-2670, or stop in!

Just a Small Collection of Words

"Fairy tales are more than true: not because they tell us that dragons exist, but because they tell us that dragons can be beaten" (Neil Gaiman in *Coraline*).

Starbooks Café Topic

Do you have a hidden talent?

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



BUS TRIPS

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

WEEKLY LIVE OAK SHOPPING TRIPS

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

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

- **May 8 afternoon — Walmart and Publix —** Leave CH at 1:15 p.m. and DH at 1:30 p.m. Drop off at Publix, and park at Walmart. Leave from Walmart at approximately 4:00 p.m., pick up at Publix, and return to the Village at 4:30.
- **May 15 morning — Walmart, Save A Lot and Winn Dixie —** Leave CH at 8:45 a.m. and DH at 9:00 a.m. Drop off at Winn Dixie and Save A Lot, and park at Walmart. Leave from Walmart at approximately 11:15 a.m., pick up at Save A Lot and Winn Dixie, and return to the Village at noon.
- **May 22 afternoon — Walmart, Save A Lot and Winn Dixie —** Leave CH at 1:15 p.m. and DH at 1:30 p.m. Drop off at Winn Dixie and Save A Lot, and park at Walmart. Leave from Walmart at approximately 3:45 p.m., pick up at Save A Lot and Winn Dixie, and return to the Village at 4:30.
- **May 29 —** Fifth Wednesday special shopping trip to Perry that includes a Dutch treat lunch. Leave from CH at 8:45 a.m. and from DH at 9:00 a.m. Return to the Village in the afternoon.

UPCOMING BUS TRIPS

- May 7 — Gainesville Shopping
- May 23 — Dine-Out to La Fiesta

DINE-OUT TO LA FIESTA

Thursday, May 23

3:45 p.m. - DH & 4:00 p.m. - Lake Aquilla
Bus: \$5.00 members, \$9.00 non-members

iVamos! A trip to the new La Fiesta Mexican restaurant in Lake City, Florida, is scheduled for Monday, April 17. La Fiesta offers traditional Mexican dishes at reasonable prices in a beautiful and interesting atmosphere. Bus cost is \$5.00 for members and \$9.00 for non-members. Please sign up at the IC.

DEPARTMENT NEWS

THE VILLAGE CHURCH

Rev. Sam Worley, Senior Minister

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

SERMON: "A New Set of Clothes for a New Person"

TEXT: Ephesians 4:17–32 NLT; Colossians 3:11–14 NIV

SPEAKER: Rev. Sam Worley

Sunday evening, May 12, Mother's Day, the youth of our church will be presenting the musical *O Chicken of Little Faith* at 6:00 p.m. in the VC, followed by an ice cream social in RDR.

O Chicken of Little Faith acknowledges that sometimes fears and anxieties can make us feel like the sky is falling! Faith, on her last day on Grandma's farm, falls into an afternoon nap after a busy day of playing, and into a dream where she thinks she has forgotten to lock grandma's chickens safely in the coop. In a panic she looks for them and quickly finds them — now human-sized. Concerned to get them back home safely, she discovers they must cross the Pit of Fear, the Mountain of Expectations, and the Forest of the Unknown. While facing these dangers, Faith is reminded of all she has learned from God's Word, which arms her and her new poultry-pals to trust God no matter what the fear or anxiety.

The following VC events are happening this week:

Friday, May 3

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

Sunday, May 5

- 9:40 a.m. — Morning Worship (VC)
- 11:00 a.m. — Sunday School
- 4:00 p.m. — Musical Practice
- 6:00 p.m. — Older Youth, ALIVE
- 6:00 p.m. — Evening Worship Service (BC)

Monday, May 6

- 1:00 p.m. — VCBI: 1 Corinthians 9–16, Donald Wrigley (VC Room 5)
- 6:00 p.m. — Youth Handbells Practice

Tuesday, May 7

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

Wednesday, May 8

- 10:00 a.m. — VCBI: Pictures of Theology — Studies in Revelation, Michael Saunders (VC Room 5)
- 6:00 p.m. — Prayer Meeting
- 6:30 p.m. — Chancel Choir Practice

Thursday, May 9

- 10:00 a.m. — VCBI: A New and Living Way, Mike Elder and Stan Storey (VC Room 5)

Friday, May 10

- 10:00 a.m. — Bible Study, Tom Spannagle (VC Room 5)
- 1:00 p.m. — VCBI: The Roman Road, Michael Saunders (CCC)

ENVIRONMENTAL SERVICES

Michael Gordon—386-658-5155

You can help reduce the population of mosquitoes and your exposure with the following steps:

1. Stay indoors during peak mosquito activity times — generally at or around dusk and dawn.



LUNCH & DINNER SPECIALS

Friday, May 3
 Manicotti Marinara Parmesan with Garlic Toast

Saturday, May 4
 Chicken and Sausage Gumbo over Rice with Cornbread

2. Use mosquito repellent as necessary. If using products containing DEET, it is advised to treat clothing, not your skin.
3. Remove or treat all standing water. Mosquitoes use water as a source for breeding. It only takes a few ounces of water to breed thousands of mosquitoes.
4. Empty or completely flush all bird baths, water features, and flower pot bases at least every three days with fresh water.

If you would like an inspection of your property or require assistance with treatment of standing water, please contact the Environmental Services Department at 658-5155.

MEMBER SERVICES

James Sutter—386-658-5400

This week's hot topic: mosquitos. "The mosquitos are so bad this year!" "What is the Village going to do about all of the mosquitos?" "Is the Village going to fog for mosquitos?"

Using fog to control mosquitoes might seem like a convenient solution, but it has several drawbacks. Firstly, it doesn't just target mosquitoes; it also kills other beneficial insects like bees and butterflies, which disrupts the natural balance of the ecosystem. Additionally, the chemicals used in fogging can be harmful to both humans and animals, especially those with respiratory issues. Furthermore, fogging only provides temporary relief as it doesn't address the root cause of mosquito breeding sites. Instead, implementing strategies like removing standing water where mosquitoes breed and using non-toxic repellents can be more effective and environmentally friendly in the long term.

Be sure to read the FNN submission by the Environmental Services Department that began on the previous page of this FNN. Fogging might seem like a great idea, but there are healthier ways of avoiding those pesky blood suckers.

Member Services Tip of the Week

Anyone can receive the FNN by email free of charge — you, your family, and even those who you think should move here. All you have to do is submit an email address to fnn@acvillage.net, and we will add it to the weekly mailing list.

The FNN is also available on the Village website at acvillage.net/news/FNN each week.

Scam Tip of the Week:

Sweepstakes and Lottery Scams

Imposters claiming to be with the Governor's Office, Attorney General's Office or a private law firm will call or email a potential victim and tell them they have won the Publisher's Clearing-house sweepstakes, a foreign sweepstakes or a foreign lottery. Victims are told they need to pay customs duties or taxes before the winnings can be sent to them. Legitimate sweepstakes do not require you to pay anything to receive the prize you have won. If you are told that you must pre-pay taxes, you are probably being scammed. Taxes can either be withheld from a cash award or, more commonly, are reported by the company to the IRS, and you declare the prize on your annual tax return. Also, know that participating in a foreign lottery is against federal law.

If you believe you are the victim of a scam, file a complaint with the Attorney General's Office online at www.myfloridalegal.com or by phone at 1-866-9-NO-SCAM. You may also file a complaint with the Florida Department of Agriculture and Consumer Services, which acts as the State's consumer complaint clearing-house, at www.floridaconsumerhelp.com. (Source: The Florida Attorney General's Office)

ACV ACTIVITY NEWS

BROOKS ARCHIVE

Millie Griswold, Reporter

Our Suwannee

Way down upon the Suwannee River — that's where we call our home. Visit the new history window presentation at the VS. Learn how Village residents

have related to the river for the past 110 years. The visual presentation is only 4½ minutes, and the artifacts are from the Village archives. Enjoy.

Would you be interested in volunteering at the Brooks Archive two to four hours a month? Attendants greet visitors and introduce them to the archive displays. Call or text me at (386) 249-5407 to learn more.

BRIDGE CLUB

Betsey Ruehl, Reporter

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

Congratulations to our April 24 winners: 1st high, Henry Simonds, and 2nd high, Betsey Ruehl.

CERAMICS SHOP

Susann Riedel, Reporter

The Ceramics Shop will be open Saturday, May 4, from 9:00 to 11:00 a.m. for those whose Saturday schedule is free to visit the shop. We will also have some items for sale for anyone who may be interested. Come join us for some creativity and fun.

VILLAGE LIBRARY

Monday–Friday

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

Brenda Reas, Reporter

If you enjoy historical fiction, three books by Valerie Banfield and Sue Copeland about West Virginia have been donated. Also, 10 paperbacks are ready for check out, four of which are in large print.

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

PEN PAL PROGRAM

A Committee of the Membership Association

Monica Serlick, Reporter

The head count has been reported for the end-of-year awards banquet and graduation at the FSyr on Tuesday, May 14, from 6:00 to 8:00 p.m. The bus will be leaving from CH at 5:00 p.m. The folks who will be riding the bus need to reserve and pay \$4.00 as soon as possible to ensure a space is saved for you. Those who are late reserving a space will have to go by car.

Please remember that when school is out many of the youth go home for the summer and will not be writing so do not write them any letters over the summer. I will be arranging another meeting of the pen pals for August, so stay tuned. After the banquet I will not be delivering letters on Fridays until they start school again in August.

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.

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

STEPHEN MINISTRIES

Robin Copeland, Reporter

Feel free to contact ACV Stephen Ministries at stephenministries@acvillage.net or 658-5378, or stop by the Stephen Ministries office in MS. You may also join us on Thursday, June 6, at 2:00 p.m., in the OPR to learn more about Stephen Ministry at ACV.

WATKINS HOBBY SHOP

Jack "CrackerJack" Dixon, Reporter

There will be a very important meeting for all Watkins Hobby Shop members on Wednesday, May 22, at 9:00 a.m. in the DR. Please do your best to be there as some important decisions will have to be made that concern all members. Thank you, Jack Dixon, President.

 **Remember to Wave** 

NEIGHBORHOOD NEWS

BUTTERFIELD ACRES

Jack "CrackerJack" Dixon, Reporter

We had a sparse crowd at our potluck dinner last Friday night, but a good time was had by all I believe. By the looks of the food left over, I think everyone left with a full stomach. Our theme was April showers bring May flowers. Paula and Doug Lucas along with Carlene and Carroll Polk did an excellent arrangement of things to fill the room with springtime.

We did not have any entertainment at our potluck this time, but I would like a couple of volunteers to be our entertainment committee. It does not have to be anything elaborate — just something to give us some laughs. So who wants to be our entertainment committee? Step right up, please.

I think we have the decorations committee taken care of as long as the Lucases and the Polks will agree to stay on.

I also would like to establish a communications committee to make phone calls throughout the year. These lists would not be long; 10 calls each would be the limit. I need five volunteers to take on these very important positions, so start thinking about that for a while please.

We are having a lot of action in our 'hood with folks moving out and others moving in. This calls for a roster update. If you learn the name of a new resident, please drop me an email or give me a call. I can be reached at 658-2113 or jackwdixonis@gmail.com. I always appreciate hearing from you folks.

I find happiness is like a kiss; you must share it to have it. A rumor is about as hard to un-spread as butter! The secret to getting ahead is getting started. They that have nothing, have no fear of losing everything.

From the veranda of our humble abode overlooking the ever-so-smooth and dust-free 102nd Trail in beautiful BA, "Take the name of Jesus with you always, and never forget who is in charge." Isaiah 40:28-31. God bless!

CARTER HOUSE

Monica Serlick, Reporter

We have one birthday this coming week. We wish Joe Brooks a very happy birthday on Saturday, May 4. "Though you may blow out your candles, the light of the Lord will always shine on you, and his warmth shall be a comfort" (chatbooks.com).

Please continue to keep all those who are ill, recovering or struggling in your thoughts and prayers. If you have any news you would like to share with others, please call and give me details.

I was thrilled to have my grandson come and visit with me recently. He has been coming here since he was 12 years old, and many residents remember seeing him doing homework in the common room. He certainly has grown since those days, and I no longer have to go and pick him up then bring him home. He now drives himself. Sadly the days of sleepovers are pretty much gone as he now works and is preparing to head back to school to pursue a career in IT.

We are preparing to head in to a busy May month. This Saturday, the 4th, is the Village-Wide Yard Sale; check the FNN for participating areas and addresses. Sunday the 5th is the Orthodox Easter Sunday as well as Cinco de Mayo. For those who celebrate, enjoy the holidays!

Sunday, May 12, is Mother's Day, one of the busiest restaurant and flower shop days of the year. Monday, May 27, is Memorial Day, a chance for all of us to remember all the individuals who served in the military and gave their lives in service of their country and freedom.

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

Patricia-Adele Lyons, Reporter

A blessed morning to all my fellow Villagers. I just feel like praising God this morning. Will you join in with me? "Let everything that hath breath praise the LORD. Praise ye the LORD" (Psalm 150).

Three birthday celebrations are coming up: Steven Heintz on the 9th, David Vignali on the 10th, and Joel Rutter on the 12th. We wish you a blessed and happy birthday.

A group of residents enjoyed fellowship and praising God together in the DH lobby. All residents of ACV are welcome to come on the fourth Saturday of each month at 1:00 p.m. Pastor Bruce and his wife, Tammy, travel to ACV from Rocky Sink Baptist Church in Live Oak for a "Gospel sing" as we call it (hymn books provided). The Pastor plays guitar, his wife plays the mandolin, and if any of you play the guitar, banjo, violin, fiddle, or piano, please come and join in (there's a lonely piano in the lobby ready to be played). Praising God is my favorite thing to do. Victory always follows praise (2 Chron. 20:20-25).

Last week the Lord brought prayer to mind. This week the Lord put praise on my mind (the worship of God). Praise is our faith in the Lord expressing itself. Prayer is acknowledging God's sovereignty and seeking His guidance in *all* matters. Prayer and praise are like bees and honey, one cannot be without the other.

EDGEWOOD TERRACE

Sandra Kelly, Reporter

Hello again, ET! Belated happy birthday to Jim Hollister on April 28. Felicitations to Albert Yale on May 6. Wishing you a day filled with love, laughter, and all the things that bring you happiness.

Happy anniversary to Carolyn and Russell Wadsworth on April 30. Carolyn and Russell enjoyed a weekend with family. It all started off when Russell's son and Carolyn's son got together to orchestrate it. Rusty and Lisa with Douglas and Mel made plans together for the event. The Wadsworths thought they were just going to find a lovely place to stay and see a concert in the Villages. Low and behold they did a lot more than that. The weekend started off at Rusty and Lisa's for a fantastic lunch. They live in Weirsdale, Florida, right on Lake Weir. Later they went on a pontoon boat ride. It was a gorgeous day with sunshine and warm temperatures. In fact the whole weekend was beautiful!

They then took the celebrants to The Waterfront Inn on Lake Shore Drive in the Villages. It was a WOW suite, and they also had reservations at Amelia's for dinner, for everyone. Very plush! On Sunday they went to the Savannah Center to hear Elvis Forever, a beautiful show!

The best thing about it was that they were chauffeured all the way and joined for all the fun with their two sons and wives to celebrate with them. That made it all SO special! It was a three-day weekend they'll never forget! We learn that true love never dies; it simply grows stronger and truer with each passing year.

Barbara and Jerry Hotmire also had a great trip to meet up with family at Ocala's Discovery Center at Tusawilla Park. They loved watching their great-granddaughter enjoy learning in a fun, hands-on way. They also received some very welcome news; they will be grandparents again. They have a copy of the ultrasound to prove it.

Today we take ultrasounds for granted. It is often difficult to know when most developments in medicine actually begin. They tend to evolve with many people taking the credit of being the first to make the breakthrough. With ultrasound in obstetrics and gynecology, however, there is no such doubt for it had a very definite beginning with the 1958 classic *Lancet Paper* (Donald et al., 1958) by Ian Donald, John McVicar, and Tom Brown, "The investigation of abdominal masses by pulsed ultrasound".

This is an unfortunate title because it does not identify what was truly unique about the paper, which is that it was entirely devoted to ultrasound studies in clinical obstetrics and gynecology and contained the first ultrasound images of the fetus and also

gynecological masses. The other unique feature was that these were the first images taken with a compound contact scanner, which was the first practical scanning machine (www.ncbi.nlm.nih.gov). Some early machines required that the patient sit in a tub of water to get a good result. Can you imagine a pregnant lady sitting in a tub of water waiting for a picture of her child? All developments of ultrasound diagnosis (or sonography) in obstetrics and gynecology date from this seminal paper.

Herschel and I had good news as well. Our grandson and his wife are finishing up the process of adopting a three-year-old boy whose name is Richard, same as my son, his soon-to-be-grandfather. The new parents already have house cats, dogs and rabbits, and this little tyke will add his excitement to the grand chaos. We are soooooo thrilled.

"Enjoy today. It is one of the 'good old days' you will miss in the future" (Etta Sawyerr)!

RIVERWOODS

Betsey Ruehl, Reporter

Don't miss your chance to stump us! Submit a baby picture, a grade school, high school, college or sports picture. The pictures are trickling in. Some are glamorous, and some are so darn cute you want to pinch cheeks. Even if you think you cannot come, send in a picture by May 15 so we can prepare for our wall of fame on May 23.

Have you found out what was happening the day or the year you were born? What movie or song or TV show was popular that year? We will be having hamburgers and hot dogs, so your dish can be almost anything! If you don't cook, you can bring bottles of water, tea or soda. We would like to raise some funds as a cushion for planning the next events as well. Your contributions will help.

Events this year are on Thursdays in an effort to avoid conflicts with visiting organizations and campers. Who wants to help this committee of mostly females in what we call "lugging and tugging" — getting food and supplies from one place to another? Besides our May 23 event, there will be two more opportunities in 2024 to help plan or execute future events. Pick your way to help: plan an event, set up, decorate, shop for supplies, or reset the room. Call one of us: Barbara Bertolino, Eleanor Klemesrud, Steve and Sharon McLeskey, Phyllis Rand, Betsey Ruehl, or Ann Thompson.

A few days back someone saw a rattlesnake while out walking. No more sightings since then. The mosquitos have arrived in droves. They don't care where they bite like on my face, neck (going for the jugular), fingers, arms, legs, and back. It is hard to garden when you get bit it seems every other second.

Some quotes on the difference between being alone and being lonely: "Great men are like eagles, and build their nest on some lofty solitude" (Arthur Schopenhauer). "Inside myself is a place where I live all alone, and that's where you renew your springs that never dry up" (Pearl Buck). "Loneliness expresses the pain of being alone, and solitude expresses the glory of being alone" (Pau Tillich). "A season of loneliness and isolation is when the caterpillar gets its wings. Remember that next time you feel alone" (Mandy Hale).

MEMBER BENEFITS

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

This week's member benefit of note:

Weekly shopping trips to Live Oak are offered four times a month at no charge to members — usually on each Wednesday. When there is a fifth Wednesday of

At the Village Square

Riverside Gifts

As the school year draws to close, choose from the many special gifts for teachers, including mugs, lights, and books. There is a whole section of Mother's Day gifts so you can choose just the right gift. And mothers will love the lovely boxed set of gifts that include a beautiful mug and jewelry.

A sparkly pin of butterflies, beetles, teddy bears, and peacocks adds just the right finishing touch to an outfit. Pair it with earrings and a bracelet for even more class.

Change out your fall porch pillow covers with spring and summer covers. Hang a hummingbird solar light that rotates gently. There are new mailbox covers and flags with stakes.

The Chief and I: A Concrete Dream by POP's George Brisbin is an interesting and encouraging read. Enjoy reading about the dream that came to fulfillment as George, volunteers, and the Boy Scouts of America brought the ship back to its former life and sailed again.

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 ACV Ceramics Shop supplies this shop with plant pots and lidded baked potato holders for sour cream among other items. Other volunteers create potholders, jar openers, and scrubbies in a variety of colors.

A celery green platter and gravy boat by Hager USA and a hand-painted bowl from Portugal would update your summer table.

The Millennium Time Tapestry: The Story of One Thousand Years is a collectable book and beautifully framed poster package. This relates the history of tapestries.

Look in the children's section for the cute group of Cherished Teddies with their Enesco boxes.

Check out the lovely sitting area in the back of the shop. It overlooks the Suwannee River, providing a restful backdrop for your visit.

Watch repair and new battery installations are available in this shop.

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

Ladies' slacks and men's trousers continue to be on sale, as does the very large group of graphic t-shirts for \$2.00 each. Choose a belt for the reasonable price of \$1.00 each. There is a great selection of medical scrubs in a variety of colors for \$3.00 each for men and women.

Men's and women's shorts have arrived in the shop and come in many lengths and colors.

The shoe departments are overflowing with dress shoes, daily wear shoes, sandals, and boots in a variety of colors and styles. All prices are clearly marked, with most beginning at \$5.00 a pair.

Drop in to the Book Nook at the back of the shop to choose fiction and nonfiction books in hardcover and paperback. There are also Bibles (always free) and study guides. **All books on Religion Shelves are 50% off.** We need shelf space for new arrivals.

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

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

Saturday, May 4, 8:00 a.m.–12:00 noon

Come for "shopping therapy". We're always glad to see you!

the month, a special shopping trip is usually scheduled that includes a Dutch treat lunch. Bus transportation for these special trips is still free for members.

FOR YOUR INFORMATION

FROM BAGS TO BEDS

We had a good and productive meeting last week. We have a member who is heading out of state for a couple months that stopped by with some neatly folded bags. Must admire her dedication!

Maybe I have too much time on my hands that I sit and think up things to say in the FNN. My intention is not just to babble, but to inform other members and stir up some interest of the plarn ministry.

In the following weeks, I will be introducing some members of the plarn group that care to share a little about themselves.

To start off, let me introduce one of our meeting gals, Alice Rumbaugh, who resides on Millsite Lane. Alice came to ACV from West Virginia. Growing older and health reasons brought her to this community. For the past two months, Alice joined us in folding plastic bags at our weekly meetings. Alice also enjoys attending Bible study. Thank you for your support, Alice.

Meetings are on Thursdays at Cleo's Meeting House, 10:00 a.m.–12:00 noon, unless otherwise noted. Hope to see you there. Any questions or concerns, call (904) 484-8796.

Linda Warner (Douglas)

MAHJONG LESSONS

Betsey Ruehl, Reporter

Mahjong lessons will be held on Fridays from 1:00 to 3:00 p.m. in the OPR beginning sometime in May. Call Betsey Ruehl at 658-1766 if interested. Can teach up to eight people. I have two, possibly four people already interested.

BEST GIFT EVER!

It's almost Mother's Day, May 12. More than likely your children are once again contemplating something special for Mom. A few years ago my two sons came up with the idea of freeing me from my most dreaded task — housecleaning! They now have set up a monthly automatic deposit into my ACV account. I'm lucky enough to get two hours every other week, perfect for my 2BR/2BA apartment. They are delighted to not think about gifting, and I thank them on Mother's Day, Christmas and my birthday. I love it!

Verna Piper

HAIR CROPPERS

Hair Croppers hours of operation are Thursdays from first to last appointment. Walk-ins are welcome for hair services on Thursday. Fridays are by appointment only. Please call or text (386) 205-3791 to schedule an appointment.

We also provide nails services, manicures, pedicures, hand and foot massage treatments, gel nail enhancements, and facial waxing.

SQUARE CUTS AND MORE SALON

Open Monday, Tuesday, Thursday

and most Fridays

12:00 noon to 7:00 p.m.

Square Cuts and More Salon specializes in all your hair care needs. Call (386) 647-6240 for appointments. Kindly give 12–24 hours notice for cancellations or extra charges will apply. Walk-ins are welcome, but all great hair happens by appointment. I appreciate your business. Thank you, Amy Hancock.

LEGAL SERVICES

The law firm of Robinson, Kennon & Kendron, P.A. will see clients by appointment only from 9:00 a.m. to 12:00 noon on the following dates in the VS professional offices: May 10 and 24; June 14 and 28; and August 9 and 23. To make an appointment, please call Leigh Ann Cannon at (386) 755-1334, Ext. 117.

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 VS professional offices. Call (850) 973-8888 for more information or to schedule an appointment.

RIDE-ABOUT

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

ACV QUESTIONS AND ANSWERS

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

Q: Is the clock in the tower at the VS scheduled for repair?

A: The clock in the VS tower has been worked on and will continue to be worked on until it is fixed. No specific date of completion is known.

MISCELLANEOUS

PLEASE NOTE: All submissions to the FNN must have a name attached. If you prefer to not have your name included with the listing in the FNN, indicate that on the submission. Only ACV members and staff may advertise here. Ads run for two weeks.

FREE: Twin box spring in very good condition. Call 386-249-2792 or email barnold@avillage.net.**

LOST: Heavy duty cane was lost between CCC and DH. It is a very heavy cane and black in color. If you find it please contact Bruce at 850-209-6746.**

IN SEARCH OF: Need a home for a well mannered kitty. Contact Janet at 386-209-4757.**

LOST AND FOUND: Found white/lavender (crochet) lap blanket on trip bus after Elvis concert. Dark green sweater also found on trip bus. Dark brown suede-like man's jacket, a brown hat with brim, and hearing aids in small white case, all turned into the IC. Please call 658-3333 or come by the IC.**

FOR SALE: Stihl MS 251 chainsaw with 18 inch bar, like new, \$325. Fiskars 8 pound maul wood splitter, \$40. Kobalt hatchet, \$10. 386-678-1962.*

LOST: Grey reading glasses lost around VC, Bistro or Lopin Gopher. Please call Katie at 904-422-2497.*

Village-Wide Yard Sales (May 4):

23760 Park Center Drive (CH): Christine Pakosta-Bottelman will be in the CH community room selling ACV area greeting cards and art.

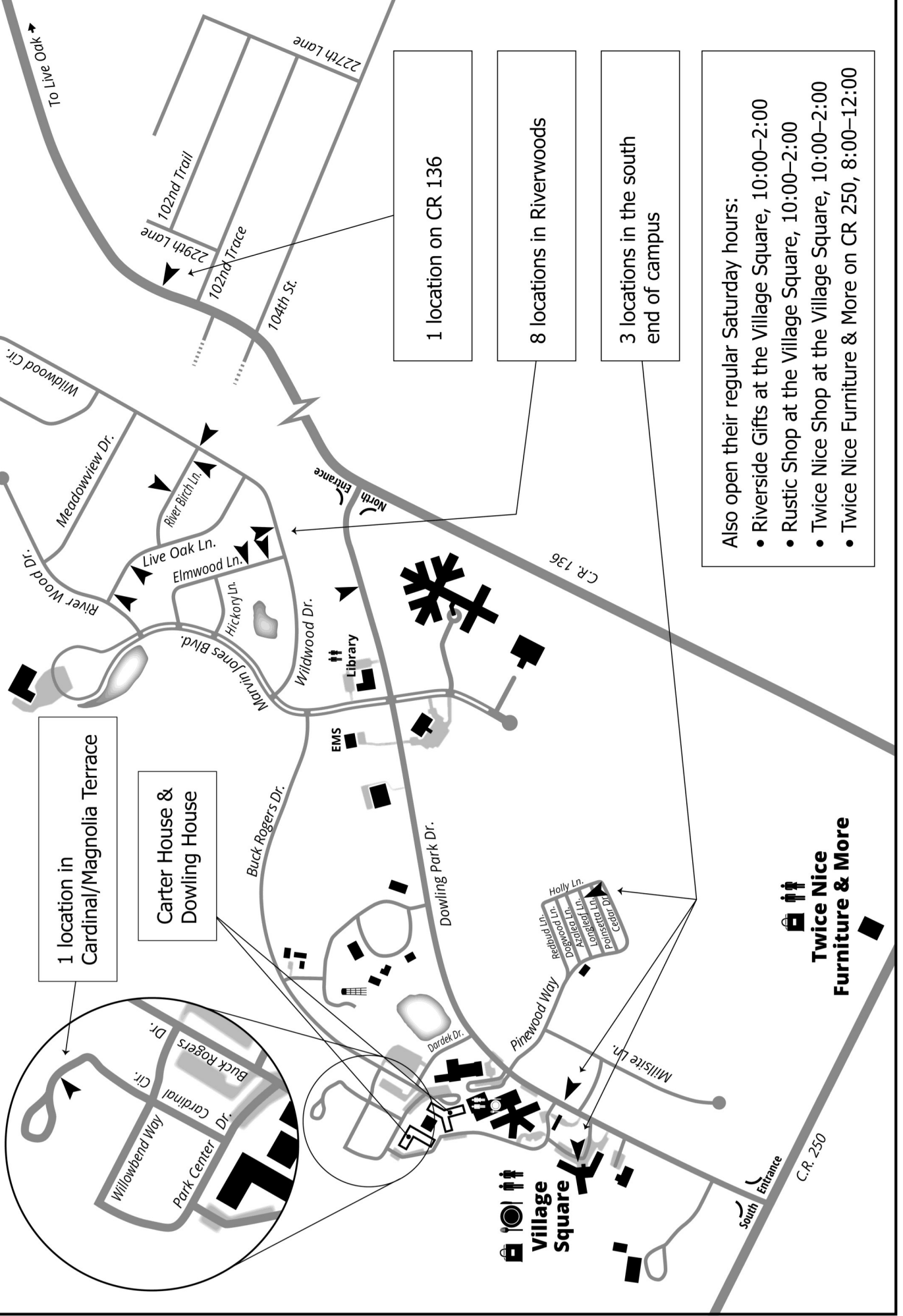
10641 Dowling Park Drive, across from GSC: Toddler toys, potty seat, snack containers and other toddler items; like-new king comforter with decorative pillows; household goods, decorations and more!

23392 Live Oak Lane in RW: Two large size white leather dining chairs (arms and rollers), decorative metal shelf, black metal patio table and two chairs, table lamp, large toaster oven, pictures, antiques, foam mattress top, vintage Huffy bike, tools, large cement pavers (25+), designer clothes (tops, slacks, skirts — sizes 8, 10, 12 — \$1.00 or less). Call 658-1080 if you can't make it.



Village-Wide Yard Sale 2024

21 locations (13 homes, 2 lobbies, 1 sidewalk, 4 shops)



1 location in
Cardinal/Magnolia Terrace

Carter House &
Dowling House

1 location on CR 136

8 locations in Riverwoods

3 locations in the south
end of campus

Also open their regular Saturday hours:

- Riverside Gifts at the Village Square, 10:00–2:00
- Rustic Shop at the Village Square, 10:00–2:00
- Twice Nice Shop at the Village Square, 10:00–2:00
- Twice Nice Furniture & More on CR 250, 8:00–12:00

**Twice Nice
Furniture & More**

On CR 136:
10238 County Road 136
(outside BA)

Cardinal/Magnolia Terrace:
10819 Cardinal Circle

Carter House Activity Room
Dowling House Lobby

Edgewood Terrace:
11023 Millsite Lane

Park of the Pines:
10898 Long Leaf Lane

Riverwoods:
23351 Elmwood Lane
23355 Elmwood Lane
23378 Live Oak Lane
23392 Live Oak Lane
23310 River Birch Lane
23365 River Birch Lane
10446 Wildwood Drive
10497 Wildwood Drive

Taylor Commons:
11030 Dowling Park Drive

Village Square:
Riverside Gifts
Rustic Shop
Twice Nice Shop
Village Lodge Office sidewalk

10641 Dowling Park Drive
(across from GSC)

On CR 250:
Twice Nice Furniture & More

Prices effective 5/3–5/9



THE VILLAGE GROCER

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

GROCERY

IGA Yellow Cling Peach Slices	15.25 oz.	\$ 2.29
Mario Sliced Salad Olives	6 oz.	\$ 3.19
Hidden Valley Ranch Dressing	8 oz.	\$ 2.99
Mahatma Yellow Rice	5 oz.	\$.99
Tackle Paper Towels	6 pk.	\$ 8.39
Dawn Ultra Dish Soap	15.5 oz.	\$ 3.79
Coca-Coca Products, all varieties	2 liters	\$ 2.69

DAIRY

Pillsbury Crescent Rolls	8 oz.	\$ 4.69
Kraft Philadelphia Soft Cream Cheese	8 oz.	\$ 4.99

PRODUCE

Whole Carrots	16 oz.	\$ 1.19
Green Anjou Pears	per lb.	\$ 1.79

FROZEN

Pictsweet Cut Okra	12 oz.	\$ 2.89
Totino Pizzas, all varieties	9 oz.	\$ 2.99

MEAT

Boneless Chicken Thighs	per lb.	\$ 3.79
Boneless Beef Chuck Roast	per lb.	\$ 6.49
Lean Baby Back Pork Ribs	per lb.	\$ 3.49
Oscar Mayer Sliced Bacon	per lb.	\$ 7.99
Bar-S Thick Sliced Bologna	16 oz.	\$ 1.99
Swaggerty's Mild Sausage Patties	28 oz.	\$ 6.49
Seabest Catfish Fillets	16 oz.	\$ 6.99
Nathans Bigger than a Bun Beef Franks	12 oz.	\$ 4.99

CHEESE OF THE WEEK

Muenster Cheese — \$6.39 per lb.

DON'T FORGET TO ORDER YOUR ROTISSERIE CHICKEN

Full chicken \$9.99, Half chicken \$5.99

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

*** The Grill Team will be at the VS on Saturday, May 4,
8:00 a.m.–1:00 p.m. or until sold out. Place your order now. ***

This Week's Verse:

Lord, when doubts fill my mind, when my heart is in turmoil,
quiet me and give me renewed hope and cheer.

Psalms 94:19

*Delivery available to on-campus ACV members only

May 3–10, 2024

FRIDAY, 5/3

- \$2.53 Soup:** Lobster Bisque
- \$6.44 Entrées:** GF Baked Catfish, GF Butter Garlic Shrimp, Stuffed Peppers, Fried Catfish
- \$1.21 Sides:** Mixed Greens, Broccoli, Cold Salads, Fruit, Baked Beans, Cheesy Grits, Mashed Potatoes with Gravy
- \$2.76 Desserts:** Assorted Regular and NSA Desserts

SATURDAY, 5/4

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

SUNDAY, 5/5

Lunch Buffet

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

- Entrées:** Pork Loin Ribs, Beef Tips, Fried Chicken
- Sides:** Okra and Tomatoes, Chuck Wagon Corn, Side Salad, Fruit, Rice, Macaroni and Cheese, Mashed Potatoes with Gravy
- Desserts:** Assorted Regular and NSA Desserts

MONDAY, 5/6

- \$2.53 Soup:** Soup of the Day
- \$6.44 Entrées:** Lo Mein with Shrimp, GF Pepper Steak
- \$1.21 Sides:** Garlic Spinach, California Vegetable Medley, Fruit, Cold Salads, Rice
- \$2.76 Desserts:** Assorted Regular and NSA Desserts

TUESDAY, 5/7

- \$7.70 Special:** Salad Bar
- \$6.44 Entrées:** BBQ Chicken, Country Fried Steak
- \$1.21 Sides:** Five-Way Vegetables, Cauliflower, Fruit, Cold Salads, Baked Potato
- \$2.76 Desserts:** Assorted Regular and NSA Desserts

NOTE: Prices listed are the retail cost per item. ACV members who present their ID badge at the cash register will receive a 10% discount. Menu is subject to change. Individual beverage cost: \$1.30.

GF=Gluten-Free NSA=No Sugar Added

Rumph Dining Room Midday Dining Menu

May 3–10, 2024

WEDNESDAY, 5/8

\$2.53 Soup: Soup of the Day

\$6.44 Entrées: Burger Patty on Side Salad, Hamburger, Fried Chicken

\$1.21 Sides: Cabbage, Peas and Carrots, Potatoes au Gratin, French Fries

\$2.76 Desserts: Assorted Regular and NSA Desserts

THURSDAY, 5/9

\$6.44 Entrées: GF Chicken Alfredo, GF Homemade Meatballs in Marinara

\$1.21 Sides: Italian Green Beans, Beets, Cold Salads, Fruit, Rice, Garlic Butter Ziti Noodles

\$2.76 Desserts: Assorted Regular and NSA Desserts

FRIDAY, 5/10

\$2.53 Soup: Clam Chowder

\$6.44 Entrées: GF Baked Catfish, GF Garlic Butter Shrimp, Fried Catfish, Chicken Broccoli Casserole

\$1.21 Sides: Mixed Greens, Corn, Baked Beans, Plain Grits, Cheesy Grits, Mashed Potatoes with Gravy

\$2.76 Desserts: Assorted Regular and NSA Desserts



RUMPH DINING RM. \$8.85 WEEKDAY VALUE PLATE

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

For premium entrée, add \$2.30.



RIVER LANDING BISTRO LUNCH & DINNER SPECIALS

Friday, May 3

Manicotti Marinara Parmesan with Garlic Toast

Saturday, May 4

Chicken and Sausage Gumbo over Rice with Cornbread



658-5259

Mon–Fri: 11 am–1 pm

Sat. & Sun: 11 am–1:30 pm



658-5259

Sun: 7:30–10 am | 3:30–7 pm

Mon–Fri: 7:30–10 am | 2:30–7 pm

Sat: 7:30–10:00 am | 3–7 pm



658-5777

Wed–Thurs: 11 am–2 pm

Fri–Sat: 8–10:30 am | 11 am–8 pm

WATER ACTIVITIES

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

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

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

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

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

Copeland membership required. You do not need to join a team; just come! **If you are 18 or older**, come join us! We need all the help we can get!

WEIGHT ROOM

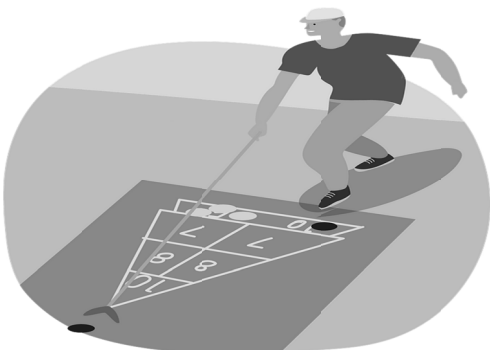
FITNESS BASICS: Copeland Center staff is available to assist members with the machines in the exercise room. If you are interested, please call the CCC at 658-5555.

WALKING

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

Shuffleboard

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



Monday & Friday

9:00–11:00 a.m. played at the Court located by the Wood Working Shop. Inclimate weather (cold, windy, or rainy) this team plays indoor at the Camp Suwannee Pavilion. **Wednesday 8:00–11:00 a.m.**

The members of the pickleball team travel into Live Oak and play at the coliseum. With any questions please contact Cindy Hett 658-2685 or the Copeland Community Center.

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

EXERCISE

EXERCISE on TV2:

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

TABLE TENNIS at MPR/CCC:

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

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

Stretching

*with Joyce Berra
on DVD*



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

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

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

Ping Pong

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





Copeland Community Center (386) 658 - 5555

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

ACV Health & Fitness Activities

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

NEW Bocce Ball!

Bocce Ball is a low impact sport that is also known as Italian Bowling Ball. If you have questions about this sport and would like to join in playing weekly give us a call! If you have any other questions about our facilities or how to get started on a new workout routine, please call during our scheduled business hours!